



THE FOOD SHIFT KITCHEN COMPANION

Getting the Most Out of Your Food



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IN SUPPORT OF THE FOOD SHIFT KITCHEN COMPANION

Foreword by the Jacques Pépin Foundation

Jacques Pépin has dedicated his life and career to teaching culinary skills through various channels to many communities. Formed in 2016, the Jacques Pépin Foundation (JPF) helps advance Jacques' inspirational love of cooking and renowned teaching ability into support and advocacy for organizations like Food Shift that are creating pathways to individual and community success through culinary professionalism, skills, and technique.

The JPF strongly believes that culinary training is valuable for personal growth, improves health outcomes, develops a deeper understanding of the food system, and provides essential skills necessary for both professionals and home cooks.

"WE ARE ALL EQUAL IN THE EYES OF THE STOVE"

The JPF is delighted to support *The Food Shift Kitchen Companion* as a curriculum enhancement for their training program and as a valuable community resource for anyone that wants to learn how to make the most and best use of the food we have access to, and to fuel our own communities with a greater food justice activism.

—Jacques Pépin

"When I was working in the busy kitchen at a Howard Johnson's in the 1960s, I got to know my fellow coworkers on the line. Many of them hadn't gone through years of classical training—some had no formal training at all—but they cooked with a natural grace and gut-felt understanding drawn from a deep well of deep culinary tradition. Food was as important part of their culture as it was of mine. I barely understood their accents and they mine, but I felt an affinity for these men."

—Jacques Pépin, *The Apprentice: My Life in the Kitchen*



CHEF JACQUES PÉPIN'S FOOD MAXIMIZING TIP

I can't bear the thought of food being thrown out, so I often use my soup pot, or a container I keep in the freezer, instead of the trash can, for any scrap cuttings of vegetables or for any accumulation of vegetables that might be lingering in my refrigerator. A bit of wilted lettuce or drooping herbs, a halved onion that is starting to dry out where it was cut, carrot ends or leek trimmings—these can all get tossed into

a pot of chicken stock, or if I have no stock on hand, into a pot of water with a bouillon cube. Left alone to bubble away, this combination of seasonings for stock ends up invariably good.

PREFACE

Welcome to *The Food Shift Kitchen Companion: Getting the Most Out of Your Food*.

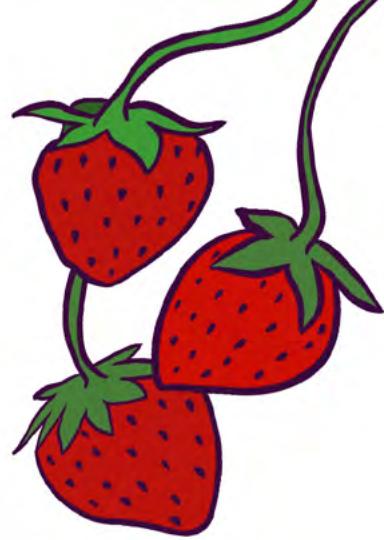
We felt driven to write this guide because it was one way we can share our firsthand experience and the wisdom of the people who come together in our social enterprise kitchen.

By using recovered food that would otherwise go to waste, Food Shift apprentices learn cooking skills while overcoming employment discrimination. The donated food that was rejected by our broken food system is given a vibrant second chance. It is transformed into enticing and culturally appropriate customized produce bags for redistribution to our neighbors or upcycled into a new food product, like PAWsitive Bones, our doggy biscuit. While practicing knife skills, we share favorite family recipes and food storage tips passed down by our ancestors.

This knowledge needs to travel beyond the walls of our kitchen! Our simple but practical tips will help you save almost \$2000 per year for a household of four, the value of the typical amount of wasted food per year. Maximizing food and making the most of our purchases not only helps our budget but also benefits the environment by reducing greenhouse gases. 35% of all food produced in the US is wasted, and individual households are responsible for almost half of it. Together, we can take effective climate action by ensuring no ingredient is left behind (and stretch our budgets while doing so).

We hope this guide will keep you company in your kitchen, inspire you to nourish yourself and your loved ones, and perhaps share YOUR food tales and tips with your community.

May peace be on your table,
The Food Shift Team & Community



About Food Shift

Food Shift recovers overlooked but perfectly edible produce to reduce wasted food. That recovered food is transformed with the skills of overlooked talent in our culinary program, to nourish our overlooked neighbors. We amplify our community's assets to overcome employment discrimination and provide equitable access to food while addressing climate change caused by wasted food. Food Shift is a fiscally sponsored project of Earth Island Institute. Find out more at foodshift.net.

**This book is dedicated with love and respect for all those
Who see the power to nourish in food with imperfections;
Who have felt overlooked, despite our talent and wisdom;
Who recognize the deficits in our community,
yet choose to see and amplify our overlooked assets.**

WITH GRATITUDE

We extend our heartfelt gratitude to the wonderful community and countless individuals who made *The Food Shift Kitchen Companion* possible.

From generous financial contributions and donated produce, to countless hours of writing, editing, recipe testing by staff and volunteers from the community; from domain expertise in food recovery and climate action, to personal stories of extraordinary ordinary community members...we are filled with joy to have so many names of individuals and organizations to thank (and so many more not listed here, whose support for our mission help add a depth of flavor in everything we do).

These contributions have not only resulted in this book being shared with the community, but our interactions with you have reaffirmed Food Shift's commitment to building an inclusive food ecosystem in harmony with our environment, and continuing to celebrate food and its power to connect us all.

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In community with

- Alameda Food Bank
- Alameda Point Collaborative
- C&L Produce
- Eat the Change Foundation Impact Grant
- Island Savoy Market
- Jacques Pépin Foundation
- Natural Resources Defense Council, Inc.
- Posner Foundation
- The SF Market
- Shasta Produce
- Shipley Foundation
- StopWaste
- Sunlight Giving Foundation
- ReFED Catalyst Grant Fund
- RHE Charitable Foundation
- Whole Foods Market
- Western Digital Foundation

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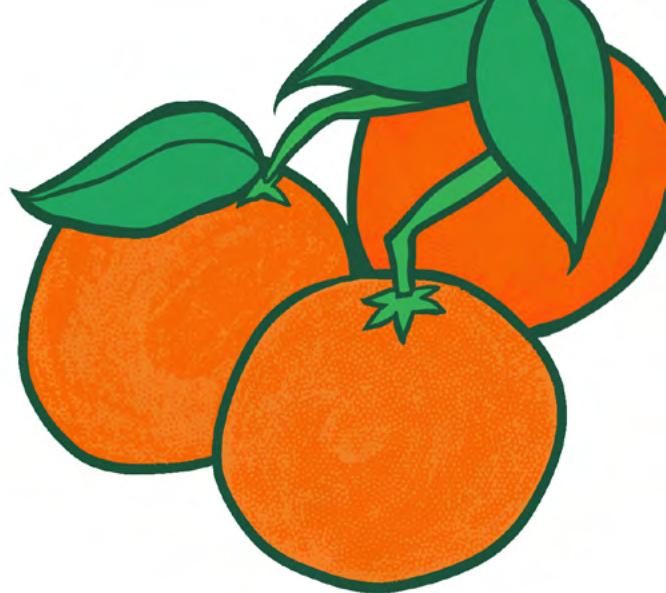
Patty Apple, Operations & Communications Manager

Rizwan Dhanani, Office Manager

Robert Mills, Senior Food Recovery Specialist



HOW TO USE THE FOOD SHIFT KITCHEN COMPANION



The Food Shift Kitchen Companion features recipes that maximize ingredients often available from a food bank or food pantry, without the need for fancy equipment or techniques. The recipes are written so that you can enjoy what you have on hand by first “shopping your pantry and refrigerator.” Treat this book as a guide to use your favorite vegetables or spices, and come away with techniques and inspiration. Substitutions are offered and encouraged, so you can customize each recipe to your own taste buds. There is flexibility in each recipe. Rather than requiring “2 cups of chopped bell pepper,” we suggest “2 cups of vegetables” with recommendations of the types of vegetables that work well in the recipe for those who might appreciate a little guidance.

We organized this guide by grouping similar ingredients together to optimize the number of recipes you can make out of batch cooking a single ingredient. For example, with a large batch of simply made rice you can make Audrey’s Mushroom Jook, Lia’s Fried Rice, and Vince’s Stuffed Bell Peppers.



OPTIONAL INGREDIENTS are *italicized*

The optional notation lets you know that certain ingredients are not necessary to make the dish: use them if you have them. We also listed ingredients as optional if they might not be as easy to find, or not meet your budget.



TIPS for MAXIMIZING YOUR FOOD

After each story and recipe, you’ll find budget-friendly tips for storing your ingredients and making them last longer, using up leftovers and other good-for-the-planet advice for saving water, energy and getting the most out of your food.



BASIC RECIPES

We developed versatile basic recipes for the dishes in this book, as well for your everyday cooking. How to roast vegetables or how to make a basic broth can be used in many different ways: e.g., the basic recipe for vegetable broth is used in Suzy's Vegetable Soup, Patty's Greens Soup, Audrey's Mushroom Jook, and Paddy's Dal.



READ THROUGH THE RECIPE

Reading the recipe all the way through at least once before getting started is a Food Shift Kitchen practice we hope you adopt. Reviewing the recipe first gives you a chance to defrost ingredients, add in some leftovers and better follow instructions (e.g., chopping green onions and keeping the white and green parts separate).

We hope our community's stories will spark your own kitchen and food memories or inspire new ones. We believe in the power of food to build community and connect with one another, whether cooking together, sharing a meal, inspiring a conversation about something you learned or sending *The Food Shift Kitchen Companion* to a friend or neighbor. All forms of enjoying this guide are welcome!



RECIPES & STORIES FROM THE FOOD SHIFT COMMUNITY

CONNIE'S FRITTATA



My first time tasting a frittata was in the Food Shift Kitchen—eggs, but different and new! Adding in roasted veggies with olive oil, salt, and pepper on everything, made it just delicious! At home I always make eggs with milk for my son and throw all kinds of stuff in there. You name it, my son loves it! He always asks me for scrambled eggs, but to try something different, I'll make an omelet and use something from the garden, like spinach. We both enjoy it, it's healthy, and I can use up all my leftover veggies mixed in with the eggs. This frittata is another variation and has become a favorite dish.

twice now, and I love it because we do everything together. Washing the vegetables, cooking, and then eating together gives each person an appreciation for the process and the ingredients. In the kitchen, whether at Food Shift or at home, it's never "I" made it, but rather, "we" made it. One important thing to remember is that the vegetables we work with came from the earth through the work of many—it brings to my mind thoughts like, "how long did it take to grow this from the ground?" It takes time, like a baby.

—Connie, Food Shift Culinary Program Graduate, 2018

FRITTATA RECIPE

Serves 4–6

1 Tbsp oil
6 eggs
 $\frac{1}{4}$ cup dairy or substitute (milk/non-dairy milk, heavy cream, yogurt, or sour cream)
1 tsp salt
 $\frac{1}{4}$ tsp black pepper
Optional: $\frac{1}{2}$ cup grated cheese, divided into two equal portions

2 cups of roasted and seasoned vegetables*
Optional: 2 Tbsp thinly sliced green onions or chopped fresh herbs, as garnish
Optional: drizzle with sauces you have around (carrot top chimichurri, pesto, salsa)

*Vegetable options: sliced mushrooms, diced potatoes, onions, tomatoes, sautéed spinach, thinly sliced broccoli stems, and bite-sized florets. (Broccoli stems are perfectly edible. Peel the tough outer skin with a peeler or knife and then thinly slice the stem). See recipe for Roasted Vegetables ([pg 57](#)).

1. Preheat the oven to 400°F. Use 1 Tbsp of oil to grease an 8-inch baking dish or a pie pan.
2. Whisk the eggs, your dairy of choice, salt, and pepper together in a medium bowl until the eggs are airy and foamy. Stir in the optional $\frac{1}{4}$ cup of cheese.
3. Mix roasted vegetables into the egg mixture until just combined. Pour the vegetable and egg mixture into the prepared baking dish. Sprinkle the top with the remaining $\frac{1}{4}$ cup cheese, if desired.
4. Bake until the eggs are cooked and the center is just set (meaning it can still have a slight jiggle to it), about 20–25 minutes. Let cool for about 5 minutes before slicing into 6 pieces. Garnish with green onions, herbs, or drizzled sauce, if desired, and serve.

Frittata Muffin option: If you want portable single-serving frittatas, you can add the vegetables to a greased muffin tin and pour the egg mixture over the vegetables, filling about $\frac{3}{4}$ of the way to the top. Sprinkle with cheese, if using, and bake for about 10 minutes until set.

MAXIMIZING YOUR FOOD



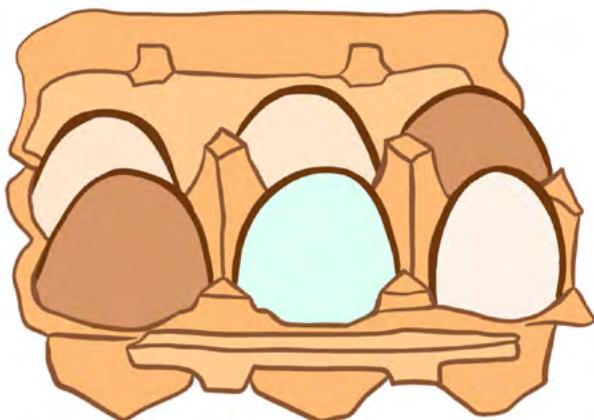
Use what you have in the fridge/pantry (jarred pickled vegetables or sauces leftover in the fridge). Get creative with dollops for the top.



If you have stale bread or ends that need to be used, add it to your frittata—think savory bread pudding. Chop the bread into large cubes and put them in a single layer in the prepared baking dish before adding the eggs. Pour the whisked egg mixture over the bread and let sit for at least 15 minutes to soften the bread. Bake using the instructions above.



Store leftovers in a sealed container in the refrigerator for a few days. Frittata is great just by itself, eaten cold or reheated. Or you can turn it into a sandwich with your favorite bread and your condiments. Or roll it into a tortilla as a breakfast burrito.



SUZY'S VEGETABLE SOUP



was really sick, my mom would give me this soup. I would eat it and get a really warm, healing feeling all over my body. It's making my fingers tingle now. It really healed me on more than just one level—in addition to being nutrient-dense, it soothed my soul, healing my fear and uncertainty. When you're sick and ask yourself, "When is this going to end?" this soup gives you a little glimpse of feeling like yourself again. It takes that uneasiness away. Just for a moment, you have that bowl. It's everything your body is craving. It settles you, relaxes you, grounds you. She shared this soup with me; now I'm sharing it with you.

—Suzy, Food Shift Advisory Board Member & Emeritus Culinary Director

My mama, Lupita, always made the most delicious vegetable soups when I was growing up. It was a great way to use up any vegetables. The feeling of soup is incredibly comforting and goes beyond just filling your stomach—you feel it in your soul.

Lupita is an amazing cook. All my family knows it. People would show up, and she would cook for them. She always had some food in the pot, going on the stove. It's one of those things that I remember vividly. She would throw whatever veggies were around in the soup, and every variation tasted so good. It always came at the perfect moment.

Her soups satisfied more than my hunger, it fulfilled my soul. It was so yummy and rich, filling a little gap that not all food fills. This soup feeds you, and it gives you a calming feeling all over. When I

LUPITA'S SOUP FOR THE SOUL

Serves 4

2 medium tomatoes, roughly chopped; or 2 Tbsp tomato paste mixed with 3 Tbsp water; or 1 - 15 oz can of tomatoes

1 onion, peeled and roughly chopped

2 garlic cloves, peeled and finely chopped; or $\frac{1}{2}$ tsp garlic powder

Optional: 1 jalapeño, top removed and cut in half lengthwise, seeds and inner membrane removed; and/or 1 tsp cumin

4 cups liquid (vegetable broth, bouillon broth or water)

1 $\frac{1}{2}$ Tbsp oil

6 cups fresh vegetables* (any raw mix), cut similarly

Salt and pepper to taste

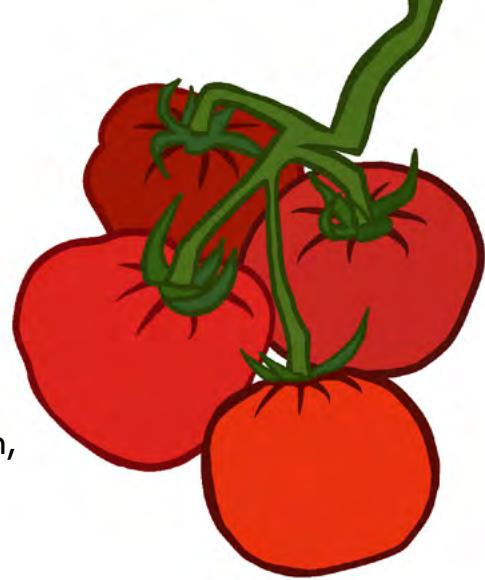
Finishing Options: lemon or lime juice; croutons ([pg 60](#)); and/or mushroom bacon ([pg 22](#))

*Suzy's family used carrots chopped small, cubed potatoes, zucchini cut in quarters, and green beans cut into 2-inch pieces (but use whatever vegetables you have)

1. Puree tomato, onion, garlic, and a pinch of salt with $\frac{1}{2}$ cup broth or water and optional jalapeño and/or cumin, with a food processor or hand blender.
2. Heat a medium pot over medium-high heat. Add oil and let warm in the pot, then stir in tomato puree. Let simmer for 10 minutes.
3. Add in chopped carrots, potato (or the slower cooking vegetables** of your choice), and the remaining $3\frac{1}{2}$ cups vegetable broth and a pinch of salt. Bring to a boil and let cook for 5–8 minutes, until vegetables have started to soften.
4. Lower heat to medium low. Add the faster cooking vegetables, like green beans and zucchini. Simmer for 5 minutes until vegetables are tender then remove from the heat. Add salt and pepper to taste and optional lemon or lime juice. Let sit for 5–10 minutes to let the flavors meld, then garnish (optional) and serve.

Buen Provecho!

**Not all vegetables take the same amount of time to cook. When you are making a soup, first add tougher or longer cooking vegetables, like potatoes, brussels sprouts, carrots, turnips, and winter squash, then quick cooking vegetables, like asparagus, zucchini, mushrooms, and leafy greens towards the end.



MAXIMIZING YOUR FOOD



Any vegetable can be substituted. Suzy's mom would select them depending on the seasons. If you'd like to add some protein, stir in cooked beans and/or grains.



The tougher stems of greens like collards, kale, or chard are edible but take a little longer to cook than their leafy parts. To remove the leaves from the stems you can either strip them using your hands or use a knife to cut along the sides of the stem to remove the leaves. Thinly slice the stems and either tear or cut the leaves into bite-sized pieces. You'll want to add the stems at the beginning of cooking, right around the time you add your onions, and the leaves can be cooked towards the end so they are just wilted.



PATTY'S GREENS SOUP WITH POTATO TACOS

While what you eat is important, with whom is even more so! Growing up, my family unit was a duo, so sitting down to eat dinner side-by-side with Gabriela, my single, working mama, was the most meaningful part of the day. Soup was a mutual favorite because of its ease of preparation, giving us a little more time

together over a warm bowl of comfort. Reflecting true motherly devotion, just a tiny bit of very finely diced onion would be lovingly added to the broth because my mother didn't really like onions, but I did, so, in they went! When I was young, I didn't always love a bowl of spinach, but now as an adult, I relish plant-based meals. While my mom mostly used chicken bouillon powder or cubes, I enjoy using homemade broth made from kitchen scraps.

This simple soup can be paired with potato tacos made from leftover mashed potatoes and corn tortillas, pan-fried until really crispy. Crispier the better! Optional toppings like shredded lettuce, crema, cheese, and salsa can turn a humble taco into a satisfying sensory combination—the creamy, hot potato mash contrasting the cool crunchiness of the lettuce with the satisfying crackly crunch of the crispy taco. Sometimes the simple salsa can be VERY spicy, depending on the chiles on hand, but always fresh and tasty. Such an inexpensive and quick thing to make, this everyday, non-celebratory meal gave me and my mom some of my most precious memories by bringing us together. Oftentimes we huddled around one corner of the table, to pass the salsa jar back and forth and swap stories of how our days went. While I often make this soup for myself in my small Oakland studio, I think about how it's a million times more enjoyable to sit for hours and hours with my mama at the kitchen table in San Diego.

—Patty, Food Shift Operations & Communications Manager

GREENS SOUP

Serves 2–4

4 cups of liquid (vegetable broth, bouillon broth, or water)

1 onion, very finely chopped (roughly $\frac{1}{4}$ inch pieces)

Optional: 1 minced chile like a jalapeño or serrano, or a pinch of chile flakes

3 cups spinach leaves (or other roughly chopped leafy greens like chard or kale, stems removed from the leaves and both very thinly sliced, and kept separate)

Salt to taste



1. Warm the liquid over medium heat in a medium saucepan or pot. Bring to a simmer.
2. Add in onions, green stems, and chile, if using, and simmer for about 5 minutes, until onions are tender.
3. Stir in greens and wilt them in the broth. Spinach will wilt quickly, after a minute or two, while heartier greens will take a little extra time, about 5–7 minutes.
4. Taste the soup and add salt to taste.

POTATO TACOS

Serves 2–4

Vegetable oil (or other high-heat oil like canola, sunflower, or avocado oil)

2–3 cups of cooked, mashed potato or leftover mashed potatoes

4 tortillas

Optional Add-ins: melty cheese or queso fresco

Optional Toppings: Crema (a creamy and slightly tangy Mexican condiment) or sour cream, salsa, shredded lettuce

1. Heat a medium skillet over medium-high heat. Don't add any oil just yet. Once warm, add a couple of tortillas to the dry, heated pan. Flip 1 or 2 times and warm through until pliable. Repeat with the remaining tortillas.
2. In the same skillet, now add a $\frac{1}{4}$ inch of oil over medium-high heat. Before frying your tortillas, you want to be sure your oil is hot. Add a drop of water to the oil and the oil should sizzle. If there isn't a sizzle, wait a few more minutes for the oil to continue heating and test with another drop of water.

3. While the oil is heating, spoon a small amount of the mashed potatoes and sprinkle with cheese, if using, on one half of each tortilla. Be careful not to overfill. Fold it closed and using tongs, add the filled tortilla on its side to the hot oil. Hold the taco closed with the tongs for about 15 seconds to make sure it stays closed. Fry for about 1-2 minutes per side, until lightly browned and crispy. Remove from the heat and put on a towel-lined plate to catch any excess oil. Depending on the size of your skillet and how comfortable you are with frying, you can either fry one taco at a time or multiple. Continue this process until all tacos are cooked.

4. Gently pull apart the tortilla and add your desired toppings.

MAXIMIZING YOUR FOOD



Fresh, frozen, or canned vegetables are welcome bonus ingredients to add to the soup. "Shop" from your fridge and pantry, and throw in whatever needs to get used. For a heartier variation, try adding beans, cooked pasta, or grains.



Leftover soup often tastes better with flavors having had time to mingle: reheat gently and taste, adding additional seasoning or liquid as necessary.



Tortillas differ in terms of shelf life, depending on the type of tortilla and ingredients. Refrigerating your tortillas will help them last longer, store them in a sealed plastic bag or container so they don't dry out. Remember to let them come to room temperature before heating to avoid cracking or breaking.

RIZ'S CORN CHOWDER



Having been a volunteer in the Food Shift Kitchen for several years, I've absorbed a lot of the formal culinary instruction by osmosis, prepping vegetables side-by-side with our apprentices and chefs. That's how I first learned how to dice carrots and many other vegetable-slicing techniques. I've picked up solid knife and life skills in the process!

Chef Jen's practical ["Getting Scrappy"](#) [video](#) has inspired me to regularly freeze veggie scraps. It's great to make flavorful broth. Once cooled, I freeze portions flat in zip top bags so they're

easy to stack and I always have fresh broth on hand. I then experimented with freezing corn cobs, with most of the kernels already removed (by eating). These frozen cobs became the base for a savory broth simmered together for an hour. After straining, the key to really getting all the corny goodness out of the cobs is to squeeze and twist all the juice and flavor out of them (they can then go into the compost). This aromatic, savory broth became the base for my corn chowder, which turned out pretty awesome. I create most of my recipes by combining different internet versions of whatever I'm making. I live alone, so I often share half of a big batch with a friend, served up in a recycled to-go container.

—Riz, Food Shift Office Manager

CORN BROTH

Yield: 6–8 cups

3 corn cobs cut in half, kernels removed and set aside for chowder*

2 quarts (8 cups) water

1 tsp salt

Optional: 1 onion, quartered (leave the skin on) or the green part of a leek

Optional: A few garlic cloves, smashed (leave the skin on)

Optional: $\frac{1}{2}$ tsp whole peppercorns

Optional: 1 tsp coriander seeds

Optional: 1-2 bay leaves

*To shuck corn: grab the tops of the husks (leaves), opposite from the stem, and pull from top to bottom, peeling away all of the silk and husks. Compost the silk and the husks. To remove corn kernels from corn cobs, cut the cob in half and place the flat cut side on the cutting board before cutting off the kernels, in four to six vertical slices.

1. Combine all the ingredients (except the corn kernels) in a stock pot.
2. Bring to a boil and reduce to a simmer. Loosely cover with a lid and let cook for 1 hour.
3. Strain into a large container. Let corn cobs cool slightly until they are okay to touch and squeeze and twist all of the flavorful juices into the broth.
4. This broth is now ready to use with the corn chowder recipe that follows or once cooled, store it in containers in the fridge or freezer for later use.

CORN CHOWDER

Serves 4–6

2 Tbsp oil

1 onion, peeled and diced; or 1

Tbsp onion powder

Corn kernels from 3 corn cobs; or 3 cups of frozen corn, thawed

2 garlic cloves, peeled and minced; or $\frac{1}{4}$ tsp garlic powder

Optional spices: 1 tsp Italian seasoning, $\frac{1}{2}$ tsp paprika, and/or a pinch cayenne pepper

2 Tbsp flour

1 lb potatoes, cut into bite sized cubes (about 3 cups)

$\frac{1}{2}$ quarts (6 cups) corn broth (add more as needed)

1 cup milk, or dairy free milk, or 3 Tbsp of sour cream

Salt and black pepper to taste

Optional garnishes: thinly sliced green onions, small handful of finely chopped parsley, leftover bacon bits. Can also be garnished with mushroom bacon ([pg 22](#))

1. Heat a medium stock pot over medium heat. Once warm, add 2 Tbsp oil to the pot.
2. Add onion, corn kernels, and garlic with a pinch of salt and sauté over medium heat until onions are translucent and starting to turn golden, about 7 minutes. Optional spices can be added in now and sautéed for another few minutes.
3. Add flour and stir constantly for 1 minute.
4. Slowly add the corn broth, stirring constantly. Bring to a simmer.
5. Add potatoes and bring back to a simmer. Continue cooking for about 20 minutes, uncovered and stirring occasionally, until the potatoes are tender.
6. Stir in milk or sour cream and a pinch of black pepper.
7. Taste and season as you see fit.
8. Ladle into bowls. Add sliced green onions, parsley and bacon as a garnish, if using.

As a variation, use a potato masher or fork to slightly mash the chowder to thicken the soup. Or try using a blender to make a creamy version of the soup.



MAXIMIZING YOUR FOOD



Corn cobs are often thrown in the compost, but this recipe uses whole ears of corn minus the husks. The cobs have the same sweet flavor as the kernels and shouldn't be wasted. The cobs can also be frozen if you don't have time to make a broth when you have corn on the cob or need just the corn kernels. If you'd like to freeze your corn for later use, remove the kernels from the cob and freeze them separately.



For additional flavor, you can use the broth in any savory recipe, such as a base of a soup to cook grains like rice or grits. Substitute equal parts of the corn broth for the water.

DANNY'S MUSH-ROOM "BACON"



my life. You can replace a lot of meat with vegetables, to make the food sit lighter and digest easier. It's taking care of yourself: mind, body, and spirit.

In my apprenticeship, I felt like a kid because the lessons sparked my interest. Chef encouraged me to get creative. Now in my life today, my mind is open. I want to listen and learn, and that's a trait I picked up during the culinary program. When I cook now, I ask myself, "what is *my* take?" Two of my favorite takes: adding mushroom "bacon" to an egg sandwich and to my homemade spaghetti sauce.

—Danny, Food Shift Culinary Program Graduate, 2020

MUSHROOM "BACON" RECIPE

Yield: about $\frac{1}{2}$ cup



Mushrooms are a low calorie source of fiber, antioxidants, and protein, and have a "meaty" texture. Danny describes these mushrooms as having an umami flavor. The Japanese word "umami" translates to "essence of deliciousness," is the 5th taste (in addition to sweet, sour, salty and bitter), and describes a depth of savory flavor. Other foods or ingredients considered to have the taste of umami are tomatoes, soy sauce, cheese, and seaweed. Mushroom bacon is great as a snack on its own, or as a flavorful topping to salads, pastas, or soups like Chef Suzy's Vegetable Soup ([pg 13](#)) or Riz's Corn Chowder ([pg 19](#)).



8 ounces mushrooms (cremini/
button, white, or shiitake*),
thinly sliced into $\frac{1}{4}$ " slices

2 Tbsp olive oil or another
neutral oil
 $\frac{1}{4}$ tsp sea salt

*If using shiitakes, remove the stem before slicing

1. Preheat the oven to 375°F.
2. Place the sliced mushrooms on a baking sheet. Drizzle with oil and salt and toss to coat the mushrooms (they will release oil and liquid as they cook so if it doesn't seem like enough oil, don't worry). Arrange mushrooms in a single layer so they get nice and crispy. You don't want them to overlap or they will steam instead.
3. Bake for 15 minutes, then toss the mushrooms and rearrange into a single layer. Return to the oven for 10 more minutes. If the mushrooms are still slightly soft in the middle, that is okay, they will continue to crisp as they cool. You want them to be darker and crispier around the edges, but be patient. If they are not done after 25 minutes, toss again and return to the oven for 5–10 more minutes.
4. Once cooked, allow to cool.
5. The bacon is crispiest the same day it is baked. Store in a paper-lined closed container in the refrigerator. Recrisp in a hot oven for a few minutes before serving.

MAXIMIZING YOUR FOOD



Shiitake mushroom stems can sometimes be tough and chewy. Remove the stems from the mushroom cap using a knife (they aren't as easy to pop off like other mushrooms), but save them in your scrap bag for vegetable broth—they add a rich flavor to your broth.



After removing the mushrooms from the baking sheet, if you have bits of mushrooms stuck to the bottom of your pan, you can deglaze, which means adding liquid to a hot pan to release those stuck bits. Add $\frac{1}{4}$ to $\frac{1}{2}$ cup of broth or water to the sheet and use a wooden spoon to scrape up the brown bits. You can use this “sauce” to add flavor to another dish like pasta sauce, rice, or soup.



LIA'S JAPANESE FRIED RICE

My family calls me a human composter. It's true that I eat the post-puréeing, raspberry seed residue from the cheesecake sauce, the little red and white strawberry bits around the green stem that most throw away, and all the delicious peeled apple skins from pie prep (the role our dog Samson used to play). Food waste in my home kitchen is a big no-no, as a result of long-term volunteering with Food Shift and the sheer frugality ingrained by parents who had endured the Great

Depression or a hydrogen bomb. I'm somewhat obsessive about it now, freezing all the parsley stems from tabbouleh for broth, keeping past-date sour milk as buttermilk for marinating chicken or oatmeal pancakes. I regularly prepare a quick, hybrid fried rice using leftover rice and all the random, smaller portions of vegetables and any available protein from the fridge. Onion/garlic/ginger or any combo is the foundation, and a fresh green garnish gives the dish some color. Some people think green peas are essential, but only if you have them on hand. It's simple, savory and satisfying!

—Lia, Food Shift Advisor and Volunteer

YAKI-MESHI (JAPANESE FRIED RICE) RECIPE

Serves 4

2 cups of leftover cooked rice or grains

2 Tbsp neutral oil, or mayonnaise
1 onion, diced small

3 cups of chopped vegetables*
(e.g., thinly sliced carrots, thinly sliced cabbage, spinach, diced broccoli stems, minced jalapeno, finely chopped herbs)

Optional: About 1/2 cup of a cooked protein of choice, e.g., bacon bits, diced chicken, or chopped seafood or tofu

3 cloves garlic, minced; or 1/4 tsp garlic powder

Optional: 1 tsp ginger, minced; or a pinch of ginger powder

Optional: 1/2 cup green peas, frozen (thawed) or from a can (drained)

2 whisked eggs or egg substitute

2 Tbsp soy sauce

Salt and pepper, to taste

Optional: Sliced green onions or finely chopped cilantro for garnish

*Cut your vegetables in similar sizes so that they take about the same amount of time to cook.

1. Heat 1 Tbsp of oil in a sauté pan or wok over medium heat.
2. Add diced onion and a pinch of salt, cook until translucent, about 5 minutes. Toss in veggies of choice and add another pinch of salt and cook until wilted, about 5 minutes. Add cooked protein of choice, if using, and sauté for 1–2 minutes. Add garlic and ginger, if using, and cook for another 2–3 minutes.
3. Add another Tbsp of oil and allow 30–45 seconds for it to heat in the pan. Add rice and stir to coat the grains and vegetables with oil. Fold in green peas, if using, and stir the rice mixture gently to avoid a mushy texture.
4. Push rice and vegetables to one side and add whisked eggs, scrambling with a spatula until almost fully cooked.
5. Mix the scrambled eggs in with the rice mixture and add soy sauce. Season with salt and pepper to taste.
6. Turn heat off, garnish with sliced green onions and/or cilantro (optional) and serve!

MAXIMIZING YOUR FOOD



Fried rice is the perfect way to use leftover rice, vegetables and proteins that need to get used up and every time you make it, it will be unique! It will last in the fridge for a few days, and even better the next day. It freezes well, too: store in an airtight container or a freezer bag, making sure to get as much air out as possible. Don't forget to label your rice and include the date (your future self will be grateful). When you are ready to enjoy the rice again, you can reheat it in a pan on the stove. You may need to add additional flavoring or seasonings. Some non-traditional options are ketchup and hot sauce.



A little known trick is that you can use mayonnaise in place of oil when sautéing. Next time you run out of oil or have a little bit of mayonnaise that needs to get used in the bottom of the jar, try adding it to a pan to sauté vegetables, when cooking scrambled eggs, or use it instead of butter when making a grilled cheese sandwich.



AUDREY'S MUSH-ROOM JOOK

Everyone who knows me knows I love mushrooms. Their applications, it seems, are nearly infinite, and within the edible varieties, their nutritious and health-giving properties paired with their hearty, meat-like texture make them my food of choice, every time.

In this recipe, I fold mushrooms into an old standby: jook, or rice porridge. As a Chinese American adoptee, one of the most meaningful ways I have connected

with my heritage has been through food. When I cooked jook for the first time, I approached it like a stranger. Over time, I've added my own touches that draw from my decidedly non-traditional Chinese flavor palate. If this dish is fusion, it's a reflection of the cultures that have collided in my life.

Jook offers a great opportunity to use leftover rice that's getting old in the fridge or rescue rice that's been overcooked. A comforting dish that is traditionally served for breakfast (but works equally well for lunch or dinner), this plant-based version was my go-to pandemic comfort food, and in non-pandemic times, it's what I often serve friends when they come over for a meal.

This is my "flavor-blasted" version of jook, but for a mellower porridge, feel welcome to use more rice with less spices. You can substitute and play with the recipe as you like—jook is very forgiving. The rice is your blank canvas, with an infinite number of delicious flavor combinations out there waiting.

—Audrey, Former Food Shift Operations Manager

MUSHROOM JOOK RECIPE

Serves 3-4

1 cup sushi rice or other short grain rice, uncooked*

Optional: 1/2 cup cooked sticky rice

4 cups of liquid (water, vegetable broth, mushroom broth)**

2 Tbsp neutral oil

1-2 2-inch fingers of ginger, minced; or 1/2 tsp ginger powder

1 medium head garlic, cloves peeled and minced; or 1/2 tsp garlic powder

1 onion or shallot, peeled and diced; or 1 Tbsp onion powder

1 bunch green onions, chopped; white and green parts divided

3 cups mushrooms, chopped (crimini, shiitake, or whatever you like)

1 bunch kale or other greens, stems removed from the leaves and both very thinly sliced. Stems and leaves kept separate.

Optional: 2-3 dried chilies (or more to taste)

3 Tbsp soy sauce or coconut aminos (gluten/soy-free)

Salt to taste

Black pepper to taste

Optional: chopped cilantro for garnish, soft-boiled eggs



*If you have leftover rice or a large quantity that you don't know what to do with, you can transform or revive it by adding it to the jook, adding liquid as needed.

**You can make a mushroom broth if you have dried mushrooms in your pantry. Submerge about 1/4 cup of dried mushrooms in 4 cups of boiling water and let sit for 45 minutes. Remove the mushrooms from the water and thinly slice them (if the stems are too tough, they can be removed and added to your vegetable broth bag). Use the mushroom-soaking water in place of the water or vegetable broth and add the rehydrated mushrooms in when you sauté the other raw vegetables.

1. Start with the uncooked rice in a medium-sized pot and add 4 cups of water or broth. Bring to a light simmer and cook until soft (it's pretty forgiving and you can always add more water later on). The rice will cook for about 45 minutes total. (Or reheat cooked rice in the water or broth.)
2. 25 minutes into the rice cooking, begin cooking your vegetables. Heat a medium shallow pan over medium heat. Once the pan is warm, add oil. Stir in ginger, garlic, onion/shallot, and leafy green stems and sauté for 2-3 minutes until fragrant and onion/shallot has softened.

3. Add in mushrooms and the white part of the chopped green onion with a pinch of salt and pepper. Stir occasionally. Once mushrooms have softened, about 5 minutes in, add in the greens with another pinch of salt and cook until wilted, about 5 minutes more. If the vegetables are sticking to the pan, pour in about 1 Tbsp water and scrape any bits off of the bottom. Remove from the heat.
4. Add the chilies, if using, soy sauce and sautéed vegetables to the cooking rice and let the flavors come together for about 10 minutes more, stirring occasionally.
5. Add more water if the rice thickens too much and continue simmering until the grains are cooked through.
6. Garnish with remaining green onion and if using, cilantro and a soft boiled egg.
7. Soft-boiled eggs: bring salted water up to a boil, add eggs, cook for 5 minutes, shock in a bowl of ice water, peel, and enjoy!

MAXIMIZING YOUR FOOD



Check to see if your grocer or farmers market sells “ugly” mushrooms at a discount—regardless of how they look, they’ll taste great in this dish!



Do you have takeout soy sauce packets you need to use up? This template is a perfect way to use what you have in your pantry.



Dried spices have a longer shelf life and are convenient to have in your pantry. Fresh onions, garlic, and ginger are not always readily available and dried spices can act as a substitute. Just remember that the flavors of dried spices are more intense so less is needed.



MS. CAROLYN'S PESTO PASTA

When I came to the Food Shift Kitchen I already loved pesto (I think it's the best taste in the world), but I'd never tried adding hazelnuts before. The lemon juice in the pesto makes it pop off and the hazelnuts give it a little kick. It's just the bomb. Slap your pesto on pasta, sandwiches, chicken—anything!

I last made this dish for my granddaughter's birthday. I really wanted my family to taste the pesto, because they weren't

into this kind of stuff. But they are now! They loved it and wanted the recipe. I sent each of my family members home with a little container of pesto and told them to add it to anything.

At Food Shift, I loved coming into the kitchen every day. It was my first time working with female chefs, and unlike the male chefs I worked with before, they weren't hollering and screaming at me. Chef Suzy and Chef Jen understood me—they were on my level. They understood all that was going on in my personal life, and how my personal life was also my kitchen life. They helped me through a lot. They listened to me and they always had my back.

The Kitchen brought me back to life. Coming into work every day got me back up on my feet. I loved it! The Kitchen program is needed in the community. It's needed for real.

—Ms. Carolyn, Food Shift Culinary Program Graduate (2019)

PESTO PASTA

Serves 4

$\frac{1}{2}$ cup hazelnuts or other nuts/seeds*
2 cloves garlic, peeled
1 cup loosely packed basil, about 1 bunch and leaves only, rinsed and patted dry (save the stems, see notes below)
 $\frac{1}{2}$ tsp lemon zest

1 Tbsp lemon juice
 $\frac{1}{2}$ tsp salt, plus more to taste
 $\frac{1}{4}$ tsp black pepper
 $\frac{3}{4}$ cup olive oil
18 oz. package of pasta of your choice
Optional: grated parmesan or other cheese

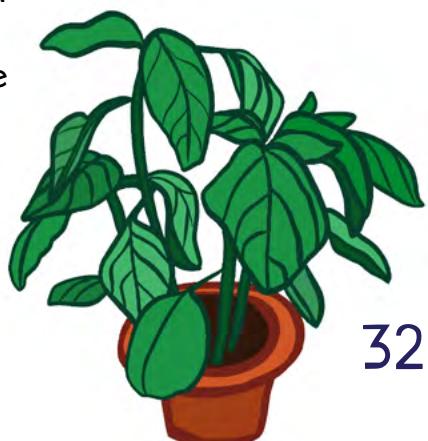
*Ms. Carolyn used hazelnuts in her recipe, but pesto is very versatile. Substituting different types of nuts, seeds, and herbs is encouraged. Some ideas for other pesto combinations are cilantro/pistachio, spinach/walnut, and parsley/pumpkin seed.

1. Preheat the oven to 350°F. You can actually put the nuts in the oven as the oven is preheating. Just keep a close eye on them.
2. Place nuts on a parchment-lined baking sheet. Roast nuts in the oven for 5 minutes, then remove and stir. Return to the oven and roast about 7 minutes more until nuts are fragrant.
3. Place garlic on a cutting board and smash garlic with the flat side of your knife. Sprinkle with a large pinch of salt and still using the flat side of the knife, work the salt and garlic together to form a paste.
4. Finely chop the nuts by using a food processor, hand blender, mortar and pestle, or a knife. Combine the nuts with the garlic paste and add in the basil, lemon zest and juice, salt, and pepper and continue to chop until the ingredients have formed a paste. Slowly pour in olive oil and mix until the mixture is a smooth texture. Taste and adjust the seasoning.
5. Cook pasta in salted water until al dente (Italian for "to the tooth," meaning tender but firm when bitten). Reserve $\frac{1}{2}$ cup of the pasta water before draining the pasta. Return the pasta to the pot and toss with the pesto and $\frac{1}{4}$ cup of the reserved cooking water. Add more cooking water as necessary to loosen the sauce. Taste the pasta and add more salt and lemon, if desired. Garnish with cheese if desired.

Ms. Carolyn's Tips:
Serve it with a side of garlic bread! (See Chef Jen's recipe on [pg 34](#)).

You can add meat or veggies, anything you like, into this dish, so don't be afraid to get creative!

Freeze your pesto and pull it out real quick whenever you want to use some. Just be sure to treat it right: put it in a freezer-safe sealed container and drizzle a layer of oil on top to keep it from turning brown.



MAXIMIZING YOUR FOOD



Use less water to cook the pasta: pasta can be cooked in a small amount of water that starts out *cold*. Salt about 2 quarts (8 cups) of water, put the pasta in the pot, and bring to a boil, stirring frequently so the noodles don't stick. Once the water boils, reduce to a simmer and cook about 10 minutes until the pasta is *al dente*. Remember to save the pasta cooking water to add flavor and liquid to the sauce and the starchy water helps the sauce stick to the pasta.



Use all parts of the lemon: lemon zest offers a real pop and brightness to dishes and allows you to incorporate the skin of the lemon, while the juice has a more concentrated lemon flavor and tartness.

For zest: use a grater to remove the colorful part of the peel. Be gentle and stop grating when you see the pith (the white part) which can taste bitter. Rotate the fruit and continue to grate. Place about 1 tsp amounts of zest in ice cube trays and freeze. Once frozen, place the zest "cubes" in a bag or container for future use. The zest can be used in baked goods like pie crust and muffins, jam, or savory dishes like soups, marinades or salad dressings.

For juice: roll the fruit on the countertop with slight pressure to get the most juice from your lemon. Cut your lemon in half crosswise and hold half of the lemon in your hand, cut side down. Use your other hand as a strainer and cup it below the lemon, over a bowl. Squeeze letting the juice go through your fingers and catching and discarding the seeds. Place the juice in ice cube trays. Freeze overnight, then place the frozen lemon cubes into a freezer bag to add to recipes or add to a glass of water for a boost of Vitamin C.



Save the stems of your basil or other herbs to flavor soups and stews. Use them like a bay leaf—adding the whole stem, no need to chop—to a soup and simmer. The soup will take on some of the herby taste. Remove the stem before serving. Stems can also be added to hot water or tea to infuse with flavor.

JEN'S GARLIC BREAD

Garlic bread brings back warm memories, as it was often on our dinner table growing up. My sisters and I would request it for special occasions and my Mom made many variations, traditional and not so traditional (think mayonnaise and green onions) throughout the years. My favorite meal as a kid was Santa Maria-style BBQ—my Dad would grill tri-tip and we'd top it with homemade pico de gallo (a simple salsa), paired with baked beans, a green salad, and of course garlic bread to sop up everything on the plate.



Years later, I channeled my Mom's creativity when I saw beautiful loaves of locally made bread recovered for the Food Shift Kitchen, and it was time to teach apprentices how to make this simple but versatile treat. Garlic bread is an opportunity for improvisation—it's culinary jazz. Baguette or sourdough? Butter, olive oil, or both? Grilled, toasted, baked, or broiled? Sprinkle on your herbs of choice...we encourage collaboration in the kitchen, and apprentices add their own flavorful nuances. In addition to garlic, you might add parsley or other finely chopped herbs, and experiment with chili butter or cheese; we riff off whatever is available from food recovery and our pantry. Decisions about how to cut and present the bread depend on the apprentice's personal style and the availability of baguettes or alternate loaves. The savory results teach us each time. How should we adjust for pre-salted butter versus sweet? We might substitute garlic powder for fresh garlic or try garlic salt. Slight tweaks can make the garlic bread cheesier, spicier, or crispier.

Everybody loves garlic bread and it's easy to make. Each time it accompanies Food Shift's family meal, it brings universal joy and excitement—it is always the first thing eaten off the table! Start with the basic recipe and feel empowered to improvise from there: it will turn out deliciously different every time. I hope you enjoy the resulting crusty, aromatic goodness and smiles!

—Jen, Food Shift Culinary Director

GARLIC BREAD RECIPE

Serves 4–6

1 baguette or $\frac{1}{2}$ loaf of bread

$\frac{1}{4}$ cup olive oil or unsalted butter, softened

A few cloves of garlic, minced or $\frac{1}{2}$ tsp garlic powder

$\frac{1}{2}$ tsp sea salt

Pinch black pepper



1. Preheat the oven to 400°F.
2. If using a baguette, cut into 1-inch thick slices. Place the bread on a lined baking sheet.
3. Combine oil or butter, garlic, salt, and pepper in a small bowl. Spread the mixture on each slice of bread.
4. Bake for about 10 minutes, until the edges of the bread are golden. If you want your bread crispier, you can put it under the broiler for another minute or so, but watch closely so it doesn't burn. Remove from the oven and serve promptly.

MAXIMIZING YOUR FOOD



Bread is one of the top wasted foods in the U.S. Properly storing your bread is key to getting the most out of it. Fresh, unsliced loaves: store at room temperature and wrap it in a paper bag or cotton towel to keep it from drying out and to prevent mold. Storing fresh loaves of bread in the refrigerator will cause them to dry out. To freeze your bread, place it in a sealed freezer bag. When frozen properly, your bread will keep for up to three months. Sliced or pre-packaged bread: store in a sealed bag in the refrigerator. Put all or a portion of your bread in the freezer if you need more than a couple of weeks to finish the bread. Defrost the bread as you need it and toast it in the oven or toaster.



For bread that has gone stale, try using it to make croutons ([pg 60](#)) and bread crumbs ([pg 61](#)) or in a recipe that will give new life to harder bread like bread pudding or french toast.



If you have some tomato sauce and cheese on hand (and veggies), you can make a pizza out of the garlic bread. Follow the instructions above, but only bake the bread for 5 minutes. Remove from the oven, pour tomato sauce on top and sprinkle with cheese. Return to the oven and bake until the cheese is melted, about 5–10 more minutes.



Other toppings for garlic bread: grated parmesan (or any) cheese, finely chopped fresh herbs like parsley, dried herbs like Italian seasoning, a pinch of red pepper flakes, lemon zest, a dusting of paprika. Or top with Ms. Carolyn's pesto ([pg 31](#)).

PADDY'S DAL



In my version of *dal* (the Hindi name for lentil or other quick-to-cook legume that doesn't need prior soaking), I like to use whatever vegetables are around. I just throw them in—anything from a good-sized daikon radish to chopped greens lingering in the fridge. Interestingly, there isn't just one version of *dal*, as every family kitchen and region has its own variations in choice of vegetables and spiciness—which type of leafy green? Garlic or none? Dried or fresh spices? The versatility of the basic *dal* preparation, 100% plant-based and protein-rich, partners beautifully with a no-food-waste ethic, as any leafy green can be added, and even the lentils can be replaced

with other legumes or small beans. It freezes well, too. My version is topped off with chopped cilantro and fresh squeezed lemon juice for color and zing!

—Paddy, Food Shift Partner and Founder of Daily Bowl

DAL (LENTIL STEW) RECIPE

Serves 4

2 Tbsp oil
1 small onion, finely chopped
2 cloves garlic, minced; or $\frac{1}{4}$ tsp garlic powder
2 Tbsp peeled and minced ginger; or $\frac{1}{2}$ tsp ground ginger
2 Tbsp curry powder (store bought or home-made*)
4 cups liquid (vegetable broth, bouillon broth, or water)
1 cup lentils (or substitute any dried legumes like split peas or mung beans), picked through to remove any debris or small pebbles and rinsed well

1 tsp salt, plus more to taste

Optional: Up to 4 cups of vegetables such as chopped carrots, diced potato/sweet potato, chopped leafy greens

Optional garnish: chopped cilantro and fresh-squeezed lemon juice

For serving: serve over cooked rice, or with naan or bread

*Homemade curry powder: 1 tsp ground turmeric, $\frac{1}{2}$ tsp ground cumin, $\frac{1}{2}$ tsp ground mustard, $1\frac{1}{2}$ tsp ground coriander, $\frac{1}{4}$ tsp ground black pepper, pinch of red chile flakes or cayenne (use this as a guide for making curry powder—if you don't have all of these spices, that's okay, just use what you have)

1. Heat a medium saucepan over medium heat. Once warm, add oil.
2. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Add the garlic, ginger, and spices and cook, stirring often so the spices don't burn, until fragrant, about 1 more minute.
3. Add a splash of water or broth to the pan and scrape up any browned bits that have stuck to the bottom.
4. If using root vegetables, add them now. Then add the lentils (or other legumes), the rest of the water or broth, and salt. Bring to a boil, then reduce the heat and gently simmer, covered, stirring occasionally, until tender, about 30–45 minutes. (Use the directions on the package of lentils as your guide for cooking time, different lentils take different amounts of time to cook.) If the lentils start to look dry before they are cooked, add more water or broth.
5. Once lentils are cooked, stir in leafy greens, if using, and let wilt.
6. Taste and adjust seasonings. If you'd like to garnish, top the cooked lentils with cilantro and a squeeze of lemon.

MAXIMIZING YOUR FOOD



As Paddy said, you can use whatever you have in your fridge to make this dal. It can also be simmered with other ingredients like tomatoes and/or coconut milk in place of some of the water or broth.



Leftovers: Store leftovers in the refrigerator for 5 days. Simply reheat the dal and eat as is, enjoy it with an egg, or wrap the dal in naan bread or a tortilla. You can also freeze dal in a freezer bag or tightly sealed container.



KIM'S BEAN BURGERS

Food is important to me because it's fuel for the soul. The food I grew up with was comforting to me. My favorite dish was string beans with potatoes and some type of meat. With six of us, my mom would make big pots of food.

In the Food Shift Kitchen, every ingredient we used was fresh recovered produce—we never used a can. When we made black bean burgers for the first time, I thought to myself, *"Girl, you could do this at home!"* I used to buy the frozen black bean burgers and I never knew they were so easy to make. All you need to do is take

beans and grind them up, and then season them to taste how you want. It is so simple. Once I got that, I started saving a lot of money! Food still comforts me. Now that I've learned how to eat more vegetables and use spices, I can enjoy my favorite comfort foods while reducing inflammation.

—Kim, Food Shift Culinary Program Graduate, 2020

BEAN BURGER RECIPE

Serves 4–6

2 Tbsp oil, divided

1 small onion, finely chopped

Optional: chopped mushrooms; finely chopped bell pepper; minced jalapeno

2 garlic cloves, minced; or $\frac{1}{4}$ tsp garlic powder

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

Pinch black pepper

Optional: 1 tsp spice of your choice

1 $\frac{1}{2}$ cups cooked beans or 1 can beans, rinsed and drained well*

1 egg, beaten

$\frac{1}{2}$ cup breadcrumbs ([pg 61](#))

Optional: 2 Tbsp fresh herbs, chopped

*Kim shares how she made black bean burgers but you can use any type of beans in this template... think white beans, black-eyed peas or chickpeas/garbanzos. Based on your preferences, you can create a simple burger or add tasty additions you have on hand, adding some variation to the basic version.

1. In a medium-sized pan, heat 1 Tbsp of oil over medium heat. Sauté the onion for 2–3 minutes. Other optional raw vegetables should be added now and sautéed for another few minutes. Add in garlic and cook for 1 more minute.
2. Turn the heat down to low and add spices, if using, and salt and pepper. Cook for another 2 minutes and remove from the heat.
3. Place beans in a medium-sized bowl and use a fork to mash them into a chunky paste, keeping some beans whole. Add the cooked vegetable/spice mixture, egg, breadcrumbs and herbs, if using. Mix all together. If your burger mixture is too wet, put it in the fridge uncovered for about 15 minutes to firm it up before forming your patties.
4. Scoop $\frac{1}{3}$ cup of the mixture and form into a $\frac{3}{4}$ inch thick patty. Place on a baking sheet or plate. Repeat until there is no mixture left. (Feel free to make a tester patty before forming all the burgers to taste for seasoning levels: 1-2 Tbsp-sized patty, quickly sear on both sides, or microwave).
5. In a medium pan (may reuse from step 1), heat 1 Tbsp of the oil. Add 2 or more burgers to the pan, making sure not to crowd them and that you have room to flip them over. Cook the first side for about 4 minutes, or until the bottom is nicely browned and lifts easily. Then flip! Cook the other side for another 3 minutes. Remove from the pan and let drain on a paper towel-lined plate. Repeat with the rest of the patties, adding more oil to the pan as necessary.

Serving suggestions:
Eat your burgers on their own or with condiments like thinly sliced or caramelized onions, cheese, lettuce, sliced tomato, BBQ sauce, ketchup, mayonnaise, mustard, or chimichurri ([pg 43](#)), with a bun, or on top of greens as a salad. Assemble and enjoy!

MAXIMIZING YOUR FOOD



Any extra vegetables you have in the kitchen can easily be incorporated into your burger mix. Spinach? Saute, drain, and add to the bowl. Corn? Add it too! Leftover cooked grains? Throw in $\frac{1}{2}$ cup!



Patties can be frozen, cooked or uncooked. Be sure to label the container with the name of the food and the date so it doesn't get lost in the freezer. Thaw out the frozen cooked burgers before reheating at 350°F for 15 minutes. Frozen uncooked burgers, once thawed, can be cooked as in Step 5 above.



Beans are a good source of protein, for you and your budget. It's great to have canned beans and/or dried beans in your pantry. Dried beans are a better value and you'll come away with a delicious broth from the cooked beans. You do need to plan a little farther ahead, which includes soaking beans for 8 hours, to ensure even cooking, when using dried beans. Dried beans expand: 1 cup dried beans equals about 3 cups cooked beans.

1. Place dried beans in a large bowl and add cold water to cover by 3 inches because the beans will expand. Soak at room temperature at least 8 hours or overnight and remove any beans that float. Drain and rinse.
2. Add beans to a large pot with $\frac{1}{2}$ tsp salt. Add cold water or vegetable broth to cover beans by a few inches. Add in smashed garlic, onion, bay leaves, a drizzle of oil and/or herbs and spices if you have them on hand. Bring to a boil, then reduce heat to a simmer (the liquid should bubble gently) and stir occasionally. Check for doneness after 30 minutes; the beans should be tender but not mushy. Beans can take up to 2 hours, keep an eye on the beans and add more water if it gets too low before the beans are done.
3. When the beans are done, season with salt and pepper. Use right away, refrigerate, or freeze them in a sealed container once cool.

YUKA'S CARROT TOP CHIMI- CHURRI & PICKLED CARROTS



intricately-arranged, colorful, nutritious, visually-stunning lunchbox (obento). I was excited and proud to discover the beautiful variety and appreciated the care in its preparation. For me, every meal at Food Shift calls back that same pride and care. Food not only sustains us but can uplift us and act as a love language. Love is what we are sharing at Food Shift, reflected in taking the opportunity to care for each other and the community, and in having gratitude for the food and the people who prepared it—from the potential embedded in seeds, to the farmers, chefs, and people you’re sharing it with. These recipes from the Food Shift Kitchen are created with the intention to celebrate and communicate what spoken language has missed, using food that may have been overlooked.

—Yuka, Food Shift Executive Director

"CARROT TOP" CHIMICHURRI

Yield: about 1 cup

$\frac{1}{2}$ cup carrot fronds (from approximately 1 bunch of carrots), washed, drained, and dried

2 cups of finely chopped fresh parsley, cilantro, oregano, mint, or a combination of these herbs (about 2 cups total), rinsed and patted dry

1 clove garlic, minced

$\frac{3}{4}$ to 1 cup olive oil

2 Tbsp vinegar (red wine vinegar or apple cider vinegar are preferable) or lemon juice

$\frac{1}{2}$ tsp salt, plus more to taste

Black pepper to taste

Optional: pinch red pepper flakes

1. Finely chop, by hand or with a food processor, carrot fronds and choice of herbs. Combine with garlic in a small bowl.
2. Stir in $\frac{1}{4}$ cup olive oil and vinegar. Add more olive oil, if necessary, to create a saucy consistency. Stir in salt, pepper and optional red pepper flakes. Adjust seasonings as needed.
3. Let sit for 15 minutes before serving. The chimichurri can be refrigerated for a couple of weeks. If chilled, return to room temperature before serving. The chimichurri can also be frozen, either in an airtight container or in ice cube trays, so that there are small amounts to add when needed to whatever you may be cooking..

Chimichurri is an uncooked herb sauce used in some South American cuisines which gives fresh, bright notes to any dish. Chimichurri is traditionally served as a marinade or condiment for grilled meats or fish, but is also nice drizzled over roasted vegetables, tossed with pasta or legumes, mixed with mayonnaise as a tangy sandwich spread, or used instead of a salad dressing.

PICKLED CARROTS

Yield: One 16 oz. jar

$\frac{1}{2}$ lb carrots (approximately 2 large carrots or 4 small carrots), fronds removed and carrots cut into $\frac{1}{8}$ " thick coins

$\frac{1}{2}$ cup vinegar (white or apple cider vinegar work well)

1 cup water

1 Tbsp sugar or honey

$\frac{1}{2}$ Tbsp sea salt

Optional: spices listed below

1. Pack carrots into a glass jar with a lid. If you're adding the optional spices or herbs, place them in the bottom of the jar, then put the carrots on top.
2. In a small pot, add vinegar, water, sugar, and salt. Bring to a simmer and stir until the sugar and salt dissolve, about 3 minutes.

Do not peel the carrots! Root vegetables are often peeled to remove the sometimes dirty skins, but that is where a lot of the nutrients are held. Instead, scrub away any dirt under water before chopping. Be sure to cut the carrots very thinly, so they have the opportunity to soak up the pickling liquid.

- Pour the hot vinegar mixture over the carrots in the jar. The carrots should be completely submerged. If you need extra liquid, top off with a little more hot water. Let cool.
- Tightly seal the jar and refrigerate. Wait a few hours before enjoying your pickles. They will keep in the fridge for several months.

Optional Spices

This is a basic pickle recipe, but you can add spices or other ingredients that you have in your pantry or refrigerator. If you are using any of the ingredients below, pack them in the bottom of your jar before adding the vegetables. Here are some ideas:

- Mustard seeds, fresh ginger slices, black peppercorns, peeled garlic cloves, red pepper flakes, or pickling spice mix
- Sprigs of fresh herbs, such as dill or cilantro

You can also use this recipe to pickle other vegetables like cauliflower florets, sliced jalapeños, radishes, green beans, or thinly sliced onions or shallots. Leftover pickling liquid can be reused to make more pickles, just boil again and pour over your next batch of vegetables.

Add your pickles to salads, sandwiches, or tacos to add a tangy crunch!

MAXIMIZING YOUR FOOD



Using these templates, you can create more than one dish with a bunch of carrots with fronds attached. While most of us are familiar with carrots, many people don't realize that the green, leafy fronds are also edible. The carrot tops are part of the parsley family and have even more Vitamin C than the orange part. If your carrots do come with fronds still intact, it is best to cut them off from the carrot and rinse them right away, so both parts will last longer.



Carrot fronds can get quite dirty. To remove any sand or soil, soak in a bowl of cold water for a few minutes. Dry them with a kitchen towel before using in your recipes. Save that rinse water for your flowers or potted plants—saving water is as important as avoiding wasted food. Use only the tender leaves. Remove the thicker stems, which can be tough and too chewy, and reserve them for vegetable broth. Thick stems from herbs can also be put in your bag for broth (see [pg 59](#)).



Carrot fronds can be quickly sautéed, and shrink down similar to spinach. You can also add other greens to the skillet for a heartier side dish. Use these cooked fronds in place of herbs as a garnish for soups or mix them into grains or dips.



MS. DEBRA'S POTATO SALAD

Around age 11, I was already baking cakes and all. My mom was always gone or would go up to her room leaving me to cook in the kitchen. I didn't mind at all, I enjoyed it. You would always see me in the kitchen because I had to feed my brother and sister.

One time over at my brother's for a birthday party, no one was cooking. I took my apron out from my luggage, went into the kitchen, and was ready to start cooking right away. I knew that I was going to cook potato

salad—it gets made everywhere. When I come with my apron that I take everywhere I go, folks get mad, but it's hilarious since I'm famous for potato salad and they should know by now! Wherever I am, I walk around, carving potatoes, just dancing and grooving as I cook.

My potato salad is always the first side dish that is gone. When everyone comes together, they go straight towards it. If you didn't get any, don't go looking for me, because it is a first-come, first-serve kind of situation. There are many ways to make potato salad, but this is the way I like it.

—Ms. Debra, Food Shift Culinary Program Graduate, 2019

POTATO SALAD RECIPE

Serves 4–6

7 cups of 1 inch diced potatoes, unpeeled (approximately 3 lbs)

1½ Tbsp salt, divided

1 cup finely chopped pickles or ½ cup relish

Optional: 3 eggs, hard-boiled, roughly chopped

2 medium stalks celery, thinly sliced

½ tsp black pepper

½ cup mayonnaise (or substitute sour cream, yogurt, or olive oil)*

1 Tbsp Dijon-style or yellow mustard

1 tsp garlic powder

Ms. Debra's Optional spice blend:
1 tsp celery salt, ½ tsp paprika, ½ tsp Old Bay seasoning

Optional: 1 tsp vinegar or lemon juice

Optional: ¼ cup green onions, thinly sliced; reserve 1 Tbsp for garnish

*For an herb-rich variation, replace the mayonnaise mixture with pesto ([pg 32](#)) or chimichurri ([pg 43](#)). Toss after the potatoes are cooked and drained but still warm.

1. Place potatoes and 1 Tbsp salt in a large pot and fill with water about 2 inches above the potatoes. Bring to a boil and lower to a simmer for about 10–15 minutes. The potatoes should be easy to pierce with a fork but not mushy. Strain and let cool for 30 minutes.
2. In a large bowl make the mayonnaise dressing. Add mayonnaise, mustard, garlic powder, and the optional vinegar or lemon juice and spices. Add cooked potatoes, chopped pickles, half the chopped eggs (if using), celery, and season with remaining ½ Tbsp salt and 1 tsp pepper. Fold the dressing and optional green onions gently with the potatoes until well combined. Taste and adjust salt, as desired.
3. Garnish with the rest of the eggs, and if using, sprinkle with paprika and remaining 1 Tbsp green onions. Cover and refrigerate for at least an hour before serving.

Serving Suggestions:

Use caution when serving potato salad at picnics or events outside and in hot weather. To keep your potato salad cold at an outdoor party, add some ice and a little bit of water to a larger bowl and place the serving bowl with the potato salad inside. If the potato salad was made and put directly in the refrigerator as leftovers, it will last in a sealed container for 3–4 days. Sometimes the potatoes soak up all the dressing and are a little dry after sitting in the refrigerator, so you may need to add a little oil, vinegar, and salt to taste.



MAXIMIZING YOUR FOOD



You can easily regrow your green onions! Save a 2–3 inch chunk of the bottom white root end. Put the root end in a glass of water, leaving the top part exposed. Place in a sunny location and watch the green onions regrow.



The potato cooking water can be saved and used in a number of ways. It can act as a thickener because it contains starch from the potatoes. Try adding it to soups, chili, or to replace water when making gravy. Keep in mind that there is salt in the cooking water when adding it to your dish so you don't oversalt.



VINCENT'S STUFFED PEPPERS

Memories of my childhood in Puerto Rico linger in this plant-forward dish that came to me via my grandfather. I rediscovered it in the Food Shift Kitchen. Back in the day, as a kid growing up, we grew a lot of bell peppers. My mother used to cook them for special occasions in our wooden oven; she stuffed the inside with white rice, vegetables, and just a little meat because meat was hard to come by.

My grandfather has been gone a long time, but this dish always brings him back. I cared and cooked for him because he didn't have legs and his

bedroom was right across from the kitchen. He used to yell instructions, telling me, "Add this! Add that!" My grandfather got me started cooking and from there, I've created my own versions of dishes.

Food to me is very important because it brings me happiness to create in the moment and gets everyone talking all along the table about what you cooked. A person can be so mad, but if you fix them up a good plate, they can be so happy. It's like peace. Peace on the table.

—Vincent, Food Shift Culinary Program Graduate, 2022



STUFFED PEPPERS RECIPE

Serves 4

2 medium-to-large peppers

3 Tbsp oil, divided

1 onion, diced small

1 clove garlic, minced or $\frac{1}{4}$ tsp garlic powder

2 cups mixed vegetables* sliced or diced roughly in the same size so that they take about the same time to cook

Optional: 1 tsp chili powder or other spices, like cumin or taco seasoning

1 can or 1 $\frac{1}{2}$ cups of cooked beans or lentils, rinsed and drained (if beans are already seasoned, use less salt)

1 can or 1 $\frac{1}{2}$ cups canned tomatoes with juices or diced fresh tomatoes, divided; or tomato sauce or salsa

$\frac{1}{2}$ tsp salt, plus more to taste

Black pepper to taste

1 cup cooked grain (rice, barley, quinoa, etc.)

Optional Toppings: thinly sliced green onions, chopped cilantro, sliced avocado, or Vincent's favorite, sliced black olives

*Vegetable options: thinly sliced mushrooms, zucchini and/or carrots cut into small cubes, corn kernels, greens like spinach or collards cut or torn into small pieces

1. Preheat the oven to 400°F.
2. Cut the peppers in half lengthwise, from stem to bottom. Remove the core and seeds. Lightly coat the peppers with 1 Tbsp oil and sprinkle with salt. Arrange them in a baking dish cut-side up.
3. Heat a large skillet over medium heat. Once your skillet is warm, add 1 Tbsp oil. Add onions with a pinch of salt. Sauté for about 5 minutes until onions start to become translucent.
4. Add your vegetables of choice and continue to sauté for about 5 more minutes. (If you are using greens, wait to add them). Stir in spices, beans/lentils, $\frac{1}{2}$ cup tomatoes and $\frac{1}{2}$ tsp salt. Continue to cook until the vegetables are tender. If you are using greens, stir them in now. (Remember the vegetable filling is going to cook again in the oven, so they will have a bit more time to soften). Remove from heat and stir in the grain/rice. Taste and adjust seasoning, adding salt and pepper as needed.
5. Fill each pepper with the grain/rice and vegetable mixture, depending on the size of the peppers, about a $\frac{1}{2}$ to 1 cup of filling each.



6. Season the remaining diced tomatoes and juices with the remaining 1 Tbsp oil, and a pinch of salt and pepper. Pour the tomato sauce into the bottom of the baking dish, then cover tightly with foil.
7. Bake for 30 minutes, then remove foil and bake for 10 more minutes, or until peppers are soft and browned on top.
8. Remove from the oven, spoon the tomato sauce over the peppers and serve as is or with the optional toppings listed above.

MAXIMIZING YOUR FOOD



Leftover filling can be used with tortillas to make a taco or burrito, as the base for chili, in a salad or on its own.



Peppers are almost entirely edible, everything except the stems and seeds, but a lot of it can end up in the compost bin. This recipe is pretty simple for cutting the bell pepper but when cutting it for other uses, try this method to get the most out of your pepper:

1. Place the pepper, stem side up, on a cutting board.
2. Using a knife, cut a circle around the green stem and pull the stem out.
3. Slice the pepper in half from top to bottom. Remove any seeds or white pith using a knife and rinse out any remaining seeds.
4. Place the pepper skin side down on your cutting board and chop as desired.



Store whole peppers in the drawer in your refrigerator and cut peppers in a sealed container with a towel to absorb any moisture. If you have any moldy or mushy spots on your peppers, simply cut away the moldy and soft area, give the pepper a rinse, and use the rest.



ROBERT'S SWEET POTATO PIE

This sweet potato pie comes from my mother's side of the family. It's originally from my grandmother and it's been in the family since I was a little kid. My mother predominantly cooked it around Thanksgiving. Everybody in the family, including all six of my aunts, bakes this pie. So no matter whose house or what gathering we are at, this pie is there. And I could pretty much eat a whole pie myself, so my mother would usually bake two or three or four of them.

Sweet potato pie is a comforting food. The comfort doesn't necessarily have to do with the taste, but the memories associated with it. For me, it carries a seasonal memory of the holidays from the combination of nutmeg, clove, cinnamon, and allspice. It's just a very delicious pie.

When I make this dessert for other people, I modify it to fit their taste. I make it vegan for people in my family who don't eat animal products. Each person can adjust the recipe to their liking. The original recipe requires brown sugar or white sugar. For my family, I predominantly use coconut sugar, all these new things that I was never introduced to as a youngster. I'm adjusting for my family's sake. For the emulsifier, we use flaxseed meal mixed with water instead of eggs.

After working on the vegan version for the last couple years, I've got it down pat now. I've been adapting it for my family because I appreciate it when they like what I cook. If I share food, I want them to have a good experience and appreciate the effort I put in, the taste, and the health benefits. I take in all those considerations when I cook for people.

—Robert, Food Shift Senior Food Recovery Specialist

SWEET POTATO PIE RECIPE

Serves 8–16

2 unbaked pie shells,
frozen or fresh*

3 large sweet potatoes
or yams (orange flesh),
about 2 lbs

1 cup brown sugar or
coconut sugar

½ cup granulated white
cane sugar

1½ tsp vanilla extract

1 tsp ground nutmeg

2 tsp ground cinnamon

¼ tsp ground allspice or clove

½ cup evaporated milk of choice
(dairy or coconut)**

4 Tbsp unsalted butter, melted

2 large eggs***

1. Prepare pie shells as instructed.
2. Place whole sweet potatoes in a pot and add enough water to cover them. Bring to a boil. Boil until tender when pierced with a fork, about 40–45 minutes. Drain, let cool slightly and remove the skins (save the skins to make a snack, see notes below).
3. Heat oven to 400°F.
4. In a large bowl, mash the sweet potatoes; you should have about 5 cups mashed. Then mix in the sugars, vanilla, spices, milk, and butter until creamy. Taste the mixture and add more spices to your liking.
5. Whisk eggs in a small bowl and then add to the sweet potato mixture.
6. Evenly divide the sweet potato mixture into pie shells, and bake at 400°F for about 45 minutes. Insert a toothpick in the center of the pie to determine if done; the toothpick should come out clean.
7. Let pies cool on a rack for about 30 minutes, then eat 'em up!

SUBSTITUTIONS

* Pie Crust

Keep broken cookies, cookie crumbs, or graham crackers in a sealed container or bag and if you don't have pie crust, you can make one out of cookie or cracker bits. To make 2 pie crusts, you'll need 3 cups of cookie or graham crackers, broken into small pieces, and $\frac{1}{2}$ cup melted butter.

1. Crush the cookies into fine crumbs, they should look similar to sand (you can do this in a food processor or put the cookies in a sealed bag, remove the air from the bag before sealing, and use a rolling pin or bottle to roll across repeatedly and crush the cookies).
2. Add the crushed cookie crumbs to a bowl and stir in the melted butter until well combined.
3. Put the cookie mixture in a lightly buttered pie pan and press the mixture into the pan using your hands, making sure the bottom and sides of the pan are covered evenly with crust.
4. Refrigerate for at least 15 minutes.

**Evaporated Milk

If you don't have evaporated milk you can use half-and-half as a 1:1 substitute. If you have regular milk, you can make your own evaporated milk pretty easily. To make $\frac{1}{2}$ cup of evaporated milk for this recipe:

1. Heat 1 cup of milk in a saucepan over medium-low heat
2. Bring milk to a simmer to allow the water to slowly evaporate from the milk. Stir occasionally.
3. After 20 minutes or once the milk has reduced in volume by half, take it off the heat and let cool.

***Eggs (2 options)

1. Flaxseed meal: Mix 2 Tbsp flaxseed meal with 6 Tbsp of water, stir until it reaches an egg-like consistency, and then add to the sweet potato mixture instead of eggs in step 5.
2. Aquafaba, the liquid left over from canned cooked chickpeas (also known as garbanzo beans): 3 Tbsp of aquafaba is equivalent to 1 egg, so this recipe would need 6 Tbsp of aquafaba. Measure the aquafaba and add it to a medium bowl. Whisk by hand for about 1 minute until the aquafaba looks like it has an egg white consistency and add to the sweet potato mixture instead of eggs in step 5.

MAXIMIZING YOUR FOOD



Leftovers: Cover the pie tightly with plastic wrap or foil and place in the refrigerator. Robert says the pie gets even better after refrigeration. You can enjoy it within 3–4 days; it's fine eaten straight from the fridge or reheated.



Leftover evaporated milk can be added to oatmeal, smoothies, coffee/tea, or a creamy dish like macaroni and cheese.



Sweet Potato Chips from the peel: Preheat oven to 400°F (you can bake them at the same time as the pies). Make sure the peels are completely dry. Toss the peeled skins in oil with a pinch of salt. Place on a baking sheet in a single layer and bake for about 15 minutes, or until crispy, rotating the baking sheet halfway through.



BASIC RECIPES

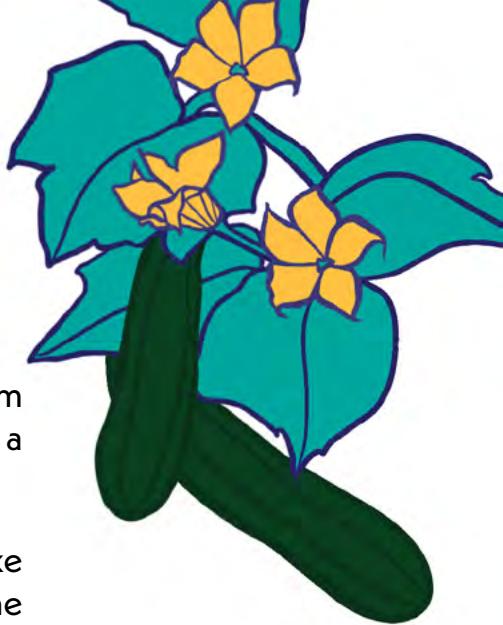
ROASTED VEGETABLES

Roasting vegetables is simple and practical: a good way to make them last longer and be ready to add to any meal. This recipe can serve as a base and can be used for recipes throughout the book.

Some vegetables cook faster than others. For example, potatoes take longer to cook than green beans. But since you are turning on the oven, you might as well roast everything at once. To remedy having mushy vegetables, keep them separate in rows on the baking sheet. That way if one type finishes cooking sooner, you can remove it from the baking sheet, set it aside and return the other vegetables to the oven to continue cooking.

A few pounds of any vegetables	Salt
Oil	Black Pepper

1. Prepare your vegetables, cutting them into similar sized pieces.
2. Heat the oven to 400°F. Add the vegetables to a baking sheet, keeping like with like. Drizzle with a little oil, sprinkle with salt and pepper and toss to coat. Other seasonings like garlic or chile flakes are optional. Spread evenly in a single layer on a baking sheet, be sure not to crowd the vegetables or they won't brown.
3. Roast for 15 minutes, then check vegetable doneness. Vegetables are done when they can be pierced with a fork or knife. See vegetable cook time chart below. Softer vegetables like green beans, zucchini and bell pepper will take about 15 minutes but harder vegetables like potatoes, beets, or carrots will need to cook for 30 minutes or more. Remove vegetables from the oven as they finish cooking. Continue cooking the rest of the vegetables, stirring and checking them in 10-minute increments.

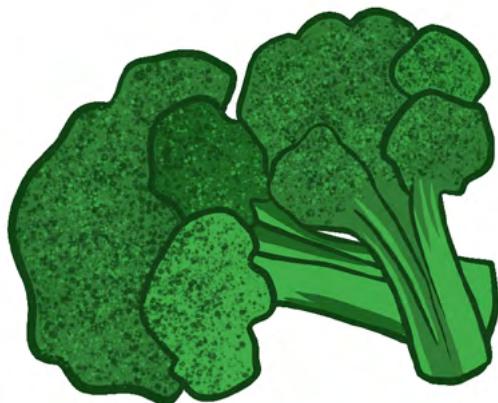


Vegetable	Roasted at 400°F*
Root Vegetables (Beets, Potatoes, Carrots)	30–45 minutes
Winter Squash (Butternut, Acorn, etc.)	30–60 minutes
Broccoli, Cauliflower	15–25 minutes
Brussels Sprouts	30–45 minutes
Zucchini, Summer Squash, Peppers	20–30 minutes
Asparagus, Green Beans, Onions	15–25 minutes
Mushrooms	15–30 minutes

*Exact baking time can vary based on the size of your cut vegetable and oven temperature.

Storage

Either use the vegetables right away or let them cool completely. Store them in an airtight container in the refrigerator for 5 days or more. To freeze the vegetables, place the cooled vegetables in a single layer on a baking sheet. Put the baking sheet in the freezer for 3–4 hours, to avoid them clumping together, then transfer vegetables to a freezer bag or other sealed container.



VEGETABLE BROTH

Collecting vegetable scraps and using them to make broth is a great way to stretch your food budget and not waste food. Onion and garlic skins, carrot and potato peels, celery ends, and mushroom stems, to name a few, are all welcome! When you are cooking, save your useful scraps in a jar or bag, and store in the freezer. Once it's full, it's time to make a new batch of broth.

3–4 cups (or more) trimmings from carrots, celery, onion, potatoes, herbs, garlic, mushrooms, or other vegetables. Wilted vegetables work just fine too. Vegetables can be fresh or frozen.

Optional: 10–12 whole peppercorns, a few bay leaves



1. Place the vegetable trimmings, peppercorns, and optional bay leaves in a stock pot. Fill the pot with just enough water to cover the vegetables.
2. Bring the water up almost to a boil and then reduce heat to a simmer. Simmer uncovered for 45 minutes to 1 hour. Taste to decide when you are happy with the flavors.
3. Place a colander over a bowl or pitcher and pour the contents of the pot through the colander. Compost the solids.

Storage

Either use the broth right away or divide the strained broth into storage containers and let cool completely at room temperature. Store in the refrigerator for up to one week or freeze. (Note: if you are going to freeze your broth, leave some space at the top of your storage container because the liquid will expand as it freezes.)

CROUTONS

Save your stale bread destined for the compost bin and give it new life by turning it into croutons. Croutons go well with more than just salads; use them to top soups, make stuffing, or add a crunchy component to casseroles.

Stale Bread, torn or cut into bite-sized pieces

Salt

Optional: dried herbs and spices

Oil

1. Preheat oven to 375°F.
2. Toss bread pieces with oil to lightly coat the bread. Add salt and optional herbs and spices. Spread bread in a single layer on a baking sheet. Bake until the bread is golden brown and crisp, about 10–15 minutes, stirring once halfway through the cooking time.
3. Once done, remove the croutons from the baking sheet to stop the cooking process and let cool.

Storage

Store in an airtight container at room temperature for 5 days or more.

BREADCRUMBS

Breadcrumbs add texture to dishes and making them is a good way to use bread that is past its peak or the heels or ends that sometimes get thrown out. Store these bits of bread in the freezer until you've collected about 15 slices or more. There are a variety of uses for breadcrumbs including adding them to Kim's Bean Burger ([pg 40](#)), topping pasta like macaroni and cheese, or breading vegetables or meat.

About 15 slices of stale bread (any type, you could even try using biscuits or English muffins). If frozen, thaw in the refrigerator overnight.

1. Preheat oven to 250°F.
2. Tear or cut bread into bite-sized pieces.
3. Spread bread pieces on a baking sheet in a single layer. Put in the oven for about an hour to dry out, and brown the bread. Stir halfway through the cooking process.
4. Remove from the oven. Let cool completely.
5. Once cool, transfer the bread to a plastic or paper bag. Use a rolling pin or the side of a tall drinking glass or bottle to roll over the bread in the bag and crush into crumbs. Alternatively you can use a food processor to process into fine crumbs.

Storage

Store in a jar or sealed container in the refrigerator or freezer. The breadcrumbs will last for at least a month in the refrigerator.



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