

Caring for Creation

Recipes for a Warming Planet

These recipes come from NOVA members, friends and a variety of other sources. They include many vegetarian and pescatarian recipes to encourage going meatless to help our warming planet. Most do not require rigid adherence to measurements or even ingredients. We can all experiment and use leftovers to reduce food waste. I have used plant-based ground and found it an excellent replacement for ground beef in chili, spaghetti sauce and many other recipes. This collection of recipes grows from deep concern for our endangered earth. –Carolyn Miller

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1. SOUPS

All you need for a good soup is stock, or a can of soup, such as basil tomato, some chopped vegetables, including onions and garlic. You can add rice, quinoa, Farro, lentils, potatoes, creamed corn or pasta to thicken it up. Use fish stock for seafood chowders, vegetable and/or chicken stock for the rest. Be creative! Here are some suggestions. Give it an Italian accent with some marinara sauce and Italian seasonings, an Asian accent with soy sauce, sesame paste, garlic and brown sugar, or a Mexican accent with a dash of salsa. Top a hearty bowl of soup with a sprinkle of parmesan or cheddar.

Spinach Lentil Soup

1 lb. lentils, washed
10 C. vegetable or chicken broth or stock
2 T Olive oil
1 T Butter
1 large onion, diced
4 garlic cloves, minced
2 stalks of celery, finely chopped
2 lbs. fresh spinach, chopped (can also use 2 pkgs frozen chopped spinach, unthawed)
¾ C. fresh lemon juice
2 15 oz. cans stewed or diced tomatoes
2 cans condensed tomato soup
Salt and ground pepper to taste

Combine lentils and broth in a large kettle. Simmer 3 hours over very low heat.
Heat oil and butter in medium sized skillet. Add onion, garlic and celery. Sauté until tender. Add to cooked lentils when they're done. Add spinach, lemon juice, tomatoes, tomato soup, salt and pepper.

Cook over very low heat for 30 minutes or until flavors are blended.
Serves 8-10 It's even better the next day.

Creamy Spinach Soup with Goat Cheese

2 T olive oil
1 medium onion chopped
1 small potato peeled & diced
3 cups chicken or vegetable broth
1.2 tsp salt 1/4 t. pepper
8 oz. spinach
1 cup milk
3 oz. goat cheese
2 T plain yoghurt

Cook onions in oil until soft; add potato, broth and s & p. Cook over medium heat about 10 minutes; add spinach. If using fresh, cook until wilted, 1-2 minutes. Blend or beat until smooth, add milk and goat cheese, cook until cheese is melted but do not boil, stir in yoghurt.

Cheesy Cauliflower Soup

1 large onion, diced and softened in 2 T. olive oil
4 cups cauliflower florets or 2 cups riced cauliflower
2 cups chicken or vegetable broth
1/2 ts. salt and 1/4 t. pepper
3 T butter
3 T flour
2 cups milk
1/2 cup dark beer
1 tsp fresh thyme or 1/2 t dried thyme
1 T Worcestershire sauce
1 t dried mustard
2 cups grated cheese, preferably sharp cheddar

Cook onion in olive oil until soft browned, about 10 minutes; add cauliflower and broth and cook until soft and fork tender (if using florets). While this is cooking, melt butter until foaming and sprinkle flour over it, whisking until smooth. Reduce heat and continue to cook until golden. Add warmed milk, and beer and other ingredients. Stir and heat until silky cheese surrounds the cauliflower, 3-4 minutes. Makes 3 quarts. Cooled soup can be stored in the frig for up to 3 days.

Mexican Vegetable Soup

1 can black beans
1 can tomato basil soup
1 can corn kernels; can also use creamed corn
½ cup salsa, medium hot
5 cups vegetable, including any leftovers, chopped Celery, onion, tomatoes, carrots, cabbage, green beans, spinach, potato, sweet potato, etc.
½ cup brown rice or quinoa or Farro or dried lentils
Add chicken or vegetable broth to desired consistency
Optional: Add plant-based ground meat or chopped chicken or pork

Cook in crock pot for several hours, or simmer on the stove until vegetables are tender. Note that liquid will increase as vegetables cook down. If soup is too thin, add more rice. Add spices and more or less salsa to suit your taste. Sprinkle with grated yellow cheese and crushed taco chips. This is a leftover special. Options: Plant-based ground meat can be added for more protein.

Butternut Squash Soup

2 T oil or butter
1 medium onion chopped
1 butternut squash, peeled, seeded and cubed
Optional: cubed carrot, sweet potato, or apple)
2 cups water or vegetable stock, or unsweetened coconut milk
½ tsp marjoram leaves
¼ tsp pepper (optional: dash of cayenne pepper)
½ quarter lb. of cream cheese, chunked

Melt oil or butter over medium heat and cook onion. Mix cooked onion and other ingredients (except cheese) in a slow cooker, cover and cook on low heat for 6-8 hours or until tender. Use a blender, or food processor (half the mixture at a time) to blend and puree, return to slow cooker, add cream cheese, and heat until cheese is melted and serve.

Tomato Coconut Cod Chowder

2 T olive oil
1 medium onion diced
1 serrano pepper, seeded and minced (optional)
2 cups chopped tomatoes
1 cup canned light unsweetened coconut milk
1 lb. cod fillets cut into chunks
Salt & pepper to taste
1 lime cut into wedges (optional)

Sauté onion in olive oil in a deep pan until soft. Stir in serrano, tomatoes, and coconut milk. Add fish and reduce heat to low. Simmer gently until fish is cooked through, 3-5 minutes. Serve with lime wedges.

Salmon Chowder

½ stick of butter
1 leek or small onion, chopped
5 cups fish stock
Several small potatoes and carrots cubes
1 lb. salmon chunked
1 cup cream
1 cup fresh or dried dill
Salt & pepper to taste

Cook leek or onion until soft, add stock and veggies. Cook about 10 minutes. Turn heat down, add salmon, cream and salt and pepper, heat to just below boiling but do not boil. Garnish with dill and serve.

Seafood Chowder

1 lb. shrimp (save cooking water)
1 can clams & juice (optional)
½ lb. tilapia, chunked
1 medium onion, chopped
1 red or green sweet pepper, chopped
1 can corn drained or use creamed corn
1-2 cans cream of shrimp soup, undiluted
4 -5 new potatoes, chunked
Old bay seasoning, salt and pepper to taste
(Flour, butter and milk to make about a cup of white sauce if needed to thicken chowder)

Cook onion and pepper in oil, add some of shrimp water and cook potatoes until soft. Add soup, corn and tilapia, cook over medium heat until tilapia is done, about 5 minutes. Add shrimp and clams and seasoning. Add shrimp water until desired consistency is reached, or white sauce if needed to thicken.

Shrimp and Feta Stew

¼ cup olive oil
1 14 lb. shrimp, peeled and deveined
1 sweet onion, chopped
2 cloves garlic, minced
¼ lb. feta cheese cut into small cubes
1 14 oz. can chopped tomatoes, or fresh tomatoes
½ cup white wine
½ T oregano
½ tsp pepper
4 T. chopped fresh flat leaf parsley

Heat oil in large saucepan. Add onion. Cook and stir over low heat until translucent, about 5 minutes. Add garlic and cook 1 minute longer. Raise heat and add the tomatoes w/liquid, wine, oregano and salt. Bring to boil and cook over moderate heat, partially covered. Stir occasionally until thickened, about 30 minutes. Add shrimp and pepper and simmer covered until the shrimp are just done - about 2-3 minutes. (Add water to just barely cover shrimp.) Stir in feta cubes. Remove from heat and top with parsley. Serve in bowls or over rice.

2. FRITTATA, QUICHE OR WHATEVER

With some eggs and cheese and a baking dish or fry pan, you can make any combination of hearty and nutritious main dishes. Beat 3-5 eggs, add some milk and any type of cheese, including ricotta, feta, cottage, cheddar, etc. Mix in chopped vegetables. If you have small amounts of meat or fish (don't add BOTH meat and fish), or carb leftovers, throw those in too. Plant-based ground can be added to many of these recipes. If the vegetables are fresh and still hold some liquid, reduce the amount of milk as they will release liquid. Bake until center has risen and looks done. (Yeah, I'm a lazy cook, and not obsessive about measuring.)

If you have left over mashed potatoes, spread them in the bottom of an oiled casserole, bake for 20 minutes to crisp them, pour the egg/cheese/vegetable mixture on top of the potatoes, continue baking for another 30 minutes, and serve.

Vegetable Frittata

5 or 6 eggs

½ cup milk, can also add a dollop of sour cream

½ medium onion, chopped

1-2 cups chopped vegetables: sweet peppers, spinach, broccoli, green beans, etc.

If using fresh spinach, can use half package, or up to 1 ½ cups thawed frozen spinach but squeeze liquid out of thawed spinach

2 or more cups of grated or chopped cheese, any kind; or a mixture of whatever you have -- cheddar, goat, pepper, provolone, cottage, ricotta, etc.

Salt & pepper to taste (you won't need much salt)

Spray bottom of large rectangular pan with oil, spread lightly with bread crumbs.

Pour mixture gently into pan, top with slices of tomato or cherry tomatoes halved

Sprinkle with ½ cup of Parmesan cheese. Bake at 350 for about an hour, or until browned and solid in the middle. The bread crumbs will keep it from sticking to the pan (Another leftover special)

Quinoa Burgers

2 rounded cups cooked quinoa
¾ cup shredded cheddar or other cheese
½ cup low-fat cottage cheese
One medium carrot or zucchini, finely grated (squeezed dry)
3 eggs
3 tablespoons all-purpose flour
2 green onions, including white parts
½ teaspoon Splenda or sugar
¼ teaspoon black pepper
¼ teaspoon ground cumin
1/8 teaspoon salt
1/8 teaspoon garlic powder
Olive oil

In a medium saucepan bring the 2 cups water and 1/2 teaspoon salt to a boil over high heat. Add quinoa and reduce heat to low. Cover and cook/or 18-20 minutes, or until all water is absorbed and the seeds are tender. Allow to cool. Combine the cooked quinoa, cheddar cheese, cottage cheese, vegetables, eggs, flour, green onions, Splenda, pepper, cumin, salt, and garlic powder. Heat a frying pan and a couple teaspoons olive oil over medium-low heat. Mixture will be slightly sticky, so using a 1/4 cup measuring cup, drop mixture into pan and lightly flatten to 1/2 inch thick. Cook slowly to allow them to set up before turning. Fry until golden-brown, about 4 minutes on each side. Makes approx. 10 burgers.

Roasted Sweet Potatoes with Peanut Sauce

3 medium sweet potatoes, peeled and cut into 1" chunks
1 small red onion finely chopped
1 – 2 T olive oil
2/3 cup peanut sauce (see recipe under Baked Salmon recipe)
Toss sweet potatoes with oil, spread on a large roasting pan, and roast at 450 for about 30 minutes until browned and cooked through. Toss with peanut sauce, garnish with sweet red onion and serve.

Upside-down Samosas

1 ½ pounds cooked potatoes, skinned
2 T butter
1 ½ tsp coriander seeds
½ tsp cumin seed
½ cup diced onion
2 tsp minced ginger
1 minced garlic clove
1 cup frozen or diced fresh mixed vegetables
¼ cup flour
¾ tsp gram masala (optional)
Salt & pepper to taste
1 egg, beaten (optional)
Oil for frying

Mash potatoes until chunky, sauté spices, onion and garlic in butter, mix with vegetables, potatoes, add beaten egg, form into balls, roll in flour and brown in hot oil, turning carefully to brown both sides. Serve with chutney or fruit salsa on the side.

Curried Cauliflower

1 onion, chopped
2 cloves garlic, minced
2 T oil
1 T curry powder
1 1/2 tsp. cinnamon
1 cup water
1 head of cauliflower, broken into pieces
1 16 oz. can chopped tomatoes, drain but save liquid in case you need it
1 cup raisins or dried cranberries
3-4 cups cooked brown rice

Sauté onion and garlic in oil, stir in spices and water, bring to a low boil and add cauliflower. Simmer for 15 minutes, add tomatoes and raisins, and simmer another 10 minutes, add liquid if needed. Serve over rice.

Crustless Artichoke Quiche

- 2 14 oz. jars of marinated artichoke hearts
- 1 small chopped onion
- 1 mashed garlic clove
- 4 or 5 eggs, beaten
- ½ cup parmesan cheese
- ½ cup bread crumbs
- ½ lb. shredded cheddar cheese
- 2 4 oz. cans chopped jalapeno peppers
- ½ cup milk
- 2 ts chopped parsley and chopped oregano

Use liquid from one jar of artichokes to sauté onion, garlic, artichokes. Beat eggs, bread crumbs and seasons. Mix together and add cheeses. Oil a 7x11-inch baking dish and sprinkle lightly with bread crumbs. Bake for 35 – 45 minutes at 325.

Spinach/Tomato Frittata

- 2 16 oz. pkgs frozen spinach
- 2 lb. ricotta cheese (or cottage cheese, or any shredded cheese)
- 4 eggs, beaten
- 1 cup sour cream (optional)
- 6-10 cherry tomatoes, sliced in half
- parmesan cheese and bread crumbs

Sprinkle bottom of large, oiled baking dish (13x9x2) lightly with bread crumbs to avoid sticking. Add first four ingredients to large bowl and mix well. Pour gently into pan, top with tomatoes and parmesan cheese. Bake at 350 for 45 minutes. (Can use any kind of grated cheese in place of some of the ricotta including cottage cheese and cream cheese and can leave out the sour cream or use yoghurt. Very forgiving recipe, experiment with amounts and seasonings-- paprika, nutmeg, basil, Worcestershire sauce, salt and pepper to taste)

Black-Eyed Peas with Mushrooms

- 1 28 oz. can crushed tomatoes
- 1 14 oz. can black-eyed peas
- 12 ounces button or cremini mushrooms, sliced
- 1 ts. cumin seeds
- 2 ts. finely chopped garlic
- 1 ts. finely chopped ginger
- 1 ts. chili powder
- 1 ts. ground turmeric
- 1 ts, garam masala (or substitute $\frac{3}{4}$ ts. ground cumin, $\frac{1}{8}$ ts. allspice)
- Olive or canola oil

Heat oil in large skillet, add cumin seeds, cook until they darken, add garlic and ginger and cook for a few second, stir in the rest of the seasonings and add tomatoes, black-eyed peas, mushrooms and salt to taste. Bring to a boil, reduce heat and simmer for 5 minutes. Add a couple of tablespoons of water, if too thick, or crush some of the peas to thicken. Can refrigerate for up to a week, or freeze. Approximately 4 servings.

Impossible Broccoli Pie

- 1 10 oz. package of frozen or fresh chopped broccoli, thaw if frozen
- 1 cup grated or shredded cheddar cheese
- 3 eggs
- $\frac{3}{4}$ cup Bisquick
- 1 $\frac{1}{2}$ cups milk

Spread broccoli in bottom of buttered or oiled pan, spread cheese over broccoli. Mix eggs, milk and Bisquick in blender or with whisk and pour over broccoli mixture. Bake at 350 for 45 minutes. Option: add a cup of chopped or shredded chicken on top of broccoli.

3. SEAFOOD

Seafood cooks fast. Get the sauce or soup ready and add the seafood to cook quickly just before serving.

Fast Easy Fish or Shrimp in Butter Sauce

5 -6 oz. white fish or raw shelled shrimp
¼ cup all-purpose flour
1 T olive or canola oil and 4 T butter
2 tsp Lemon juice
¼ cup white wine
1 T chopped parsley and salt & pepper to taste
¼ - ½ cup sliced almonds

Pat fish or shrimp dry, season with salt and pepper and dust with flour. Heat large sauté pan over medium heat add oil and melt butter. Add fish before butter turns brown. Let cook for 2-3 minutes, or until shrimp just begin to turn pink. Gently lift and turn fish, or flip shrimp, and cook on the other side just until done. Remove to a warm platter. Add more butter to create a sauce, add lemon juice, wine, simmer until sauce thickens. Pour over fish or shrimp, garnish with parsley and almonds and serve.

Baked Cod or Haddock

2 lbs. fish
1 cup mayonnaise
2 T Dijon mustard
Dill or tarragon, fresh or dried
½ - 1 lb. crab meat
Buttered bread crumbs

Spray oil or butter a rectangular pan. Dry fish and spread with mayonnaise and mustard sauce, top with crab meat, sprinkle with bread crumbs. Bake at 425 for about 10 – 15 minutes.

Baked Salmon

Bake salmon skin-side down on an ungreased pan or aluminum foil so fish will be easy to remove from skin. Bake at 375 for 14 – 18 minutes until just barely done. Serve with one of the following sauces.

Maple orange garlic sauce

1/3 cup of orange marmalade, 1/3 cup maple syrup, 2 crushed garlic cloves. Combine and pour over salmon and marinate for at least 30 minutes. Bake.

Mustard lime sauce

1 cup sour cream, 6 T Dijon mustard, 4 tsp Lime juice, 4 tsp Honey, minced basil or dill.

Spicy Mayo/Balcho sauce

¼ cup mayo, 2 T ketchup, 2 tsp Dijon mustard, 1 tsp Lemon juice, ½ tsp Horseradish, 6 drops of Tabasco, ½ tsp Worcestershire sauce

Peanut sauce

½ peanut butter, ¼ cup soy sauce, 6 T dark sesame oil, 1 T minced garlic, 2 T brown sugar, hot pepper flakes (optional). Heat over low heat in a small pan until peanut butter melts and the sauce is blended. Fish can be marinated in this, and it can be served with the cooked fish.

Simple rub for salmon: 2 T brown sugar, 1 T chili powder, rub on fish and bake.

Baked Fish Filets

1 lb. rock fish, blue fish, cod or tilapia

2 cups creamy French dressing

¼ stick butter

½ cup white wine

1/3 cup lemon juice

1 garlic clove, minced

Chopped green onions or chives

¼ tsp rosemary, 1 T parsley

Melt butter, add wine, lemon juice and bring to a boil. Add garlic, rosemary, parsley and onion and dressing. Marinate fish if desired and baste while cooking. Either cook in pan until just done, or roast for about 15 minutes in 350 oven.

Salmon- or Tuna-Stuffed Potatoes

- 1 can (7 1/2 oz.) of salmon or tuna
- 4 baking potatoes
- 1 cup shredded Monterey Jack cheese
- ¼ cup milk
- 1 egg, beaten
- 2 T minced green onion
- 2 T diced green chilies
- Salt & pepper to taste

Pierce potato skins and cook in microwave on high for about 20 minutes. Cut slice off top of each potato and scoop out inside, leaving shell. Drain and flake fish. Blend potato pulp with ½ cheese, fish and other ingredients. Spoon mixture into potato shells. Microwave on high 4-5 minutes, sprinkle with remaining cheese, and microwave 45 seconds or until cheese is melted.

Cauliflower Rice with Shrimp

- 1 12 oz. package of frozen cauliflower rice
- ½ lb. raw, peeled shrimp
- ¼ cup parmesan cheese
- 3 T. olive oil
- 3 cloves of finely chopped garlic
- 1 ½ cups of vegetable broth or stock
- ¼ cup chopped chives, salt & pepper to taste

Heat olive oil in large skillet, add garlic and shrimp and cook shrimp 2 minutes on each side, season with salt and pepper and remove from pan. Add frozen cauliflower and broth to pan and boil gently until cauliflower is softened and liquid has evaporated. Stir in cheese, add shrimp and ¼ cup chopped chives. Serve with lemon wedges.

4. PASTAS AND PILAF

With the right sauce you can come up with an amazing array of delicious main course pasta, rice, quinoa, farro, and potato dishes. Here are some suggestions.

Linguine, Summer Vegetables and Goat Cheese

- ¾ lb linguine
- ½ cup chopped walnuts
- 3 T olive oil
- 2 cups fresh or canned corn
- 2 cloves garlic, sliced
- salt & black pepper to taste
- 2 pints cherry or grape tomatoes, halved
- 2 small zucchini (about 1 pound), chopped or cut into thin ribbons with a vegetable peeler
- 2 T fresh or dried oregano
- 4 oz. goat cheese, crumbled

Cook the pasta according to the package directions. Reserve ¾ cup of the cooking water; drain the pasta and return it to the pot. Heat oven to 350; toss walnuts with oil and toast walnuts, 8 to 10 minutes. Heat the oil in a large skillet over medium heat. Add the cooked corn, tomatoes, zucchini, and ½ cup of the cooking water to the pot with the pasta. Cook over medium heat, gently tossing, until the liquid is slightly thickened and coats the pasta~2 to 3 minutes (adding more cooking water as needed to loosen the sauce). Serve sprinkled with the oregano, walnuts, and goat cheese.

Fettuccine with Tuna

- 1 7 oz. can tuna packed in oil
- ½ tsp Chopped garlic
- 2 T chopped parsley or other herb
- 1 egg, lightly beaten
- 3 T butter softened
- 2/3 cup cream
- ½ cup grated Parmesan
- 1 lb. box of pasta

Drain tuna and place in bowl with garlic, parsley, egg, butter, cream, grated cheese and salt and pepper to taste. Mix well. Cook pasta as directed until done but firm. Drain and toss immediately and serve with additional grated cheese on the side.

Main-Dish Pilaf

- 1 T olive or canola oil
- 3 T butter
- 2 medium onion, thinly sliced or chopped
- 2 t dried thyme
- 1 lb. mushrooms, chopped
- 1 ½ cups wheat berries, quinoa, rice or Farro, washed and drained
- 2 ½ cups water
- Salt & pepper to taste
- 3 T chopped fresh mint or tarragon

Add oil and butter to heavy pot over medium heat and cook onions until translucent. Add mushrooms and thyme and cook, stirring occasionally. Add grain and stir, then add water, and bring to a slow boil, cook for 3 minutes, lower temp and simmer for 30 minutes or until grains are tender. The finished pan should be a little soupy. Add s & p and other herbs. Can serve hot or warm, yoghurt on the side, with salads or cooked vegetables. (You could experiment using quinoa, brown rice, or pasta instead of the other grains)

Pasta with Pecorino and Pistachios

2 cups lightly packed basil leaves (or can use spinach, parsley or arugula)
1/3 cup olive oil
¼ cup pitted kalamata olives, drained & halved
1 crushed clove of garlic
8 oz. pasta
2 cups snap peas, asparagus, peas, broccoli florets (or any green vegetable)
¾ cup grated pecorino, parmesan or any hard cheese
½ cup chopped pistachios 1 tsp. grated lemon zest

Pulse basil, garlic and oil in food processor to make pesto. Cook pasta until nearly done. Add roughly chopped vegetables and cook 1-2 minutes, drain but reserve 1/4 cup of cooking water. Add pesto, cheese, nuts, and salt and pepper to taste and mix well, adding water as necessary until serving consistency is reached.

Option: Substitute meatless bacon bits for the Pecorino.

Cheesy Pasta with Bacon & Kale

1 lb. spaghetti or other pasta
1 T olive oil
8 oz. bacon or pancetta (optional)
10 oz curly kale, stems removed, chopped/torn into bite sized pieces
1 cup Romano and/or Parmesan cheese
Salt & pepper to taste

Cook pasta about 4 minutes less than instructions. Reserve 1 ½ cups of cooking water. Drizzle pasta with olive oil and toss to coat. Use the empty pot to cook the bacon or pancetta, drain fat off. Add kale and stir until it wilts, about 3-4 minutes. Reduce heat to low and fluff cooked pasta, adding it and the cheese to the pan, stirring until a creamy sauce coats the pasta. Slowly add pasta water as needed until right consistency.

Pasta with Shrimp and Artichokes

1 package of any kind of pasta
3 cloves garlic, chopped
1 T olive oil
1 lb. raw, shelled shrimp
Red pepper flakes (optional)
½ cup white wine,
1 jar or can marinated artichokes
parmesan cheese
chopped basil or dill

Cook pasta 2 minutes less than instructed on package. Cook garlic in oil until soft, add shrimp and cook about 2 minutes on each side until just barely turned pink, add wine and artichokes, pour over pasta and toss, adding some pasta water if needed, top with parmesan and chopped herbs.

Curried Broccoli and Cashews over Brown Rice

1 medium onion, chopped
2 chopped cloves garlic
2 large heads of broccoli cut up into large bite-sized pieces
1 cup of chicken broth
1 cup cashews
1-2 T. curry powder or to taste
1 -2 cups plain yoghurt

Sauté onion and garlic in olive oil until translucent, add broccoli, cashews, chicken broth, curry powder and salt and pepper (to taste) and steam on the stove or in the microwave approximately 4 minutes or until crisp/tender. Don't overcook. Stir in yoghurt and serve over rice or cooked pasta.

Fried Rice

2 – 3 cups of chopped vegetables – onions, garlic, ginger, mushrooms, carrots, sweet peppers, etc.

Splash of olive oil mixed with dark sesame oil

1 – 2 eggs

2+ cups cooked rice

Option: left-over cooked fish or chicken

Several tablespoons of Soy sauce and sesame oil

Sauté vegetables in oil in large pan on medium heat for several minutes, move vegetable to the sides of the pan, drop raw eggs into the middle, let them cook for a minute or two, scramble them gently through the vegetables, add rice and any leftover chicken or fish, stir in soy sauce and more sesame oil to taste.

Kale Sauced Pasta

¼ cup olive oil

2 cloves minced garlic

1 lb. kale, thick ribs removed

½ lb. pasta

¾ cup coarsely grated or shredded parmesan cheese

Salt and pepper to taste

Put a large pot of salted water on high heat to boil. In small pan, add oil and garlic and cook until tender, remove from heat. Add kale leave to boiling water and cook until tender, about 5 minutes. Add garlic, oil and cooked kale to blender, adding some liquid as needed, blend into a fine, thick green puree. Cook pasta in kale water, drain, saving some water. Add Kale puree to pasta and toss, adding some water as needed until sauce is thick and creamy. Add grated cheese, optionally drizzle with olive oil and serve.

5. CASSEROLES

Glorious Potatoes

- ½ cup sour cream
- 1 can undiluted soup (chicken, mushroom, etc.)
- ¼ cup melted butter
- 3 chopped green onions including tops
- Salt & pepper to taste
- 2 cups grated cheese (cheddar, longhorn, Colby) save ½ cup for top
- 2 lb. pkg. frozen hash brown potatoes

Mix all ingredients, place in greased shallow casserole pan, bake at 350 for 30 -40 minutes. Sprinkle with parmesan and bake another few minutes until browned on top.

Quinoa and Peppers

- 2 ½ cups quinoa (white or tricolor), or brown rice
- 5 cups vegetable broth
- 5 sweet peppers (all colors), chopped
- 1 small onion, chopped
- 1 T olive oil
- ½ stick of butter
- Salt & pepper to taste

Bring broth to a boil and add quinoa or rice and simmer until done, drain if necessary. Melt butter and large frying pan, add olive oil and cook onions on medium heat until soft, add chopped peppers and cook until softened but still crisp. Add seasonings, and cooked quinoa or rice and mix well.

Crock Pot Ratatouille

12 oz. eggplant cut into ½ inch cubes
¾ lb. zucchini, cut into ½ inch moons
¾ lb. yellow squash cut into ½ inch pieces
2 sweet peppers (red, yellow, etc.) chopped
1½ - 2 cups diced tomatoes
½ cup tomato paste or puree, or can of tomato basil soup
1 T chopped garlic
1 cup chopped onion
¼ cup sun-dried tomatoes, chopped
2 T parsley, 1 tsp basil, 1 tsp Herbs de Provence
Salt & pepper to taste
2 T olive oil

Place eggplant in colander and sprinkle with salt, rest for 45 minutes and rinse. Combine all vegetables and seasonings in slow cooker, drizzle with olive oil, cook on low for about 6 hours. Sprinkle with parmesan cheese and serve.

Crock Pot Butternut Squash and Mushroom Scallop

3 oz. shredded parmesan
½ cup bread crumbs
1 clove garlic, chopped
1 shallot or small onion chopped
1 T olive oil
8 oz. mushrooms, sliced
3 lbs. butternut squash sliced very thin
1 T melted butter & 1 T cubed cold butter
1 T thyme

Mix cheese, bread crumbs, butter and seasonings. Cook garlic and shallot and mushrooms in butter in small pan until soft. Salt & pepper to taste. Coat interior of ceramic pot with cooking spray. Place half squash on bottom of pot, layer with mushroom, crumb mixture, and sprinkling crumbs and cubed butter on top. Cook on low for about 5 hours.

Savory Vegetable Cheesecake

3 cups grated zucchini
3 T butter
1 cup minced onion
2-3 cloves garlic crushed
1 cup grated carrot
3 T flour
Basil, oregano, parsley, 1 T lemon juice
3 cups ricotta (2 lb. container)
1 packed cup grated mozzarella
½ cup parmesan
4 eggs, beaten
2 medium tomatoes
3-4 T breadcrumbs

Let grated zucchini drain, squeeze out excess moisture. Sauté onion and garlic in butter, add carrots, zucchini, flour and herbs. Cook stirring over medium heat about 8-10 minutes, add lemon juice and cheeses and mix well. Butter large baking pan or springform pan and sprinkle with bread crumbs. Pour in mixture and cook for ½ hour at 375. Slice tomatoes in 1/2 inch rounds, dredge in bread crumbs, , remove casserole from oven, place tomatoes on top in decorative pattern, bake another ½ hour. Let cool for ½ hour or serve at room temperature.

Crock Pot Sweet Potatoes and Apples

1/ ½ lb. sweet potatoes, peeled, cut into ¼ inch slices
1 red-skinned apple, skin on, cut into ¼ inch slices
1 small onion, cut into ¼ inch slices
1 cup vegetable or chicken broth
2 T butter, melted
Salt & pepper to taste
½ tsp herbs de Provence

Toss potatoes and melted butter and seasonings. In another bowl, combine apples and onion. Spray inside of cooker lightly with cooking spray. Place a layer of potatoes on bottom of pot, alternate layers of apples and onions and potatoes. Pour stock over the casserole, bake on low for about 5 hours and serve.

Con Queso Rice

- 1 ½ cups brown rice, cooked with salt & pepper
- ¾ lb. shredded jack cheese
- 1 small can chiles, chopped
- ½ lb. ricotta cheese thinned slightly with milk or yoghurt
- 3 cloves minced garlic
- ½ cup grated cheddar
- 1 large onion chopped
- ½ cup dry black beans or black-eyed peas cooked (or 1 can each)

Mix rice, beans, garlic, onion and chiles. Layer mixture alternately in greased casserole with jack cheese and ricotta, spreading evenly. End with rice mixture. Bake at 350 for ½ hour. Top with grated cheese for last few minutes of baking.

Chicken with Rice and Mushroom Sauce

- 3 cups cooked chicken
- 2 cups fresh bread crumbs
- 1 ½ cups cooked rice or quinoa
- 2 T chopped pimento or ½ cup chopped sweet peppers
- 2 cups chicken broth and milk mixed
- 3 eggs, beaten

Mix first 5 ingredients and put in greased 9x13 baking dish. Mix beaten eggs and milk/broth mixture and pour over chicken mixture. Bake at 325 for an hour or until knife comes out clean. Sauce: 1 can undiluted mushroom soup, 3 oz. sliced mushrooms and juice, 2 ts. Lemon juice, 2 T chopped parsley.

Lentil-Mushroom Cauliflower Mash Farmer's Pie

- 1 cup cooked lentils
- 1 lb. head of cauliflower, or package of riced cauliflower
- 1 lb. cooked, cubed Yukon potatoes
- ¼ cup butter
- 1 tsp. ground turmeric
- 1 large onion chopped
- 2 carrots diced
- 1 lb. cremini mushrooms, quartered
- 2 T flour 2 tsp. chopped thyme
- 1 cup vegetable broth
- 1 small can tomato paste
- 1 cup corn kernels, frozen or canned & drained
- 2 T red wine vinegar

Cook cauliflower and potatoes until tender, drain, add butter, turmeric, and mash. Add olive oil to skillet over medium heat, cook onion and carrot until softened, add mushrooms, cook for 10 minutes, stir in flour. Whisk broth and tomato paste, add to mixture, add vinegar, lentils and corn and remove from heat. Pour mixture into a 9x13 baking dish, spread cauliflower/potato mixture on top, bake 25 minutes at 400 degrees. Serves six.

Enchilada Bake

- 2 cups salsa, red or green
- 1 can black beans, drained
- 1 can corn kernels, drained
- 3 cups of shredded cheese of your choice
- 4 cups crushed taco chips or several corn tortillas crisped and torn
- 3 cups cooked, shredded chicken (optional)

Spread ½ crushed chips in bottom of pan, top with ½ salsa, alternate layers of meat, beans, corn, cheese, and sprinkle taco chips and cheese on top. Bake for ½ hour at 350 or until cheese on top is melted. Double the recipe for a large casserole pan. Optional: can spread crisped whole corn tortillas in layers between beans and corn, cheese and chicken. (Can also use cooked plant-based ground in this recipe.)

Rice Florentine

- 4 10 oz. packages of frozen spinach
- 1 cup cooked rice
- 2 cans celery soup, undiluted
- ½ finely chopped onion
- 2 T milk
- 2 cups grated cheese
- ½ stick butter

Spread spinach in lightly greased baking pan, combine soup, milk, onion, rice and 1 cup of grated cheese and spread over spinach. Bake at 350 for 30 minutes, sprinkle remaining cheese on top and bake another 10 minutes to melt cheese.

Quinoa Stuffed Peppers

- 1 cup onion, chopped
- 2 T olive oil
- 2 ribs celery, finely chopped
- 1 T ground cumin
- 2 cloves garlic, chopped
- 1 10 oz, bag frozen spinach, thawed and squeezed dry, or 1 pkg. fresh spinach
- 1 15 oz. cans diced tomatoes, drained, liquid reserved
- 1 15 oz. can black beans, rinsed and drained
- ¾ cup quinoa
- 3 large carrots
- 1 ½ cups grated cheese, divided
- 4 large bell peppers, halved lengthwise, ribs removed

Cook onions and celery in oil for 5 minutes over medium heat. Add cumin and garlic, cook another minute. Stir in spinach, tomatoes and cook until most of the liquid has evaporated. Stir in black beans, quinoa, carrots, and 2 cups water or miso and bring to boil. Reduce heat and simmer 20 minutes. Stir in cheese, season with salt and pepper to taste. Pour liquid from drained tomatoes to about ½ inch in bottom of baking dish and fill each pepper-half with heaping ¾ cup of mixture and place in baking dish. Bake in 350-degree oven for 15 minutes, until tops are lightly browned. Sprinkle with remaining cheese and serve.

6. SALADS

Again, with the right dressing, about anything works for a cold main dish salad, or a side. A sprinkling of nuts, dried cranberries, and/or cheese (Feta or blue cheese) always helps.

Farro, Tuna and Chickpea Salad

5 T lemon juice and lemon zest from large lemon
¼ cup olive oil
1 cup Farro cooked per package directions
1 ¾ cup canned chickpeas, drained and rinsed
7 oz. oil-packed tuna
1 cup chopped sweet onion
¼ cup chopped parsley

In a small bowl, whisk together lemon zest, juice and oil and salt and pepper to taste. In a large bowl, combine cooled Farro, chickpeas, tuna onion, parsley and lemon dressing. Toss and mix well. Refrigerate for at least 2 hours for best flavor.

Tuna Salad

2-3 stalks celery chopped fine
3 dill pickle slices chopped
1/2 cup chopped green or black olives (optional)
1 large green or red pepper, chopped fine (optional)
3 hard-cooked eggs chopped
¼ cup finely diced sweet onion, or 2 T dried onion flakes
2 cans drained tuna
1/3 cup mayo
4 T Dijon mustard
Option: 2-3 T capers

Add flaked tuna to chopped ingredients, mix in mayo and seasonings (salt, pepper, dried dill, celery seed) and serve on lettuce or bread.

Quick Lentil Salmon Salad

1 cup lentils, can be cooked several days ahead and refrigerated Cook with ½ cup chopped onion, 1 Bay leaf, ½ tsp dried oregano

15 oz. can salmon, drained & chilled (can use fresh cooked salmon)

¼ cup thinly sliced red onion

1 cup medium diced carrots

Dressing: 2 tsp grated garlic

¼ cup olive oil

3 T red wine vinegar

¾ tsp dried Thyme

¼ tsp paprika

Salt & pepper to taste

Mix dressing with salmon and vegetables. Serve the salmon mixture over the lentils, or mix lentils with salmon, vegetables, and dressing. Top with lemon wedges and parsley.

Pasta Salad with Broccoli

1 lb bag frozen broccoli florets, do not thaw

6 T olive oil, divided

Salt & pepper to taste

8 oz. short pasta

1 garlic clove minced

1 T lemon zest

2 T lemon juice

½ tsp crushed red pepper flakes (optional)

4 oz. crumbled feta cheese

½ cup roasted almonds, coarsely chopped

Toss broccoli with oil and salt and pepper. Thaw broccoli only until still crisp either in the microwave, or on a sheet pan in a 450-degree oven. Bring large pot of salted water to a boil and cook pasta until barely al dente. Combine remaining ingredients except broccoli in a bowl and blend. Drain pasta and add to seasoning mixture, toss to coat pasta, and add broccoli.

(About 4 servings)

Shrimp Pasta Salad

1 ½ cups chopped celery
1 chopped green and 1 chopped red pepper
½ - ¾ cup Italian salad dressing
¾ cup mayonnaise
¼ cup lemon juice, and some lemon zest if available
½ cup grated parmesan
Green onions chopped
Salt and pepper to taste (can use lemon pepper)
1 lb. fresh cooked or canned shrimp
8 oz. pasta (suggest small pasta)
2 T olive oil

Cook pasta a couple of minutes less than directed on package, until still somewhat firm and toss with oil. Mix all other ingredients in a bowl and marinate for several hours. Toss and mix well when pasta is cool. Sprinkle with fresh herbs and/or parsley and serve.

Crunch Salad

1 large head of Bok Choy, chopped
4-5 green onions, chopped
½ cup slivered almonds
1 pkg. Ramen noodle soup (save seasonings)
¼ cup sesame seeds
¼ cup oil, or butter mixed
½ cup sugar
½ cup olive or canola oil
¼ cup red wine vinegar
1 T soy sauce

Brown almond, sesame seeds and ramen noodles in butter/oil and cool. Mix ingredients for dressing (sugar, oil, vinegar and soy sauce) and set aside. Toss all ingredients before serving.

Apricot Chicken Salad

½ cup plain yoghurt
¾ cup mayonnaise
3 T apricot preserves
2 tsp grated ginger
½ tsp each salt and pepper
1 6 oz. package dried apricots, chopped
1 cup sliced toasted almonds
3 cups chopped cooked chicken
¾ cup chopped celery
Lettuce leaves

Wisk together first 6 ingredients in a large bowl, add almonds and chicken, and celery, mix well with dressing, and serve on lettuce.

Hunan Spiced Salad over Pasta

8-12 oz. package of pasta, preferably linguini
4- cups cooked chicken or shrimp
3-4 chopped green onions
¼ cup soy sauce
2 T peanut butter
1 tsp grated ginger
2 T vinegar
1 T dark sesame oil
2 chopped cloves garlic
1 T hot oil (optional)
1 tsp sugar

Cook pasta to al dente, still slightly firm, drain, toss with 1 T olive oil and cool. Mix chicken and green onions. Mix remaining 8 ingredients in small sauce pan over low heat until peanut butter can be mixed well with other ingredients. Cool and mix with chicken. Mix with pasta or serve over pasta. Option: could also use cooked plant-based ground.

Summer Salmon Salad

3 eggs, hard cooked
2/3 cup canola or olive oil
¼ cup lemon juice
2 T capers, crushed
2 tsp. anchovy paste
1 tsp. salt, ¼ tsp. pepper
1 medium cucumber chopper in ½ inch pieces
1 15 oz. can salmon, drained, or leftover cooked salmon
3 oz. roasted sweet red peppers, drained and chopped

Gently mix all ingredients except eggs refrigerate. Cut eggs into quarters. Serve Salmon mixture over lettuce with eggs on the side. (Optional: chop eggs and mix with salmon and dressing and serve over lettuce.)

Mistletoe Salad

2 bunches broccoli, cut into bite-sized pieces
2 large tomatoes or a basket of cherry tomatoes
1 T chopped red onion
1 cup mayonnaise
1 T lemon juice
1 chopped hard cooked egg
¼ cup chopped cashews
¼ cup chopped black olives

Steam broccoli about 3 minutes until still crisp, drain, rinse and cool. Chop cherry tomatoes in half or chop large tomatoes into ½ inch pieces. Mix all remaining ingredients in large bowl, add broccoli and tomatoes, toss and serve or sprinkle cashews and olives on top and serve.

Mandarin Orange and Almond Salad

1/3 cup canola or olive oil
¼ cup sugar
1 tsp. mustard
2 T poppy seeds
1 small onion, grated
1 tsp. salt
½ cup toasted, slivered almonds
3 cups mandarin oranges
Lettuce

Mix first 6 ingredients, refrigerate. Toast almonds in 400-degree oven, watching carefully and stirring as it only takes 2-3 minutes. Toss with oranges and serve over lettuce.

Fruit Salad

Chopped/sliced: apples, peaches, pears, grapes, mandarin oranges—whatever you have
¼ cup raisins and/or dried cranberries
Chopped nuts, walnuts, peanuts, or almonds
Carrots, thinly sliced
Sweet peppers, chopped
Broccoli, chopped
Broccoli slaw, cabbage or coleslaw mix

Dressing: ¼ cup lite raspberry vinaigrette, 1/3 cup mayonnaise, poppy seed, or coleslaw dressing. Mix well and serve. Adjust amounts as needed. The salad will last in the frig for 2-3 days, the dressing will last for several months.

Grain Salad with Herbs and Sesame Seeds

1 cup of Farro, Freekeh, barley, quinoa or brown rice
2 T sesame seeds
1 cup coarsely grated or chopped carrots
(optional: can add chopped sweet bell peppers, other crisp vegetables)
1/3 cup parsley
1 T chopped mint leaves
2 tsp lemon zest
2 T olive oil
1½ T lemon juice
Salt & pepper to taste

Cook grain as directed, drain and cool. Roast sesame seeds in toaster oven or a hot skillet until browned. Mix all ingredients and serve.

Black Bean Salad

1 15 oz. can black beans, low sodium, drained
1 15 oz. can kernel corn, low sodium, drained
¾ cup thawed frozen corn
1 medium bell pepper, diced
1 medium tomato, diced
½ cup diced red onion
1 tsp. minced garlic
2 T chopped cilantro
2 T cider vinegar
3 T olive oil
1 lime juiced

Toss all ingredients together, chill for at least an hour. Serves six.

7. BOUNTIFUL BREADS

Easy-Peasy Cheesy Beer Bread

3 cups self-rising flour

½ cup of sugar

1 12 oz. bottle of beer (dark and strong is best)

¼ cup melted butter

Optional: ¾ cup shredded cheese, 2 T chopped chives, small can chopped chilies, drained

Stir first three ingredients (and optional ingredients) together and pour into lightly greased loaf pan. Bake at 350 for 45 minutes. Pour melted butter over top and bake for another 10 minutes.

Bread Pudding, Savory or Sweet

6-8 cups broken pieces of bread or rolls, stale works well

4-5 eggs

1 ½ cups milk

1 onion, chopped

2 cups other vegetable, chopped (carrots, celery, bell peppers, etc.)

1 cup grated cheese

1 cup sour cream, optional

Salt & pepper to taste

½ cup parmesan cheese

Optional: tuna, chopped bacon, sausage, or cooked chicken.

Cook onions in oil until soft. Beat eggs, add milk, pour into buttered baking dish, add bread crumbs and place in frig until bread is soaked. Gently stir in vegetables and cheese, sprinkle parmesan cheese on top, bake at 350 for 45 minutes or until top is browned and center is firm.

Sweet Option: Instead of vegetables and cheese, add 1 cup of sugar, 1 cup of chocolate chips, and ½ cup grated coconut; or, raisins and 1 tsp. cinnamon.

Fruity French Toast Casserole

8 cups broken pieces of left-over bread or rolls
2 cups fruit, sliced or chopped, fresh, frozen or canned
4 eggs slightly beaten
1 cup milk
2 tsp. vanilla
¼ - ½ cup sugar

Topping: 1/4 cup butter, ¼ cup sugar, ½ cup flour

Optional: you can also add cinnamon, nutmeg, allspice, raisins, or dried cranberries

Lightly oil baking dish or 2-quart casserole, add bread crumbs and fruit. In bowl, blend eggs, milk, vanilla and sugar. Pour over bread/fruit mixture and stir gently. Cover and refrigerate until liquid is absorbed. Mix topping ingredients in small bowl until crumbly, sprinkle over top of bread/fruit mixture. Bake at 350 for about 30-45 minutes. (for fruit, try peaches, pears, berries, sliced apples, and serve warm with a dollop of yoghurt, or ice cream.)

Corn Bread Pudding

1 pkg. Jiffy corn bread or muffin mix
1 12-15 oz. can creamed corn
1 12-15 oz, can drained corn kernels
1 8 oz. pkg sour cream
2 eggs
½ stick of melted butter
9 oz. shredded cheese (optional)
1 small can chopped green chilies, drained or a dash of green salsa (optional)
¼ cup parmesan cheese (optional)

Beat eggs, and mix all ingredients, spread in 2 qt. greased or oiled casserole pan, sprinkle with parmesan cheese, and bake at 350 for 45 minutes.

Hints for reducing food waste and saving energy

If you have a toaster oven that will hold small pans and dishes, use it instead of the oven. Reduce temperature and cooking times a little because toaster ovens tend to cook faster and hotter. Save your big oven for cookies and large meals.

1. Store leftovers in glass containers, or plastic bags that can be washed and used again. Refrigerate or freeze. You'll be less likely to lose track of them.
2. Save vegetable scraps, wilted greens and peels in a plastic bag and freeze. When you have enough, simmer them for a couple of hours and you'll have vegetable stock. Dry the dregs and scatter in your garden in the mulch or compost.
3. Throw fruit peelings (except citrus) and cores out to the birds.
4. Save your coffee grounds and sprinkle them around your acid-loving plants, such as evergreens, hollies, and mix with mulch. (Do not use on house plants.)
5. Save old bread, broken crackers and crumbs, stale taco and potato chips, cheese bites, etc. and crumb them in your Cuisinart, blender (or just put them in a plastic bag and crush) for use in casseroles and meat loaf and all recipes that call for bread crumbs. Remember that they are salty when using the bread crumbs in recipes.
6. Small bits of left overs such as sauces, vegetables, rice, pasta and meat can be saved and frozen to make nutritious soups, quiches, frittatas, and salads.
7. Save chicken bones and other meat bones in the freezer until you have enough to simmer for several hours for meat stock or bone broth.
8. Save lemon and orange peels, coarsely chop in Cuisinart, blender or knife, spread on a cookie sheet and bake at 225 for about an hour. You can add pepper to the lemon bits and make your own lemon pepper seasoning. Use the bits in seasoning fish and chicken.
9. Save lemon and orange pulp after juicing and add to banana bread or cake batter to moisten and season.
10. Buy berries in bulk or on sale, wash, drain and freeze in large plastic bags for later use.
11. Freeze bananas for later use in salads or recipes (only the peels turn brown)
12. Vegetables such as broccoli, cauliflower, green beans, etc. can be washed, steamed or blanched for 2 minutes in the microwave, drained and frozen.
13. Don't throw tubes away when you can't squeeze any more out. They still have 20% of the product inside. Spices such as anchovy paste, minced ginger, and toothpaste, hand cream and cosmetics—all come in tubes, metal or plastic. After you've squeezed it as empty as you can, cut the tube in half, continue using the product, storing the cut ends in clear, reusable plastic bags, which can be washed and re-used.
14. Wash zip-lock plastic bags after use with soapy water, rinse, and hang them to dry, inside out.
15. Buy items in recyclable glass or metal containers whenever possible.

Note: If you have any problems or concerns, email Carolyn at ccmiller9722@gmail.com.