

UHG EARTH DAY Playbook

SUSTAINABLE RECIPES FROM
EUREST CHEFS

STOP FOOD WASTE

Our culinary team shares their easy recipes that help reduce food waste by making the most of each ingredient.

PLANT-FORWARD RECIPES

Find delicious plant-forward recipes that can help reduce your carbon footprint

Welcome Friends!

Welcome to our first ever Earth Day Playbook! Earth Day is our chance to demonstrate our support for reducing our carbon footprint, and we know that the food we choose can make a significant impact on the environment.

Reducing the number of food scraps in our landfill and limiting our intake of animal proteins are actions we can all take to reduce our carbon footprint. In this playbook, you will find **Plant-Forward** recipes featuring plant powered proteins and recipes that help make the most of your ingredients to **Stop Food Waste**. Celebrate Earth Day by trying some of Eurest chef's delicious low waste and plant-forward recipes, and find out what tips we recommend to reduce your waste at home!



Table of Contents

- I. Low Food Waste Recipes
- II. Plant-Forward Snacks, Sides, & Entrees
- III. Tips for Reducing Waste at Home



**LOW FOOD
WASTE
RECIPES**

Sunflower Beet Green Pesto

INGREDIENTS - SERVES 6

2 1/2 cup beet greens
1/4 cup sunflower seeds, roasted and unsalted
2 garlic cloves
2 tbsp parmesan cheese, grated
1/8 tsp salt
1/8 tsp black pepper
1/4 cup basil, fresh
1/4 cup parsley, fresh
1/4 cup cilantro, fresh
2 tbsp olive oil, extra virgin

METHOD

In a food processor, combine beet greens, sunflower seeds, garlic, Parmesan cheese, basil, parsley and cilantro- including stems. Process on low speed, slowly adding the olive oil until the consistency is smooth and well blended. Add salt and pepper to taste.

Carrot Top Chimichurri

INGREDIENTS - SERVES 4

1 cup finely chopped carrot greens
2 tsp dried oregano
1/4 tsp cumin
1 tsp sweet paprika
1/2 tsp red pepper flakes
1 garlic clove, minced
1/2 tsp salt
Freshly ground pepper to taste
1/4 cup white wine vinegar
1/4 cup extra-virgin olive oil

METHOD

In a small bowl, combine the carrot greens, oregano, cumin, paprika, red pepper flakes, garlic, salt, and pepper. Stir in the vinegar and olive oil. Taste and adjust seasonings.

**To make this a full circle recipe, drizzle the chimichurri over the top of roasted carrots as a side dish!

Broccoli Stem Pasta

INGREDIENTS - SERVES 4

8 oz of whole wheat fusilli pasta

1 garlic clove

2 cups chopped kale including the stem

1 broccoli crown including the stem

2-3 tbsp olive oil

Juice of 1 lemon

2/3 cup peas, frozen

¼ cup parmesan cheese, plus
some for topping

½ cup toasted pine nuts

METHOD

Chop the kale and broccoli including their stems. In a pot of salted boiling water, add the pasta, then add the garlic, kale and broccoli contents. Cook the veggies for 3 minutes then transfer half the veggies, including the garlic, to a food processor or blender with peas, lemon juice, parmesan cheese, fresh herbs, salt and black pepper, blend until smooth. Add a splash of the pasta cooking liquid to make the sauce smoother.

Once the pasta is cooked, drain the pasta and remaining veggies. Combine the cooked pasta and veggies with the green sauce and toss to combine. Add some toasted pine nuts and parmesan cheese.

Homemade Toasted Breadcrumbs

INGREDIENTS - SERVES 4

2 slices of bread (use ends of loaf)
3 tbsp olive oil, divided
1 tsp garlic powder
1 tsp dried parsley
Salt and pepper to taste

METHOD

If bread is not already stale, preheat oven to 250F. Take 1 tbsp of olive oil and spread evenly across a sheet pan. Place slices of bread on sheet pan and cook for 30 minutes or until hard and golden brown. Remove from oven and let cool. Once cooled, place in a food processor until finely crumbled. Add 1 tbsp of olive oil in a pan over medium-high heat. Add breadcrumbs, cook, stirring, until golden and toasted. Stir in the garlic powder and parsley and cook for another 30 seconds. Remove from heat and transfer to a small bowl. Use to top pasta.

Save your scraps for homemade **VEGETABLE STOCK**

- 1 small parsnip, chopped
- 1 small rutabaga, chopped
- 2 large onions, chopped (or two cups of onion scraps)
- 1 stalk of celery, chopped
- 1 carrot, chopped
- 2 whole garlic cloves
- 2 bay leaves
- 1 tbsp whole peppercorns
- 1 sprig of thyme
- 2 sprigs of rosemary
- 1 bunch of parsley stems
- 2 tbsp olive oil
- 10 cups of water

METHOD

Place a large pot on the stove top over medium-high heat. Pour in 2 tbsp of olive oil with chopped vegetables. Let cook for 5-7 minutes. Then add in the rest of the ingredients. Bring to a boil and then simmer for 45 minutes. Once it is done cooking, pour contents over a strainer into a bowl. Discard or compost vegetable contents.

CHEF TIPS

- You don't need to have all three root vegetables, but having a small amount of at least one of them gives the stock a greater depth of flavor.
- Vegetable stocks may vary based on what you have on hand, but generally, they should have a ratio of 2:1:1 for onion, celery, and carrot, respectively.
- Other foods that can be added include fresh tomatoes, celery root, the white part of leeks or scallions, and mushrooms (dried or fresh).

Herb and Veggie Strata

INGREDIENTS- SERVES 4

4 Eggs
1/4 cup milk
1/4 cup chopped veggie scraps
2 tbsp leafy herbs (parsley, cilantro, oregano) including stems
1 cup cubed leftover bread
salt and pepper to taste

METHOD

Chop the veggie scraps and herbs into small pieces. Cut the bread into bite sized pieces and toast them on a baking sheet until golden brown. Whisk the eggs with the milk and salt and pepper until well combined. Arrange the bread in a small baking tray with the herbs and veggie scraps. Pour the egg mixture into the pan over the bread mixture. Place the pan in the oven and bake until the top of the frittata is cooked through (30-35 minutes).

Pomegranate Peel Tea

INGREDIENTS

3 pomegranate peels

METHOD

Separate the peel and rind from the fruit. Wash thoroughly. Dehydrate by a warm window for 2 to 3 days, or alternatively place in your oven at the lowest temperature for 2 to 3 hours, until the pomegranate peel is dried.

Transfer the peel to a high speed blender, and combine until a powder is formed. Store the powder in an air tight container in your pantry for up to one month.

To make pomegranate peel tea, add a coffee filter to a pour over coffee maker or tea kettle. Pour hot water over top and allow to steep for five minutes.

Enjoy immediately.



**PLANT-FORWARD
SIDES, SNACKS, &
ENTREES**

Beet Hummus

INGREDIENTS-SERVES 6

2 medium sized beets
5 oz beans, garbanzo, low sodium, canned and drained
1 tbsp paste, sesame tahini
1 large garlic clove
2 tsp of lemon juice
2 tsp olive oil
Salt and pepper to taste
1 tbsp water, cold
2 tsp parsley, chopped

METHOD

Preheat the oven to 350F degrees. Drizzle beets with olive oil, salt and pepper. Bake for 30-45 minutes or until tender.

Peel the beets while still warm and cut into cubes; puree in food processor until smooth. Add garbanzo beans, tahini, garlic, lemon juice, olive oil, salt and pepper; process until smooth. Add water to help with consistency as you blend, if needed. Transfer the dip to a serving bowl, drizzle with olive oil, salt and pepper. Garnish with chopped parsley.



Peanut Butter Oatmeal Smoothie

1 banana, frozen ripe
1 tbsp maple syrup
2 tbsp peanut butter
¼ cup rolled oats
½ tsp cinnamon
½ tsp vanilla extract
½ tbsp flaxseed, ground
½ cup oatmilk
Pinch of salt

METHOD

Using a high powered blender, combine all ingredients and blend on high until smooth consistency.

Creamy Green Tea Melon Smoothie

13 oz yogurt, plain fat free
1 green tea bag
3 oz of boiling water
¾ banana
⅓ cup honeydew melon
1 tsp gingerroot
1 tbsp honey
¾ cup crushed ice
¼ cup kiwi

METHOD

Let tea bag steep in boiling water for 5 minutes. Remove tea bag and let cool. Next, add all ingredients to a high powered blender, until smooth consistency

Avocado Date Smoothie

¼ avocado
½ banana, frozen
½ cup mixed berries
3 dates
¾ cup almond milk
½ cup vanilla Greek yogurt
½ cup spinach
1 tbsp chia seeds

METHOD

Using a high powered blender, combine all ingredients and blend on high until smooth consistency.

Pumpkin Seed Sunflower Chia Maple Granola Bar

INGREDIENTS- SERVES 10

2 3/4 cup oats, old fashioned, dry
1/2 cup pumpkin seeds
1/2 cup sunflower seeds
2 oz raisins, golden
1 1/4 oz cranberries, dried
1/4 cup maple syrup
1/4 cup brown sugar
1/4 tsp vanilla extract
3/4 tsp cinnamon, ground
1/4 salt
3 tbsp chia seeds

METHOD

Preheat oven to 350F. Place rolled oats on a pan and roast until toasted, about 15 minutes. Remove and place in a bowl. Place sunflower and pumpkin seeds on a separate pan and roast for 15-20 minutes until golden brown and fragrant. Remove from oven; chill and place in a food processor and pulse until coarsely chopped; place into bowl with the oats. Place dried fruits in a food processor until ground and sticky. Add to bowl with oat and seed mixture. Stir to combine evenly.

Place maple syrup and brown sugar into a pot and bring to a simmer, stir to melt the sugar and bring to a boil. Remove from heat and add vanilla extract and ground cinnamon. While still hot, pour into the bowl with oats and add salt and chia seeds. Stir until well combined, using a spatula. Lightly brush oil on 8x8 pan to prevent sticking and pour the granola mixture into the pan. Press firmly to smooth out and even the top. Using a piece of parchment paper in between your hands and the granola is helpful. When cooled, flip out the granola onto a cutting board and cut into squares.

Minted Feta and Peach Farro Salad

INGREDIENTS- SERVES 6

2 cups farro, cooked
2 1/2 oz. of peaches, sliced
1 1/2 tsp mint, chopped
1 tbsp feta cheese
1 oz onion, red, julienne sliced
3/4 tsp honey
1 1/2 tsp lime
2 tbsp balsamic vinaigrette dressing
salt and pepper to taste

METHOD

Prepare farro based on package instructions. Let cool. In a bowl or blender, combine honey, lime, and balsamic dressing until mixed. In a large bowl, mix together all ingredients.

Whole Wheat Couscous Curry Carrot Salad

INGREDIENTS-SERVES 4

12 oz whole wheat israeli couscous, cooked
3 tbsp curry vinaigrette
1/4 cup raisins, golden
1/2 cup carrots, grated
2 tbsp green onions, chopped
1/2 tsp cilantro
1/2 cup tomatoes, small diced

Curry Vinaigrette

2 tbsp white vinegar
1 tsp curry powder, spice
salt and pepper to taste
1 tsp honey
1/4 cup canola oil

METHOD

Prepare couscous according to package instructions. To make curry vinaigrette dressing, mix together all ingredients into a bowl. Next, toss couscous with raisins, carrots, tomatoes, onions, cilantro, and curry dressing. Can serve immediately or let marinate in the refrigerator for two hours.



Black Bean Beet Burger with Avocado Yogurt Sauce

INGREDIENTS- SERVES 8

1/2 cup onions, yellow
1 large beet (or 2 small) beets
1 tbsp olive oil, extra virgin
15 oz black beans, low sodium, canned and drained
1 egg
1 slice of bread
2 tsp paprika, smoked
1 tsp cumin, ground
1 tsp salt
1/2 tsp thyme, ground
8 hamburger buns, whole wheat

Avocado Yogurt Sauce

2 avocados
1/2 cup yogurt, plain, greek
1 tbsp lime juice
2 tbsp dijon mustard
2 tsp cilantro, fresh
1 tsp salt
1/2 tsp black pepper

METHOD

To make sauce, combine peeled avocado, yogurt, lime juice, dijon mustard, cilantro, salt and pepper in a blender and process until smooth. Next, toast bread until crispy, not burned. Allow to cool and pulse in food processor until crumbs are fine. Preheat oven to 375F. Wash beets and remove debris, place on large piece of aluminium foil and drizzle with oil. Fold oil and crimps sides closed. Bake for 20-25 minutes and cool. Peel beets and cut into quarters. Cut onions into quarters and place into food processor with beets and pulse until roughly chopped. Add the beans and pulse until mixture is sticky and well combined, but not over processed. There should be small visible chunks of beans and beets. Transfer beet mixture into bowl and add the egg, breadcrumbs, paprika, cumin, salt and thyme. Mix with spatula until well combined. Roll the mixture into 4 oz patties about 1/2" thick and place on a baking sheet. Bake for 15 minutes. Flip, and bake for an additional 5 minutes. Place on bun and top with avocado sauce.

BBQ Tostada, Sweet Jalapeno Zucchini Salsa over Mashed Avocado

INGREDIENTS-SERVES 5

10 corn tortillas
1 small zucchini, small diced
1 jalapeno, small diced
2 tsp lime juice
2 1/2 avocados
2 tbsp cilantro, chopped
2 1/2 tsp green onions, chopped
2 limes
1 1/4 cup carrot green top,
chopped

Pineapple Relish

2 cups pineapple, small diced
1/4 cup onions, red, small diced
1 serrano pepper, small diced
2 tbsp cilantro, fresh, chopped
1/4 tsp garlic cloves, minced
1 cup tomatoes, small diced
1 tsp low sodium soy sauce
1/2 tsp lime juice

BBQ Carrots

1 tsp lemon juice
2 tbsp barbecue sauce
1 lbs carrots
1 tbsp chili powder
1 tbsp garlic cloves
1 tsp canola oil
1/4 cup water

METHOD

To make pineapple relish, prepare all ingredients and toss together in a bowl. Set aside.

To make BBQ carrots, combine lemon juice and BBQ sauce in a bowl. Set aside. Cut carrots in half and then slice. Toss the carrots with oil, garlic, and chili powder. Place the carrots on a sheet tray and roast for 10 minutes in a 350F oven. Remove from oven and brush the BBQ sauce mixture over both sides of the carrots and cook until the BBQ sauce has thickened and caramelized, about 5-7 minutes. Remove from the oven and remove the carrots from the sheet tray. Deglaze the sheet tray with water and then place back in the oven for 3-5 minutes. Be sure to move the water around the tray with a spatula to combine spices and liquid.

Place the tortilla on a sheet tray and place into a 350F oven for 5-7 minutes until they are golden brown and stiff. Set aside to let cool. Combine zucchini, jalapenos, and pineapple relish. Mash avocado in a bowl with lime juice. Set aside. Divide the avocado mixture between the tostadas and spread evenly. Divide BBQ carrots and pineapple relish mixture evenly on tostadas and top with cilantro, green onions, and carrot greens.

Chocolate Avocado Chia Pudding

INGREDIENTS-SERVES 8

4 each avocado, fresh
2/3 cup syrup, maple 100% pure
2/3 cup cocoa, baking
2 tsp vanilla extract
2 tbsp chia seeds
4 tbsp olive oil, extra virgin

Optional Toppings:

pistachios, chopped
pomegranate arils
dark chocolate chips

METHOD

Combine all ingredients in a blender and blend until smooth, mixing as necessary. Divide pudding among 8 small cups and refrigerate at least 30 minutes before serving to allow chia to thicken. Garnish with your favorite toppings.

TIPS FOR REDUCING WASTE AT HOME

PLAN AHEAD

Plan your meals for the week before you go to the grocery store and stick to your list. When making your list, try looking through your refrigerator and pantry to plan meals around the foods that you already have, specifically foods that are close to their expiration dates. If you notice you have plenty of leftovers, schedule a "Leftover Night" as one of your meals for dinner that week and account for it when making your grocery list. You could save money and reduce your waste!

STORING YOUR FOOD

Know where to store your produce in the fridge to help it last longer. Some fruit should be in low humidity while others need to be in high humidity. Certain fruits like bananas produce ethylene, which makes other produce around it ripen faster. Proper storage will help make your food last longer. You can also utilize your freezer more often. For example, leftover fresh herbs can be divided into an ice cube tray with a little olive oil and water and stored in the freezer. When you're ready to use, simply pop out of the tray and add to your dish when sautéing. To get all the details, visit [Preventing Wasted Food At Home | US EPA](#).

COMPOST AT HOME

Put your scraps to work with an at-home-compost! Composting turns organic materials like vegetable scraps and dry leaves into valuable, nutrient-rich soil for an at home garden. There are four important things you need: **carbon-rich materials** like twigs or shredded cardboard, **nitrogen-rich materials** like coffee grounds and food scraps, **water**, and **oxygen**. Having the right balance of materials and knowing how to maintain your compost is important before you get started. Go to [Composting At Home | US EPA](#) to get more information!