

ZERO-WASTE

COOKBOOK



GUCKENHEIMER

## THANK YOU, TEAM!

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This book is dedicated to our partners  
who give our **#foodobsessed** chefs the  
platform to explore their creativity.



# FOOD OBSESSED

## FOREWORD

At Guckenheimer, our chefs are more than just food-obsessed — they're driven by an insatiable hunger for insights, ingenuity, and connection. They approach every ingredient, every dish, with a deep passion for flavor and a commitment to sustainability.

We couldn't be prouder of our chefs. Their creativity, determination, and eagerness to dive headfirst into every challenge have been nothing short of inspiring. Whether it's reimagining a menu based on data insights, finding sustainable alternatives, or pushing culinary boundaries, they've done it with passion and purpose. And let's not forget — their problem-solving has led to some of the most delicious food we've ever tasted.

Our chefs don't just follow trends; they lead the way, crafting meals that honor our commitment to sustainability, while delighting every palate. It's a rare thing — to innovate so boldly while staying true to the art of cooking — and they do it masterfully. Because of them, we've not only reached our goals but done so with heart and flavor.

Thank you, chefs, for reminding us all that great food can and should be a force for good. Your dedication makes every meal matter.

**PETE RUKULE**

**GUCKENHEIMER VP OF CULINARY**



# How to use this cookbook



## Connected Recipes

In this cookbook, some recipes are thoughtfully connected to help you create complete meals, explore variations, or discover complementary flavors. For instance, a main dish might link to a suggested side, or a versatile sauce could connect to several dishes where it can be used. When you see the Connected Recipes icon, it signals that there’s another recipe tied to the one you’re viewing. Follow the icon to find recipes that pair perfectly, giving you a seamless way to explore related dishes and ideas.



## Keep It Fresh

Keeping ingredients fresh is one of the most effective ways to reduce food waste. When food stays fresh longer, it gives you more time to use it before it spoils, preventing it from being thrown away unnecessarily. Plus, fresh ingredients retain their nutrients and flavor, enhancing your meals. When you see the Keep it Fresh icon, we’ve included expert tips and best practices for storing ingredients to maximize their shelf life.



## Sharpen Your Knowledge

This cookbook was created with the home cook in mind, but we wanted to go beyond just sharing recipes — we’re excited to share our techniques, too! Our goal is to help you enhance your cooking skills, reduce food waste, and elevate every meal. With a few professional tips, your dishes might taste even better, cooking might become more enjoyable, and maybe you’ll impress your guests along the way. Whenever you see the Sharpen Your Knowledge icon, you’ll find specialized instructions to guide you through advanced methods and skills that bring out the best in each recipe.

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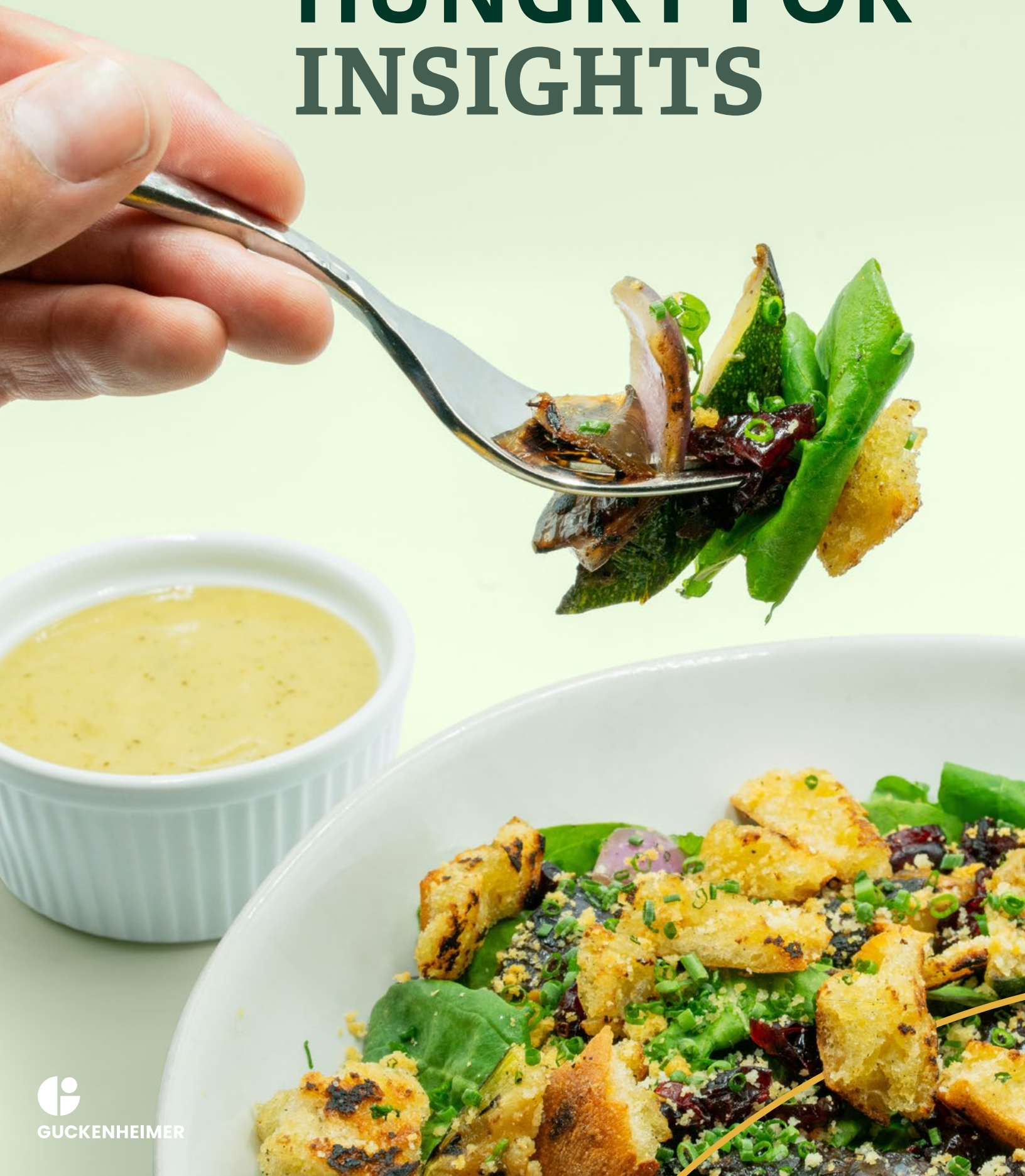
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# HUNGRY FOR INSIGHTS



## INTRODUCTION

In 2022, we set out with an ambitious goal: to cut food waste across all our accounts by 50% by the end of 2025. Why? Because one-third of all food is lost or wasted, and with it, the immense resources — water, energy, effort — that go into its production. The thought of all that going to waste was simply unacceptable.

Now, as we pen these words, we're proud to share that we've not only met that goal — we've surpassed it. A stunning 64% reduction in food waste means we've diverted the equivalent of 963,000 meals and 1,500 metric tons of CO<sub>2</sub>e emissions avoided. This was no accident. It took a collective effort: analyzing real-time data with Winnow, empowering our chefs to repurpose ingredients, and fostering a mindset of sustainable creativity in the kitchen.

Our workplace food solutions re-shape the narrative on sustainability, not just reducing waste, but nurturing abundance in scalable, nature-positive ways that support our clients' sustainability goals while upholding their values. The impact has been real, tangible, and, we hope, inspirational.

But as we shared this accomplishment, people wanted to know: How did we do it? What exactly did we cook up? Instead of just telling you (though we'd love to chat over a cup of community-impacting coffee), we thought it best to show you — through recipes. And so, Guckenheimer's very first Zero-Waste Cookbook was born.

Each recipe here is designed to help you reduce food waste at home, just as we do in our kitchens. We hope these dishes inspire you, not just to cook, but to make sustainability a part of every meal you share.

**ENJOY!**



# FROM RIND TO RICHES



## Watermelon Rind Kimchi

**PREP** 5 days

You've just finished a refreshing summer treat, so now what? Don't toss those rinds! This unique kimchi combines the crunchy texture of watermelon rind with a spicy marinade of gochugaru, garlic, and ginger, all balanced with a hint of sweetness from agave syrup.

### Ingredients

1½ lb watermelon rinds  
*from about 1 large watermelon*


1¾ tbsp kosher salt

4 tsp gochugaru  
(Korean Chili Powder)

½ cup minced fresh ginger

2 tbsp + 1 tsp agave syrup

2 tbsp minced garlic

½ cup green onions   
finely chopped

### Directions

1. Use a sharp peeler to peel off the green outer skin of the watermelon rind. This can be used for composting, as it's difficult to break down and hard to digest.
2. With the remaining watermelon rind, cut it into thin strips, about 2 inches long. Place the rind strips into a large bowl and toss with the salt. Let sit for 1 hour.
3. After 1 hour, combine the remaining ingredients with the salted watermelon rind.
4. Transfer the kimchi to a sterilized container and close with a tight-fitting lid. Leave the kimchi out at room temperature for 3 days. During the fermentation process, a lot of carbon dioxide is produced as the sugars are broken down. This gas creates a lot of pressure in the container, so it's important to "burp" the container every day. This can be done by very carefully opening the lid to release any built up gas. This helps prevent overflow and keeps the fermentation process healthy.
5. In total, leave the Watermelon Rind Kimchi at room temperature for 3 days, burping once every day. After 3 days, transfer to the refrigerator for an additional 2-3 days, but continue to burp it. The kimchi should be ready to use after 5 days total.



Green onion roots can be used to grow more green onions.



# Korean Smash Burger

## with Watermelon Rind Kimchi

SERVINGS 4

### Ingredients


20 oz ground beef  
*divided into 5 oz balls*

Salt to taste

Pepper to taste

Oil for cooking

4 slices Monterey Jack cheese

½ cup **Watermelon Rind Kimchi** 

1 small bag baby arugula  
*or your preferred lettuce*

4 burger buns

4 tbsp Whole-Tomato Ketchup  
*recipe on next page*

### Directions

1. Heat oil in a griddle over medium-high heat. Brown both sides of the burger buns until they reach your desired toastiness. Remove and place in a low temperature oven to keep them nice and warm.
2. Heat oil on a griddle or cast iron pan. Once hot, place the beef ball onto the griddle. Add a small piece of parchment paper on top of the beef ball, then use another pan or something heavy to press down onto the beef ball to get it as flat as possible. The smashing of the burger should be done as soon as it hits the pan, so it can get evenly browned.
3. Remove the piece of parchment paper and season with salt and pepper. Cook for 1-2 minutes, then flip the patty and season the other side. Immediately top with the piece of cheese. Cook to your desired doneness.
4. Spread the 1 tbsp of the Whole-Tomato Ketchup on the bottom of each burger bun. Add the cooked burger patty, followed by 2 tbsp of the Watermelon Rind Kimchi.
5. Add your desired lettuce, then place the top bun on. Enjoy!



#### IT ALL ADDS UP!

This recipe was created when our chefs were inspired to save a week's worth of watermelon rinds. This creation saved 150 lbs of waste from the landfill!

## Whole-Tomato Ketchup

### Ingredients

6-8 whole Roma tomatoes,  
rough chopped

⅛ tsp ground cloves

¼ tsp ground cinnamon

2 tsp kosher salt

½ cup apple cider vinegar

¾ cup packed light brown sugar

1 cup diced yellow onion

1 cup diced Pasilla pepper

1 clove garlic

2 tsp Gochugaru (Korean chili flakes)

### Directions

1. Combine all ingredients into a sauce pot. Bring to a simmer and cook for 30 minutes, uncovered, at a low simmer.
2. Remove from the heat and allow to rest for 10 minutes.
3. Transfer everything to a blender, and purée until very smooth,
4. Pour the puréed sauce back into the sauce pot, and simmer on low for an additional 15-20 minutes until thickened.

Top this burger with **Watermelon Rind Kimchi** from page 3.



Also pairs with **Potato Skin Crisps** on p. 13, and **Swiss Chard Stem Fries** on p. 44.



# RIPE FOR THE PICKING

## Overripe Avocado Chocolate Mousse

**SERVINGS** 6

**SERVING SIZE** ½ cup

**PREP** 5-10 minutes

Have some overripe avocados that won't cut it for guac? No need to fear, avocado mousse is here! This recipe combines avocados, cocoa powder, and agave. Don't knock it until you try it — this tried and true recipe is sure to please even the pickiest of eaters.

### Ingredients

#### MOUSSE

5 overripe avocados  
*about 1 lb*

½ cup + 2 tbsp  
unsweetened cocoa powder

⅔ cup almond milk  
*or any milk*

½ cup agave  
*or honey*

1 tbsp vanilla extract

½ tsp kosher salt

#### COCONUT WHIPPED CREAM

2 cups coconut cream

2 tsp powdered sugar, sifted

1 tsp vanilla extract

### Directions

1. Combine all the ingredients in a high-powered blender. Blend on medium speed until the ingredients are combined and smooth, then turn the speed up to high to whip and lighten the mousse. Serve immediately or refrigerate for a stiffer mousse! The sweetness level will vary based on the ripeness of the avocados, so feel free to increase the sweetener to your desired level.
2. For the Coconut Whipped Cream, add all of the ingredients to a stand mixer with the whisk attachment. Whip on high speed until the coconut cream triples in volume, and stiffens up slightly. It should be able to be piped if whipped to the correct consistency, but it won't be as stiff as normal whipped cream. Serve the Overripe Avocado Mousse with a dollop of the Coconut Whipped Cream, a sprinkle of cocoa nibs, and a couple fresh raspberries.






# Overripe Banana Bread

**SERVINGS** 10  
**SERVING SIZE** 1 slice  
**COOK** 90 minutes

## Ingredients

2 pounds overripe bananas   
mashed, *about 8 bananas*  
3 sticks unsalted butter  
1¾ cup all-purpose flour  
1 tsp baking soda  
1½ tsp kosher salt  
1 tbsp ground cinnamon  
1 tbsp vanilla extract  
½ cup brown sugar, lightly packed  
⅓ cup + 1 tbsp granulated sugar  
4 eggs

Keep your fruit out of the landfill, one bruised banana at a time. With a simple blend of ripe bananas, warm spices, and a hint of sweetness, this loaf is a delightful way to use up what might otherwise go to waste.



### A WASTE-SAVING LEGACY

The first known banana bread recipe appeared in a 1930s cookbook, showcasing the fruit's versatility and the economic need to minimize food waste.



Save those banana peels for fertilizer, see page 65.



## Directions

1. Place the butter in a sauce pot over medium heat. Once the butter has melted, allow it to come to a boil. There should be some white particles floating around in the butter, which are the milk solids. Stir the butter while it's boiling, until you see those milk solids begin to darken in color. It may be difficult to see if there is a lot of foam rising to the top, and stirring helps to dissipate some of the bubbles. Once the milk solids begin to turn lightly brown, remove from the heat and strain through a fine mesh sieve. Let the brown butter cool slightly before using.
2. Sift together the flour, baking soda, cinnamon, and salt. Sifting will help to break up the clumps in the baking soda.
3. In a separate bowl, combine the brown butter, both sugars, vanilla extract, and the eggs. Make sure the butter is cool enough so that the heat doesn't scramble the eggs.
4. Next, gently fold the dry ingredients into the wet using a spatula. Finally, add the mashed banana and stir to combine until everything is fully mixed and homogenous, but do not overmix.
5. Pour the batter into a lined bread pan, and tap a few times on the counter to release any air bubbles.
6. Place in a 350°F oven for 30 minutes uncovered, then remove and cover with foil. Place back in the oven for another 30-45 minutes, or until a toothpick inserted comes out clean. The cook time will vary heavily depending on the ripeness and moisture of the bananas. When you gently press the top of the bread, it should bounce back which also is an indicator of its doneness. Cook it for longer than you think, just to fully ensure that the inside is fully baked. It won't dry out even if it's cooked longer, so don't worry.
7. Once baked, remove from the oven and allow it to cool in the pan for about 10 minutes, then remove and allow it to cool fully on a wire rack. Slice (with a serrated knife), and enjoy!



# PEEL-GOOD FOOD



## Carrot Peel Hummus

**SERVINGS** 4

**SERVING SIZE** ¼ cup

**COOK** 10 minutes

This bright and punchy yellow-orange spread transforms leftover carrot peels into a creamy, dreamy dip that's packed with flavor, fiber, and fun.



### Ingredients

#### COOKED GARBANZO BEANS

1½ cups dried garbanzo beans, soaked overnight and drained  
*can also use canned*

1 gallon water

1 tsp baking soda

½ tsp salt

#### CARROT PEEL HUMMUS

2 cups cooked garbanzo beans  
*instructions included*

1 cup carrot peels

5 cloves garlic

1 tbsp tahini

¾ tsp kosher salt

1 cup ice

¼ cup extra virgin olive oil

4 tsp lemon juice

¾ tsp ground turmeric

### Directions

#### COOKED GARBANZO BEANS

1. Combine the soaked garbanzo beans, baking soda, and salt. Cover with the water and place over the stove over high heat. Bring to a boil, then reduce to a simmer and cook for 35-40 minutes, or until you can squeeze a garbanzo bean and it fully squishes under your fingers with no resistance.
2. Drain, and rinse under cold water. Place on a sheet pan then into the freezer for 30 minutes to fully cool.

#### CARROT PEEL HUMMUS

1. Place a pot of water on the stove and bring to a boil. Once boiling, add the carrot peels and cook for 2-3 minutes. This will help to remove some of the harsh earthy notes in the peel. Remove from the boiling water and transfer to a bowl filled with ice water to stop the cooking process.
2. Drain and place the peels into a food processor. Add the cooked garbanzo beans along with the remaining ingredients to the food processor, and blend on high speed. Scrape the sides as necessary until a smooth puree is formed. The ice will help to create a smooth and creamy texture, and acts as a natural thickening agent which helps to emulsify all the ingredients.



*Garlic peels can be used for stock or compost.*





# Potato Skin Crisps

**SERVINGS** 2

**COOK** 20-30 minutes

This recipe is a great introduction to re-purposing your leftovers. These golden crisps are seasoned and baked until they're irresistibly crispy, and are perfect for munching on their own or serving with your favorite dip. These bites prove that every part of the potato is worth savoring.

## Ingredients

### POTATO SKIN CRISPS

2 cups potato peels  
*from about 4 medium potatoes*

1½ tbsp vegetable oil

½ tsp kosher salt

½ tsp black pepper

### NOOCH SAUCE

2 medium potatoes,  
peeled and large chopped  
*Yukon Gold preferred*

1 medium carrot,  
peeled and large chopped

8 cloves garlic

3 tbsp nutritional yeast

1 tbsp lemon juice

½ tbsp white vinegar

¼ tsp mustard powder

½ tsp onion powder

½ tsp garlic powder

1 tsp salt

## Directions

### POTATO SKIN CRISPS

1. Pat the potato peels dry with a paper towel, to ensure that the oil sticks to them.
2. Toss the potato peels with the oil, salt and pepper. Lay out on a parchment-lined sheet tray, and place in a 350°F oven for 20-30 minutes, tossing every 7 minutes to ensure that everything is evenly browned. Remove from the oven once they are golden brown and crispy, and immediately transfer to a paper towel-lined plate to absorb any excess oil.

### NOOCH SAUCE

1. To a pot, add the rough-chopped potatoes, carrots, and garlic cloves. Cover with water or stock, and bring to a boil. Cook for 20-25 minutes, or until the carrots and potatoes are completely cooked through. Poke a sharp knife or fork through them, and the potatoes should begin to fall apart.
2. Once fully cooked, drain the veggies, reserving some of the liquid to help with the blending. Allow the vegetables to cool for 5-10 minutes before transferring to a high-powered blender with the remaining ingredients.
3. Blend on high until the mixture is fully pureed, using some of the reserved cooking liquid to thin it out if needed. When potatoes are blended, they tend to take on a gluey texture which usually isn't preferred for dishes like mashed potatoes. In this context, we do want them to take on the gluey texture, because it will resemble the stringy, melty texture of cheese.
4. Serve immediately with the Potato Skin Crisps, or refrigerate. Reheat in a pot, adding additional water as needed.



### “NOOCH” SAUCE?

Nooch is simply a nickname for nutritional yeast, which gives a cheesy flavor without using dairy.





# Carrot Peel & Golden Raisin Muffin

## with Five-Spice Cream Cheese Frosting

**SERVINGS** 24  
**SERVING SIZE** 1 muffin  
**COOK** 60 minutes

### Ingredients

#### GOLDEN RAISIN MUFFIN

2 cups all-purpose flour, spooned and leveled  
2 tsp baking soda, leveled  
½ tsp salt  
1½ tsp ground cinnamon  
1¼ cups vegetable oil  
1 cup granulated sugar  
1 cup brown sugar, lightly packed  
1 tbsp vanilla extract  
4 large eggs  
3 cups carrot peels  
1 cup pecans, coarsely chopped and toasted  
½ cup golden raisins

Perfect for breakfast or a snack, these muffins exemplify the joy of upcycling in the kitchen. The perfectly spiced frosting ties together this recipe for a treat that's as kind to your tastebuds as it is to the planet.

#### FIVE-SPICE CREAM CHEESE FROSTING

8 oz cream cheese, softened  
2 tsp cornstarch  
1¼ cups powdered sugar  
1 tsp Chinese five-spice  
¼ cup heavy whipping cream



### Directions

#### GOLDEN RAISIN MUFFIN

1. Pre-heat your oven to 350°F. Line a muffin tin with muffin liners and spray them generously with non-stick spray.
2. Bring a pot of water to a boil.
3. Add the carrot peels to the boiling water and cook for 2-3 minutes. This helps reduce any bitter flavor and enhances their sweetness.
4. Transfer the cooked peels to a bowl of ice water to stop the cooking. After a few minutes, drain them. Finely chop the peels using a knife or a food processor. Mix the chopped peels with chopped pecans and golden raisins, and set aside.
5. In a bowl, whisk together the flour, baking soda, salt, and cinnamon.
6. In another bowl, combine the sugars, oil, eggs, and vanilla extract. Whisk until smooth.
7. Gradually add the dry ingredients to the wet ingredients in three parts, mixing with a spatula after each addition. Once mostly combined, fold in the reserved carrot peel, pecans, and raisins until there are no streaks of flour.
8. Use a scooper or ladle to fill each muffin cup about three-quarters full, leaving about 1 cm of space at the top for rising.
9. Bake in the pre-heated oven for 15-20 minutes, or until a toothpick comes out clean.
10. Remove the muffins from the oven and transfer them to a cooling rack. Once cooled, use a piping bag or offset spatula to frost the tops with the five-spice cream cheese frosting. Optionally, garnish with a small sprinkle of five-spice powder and chopped pecans.

#### FIVE-SPICE CREAM CHEESE FROSTING

1. Add the cream cheese to a stand mixer fitted with the paddle attachment. Whip until the cream cheese is broken down and appears fluffy.
2. Sift the cornstarch, powdered sugar, and five-spice together to ensure there are no lumps.
3. Add it to the cream cheese in the stand mixer, and begin beating on low. Slowly stream in the heavy cream until the mixture is fully combined, and thick but fluffy. The heavy cream will give it a whipped texture which helps add some lightness to a moist cake.



#### WHAT ARE THE FIVE SPICES?

Chinese five-spice can vary, but most commonly it has star anise, fennel seeds, black pepper, cloves, and cinnamon. You can make your own variation in a spice grinder!





**MORE  
TASTE,  
LESS  
WASTE**

# Whole-Vegetable Ratatouille

**SERVINGS** 6

**SERVING SIZE** 1 slice

**COOK** 90 minutes

Ready to master the art of sustainable French cooking? This recipe features a stunning spiral of whole vegetables, peels included! Each twist adds a saucy, luxurious texture that will have you impressing even the biggest food snobs in your life. Who knew saving scraps could be this stylish and scrumptious?


## Ingredients

1 large red onion, cut into  
 $\frac{1}{4}$ " rounds

2 medium Yukon Gold potatoes,  
sliced  $\frac{1}{4}$ " rounds

1 medium zucchini, sliced  
 $\frac{1}{4}$ " rounds

$\frac{1}{4}$  cup flat Italian parsley, chopped  
*including stems*

1 tsp rosemary   
*leaves only*

$1\frac{1}{4}$  tsp dried oregano

3 cloves garlic, minced

2 tbsp olive oil

$1\frac{1}{4}$  tsp kosher salt

$\frac{1}{4}$  tsp ground black pepper

1 can diced tomatoes (14.5 oz),  
puréed in the blender

Drizzle of olive oil, for garnish

## Directions

1. Pre-heat the oven to 400°F.
2. In a large bowl, combine the sliced red onions, potatoes, zucchini, parsley, rosemary, dried oregano, garlic, olive oil, salt, and pepper (everything except the canned tomato purée).
3. In a cast iron pan, add half of the puréed tomatoes, and spread evenly on the bottom.
4. Next, gently shingle the vegetable mixture over the tomato purée in a spiral pattern. Begin placing the slices in a circular pattern, overlapping them slightly as you work your way outward from the center. Keep layering until the dish is filled, creating a beautiful spiral of colorful vegetables!
5. Now, pour the other half of the puréed tomatoes over the top of the vegetable spiral.
6. Finally, drizzle with the second addition of olive oil.
7. Cover with foil, and bake in the oven for 40 minutes. Remove the foil and continue baking for 20-25 minutes, or until the vegetables are a beautiful golden brown, and the potatoes are tender when poked with a knife.
8. Remove from oven and allow to cool for at least 10 minutes before serving so it doesn't fall apart. Enjoy!



*Rosemary stems can be used  
for stock or compost.*





# Penne & Zero-Waste Marinara

**SERVINGS** 4

**COOK** 2½ hours

Your refrigerator drawer can be more than a vegetable graveyard with this zero-waste marinara sauce! The blend of onions, garlic, leeks, carrots, and celery creates a robust base, enhanced by a mix of fresh herbs. It's a sustainable way to enjoy a classic Italian favorite.

## Ingredients

### MARINARA

- 2 tsp extra virgin olive oil
- 3 tbsp tomato paste
- 2½ cups sofrito  
*instructions included*
- 1½ tsp kosher salt
- 1½ lb crushed tomato
- 1½ cups water
- 4 cups cooked penne pasta

### SOFRITO

- ⅓ cup extra virgin olive oil
- 2 cups fennel, ¼" dice
- 2 cups yellow onion, ¼" dice
- 2 cups red onion, ¼" dice
- 1 cup shallots, ¼" dice
- 2 tbsp garlic, minced
- 1 cup leeks, minced
- 1½ cups carrots, ¼" dice
- 2 cups celery, ¼" dice
- 1 tbsp thyme, minced
- 1 tbsp rosemary, minced
- 3 tbsp basil, minced
- 4 tbsp green onion, minced
- 1 tsp kosher salt
- ⅓ cup water

## Directions

### MARINARA

1. In a sauce pot over medium heat, warm the olive oil and sauté the tomato paste for about 5 minutes and beginning to brown.
2. In a blender, purée both the crushed tomatoes and the sofrito until smooth. Add into the sauce pot with the prepared tomato paste.
3. Reduce heat to medium-low and bring to a simmer. Allow mixture to simmer for 20 minutes.
4. Add in the basil, salt and red wine vinegar, stir to combine. Set aside.
5. In a sauté pan over medium heat, bring the marinara sauce to a light simmer.
6. Add the penne to the warmed sauce, stir to coat the noodles.
7. Plate the pasta and garnish with whole, freshly torn basil leaves. Serve immediately.

### SOFRITO

1. Warm a sauce pot over medium heat and combine everything except the water. Sweat and reduce heat to low, allowing the vegetables to caramelize for about 2 hours and 15 minutes.
2. Once the vegetables have been caramelized, add the water and deglaze the pan.
3. Remove from heat and set aside.




# Whole-Orange Almond Cake

**SERVINGS** 8

**SERVING SIZE** 1 slice  
*1/8 of whole cake*

**COOK** 90 minutes

## Ingredients

2 fresh, medium oranges,  
whole with rind on, remove seeds   
*about 1.4 lb total*

1 1/4 tsp baking powder

6 large eggs

1 1/4 cups white sugar

2 3/4 cups almond flour

1/3 cup sliced almonds

*Save those seeds! They can be  
composted or replanted!*



This zesty recipe uses the entire orange, peel and all! It combines the bright and tangy flavors of fresh oranges with a moist and perfectly sweetened cake. By using the whole orange, this recipe harnesses the essential oils and vibrant color from the peel, adding a fragrant twist to every bite.



### THIS CAKE IS GLUTEN-FREE!

Guckenheimer strives for diversity and inclusion, including different diets, without sacrificing flavor. This recipe proves you can have your cake and eat it too!



## Directions

1. Place the whole oranges in a pot and cover them with water. Use a plate or another pot to keep the oranges submerged. Bring the water to a boil, then reduce the heat and let it simmer for 10 minutes. After 10 minutes, turn off the heat and pour out the water. Repeat this process two more times (boiling, simmering for 10 minutes, and discarding the water) for a total of 3 rinses. This helps reduce any bitterness from the peels. Alternatively, you can boil the oranges for 40 minutes without changing the water, but they might still taste a bit bitter.
2. Let the boiled oranges cool completely. You can cut them in half to cool them faster. Make sure to remove any seeds; they can be composted or replanted!
3. Once the oranges are cool, place them in a food processor and blend for 20-30 seconds until they form a paste with some small bits of peel still visible. You can use this right away or store it in the fridge until you're ready to use it.
4. To the food processor with the whole orange purée, add the eggs and pulse a few times until combined. Now, add the sugar and baking powder and pulse again. Finally, add the almond flour, and pulse a few times until just combined. Make sure to not overmix, or else you might end up with almond butter.
5. Transfer the batter to a parchment-lined, non-stick sprayed 9" round pan. Tap it on the counter a few times to release any air bubbles. Sprinkle the top with the sliced almonds.
6. Place in a 350°F oven for 45-60 minutes, rotating every 20 minutes to ensure even baking. The cook time is dependent on the moisture content of the oranges, that's why there's a large variation. The cake is done when an inserted cake tester comes out clean, and the sliced almonds are nicely browned.
7. Remove from the oven and allow to cool for 20 minutes before removing the cake from the pan and allowing to cool fully on a wire rack. Be careful when transferring the cake as it might be more subject to crumbling/falling apart due to the lack of gluten structure.
8. Once cooled, slice and serve immediately. Enjoy!





# Leftover Donut Bread Pudding

**SERVINGS** 10

**SERVING SIZE** ½ cup

**COOK** 1 hour

Extend the life of your morning pastries with leftover donut bread pudding! This recipe is coziness in a bowl, transforming yesterday’s donuts into a creamy, custardy dream.

## Ingredients

2 packages leftover stale donuts  
*or about 30 oz total*

3¾ cups whole milk

4 tbsp unsalted butter

2 tsp vanilla extract,  
*or omit, and use [Vanilla Bean Pod-Infused Sugar](#)*

½ cup + 2 tbsp white sugar, or Vanilla Bean Pod-Infused Sugar

½ tsp kosher salt

4 large eggs

Powdered sugar, for garnish

Optional: maple syrup

## Directions

1. Spray a casserole dish with non-stick cooking spray. Pre-heat oven to 350°F. Break up the stale donuts into 1” pieces, and spread them around in the casserole dish.
2. To a pot, add the milk, butter, vanilla, sugar and salt. Stir, and bring to a low simmer.
3. In a separate bowl, beat the eggs until smooth.
4. Use a ladle to slowly stream the heated milk mixture into the beaten eggs while whisking the eggs vigorously. This will help bring up the temperature of the eggs slowly, rather than shocking them with high heat which will cause them to scramble. Place the bowl of eggs on a towel, which will help keep the bowl in place while whisking. After 3-4 ladles, the eggs should be sufficiently tempered, and can now be added back to the pot with the milk mixture.
5. Continue to heat the egg and milk mixture over medium-low heat while continuously stirring until the mixture thickens up, about 2-4 minutes.
6. Remove from heat and optionally pass through a fine mesh sieve to remove any pieces of egg that might have scrambled.
7. Now, pour this mixture over the broken up donuts in the casserole dish and place in the oven for 30-45 minutes, until the top has browned nicely and the contents are mostly set with a slight jiggle in the center.
8. Remove from the oven and allow to cool for 5-10 minutes before dusting with powdered sugar and serving! Optionally, drizzle with maple syrup for an extra touch of sweetness.

[Vanilla Bean Pod-Infused Sugar](#) is on page 25.





# SHELF LOVE

## Vanilla Bean Pod-Infused Sugar

This versatile ingredient adds a touch of sweetness and a warm, cozy vanilla flavor to everything it touches. Sprinkle it on pastries, coffee, or tea for an instant flavor boost, or get creative and use it in your favorite baking recipes in place of plain sugar.

### SERVINGS 2-3

**PREP** 15 minutes

**COOK** 30 minutes

### Ingredients

¼ oz vanilla bean pod

1¾ cups (14 oz) white sugar

### Directions

1. Split and scrape discarded (or fresh) vanilla bean pods of seed pulp and cut bean pods into 1" segments. Place both into a mixing bowl.
2. Add the sugar and massage all ingredients by hand together.
3. Store, sealed, in a cool dry place away from direct light.





# Dried Beet Peel Powder

**SERVINGS** 24

**SERVING SIZE** 1 tsp

**COOK** 6 hours

Make root vegetable season vibrant with this colorful powder! Made with leftover beet peels, this recipe grinds down to create a colorful garnish or all-natural food coloring.

## Ingredients

Peels from 4 large, red beets

## Directions

1. Scrub the beets thoroughly to remove dirt from the outside.
2. Use a peeler to remove the skin of the beets.
3. Lay the peels out on a parchment-lined sheet tray and place in a 150°F oven for 4-5 hours, tossing every 1 hour, until the beet peels are fully dried out and brittle.
4. Transfer the mixture to a dry blender or spice grinder and blend until it forms a very fine powder.
5. Pass the powder through a fine mesh sieve to ensure any large granules are removed.
6. Enjoy the powder as a colorful garnish on any dish, a substitute for food coloring or an addition to any beverage!





# Beet Bliss Smoothie

**SERVINGS** 2-3


**PREP** 15 minutes

**COOK** 30 minutes

Get ready to sip on a tropical blend of goodness with our Beet Bliss Smoothie! This eye-catching red delight is not just a feast for the eyes; it's packed with nutrition and bursting with flavor, too!

## Ingredients

**SMOOTHIE**

- 2 cups cooked **red beets**  [peeled, large chopped](#)
- 1 cup coconut whipped cream
- 1 avocado, pitted
- 1 banana
- 2 tsp lime juice
- 1/8 tsp ground cinnamon
- 1/4 cup water
- 2 cups ice

**COCONUT WHIPPED CREAM**

- 2 cups coconut cream
- 2 tsp powdered sugar, sifted
- 1 tsp vanilla extract

**GARNISH**

- 1/4 tsp Dried Beet Peel Powder

## Directions

1. Combine all of the smoothie ingredients in a high-powered blender. Blend on high until very smooth.
2. For the Coconut Whipped Cream, add all of the ingredients to a stand mixer with the whisk attachment. Whip on high speed until the coconut cream triples in volume and stiffens up slightly. It should be able to be piped if whipped to the correct consistency.
3. To serve, pour the smoothie into a serving container, add a dollop of the coconut whipped cream then dust the Dried Beet Peel Powder over the top! Enjoy!



Use your beet peels as the garnish!  
[Dried Beet Peel Powder](#) recipe on page 27.





**EASY CHIPOTLE AIOLI!**

**Combine:** ¾ cup mayonnaise,  
1½ tsp Chipotle in Adobo (minced),  
1 lime, juiced (save rind, p. 65),  
1 clove garlic, minced  
½ tsp salt


# FLIP YOUR FRIDGE FINDS

## Leftover Mashed Potato Cakes

**SERVINGS** 12  
**SERVING SIZE** 1 cake  
**COOK** 30 minutes

This recipe is a quick and easy way to give your leftover mashed potatoes a second lease on life. These golden-brown rounds of goodness are crispy on the outside and fluffy on the inside, perfect for breakfast, lunch or a sneaky midnight snack!

### Ingredients

2½ lbs Russet or Yukon Gold potatoes , peeled and diced into 1" cubes  
1 cup buttermilk  
or heavy cream or milk  
¼ cup salted butter, melted  
Kosher salt, to taste  
Black pepper, to taste  
1 cup cheddar cheese, shredded  
1 bunch green onion, finely chopped  
4 slices cooked bacon, crumbled  
1 tsp garlic powder  
1 tsp kosher salt  
½ tsp black pepper

### BREADING DREDGE

2 cups all-purpose flour  
1 tsp kosher salt  
1 tsp black pepper  
1 tsp garlic powder  
1 tsp onion powder  
¼ tsp ground paprika  
4 eggs, beaten  
2 cups panko breadcrumbs

### Directions

1. Combine the leftover mashed potatoes with the cheddar cheese, green onion, crumbled bacon, garlic powder, salt and pepper. The texture shouldn't be too loose, or else they won't hold up when fried.
2. Form the mashed potato mixture into even balls, about the size of a golf ball. Flatten into a patty shape.
3. For the dredge, mix the flour with the salt, black pepper, onion powder, garlic powder and paprika. In three separate bowls from left to right, place the flour, beaten eggs and panko breadcrumbs.
4. First coat the potato patty in flour, then the beaten eggs and finally the panko breadcrumbs. The best way to do this is by using one hand to dip into the dry ingredients, and the other to dip in the wet. That way, your fingers won't end up coated in wet dredge.
5. Fill a pot about 2 inches of the way up with oil and set it over medium-high heat. Once it has reached 350°F, gently drop in the dredged potato patties. Fry evenly on both sides until golden brown (about 2-3 minutes per side), before transferring to a paper towel-lined plate to drain any excess oil.



Save those peels for  
*Potato Skin Crisps* on page 13.



# Socca de Nice

**COOK** 1 hour

## Ingredients

### HERB STEM PISTOU

- ½ cup vegetable oil  
or extra virgin olive oil
- 1½ cups parsley stems,  
rough chopped
- ½ cup basil stems, rough chopped
- 10 garlic cloves
- ¼ cup lemon juice
- ½ tsp kosher salt
- ½ tsp black pepper

### SOCCA DE NICE BATTER

- 1 cup garbanzo bean flour
- ¾ cup water
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 1½ tbsp extra virgin olive oil
- 1 tbsp rosemary, chopped
- Vegetable oil for cooking

Enjoy a golden, crispy socca topped with smoky, charred cauliflower leaves, our vibrant beet peel powder, and a zero-waste pistou made from herb stems. This delicious dish transforms often-overlooked ingredients into a perfectly elevated meal, proving that saving the planet can be delicious, too!

### CHARRED CAULIFLOWER LEAVES

- Leftover outer leaves from 2 heads of cauliflower, whole
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp vegetable oil  
enough to coat cauliflower leaves

### CARROT-ONION SAUTÉ

- 1 medium onion, rough chopped
- 2 medium carrots, peeled and shredded  
*Save the peels for Crispy Carrot Peels*

- ½ tsp kosher salt
- Vegetable oil for cooking

### CRISPY CARROT PEELS

- Carrot peels  
*reserved from Carrot-Onion Sauté*
- ½ tbsp vegetable oil
- Kosher salt to taste



## Directions

1. Whisk all of the ingredients together except for the vegetable oil.
2. Pre-heat a cast iron skillet or non-stick pan over medium-high heat.
3. Once heated, add the vegetable oil, about 1 tsp per socca. Use a ladle to add the batter to the center and quickly use the ladle to spread it in a circle thinly.
4. Allow to cook until golden brown, approximately 2-3 minutes. Use a metal spatula to gently go around the edges and flip over. Cook for an additional 2-3 minutes before removing and transferring to a cooling rack. They still should be mildly pliable.
5. When ready to serve, cut the socca into 2” strips, and place on a parchment-lined sheet tray. Bake at 350°F for 3-4 minutes until crisp. It should be like a chip. Remove from oven and allow to cool slightly, which will help crisp it up further.

Onion peels can be used  
for stock or compost.







# STALKS, STEMS, TOPS & TRIMS



# Fennel Frond & Stalk Pesto

**SERVINGS** 2-3

**PREP** 15 minutes

**COOK** 30 minutes

## Ingredients

- 1 lb cooked pasta of choice
- 3 cups leftover fronds and stalks from fennel, roughly chopped
- 1 cup leftover basil stems, whole
- 6 clove garlic  
*peel removed and composted*
- ¼ cup pine nuts  
*can also use walnuts or pecans*
- ¼ cup lemon juice
- 2 tsp lemon zest
- ½ cup Parmesan cheese, grated
- 1 bunch chives
- 1 cup olive oil

**OPTIONAL**

- 1 tbsp nutritional yeast
- 1 tbsp fish sauce

**GARNISH**

- Freshly-grated Parmesan cheese
- Fresh lemon zest

This recipe adds a flair of sustainability to a classic recipe by implementing basil stalks and fennel fronds, both typically discarded with other vegetable scraps despite packing a ton of aromatics and flavor. This zero-waste pesto is perfect for drizzling over pasta, spreading on crusty bread, or brightening up your favorite dishes.



### PISTOU VS. PESTO

While both are delicious, herb-based sauces, pistou and pesto, have some distinct differences. Pistou, from Provence in France, is a simpler blend of basil, garlic, and olive oil — often without nuts or cheese.

## Directions

1. Bring a pot of water to a boil. Add the fennel fronds, stalks and basil stems. Cook for 1-2 minutes until the fennel stalks are slightly tender. This helps mellow their earthy flavor and enhances their sweetness.
2. Remove the greens from the boiling water and transfer them to a bowl of ice water. This stops the cooking process.
3. After a few minutes, drain the ice water. Place the cooled greens in a blender with the other ingredients, except for the olive oil.
4. Pulse the blender a few times to break down the ingredients. While blending, slowly drizzle in the olive oil until everything is well combined and smooth. Using a blender is better here than a food processor, as it really helps break down the fibrous fennel fronds.
5. Once blended, add the pesto with the cooked pasta and stir to combine.
6. Serve it up and garnish with some freshly-grated Parmesan cheese.





# Asparagus Stalk Soup

**SERVINGS** 4

**SERVING SIZE** 1 cup

**COOK** 45 minutes

This creamy soup turns leftover asparagus stems into a smooth base and is balanced out by potatoes, fragrant leeks, and celery leaves. Perfect for warming up on a chilly day or impressing guests, this soup showcases how every part of your veggies can contribute to something delicious.

## Ingredients

### SOUP

1 small white onion, roughly chopped, *about 1 cup*

2 celery stalks, roughly chopped, including leaves, *about ¾ cup*

1 small leek, roughly chopped  
*reserve ¾ cup dark green leaves for garnish*

2 Yukon Gold potatoes, large diced, including peels  
*about 2 cups*

2 sprigs thyme, leaves minced  
*stems can be used for stock/compost*

1 tsp nutritional yeast  
*optional*

4 cups vegetable stock  
*or water*

2 cups leftover asparagus stems  
*from about 2-3 bunches*

½ cup Parmesan cheese, grated

½ cup heavy cream

### GARNISH

Reserved leek leaves, very thinly sliced

## Directions

1. In a large stock pot, heat the oil over medium heat. Add chopped onions, leeks, celery (with leaves), salt, and pepper. Sauté for about 2 minutes until tender. Then, add minced garlic and cook for another 30 seconds until fragrant.
2. Stir in the vegetable stock, along with diced potatoes, thyme, and nutritional yeast.
3. Cover the pot and cook for 15-20 minutes, until the potatoes are mostly tender (you should be able to poke through them with little resistance). Then, add the asparagus stems and cook uncovered for 2-4 minutes, until they brighten in color and are slightly tender. Avoid cooking for more than 4 minutes to keep their vibrant color.
4. Remove from heat and transfer the mixture to a high-powered blender. Add the Parmesan cheese and blend until very smooth. Then, stir in the heavy cream. If desired, you can strain the soup through a fine mesh strainer to remove any fibrous bits, although the blender should do a good job of smoothly puréeing it.

### OPTIONAL GARNISH

1. Add the sliced leek leaves to a pot of cold oil. Turn the heat to medium, and allow the sliced leek leaves to sit in the heating oil. They will soon begin to sizzle and crisp up.
2. Once crispy, remove from the oil and transfer to a paper-towel-lined plate to drain excess oil. When slightly cooled, use as a crispy garnish on your soup!





# Broccoli Stem & Cauliflower Slaw

**COOK** 15 minutes

This slaw takes often-overlooked broccoli stems, cauliflower cores, and carrot peels and transforms them into a tangy, well-balanced slaw. Each bite is a delightful crunch that showcases the beauty of upcycling in the kitchen.

## Ingredients

2 broccoli stems, very thinly sliced  
*about 2 cups*

1 cauliflower core, shredded using  
box grater  
*about 1/3 cup*

1/2 cup red cabbage,  
shredded, including core  
*about 1/4 of a cabbage head*

1 cup carrot, shredded  
including peel  
*about 1 large carrot*

## DRESSING

1/4 cup mayonnaise

2 tsp apple cider vinegar

1 tsp salt

1 tsp sugar

1/2 tsp honey

1/2 tsp Dijon mustard

1/4 tsp ground black pepper

1 1/2 tsp chives, minced

## Directions

1. Combine all of the dressing ingredients together and pour it over the prepared vegetables.
2. Use a gloved hand or tongs to massage the dressing into the vegetables. The acid from the vinegar will help to slightly break down some of the more fibrous vegetables, resulting in a tender, flavorful slaw.





**COOK** 15 minutes

## Ingredients

- 1 tbsp vegetable oil
- 1 medium white/yellow onion, roughly chopped  
*papery skin can be composted*
- 2 garlic cloves, minced
- 1 tsp mustard powder
- $\frac{1}{4}$  tsp smoked paprika
- $\frac{1}{2}$  tsp nutritional yeast (optional)
- $\frac{1}{2}$  tsp onion powder
- $\frac{1}{2}$  tsp garlic powder
- 1 tsp salt
- $\frac{1}{2}$  tsp black pepper
- 6 cups vegetable stock, or water
- 4 cups broccoli stems, roughly chopped, *about 4-5 stems*
- 1 cup spinach, *stems included*
- $\frac{2}{3}$  cup cheddar cheese, shredded
- $\frac{1}{4}$  cup Parmesan cheese, grated

### CHEDDAR CHEESE CRISP GARNISH

Cheddar cheese, shredded  
or any cheese of your choice

# Broccoli Stem Soup

This delightful soup transforms those often-overlooked broccoli stems into a creamy, comforting dish that celebrates sustainability. With a splash of vegetable broth, a hint of garlic, and a sprinkle of spices, each spoonful is bursting with flavor and nutrition. Perfectly paired with crusty bread, this soup not only reduces waste but also proves that deliciousness can come from every part of your ingredients.

## Directions

### BROCCOLI STEM SOUP

1. In a heavy pot, heat oil over medium-high heat. Add chopped onion and sauté until it's soft and slightly translucent. Then, add minced garlic and your spices, cooking until fragrant, about 30 seconds.
2. Add the chopped broccoli stems to the pot, then pour in the stock. Cook uncovered for about 30 minutes, or until the stems are soft. Use a sharp knife to poke the stems, and it should go in with little to no resistance.
3. Remove the pot from heat and stir in the spinach. It will wilt quickly without overcooking, which will help keep its vibrant green color.
4. Transfer the mixture to a high-speed blender. Add both cheeses and blend until very smooth.
5. If desired, pour the soup through a fine mesh strainer to remove any fibrous bits, though the blender should make it completely smooth.

### CHEDDAR CHEESE CRISP

1. Sprinkle the cheese in a thin, flat layer onto a cast iron skillet or non-stick pan.
2. Put the pan on the stove over medium-high heat, and allow the cheese to melt and begin bubbling. The cheese will begin to slowly brown on the bottom and form into a crispy disc. Use a metal spatula to go around the edges of the crispy cheese. Because of the high fat content, it shouldn't stick to the pan at all. Once the bottom is nicely golden brown, flip the cheese crisp to gently brown the other side. Cook for about 30 more seconds before transferring to a paper towel to drain any excess fat. Allow them to cool for 1-2 minutes.
3. Once cooled, break the cheese crisp into irregular shapes, and use as a crunchy and delicious garnish on your soup!



### STEM-BELIEVABLE!

Broccoli stems are edible! And they're packed with nutrients! In fact, they contain more fiber and antioxidants than the florets.



# Swiss Chard Stem Fries

**SERVINGS** 4  
**SERVING SIZE** ½ cup  
**COOK** 30 minutes

## Ingredients

- FRIES**  
2 cups of Swiss chard stems,  
cut into 3” sticks  
*about 2 bunches*
- BATTER**  
1 cup all-purpose flour  
½ tsp ground black pepper  
2 tsp kosher salt  
1 tbsp garlic powder  
2 tsp ground paprika  
1 large egg  
1¼ cups light beer or seltzer water
- GARLIC AIOLI**  
1 cup mayonnaise  
3 cloves of roasted garlic,  
minced very finely (optional)  
2 cloves fresh garlic,  
minced very finely  
1 tsp lemon juice  
1 tsp chives, minced  
¼ tsp garlic powder

These colorful fries are dipped in a light, frothy batter and fried to golden brown goodness, creating a crunchy exterior that gives way to a tender, flavorful inside. Perfect as a snack, appetizer or side dish, they’re a delicious way to upcycle those often-overlooked stems.



## Directions

1. Bring a pot of salted water to a boil. Once boiling, drop in the chard stems and boil for 1 minute. This will help remove some of the earthy bitterness from the stems and help to tenderize it slightly. Do not cook for more than 1 minute, or else it will become too soft and mushy.
2. Drain the water and immediately transfer the stems to a bowl filled with ice and water to stop the cooking process. Allow it to sit in the ice water for 2 minutes, then drain. Lay the chard stems out on a few sheets of paper towel and pat dry. Ensure that the stems are very dry, or else the batter won’t stick to them.
3. For the batter, combine all of the ingredients except for the beer. Once ready to fry, slowly incorporate the beer while whisking, until it resembles the texture of pancake batter. You may not use all of the beer in the recipe. The batter may appear slightly lumpy, which is totally fine.
4. Set a large pot of oil over medium-high heat, and bring it to 350°F. If you don’t have a thermometer, you can fry a few test batches and adjust the heat based on how they come out.
5. Use a fork to dip each chard stem in the batter, allowing some of it to drip off before transferring it into the heated frying oil. Fry for 2-3 minutes, or until the outside is a deep golden brown.
6. Remove from the oil and transfer to a paper towel to absorb any excess oil.
7. For the garlic aioli, combine all of the ingredients together. Serve the chard stem fries with the Garlic Aioli immediately.







# Root & Stem Pancit Noodles

**SERVINGS** 4

**COOK** 15 minutes

This recipe features whole-vegetable cauliflower and carrots, bringing a delightful crunch and a burst of color to your plate. Infused with the savory notes of sesame, soy, and ginger, this dish is a quick and healthy option for any meal.

## Ingredients

- 1½ tbsp garlic clove, minced
- 1 tbsp ginger root, minced
- 1½ tbsp green onion, minced  
*bottom half of stalk*
- ¼ cup shallot, julienned
- 4 tbsp canola oil
- ⅓ cup carrots, julienned
- ½ cup broccoli, cut into ½” pieces
- ½ cup cauliflower,  
*cut into ½” pieces*
- 4 tbsp tamari soy sauce
- 2 tbsp + 2 tsp sesame oil
- ¾ cup water
- ⅓ cup red cabbage, julienned
- ½ lb prepared rice vermicelli  
noodles
- ¼ cup green onion, julienned  
*top half of stalk*
- ½ tsp toasted, white sesame seeds

## Directions

1. Begin by submerging the rice noodles in hot water, carefully separating the strands. Allow the noodles to soak for 10-13 minutes, until al dente. Drain and set aside.
2. Set your stove to medium-high heat and add the canola oil to a large sauté pan. When the oil begins to simmer, add the garlic, ginger, green onion bottoms, and shallots. Stir quickly to help prevent the aromatics from burning.
3. Add your broccoli, carrots, and cauliflower and sauté until it begins to become tender or about 1 minute.
4. Add the tamari soy sauce, sesame oil and water. Allow to reduce by ⅓.
5. Add your red cabbage and rice vermicelli noodles and vigorously stir until everything is well-coated and incorporated.
6. Serve garnished with toasted sesame seeds and julienned green onion tops.



### CHEF SPEAK

Just in case you aren't familiar with all of the chef lingo, to julienne means to cut into short, thin strips.





GUCKENHEIMER



# Whole-Herb Frittata

**SERVINGS** 6  
**COOK** 30-45 minutes

## Ingredients

- FRITTATA**  
3 tbsp leek tops, minced  
*darker green part that is normally discarded*  
2 tbsp parsley stems, minced  
¼ cup sun-dried tomatoes, roughly chopped  
6 large eggs  
¼ tsp salt  
⅛ tsp black pepper  
Oil for cooking  
½ cup Gruyere cheese, shredded

- GARNISH**  
½ cup leek ends, cut into very thin strips  
*white part closest to the root*  
Oil for frying

Put those discarded leek leaves and parsley stems to work with this tasty and easy-to-make frittata recipe! This is the perfect dish for a guilt-free yet indulgent brunch at home, giving you restaurant-quality flavors from the comfort of your own kitchen.

## Directions

1. In a bowl, whisk together the eggs, salt and pepper. Set aside.
2. Heat the oil in a non-stick pan over medium-high heat. Once hot, add the minced leek leaves and parsley stems. Sauté for 2-3 minutes until softened. Then, add the sun-dried tomatoes and cook for another minute. Pour the whisked eggs over the sautéed vegetables. Stir constantly until the eggs are about 75% cooked; they should still be slightly runny.
3. Sprinkle the shredded Gruyere cheese on top of the egg mixture. Transfer the entire pan to a pre-heated oven at 350°F.
4. Bake for 6-8 minutes, or until the frittata is set and the cheese is golden brown. If there is a very slight jiggle in the center, that's ok too, since the egg will cook a little bit more even after it's been removed from the oven.
5. Carefully remove the pan from the oven and let it cool for 2-3 minutes. Garnish with crispy fried leeks (instructions below).

- GARNISH**
1. Place the sliced leeks into a pot and cover with the cold oil. ♻️
  2. Turn the heat up to medium-high and allow the leeks to slowly fry until they become crispy. The reason we start with cold oil is to fry the leeks more gently, which allows for less moisture loss and less absorbed oil.
  3. Use a slotted spoon to remove the fried leeks, and transfer to a paper towel to absorb any excess moisture.

♻️ If you have cold, leftover oil from cooking the frittata, it can be reused here!





**NOT JUST FOR STEAK!**

Vegetarian? Not a fan of steak?  
This sustainable marinade  
will perfectly elevate roasted  
vegetables, potatoes,  
breads, and more.

# Grilled Flank Steak with Carrot Chimichurri

**SERVINGS** 4

**SERVING SIZE** 6 oz of steak

**COOK** 1 hour

Give your steak a flavor upgrade with a chimichurri made from carrot leaves and parsley stems — no scraps left behind!

## Ingredients

**CARROT TOP CHIMICHURRI**

1 cup carrot tops/leaves,  
roughly chopped

½ cup oregano with stems,  
roughly chopped

8 garlic cloves, minced


3 tbsp red wine vinegar

2 tsp red pepper flakes

1 cup of vegetable oil  
or any *neutral* oil

½ tsp salt

½ tsp black pepper

2 tbsp lime  juice

**GRILLED SKIRT STEAK**

1 cup carrot top chimichurri

1½ lb skirt steak

Maldon finishing salt for garnish

## Directions

**CARROT TOP CHIMICHURRI**

1. Combine all ingredients in a food processor, and blend until roughly pureed. The flavor might still be a little woody, but it will go away once it's marinated with the steak.

**GRILLED SKIRT STEAK**

1. Pat the skirt steak dry with a paper towel to remove excess moisture.
2. Place the steak in a shallow dish and cover both sides with half of the carrot top chimichurri. Cover the dish with plastic wrap and refrigerate for 2 to 12 hours.
3. Heat your grill to high.
4. Remove the marinated steak from the dish, letting any extra chimichurri drip off. Place the steak on the grill and cook for 2-3 minutes. Rotate it 90° and grill for another 2-3 minutes. Flip the steak and repeat this process until it reaches an internal temperature of 125°F - 135°F, or whatever your desired steak doneness is.
5. Take the steak off the grill and let it rest for 5-10 minutes. Then, cut the steak into 4" sections and slice each section against the grain into ½" pieces.
6. Top the sliced steak with the other half of the chimichurri and sprinkle with Maldon salt for garnish.



If you're squeezing fresh limes, save the rinds for 12-Hour, Cold-Brew Iced Tea on page 55.





# 12-Hour, Cold-Brew Iced Tea

**SERVINGS** 6

**SERVING SIZE** 8 oz

**PREP** 12 hours

Enjoy a refreshing and eco-friendly cold brew iced tea made with pineapple trimmings, orange peels, ginger root pulp and watermelon pieces. This recipe embraces a zero-waste approach, ensuring that every part of your ingredients is utilized. The result is a fruit-forward iced tea, perfect for any time of the day.

## Ingredients

### TEA

15 oz pineapple peel

2½ oz orange peel  
*or about 1½ oranges*

¼ cup ginger root trim and pulp  
*or about 1½ oz*

⅓ cup watermelon trim  
*or about 1½ oz*

7-8 black tea bags  
*or about ⅔ oz*

6 cups filtered water

### GARNISH

Pineapple leaves

Pineapple slice

Orange slice

## Directions

1. Thoroughly wash, rinse and drain the fruits and ginger with clean water before using in the recipe.
2. Combine all the ingredients in a large plastic container, ensuring the tea bags are submerged completely in the water.
3. Cover and place in the refrigerator. Allow to steep overnight, or a minimum of 12 hours.
4. Taste the infusion, more steep time may be needed.
5. Strain out the solids with a fine mesh strainer for composting.







# Celery Heart & Herb Falafel

This recipe offers a sustainable spin on a Mediterranean classic without compromising on traditional flavors or ingredients. It's packed with the chickpeas, cumin and garlic we all know and love, in addition to a few vegetable odds and ends. Bonus: It's naturally vegan!

## Ingredients

### FALAFEL

3½ cups soaked garbanzo beans  
*canned will not work*

½ cup celery leaves/hearts,  
roughly chopped

1 cup parsley stems, roughly  
chopped

1 tsp cumin seeds, toasted

2 tbsp extra virgin olive oil

1 tbsp kosher salt

1½ tsp ground black pepper

2 tsp lemon juice

½ cup garbanzo flour

1½ tsp baking soda

⅓ cup garlic, rough chopped

### HARISSA TAHINI DRESSING

4 tbsp tahini

6 tbsp water

4 tsp lime juice

2 tbsp harissa

½ tsp kosher salt

## Directions

### FALAFEL

1. In a food processor, combine all your ingredients. Process until the mixture is smooth.
2. Transfer the mixture to a bowl and cover it. Let it rest in the refrigerator for 30 minutes. This helps the flavors meld and makes it easier to shape.
3. Using a small scoop or your hands, portion the mixture into 1 oz balls or discs. If you are using your hands to portion the balls, wet them with a little water or oil so that the dough doesn't stick.
4. Heat oil in a deep fryer or a heavy pot to 350°F. Carefully drop the falafel into the hot oil, frying for about 3-4 minutes total – 2 minutes on each side – until they are golden brown.
5. Use a slotted spoon to remove the falafel and place them on a paper towel-lined rack to drain excess oil. Let them cool slightly before serving.

### HARISSA TAHINI DRESSING

1. Combine all ingredients using a whisk. At first, the tahini might seize up, but as it absorbs the water more, it should smooth out.



# Grilled Zucchini Trim Panzanella

**SERVINGS** 4  
**COOK** 20 minutes

## Ingredients

### GRILLED ZUCCHINI AND RED ONIONS

- 1 lb zucchini, 1" thick strips
- ½ lb red onion, 1" thick slices
- 1½ tsp kosher salt
- ½ tsp ground black pepper
- ¼ cup vegetable oil

### PANZANELLA

- ¼ cup dried cranberries
- ¼ tsp kosher salt
- ⅛ tsp ground black pepper
- 2 tsp chives, sliced ⅛" thick
- ⅛ cup sherry-herb vinaigrette
- ¾ lb grilled zucchini
- ½ lb grilled red onion
- 2 cups croutons + 6 pieces reserved

This salad is a fun way to repurpose leftover ingredients, embracing a zero-waste philosophy. The star of the dish is grilled zucchini trim, which adds a savory, aromatic depth to the salad. Fresh arugula provides a peppery bite, balanced by the sweetness of dried cranberries. Grilled red onions contribute a caramelized richness, while the sherry-herb vinaigrette ties everything together with its tangy and fragrant notes.

## Directions

### GRILLED ZUCCHINI AND RED ONIONS

1. Pre-heat a charcoal grill, gas grill, or griddle to a medium-high heat.
2. Combine all ingredients together in a mixing bowl, careful not to break apart the onions.
3. Drain excess oil from the vegetables and cook them on the heated surface for 2 minutes per side, alternating repeatedly until cooked. Check for doneness by using a skewer.  
*Tip: Zucchini and squash will begin to bend and “flop” when they are finished cooking. The vegetable could appear to be raw at the time but residual heat will continue to cook them perfectly over the following few minutes.*
4. Allow the zucchini and onions cool completely, Then cut each vegetable down to 1" pieces. Set aside.

### PANZANELLA

1. Combine all ingredients except the reserved croutons and the chives in a mixing bowl. Garnish with the chives on top and finely hand crush the reserved croutons on top.



# ZERO-WASTE RESOURCES

Beyond zero-waste recipes, there are valuable resources to help inspire change. Smart storage tips extend the life of your produce, while cost comparisons reveal how budget-friendly choices can make a significant impact.

Discover creative ways to use unused ingredients beyond the plate, transforming them into natural cleaners, DIY beauty products, or compost for a thriving garden. Embracing a zero-waste approach empowers you to see the value in every part of an ingredient, making sustainable choices accessible and motivating meaningful change in your home and beyond.



Here's a look at how common produce waste impacts both our wallets and potential meals. The table below shows average costs for frequently used ingredients, along with typical household waste per year. You'll also see the estimated dollars lost from this waste and how many meals those wasted ingredients could have provided. By understanding the real cost of food waste, we can make small changes that lead to big savings — both in dollars and in meals. Reducing waste can stretch your budget further, make the most of every ingredient, and create more opportunities to meet around the table.

PRODUCE	AVERAGE COST PER LB	AVERAGE WEIGHT WASTED PER YEAR (LBS)	DOLLARS LOST PER YEAR FROM WASTE	POTENTIAL MEALS SAVED PER YEAR <i>(based on 0.5 lb per meal)</i>
Potatoes	\$1.20	30	\$36	60
Carrots	\$0.90	20	\$18	40
Apples	\$1.50	25	\$37.50	50
Tomatoes	\$2.00	15	\$30	30
Lettuce	\$1.50	10	\$15	20
Onions	\$1.10	10	\$11	20
Bananas	\$0.60	20	\$12	40
Bell Peppers	\$2.50	10	\$25	20
Broccoli	\$1.80	15	\$27	30
Cucumbers	\$1.00	10	\$10	20



# The Weight of Our Insights

## TOTAL POTENTIAL MEALS LOST PER YEAR (HOUSEHOLD): 330

To calculate the cost associated with 330 lost meals per year, we'll estimate the average cost of a meal prepared at home. A conservative estimate would be around \$2 to \$5 per meal, depending on ingredients and household preferences.

Using these estimates:

- At \$2 per meal: 330 meals x \$2 = \$660 per year
- At \$3 per meal: 330 meals x \$3 = \$990 per year
- At \$5 per meal: 330 meals x \$5 = \$1,650 per year

So, for a household, food waste could mean an annual loss between \$660 and \$1,650, which represents significant potential savings if waste is reduced.

In today's economy, every dollar counts! Take a look at the table to the left, where we uncover some examples of the true cost of food waste. It's shocking to see how much produce we throw away — wasted ingredients that could have nourished our loved ones. Each meal lost means money lost! Imagine what you could do with those savings. By reducing food waste, we not only stretch our budgets but also make every meal more meaningful. Let's transform our kitchens into spaces of abundance and gratitude, where every dollar and every ingredient counts toward feeding our families and creating lasting memories!



# SMART STORAGE



## Tips to Make the Most of Ingredients

BEST PRACTICES ON HOW TO EXTEND FRESHNESS

### ETHYLENE 101

This natural plant hormone appears in some fruits and vegetables and releases as they ripen. While it helps certain produce mature, it can also cause nearby ethylene-sensitive items to spoil or discolor faster.

### BANANAS

Bananas love a pantry perch — forego any plastic wraps! Ripe ones stick around for 2-4 days, while the green bunch stays sweet for up to 10. Just a heads-up — they're ethylene superstars, so keep them away from produce that's sensitive to it.

### POTATOES

Potatoes crave a cool, dark spot — ideally a root cellar environment, not the fridge. Good airflow is key, and beware these are ethylene-emitting, so keep them separate from ethylene sensitive produce (that includes onions), as potatoes can cause them to spoil faster. Shield them from light, keep them cozy in their original bag or food-safe container and they'll stick around for 3-6 weeks.

### CARROTS

Carrots thrive in the fridge, soaking up good airflow and steering clear of ethylene-makers (this will cause bitterness). With the right care, they'll keep their crunch for 2-6 weeks

### BROCCOLI

Broccoli shines under refrigeration — with a breathable container, good airflow, and the company of other ethylene-sensitive produce, this will keep it vibrant, with crisp florets for 5-7 days.

### CITRUS

Citrus is best chilled in a breathable container with great airflow and hard lid. They'll keep 6-8 weeks.





# BEYOND THE PLATE



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## Tips for Other Household Uses

### AIR FRESHENER

Simmering rosemary sprigs in water on the stove releases essential oils into the air, creating a natural air freshener and deodorizer.

### INSECT REPELLENT

Crush citrus peels and mix them with water to create a natural spray to keep unwanted insects away from your plants.

### FERTILIZER

Banana peels are rich in potassium, which helps plants develop flowers and fruit. You can make a fertilizer by steeping chopped banana peels in water overnight, or you can bury them directly in the soil.

Soak onion peels in water for about 24 hours to make a red liquid fertilizer that contains potassium, phosphorus, and other minerals.

### CLEANING SOLUTION

Soak orange peels in white vinegar for two weeks, then strain and spray to clean stovetops, microwaves, fridge doors, and countertops.



# Partnering with Winnow to Achieve a 64% Reduction in Food Waste

To help drive our ambitious food waste reduction goals, Guckenheimer harnessed the power of vendor and client relationships — none more impactful than our partnership with Winnow, which provides the company with cutting-edge, AI, food-waste measurement solutions. Winnow’s tools have empowered Guckenheimer teams across North America to make data-driven decisions that enhance operational efficiency and deliver substantial environmental benefits.



SCAN TO LEARN MORE

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