Cook With Trimmings or Scraps
Quit Throwing Away Your Vegetable Trimmings: Tips on how to reduce food waste!

When preparing meals, we often discard parts of fruits and vegetables that we perceive to be inedible. In reality, many of the food items that are wasted contain key vitamins and minerals essential to maintaining optimal health. By throwing these trimmings away, we are not only wasting our money, but are also limiting the health benefits we can get from fruits and vegetables.

Instead of discarding these stalks, leaves, or peels, how about turning them into something delicious? Here are some tips and recipes to help you utilize some “undesirable” food scraps to create a healthy and tasty meal.

Edible Foods Often Wasted:

- **Broccoli Stalks** are often overlooked because of their tough outer skin. However, broccoli stalks are not only low in calories and fats, but they are rich in Vitamin C which promotes a healthy immune system. Simply peel the woody layer off the stalk with a vegetable peeler and dice up the remaining stalk to add to a stir-fry or a fresh salad!

- **Potato peels** are often discarded, but did you know the skins of potatoes contain up to 20% of its key nutrients? Potatoes are rich in potassium, which is essential for healthy heart rhythms, so don’t throw that heart healthy goodness in the trash. Try baking a potato with the skin on and serve with fresh salsa for a heart healthy dish! _However, be careful not to use the peels if they are green as they can be poisonous._

- **Beet greens** from fresh beets are rarely used, but one half cup of cooked greens contains 30% of the daily recommended dose of vitamin C. They are also a good source of vitamin A which is essential for eyesight. Try sautéing these nutrient dense greens with olive oil and garlic for a tasty side dish.
LOVE TO GARDEN? START A COMPOST PILE WITH FOOD SCRAPS!

Composting not only helps to reduce food waste, but can support the growth of your garden by providing it with essential nutrients. Every compost pile requires 3 essential ingredients:

- **Browns:** includes dead leaves, branches, and twigs that provide carbon to the compost pile.
- **Greens:** includes fruit and vegetable waste, grass, and coffee grounds which provide nitrogen to the compost pile.
- **Water:** provides the medium for microorganisms to move and do their job of breaking down the materials.

To begin your compost pile, follow these simple steps:

- Select a dry spot in your yard.
- Add equal parts brown and green materials, cutting large pieces.
- Moisten dry materials as they are added.
- Continue adding green waste over time, making sure to moisten and mix thoroughly each time.
- Cover the compost pile with a tarp to maintain moisture.
- Stir and aerate compost pile periodically to promote decomposition.
- When the compost turns a deep, rich color, it is ready to use - this can take anywhere from 2 months to 2 years, depending on the size of your compost pile.

TIPS AND TRICKS TO COMPOSTING!

- **Food scraps from fruits and vegetables can be added to your compost pile.**
- **Animal products should be avoided in compost piles as they can attract undesirable pests.**
- **Water your compost pile frequently to ensure it does not dry out. Compost should remain moist, but not be over-watered.**
- **Nitrogen promotes growth of microbes that break down compost. Keep these little guys happy by adding green materials from food scraps and lawn clippings.**
- **Make sure large items such as branches or twigs are shredded before adding them to compost.**
- **Coffee grinds are a great addition to your compost pile!**
**Fresh Broccoli Stalk Salad**

Save up your broccoli stalks, then try this fresh salad for a simple and nutritious dish!

**Ingredients:**
- 4 cups shredded broccoli stalks (stalks from 3 to 4 heads of broccoli)
- 1 tablespoon white wine vinegar
- 1 tablespoon fresh lemon zest
- 1 tablespoon lemon juice from a freshly squeezed lemon
- 2 teaspoons Dijon mustard
- 1 teaspoon salt
- A pinch of pepper
- 1/4 cup olive oil
- 1/4 cup toasted almonds
- 1 pint of cherry tomatoes, cut in half
- 2 tablespoons fresh chopped basil

**Directions:**
1. Peel the woody layer of the broccoli stalks with a vegetable peeler; discard.
2. Grate or shred the broccoli stalks with a cheese grater into a bowl and set aside.
3. Make the dressing by combining the white wine vinegar, lemon zest, lemon juice, Dijon mustard, salt, and pepper into a bowl.
4. Slowly drizzle the olive oil into the white wine vinegar mixture while whisking to create an emulsion.
5. Toss dressing with broccoli, toasted almonds, cherry tomatoes, and fresh chopped basil.
6. Serve salad chilled and enjoy!

**Nutritional Information/ Amount per serving:**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>109</td>
</tr>
<tr>
<td>Protein</td>
<td>2.5 g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>9 g</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>5 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>340 mg</td>
</tr>
</tbody>
</table>

Serving Size: 1/2 cup  Number of Servings: 8

Modified from Foodnetwork.com
Summer Vegetables - Alumni Association Classes
Join us for tips on selecting, preparing and serving in-season summer veggies; the we'll all cook and eat a few amazing dishes together. Contact Katie Bennett: katie.bennett@colostate.edu
May 20: Summer Vegetables seminar & cooking class
5:30-7 PM

Healthy You
Learn to be more mindful about your eating and lifestyle!
Join our successful 6-week program for nutrition insights; shopping, planning and cooking tips; goal setting; portion guidelines; and more.
Session 1: Wednesdays May 27 to July 1
Session 2: Wednesdays July 8 to August 12
• Times: 6 - 7:30 pm
• Cost: $100 class (discounts for CSU students and employees!)

Tele-coaching
Get one-on-one nutrition coaching with our registered dietitians without leaving your house. Same rate as individual coaching here: http://www.nutritioncenter.colostate.edu/programs-services/nutrition-counseling.aspx

Resting Metabolic Rate
State of the art equipment determines your basic calorie needs in a 30-minute appointment, and we provide recommendations based on your activity or weight goals.
• Cost: $100 ($50 for CSU students and employees).

“I feel great about knowing how to make good food choices now! My cravings for junk food disappeared! I learned to make small steady changes in eating and exercise habits.”

What past participants said about Health You: