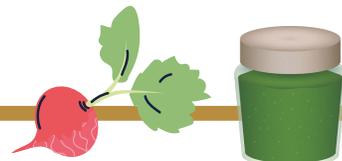


3

RECIPES

Cooking with Vegetable Scraps

Radish Greens Pesto



Yield: 1 cup

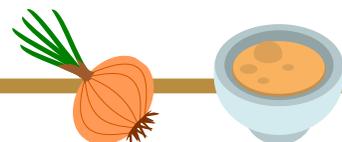
Ingredients:

- 4 cups radish greens (packed)
- 3 cloves garlic
- Juice of 1/2 a lemon
- 1/2 cup almonds, cashews, pistachios or other nut of choice, chopped
- 1/3 cup olive oil
- 1/2 cup grated Parmesan cheese (optional)
- Salt and ground black pepper, to taste

Directions:

1. Combine first 6 ingredients in a food processor or blender.
2. Process until smooth, scraping down the sides as needed.
3. Add additional olive oil to achieve a thick sauce consistency as needed. Season to taste with salt and black pepper.

Kitchen Scraps Vegetable Broth



Yield: 4-8 cups, depending on pot size

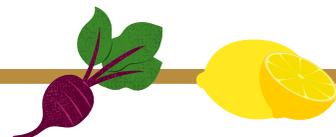
Ingredients:

- Vegetable scraps (tops, bottoms, skins or stems of onions, garlic, carrots, celery, potatoes, herbs, and mushrooms), enough to fill half of your pot
- Optional flavourings: other dried or fresh herbs or spices,
- Water, enough to cover vegetable scraps in your pot

Directions:

1. Collect kitchen scraps in a freezer bag. Keep scraps in the freezer for up to 6 months.
2. When you have enough scraps to fill roughly half of your pot, put your scraps into your pot and add enough water until scraps start to float.
3. Bring water to a boil and reduce heat to simmer for at least 30-45 minutes.
4. Strain the stock through a sieve. Refrigerate for up to a week or freeze up to 3 months.

Sauteed Beet Greens



Yield: 2 servings

Ingredients:

- 1 tsp olive oil
- 1 bunch or 1 cup beet greens
- 1 clove garlic, minced
- 1/2 tsp crushed red pepper flakes (optional)
- Zest and juice of 1/4 of a lemon
- Salt and ground black pepper, to taste

Directions:

1. Separate the stems from the beet leaves. Finely chop the stems and roughly chop the leaves.
2. Heat oil in a medium skillet over medium heat. Add the garlic and beet stems, and cook, stirring, for 1-2 minutes. Add the beet leaves and red pepper flakes, and sauté, tossing until just wilted.
3. Turn off heat. Add lemon zest and juice, and toss. Season with salt and black pepper.

