

Staples to buy and keep on hand that will help elevate anything you make

- Parsley (Italian or curly)
- Fresh garlic (perhaps pre-peeled in bulk to save time)
- Onions (conventional, leeks, shallots, green onions...)
- Fresh ginger
- Lemons (for juice and zest)
- Chili pepper flakes, ground chilies of any kind, hot sauces like siracha and tabasco, or the more complex Asian-style chili oils (less than \$5/jar)

Staples to buy and keep on hand to anchor recipes

- Chicken stock (better than bullion, canned or tetra packs...even bouillon cubes)
- Dijon mustard
- Balsamic vinegar
- Soy sauce
- Fish sauce
- Miso
- Canned tomatoes

Spices to buy in bulk and repackage

- Italian herb mix (buy, or make with oregano + thyme + sage + parsley)
- Chili pepper flakes
- Chipotle powder
- Ras el hanout (a Moroccan spice blend)
- Garam masala (an Indian spice blend)



Black Bean Burritos

- 1 14-ounce can black beans
- 2 tablespoons neutral vegetable oil, olive oil or butter
- 2 cloves garlic
- 1/4 yellow onion
- 1 large carrot
- 1 zucchini
- 1/4 cup fresh cilantro or parsley or mint, stemmed and chopped finely
- A few pinches chipotle powder or paprika
- A pinch of ground cumin (optional)
- 1 cup cooked brown rice
- 1 cup shredded cheese (jack, cheddar...)
- Salt and pepper
- 4 10-inch flour tortillas

Drain and rinse beans. Transfer beans to a bowl. Reserve.

Use a food processor with a shredding attachment or a grater to shred garlic, onion, carrots, zucchini and any other veggies you want to add. In a sauté pan over medium heat, add oil and let heat up. Add shredded veggies and sauté for about 5 – 7 minutes, stirring occasionally, until they start to brown.

Transfer contents of veggie pan to the bowl of beans. Use a potato masher or fork to mix and slightly mash the mixture, mashing roughly half the beans while leaving the remaining ones whole. Add cilantro, cumin, chipotle powder, rice, cheese, salt, and pepper. Mix all of the ingredients with a fork, then wrap in a tortilla shell. Toast on a flattop. Reserve. At this point, burritos can be distributed to be reheated, or frozen (to be cooked in a microwave at a future date).

Storage: Cooked burritos will last in the refrigerator for 4 days, or frozen for 6+ months.
Yield Makes 4 burritos **Note** Feel free to improvise **For extra protein** add chopped cooked chicken or pork

White (navy)bean salad

1 can navy beans, drained and rinsed
1 garlic clove, minced
2 green onions, minced
1 handful chopped parsley
Lemon juice and olive oil dressing
Salt, pepper and chili pepper flakes to taste
1 can of salmon (optional)
1 handful of grated hard cheese (optional—but not in combination with salmon)
Additional optional ingredients: cherry tomatoes, cucumber, fennel, celery, baby lettuce greens, steamed and chopped broccoli or green beans, grated carrots...

Storage: Salad will last in the refrigerator for 3 days **Yield** Serves 2

Roasted veggie “sheet pan” soup

Onions, cut into 1cm slices
Garlic cloves, peeled
Some or all of:
Eggplant, peeled and sliced 1cm thick
Celery stalks, rough chopped
fennel, rough chopped
Carrots, rough chopped
Squash or sweet potatoes, peeled and cut into 2 – 3cm chunks
Turnip, peeled and rough chopped into 2 – 3cm chunks
Celeriac, peeled and rough chopped into 2 – 3cm chunks
Broccoli, rough chopped
Potatoes, peeled and rough chopped into 2 cm – 3cm chunks
Salt and olive oil
Italian spices, or garam masala, or ras el hanout, or harissa to taste
Veg or chicken stock

Toss all veggies except garlic with a generous amount of oil and salt. Set on a sheet pan (without overcrowding) and roast in a 400°F oven for 30 minutes. Turn veggies. Toss garlic cloves with oil and add to the sheet pan. Continue roasting for another 30 minutes, or until veggies begin to brown and caramelize.

Add roasted veggies to a large pot and add stock until it covers veggies by roughly 4cm. Bring to a boil, then reduce heat and simmer for 30 minutes.

Allow soup to cool, then blend with an immersion blender, or in a blender.

Storage: Soup will last in the refrigerator for 4 days, or frozen for 6+ months



Zero-waste Pesto

- 2 cups (total) of celery tops, radish tops, turnip tops, fennel fronds, carrot tops, parsley or cilantro stems, or ideally a mixture of these.
- 4 tablespoons rescued olive or vegetable oil (ideally from a jar of sun-dried tomatoes, olives, or artichoke hearts)
- 2 rescued sprouting garlic cloves, *rough chopped*
- Scrapings from the bottom of a peanut butter jar, (ideally a couple of tablespoons), or a handful of or any left-over nuts
- 3 ounces leftover hard cheese from the back of the fridge (parmigiano Reggiano, aged gouda...), grated
- Salt and pepper

Add all ingredients to a food processor or blender, and blend. If necessary, add a tablespoon or two of water to facilitate the blending process. Reserve.

Storage: Pesto will last in the refrigerator for 4 days, or frozen for 6+ months **Uses:** tossed with pasta, as a pizza sauce, added to a sandwich **Yield:** approximately 1 cup

Bonus zero-waste recipes



Zero-waste *Free•ttata*

This *Free•ttata* is an effective way to use up every bit of the tired veggies, cuttings, and miscellaneous bits that lurk in the crevices of your fridge, and turn them into a hearty zero-waste breakfast that is gratifying on many levels.

Flexibility, creativity and resourcefulness are the hallmarks of a well-made *Free•ttata*. No two are ever the same—which is part of what makes *Free•ttatas* the Stone Soup of egg dishes. Once you discover how easy they are to make, you will instinctively become more proactive about repurposing your unloved ingredients and scraps, instead of automatically tossing them.

These are the building blocks for a Weekend *Free•ttata*:

Oil rescued oil from the dregs of a sun dried tomato jar, jarred artichoke hearts, canned fish, or from anything else stored in olive or vegetable oil—or any mix thereof.

Protein leftover bits of cooked ham, sausage ends, sandwich meats, smoked or cured fish—or any mix thereof

Allium sprouting garlic or a hand full of the neglected teeny center cloves, the unloved middle section of a leek, or that last bit of an onion—or any mix thereof

Greens beet tops, radish tops, turnip tops, celery leaves, fennel fronds, or any tired wilted greens such as spinach, kale, or swiss chard—or any mix thereof.

Fresh herbs Whatever you've got that pairs appropriately with your chosen ingredients

Veggies Cherry tomatoes, bell peppers, broccoli, mushrooms, potatoes...

Cheese leftover ends of stale cheese from your fridge, or the last grating of a Parmigiano Reggiano rind— or any mix thereof

8 eggs

2 teaspoons Harissa (optional) or an appropriate amount of your favorite hot sauce—or nothing

Salt and freshly ground black pepper

Set rack in center position and preheat oven to 425°F

In an ovenproof sauté pan over medium-high heat, add a couple tablespoons of oil, and a palmful of your chosen allium, chopped. Cook for 3 minutes, stirring occasionally, or until it brown. Add a handful of chopped protein and stir for a couple of minutes. Add 2 – 4 cups of greens, a cup or so of veggies, stemmed herbs and a splash of water. Cover with a lid and let steam for 3 minutes. Remove lid and continue cooking, stirring occasionally for another few minutes until greens reduce in volume by about half.

While greens are cooking, in a large bowl, whisk together eggs, harissa, salt, pepper, and cheese.

Pour egg mixture ovetop and poke around the pan contents with a wooden spoon so that the egg mixture is spread out evenly and sinks between the pan contents. If you have any extra grated hard cheese leftover, sprinkle some of it ovetop.

Transfer immediately to oven and bake for about 12 minutes, or until eggs are cooked throughout. If eggs seem cooked throughout, but still loose on top, finish under a broiler for 2 minutes, or until top is fully cooked and nicely browned.

Yield 6 servings **Storage** Can be refrigerated for 3 days or frozen in individual slices for 6+ months

Zero-waste stir-fried rice

Bacon fat, or other oil
Ginger skin, chopped
Sprouting garlic, chopped
Green onion tops or the next 8cm of a leek (after the white section has been used)
Cauliflower or broccoli leaves
Carrot peels
Red bell pepper bits
Broccoli stems, peeled and julienned
Kale or Swiss chard stems, cut into ¼-inch pieces
Mushroom stems, cut into ¼-inch pieces
Left-over take-out, or home-cooked rice
tired cauliflower, pulsed in a food processor and added to cooked rice
Leftover tea (or tea brewed from a couple leftover mint tea bags) for frying (in place of extra oil)
1 or 2 just-expired eggs, beaten
Hot sauce and soy

Heat a wok or sauté pan on medium-high heat. Add a couple tablespoons of bacon fat. Add ginger, garlic and onions. Stir for one minute, then add veggies and stir-fry until cooked. Add rice, pulsed cauliflower and ¼ cup of tea. Stir until heated. Push rice mixture to one side of the pan so that some of the bottom of the pan is exposed. Stir in eggs and mix until eggs are cooked. Add hot sauce and soy to taste and serve immediately.

Storage Can be refrigerated for up to 3 days

Other great ways to use up ingredients

Left over bread: Bread pudding

Cooked rice: Rice pudding

Ripe bananas: banana bread