



Earth Day 2020

**Recipes for
Reducing
Food Waste**



Anything can be a taco!

Have some leftover tortillas from last Taco Tuesday?

- Combine with leftover chili and some shredded cheese and even sour cream to make chili cheese tacos.
- Fry up bacon and add some leftover greens or salad mix and a little mayonnaise and hot sauce, and some tomatoes if you have them to make BLT tacos.
- Have the tortillas and the ground meat, but forgot to pick up taco spices? Brown your meat with a little salt and pepper, trade out your hot sauce for ketchup and mustard, and top your creations with lettuce, cheese, and any other favorite toppings to make cheeseburger tacos.



Fruit ripening faster than you can eat it?

**Cut up and freeze ripe fruit to
use in smoothies later.**

- Use a ratio of approximately 2 cups of frozen fruit to one cup of juice or milk (dairy or non-dairy), and one small banana or ½ cup yogurt and blend together for a delicious, customizable treat.
- If you want to kick it up a notch, add a couple of tablespoons of Anything can nut butter, honey, or chocolate to make your smoothie extra decadent.



"Make-Your-Own" Casserole

**A classic way to make use of
spare food in your cabinet
or refrigerator**

This template for a "choose your own adventure" kind of casserole comes from the University of Nebraska - Lincoln. Refer to the list on the next page for proportions and suggestions for ingredients, but anything goes! Your creativity is the only limit.

Directions:

- Select food(s) from each category or use your own favorites. Combine in a 2- to 2 1/2- quart casserole dish that has been greased or coated in cooking spray.
- Cover and bake at 350°F for about 50 minutes to 1 hour or microwave using 50% power for about 15 to 30 minutes, rotating or stirring as necessary. Heat until steaming hot (165°F) throughout.
- If using toppings, after heating place on toppings, return casserole, uncovered, to oven for 10 minutes or to microwave for 2 minutes.



"Make-Your-Own" Casserole

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Starch- select ONE:

- 2 cups uncooked pasta (macaroni, penne, spiral, bow tie), COOKED
- 1 cup uncooked long-grain white or brown rice, COOKED
- 4 cups uncooked noodles, COOKED

Protein - select ONE:

- 2 cups cooked ground beef
- 2 cups cooked and diced chicken, turkey, ham, beef, or pork
- 2 cups chopped hard-cooked egg
- 2 (6 to 8-oz.) cans fish or seafood, flaked
- 2 cups cooked or canned dry beans (kidney, etc.)

Vegetable - select ONE:

- 1 (10-oz.) pkg. thawed and drained frozen spinach, broccoli, green beans, green peas
- 1 (16-oz.) can green beans, peas, carrots, corn, drained
- 2 cups sliced fresh zucchini

Sauce - select ONE:

- 2 cups white sauce or 1 can sauce-type soup (mushroom, celery, cheese, tomato, etc.) mixed with milk to make 2 cups
- 1 (16-oz.) can diced tomatoes with juice

Flavor - select ONE or MORE:

- 1/2 cup chopped celery, 1/4 cup chopped onion, 1/4 cup sliced black olives
- 1 - 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon)
- Salt and pepper to taste

Topping- select ONE or MORE:

If desired after heating, place on top:

- 2 tablespoons grated Parmesan cheese
- 1/4 cup shredded Swiss, Cheddar, or Monterey Jack cheese
- 1/4 cup buttered bread crumbs
- 1/4 to 1/2 cup canned fried onion rings



Too many eggs and milk?

Try making a strata

Do you have eggs and milk that are getting close to their sell-by date? Not sure what to do with all those heels of bread? A strata is a delicious way to make use of these ingredients.

The formula is easy:

- 2 parts cubed bread
- 1 part eggs
- 1 part milk
- 1 part cheese
- 1 part add-ins

For example, if you have four cups of bread cubes, you'll want two cups of milk and two cups of eggs, two cups of cheese, and two cups of add-ins (a large egg is about $\frac{1}{4}$ cup, so that would be about 8 large eggs).



Too many eggs and milk?

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Use any bread you like or have around, cut into large cubes. Put them in a measuring cup as you cut them to take note of their total volume. Place the bread in a buttered casserole dish (4 cups of bread cubes will about fill an 8" x 8" casserole dish.)

Throw whatever meltable shredded or crumbled cheese you have on hand in here, along with your add-ins. Add-ins should be pre-cooked, so this is a great place to use the leftover broccoli from last night's dinner, sauté up the half an onion you have left over from making soup the other night, or chop up the sausage that didn't get eaten for breakfast. Add-ins can be anything you have on hand and think would taste good. Whatever you choose, toss the cheese and add-ins with the bread cubes in your casserole dish to combine.

Whisk together your milk and eggs and season them. What seasonings? Well, what flavors do you like? Salt and pepper are a must, but you can add on to that with herbs, hot sauce, or other spices. Pour your egg and milk mixture over your bread mixture in the casserole dish, and press down on the bread a bit to help it soak up the liquid. Cover the dish with aluminum foil and let sit for at least a half an hour, or put it in the refrigerator and let sit as long as overnight. (If you do leave your strata in the refrigerator overnight, pull it out a half hour to an hour before baking.)

Before baking, heat your oven to 350°F. Pop in your strata and bake it for about 20 minutes. Remove the foil, and continue baking for another 15 to 30 minutes, until the middle of the strata does not jiggle when shaken. When finished, remove from the oven and let sit for about 10 minutes before serving.



Soup is Good Food

Soup made from leftovers is sometimes called “Everything but the Kitchen Sink Soup” because everything and anything goes. Whatever you call it, and whatever you put in it, this soup is a great way to make use of all the delicious bits and pieces in your refrigerator and pantry.

- 2 tablespoons oil (like butter or olive oil)
- 1 onion, diced
- 2 cloves garlic, chopped
- 3-4 cups add ins (cooked meat, veggies, beans, hearty greens, etc., cut into bite-size pieces)
- Potatoes, pasta, or rice (optional)
- 4 cups water or broth
- Salt and pepper

Heat oil in a stockpot over medium heat. Add onions and garlic and cook stirring occasionally, until onions are softened, about 10 minutes. Place all of your add-ins in the pot and cover with water or broth. Bring to a boil over high heat, then reduce heat back to medium-low and simmer for about 20 minutes until vegetables are tender. Season to taste with salt and pepper. If you are using cooked potatoes, pasta, or rice, add it to your soup near the end of cooking time to warm it up and prevent it from becoming mushy. If you are using uncooked potatoes, pasta, or rice, you can put them in the pot with the the add-ins.



It's not delivery

It's a calzone

National Calzone Day might not be until November, but just like you can respect and protect the planet all year-round, you can incorporate a delicious calzone into your Earth Day appreciation right now. Try making a refrigerator calzone, using whatever fillings and cheese you have available.

- 1 ½ to 2 cups cheese, shredded or crumbled
- Whatever filling you like! Leftover chicken or other meat, and/or any veggies you have on hand, precooked and reheated.
- One pound pre-made pizza dough
- Oil
- Flour for rolling out the dough

Adjust oven racks to middle position and heat oven to 475°F. Brush a baking sheet with oil. On lightly floured counter, roll out the ball of dough to 12-inch round. Transfer to baking sheet. Mound half of cheese on one side of the dough round, leaving 1-inch border around edges. Top with your reheated toppings, and then the other half of the cheese. Brush dough edges with water, fold over filling, press edges to seal, and cut 5 slits in top of dough. Bake until golden, 15 to 20 minutes.



It's not delivery

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No-Yeast Pizza Crust

If you'd like to make your own no-yeast crust, you can use this recipe.

- 1 1/3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup fat-free milk
- 2 tablespoons olive oil

Mix flour, baking powder, and salt together in a bowl; stir in milk and olive oil until a soft dough forms. Turn dough onto a lightly floured surface and knead 10 times, adding a little bit of flour if needed. Shape dough into a ball. Cover dough with an inverted bowl and let sit for 10 minutes. Roll dough into a 12-inch circle and transfer to a baking sheet.



Leftovers and Food Safety

To ensure that leftovers are safe to eat, make sure the food is cooked to a safe temperature and refrigerate the leftovers promptly. Not cooking food to a safe temperature and leaving food out at an unsafe temperature are the two main causes of foodborne illness. Safe handling of leftovers is very important to reducing foodborne illness. Follow the USDA Food Safety and Inspection Service's recommendations for handling leftovers safely.

Visit <https://tinyurl.com/y2umknjh> to read these recommendations on the USDA website.