

FRITTATA

Ingredients

- 8 ounces protein (sausage, beef, chicken, fish, garbanzo beans, etc.)
- 2 cups shredded vegetables (zucchini, pepper, potato, onion, broccoli, sweet potato, scallions, etc.)
- ½ teaspoon dry basil (and/or oregano, thyme, etc.)
- 4 large eggs
- ⅓ cup half-and-half (or milk)
- 4 ounces cream cheese, diced into ½-inch cubes
- 1 cup shredded mozzarella cheese (or other cheeses)
- 1 cup shredded sharp cheddar cheese

Instructions

Preheat oven to 325°.

Heat an oven-safe sauté pan with an appropriate amount of oil/fat of your choice to just under smoke point.

Add the meat and vegetables. Let them sear. Stir and/or toss once.

Add the herbs and egg mixture. Top with cheese (optional). Place in oven until fully set.

(NOTE: You can use the stove top instead of the oven. Keep the heat high, toss a few times, reduce heat, and finish with a lid.)

“Utilizer” Recipes for Preventing Wasted Food at Home

The average US family of four throws away 25% of the food they buy, costing them up to \$1,800 per year,¹ while 1 out of every 8 NY residents face food insecurity.² Use the following recipes to create tasty dishes from leftover fruits, vegetables, proteins, and more!

BRUSCHETTA

Ingredients

- 2 cups vegetables (tomato, zucchini, sweet potato, potato, broccoli stem, corn, etc.)
- ½ cup other vegetables (onion, red onion, garlic, shallot, scallion, celery, artichoke, etc.)
- 1 teaspoon herbs (fresh or dried basil, oregano, thyme, chives, rosemary, etc.)
- ¼ cup olive oil (or fat/lubricant/binder of your choice)
- 1 16-ounce loaf French bread (or other breads), cut into ¾-inch slices

Instructions

Combine diced vegetables and very quickly sauté them, warming the mixture through to release and blend the flavors.

Top each slice of bread with a generous portion of the mixture.

Top with finely shredded cheese, fresh basil, sliced olives, etc.

Serve immediately as an appetizer or first course.

FRUIT COMPOTE

Ingredients

- 8 ounces fruits (apples, cherries, bananas, berries, etc.)
- 3 ounces dried fruit (raisins, raisins, apricots, figs, leftover trail mix, etc.)
- 6 ounces juice (unsweetened pineapple, apple, orange, etc.)
- 1 tablespoon honey, as needed
- Dash ground nutmeg (and cinnamon, coriander, etc.)

Instructions

Combine all ingredients in a saucepan.

Bring to a boil over medium heat.

Cover saucepan, reduce heat, and simmer for 10 minutes.

Use as is by adding to oatmeal, muffins, pancakes, ice cream, and more.

Sources: (1) Bloom (2010), *American Wasteland: How America Throws Away Nearly Half of Its Food (and What We Can Do About It)*; and (2) USDA (2017), *Household Food Security in the US in 2016*.

CATCH-ALL CURRY

Ingredients

- 1 ½ fluid ounces vegetable oil
- 1 pound meat (chicken, fish, whatever is in the freezer)
- 8 ounces diced onions
- 3 ¼ cloves garlic
- 4 coins ginger
- 3 ¼ tablespoons curry powder
- ¾ teaspoon (each) cumin, turmeric, and coriander
- 4 ounces broccoli stalk
- 4 ounces broccoli florets
- 6 ⅜ ounces (each) diced carrot, cauliflower, potato, garbanzo beans, zucchini, bell pepper
- ¾ bunch basil
- 2 ⅜ cups chicken stock
- ⅜ cup fruit juice
- ⅜ cup water
- 1 ½ cups jasmine rice (or other rice)

Instructions

In a sauté pan, brown or reheat protein items. Check amount of oil and fat when done. Remove excess fat if needed.

Add the onions, garlic, and ginger, and sauté with protein items in rendered fat until translucent and aromatic.

Add spice blend and “bloom” (i.e. deepen their flavor by frying them in the fat).

Add the firm vegetables and sweat them. Then, add the liquids and simmer for 20-30 minutes.

Add the remaining vegetables, adjust seasoning, and simmer for a final 20 minutes.

Serve over rice, quinoa, noodles, etc.

ADDITIONAL RESOURCES

- Try more great utilizer recipes with the “Amazing Waste” cookbook, developed by students from the Nelson Institute for Environmental Studies: <http://www.gibbs-lab.com/wp-content/uploads/2016/05/Cookbook050516.pdf>
- Explore additional strategies for reducing wasted at home such as meal planning, best storage practices, and more with NRDC’s and the Ad Council’s “Save The Food” campaign: <https://savethefood.com/>
- Learn about food preservation methods such as canning, smoking, fermenting, and more from the USDA’s National Center for Home Food Preservation: <https://nchfp.uga.edu>

CREDITS: Recipes presented by Peter Ricardo, Product Donations Manager with the Food Bank of Central New York, and Jesse Kerns, Program Coordinator with the Syracuse University Center for Sustainable Community Solutions. Questions can be directed to Jesse Kerns at jekerns@syr.edu or (315) 443-8488.

SYRACUSE UNIVERSITY

**CENTER FOR SUSTAINABLE
COMMUNITY SOLUTIONS**