

# All About

# ZERO WASTE COOKING

## What is zero waste cooking?

Knowing how to be more sustainable in the kitchen is something we can all benefit from. Zero waste cooking urges you to be more conscious about getting the most out of each food item and ingredient. When practicing zero waste cooking it is important to pay attention to how food waste and other waste, such as water and other resources, can be limited or avoided in the cooking or baking process. Concepts such as saving vegetable scraps to make broths, leaving the skins on fruits and vegetables or using them in another recipe, and freezing foods that you are not going to use for later use are all aspects of zero waste cooking. Zero waste cooking encourages creativity and planning to ensure that every part of a food can be utilized, reducing overall waste and contributing to a healthier planet. Below you will find some recipes and pro tips that focus on using the entire food item which will hopefully spark your creativity and interest in practicing zero waste cooking in your kitchen!

## Zero Waste Pesto

### Ingredients:

2 cups of carrot, turnip, or radish tops, or wilted spinach or collards (feel free to use just one ingredient or a combination)  
 1/4 cup of basil leaves  
 1/3 cup pine nuts, pumpkin seeds, or sunflower seeds (or a combination)  
 3 garlic cloves  
 1/3 cup parmesan cheese or nutritional yeast for a vegan version  
 1/3 cup olive oil  
 Salt and pepper to taste

### Method:

Add all ingredients to a blender or food processor and blend until smooth, scraping down the sides of the bowl throughout to achieve a uniform texture  
 Use right away or store in the fridge for up to 1 week and the freezer for up to 6 months



### Panzanella

Soak stale bread in 1 tbsp vinegar and 1/4 cup water until soft  
 Squeeze the bread and break it into chunks  
 Toss together with sliced onions, tomatoes, and cucumber  
 Dress with oil, vinegar, salt, pepper, and herbs to taste



## Save The Stale Bread

### Croutons

Cut bread into cubes and toss in olive oil and garlic powder  
 Toast on a skillet for 5-7 minutes or bake in the oven at 300F for 8-10 minutes or until crisp and golden

### French Toast

Soak slices of bread in egg wash (for 2 slices use 1 egg and 1tbsp milk)  
 Cook on a heated skillet on both sides until golden

### Breadcrumbs

Cut bread into cubes and pulse in blender or food processor until desired crumb consistency is achieved  
 Mix with dried herbs and salt  
 Spread evenly on a baking sheet and bake in the oven at 300F for 5-10 minutes  
 Allow to cool and store in an airtight container for up to 2 weeks

## Pro Tips:

- If your fresh greens such as spinach, spring mix, or kale are wilting add them to a hot meal such as a pasta dish, egg scramble, or stir fry. You can also freeze them to be used in smoothies or cooked later on.
- Follow the *First In First Out* rule or **FIFO**. Frequently take stock of what is in your cabinets, fridge, and freezer so that you can use those ingredients before they go bad and you're not buying items you may already have.
- Don't be afraid to make substitutions in a recipe! Being confident in the kitchen is the first step to cooking zero waste style!