

Cilantro Pineapple Marinade



Portion Size: 1 fl oz

Yield: 18

Vegetable Broth, low sodium	1/2 cup
Cilantro Stems	3 oz
Pineapple Core	9 oz
Jalapeno, chopped	1/4 oz
Garlic Cloves, crushed	1/4 oz
Canola Oil	1/2 cup
Kosher Salt	3/8 tsp

1. In a high speed blender, combine vegetable broth, cilantro stems, pineapple core, jalapeno, garlic, oil, and salt. Blend until smooth.

STOP FOOD WASTE INGREDIENTS: cilantro stems and pineapple core; entire parsley bunch (stems included)

CHEF NOTE: Intended to be a quick marinade (do not marinate protein for more than 30 minutes); enzymes in pineapple will breakdown protein over time.

RD Note: Look for low-sodium or no-salt-added vegetable broth to help keep the sodium in check.

Nutrition Info per serving : Cal: 60, Total Fat: 6g, Sat Fat: 0.4g, Sodium: 40mg, Carbs: 2g, Protein: 0g, Sugar: 1.5g, Fiber: <1g

Food by FLIK

Herb Stem Oil



Portion Size: 1 tbsp

Yield: 22

Cilantro Stems	2 oz
Dill Weed Stems	2 oz
Parsley Stems	2 oz
Canola Oil	12 fl oz

1. Prepare an ice bath. Heat a pot of boiling water. Quickly blanch herb stems in boiling water just until bright green (about 10-15 seconds). Quickly shock herb stems in ice bath. Chill and drain. Thoroughly dry herb stems.
2. Combine herb stems and oil in a blender. Blend long enough for blender to warm oil (about 2-3 minutes).
3. Strain herb oil through a cheese cloth lined mesh strainer. Do not force oil through but allow it to slowly drip for a more vibrant green color.

STOP FOOD WASTE INGREDIENTS: herb stems

CHEF NOTE: use immediately or keep refrigerated

Nutrition Info per serving: Cal: 125, Total Fat: 14g, Sat Fat: 1g, Sodium: 3mg, Carbs: 0g, Protein: 0g, Sugar: 0g, Fiber: 0g

Food by FLIK

Tuscan Bread Soup, Kale, White Beans FIT



Portion Size: 8 fl oz

Yield: 15 cup

Bread, Stale, cut into 1/2" cubes	4 oz	Garlic, chopped	1 TBSP
Canola Oil	4 TBSP	Tomatoes, canned, diced, in juice	8 oz
Garlic, minced	1 TBSP	Tomatoes, canned, crushed, in juice	8 oz
Canola Oil	2 TBSP	Vegetable Broth, low sodium	2 qt
Kale (leaves and stems)	4 oz	Cannellini Beans, cooked	8 oz
Carrots, diced	8 oz	Kosher Salt	2 tsp
Onion, yellow, diced	8 oz	Black Pepper, ground	1 tsp
Celery, diced	8 oz	Basil, chopped	1/2 cup

1. Toss together bread, oil and garlic. Place on a sheet tray and bake in a 350°F oven until golden brown and crisp.
2. Separate kale leaves from center stems (both will be utilized). Chop kale leaves into 1/2" pieces, reserve for later.
3. Thinly slice kale stems. Heat oil in a soup pot. Stir in kale stems, carrot, onion, and celery. Sauté until softened. Stir in garlic. Cook until fragrant.
4. Stir in diced tomato, crushed tomato and vegetable broth. Bring up to a simmer. Cook until vegetables are tender, about 30 minutes.
5. Stir in kale leaves and cannellini beans. Continue simmering until kale is tender, about 15 minutes. Stir in salt and pepper.
6. Just before serving: stir in toasted bread and basil. Bread is intended to be soft and absorb soup but still in chunks.

STOP FOOD WASTE INGREDIENTS: stale bread, kale stems, tomato ends (dice and use in place of some/all of the canned diced tomato ingredient)

RD NOTE: Look for low-sodium or no-salt-added vegetable broth and canned beans to help keep the sodium in check.

Nutrition Info per serving : Cal: 110, Total Fat: 4g, Sat Fat: <1g, Sodium: 460mg, Carbs: 15g, Protein: 3.5g, Sugar: 3.5g, Fiber: 3g

Food by FLIK

Crispy Parmesan Potato Peels FIT



Portion Size: 1 oz (~2 cups)

Yield: 6

Potatoes, Russet, Peels Only	1 pounds (of peels)
Kosher Salt	1/2 tsp
Parmesan Cheese, grated	1 TBSP
Black Pepper, grated	1/4 tsp
Canola Oil	1 TBSP
Oil Spray	as needed

1. WASH POTATOES THOROUGHLY BEFORE PEELING THEM.
2. Peel potatoes. Use potato flesh for another purpose.
3. Toss together salt, parmesan, black pepper, oil, and potato peels.
4. Spread peels on a sheet tray prepared with pan spray. Bake in a 375°F oven until crispy and golden brown, about 15 minutes

STOP FOOD WASTE INGREDIENT: potato peels

RD NOTE: Makes a great fiber-filled snack alternative to fried potato chips.

Nutrition Info per serving: Cal: 90, Total Fat: 2.5g, Sat Fat: <1g, Sodium: 170mg, Carbs: 15g, Protein: 2g, Sugar: 1g, Fiber: 1.5g

Food by FLIK

Pickled Cauliflower Stem, Broccoli Stem, Pineapple Core Salad FIT



Portion Size: ½ cup

Yield: 25 cups

Rice Wine Vinegar, seasoned	2-1/2 cup
Sugar	¾ cup
Red Pepper Flakes	½ tsp
Kosher Salt	¾ tsp
Cauliflower Stems	1 pound
Broccoli Stems	1 pound
Pineapple Core	1 pound
Cilantro Stems, thinly sliced	1 oz

1. In a pot, bring rice wine vinegar, sugar, red pepper flakes, and salt to a boil; then simmer for 5 minutes.
2. Use a mandolin to julienne cauliflower stems, broccoli stems, and pineapple cores.
3. In a bowl combine cauliflower, broccoli, and pineapple. Pour hot vinegar mixture over produce. Toss in cilantro.
4. Transfer mixture to a shallow baking dish. Cover loosely with plastic wrap. Place another baking dish on top; weigh down with a can or cookbook. Refrigerate overnight.
5. Drain off excess liquid just before serving.

STOP FOOD WASTE INGREDIENTS: broccoli, cauliflower, and cilantro stems; pineapple core

Nutrition Info per serving : Cal: 30, Total Fat: 0g, Sat Fat: 0g, Sodium: 70mg, Carbs: 6.5g, Protein: 1g, Sugar: 4g, Fiber: 1g

Food by FLIK

Spiced Cauliflower Steak, Marinara, Mozzarella FIT



Portion Size: 1 serving

Yield: 6

Cauliflower Heads	4 pound
Fennel Seed	1 TBSP
Kosher Salt	½ tsp
Black Pepper, ground	½ tsp
Orange Zest	1 TBSP
Canola Oil	3 TBSP
Marinara Sauce	1-1/2 cup
Mozzarella Cheese, part-skim, shredded	¾ cup

1. Trim outer leaves and very bottom of stem from cauliflower head. Cut 3/4" thick steaks of cauliflower.
2. In a blender or spice grinder, combine fennel, salt, pepper and orange zest. Pulse until spices and zest are ground.
3. Stir together ground spices and canola oil. Brush both sides of cauliflower steaks with oil/spice mixture. Place in a 400°F oven. Bake until lightly browned, about 5-7 minutes. Flip cauliflower steaks carefully.
4. Top each cauliflower steak with 1/4 cup of marinara and 2 tbsp. of mozzarella.
5. Finish in the oven until cheese is lightly browned and bubbling, about 5 minutes.

STOP FOOD WASTE INGREDIENT: entire head of cauliflower

CHEF NOTE: Use ~2 lb. cauliflower heads. Each head of cauliflower should yield 3 each, ~5 oz. cauliflower steaks (steaks will come from the center of the head of cauliflower, the sides will be scraps; use for another application).

RD NOTE: Look for low-sodium or no-salt-added jarred marinara sauce to help keep the sodium in check; or make your favorite marinara sauce from scratch.

Nutrition Info per serving: Cal: 170, Total Fat: 11g, Sat Fat: 2g, Sodium: 380mg, Carbs: 14g, Protein: 7g, Sugar: 6g, Fiber: 4.5g

Food by FLIK