“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!

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**BRUSCHETTA**

**Ingredients**
- 2 cups vegetables (tomato, zucchini, sweet potato, potato, onion, broccoli, etc.)
- ½ cup other vegetables (onion, red onion, garlic, shallot, scallion, celery, artichoke, etc.)
- 1 teaspoon herbs (fresh or dried basil, oregano, thyme, etc.)
- ¼ cup olive oil (or fat/lubricant/binder of your choice)
- 1 16-ounce loaf French bread (or other breads), cut into ³⁄₄-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.

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**FRUIT COMPOTE**

**Ingredients**
- 8 ounces fruits (apples, cherries, bananas, berries, etc.)
- 3 ounces dried fruit (raisins, craisins, 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.

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**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
- ½ 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 325º.

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.)

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**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 ½ ounces (each) diced carrot, cauliflower, potato, garbanzo beans, zucchini, bell pepper
- ¾ bunch basil
- 2 ¾ cups chicken stock
- ¾ cup fruit juice
- ¾ 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
- 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/](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](https://nchfp.uga.edu)

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