Extending the Life of Donated Produce and Protein for Non-Profit Community Meals and Food Pantries

Chef Erin Szopiak, MS, RD, LD
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OBJECTIVES

- **Participants will learn how to extend the life of fresh produce by utilizing new preparation and storage techniques.**
  - Pesto/Pistou/ Green sauce

- **Participants will learn how to prepare produce in flavorful and healthy ways without utilizing added salt.**
  - Balancing flavor handout
  - Utilizing spices and using lemons/vinegars for added flavor
  - Fruit salad with homemade dressing
  - Roasted vegetables

- **Participants will learn how to prepare breaded chicken in a variety of healthy recipes.**
  - Chicken salad
  - Pesto pasta salad
  - Chicken sweet potato and the “kitchen sink” soup

SCHEDULE

1-1:20 pm Introductions/ welcome/ Orientation to Brightwater kitchens (Safety + Sanitation + knife skills)
1:20- 1:45 pm Making pesto with Chef Adam (6 groups of 3)
1:45 – 2:00 pm Balancing flavors discussion
2:00- 3:30 pm – Cook recipes (6 groups of 3)
3:30-4:00 pm – Eat together and discuss recipes
4:00-4:30 pm – Clean up/ wrap up/ auction off cookbook
EVERYTHING GREEN SAUCE (PESTO/PISTOU)

12 cups Donated Greens (about 12 oz), chopped small

Choose any or any combination: Arugula, spinach, parsley, scallions, kale, mustard greens, beet greens, peas, or basil if you have it available

*Pro tip: If using tougher greens such as kale or collards try blanching greens in lightly salted boiling water to soften them up, and then shocking in cold ice water. Don’t forget to dry the greens so the sauce doesn’t get too watery.

*Pro tip #2: Try roasting or grilling vegetables like scallions to add an extra layer of flavor.

1 cup Nuts

Choose any of the following that you have on hand or choose to skip the nuts entirely: Walnuts, almonds, pecans, sunflower seeds, pumpkin seeds, or peanuts.

*Pro tip: Try lightly toasting the nuts in the oven to make the nutty flavor more pronounced.

5 oz Cheese

Parmesan is usually the cheese of choice for pesto because of its salty rich flavor but other hard cheeses can work as well. If you want to make a dairy free pesto, feel free to leave the cheese out.

4 Garlic cloves

Who doesn’t like garlic?! Add fresh or roasted garlic to your taste. Remember the fresh garlic is going to give the pesto a sharp, slightly bitter taste, so you don’t want to overdo it especially if you are using a more bitter green.
1.5 cup Oil

Olive oil is the preferred oil, but if you have another oil on hand that is fine to use as well.

1 Citrus fruit zested and juiced

In my opinion every good pesto has a bit of citrus zest and juice. My favorite combination is adding orange with a little lemon juice.

1 tsp Salt

A small pinch of salt helps round out and draw out the flavors in the pesto. The cheese used in the pesto might be salty enough to balance the pesto, so make sure to taste the pesto before adding the salt.

Directions:

1. Toast the nuts on a rimmed baking sheet in a 350 degree oven just until lightly toasted. About 5 minutes. When finished pull the nuts out of the oven and let cool completely.

2. Prepare the greens if needed (roast the scallions in a 400 degree oven until slightly browned and blanch/shock any tougher greens.) Chopping the greens into smaller pieces can be very helpful.

3. Transfer nuts to a food processor, or blender (or a container and use an immersion blender). Pulse nuts with cheese and garlic until finely ground, about 1 minute.

4. Add in greens and 2 tablespoons of the oil. Blend slowly to make sure the green break down. Continue to add the rest of the oil slowly until it begins to incorporate. Blend until almost smooth, 1 minute.

5. Mix in citrus zest and juice. Taste and add salt if needed.

*Pro tip: To store pesto, pour into a container. Cover with plastic wrap and press it directly onto the surface of the pesto to prevent browning. Keep refrigerated.
### BALANCING FLAVORS

#### SOUR
Spice: Enhances sweetness.
Ingredients that are sour:
- Tomatoes
- Tomatillo paste
- Tamarind
- Sour cream
- Sour greens

#### SWEET
Spice: Enhances spiciness.
If you need to add sweet:
- Molasses
- Pancakes
- Applesauce
- Apple cider
- Ketchup
- Syrup
- Honey

#### Bitter
Spice: Enhances spiciness.
If you need to add bitter:
- Caramel greens
- Endives
- Arugula
- Radicchio
- Bitter melon

#### Salty:
Spice: Enhances spiciness.
If you need to add salty:
- Salsa verde
- Salsa
- Sea salt
- Kelp
- Herbs

### THE FLAVOR STAR

Common sense and tasting too much of one flavor can use a balancing flavor to achieve the perfect balance.

#### SALT BALANCES...
- Sweet
- Sour
- Spicy

#### BITTER BALANCES...
- Sweet
- Sour
- Spicy

#### SWEET BALANCES...
- Salt
- Sour
- Spicy

#### SOUR BALANCES...
- Salt
- Sweet
- Spicy

#### SPICY BALANCES...
- Salt
- Sweet
- Sour

Here's your guide to basic flavor profiles and how to balance and perfectly balanced flavorful culinary masterpieces.
BREADED OR UNBREADED CHICKEN SALAD WRAPS

This is a creative way to used extra donated breaded or regular chicken breasts.

3 chicken breast, cooked and diced
½ cup plain Greek Yogurt
¼ cup mayo
2 tsp Dijon mustard
2 apple, diced
1/3 cup raisins
2 green onions
4 stalks celery, diced
½ tsp pepper
Salt to taste
¼ cup nuts or seeds, toasted for garnish
6 butter lettuce leaves for serving chicken salad

Directions:

1. Mix Greek yogurt, mayo, and mustard together in a small bowl.
2. Combine chicken breast pieces, apples, raisins, green onions, and celery in a large bowl and mix in yogurt mixture.
3. Season with pepper and salt to taste. Serve by spooning chicken salad into lettuce leaves and topping with toasted nut or seeds as desired.

*Pro tip: if you think it needs something more try adding a few dashes of hot sauce or a squeeze of lemon.

Recipe inspired by Brightwater student project.
PESTO/PISTOU PASTA

1 pound orecchiette, penne, linguine, or spaghetti
1 TB Olive oil
1 large yellow onion, finely diced
1-2 tsp red pepper flakes
3 garlic cloves, minced
2 cups Everything Green Sause (see recipe)
¼ cup pasta water (or more as needed)
1 cup cooked/canned beans (any kind!)
½ cup Sprinkling Crumbs (see recipe below)

Directions:

1. Cook pasta in a large pot of boiling water until pasta is al dente. Once cooked, drain the pasta reserving at least a cup of pasta water.
2. Meanwhile, sweat the onions in oil in a medium pot. Add red pepper flakes and minced garlic and continue to cook.
3. Reduce the heat to low and add the green sauce/pesto, ¼ cup of the pasta water and the cooked beans. Stir together.
4. Add the drained pasta into the pot with the onion/green sauce mixture and mix thoroughly. Add more pasta water if the green sauce needs to be thinned out.
5. Top with toasted breadcrumbs and serve.
SPRINKING CRUMBS

1 lb day old country or sourdough bread, ground into pea-sized crumbs in a food processor

1 cup olive oil

Spices as desired (Italian seasoning is especially good)

Directions:

1. Preheat oven to 400F.
2. Toss the breadcrumbs with olive oil and spices.
3. Spread the breadcrumbs out in a single layer on a baking sheet.
4. Toast the breadcrumbs until they are golden, about 15-18 minutes.
5. Use to garnish salads, pasta dishes, or creamy soups.

Recipe modified from *Salt, Fat, Acid, Heat* cookbook by Samin Nosrat
CHICKEN, SWEET POTATO, AND THE KITCHEN SINK STEW

3 tsp Olive oil
1 ½ tsp cumin, ground
1 tsp oregano, dried
¼ tsp cinnamon, ground
1 ½ tsp onion powder
1 tsp smoked paprika
1 lb chicken breast, cooked and cubed
1 each sweet bell pepper, medium diced
1 cup spinach, large stems removed
1 lb sweet potatoes, peeled, medium dice
1 TB Tomato paste
1 can (15 oz) tomatoes, diced
4 cups chicken stock
1 tsp salt
1 can beans
1 cup frozen corn
½ cup cilantro, fresh, chopped

1. Heat up a large saucepot on medium-high heat. Once warm, add olive oil. Add spices to the pan and lightly toast the spices.
2. Add the bell pepper, spinach, and sweet potatoes and mix with the spices.
3. **Over medium heat, add the tomato paste and stir around with the other ingredient in the pot.**

4. **Next add the can of tomatoes and the chicken stock. Reduce to medium low heat, cover, and let simmer until potatoes are tender. Stir occasionally.**

5. **Once the potatoes are done (fork tender), stir in beans, corn, and chicken. Cook a few minutes more.**

6. **Pour into bowls and garnish with fresh cilantro sprigs and a squeeze of lime (if available).**

*Pro Tip: If you are using breaded chicken instead, warm and cube breaded chicken and add to stew at the very end when serving.*

Recipe modified from The Goldring Center for Culinary Medicine.
WINTER FRUIT SALAD WITH ZESTY DRESSING

2 large apple peeled and sliced
1 pear, sliced
2 large bananas, peeled and sliced
2 oranges, peeled and separated
1 Tablespoon Honey
3 Tablespoons Lime Juice
1 Tablespoon poppy seeds
1 Tablespoons fresh mint, chopped or dried mint

Directions:

1. In a large bowl combine fruit. Lightly toss.
2. In a small bowl whisk together honey, lime juice, poppy seeds, and mint. Drizzle over fruit and toss until coated. Serve.
Smoky and Spicy Roasted Cauliflower

Roasted veggies are always delicious, but there’s something magical that happens to cauliflower in the oven. It gets so crispy and nutty, and that flavor is brought out even more with the spices here. I’m happy to just eat a bowl of this for dinner, maybe with an egg on top.

1 head cauliflower, cut into small pieces
2 cloves garlic, unpeeled
1 tbsp butter, melted
1 tsp smoked paprika
1/2 tsp cayenne pepper
salt and pepper

Turn the oven to 400°F.

In a medium-sized roasting pan, arrange the cauliflower pieces and the unpeeled cloves of garlic. Pour the butter over the cauliflower and then sprinkle the spices over top. Use your hands to thoroughly coat the cauliflower with butter and spices.

Bake for 45 minutes to 1 hour, depending on how crispy you like the florets. Squeeze the roasted garlic throughout and trash the skins.

Recipe from Leanne Brown’s Eat Well On $4/Day Good and Cheap
BROCCOLI APPLE SALAD

Broccoli Apple Salad
FOR FOUR

Slice the stem of the broccoli into ½” discs. If you can’t get them that thin, don’t worry, but the thinner the better if you have the patience. Once you reach the crown of the broccoli, cut each of the florets off and slice each of them as thinly as you can as well. Set the broccoli in a bowl.

Halve and core the apples, then place the apples flat side down on your cutting board to make them easier to slice. Slice the apples into ⅛” pieces as well, then dump them into the same bowl.

Choose either of the dressing options and prepare it by simply mixing the ingredients together in a small bowl. Taste it and season with more salt and pepper to match your preferences.

Pour the dressing over the bowl of vegetables and mix it all together.

If you put a plate in the fridge for 10 minutes before serving the salad, it’ll stay crisp slightly longer. For the best presentation, pile the salad as high and tight as you can manage.

Recipe from Leanne Brown’s Eat Well On $4/Day Good and Cheap
WORKSHEET

1. *Fill the box with creative ways you could use the “Everything Green Sauce”:*
   - Pesto Pasta
   - Pesto Chicken sandwiches

2. *If you had leftover roasted cauliflower what are some ideas of how to repurpose the leftovers?*

3. *What other types of vegetables can you roast in a similar way to the cauliflower?*

4. *What are other ingredient you could substitute or add to the Chicken, Sweet Potato, and the Kitchen Sink Stew recipe?*

5. *What is another creative, but common ingredient you could add to the chicken salad recipe to switch it up?*

6. *If you do not want to add more salt to a dish, what other flavor can you add to enhance the salty flavor?*

TERMS AND TECHNIQUES REVIEW

Blanch and shock–

Nutrient Density –
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<td>Sprout Salad</td>
<td>1 cup sprouts, 1/2 cup cherry tomatoes, 1/4 cup red onion, 1/4 cup feta cheese, 1 tablespoon olive oil, 1/2 teaspoon salt, pepper to taste</td>
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<td>Chicken Stir-Fry</td>
<td>1 lb chicken breast, 1 cup diced bell peppers, 1 cup diced zucchini, 1/2 cup diced onion, 2 cloves garlic, 2 teaspoons ginger paste, 1 tablespoon soy sauce, 1 tablespoon rice vinegar, 1/4 cup chicken broth, 1/4 cup cornstarch, 1/4 cup water</td>
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<td>Beef Stroganoff</td>
<td>1 lb beef strips, 1 cup sliced mushrooms, 1 cup sliced onions, 2 cloves garlic, 1/2 cup sour cream, 1/2 cup beef broth, 1 teaspoon paprika, 1 teaspoon thyme, 1/2 teaspoon salt, pepper to taste</td>
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<td>Shrimp Pad Thai</td>
<td>1 lb shrimp, 1 cup rice noodles, 1/2 cup bean sprouts, 1/2 cup diced carrots, 1/2 cup sliced green onions, 2 cloves garlic, 2 tablespoons Fisher's Nut-Rich Roasted Almond Oil, 1/4 cup soy sauce, 1/4 cup fish sauce, 1/4 cup sugar, 1/4 cup peanuts, chopped</td>
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<td>Tuna Salad</td>
<td>1 lb canned tuna, 1/2 cup diced tomatoes, 1/2 cup diced cucumbers, 1/4 cup red onion, 1/4 cup red bell pepper, 1/4 cup feta cheese, 1 tablespoon lemon juice, 1/4 teaspoon dried oregano, 1/4 teaspoon salt, pepper to taste</td>
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**5 Sauces to Jazz Up Your Meals**

Maximize flavor with these easy sauce recipes:

- **Barbecue Sauce**: 1 cup ketchup, 1/4 cup molasses, 1/4 cup brown sugar, 1/4 cup vinegar, 1 tablespoon Dijon mustard, 1 clove garlic, minced, 1/2 teaspoon salt, 1/4 teaspoon black pepper
- **Pesto**: 2 cups fresh basil leaves, 1/4 cup grated Parmesan cheese, 1/4 cup pine nuts, 1/4 cup grated Romano cheese, 1/4 cup olive oil, 2 cloves garlic, minced, salt to taste
- **Greek Yogurt Dip**: 1 cup plain Greek yogurt, 2 tablespoons lemon juice, 1 tablespoon chopped fresh dill, 1/4 teaspoon salt, 1/4 teaspoon black pepper
- **Curry Sauce**: 1 cup coconut milk, 1/2 cup red curry paste, 1/4 cup fish sauce, 1/4 cup sugar, 1/4 cup water, 1/4 cup soy sauce, 1/2 teaspoon ground cumin, 1/2 teaspoon ground coriander
- **Sriracha Mayo**: 1/2 cup mayonnaise, 1 tablespoon Sriracha sauce, 1 clove garlic, minced, 1/4 teaspoon salt, 1/4 teaspoon black pepper

**Directions for 1 cup of sauce**

1. Heat the sauce over medium heat until it thickens slightly, stirring occasionally.
2. Serve warm with your favorite dishes.
To get more tips on how to cook a bigger meal, check out our website at Cooskarms.com.

**Produce**
- **HERBS**
  - 12 months
- **GARLIC**
  - 6-9 months
- **GREEN BEANS**
  - 9 months
- **CAULIFLOWERS**
  - 6-8 months
- **BROCCOLI**
  - 6 months
- **BEETROOTS**
  - 12 months
- **BANANAS**
  - 9 months
- **AVOCADOS**
  - 4 months
- **APPELES**
  - 12 months
- **YOUGURT**
  - 11 months
- **MILK**
  - 3-10 months
- **EGGS**
  - 6-9 months

**Dairy**
- **Cheese**
  - 6 months
- **Butter**
  - 6-9 months

**Freeze**
- **Thawed**
- **Use on**
- **Keep**

**Frozen Food Storage**

This guide has everything you need to know about how to properly store foods in your freezer.