








SIX FREQUENTLY WASTED FOODS

and Easy Ways to Eat Them Up

CARROT AND RADISH TOPS




 <p>Minceed Tops</p> <p>Equals</p>  <p>Parsley Substitute</p>	 <p>Minceed Tops + Grated Parmesan + Nuts + Garlic + Oil</p> <p>Puréed</p>  <p>Pesto</p>	 <p>Minceed Tops + Lemon Zest + Minced Garlic + Salt</p> <p>Combined</p>  <p>Cremolata, a Garnish for Savory Dishes</p>
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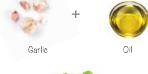




SURPLUS MILK




 <p>Milk + Berries + Ice</p> <p>Blended</p>  <p>Smoothie</p>	 <p>Milk + Yogurt</p> <p>Gentle Heat + Time</p>  <p>Mozzarella</p>	 <p>Milk + Lemon Juice</p> <p>Boiled + Strained</p>  <p>Cheese</p>
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BEET AND TURNIP GREENS




 <p>Beet and Turnip Greens</p> <p>Equals</p>  <p>Swiss Chard Substitute</p>	 <p>Garlic + Oil</p> <p>Sautéed</p>  <p>Beet and Turnip Greens</p> <p>Sautéed</p>  <p>Pasta Topping</p>	 <p>Beet and Turnip Greens + Onions + Eggs + Cooked Potatoes</p> <p>Sautéed</p> <p>Baked</p>  <p>Frittata</p>
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CELERY LEAVES




 <p>Celery Leaves</p> <p>Equals</p>  <p>Aromatic Herb</p>	 <p>Celery Leaves + Potatoes + Stock</p> <p>Simmered + Puréed</p>  <p>Soup</p>	 <p>Celery Leaves + White Beans + Chopped Tomatoes + Olive Oil</p> <p>Combined</p>  <p>Creative Topping</p>
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STALE BREAD



 <p>Stale Bread</p> <p>Moisture + Heat</p>  <p>Fresh Bread</p>	 <p>Sliced Stale Bread + Olive Oil</p> <p>Broiled</p>  <p>Croutons or Cracker Substitute</p>	 <p>Eggs + Milk + Stale Bread, Cubed + Cheese + Lettuce</p> <p>Whisked</p> <p>Baked</p>  <p>Syrata for a Mind-Blowing Brunch</p>
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STEMS FROM LEAFY GREENS



 <p>Stems, Chopped</p> <p>Extra Cooking Time</p>  <p>Perfect Addition to Any Leafy Greens Recipe</p>	 <p>Stems, Chopped + Vinegar Brine</p> <p>Combined & Chilled</p>  <p>Fridge Pickle</p>	 <p>Stems, Chopped + Potatoes + Bechamel</p> <p>Baked</p>  <p>Gratin</p>
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