

Put Scraps to Use!



Many fruits and vegetables have parts that are usually thrown away, but can actually add flavor and nutrition to your diet if you know how to use them. Selecting whole vegetables with greens and stems can also be less expensive than trimmed or pre-cut.

Citrus peels

Add a slice of peel to hot tea, or finely grate the outermost rind (the zest) to impart a pure citrus flavor to baked goods, seafood, or steamed vegetables. For longer shelf life, preserve or candy the peels.



Leaves and stems

Saute or stew the leaves of beets, radishes, turnips. Peel and grate broccoli stems for salads and slaw (see the recipe on the other side).

Squash seeds

The seeds inside butternut and kabocha squash (and pumpkins, too!) can be washed and toasted for a delicious snack.



Broccoli Stem and Carrot Slaw

Total Time: 1 hr 40 min

Prep: 40 min

Inactive: 1 hr

Yield: 8 to 10 servings



- 6 broccoli stems, peeled and grated
- 4 carrots, grated
- 3 celery ribs, thinly sliced
- 1 red onion, thinly sliced
- 1 Granny Smith apple, skin on, thinly sliced
- 1 1/2 c plain Greek yogurt
- 1/4 c Dijon mustard
- 1/4 c cider vinegar
- 1 clove garlic, smashed and finely chopped
- Kosher salt

- Combine all the ingredients. Season to taste.
- Let sit for at least 1 hour before serving.

Source: www.foodnetwork.com



Crispy Potato Peels

2 c potato peels (washed)

3 tbsp oil or melted butter

1 tsp salt

1 tsp black pepper

1 tsp garlic powder

- Heat the oven to 400°F. Lightly grease a large baking sheet.
- Toss the peels with oil and seasonings until peels are thoroughly coated.
- Roast for 15 to 20 minutes, stirring halfway through roasting, and remove the peels once they are golden brown and crispy.
- Eat immediately with ketchup, hot sauce, or anything you like!

