

Stop Food Waste

April 24th 2019

40% of food is wasted in America!

This month Stop Food Waste Day is bringing awareness to initiatives surrounding reducing food waste.

Here are 3 ways you can stop food waste at home:

1. **Revive your veggies:** a quick soak in ice water for 5-10 mins can revive wilted veggies
2. **Learn the art of freezing:** Get in the habit of freezing bread, veggies & fruit. Always squeeze excess air from plastic bags to prevent freezer burn.
3. **Make a list:** A family of 4 loses \$1,500 a year on wasted food. Plan ahead by making a list ahead of time and sticking to it.

WELLNESS IN THE KITCHEN

COOKING CLASSES FEATURING

ROOT
STEM *and*
LEAF 



Swiss Chard Rolls



Carrot Ginger Soup



Ingredients (10 servings) 8 oz

- 1 lb Chard, Swiss Fresh
- 1 cup Onions, minced
- 1 cup Zucchini, Julienne
- 2 tbsp. Garlic, Fresh Minced
- 1 tsp Salt Kosher
- ½ tsp Pepper, Black Grd
- 1cup Cannelli Beans
- ½ lb Tempeh (crumbled)
- 1 tbsp. Sage
- 16 oz Oregano
- 12 oz Quinoa (cooked)
- ¼ tsp Feta cheese
- 12 fl oz Nutmeg
- ½ cup Cherry Tomato Basil Sauce
- ½ cup Yellow Squash (julienne)

Preheat oven to 375. Fill a large pot with water and bring to boil. Carefully add in 6 cleaned and trimmed swiss chard leaves. Blanch for 30 secs. - 1 min. Remove and submerge in ice water to stop cooking. Drain on a paper towel and set aside until ready to stuff. Heat oil in a large skillet over medium high heat. Add in onions, zucchini, summer squash and garlic and saute for 7-10 mins. Add in crumbled tempeh and cont. to cook for 5 mins. Add in S&P, oregano, sage and stir to combine. In a large bowl, combine quinoa, zucchini and summer squash mix, beans and 1 cup feta. Lay out one of the leaves and sprinkle with freshly grated nutmeg. Scoop ¼ cup of filling at bottom end of leaf and roll, pressing and folding the sides & repeat with 5 leaves. In baking dish spread out ½ tomato sauce, place all rolls seam side down and top with remaining sauce and 3 tbsp. crumbled feta. Cover with tin foil and bake for 45 mins, uncover and cook 3-4 mins under broiler until cheese melts.

Nutrition Facts per 1 roll: 243 cal, 11 g total fat, 6 g sat fat, 22 CHO, 4 g fiber, 14 g protein, 771 mg sodium

Ingredients (18 servings) 6 oz

- 2 lb Carrot, peeled & chopped
- 10 oz White onion chopped
- 5/8 cup Canola oil
- 1 ½ oz Ginger root, grated
- ½ gallon Vegetable stock
- 1 tsp White pepper
- 1 7/8 tsp Kosher Salt
- 1 cup Apple Juice
- 2 2/3 tbsp. Cider Vinegar
- 1/3 cup Fresh Parsley chopped

Toss carrots and onions with oil and roast in oven until brown. In a large pot place roasted veggies, ginger, and stock and bring to a boil. Once boiling, turn to a simmer for 15 min. With a hand blender, puree soup until smooth. Return to heat and thicken with a corn starch slurry if needed. Finish with salt, pepper, apple juice, cider vinegar and parsley.

Nutrition facts (6 oz): 152 cal, 9 g total fat, <1 g sat fat, 2 g fiber, 17 g carbs, 2 g fiber, 358 mg sodium



Fennel Salad w/Carrot Top Pickled Herb



Blueberry Beet Muffins



Ingredients (12 servings) 2 oz

- 1 cup Onions, Red thin sliced
- ½ cup Radishes, shaved
- 1 cup Carrot tops, chopped
- 1 cup Fennel bulb raw, sliced thin
- 1 cup Vinegar, Wine
- ½ cup Sugar
- 1 tbsp Red Pepper Flakes

Thinly slice onions, shave the radishes and fennel bulb, finely chop the fennel fronds and carrot tops. Place all veggies except for fennel fronds and carrot tops in a bowl. Heat the white wine vinegar, sugar and pepper flakes to a boil and pour over the vegetables bowl. Allow to cool to room temp then stir in the fronds and carrot tops. Drain and reserve for plating.

Nutrition facts (2oz): 48 cal, <1 g fat, <1 g sat fat, 11 g CHO, 10 mg sodium, <1 g fiber

Ingredients (12 servings)

- ½ cup Whole wheat flour
- ¼ cup Oats (ground)
- ¼ cup Oats (rolled)
- 1 ½ tsp Baking powder
- 1 ¼ tsp Baking soda
- 1 tsp Cinnamon
- ¼ cup Olive oil
- 1 cup Applesauce
- ½ cup Sugar
- 1 each Egg
- ¼ cup Water
- 3/8 cup Blueberries, fresh
- 5/8 cup Beets, red fresh (shredded)
- ¼ tsp Salt

Preheat oven to 250 degrees. Line muffin tin with liners. Mix flour, ground oats, rolled oats, baking powder, baking soda, cinnamon and salt in a large bowl. In a separate bowl, mix the oil and sugar together. Add the egg mixing and whip on medium high speed for ~30-45 seconds until the egg is frothy and thickened. Add applesauce and water. Pour the wet ingredients into the dry and stir to combine. Gently fold in the blueberries and shredded beets. Gently scoop 2.5 oz of batter into prepared muffin cups. Bake 23-26 mins.

Nutrition Facts (1 muffin): 187 cal, 6 g fat, 1 g sat fat, 29 carbs, 5 g protein, 238.5 mg sodium, 3 g fiber