

# scrappy cook

**#scrapitude**

**...thinking  
differently about  
the way you cook**





# what's cooking

**Scrappy cook provides Savannah vegetarians access to an online toolkit that introduces them to the root-to-stem lifestyle.** This toolkit features a resource guide - an expanding library of recipes, useful lifestyle tips and a “Next on the Menu” blog for our online community of Scrappers to share new, exciting recipes. Being a Scrappy Cook means embracing a community of foodies that see the endless potential in veggies and relish in every bite, letting no taste go to waste. Whether it's a meal for you, your crew, or a few, Scrappy Cook is here for you!

## **Be a champion of:**

**Scraptitude :** Cooking with a spirit of adventure and experimentation that utilize food scraps.

**Stop The Chop:** Chopping less of a veggie, and eating more of it.

**Hungry Bin:** Cooking a meal with no peels or scraps in sight. We believe all bins should stay hungry.

# what's inside

## recipes

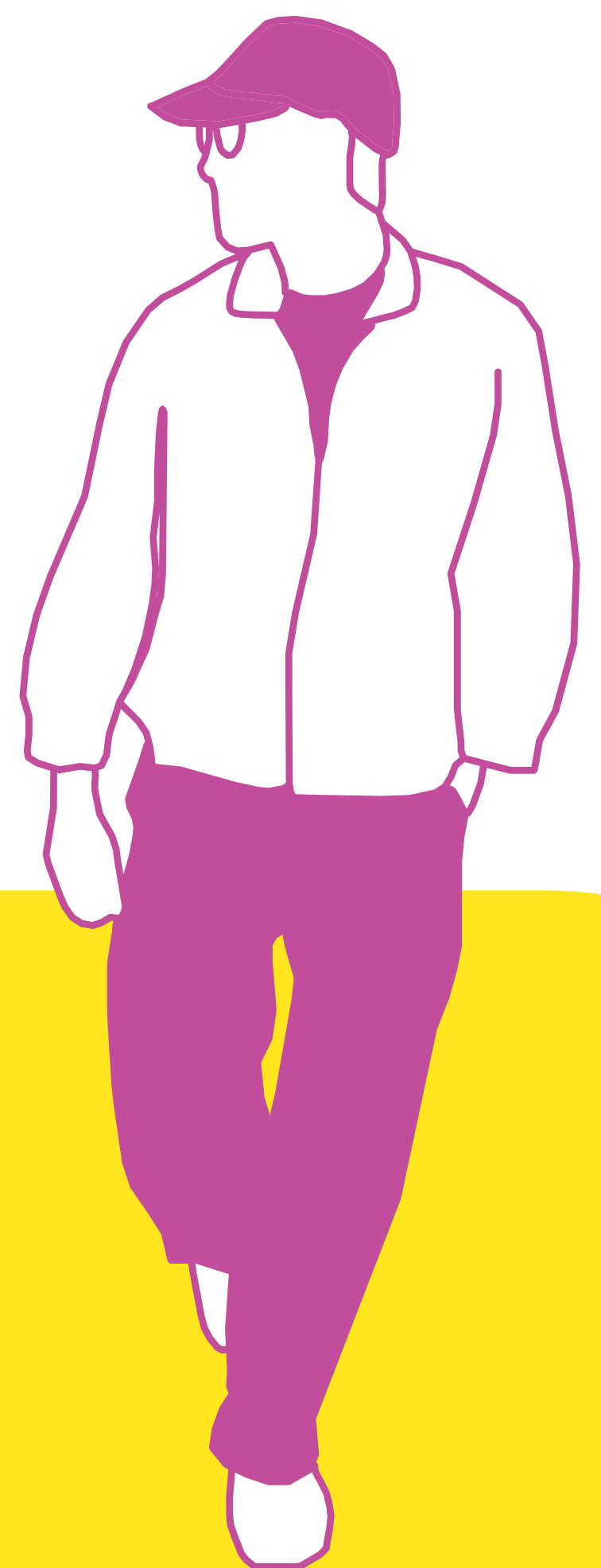
- **for you:** sweet & spicy sauteed kale stems, lemon walnut & kale pesto, roasted radishes with balsamic, lemon & carrot top pesto, asparagus mushroom & avocado soup, buffalo cauliflower bites, zucchini patties with parmesan, potato and roasted corn tacos, black bean avocado & kale bowl, burrito stuffed sweet potatoes, veggie scraps vegetable stock
- **for you & your crew:** lentil & beet burgers with lemon aioli, carrot & broccoli veggie chips, tomato basil broccoli noodles & white bean salad, chipotle-orange black bean stuffed yams, veggie & tofu skewers with sriracha, tofu & rice stuffed peppers, broccoli rigatoni with blue cheese, miso & ginger butternut squash ramen, broccoli & chickpea curry, sauteed swiss chard & lemon pasta
- **for you & a few:** thai red curry with veggies, spaghetti squash burrito bowl, cauliflower pizza with veggies, black eyed pea & carrot top burger, radish greens salad with pickle vinaigrette, crispy seasoned cauliflower, grated carrot & carrot top salad, beetroot & chickpea fritters, veggie macaroni & cheese, veggie paella with chickpeas & bell peppers

## extra

- **veggie parts:** bell pepper, onion, carrot, beet, asparagus, broccoli
- **edible parts**
- **savannah community gardens**

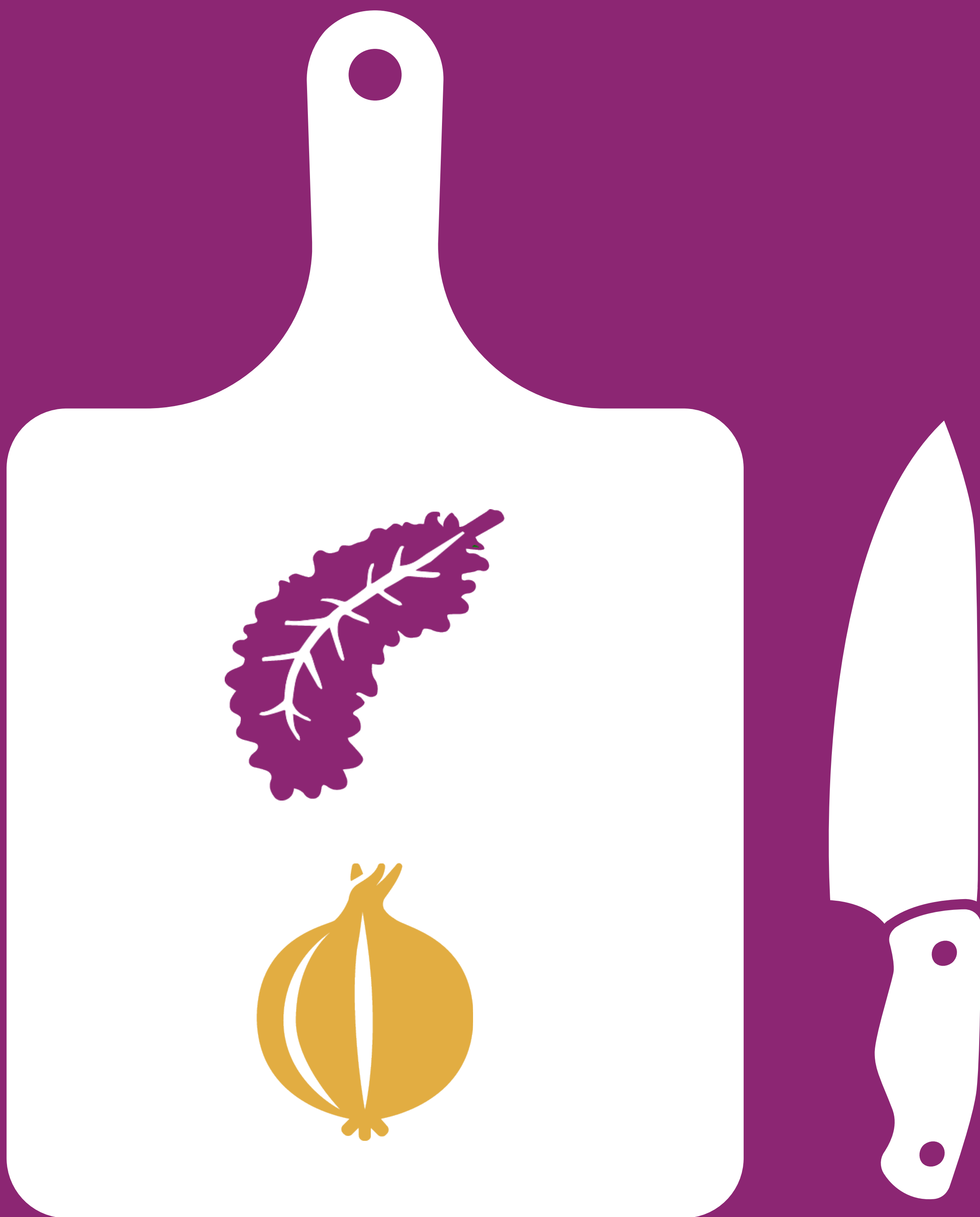
# for you

- **sweet & spicy sauteed kale stems**
- **lemon walnut & kale pesto**
- **roasted radishes with balsamic**
- **lemon & carrot top pesto**
- **asparagus mushroom & avocado soup**
- **buffalo cauliflower bites**
- **zucchini patties with parmaesan**
- **potato and roasted corn tacos**
- **black bean avocado & kale bowl**
- **burrito stuffed sweet potatoes**
- **veggie scraps vegetable stock**



# sweet & spicy sautéed kale stems

Be sweet to what nature gives you and don't waste what you can taste! In this quick recipe, everything else will pale to kale.





# ingredients

- 2 tsp. olive oil
- 10-12 kale stems, picked clean of the leaves and chopped into 1 inch pieces
- 2 tbsp. onion, finely minced
- ½ tsp. soy sauce
- 1 tbsp. honey or maple syrup
- ½ tsp Sriracha
- ⅛ tsp chili flakes
- Sea salt, to taste

## \* fun fact

### kale

- A serving of kale has more absorbable calcium than a small carton of milk.

# instructions

- Heat the oil in a medium sized frying pan over medium high heat.
- Add the kale stems and onion and sauté for 5-7 minutes, or until the kale stems have softened but still have a little crunch.
- Remove from the heat and stir through the soy sauce, honey or maple syrup, sriracha, chili flakes and season to taste with sea salt.
- Serve immediately.

## \* tidbit: leaves

### kale chips

#### ingredients

- 2 tablespoons olive oil
- Sea salt, for sprinkling

#### instructions

- Preheat the oven to 275 degrees F.
- Cut the leaves into 1 1/2-inch pieces.
- Lay on a baking sheet and toss with the olive oil and salt.
- Bake until crisp, turning the leaves halfway through, about 20 minutes.

# lemon walnut & kale pesto

A zesty take on everyone's favorite sauce, this pesto will make you feel nuts for not trying it earlier.







# ingredients

- 1 cup chopped kale with stems
- 1/2 cup packed fresh parsley with stems
- 1/2 cup toasted walnuts
- 3 garlic cloves
- 1/2 teaspoon kosher salt
- 1/4 teaspoon of paprika
- Juice of 1/2 lemon
- 1/4 cup olive oil

## \* fun fact

### lemon

- Lemons are a first rate insect bite repellent.
- One lemon can provide 50% of a day's requirement of vitamin C.

# instructions

- Add all the ingredients except the oil to a food processor and pulse until crumbly, scraping down the sides of the bowl with a rubber spatula as needed.
- Continue pulsing and add the oil in a slow, steady stream until well blended.
- Add to noodles or spread on a sandwich.

## \* tidbit: peels & skins

### lemon peel

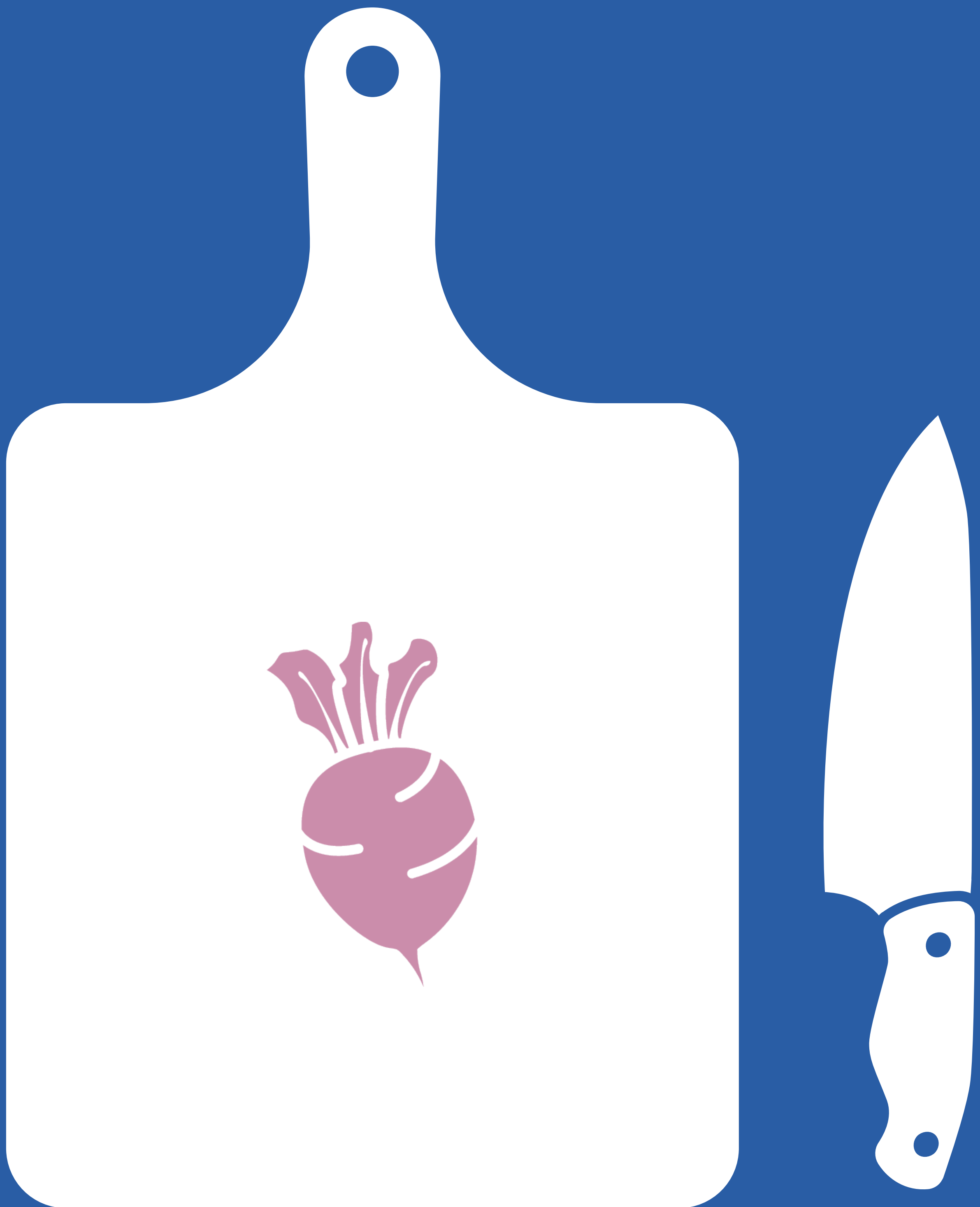
- Add lemon peel (with pulp removed) to brown sugar to help keep it moist and easy to use.
- Liven up your drinks by putting twists of the peel into ice cubes. Use a vegetable peeler or knife to make long strips, cutting away from the white pith which can be quite bitter. These can be frozen with your ice cubes.

### garlic skin

- Use garlic skins to give your broth a bold flavor.

# roasted radishes with balsamic

Root to stem all the way! This rad meal is quick and cheap, all you have to do is cut, drizzle, and bake.





# ingredients

- Bunch of radishes
- Olive oil
- Sea salt
- Pepper
- Balsamic Vinegar

## \* fun fact

### radishes

- Radishes are a good source of Riboflavin, Vitamin B6, and Calcium. They are a good snack, one radish = 1 calorie.
- Radishes are so easy and fast to grow, even kids can do it. This is why often times you will see radishes in many school and community gardens. Check out our map of Savannah community gardens to locate a garden near you, they just might have radishes!

# instructions

- Wash them well, and slice them down the center. Leave the leaves on.
- Arrange them on a rimmed baking sheet.
- Drizzle with a little extra-virgin olive oil then sprinkle with sea salt and black pepper.
- Roast them for approximately 20 minutes, or until they begin to brown.
- Drizzle or dunk them in balsamic vinegar.

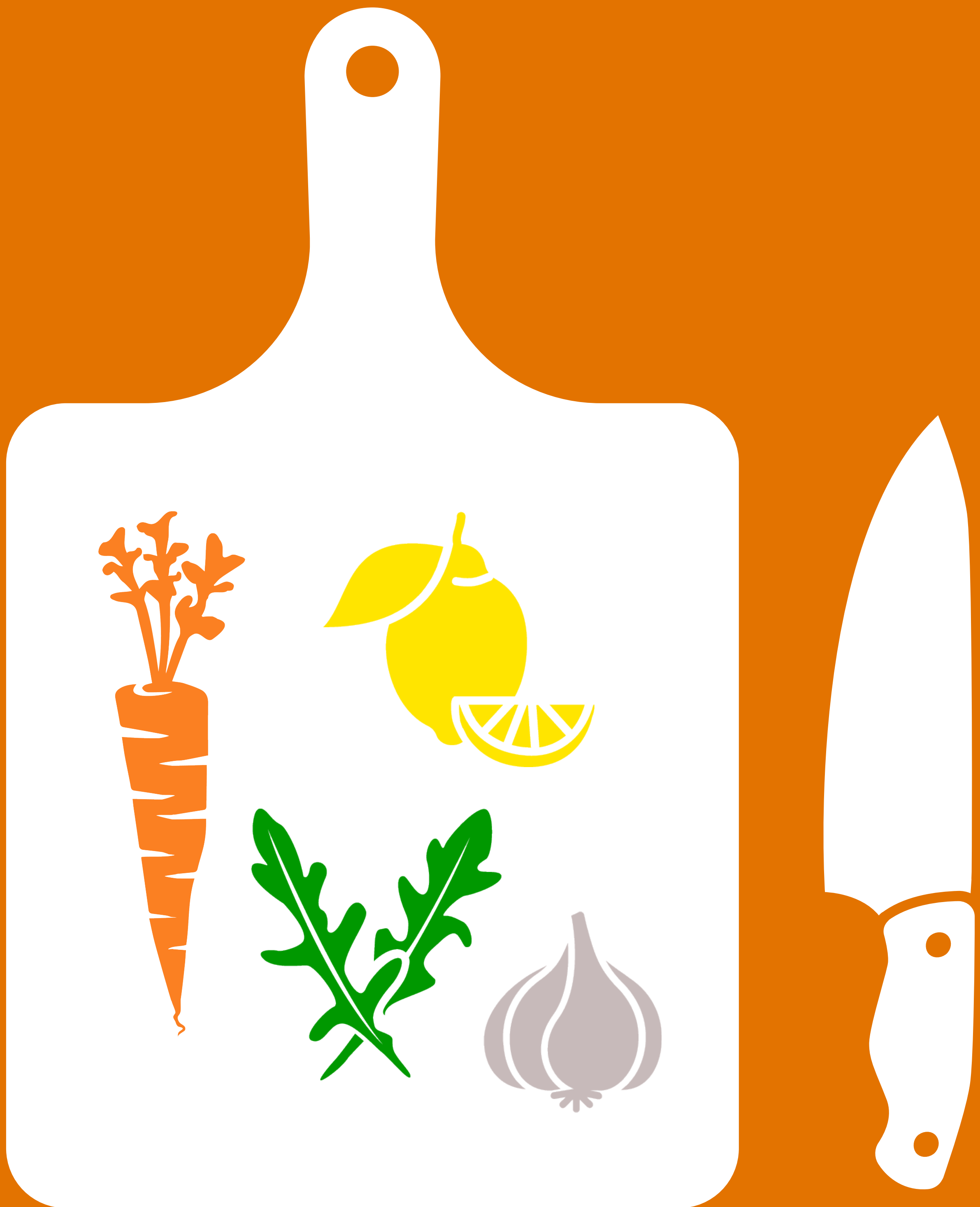
## \* tidbit: tops

### radish tops

- Radish tops don't stay fresh for very long, and it's best separate them from the roots soon after harvesting or bringing them home from the market. Wash and store the leaves like other salad greens and eat them within a day or two.

# lemon & carrot top pesto

It's your favorite sauce again, but this one may just top your last! Enjoy it over rice, quinoa, or on a sandwich.





# ingredients

- 1 bunch of carrots with leaves
- 1 cup arugula
- 1 lemon
- 4 cloves garlic
- 2 tbsp. pine nuts
- 1/2 cup pecorino cheese

## \* fun fact

### **carrot**

- Studies indicate that one carrot a day could cut the risk of some cancers in half.
- Get the most out of each bite by cooking you carrots. This releases the good-for-you beta-carotene. Eating carrots raw only gives you three percent of this substance, but when you heat them up they release closer to 40 percent.

# instructions

- Preheat oven to 425 F. Rinse all produce. -Pick leaves from carrot tops and roughly chop.
- Halve carrots, Halve lemon.
- On a baking sheet, toss carrot leaves and garlic cloves with 1 tablespoon olive oil, salt, and pepper. Arrange in a single layer and roast until carrots are tender and garlic is golden, 10-12 minutes.
- In a blender combine roasted garlic, carrot leaves, arugula, pine nuts, and a squeeze of lemon juice. Pulse to blend. Continue to blend while slowly pouring in 2 tablespoons olive oil until smooth.
- Transfer to a bowl, add grated pecorino, and stir to combine. Taste and add salt and pepper as needed.

## \* tidbit: peels

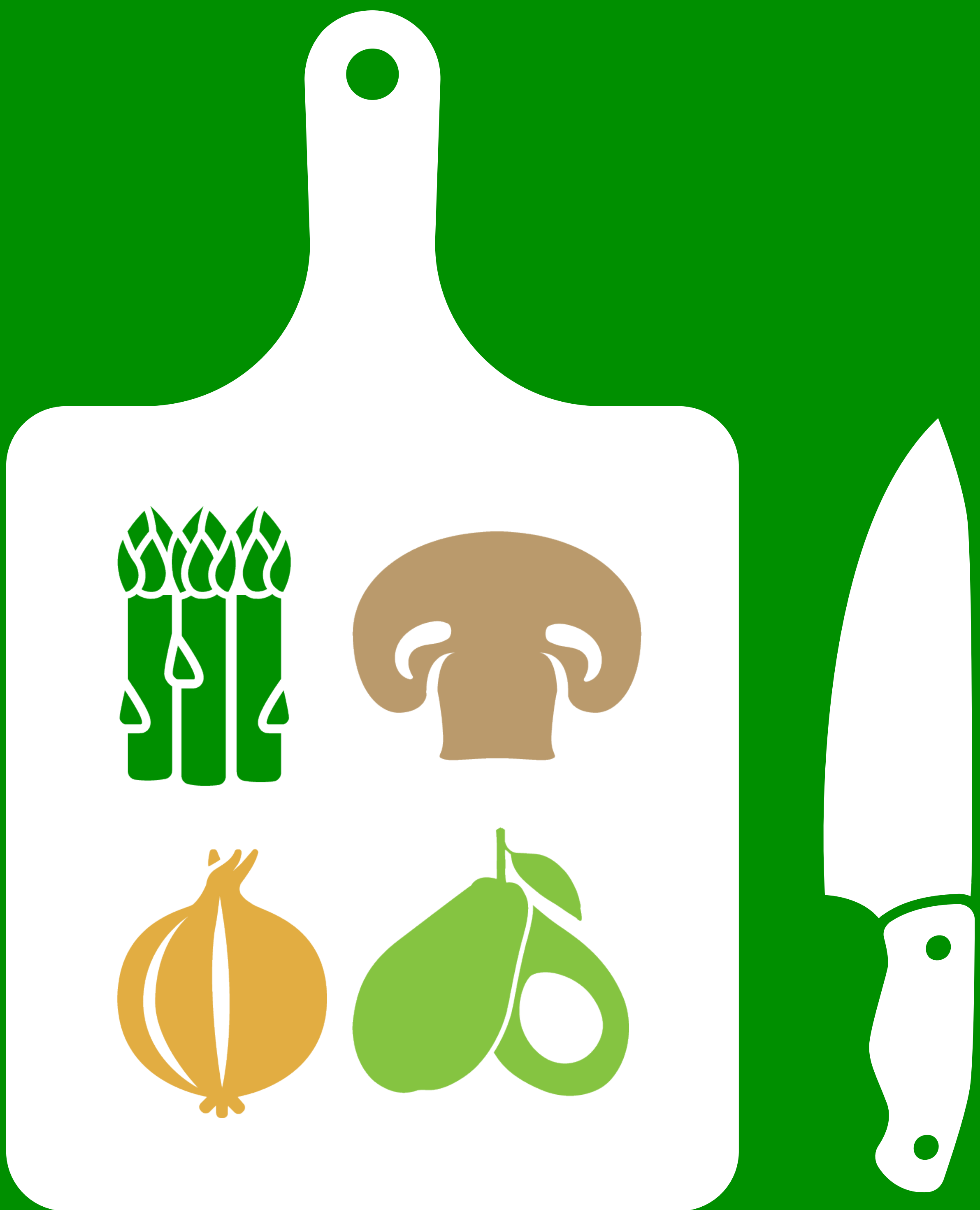
### **carrot**

- Mix the peels with oil and spices. Then, place them on a baking sheet. Finally, place in the oven to cook at 400°F until the peels are slightly browned and crispy, about 8 to 10 minutes.



# asparagus mushroom & avacado soup

Green goodness in a bowl! This soup is packed to the brim in nutrients and takes hardly any time to make.





# ingredients

- 12 spears asparagus
- 8 oz. mushrooms
- 2 avocados
- 1 medium onion
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 3 cups water

## \* fun fact

### **asparagus**

- The National Cancer Institute states that asparagus is the highest tested food for glutathione, one of our most potent antioxidant defenses.
- Drink responsibly! The minerals and amino acids in asparagus protects the liver from toxins while the enzymes help break down the alcohol and alleviate hangovers.

# instructions

- Puree all ingredients in a blender until very smooth.
- Garnish with a few pieces of chopped onions, mushrooms and asparagus.
- The flavor and color of this could be intensified by first dehydrating the asparagus and mushrooms.

## \* tidbit: pits & peels

### avocado pit

- Dry the pits, grind them up, and put them in a homemade facemask as an exfoliant. Blend a seed with your choice of ingredients: olive oil and a banana, avocado and lemon juice, or any ready-made facial scrub.

### avocado peel

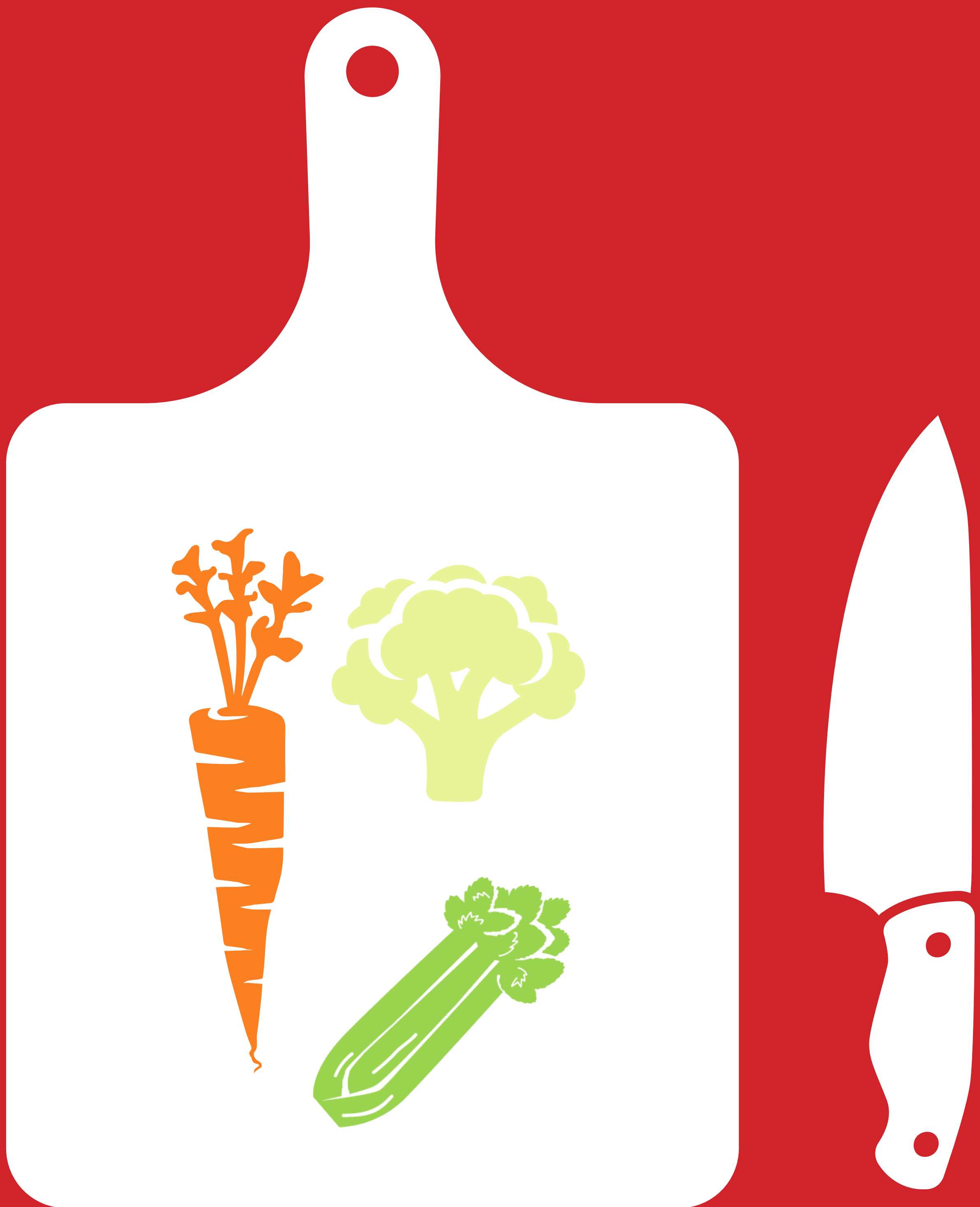
- You can even reuse avocado skins to make a DIY dusty pink fabric dye.

### onion skin

- Relieve muscle cramps Boil onion skins for 10-20 minutes making an infusion. Drain the skins from the water and drink it as a tea before bed to help relieve muscle cramps.

# buffalo cauliflower bites

Who said wings should have all the fun?  
Don't be fooled by their bite-size, they're as  
bold as a buffalo.





# ingredients

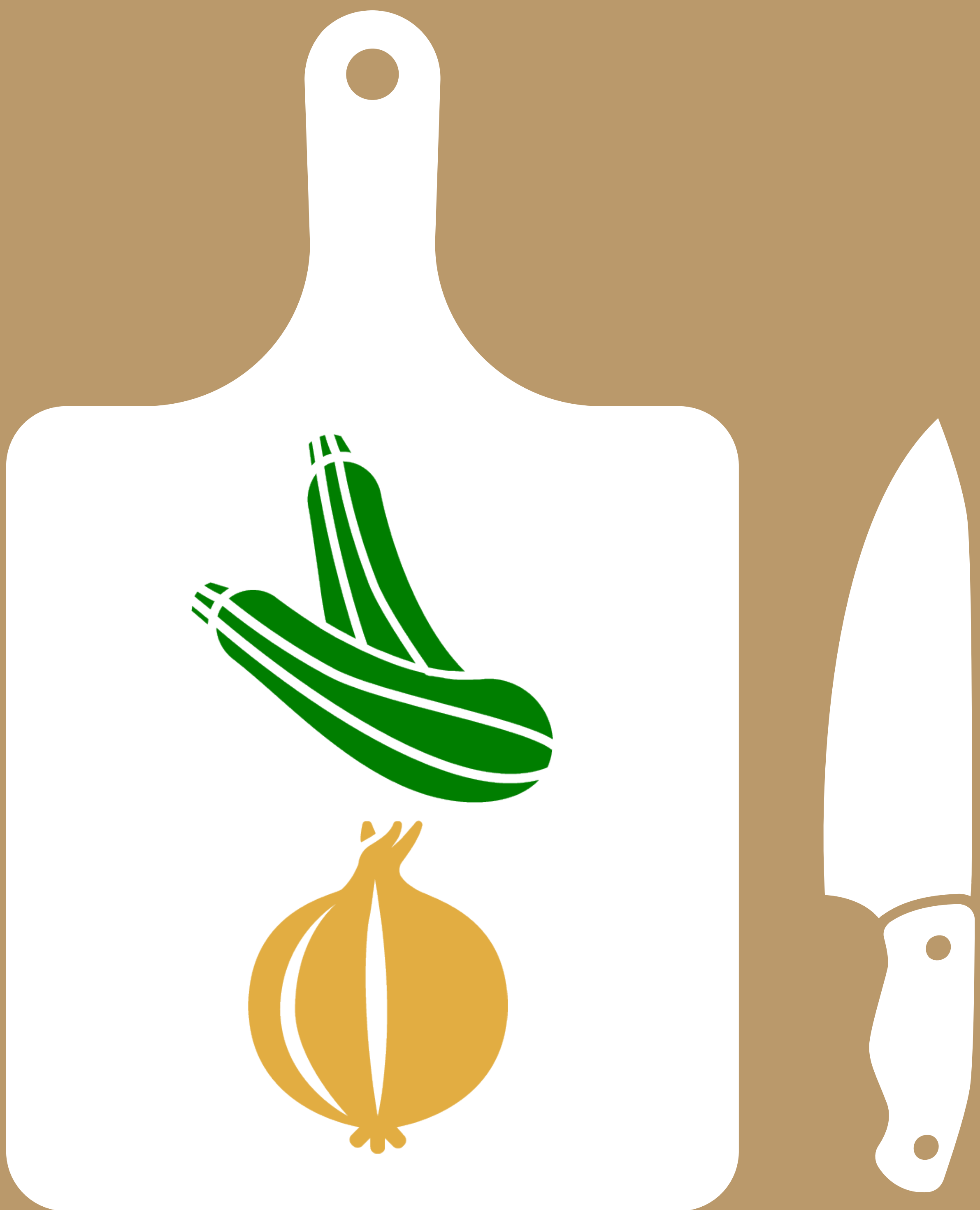
- 1 large head of cauliflower
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- A dash of cayenne pepper
- 1 tbsp. extra-virgin olive oil
- 2 tbsp. butter
- 3/4 cup hot sauce
- Celery stalks
- Carrot sticks
- Blue cheese dressing

# instructions

- Preheat the oven to 450°F. Core the cauliflower and cut it into bite-sized pieces. Put the pieces on a large baking sheet. Toss with the garlic powder, onion powder, salt, pepper, cayenne and oil. Arrange the pieces in a single layer on the baking sheet and bake for 25-35 minutes until firm and a bit blackened. Flip them once halfway through the time.
- While the cauliflower is baking, melt the butter in a small saucepan. Add the hot sauce, mix well and heat through. When the cauliflower is ready, transfer it to a large bowl, add the Buffalo sauce and toss to coat.
- Return the cauliflower to the baking sheet and bake for 10 more minutes. This will “seal” the hot sauce onto the cauliflower.
- Cut the celery and carrots into sticks.
- Serve the Buffalo cauliflower bites with the celery and carrot sticks and blue cheese dressing for dipping.

# zucchini patties with parmesan

A new take on an American classic, these patties are sure to make anyone smile. Zucchini meet patty, Patty meat-less.





# ingredients

- 2 cups grated zucchini
- 2 eggs, beaten
- 1/4 cup chopped onion
- 1/2 cup all-purpose flour
- 1/2 cup grated Parmesan cheese
- Salt to taste
- 2 tbsp. of vegetable oil

## \* fun fact

### **zucchini**

- Bigger isn't always better. The most flavorful zucchinis are small to medium sized and the darker the skin, the richer the nutrients.



# instructions

- In a medium bowl, combine the zucchini, eggs, onion, flour, Parmesan cheese, and salt. Stir well enough to distribute ingredients evenly.
- Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping tablespoonful, and cook for a few minutes on each side until golden.

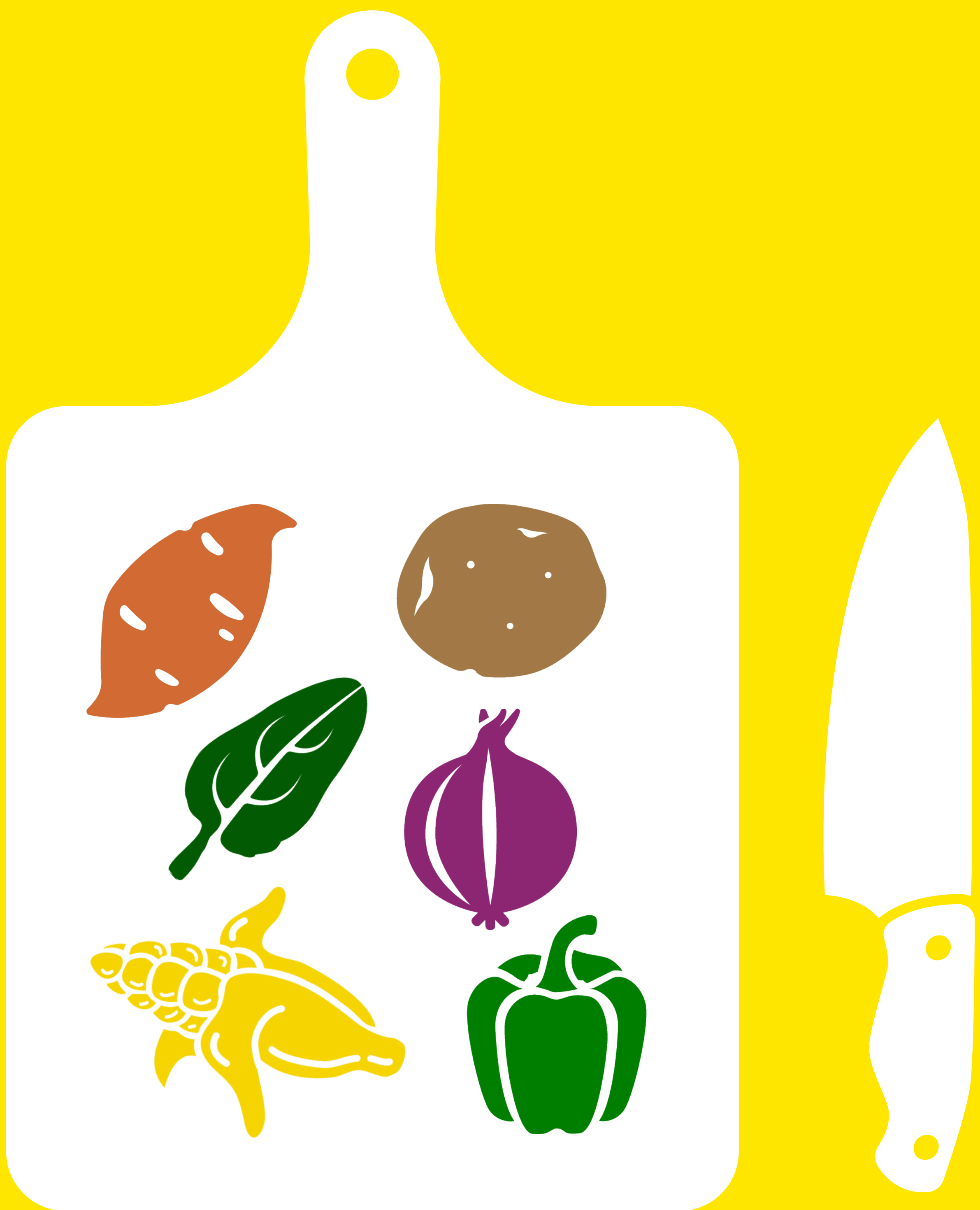
## \* tidbit: cut & grow

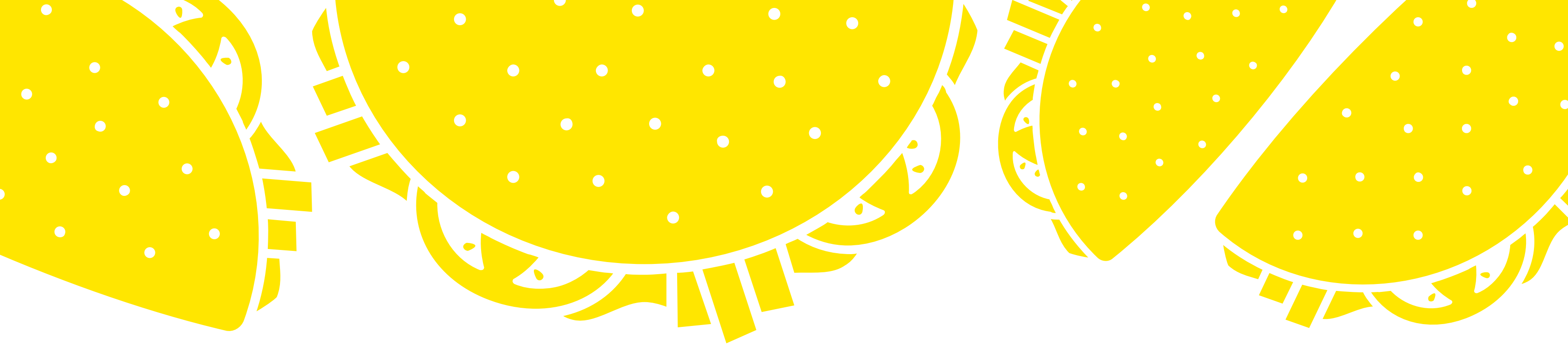
### onion

- Leaky eyes and onions may go hand in hand, but peeling them paper thin with a vegetable peeler is the fastest way to get salad-worthy slices with minimal tears.
- Onions are one of the easiest vegetables to regrow from scraps. Just cut off the root end of your onion, leaving a 1/2 inch of onion on the roots. Place it in a sunny location and cover the top with soil. Make sure to keep the soil moist by watering when needed. As you use your home-grown onions, keep replanting the root ends you cut off, and you'll never have to purchase onions at the store again!

# potato & roasted corn tacos

Not just your typical potato parade, these hot sauce tacos are guaranteed to set your heart on fire.





# ingredients

- Roasted corn
- Red potatoes
- Sweet potatoes
- Peppers & onions
- Spinach
- Corn tortillas

## \* fun fact

### **corn**

- The ear or cob is part of the flower, while the individual kernel is a seed; The average ear has 800 kernels in 16 rows; A cob will always have an even number of rows.

# instructions

- Chop the potatoes
- Put some olive oil in a frying pan and throw chopped potatoes. Get them cooking down then go ahead and add the roasted corn, peppers and onions. Let everything cook down.
- Then add the spinach
- At this point heat the corn tortillas.
- To add some more flavor go ahead and add some sriracha, hot sauce, etc. Top them with some crumbled feta or whatever you want!

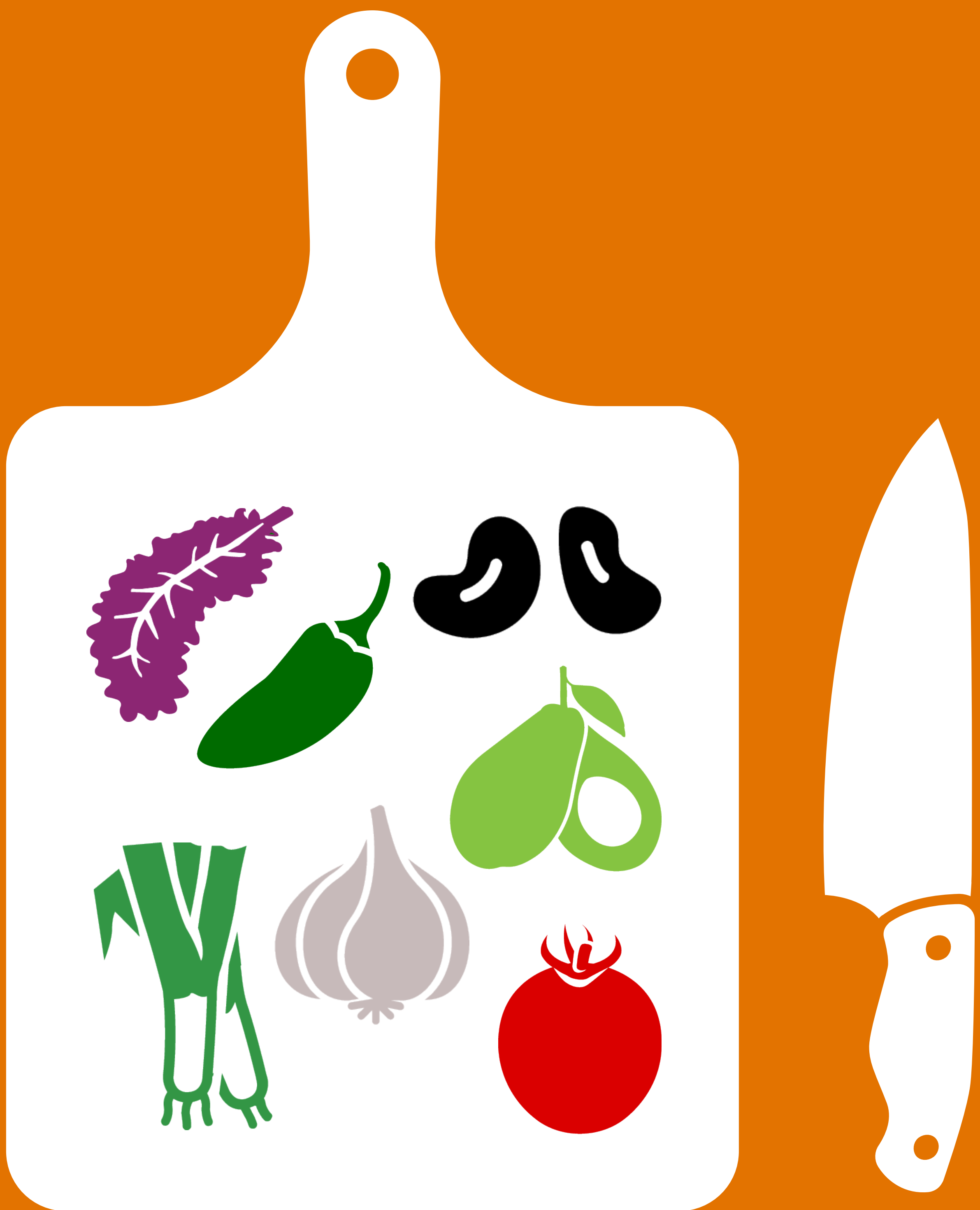
## \* tidbit: skins

### onion skin

- Like garlic skins, the skin of an onion has many uses. Mix in some onion skins when cooking rice to add extra vitamins. Make sure to let them steep as the rice cooks. Simply remove the skins after cooking.
- As a natural sleep aid, brew up a cup of onion skin tea. Simply pour boiling water over several onion skins, cover and let soak for fifteen minutes. Strain the tea (or use a tea ball) and enjoy.

# black bean avacado & kale bowl

That feeling when all your favorite people are at the same party is this bowl of happiness times salsa verde.





# ingredients

## **brown rice**

- 1 cup brown rice, rinsed
- $\frac{1}{4}$  tsp. salt

## **lime marinated kale**

- 1 bunch curly kale, chopped into small, bite-sized pieces
- $\frac{1}{4}$  cup lime juice
- 2 tbsp. olive oil
- $\frac{1}{2}$  jalapeño, and finely chopped
- $\frac{1}{2}$  tsp. cumin
- $\frac{1}{4}$  tsp. salt

## **avocado salsa verde**

- 1 avocado, pitted and sliced into big chunks
- $\frac{1}{2}$  cup mild salsa verde

- ½ cup fresh cilantro leaves (a few stems are ok)
- 2 tbsp. lime juice

## **seasoned black beans**

- 2 cans black beans, rinsed and drained
- 1 shallot, finely chopped
- 3 cloves garlic, pressed or minced
- ¼ tsp. chili powder
- ¼ tsp. cayenne pepper

## **garnish**

- Cherry tomatoes, sliced into thin rounds

## **\* tidbit: grow**

### **shallot root**

- Fill a container about 8 inches deep with soil and set the root scrap of shallots in the mix about 2 inches apart. Give the pot bright light and keep the soil wet.

# instructions

- Cook the rice: Bring a big pot of water to a boil, dump in rinsed brown rice and boil, uncovered, for 30 minutes. Turn off the heat, drain the rice and return it to the pot. Cover and let the rice steam in the pot for 10 minutes, then fluff the rice with a fork and season with  $\frac{1}{4}$  teaspoon salt, or more to taste.
- Make the kale salad: Whisk together the lime juice, olive oil, chopped jalapeño, cumin and salt. Toss the chopped kale with the lime marinade in a mixing bowl.
- Make the avocado salsa verde: In a food processor or blender, combine the avocado chunks, salsa verde, cilantro and lime juice and blend well.
- Warm the beans: In a saucepan, warm 1 tablespoon olive oil over medium-low heat. Sauté the shallot and garlic until fragrant, then add the beans, chili powder and cayenne pepper. Cook until the beans are warmed through and softened, stirring often, about 5 to 7 minutes. If the beans seem dry at any point, mix in a little splash of water.



- To serve, spoon generous portions of rice, beans and kale salad into a bowl along with a couple spoonful of avocado salsa verde.
- Garnish with chopped cherry tomatoes

## \* tidbit: peels & seeds

### lime peel

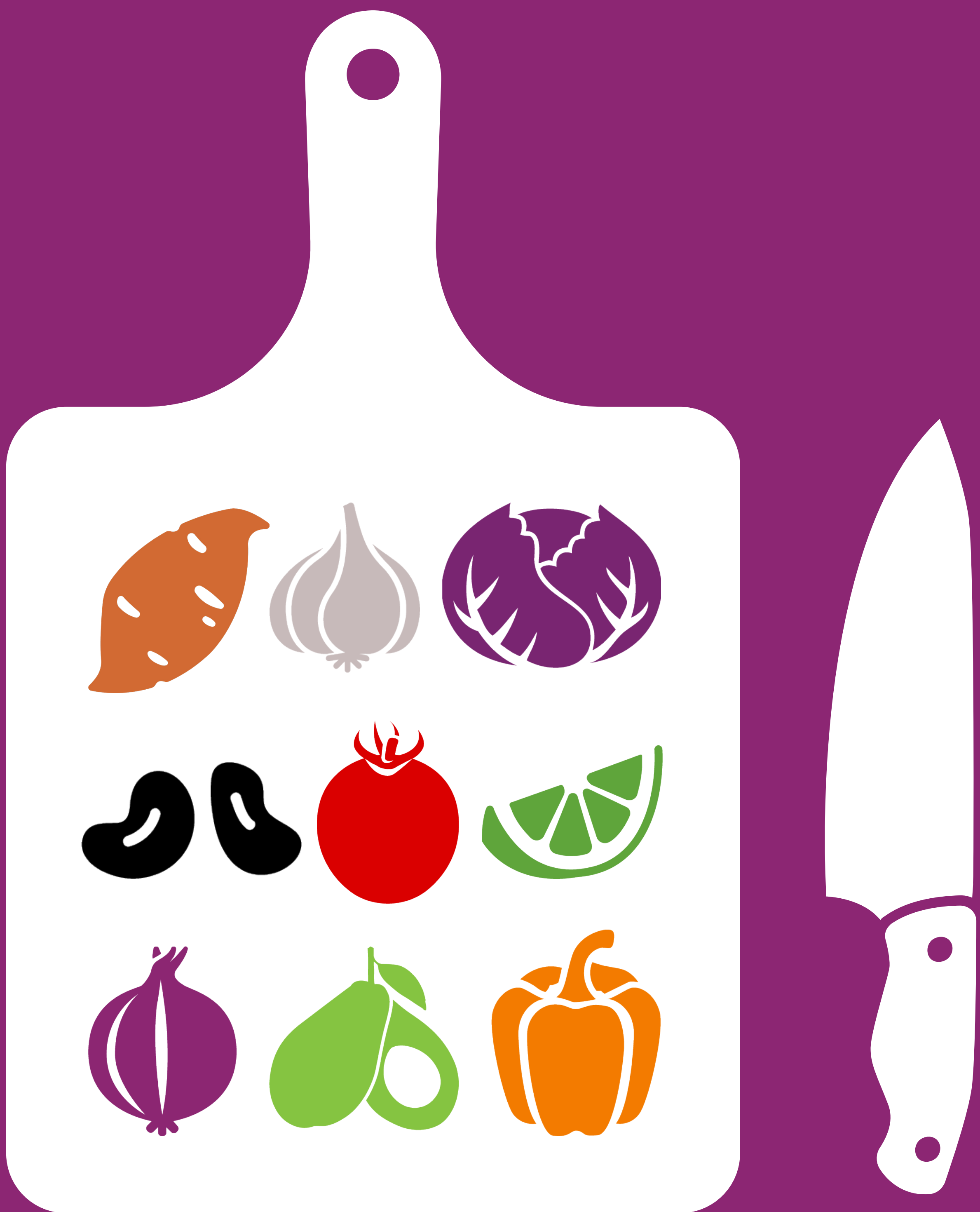
- Infuse any kind of furniture friendly oil with lime rinds to make a nontoxic treatment for wood furniture.
- Believe it or not, dried-out citrus peels can be used as fire starters for your grill, fireplace, or campfire. If you're using them indoors, the room will smell great! You can use the peels alone, or incorporate them into a fire starter made of rolled newspaper or pine cones.
- Combine lemon zest, butter, and herbs to make your very own lemon butter.

### jalapeno seeds

- Save the seeds and plant them, put the dried seeds in a tightly sealed glass jar and store them in a cool, dry place, such as the refrigerator, until ready for planting. Do not freeze them.

# burrito-stuffed sweet potatoes

One bite and you're so content that you'll be a couch potato. Everyones sweet spud partners with basmati for a new cult classic.





# ingredients

## **sweet potato**

- 4 small sweet potatoes
- ½ cup uncooked brown basmati rice, rinsed
- 1 cup cooked black beans
- 1 tsp. ground cumin
- ½ garlic clove, minced
- ½ tsp. olive oil
- 1 tsp. tomato paste
- Pinch of salt

## **rustic salsa**

- 1 yellow or red bell pepper, seeded and chopped
- 1 cup cherry tomatoes, halved

- **½ small red onion, chopped**
- **1 tbsp. fresh lime juice**
- **2 tbsp. chopped fresh cilantro leaves**
- **1 ½ tsp. olive oil**
- **Salt and pepper, to taste**

## **guacamole**

- **1 ripe, medium avocado**
- **½ clove garlic, minced**
- **1 tbsp. fresh lime juice**
- **2 tbsp. chopped fresh cilantro leaves**
- **Generous pinch of salt**
- **For serving**
- **Shredded cabbage**
- **Hot sauce (optional)**

# instructions

- Preheat the oven to 400 degrees Fahrenheit. Line a baking dish with parchment paper.
- Place the sweet potatoes in the baking dish, and prick each one a couple of times with a fork. Slide the sweet potatoes into the oven and bake until very tender, about 45 minutes (mine took 5 to 10 minutes extra since they were a little bigger than specified).
- In a medium saucepan, combine the basmati rice, black beans, cumin, garlic, olive oil, tomato paste and salt. Pour 1  $\frac{1}{4}$  cups water into the pot. Cover and bring to a boil over medium heat. Lower the heat to a simmer, and cook until all of the liquid is absorbed, about 40 minutes. Cover and set aside to keep the rice warm.
- Make the rustic salsa: In a medium bowl, combine the bell pepper, cherry tomatoes, red onions, lime juice, cilantro and olive oil. Season the mixture with salt and pepper, and toss to combine. Set aside.
- Make the guacamole: Peel the avocado and extract the pit. Place the avocado flesh in a

medium bowl and mash with a fork. Once you've broken it up a bit, add the garlic, lime juice, cilantro and salt. Mash the avocado until the seasoning is evenly distributed and you have a chunky paste. Set aside.

- Place each baked sweet potato in a shallow bowl. Cut along the top of the sweet potato and pull back the skin. Spilt the sweet potatoes a little bit to make room for the fillings.
- Divide the rice and bean mixture among the sweet potatoes (spillover is fine!). Top each bowl with  $\frac{1}{4}$ th of the rustic salsa. Finish each plate with a dollop of the guacamole and some shredded cabbage on top. Serve with hot sauce on the side if you wish.

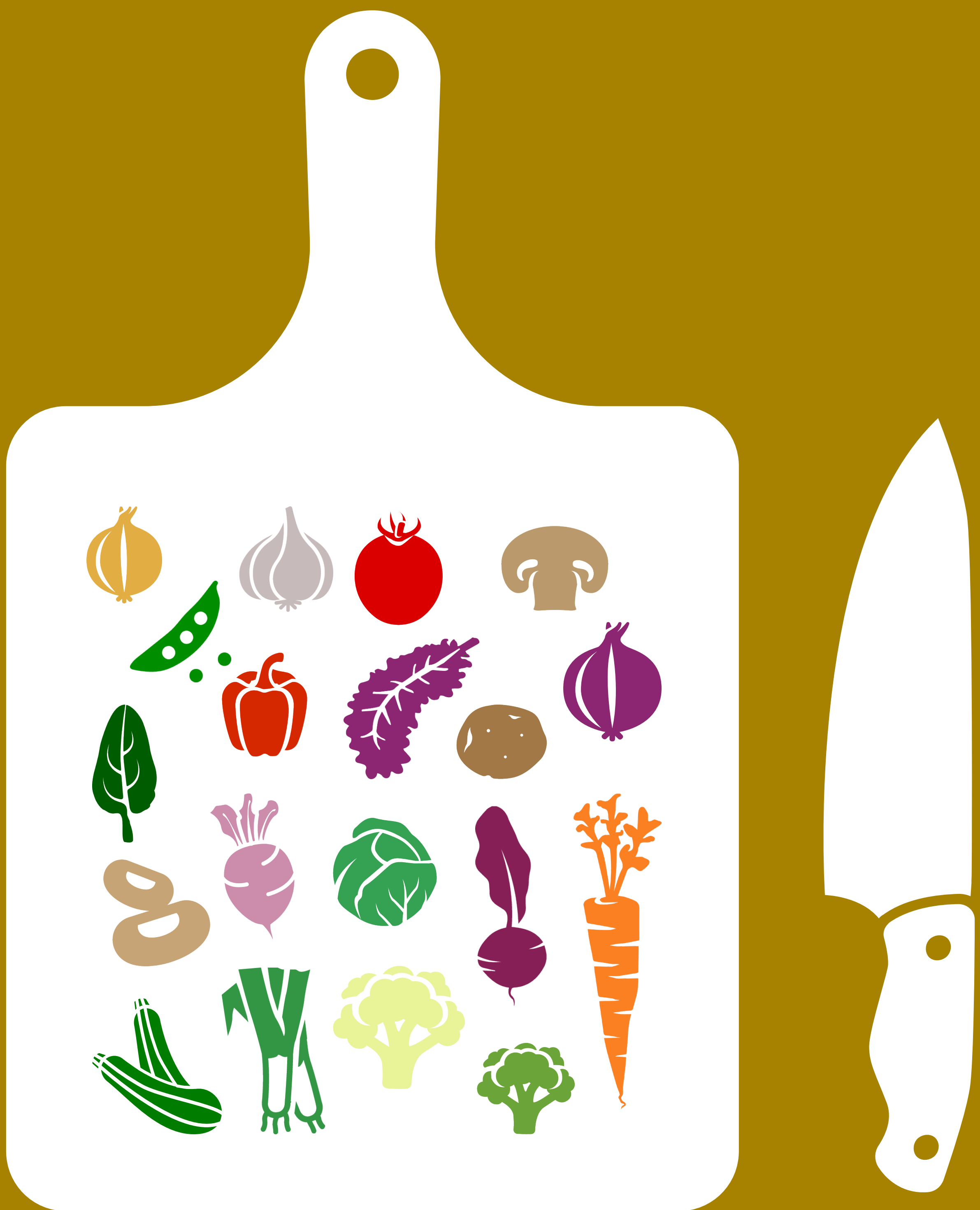
## **\* tidbit: storing seeds**

### **bell pepper seeds**

- Slice open the pepper and shake the seeds out of the fruit and into a bowl. The seeds require drying for a week or two to store well, unless you are planting them immediately. Spread them out in a single layer on paper plates and allow them to dry completely in a warm, dark and dry location. If you aren't storing seeds, you can plant them in pots right after collecting them.

# veggie scrap vegetable stock

A beautiful creation made entirely from scraps (and scratch). It's time to take (and make) stock in your achievements!





# ingredients

- **Onion scraps**
- **Celery scraps**
- **Carrot scraps**
- **Mushroom scraps**
- **Garlic scraps**
- **Potatoe scraps**
- **Leftover herbs**
- **You can add many other vegetable scraps: corn cobs, squash, zucchini, beet greens, fennel, chard, lettuce, parsnips, green beans, pea pods, bell peppers, eggplant, mushrooms, asparagus, herbs, veggies that are wilted or slightly past their prime, be sure not to use produce that is rotten or moldy.**

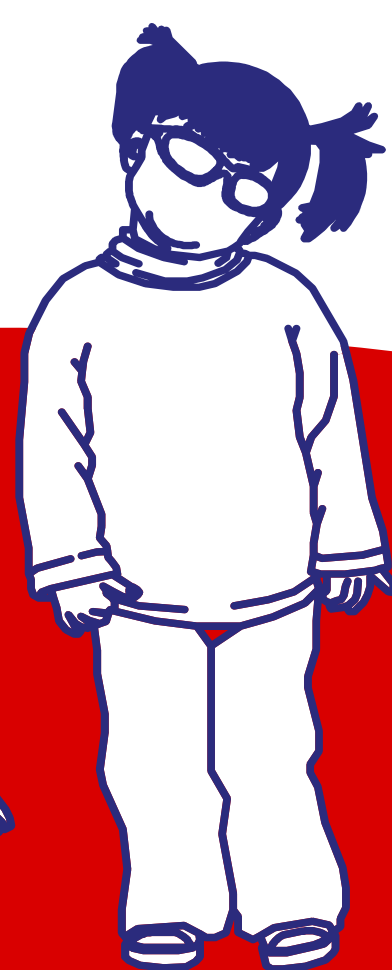
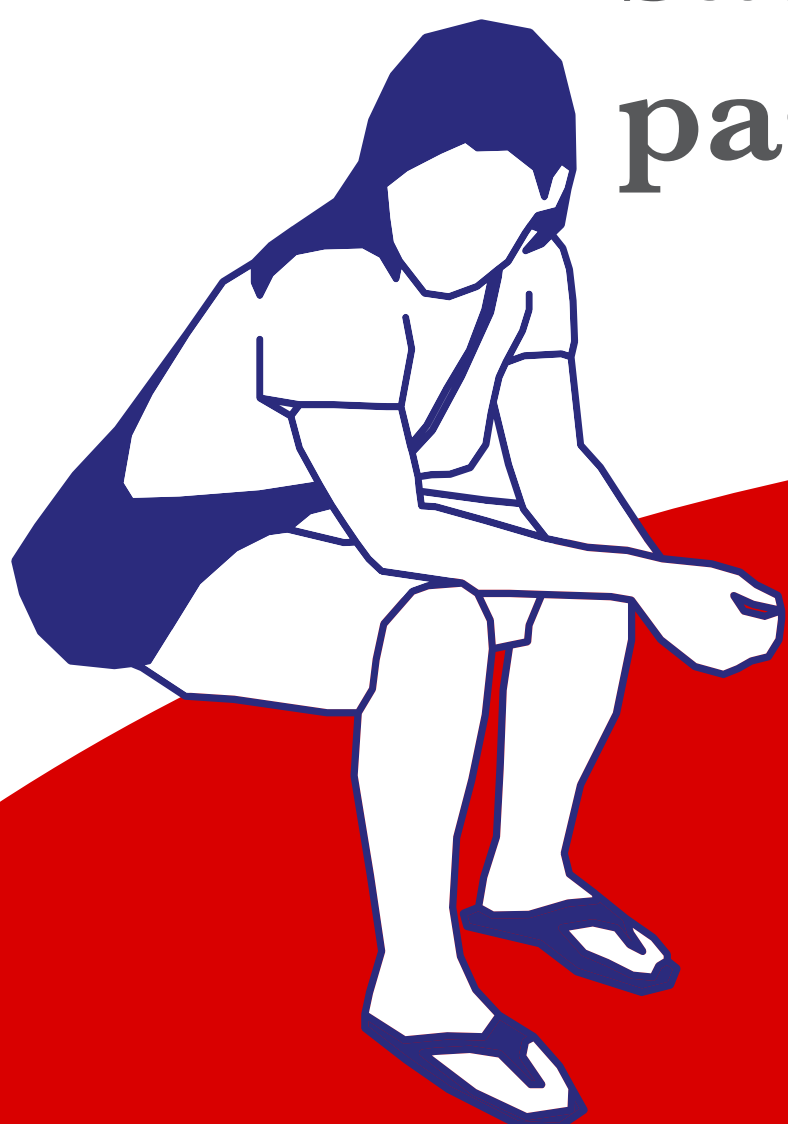


# instructions

- Remove the tops/bottoms/skins/stems from any vegetables you are preparing and place them in an airtight container.
- Place container with scraps in freezer, they can stay frozen up to 6 months.
- Continue collecting scraps until the container is full.
- Dump container into pot and fill  $\frac{3}{4}$  of the pot (or until scraps just start to float) with water.
- Bring water to a boil and then let it simmer for at least 30 minutes.
- Strain scraps from stock.
- Refrigerate stock up to 4 days, or freeze up to 3 months.
- Freeze it in 2-cup portions (or even ice cube trays for veggie stock cubes!) so you don't have to thaw all the stock every time.

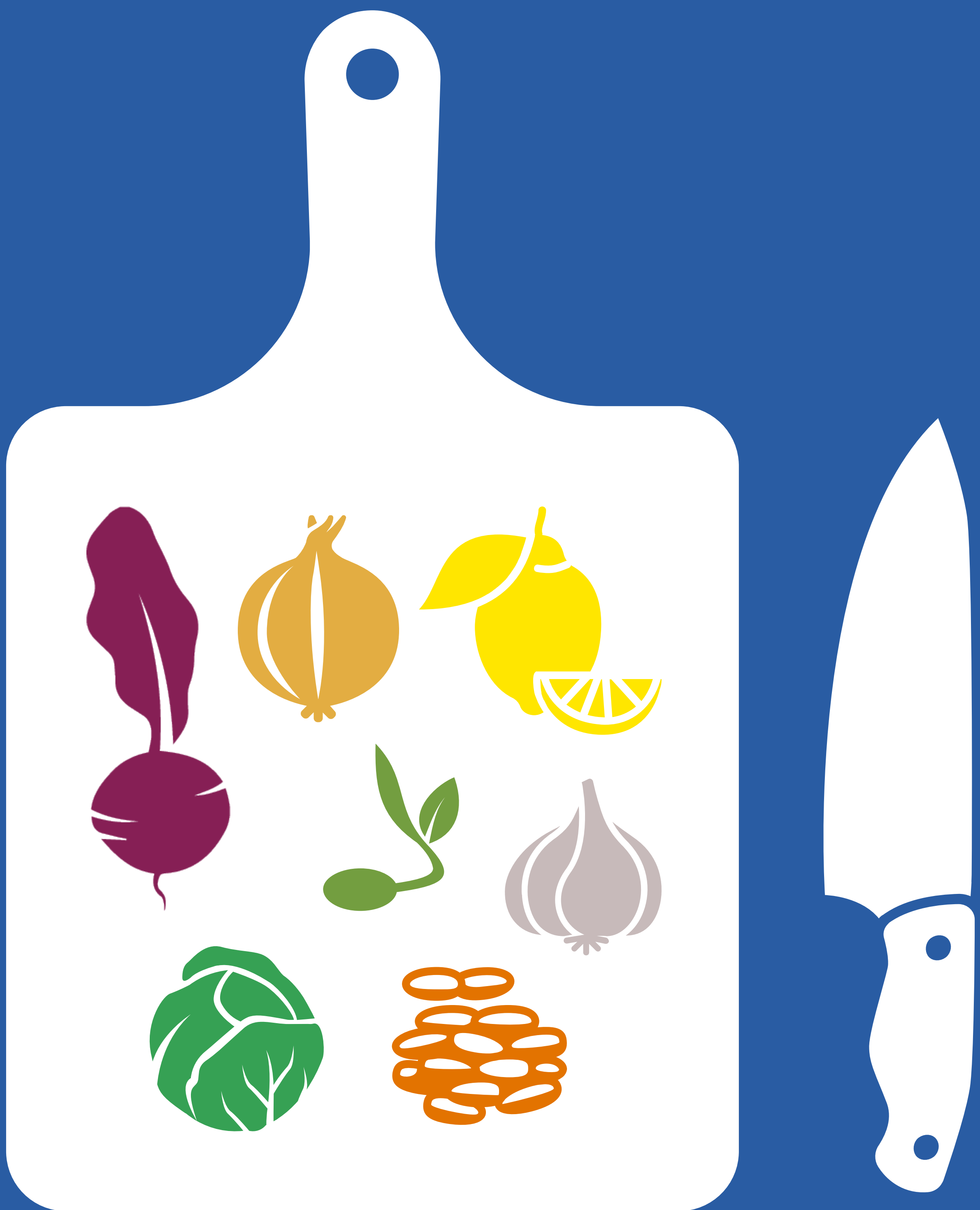
# for you & your crew

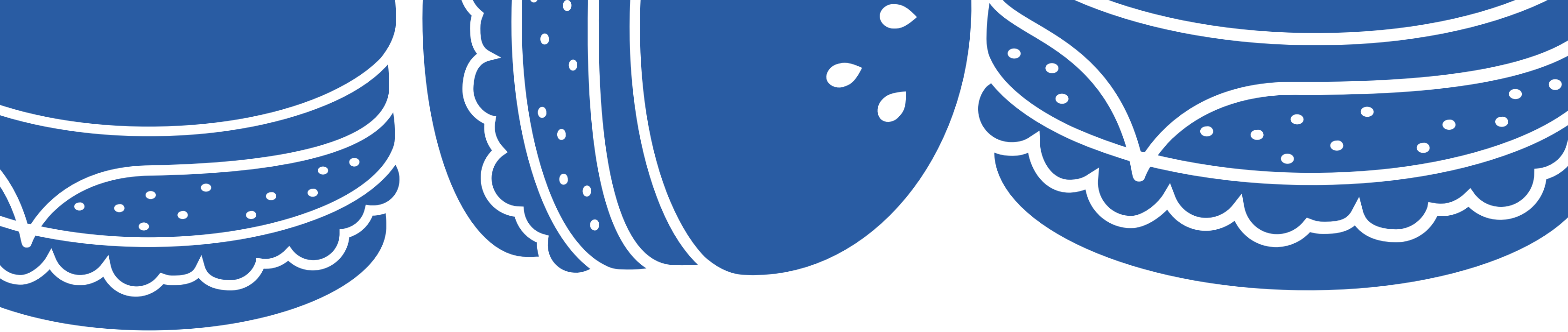
- lentil & beet burgers with lemon aioli
- carrot & broccoli veggie chips
- tomato basil broccoli noodles & white bean salad
- chipotle-orange black bean stuffed yams
- veggie & tofu skewers with sriracha
- tofu & rice stuffed peppers
- broccoli rigatoni with blue cheese
- miso & ginger butternut squash ramen
- broccoli & chickpea curry
- sauteed swiss chard & lemon pasta



# lentil & beet burgers with lemon aioli

This burger will have you marching to a new  
beet with lemon lentil on base and aioli as  
accompaniment.





# ingredients

## beet burgers

- 5 tbsp. extra-virgin olive oil, divided
- 1/2 cup finely chopped yellow onion
- 1 garlic clove, thinly sliced
- 1/2 cup brown or green lentils, rinsed and picked through
- 2 tsp. kosher salt, divided
- 1/4 cup bulgur
- 3/4 pound beets (about 4 medium), grated
- 1/2 cup chopped walnuts, toasted
- 1/2 cup mixed herb leaves and stems (such as basil, parsley, dill, mint, cilantro or oregano), chopped
- 1/2 cup dried bread crumbs

- 2 large eggs
- 1 tsp. finely grated lemon zest (from 1 lemon)
- 1 tsp. finely grated orange zest (from 1 small orange)
- 1/4 tsp. ground black pepper
- 6 leaves Bibb or butter lettuce
- 6 whole wheat hamburger buns, split and toasted
- 6 (1oz) slices feta, preferably sheep's milk
- 1 cup lentil sprouts

## **lemon aioli**

- 1 egg yolk
- 1 small garlic clove, finely chopped
- 1 tbsp. lemon juice, plus more to taste (use lemon from the zest)
- 1/2 tsp. finely grated lemon zest
- 2/3 cup extra-virgin olive oil
- 1/3 cup canola oil
- 1/2 tsp. kosher salt

# instructions

## beet burgers

- Line a baking sheet with parchment paper and set aside. In a small pot, heat 1 Tbsp. oil over medium heat. Add onion and garlic and cook until translucent and softened, about 4 minutes. Add lentils and 1 cup water and bring to a boil. Reduce heat to medium-low and simmer until liquid is absorbed and lentils are just tender, about 15 minutes.
- Season with 1 tsp. salt, spread out on a large plate, and set aside to let cool completely.
- While lentils cool, wipe small pot clean. Add bulgur and  $\frac{1}{2}$  cup water and bring to a boil. Reduce heat to medium-low and gently simmer, partially covered, until liquid has absorbed and bulgur is just tender, 8 to 10 minutes. Set aside to let cool completely.
- Meanwhile, arrange grated beets in a colander and rinse under cold, running water, tossing, until water is no longer red and runs light pink. Transfer to a clean kitchen towel, wrap snugly, and wring firmly to remove excess moisture. (Note: This will stain your towel pink.) Transfer beets to a large bowl and set aside. You should have about 3 packed cups.
- In a food processor pulse half of lentil mixture with walnuts to make a coarse paste. Transfer to bowl with beets. Add herbs, bread crumbs, eggs,

lemon and orange zests, pepper, remaining 1 tsp. salt, reserved bulgur, and remaining lentil mixture. Using your hands, mix very well. Form mixture into 6 (4") patties. Transfer to prepared baking sheet and refrigerate, uncovered, until completely chilled, 3 hours or overnight.

## lemon aioli

- In a medium bowl, combine egg yolk, garlic, lemon juice, and zest. Whisk vigorously until pale yellow and frothy, about 30 seconds. While whisking constantly, very slowly drizzle in olive and canola oils, incorporating them into yolk mixture a few drops at a time. (If added too quickly, the emulsification may break.) If aioli is very thick, whisk in an additional 1 to 2 tsp. lemon juice to adjust to desired texture, then whisk in salt. Cover and chill until ready to serve.
- Preheat oven to 350°. In a large skillet, heat 2 Tbsp. oil over medium-high heat. Add 3 burgers and cook, carefully flipping, until deep golden brown on both sides, 3 to 4 minutes per side. Transfer burgers to prepared baking sheet and carefully wipe skillet clean. Return skillet to heat and repeat with remaining 2 Tbsp. oil and 3 burgers. Bake burgers until completely cooked through, tender on the inside, and deeply golden brown on the outside, about 15 minutes.
- Arrange lettuce on the bottom half of each bun and top with a burger. Add a slice of feta, and dollop with lemon aioli. Top with lentil sprouts and remaining half of bun and serve.

# carrot & broccoli veggie chips

Veg out on our hipster crisps that won't leave you with a calorie count hangover. Just bake, flip and crunch.







# ingredients

- 2 large broccoli stems 2 raw carrots, cleaned
- 1/2 tbsp. olive or coconut oil
- Salt and Pepper to taste
- Fresh herbs (optional)

## \* fun fact

### carrots

- Use a pizza cutter for carrots and celery: The rolling motion of the blade allows you to go way faster, just be mindful of where your fingers are so you don't accidentally cut yourself!
- Using a double bladed peeler? Hold the carrot with the point side down on a 45 degree angle. Peel the carrot downward. After you've reached the tip, rotate and start peeling upward. When you've reached the top, rotate and peel downward again. Repeat the last two steps and you'll have a peeled carrot in less than 20 seconds.

# instructions

- Preheat oven to 400 degrees F.
- Remove the stems from 2 broccoli heads, cutting as close to the florets as possible. Use a sharp knife to cut the broccoli stems into thin slices, as well as the carrots.
- Place carrot and broccoli rounds in a bowl and drizzle with oil and spices. Mix and place on a baking sheet with a cooking spray.
- Cook until crisp, stirring and flipping halfway through. Cooking time will depend on vegetable thickness, but will range between 30 - 40 minutes. Check often to ensure they don't burn. Remove from oven, cool and enjoy.

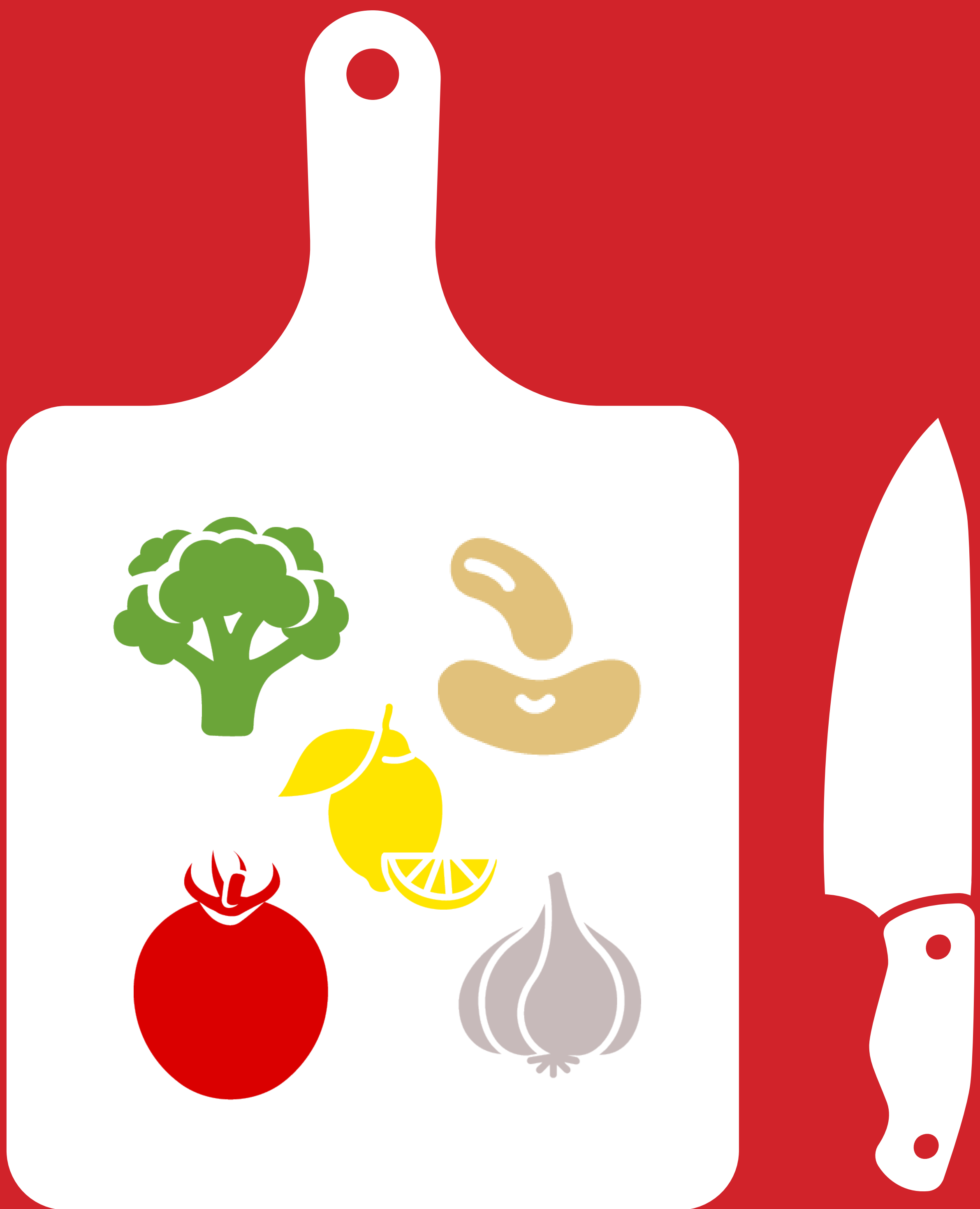
## \* tidbit: saving scraps

### broccoli stalks

- Use several full broccoli stalks to make a pureed soup. Chop up the stalks and cook it with broth, any other vegetables you want (like onions or garlic) and seasonings, then puree it. Add a bit of cream if you want cream of broccoli soup.

# tomato basil broccoli noodles & white bean salad

When tomato and broccoli canoodle, you get this white bean noodle. Once you taste this saucy salad you'll never want to leaf it alone.





# ingredients

## salad

- 2 large heads of broccoli with stems
- 1 cup cannellini beans (fresh)

## dressing

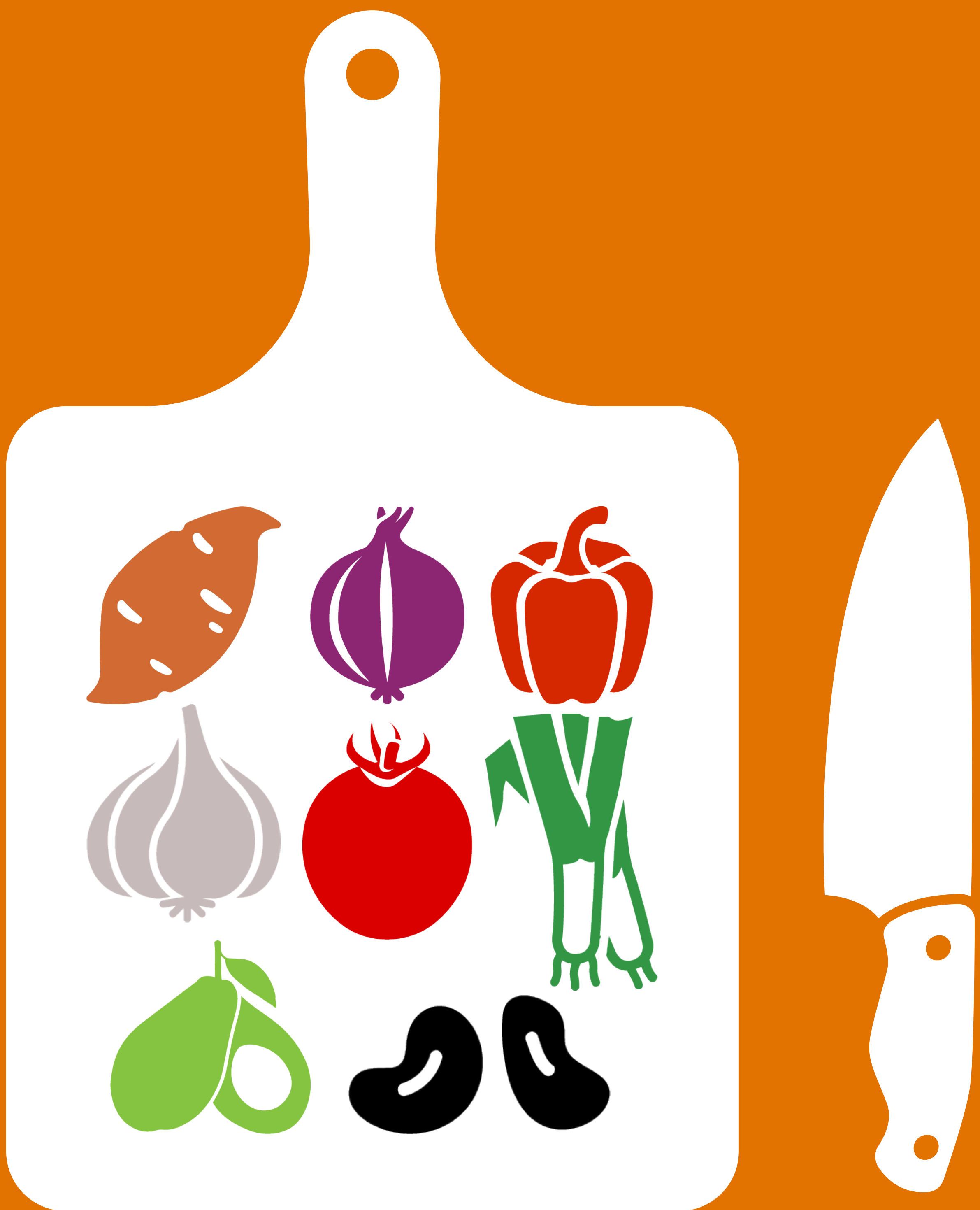
- 5-6 Campari tomatoes, roughly chopped
- 2 tbsp. minced basil leaves
- 2 tbsp. white balsamic vinegar
- 1 tbsp. extra-virgin olive oil
- 1 garlic clove, minced
- 2 tsp. agave nectar
- 2 tbsp. freshly squeezed lemon juice
- Salt and pepper, to taste
- 1/4 tsp. red pepper flakes

# instructions

- Separate the broccoli florets from their stems and set aside the stems and head of broccoli's florets.
- Remove as much stem as possible from the broccoli florets and place the florets into a food processor and pulse until breadcrumb-like. Set broccoli aside in a bowl and wipe down the food processor.
- Spiralize the broccoli stem. Roughly trim the noodles and place in the bowl with the floret crumbs.
- Place all of the ingredients for the dressing into the food processor and pulse until chunky, but dressing-like. Don't over process it – you don't want this dressing to be watery.
- Pour the dressing into the bowl, add in the beans and toss well to combine thoroughly. Serve immediately or let sit in the refrigerator to let flavors marinate.

# chipotle-orange black bean stuffed yams

Save these yams for the days when you miss your Gam. They're bound to leave you as blissfully stuffed.





# ingredients

- 2 medium yams or sweet potatoes
- 2 tsp. olive oil
- 1 small red onion, diced
- 1 red bell pepper, diced
- 1 garlic clove, minced
- 1 tsp. chili powder
- 1/4 tsp. chipotle powder
- 1/2 diced tomatoes
- Sea salt, to taste
- 1/4 cup fresh orange juice
- 1 1/2 cups cooked black beans
- 2 scallions, sliced
- 2 tbsp. fresh oregano or cilantro
- 1 avocado, diced

# instructions

- Preheat the oven to 450°F. Prick the yams all over with a fork, and place on a foil-lined baking sheet. Bake for 45-60 minutes, until tender, depending on how large they are.
- Meanwhile, to make the chili beans, heat olive oil in a medium pan over medium heat, and add the onions and bell pepper. Sauté until starting to soften, about 5 minutes.
- Add the garlic, chili powder, chipotle powder, sea salt, tomatoes, orange juice, and beans. -Cook for another 10 minutes until the flavors have blended, stirring often.
- Once the yams have finished cooking, cut in half lengthwise (but not all the way through to the bottom).
- Spoon the black beans into the open yams, top with scallions, oregano, and avocados, and serve

## \* tidbit: herbs

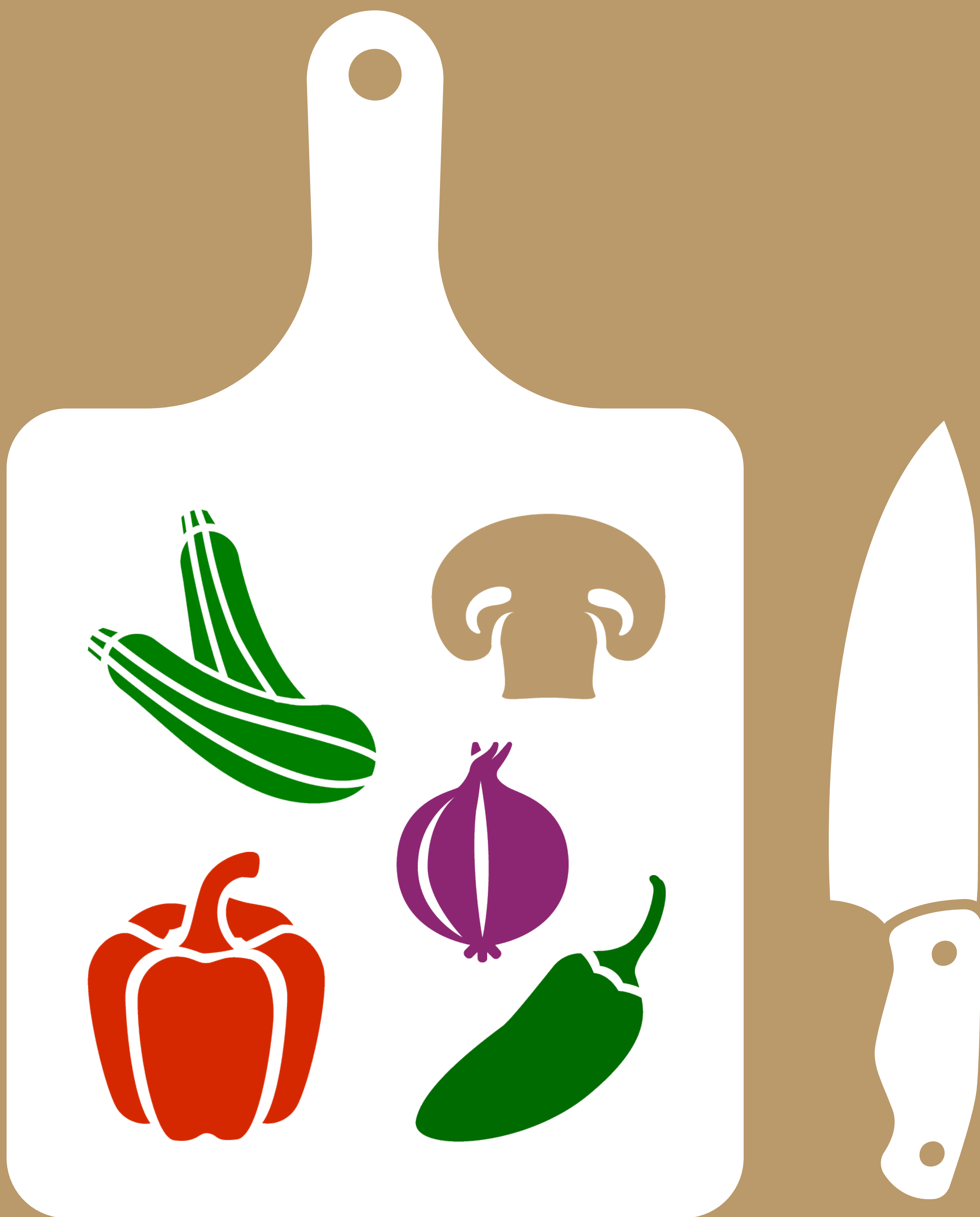
### **cilantro**

- Store herbs such as cilantro and basil in a jar with their stalks immersed in water.



# veggie & tofu skewers with sriracha

At the end of a tough day, just grill your worries away. Fit for any holiday, simply throw some tofu and veggies on a skewer.





# ingredients

- 1 (8 oz.) container extra firm tofu, drained and sliced into large chunks
- 1 zucchini, cut into large chunks
- 1 red bell pepper, cut into large chunks
- 10 large mushrooms
- 2 tbsp. sriracha chili garlic sauce
- 1/4 cup soy sauce
- 2 tbsp. sesame oil
- 1/4 cup diced onion
- 1 jalapeno pepper, diced
- Ground black pepper to taste

# instructions

- Place tofu, zucchini, red bell pepper, and mushrooms in a bowl.
- Mix sriracha sauce, soy sauce, sesame oil, onion, jalapeno, and pepper in a small bowl, and pour over tofu and vegetables.
- Toss lightly to coat. Cover, and allow to marinate at least 1 hour in the refrigerator.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Thread tofu and vegetables on to skewers. Grill each skewer 10 minutes, or to desired doneness.
- Use any remaining marinade as a dipping sauce.

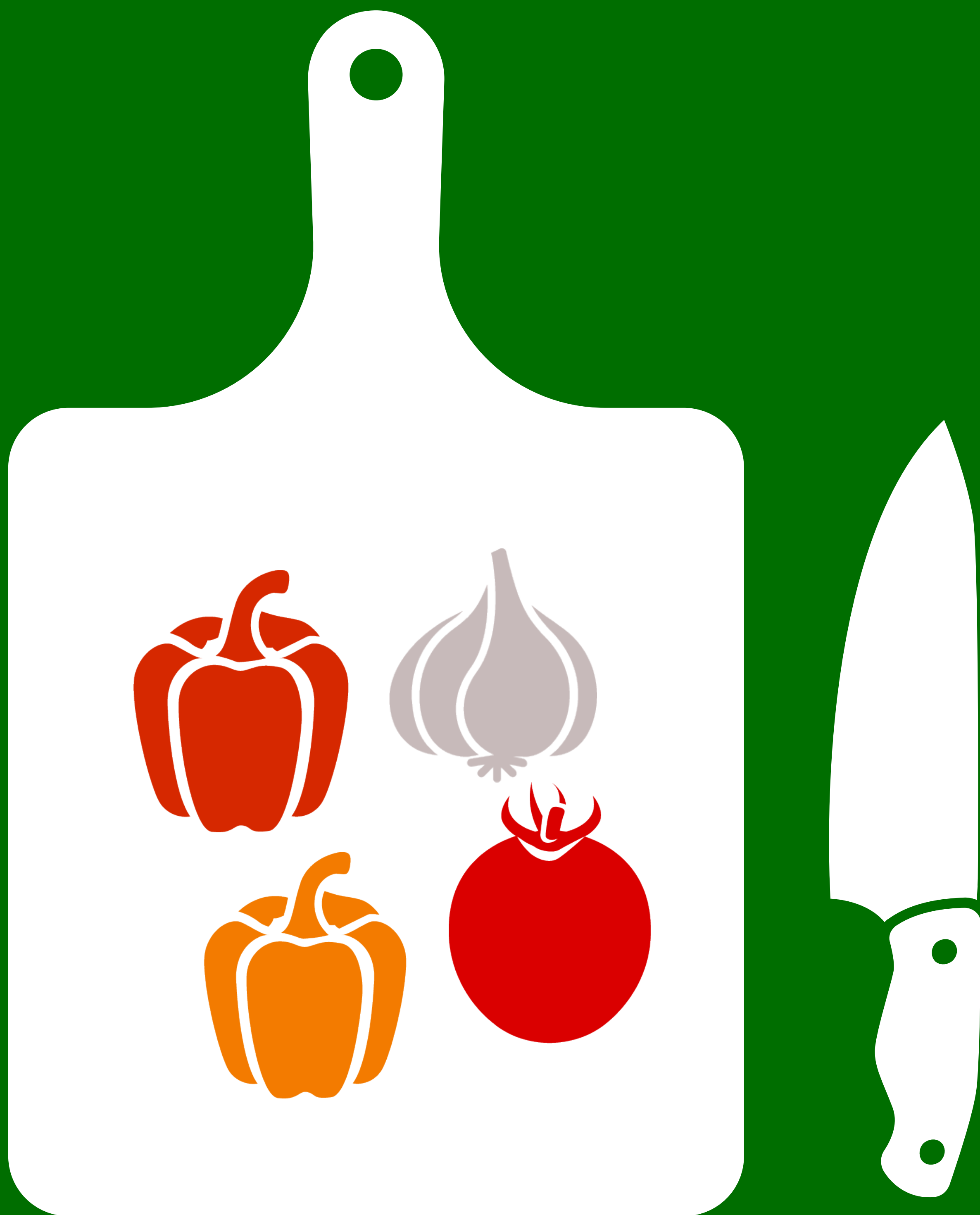
## \* fun fact

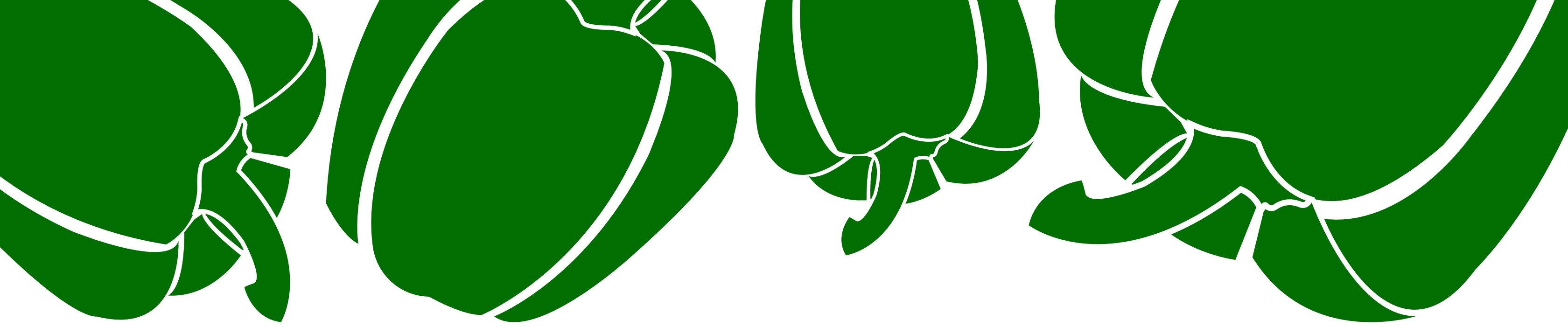
### jalapeno

- Their heat comes from the veins surrounding the seeds. If the seeds are removed along with these veins (placenta), the pepper becomes less spicy. Yogurt or milk products can be used to put the fire out if you get one that's too hot.

# tofu & rice stuffed peppers

A tofu- rice pair with no pepper left to spare, this dish is smoking. So tasty it's just unfair not to share.





# ingredients

- 1 cup uncooked brown rice
- 2 cups water
- 2 tbsp. olive oil
- 1 clove garlic, minced
- 1 (12 oz.) package extra-firm tofu, drained and diced
- 1 3/4 cups marinara sauce, divided
- Salt to taste
- Ground black pepper to taste
- 2 red bell peppers, halved and seeded
- 2 orange bell peppers, halved and seeded
- 2 cups shredded mozzarella cheese
- 8 slices tomato

# instructions

- Place rice and water in a pot and bring to a boil. Cover, reduce heat to low, and simmer 45 minutes, or until tender.
- Heat the olive oil in a skillet over medium heat, and stir in garlic and tofu. Cook about 5 minutes. Mix in 1/4 cup marinara sauce, season with salt and pepper, and continue to cook and stir until tofu is evenly brown.
- Preheat oven to 350 degrees F.
- Using a wooden spoon or spatula, press an equal amount of rice into each pepper half. Layer rice with remaining marinara sauce, and 1/2 the cheese. Press equal amounts of tofu into the pepper halves. Place 1 tomato slice on each pepper, and top peppers with remaining mozzarella. Arrange stuffed peppers in a baking dish.
- Bake 25 minutes in the preheated oven, until cheese is melted. Serve 1/2 of each color pepper to each person.

# broccoli rigatoni with blue cheese

Why sing your blues away, when can eat them. Sounds cheesy? It certainly is, just mixed in with some broccoli and rigatoni.





# ingredients

- 12 oz. broccoli, stalk cut into 1cm chunks, head cut into florets
- 2 oz. hazelnuts, toasted and chopped
- 3 oz. vegetarian blue cheese or Roquefort
- ½ vegetable stock cube, made up with 100ml boiling water
- 7 oz. rigatoni
- Lemon wedges, to serve

## \* fun fact

### lemon

- Lemon juice and hot water is good for a sore throat and it is an anti-bacterial. Also, lemons work well for natural highlights in your hair.



# instructions

- Bring a large pan of water to the boil. Add the broccoli stalks and cook for 8 minutes. until soft. Drain, then blitz in a food processor with three-quarters of the nuts, half the cheese and the stock until it resembles a smooth pesto.
- Refill the pan with water and bring to the boil. Add the pasta and cook for 8-10 minutes until al dente. -Add the florets for the final 2 minutes. Drain and return to the pan. Pour over the pesto and stir well to coat; season to taste.
- Divide between 2 plates and sprinkle over the remaining nuts and cheese. Serve with lemon wedges to squeeze over, if you like.

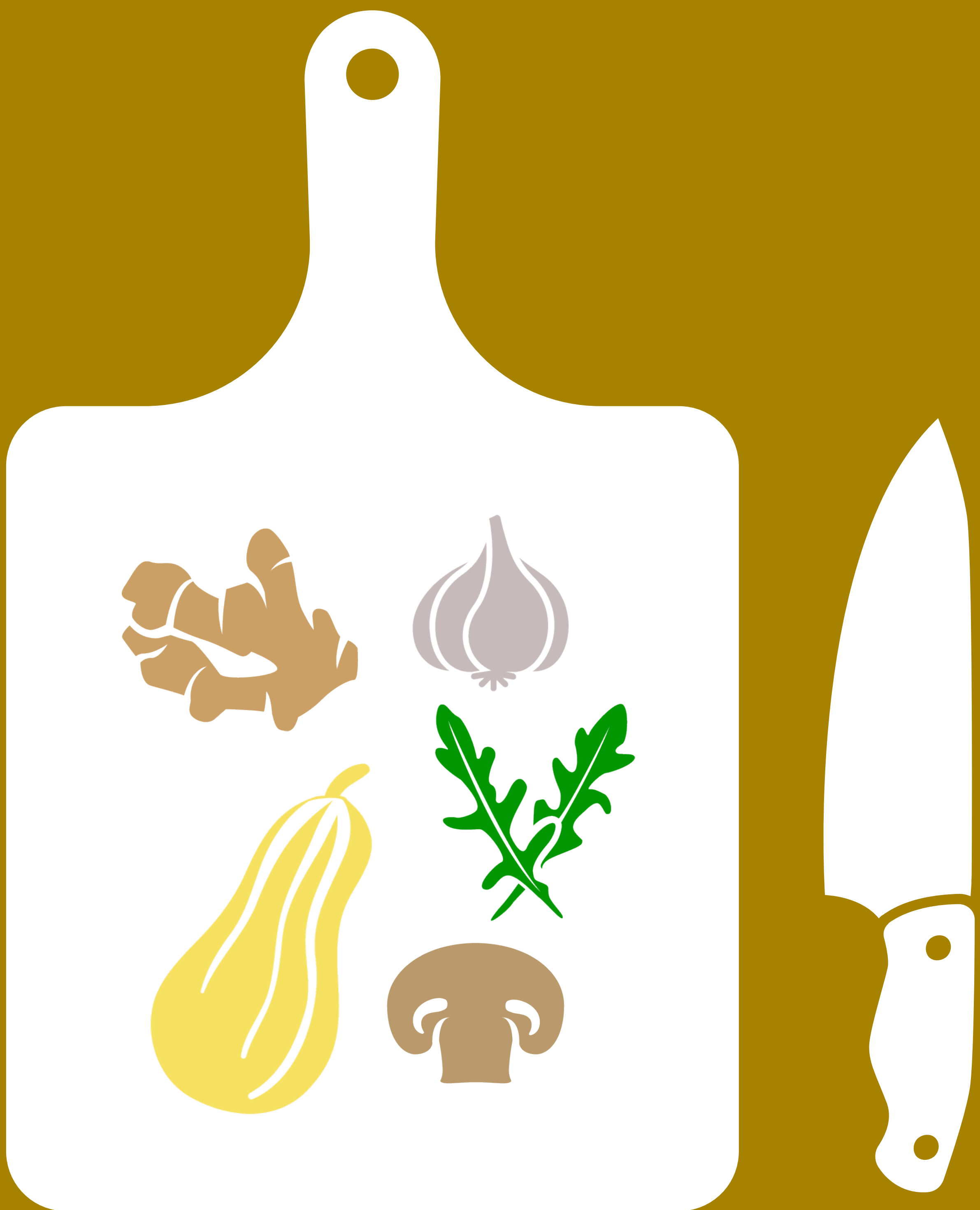
## \* tidbit: saved scraps

### veggie stock

- Make your own stock! About 4 cups of scraps makes 2 quarts of veggie stock. Save scraps throughout the week, wash and chop them into similar sizes, and keep them in an airtight bag or container in the refrigerator. If you are collecting scraps for longer than a week, store them in the freezer. Look for our veggie scraps vegetable stock recipe to put your scraps to use in this recipe!

# miso & ginger butternut squash ramen

You definitely want in on this ramen. A miso that will have you so grandioso. A perfect gateway into the gingery craze.





# ingredients

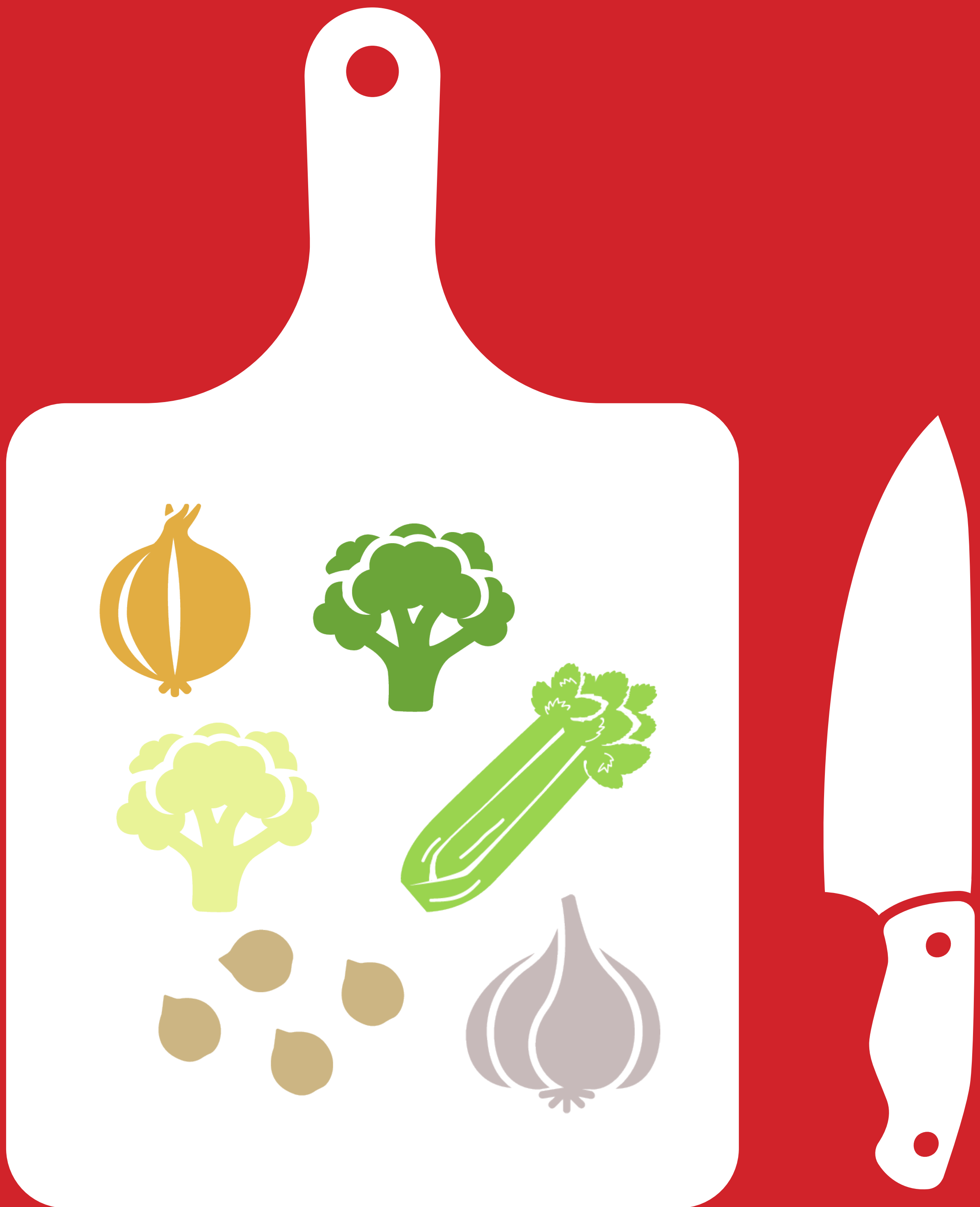
- 1 medium butternut squash (unpeeled), halved and cut into small chunks, seeds reserved
- 2 tbsp. toasted sesame oil
- 7oz. fresh kale
- 1 large garlic clove, crushed
- 2 in. piece ginger, finely grated
- 1.5 oz. miso paste
- 0.5 oz dried porcini mushrooms
- 2 tsp. reduced-salt soy sauce
- 4 eggs
- 10 oz. pack cooked udon noodles
- Sriracha, to taste (optional)

# instructions

- Preheat the oven to 450 degrees F. Put the squash on a large baking tray, drizzle with 1 tbsp. sesame oil, and toss to coat. Roast for 25-30 minutes or until tender.
- Remove and finely slice the hard stalks from the fresh greens. Slice the leaves into thin strips and set aside.
- Heat the remaining oil in a large saucepan, add the garlic and ginger and cook for 2 minutes over a low heat. Add 7 cups boiling water, the sliced stalks, miso paste and porcini mushrooms. Increase the heat to medium and simmer for 15 minutes.
- Heat a frying pan over a medium heat, tip in the squash seeds and dry; fry, stirring, for 2 minutes until starting to brown. Add the soy and fry for 1 min. remove from the pan and set aside.
- Bring a small saucepan of water to the boil, add the eggs and cook for 6 minutes, then drain. Run the eggs under cold water, then peel and slice in half.
- Add the noodles to the mushroom-miso broth. Cook for 1 min, then add the leaves and cook for 1 min.
- Divide the broth, noodles and greens between 4 bowls. Top with the squash, eggs and seeds.
- Finish with a drizzle of sriracha, if using.

# broccoli & chickpea curry

For all you curry lovers out there, this one's for you. Our take on the classic chickpea curry will be your new go-to.





# ingredients

- 1 tbsp. olive oil or coconut oil
- 1-2 tbsp. green curry paste
- ½ large yellow onion, sliced
- 3 garlic cloves, finely chopped
- 1 cup chopped broccoli (stalks and florets)
- 1 cup chopped cauliflower (stalks and florets)
- 1 cup chopped celery
- 1 cup of canned chickpeas, drained and rinsed  
1 can light coconut milk (14 oz.)
- 1 tsp. turmeric powder
- ¼ cup fresh basil leaves, chopped

# instructions

- Heat a large skillet over medium heat. Add oil once heated.
- Add curry paste to oil and toast until fragrant, about 30 seconds. Add onion and all vegetables. Stir to combine with curry and cook until crisp-tender, about 8 minutes. Stir frequently to prevent any burning.
- Pour in coconut milk and add turmeric and chickpeas. Stir to combine and allow to come to a low boil. Reduce temperature to low and simmer, uncovered, for 5 minutes.
- Remove from heat. Serve over rice, quinoa or noodles. Sprinkle with basil as a garnish.

## \* fun fact

### celery

- Even though low in fat, celery actually fuels your appetite and makes you hungry for more delicious food
- One stalk of celery contains about 10 calories.

# sautéed swiss chard & lemon pasta

A pasta that can't be beat. Im-pasta-bly delicious and nutritious, this zesty treat is one feat to be proud of.







# ingredients

- 1 cup gluten-free pasta
- 1 tbsp. olive oil
- 1 head rainbow swiss chard, cut into 1/2 inch pieces
- 1/2 cup kalamata olives
- 1/4 cup fresh cilantro
- 2 scallions, thinly sliced
- 1 tsp. balsamic vinegar
- 1 tbsp. lemon juice
- 1 tsp. fresh lemon zest
- 1/4 tsp. chili powder
- 2 tbsp. chia seeds
- 1/4 tsp. sea salt
- 1/4 tsp. freshly ground pepper

# instructions

- Cook pasta according to package. Remove from heat; drain and set aside.
- Meanwhile, in a large skillet, cook chard in oil over medium heat until wilted, approximately 4 minutes.
- Remove from heat; transfer to a large serving bowl.
- Add cooked penne, olives, cilantro, scallions, vinegar, lemon juice, lemon zest, chili powder, chia seeds, sea salt and pepper. Toss to combine.
- Serve warm.

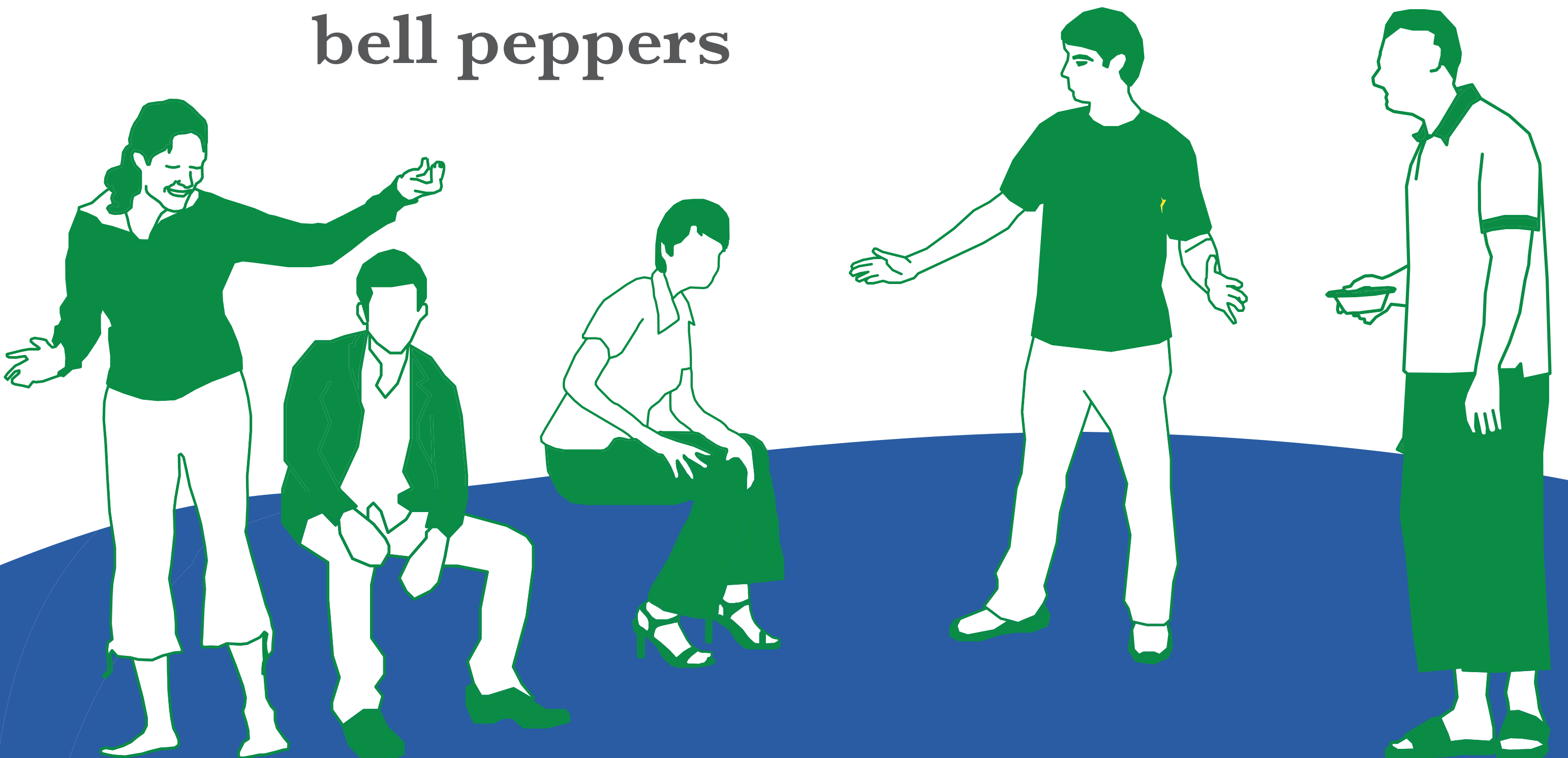
## \* fun fact

### lemon peel

- Lemon not only acts as a degreaser, but the citric acid found in lemon also helps remove spots from dishes. Throw lemon rinds with the pulp into your dish water to help remove grease and make glasses and silverware sparkle.

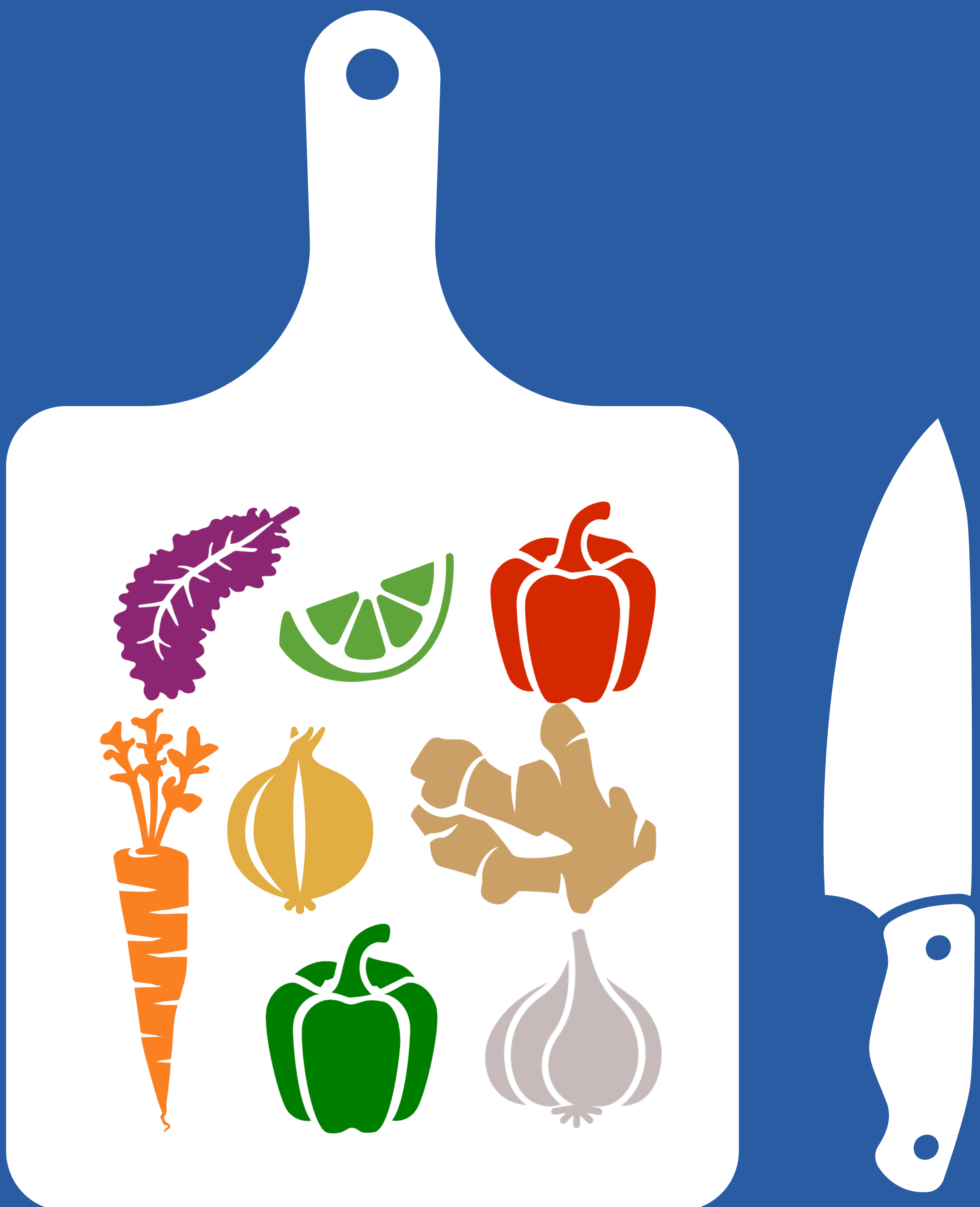
# for you & a few

- **thai red curry with veggies**
- **spaghetti squash burrito bowl**
- **cauliflower pizza with veggies**
- **black eyed pea & carrot top burger**
- **radish greens salad with pickle vinaigrette**
- **crispy seasoned cauliflower**
- **grated carrot & carrot top salad**
- **beetroot & chickpea fritters**
- **veggie macaroni & cheese**
- **veggie paella with chickpeas & bell peppers**



# thai red curry with veggies

Curry up! This rich red curry gives restaurants a run for their money. Indulge, whether it's for dinner or a fancy breakfast.





# ingredients

- 1  $\frac{1}{4}$  cups brown jasmine rice or long-grain brown rice, rinsed
- 1 tbsp. coconut oil or olive oil
- 1 small white onion, chopped (about 1 cup)
- Pinch of salt, more to taste
- 1 tbsp. finely grated fresh ginger (about a 1-inch nub of ginger)
- 2 cloves garlic, pressed or minced
- 1 red bell pepper, sliced into thin 2-inch long strips
- 1 yellow, orange or green bell pepper, sliced into thin 2-inch long strips

- **3 carrots, sliced on the diagonal into 1/4-inch thick rounds (about 1 cup)**
- **2 tbsp. Thai red curry paste**
- **1 can (14 ounces) regular coconut milk**
- **1/2 cup water**
- **1 1/2 cups packed thinly sliced kale**
- **1 1/2 tsp. coconut sugar or brown sugar**
- **1 tsp. tamari or soy sauce**
- **2 tsp. rice vinegar or fresh lime juice**

## **garnishes/sides**

- **handful of chopped fresh basil or cilantro, optional red pepper flakes, optional sriracha or chili garlic sauce**

# instructions

- To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve. Just before serving, season the rice to taste with salt and fluff it with a fork.
- To make the curry, warm a large skillet with deep sides over medium heat. Once it's hot, add the oil. Add the onion and a sprinkle of salt and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Add the ginger and garlic and cook until fragrant, about 30 seconds, while stirring continuously.
- Add the bell peppers and carrots. Cook until the bell peppers are fork-tender, 3 to 5 more minutes, stirring occasionally. Then add the curry paste and cook, stirring often, for 2 minutes.
- Add the coconut milk, water, kale and sugar, and stir to combine. Bring the mixture to a simmer over medium heat. Reduce heat as necessary

to maintain a gentle simmer and cook until the peppers, carrots and kale have softened to your liking, about 5 to 10 minutes, stirring occasionally.

- Remove the pot from the heat and season with tamari and rice vinegar. Add salt (I added  $\frac{1}{4}$  teaspoon for optimal flavor), to taste. If the curry needs a little more punch, add  $\frac{1}{2}$  teaspoon more tamari, or for more acidity, add  $\frac{1}{2}$  teaspoon more rice vinegar. Divide rice and curry into bowls and garnish with chopped cilantro and a sprinkle of red pepper flakes, if you'd like. If you love spicy curries, serve with sriracha or chili garlic sauce on the side

## \* tidbit: carrot tops

### delicious chimichurri

#### ingredients

- 1 cup finely chopped carrot greens, 2 teaspoons dried oregano,  $\frac{1}{4}$  teaspoon cumin, 1 teaspoon ground sweet paprika,  $\frac{1}{2}$  teaspoon crushed red pepper flakes, 1 garlic clove, minced, 1 teaspoon salt, a few grinds of pepper,  $\frac{1}{4}$  cup white wine vinegar,  $\frac{1}{4}$  cup olive oil.

#### instructions

- Roast carrots in a 450 degree oven for 10-15 minutes. Finely chop your carrot greens and mix them with all of the dried spices and minced garlic. Stir in the vinegar and olive oil. Serve with roasted carrots, toasted bread, or over grilled fish or meat.



# spaghetti squash burrito bowl

It's time to squash all the extra carbs in traditional spaghetti meals. With a spicy flair, this bowl is great to share.





# ingredients

## **roasted spaghetti squash**

- 2 medium spaghetti squash (about 2 pounds each), halved and seeds removed
- 2 tbsp olive oil
- Salt and freshly ground black pepper

## **cabbage and black bean slaw**

- 2 cups purple cabbage, thinly sliced and roughly chopped into 2in long pieces
- 1 can (15 oz.) black beans, rinsed and drained
- 1 red bell pepper, chopped
- 1/3 cup chopped green onions, both green and white parts

- 1/3 cup chopped fresh cilantro
- -2 to 3 tbsp. fresh lime juice, to taste
- 1 tsp. olive oil
- 1/4 tsp. salt

## **avocado salsa verde**

- 3/4 cup mild salsa verde, either homemade or store-bought
- 1 ripe avocado, diced
- 1/3 cup fresh cilantro
- 1 tbsp. fresh lime juice
- 1 medium garlic clove, roughly chopped
- Optional garnishes: chopped fresh cilantro, crumbled feta

## **\* fun facts**

### **lime**

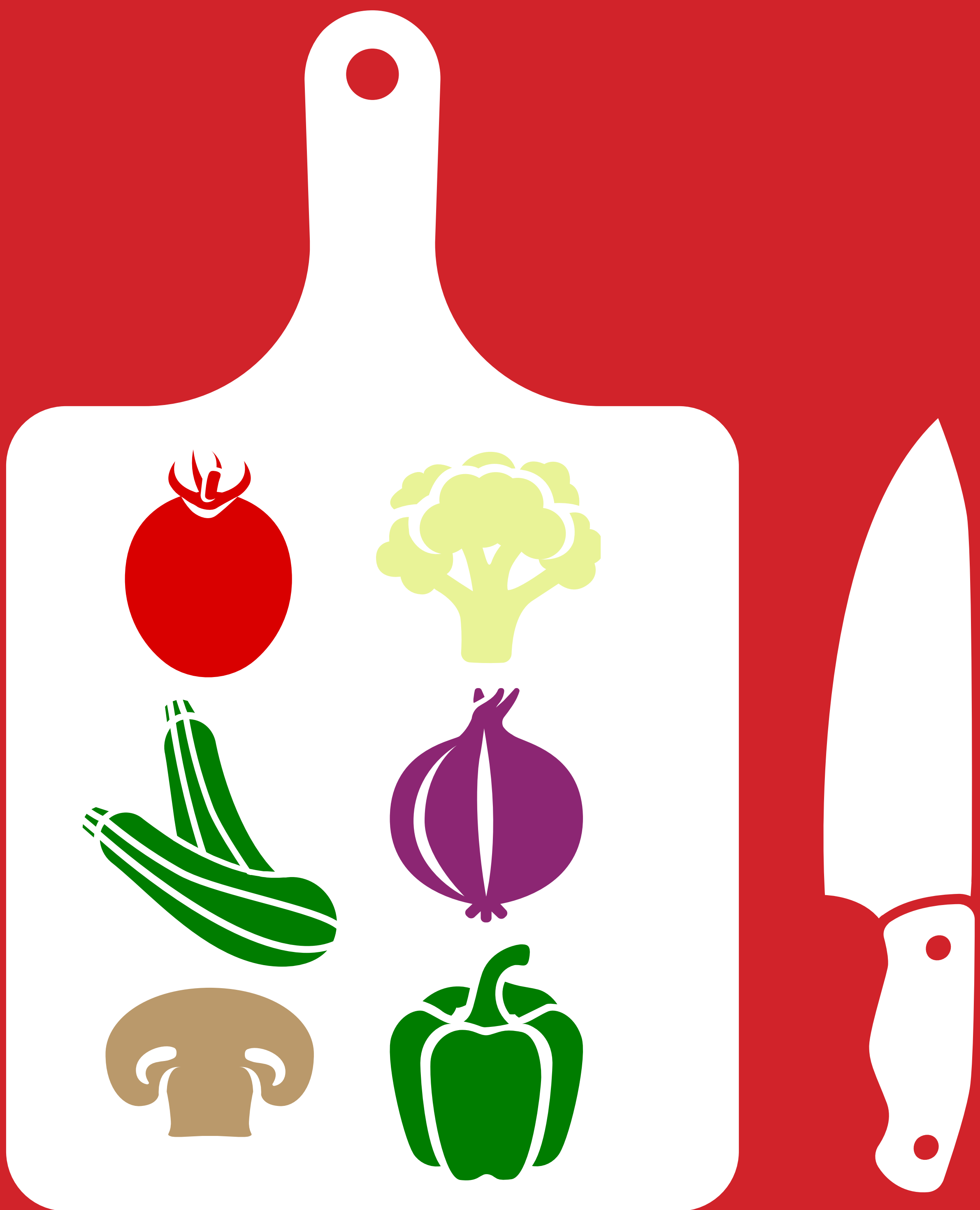
- Microwaving a lime for 15 seconds before squeezing produces almost twice as much juice.

# instructions

- To roast the spaghetti squash: Preheat the oven to 400 degrees F and line a large baking sheet with parchment paper for easy clean-up. On the baking sheet, drizzle the halved spaghetti squash with olive oil. Rub the olive oil all over each of the halves, adding more if necessary.
- Sprinkle the insides of the squash with freshly ground black pepper and salt. Turn them over so the insides are facing down. Roast for 40 to 60 minutes, until the flesh is easily pierced through with a fork.
- Meanwhile, to assemble the slaw: In a medium mixing bowl, combine the cabbage, black beans, bell pepper, green onion, cilantro, lime juice, olive oil and salt. Toss to combine and set aside to marinate.
- To make the salsa verde: In the bowl of a blender or food processor, combine the avocado, salsa verde, cilantro, lime juice and garlic. Blend until smooth, pausing to scrape down the sides as necessary.
- To assemble, first use a fork to separate and fluff up the flesh of the spaghetti squash. Then divide the slaw into each of the spaghetti squash “bowls,” and add a big dollop of avocado salsa verde. Finish the bowls with another sprinkle of pepper, cilantro and optional crumbled feta.

# cauliflower pizza with veggies

Never feel guilty about eating an entire pizza again. Fun to make, this pizza will take the cake. You'll never want delivery again!





# ingredients

## **cauliflower crust**

- 1 cauliflower (chopped)
- 4 egg whites
- 1/4 cup shredded, fat-free mozzarella cheese
- 1/4 cup Parmesan cheese
- 1/4 tsp. garlic powder
- 1/4 tsp. ground black pepper

## **sauce and toppings**

- 1/2 cup tomato puree (canned or make your own\*)
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1/2 tsp. garlic powder

- **2 cups chopped with mushrooms**
- **1 cup chopped zucchini**
- **1 cup chopped red or green bell pepper**
- **1/2 cup finely chopped red onion**
- **1/4 cup fresh basil leaves**
- **1/4 cup shredded, fat-free mozzarella cheese**

## **\* fun fact**

### **mushrooms**

- Mushroom good source of selenium, dietary fiber, potassium, Vitamins B1, B2 and D. No cholesterol, low in calories, fat and sodium. They also contain antioxidants to support a strong immune system.
- Mushrooms are not a vegetable, but we just had to incorporate them! Because they don't contain leaves, roots or seeds, mushrooms are classified as a fungi, which is uniquely different from plants. In fact, on a cellular level, mushrooms are more similar to humans than plants.

# instructions

## cauliflower crust

- Preheat the oven to 450°F. Line 2 baking sheets with parchment paper and coat them with cooking spray.
- Roughly chop the cauliflower. Add to the bowl of a food processor in batches, pulsing until the mixture resembles couscous. (The key to getting the correct consistency is to not overload the food processor.) Measure out 4 cups of the cauliflower and transfer to a medium bowl.
- Into the bowl, add egg whites, mozzarella cheese, Parmesan, garlic powder, and black pepper. Stir to combine.
- Divide the cauliflower mixture over the 2 prepared baking sheets—aim for each “pizza” to be a 7- to 8-inch oval or circle, using a knife or a spatula to spread the mixture into this size.
- Bake cauliflower crusts in the oven until edges are totally golden, around 30 minutes. Remove from oven.



## sauce and toppings

- Reduce the oven to 425°F.
- Make the tomato sauce: In a small bowl, combine tomato purée and spices. Reserve.
- Prepare all the vegetables. Warm oil in a small nonstick pan over medium-high heat. Add vegetables and, stirring constantly, cook until softened, about 5 to 7 minutes.
- When the cauliflower crusts are finished, divide tomato sauce between each pizza, swirling into the middle of each pizza. Top with basil leaves, the cooked vegetables, and cheese. Bake in oven until cheese melts, about 5 to 7 minutes.
- Remove pizzas from the oven. Use a large spatula to carefully remove pizza from parchment and transfer to each plate.

## \* tidbit: sauce

### tomatoe puree

- To make the purée at home, dip tomatoes in boiling water for a few minutes, then drain, and slip off the skins. Blend the skinned tomatoes in a food processor and sieve to remove the seeds. Heat until the tomato pulp has reduced to a thick paste.

# black-eyed pea & carrot top burger

Far out man! Although this eclectic burger may seem alien, it will be the star dish at any dinner party.





# ingredients

- **1 Can (15oz) Black-Eyed Peas  
(no salt-added, rinsed)**
- **1/3 Cup Quinoa Flakes**
- **1 Cup Carrot Top Greens  
(chopped)**
- **1/2 Cup Fresh Dill (chopped)**
- **1/2 Cup Fresh Italian Parsley  
(chopped)**
- **1/3 Cup (about 2) Scallions  
(chopped)**
- **1 Cup Chopped White  
Mushroom**
- **1/2 Tbsp. Dijon Mustard**
- **1 Tsp. Minced Garlic**
- **1/2 Tsp. Black Pepper**
- **1 Tsp. Red Wine Vinegar**

# instructions

- Preheat the oven to 400 degrees F.
- In a large food processor, combine all the prepared ingredients and blend until you get a nice moist “dough” consistency. Not smooth, but not too chunky either. This mixture will be very moist when you go to form the patties.
- Form 4 equal patties with your hands. Flatten them a bit and place on a baking sheet
- Bake for 15 minutes, carefully flip, and bake for another 15 minutes. (Total cooking time is 30 minutes). Remove and serve right away, or allow to cool completely before wrapping in wax paper, placing in a plastic bag, and freezing. To heat from frozen, either use a toaster oven or microwave. You can also let them thaw in the fridge a few hours before and simply heat as well.

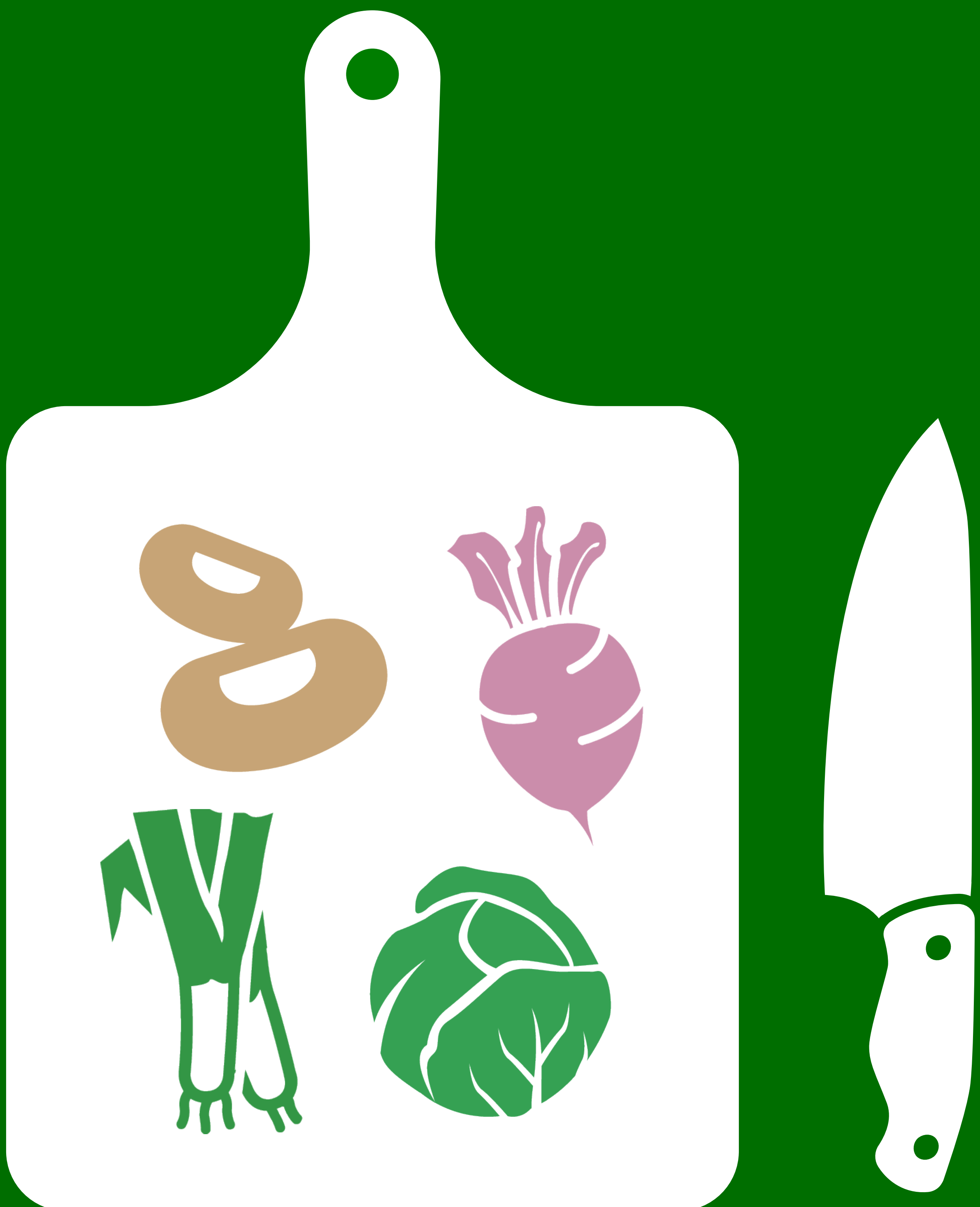
## \* tidbit: tops

### **carrot top tabouli**

- Left over carrot tops? Cooked bulgur wheat combined with crunchy cucumbers, fresh tomatoes and scallion, and lots of parsley, mint, and of course, carrot tops. Dressed with olive and lemon juice.

# radish greens salad with pickle vinaigrette

You know, it's kind of a big 'dill'. This rad salad is all wrapped up in radishes and is sure to make other salads green with envy.





# ingredients

- 2 Tbsp. chopped dill pickles
- 2 Tbsp. dill pickle brine
- 1 shallot, chopped (about 2 Tbsp.)
- 1 Tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 3/4 tsp. kosher salt, divided
- 1/4 cup extra-virgin olive oil
- 2 Tbsp. finely chopped dill
- 1 pound small lettuce, torn into bite-size pieces
- 12 radishes with greens (3/4 pound), greens chopped, radishes thinly sliced
- 1 cup cooked or canned black-eyed peas, drained and rinsed
- 1/2 cup crumbled feta

# instructions

- In a blender, combine pickles, brine, shallot, vinegar, mustard and 1/4 tsp. salt and puree until smooth. With the motor running on low speed, slowly drizzle in oil. Pour vinaigrette into a small jar or bowl, stir in dill, and set aside.
- In a large bowl, toss lettuce and radish greens with remaining 1/2 tsp. salt. Add sliced radishes, black-eyed peas, feta and reserved vinaigrette, and toss again. -Divide among plates and serve immediately.

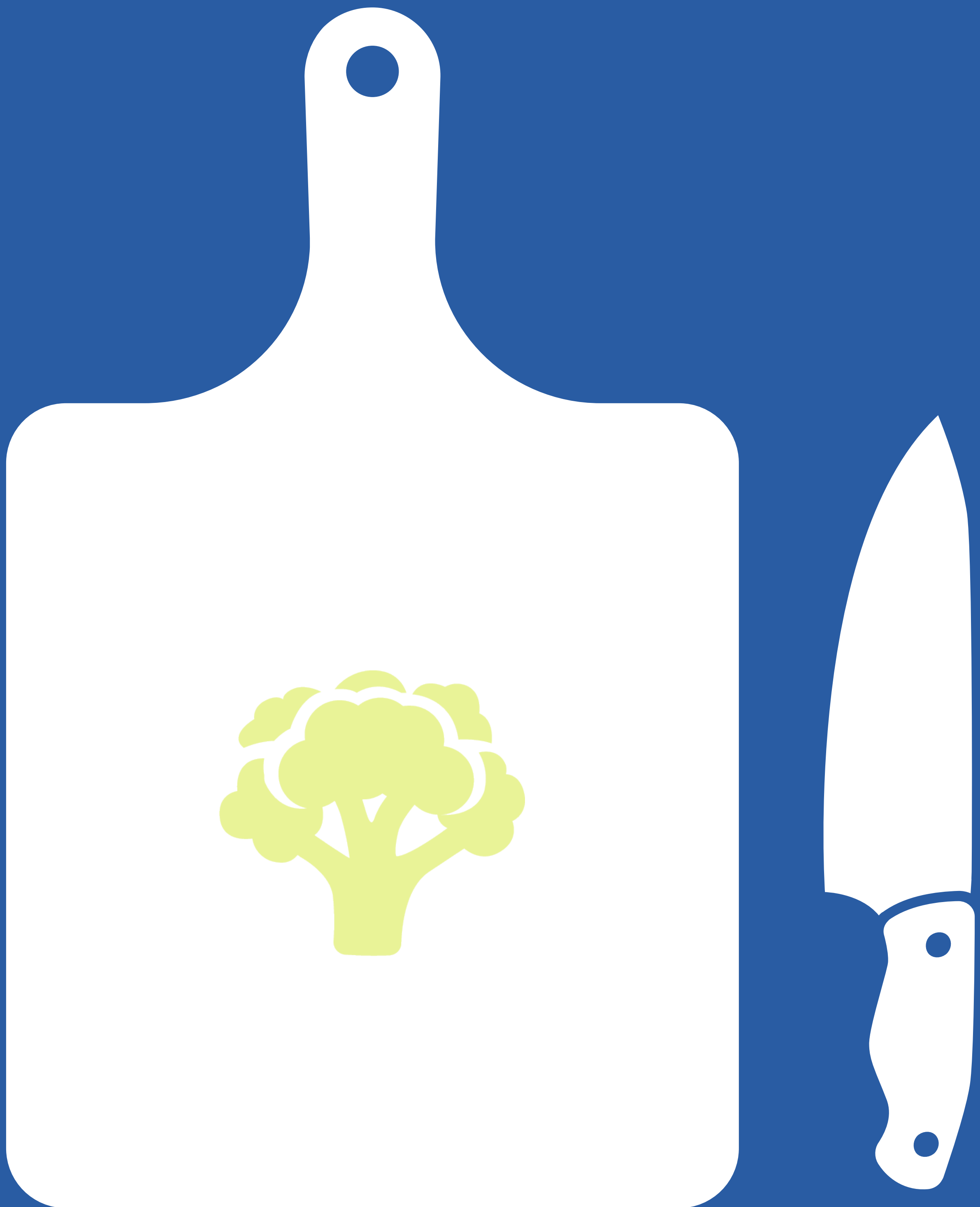
## \* tidbit: grow

### grow your own lettuce

- Lettuce is an easy-going, low maintenance vegetable to plant.
- Sprinkle the seeds over the soil. Don't focus too much on the distance between seeds. Once you're done that, add additional soil over the seeds.
- The most important thing about these little plants is that the soil needs to always be moist. Water the soil with a spray bottle every morning, or whenever it looks a bit dry.
- The lettuce seedlings need a lot of sun, but make sure wherever you keep the pot isn't too hot, or else your lettuce will dry out. Fourteen to 16 hours of sunlight is ideal.

# crispy seasoned cauliflower

Forget about your typical bouquet of roses, here's the new flower on the block. Simple elegance...plated.







# ingredients

- 1 head cauliflower, cut into florets, stem cut into small pieces
- 2 tbs. potato starch
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/2 tsp. turmeric
- 1 tbsp. nutritional yeast (optional)
- 1/2 tsp. chili powder or paprika
- 1 tbsp. neutral, high heat oil of choice (avocado, sunflower, grape seed, canola, etc)

# instructions

- Preheat oven to 450 degrees F. Drizzle tablespoon of oil over metal baking sheet.
- Spread cauliflower out over the sheet, toss in oil, and sprinkle with remaining ingredients. Make sure cauliflower is in an even layer with as much space between pieces as possible. If needed, divide between two sheets.
- Bake for 20-30 minutes, tossing once about halfway through. When crispy and golden brown, it is done.
- Serve by itself, over rice, pasta, with potatoes, or as a filling for tacos, burritos, wraps, etc.
- Drizzle with balsamic vinegar, tahini dressing, or aioli, if desired

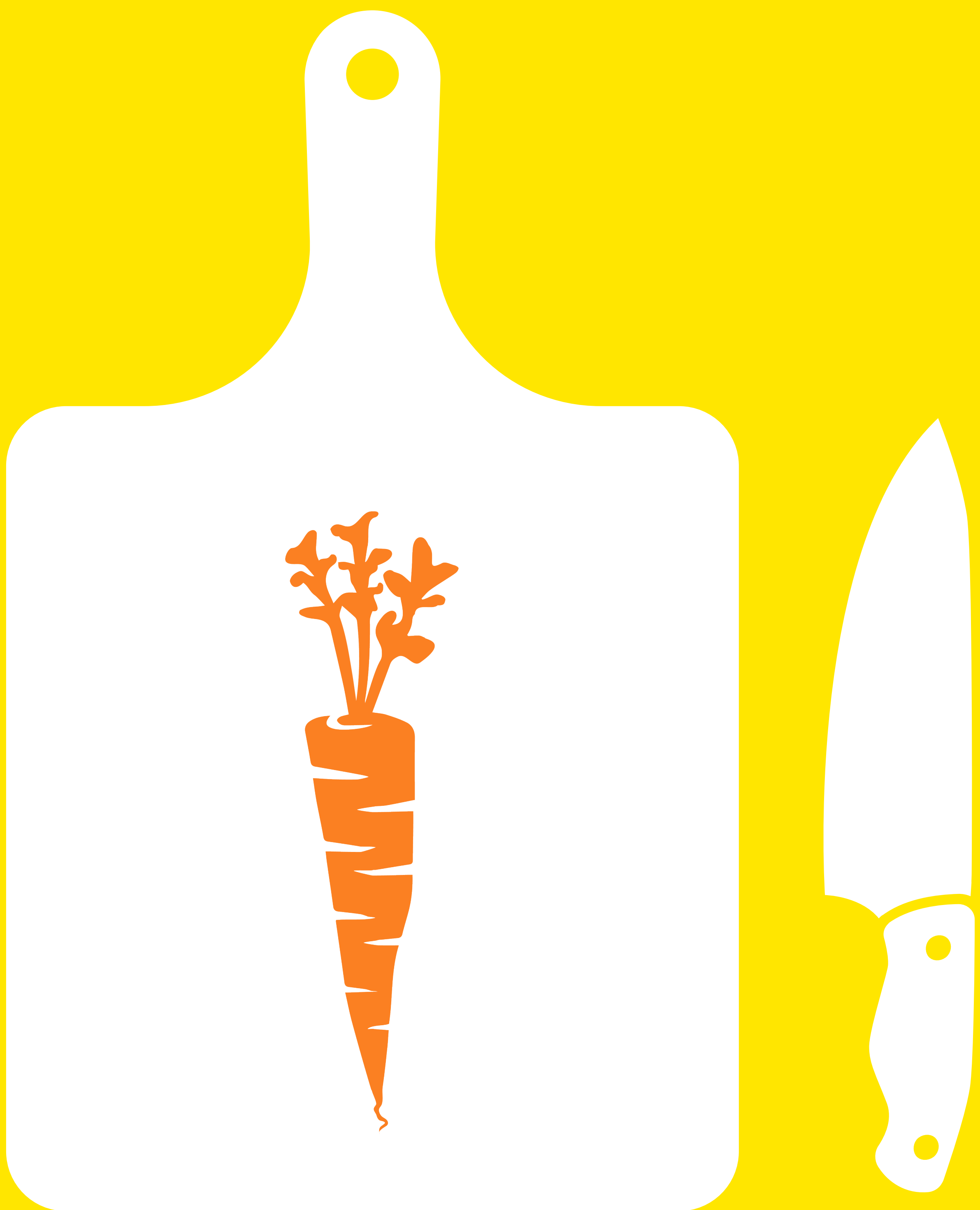
## \* tidbit: leaves

### cauliflower chips

- Like kale chips, cauliflower leaves are a tasty treat! After 30 minutes at high heat, they emerged crispy at the tips and buttery along the stalks. Just cook like kale chips.

# grated carrot & carrot top salad

This salad is just ‘grate’! Just when you think it can’t be topped, all you have to do is use the carrot top.





# ingredients

## **vinaigrette**

- 1/4 tsp. finely grated orange zest
- 2 tbsp. orange juice
- 1 1/2 tbsp. aged sherry vinegar
- 4 tbsp. extra virgin olive oil
- 1/4 tsp. sea salt
- Freshly ground black pepper to taste

## **salad**

- 2 tsp. cumin seeds
- 1 1/4 lbs. (565 g) carrots – finely grated
- 1/4 cup currants – soaked in hot water for 10 minutes
- 1/2 cup finely chopped young carrot tops

# instructions

- To make the vinaigrette
- Place all of the ingredients in a small bowl. Whisk until well blended and set aside.
- Heat a small heavy-bottomed frying pan over medium-high heat. Add the cumin seeds and cook until they turn a deep golden color and are fragrant, about 2 minutes, shaking the pan continuously and taking care not to burn the spices.
- Transfer to a small bowl to cool. Place the grated carrots in a large bowl. Drain the currants and add them to the carrots.
- Add the chopped carrot tops and cumin seeds and drizzle with the vinaigrette.
- Toss well and serve.

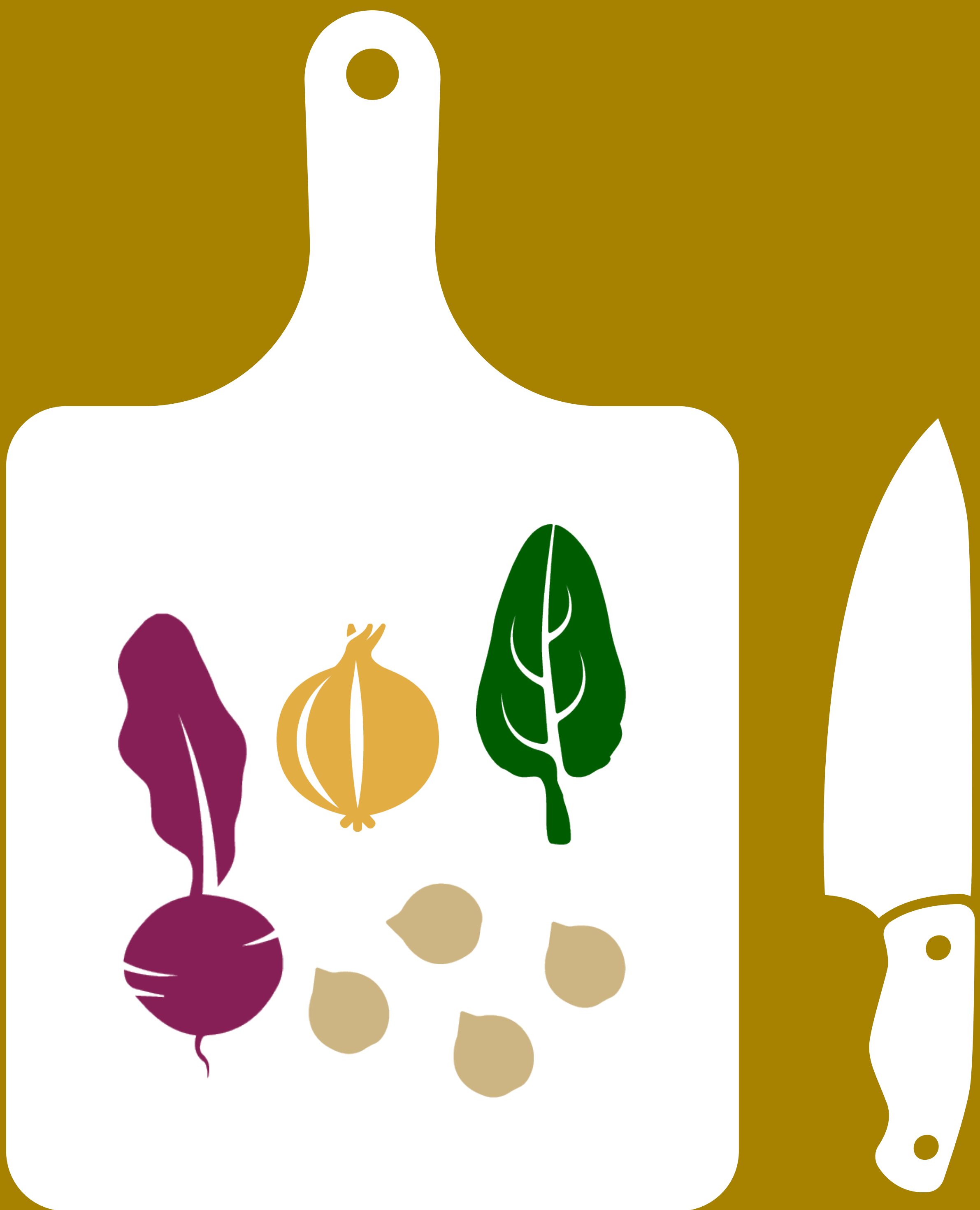
## \* tidbit: peels

### orange tea time

- Dry orange peels and add some to tea the next time you brew it. The orange will infuse a subtle citrusy taste into the tea.

# beetroot & chickpea fritters

We're rooting for this dish! These fresh little fritters find a nice balance between sweet and salty.





# ingredients

- 450g bunch raw beetroot, stalks separated
- 4 tbsp. red wine vinegar
- 2 tbsp. caster sugar
- 400g tin chickpeas
- 3 spring onions, trimmed and finely chopped (including green tops)
- 1 tbsp. garam masala
- 2 eggs
- 3 tbsp. olive oil
- 100g baby spinach leaves
- 1 large orange, peeled and segmented
- 15g fresh mint, leaves picked
- 4 tbsp. Low-fat Greek-style yogurt

# instructions

- Rinse and finely chop the beetroot stalks. Tip into a saucepan with 3 tbsp. vinegar, the sugar and 50ml water. Bring to the boil, then reduce to a medium heat and cook for 20 minutes, stirring regularly, until thick and jam-like. Add a splash more water if the stalks start to catch. Transfer to a bowl and set aside to cool.
- Trim, scrub, rinse and pat dry the beetroot, then coarsely grate. Place the grated beetroot between 2 sheets of kitchen paper to soak up excess liquid. Repeat if still moist.
- Put the chickpeas in a food processor, blitz until smooth, and then transfer to a large mixing bowl. Alternatively, mash well with a fork. Add the grated beetroot, spring onion and garam masala, then season generously. Add the eggs and stir until well combined.
- Use your hands to squeeze the mixture into 12 equal, Satsuma-sized patties. Heat 1 tbsp. oil in a large nonstick frying pan over a medium-high heat. Cook half the fritters for 4 minutes each side until golden and crispy. Add 1 tbsp. oil and repeat with the remaining fritters.



- Meanwhile, make the dressing by whisking together the remaining oil and vinegar; season.
- Divide the spinach leaves, orange segments and mint leaves between 4 bowls and drizzle with a little of the dressing. Serve alongside the fritters, relish and yogurt to dip.

## \* tidbit: roots & peels

### spring onion root

- Put these discarded bottoms into a container with a little bit of water leaving the stem out of the water. Watch the onion begin to grow in a few days.

### leftover beetroot

- Make a ginger power flu shot!

### ingredients

- 1/2 lemon (or scraps), 1 small apple (or scraps), 1 small beetroot (or scraps), 1 inch fresh ginger.

### instructions

Press everything through your juicer, drink immediately. (remove lemon peel if it is too strong)

### orange peel

- Take fresh orange peels and rub them all over your skin to repel mosquitoes

# veggie macaroni & cheese

As the song goes... Hey Macarena! They all want me, they 'can' have me. And if you're good, I'll take you home with me.





# ingredients

- 8 oz. whole-grain macaroni elbows
- 1 head of broccoli, cut into small bites
- 1 ½ tbsp. avocado oil or extra-virgin olive oil
- 1 small yellow onion, chopped (about 1 ½ cups)
- 1 cup grated russet potato (4 ounces, about 1 small or ½ medium potato), preferably organic
- 3 cloves garlic, pressed or minced
- ½ tsp. garlic powder
- ½ tsp. onion powder

- **½ tsp. dry mustard powder**
- **½ tsp. fine sea salt, more to taste**
- **Small pinch of Frontier Co-op red pepper flakes**
- **2/3 cup raw cashews**
- **1 cup water, more as necessary**
- **¼ cup Frontier Co-op nutritional yeast**
- **2 to 3 tsp. apple cider vinegar or distilled white vinegar, to taste**

## **\* fun fact**

### **garlic**

- This probably isn't worth it for just one clove, but if you need to peel a lot of garlic for a recipe, you can get it all done at once with a quick shake. Place the garlic head in two large bowls of the same size, and shake it around — the individual cloves will pull away from each other and their peels.

# instructions

- Bring a large pot of salted water to boil for the pasta. Cook according to package directions. If using broccoli, stir it into the pot when just 2 to 3 more minutes remain. Drain, and transfer the contents to a large serving bowl.
- Meanwhile, in a medium-to-large saucepan, warm the oil over medium heat. Add the onion and a pinch of salt and cook, stirring often, until the onion is tender and turning translucent, about 5 minutes.
- Add the grated potato, garlic, garlic powder, onion powder, mustard powder, salt and red pepper flakes. Stir to combine, and cook, stirring constantly, for about 1 minute to enhance their flavors.
- Add the cashews and water, and stir to combine. Let the mixture come to a simmer. Continue simmering, stirring frequently and reducing heat as necessary to avoid a rapid boil, until the potatoes are completely tender and cooked through, about 5 to 8 minutes.

- Carefully pour the mixture into a blender. Add the nutritional yeast and 2 teaspoons vinegar. Blend until the mixture is completely smooth, about 2 minutes, stopping to scrape down the sides if necessary. If the mixture won't blend easily or if you would prefer a thinner consistency, add water in  $\frac{1}{4}$  cup increments, blending after each one.
- Taste, and blend in additional salt until the sauce is utterly irresistible (I typically add at least another  $\frac{1}{2}$  teaspoon). If it needs a little more zip, add the remaining teaspoon of vinegar. Blend again.
- Pour the sauce into the bowl of pasta. Stir until well combined, and serve immediately.

## \* tidbit: skins

### onion & garlic skins

- Use them to alleviate itchy skin, their anti-fungal properties make them effective at relieving itchy skin problems, including athlete's foot. Apply onion-infused water to your skin for relief.

# veggie paella with chickpeas & bell peppers

Cooking for an army? We lay everything out on the table with our most creative collaboration yet.





# ingredients

- 3 tbsp. extra-virgin olive oil, divided
- 1 medium yellow onion, chopped fine
- 1 ½ tsp. fine sea salt, divided
- 6 garlic cloves, pressed or minced
- 2 tsp smoked paprika
- 15oz diced tomatoes
- 2 cups short-grain brown rice
- 1 can 15 oz chickpeas, rinsed and drained,
- 3 cups vegetable broth
- Cup dry white wine



- **½ tsp. saffron threads, crumbled (optional)**
- **1 can (14 oz.) quartered artichokes**
- **2 red bell peppers, stemmed, seeded and sliced into long, ½”-wide strips**
- **½ cup Kalamata olives, pitted and halved**
- **Freshly ground black pepper**
- **¼ cup chopped fresh parsley, plus about 1 tbsp. more for garnish**
- **2 tbsp. lemon juice, plus additional lemon wedges for garnish**
- **½ cup frozen peas**

## **\* fun fact**

### **tomato**

- Tomatoes can be stored for longer if you store them with their stem down.

# instructions

- Arrange your oven racks in the upper and lower thirds of the oven, making sure that you have ample space between the two racks for your Dutch oven. You're going to need a large Dutch oven 11-to-12" in diameter or bigger.
- Preheat the oven to 350 degrees Fahrenheit. Heat 2 tbsp. of the oil in your Dutch oven or skillet over medium heat until shimmering. Add the onion and a pinch of salt. Cook until the onions are tender and translucent, about 5 minutes.
- Stir in the garlic and paprika and cook until fragrant, about 30 seconds. Stir in the tomatoes and cook until the mixture begins to darken and thicken slightly, about 2 minutes. Stir in the rice and cook until the grains are well coated with tomato mixture, about 1 minute. Stir in the chickpeas, broth, wine, saffron (if using) and 1 teaspoon salt.
- Increase the heat to medium-high and bring the mixture to a boil, stirring occasionally. Cover the pot and transfer it to the lower rack in the oven. Bake, undisturbed, until the liquid is absorbed and the rice is tender, 50 to 55 minutes.

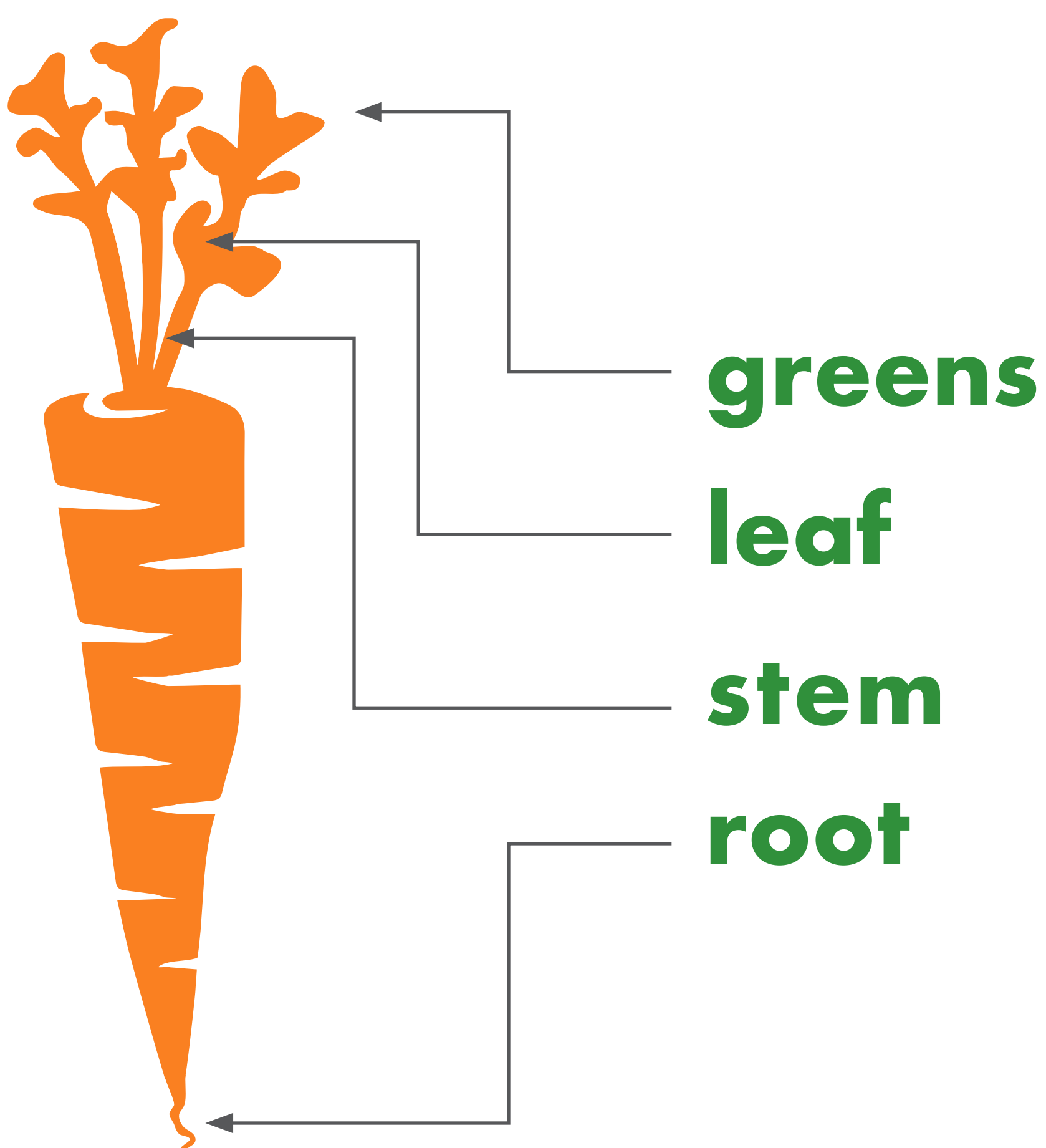
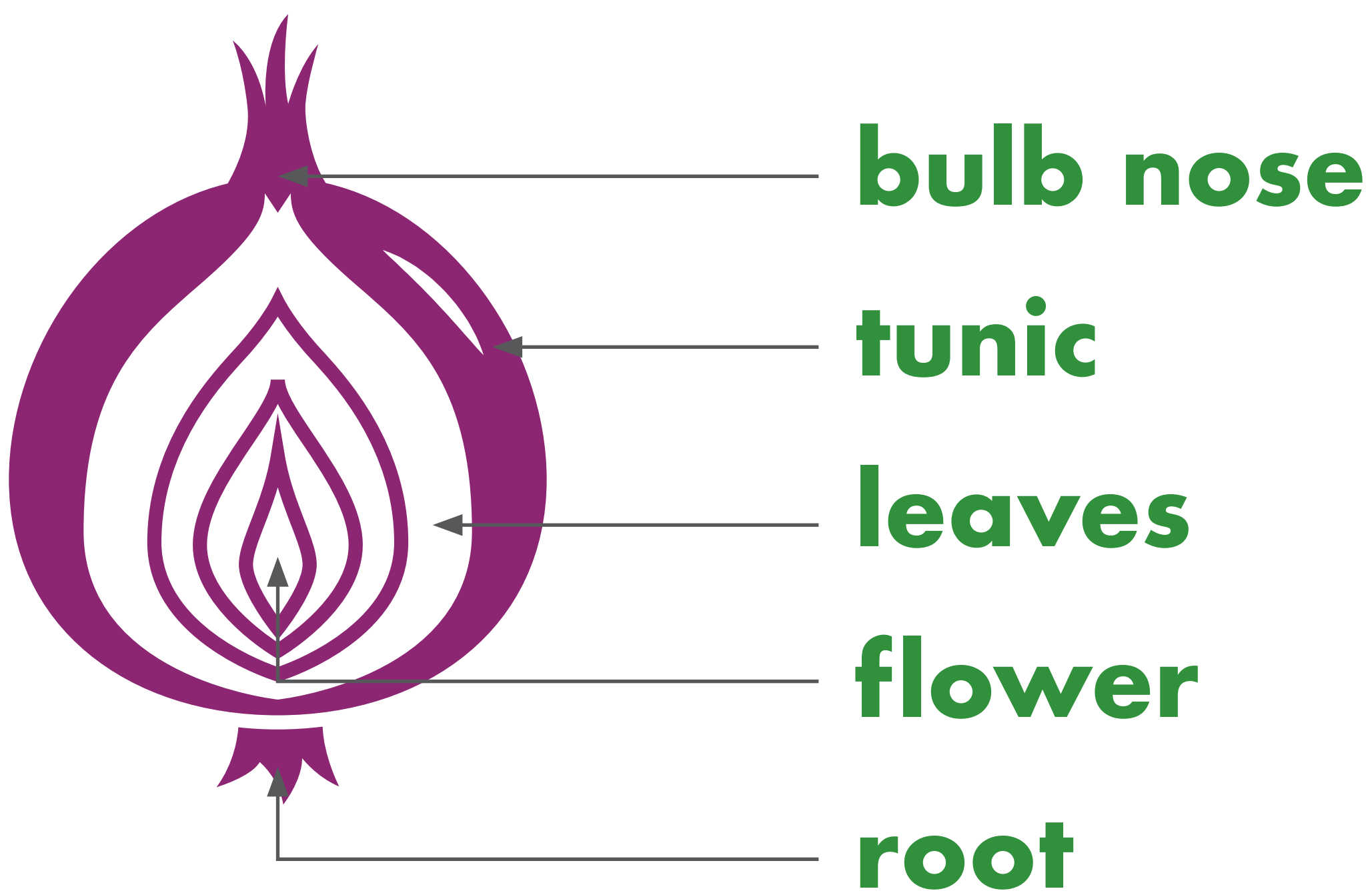
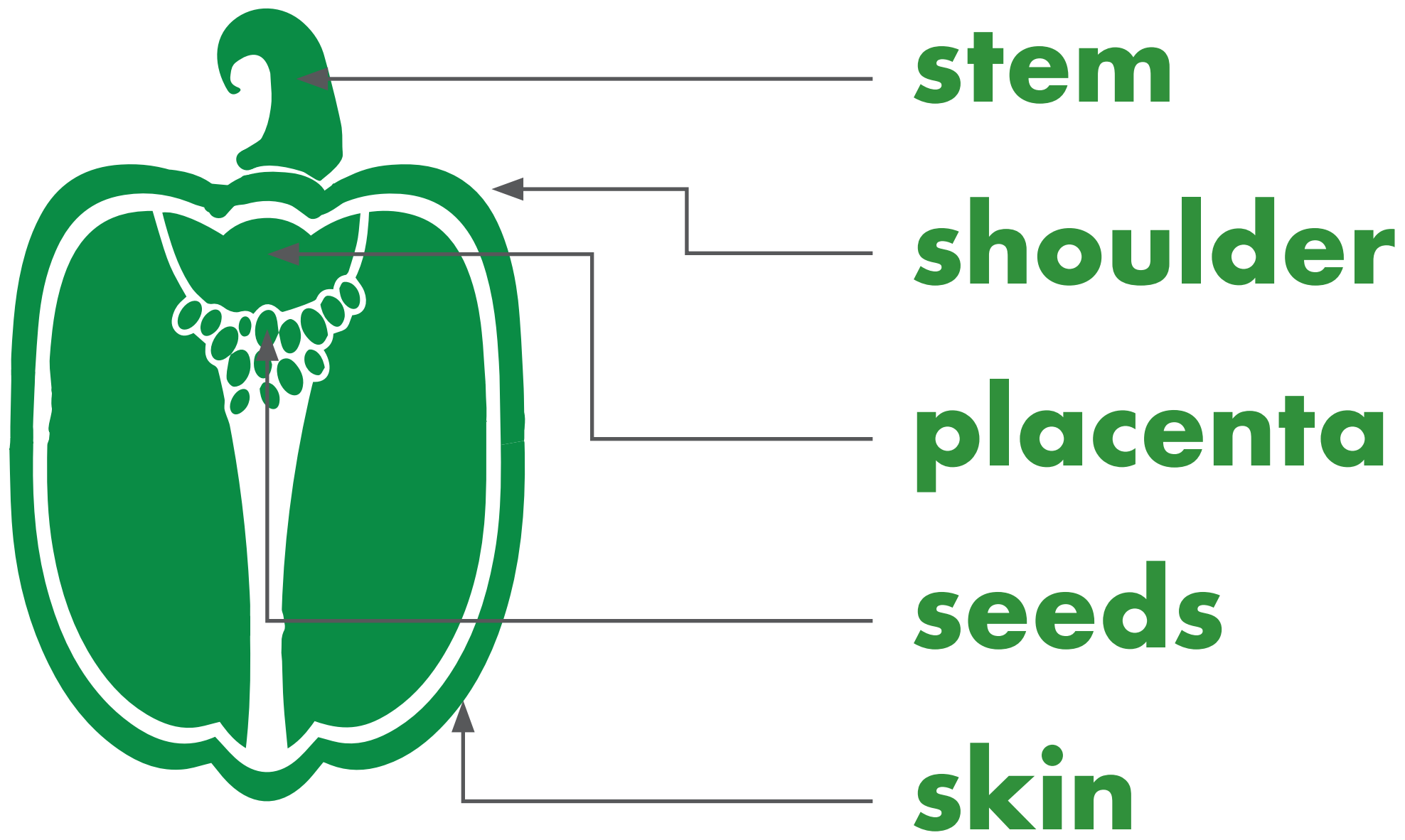
- Meanwhile, line a large, rimmed baking sheet with parchment paper for easy cleanup. On the baking sheet, combine the artichoke, peppers, chopped olives, 1 tablespoon of the olive oil, ½ teaspoon of the salt, and about 10 twists of freshly ground black pepper. Toss to combine, then spread the contents evenly across the pan.
- Roast the vegetables on the upper rack until the artichokes and peppers are tender and browned around the edges, about 40 to 45 minutes. Remove from the oven and let the vegetables cool for a few minutes. Add ¼ cup parsley to the pan and the lemon juice, and toss to combine. Season with salt and pepper, to taste. Set aside.
- Sprinkle the peas and roasted vegetables over the baked rice, cover, and let the paella sit for 5 minutes. Garnish with a sprinkle of chopped parsley (about 1 tablespoon) and serve in individual bowls, with lemon wedges on the side.

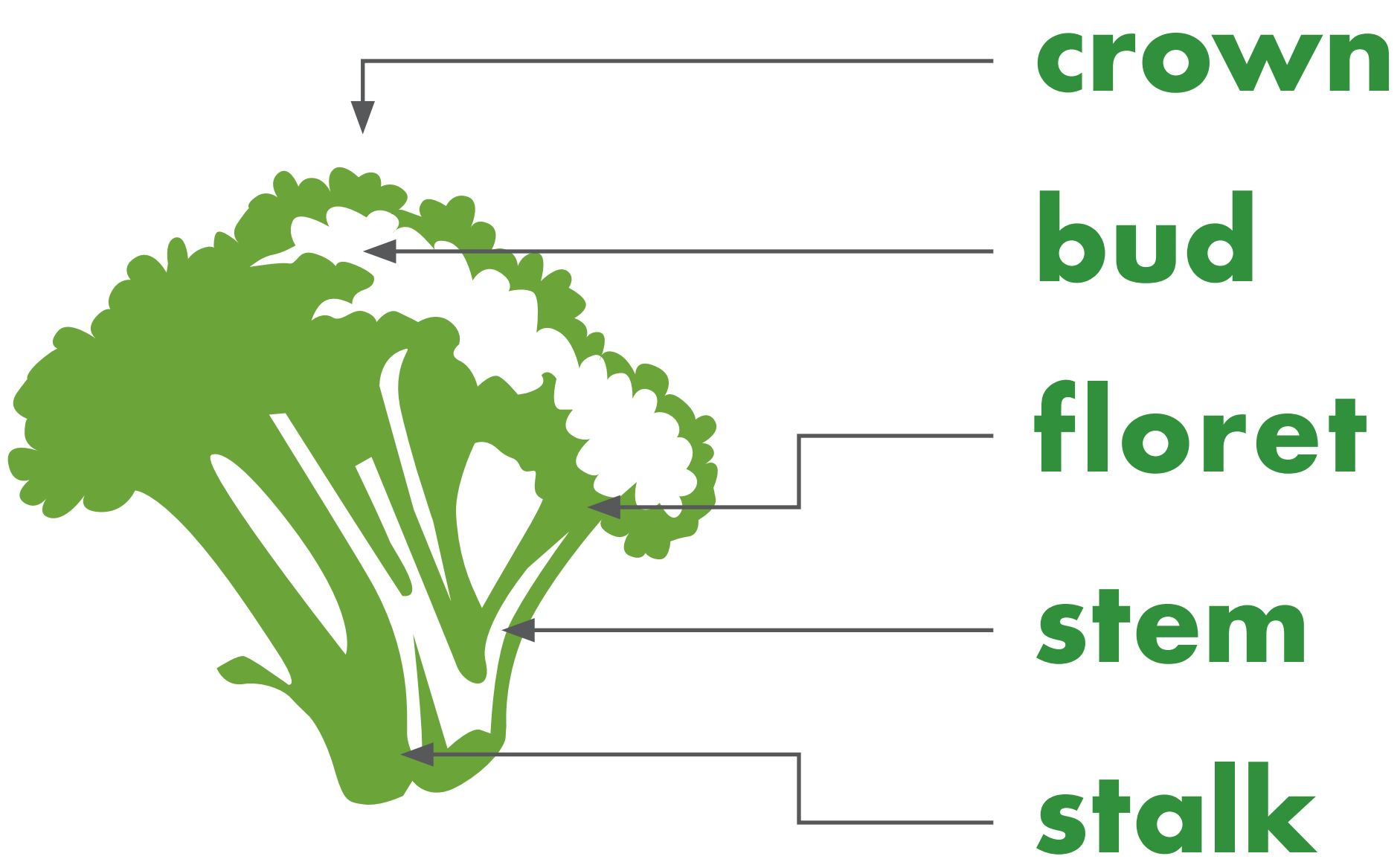
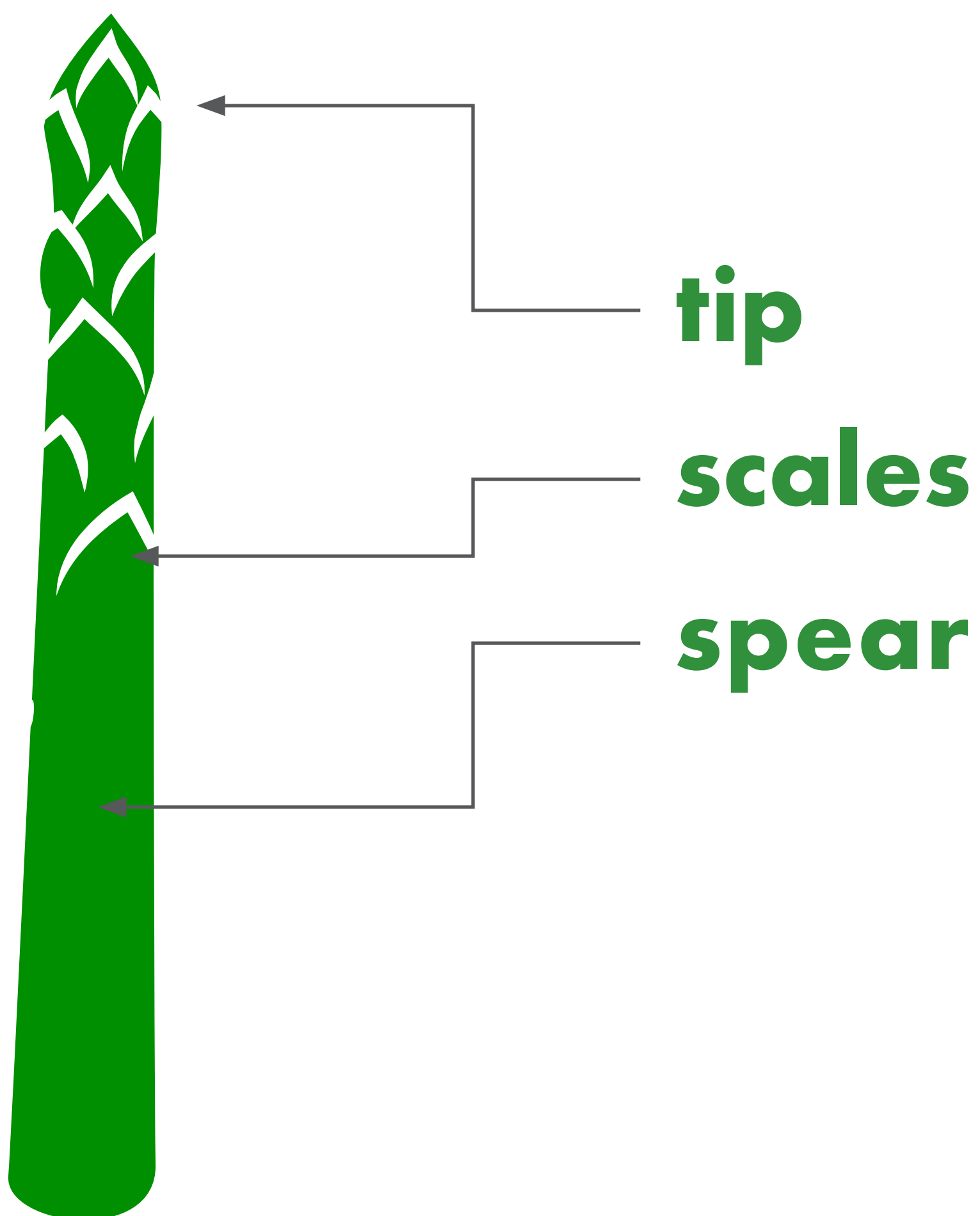
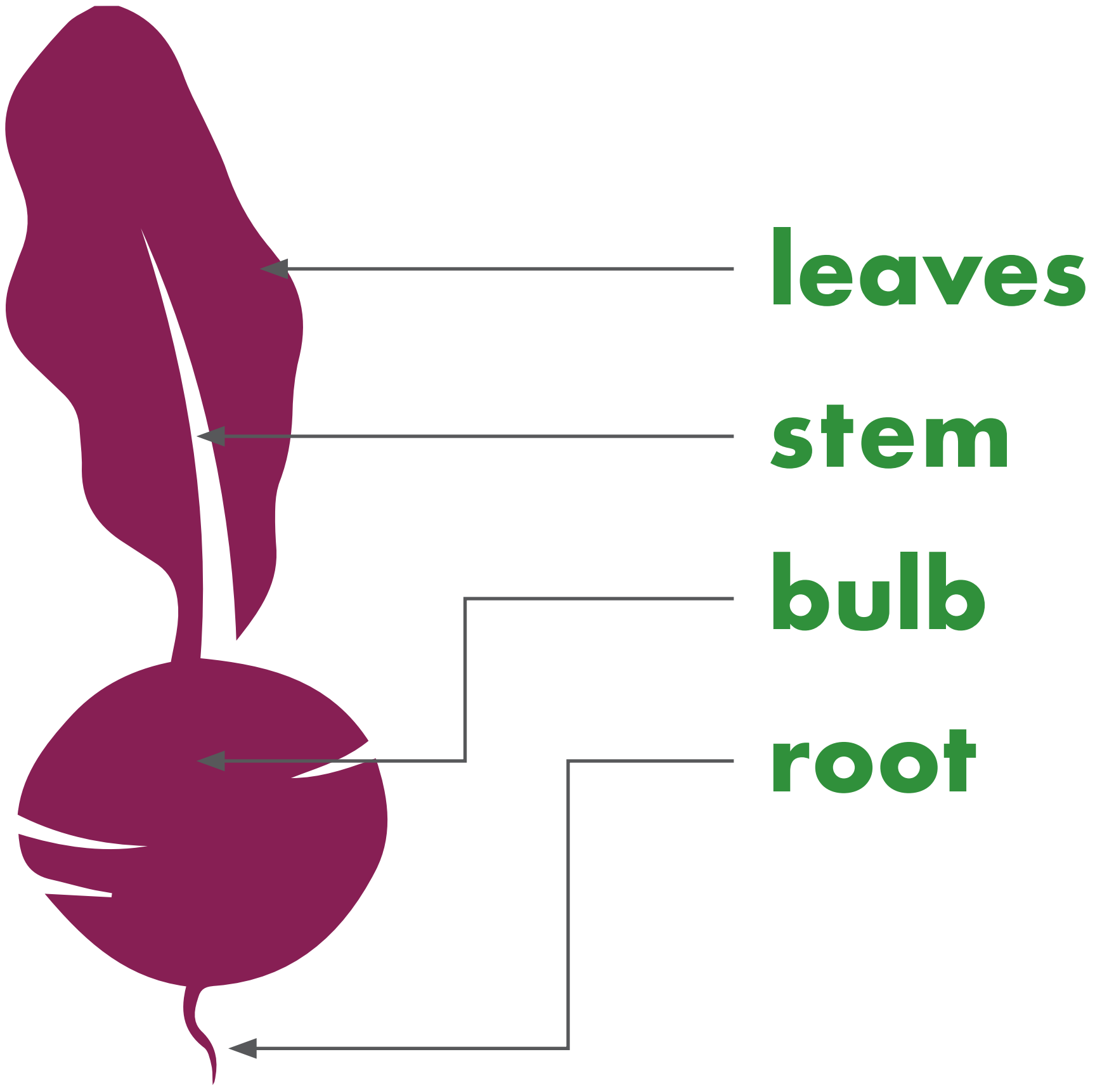
## \* tidbit: seeds

### pepper seeds

- Slice open the pepper and shake the seeds out of the fruit and into a bowl. The seeds require drying for a week or two to store well. Spread them out in a single layer on plates and allow them to dry completely in a warm, dark and dry location. If you aren't storing seeds, you can plant them in pots right after collecting them.

# veggie parts





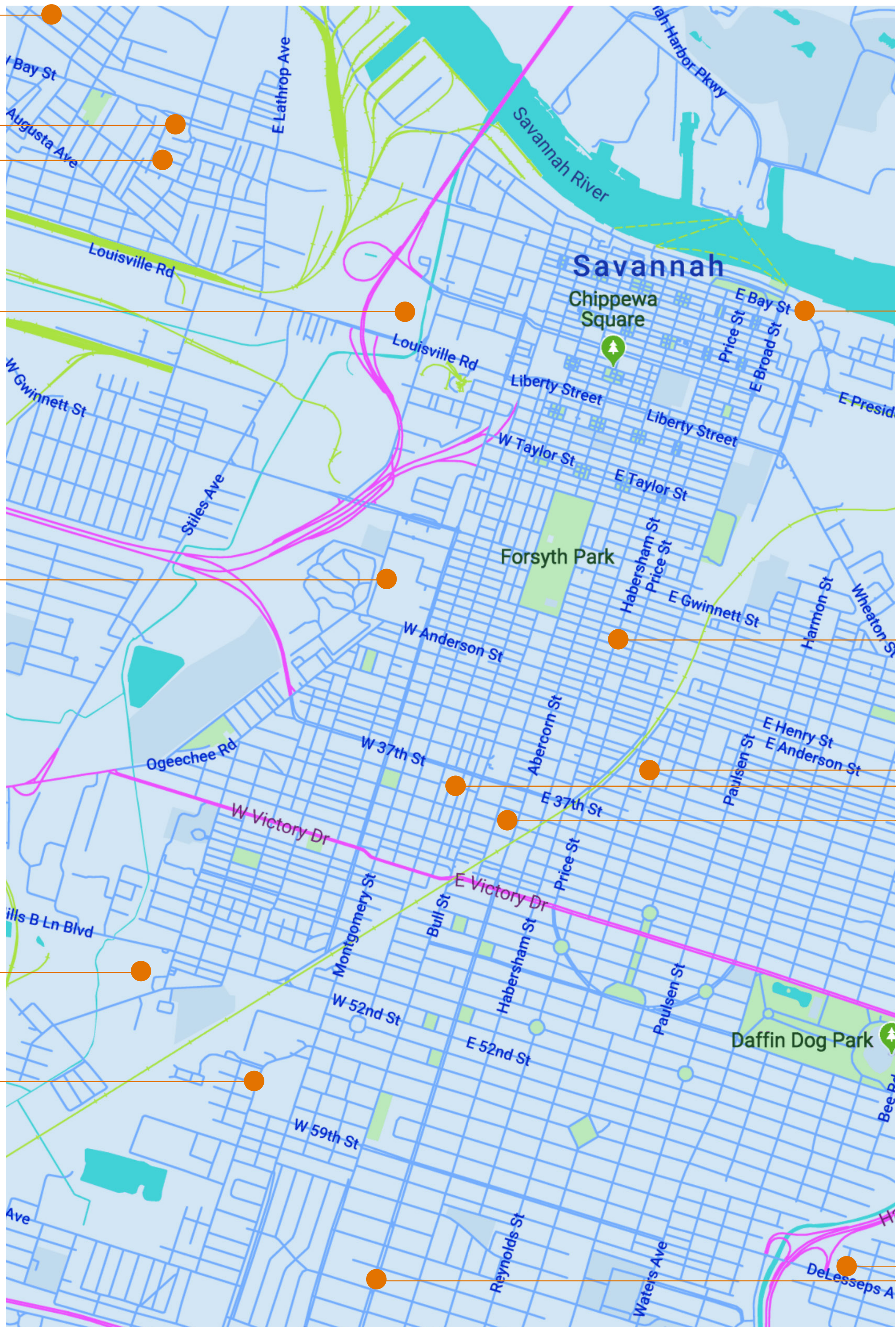
# edible parts

- **sweet potato peel:** Have anti-inflammatory properties, blood pressure and sugar control, high in antioxidants. By eating the peel of your sweet potato, you are instantly adding great sources of nutrients into your diet such as fiber, beta-carotene, vitamin C, vitamin E, folate, potassium, and iron.
- **cucumber peel:** Have benefits such as an increase of Vitamin K, potassium, fiber and plus its low in calories.
- **potato peel:** Believe it or not, potato skins actually contribute to your daily vegetable intake. The skin itself contain potassium, iron, and niacin.
- **eggplant peel:** It contains a high fiber concentration and it is also low in calories.
- **banana peel:** \*Fruit- its nutritional benefits are an increase in your daily fiber, vitamin C, Vitamin B-6, Vitamin B12, potassium, and magnesium. Instead of just throwing away the peels and contributing to the amount of organic waste in landfills, you can blend it in smoothies, fry, bake or boil them.

- **carrot peel:** Carrots do not need to be peeled. Once washed thoroughly they are ready to use. Vitamins, minerals and protein pack carrot greens. They contain 6 times the calcium of the carrot.
- **corn cob:** Once the corn kernels are cut off the cob, simmer the cobs with onions and carrots for a simple broth. It can be used to make braises, grits and risotto. It makes a great broth for corn or clam chowder.
- **tomato:** If you see marked down tomatoes, grab them. Who cares if they are ugly, bruised, slightly overripe, or lumpy? Use them to make tomato soup, gazpacho, pasta sauce, or panzanella. Don't want to use the skins in your canning? Michael Nolan, author of *I Garden: Urban Style*, dehydrates tomato skins and turns those into a powder that is good not only for flavor, but also to add color and variety to dishes. Please note: you cannot eat tomato leaves as they are poisonous.
- **additional edible parts (not limited to):** Broccoli stem, cauliflower stem, parsley roots, seeds and flowers of the squash, beets leaves, carrot leaves, broccoli leaves, cauliflower leaves, celery leaves, asparagus stems, carrot tops, radish leaves.

# savannah community gardens

● [www.savurbangardens.org/garden-map](http://www.savurbangardens.org/garden-map)



**Hudson Hill Community Garden**  
2115 Mell St., Savannah, GA

**Sustainable Fellwood Community Garden**  
1400 Fellwood Dr., Savannah, GA

**Moses Jackson Advancement Center**  
1410 Richards St., Savannah, GA

**SCAD Community Garden**  
231 West Boundry St., Savannah, GA

**West Broad YMCA Community Center**  
1110 May St., Savannah, GA

**Greenbriar Children's Center**  
3709 Hopkins St., Savannah, GA

**Feiler Park Community Garden**  
601 West 57th St., Savannah, GA

**Trustees' Garden**  
10 E Broad St., Savannah, GA

**Victorian Neighborhood Garden**  
1110 Habersham St., Savannah, GA

**E. 34 Greenhouse**  
607 East 34th St., Savannah, GA

**OccuGardens - Thomas Square**  
114 East 39th St., Savannah, GA

**MetroStar Community Garden**  
107 West 38th St., Savannah, GA

**Daffin Heights Community Garden**  
1712 East 58th St., Savannah, GA

**Midtown Miracle Community Garden**  
31 East 64th St., Savannah, GA



# \* scrappy cook

**SUST 743**

**Winter 2019**

**Alex Fogleman**

**Alisha Saxena**

**Ivonne Zuniga**

**Jordanna Coutinho**

