

Broccoli, Cauliflower Slaw, Pumpkin Seeds, Dried Cranberries FIT

Portion Size: ½ cup

Yield: 6 cup



Raw Pumpkin Seeds	2 tbsp
Apple Cider Vinegar	1/4 cup
Light Mayonnaise	1/4 cup
Salt	1/2 tsp
Black Pepper	1/4 tsp
Sugar	1 ½ tsp
Broccoli Stems	8 oz
Cauliflower Stems	8 oz
Parsley, fresh	1/4 bunch
Carrots, julienne sliced	1/2 cup
Dried Cranberries	1/4 cup

1. Toast Pumpkin seeds in 350°F oven until golden brown, about 5-7 minutes. Cool.
2. For dressing: In a bowl, whisk together apple cider vinegar, light mayo, salt, pepper, and sugar.
3. Julienne slice broccoli and cauliflower stems using a mandolin.
4. Finely chop parsley (use stems *and* leaves to reduce waste).
5. Add toasted pumpkin seeds, broccoli, cauliflower, parsley, carrots, and cranberries to bowl with dressing. Toss until evenly coated. Allow salad to marinate for at least 30 minutes in refrigerator.

STOP FOOD WASTE INGREDIENTS: broccoli and cauliflower stems; entire parsley bunch (stems included)

Nutrition Info per serving : Cal: 40, Total Fat: 2g, Sat Fat: 0g, Sodium: 100mg, Carbs: 6g, Protein: 1g, Sugar: 4g, Fiber: 1g

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Kale Stem, Pumpkin Seed Pesto

Portion Size: 1 tbsp

Yield: 2 cup



Raw Pumpkin Seeds	1/4 cup
Water	1/4 cup
Garlic Cloves, minced	1 ½ tsp
Parmesan Cheese	1/3 cup
Basil, fresh	1 ounce
Lemon Zest	1 ½ tsp
Salt	1/2 tsp
Kale Stems, roughly chopped	4 ounces
Olive Oil	2/3 cup

1. Toast pumpkin seeds in a 350°F oven until golden brown and toasted. Cool.
2. In a food processor, pulse water, garlic, parmesan, basil, lemon zest, salt, and kale stems just until ingredients are chopped.
3. With food processor running, slowly stream in olive oil until pesto is emulsified, about 1 minute.

STOP FOOD WASTE INGREDIENT: kale stems

Nutrition Info per serving: Cal: 50, Total Fat: 5g, Sat Fat: 1g, Sodium: 40mg, Carbs: 0g, Protein: 0g, Sugar: 0g, Fiber: 0g

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