



TEN TIPS TO CREATIVELY USE FOOD



1. **Wilted greens & herbs**- Blend with garlic, oil, lemon, and spices to make a spread or pesto.
2. **Leftover cooked rice**- Day-old rice makes the perfect fried rice.
3. **Veggie scraps**- Simmer for 30 minutes and strain to make broth.
4. **Bruised apples**- peel, chop, and simmer for 15 minutes with water, sugar, and cinnamon to make applesauce.
5. **Overripe bananas**- Slice, freeze and blend to make banana "ice cream." Enjoy with chocolate chips or cocoa powder!
6. **Broccoli stems, cauliflower & cabbage cores**- Cut julienne style and add to a salad or make into slaw.
7. **Potato, parsnip, & carrot peels**- Toss in olive oil and bake for 20 minutes at 400 F° to make peel "chips."
8. **Overripe tomatoes**- Peel, chop, and simmer with olive oil, garlic, and basil to make pasta or dipping sauce.
9. **Herb stems**- Blend into soups, sauces, and even smoothies.
10. **Stale tortillas**- Slice, oil and bake or fry to make chips.