

Don't Toss That! Creative Uses for Food Scraps

Spring 2020



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Panzanella

Vegan. Common allergens: wheat.

Recipe and image source: [Barefoot Contessa](#)

Serves 12

Ingredients

- 3 tablespoons olive oil
- 1 small French bread or boule, cut into 1-inch cubes (6 cups)
- 1 teaspoon kosher salt
- 2 large, ripe tomatoes, cut into 1-inch cubes
- 1 hothouse cucumber, seeded, and sliced ½ inch thick
- 1 red bell pepper, seeded and cut into 1-inch cubes
- 1 yellow bell pepper, seeded and cut into 1-inch cubes
- ½ red onion, cut in half and thinly sliced
- 20 large basil leaves, coarsely chopped
- 3 tablespoons capers, drained

For the Vinaigrette:

- 1 teaspoon finely minced garlic
- ½ teaspoon Dijon mustard
- 3 tablespoons champagne vinegar
- ½ cup olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Instructions

1. Heat the oil in a large sauté pan. Add the bread and salt; cook over low to medium heat, tossing frequently, for 10 minutes, or until nicely browned. Add more oil as needed.
2. For the vinaigrette, whisk together the ingredients.
3. In a large bowl, mix the tomatoes, cucumber, red pepper, yellow pepper, red onion, basil, and capers. Add the bread cubes and toss with the vinaigrette. Season liberally with salt and pepper. Serve, or allow the salad to sit for about half an hour for the flavors to blend.

This recipe is a great way to use up stale bread! Drier bread is great for absorbing the vinaigrette.



Roasted Potato Peels

Vegan. Common allergens: None.

Serves 1-2

Ingredients

- Potato peels
- Olive oil
- Salt to taste
- Optional: other seasonings or toppings, such as green onion

Instructions

1. Preheat oven to 400°F. Line a baking sheet with parchment or a silicone baking mat, or brush with oil.
2. Toss potato peels with enough olive oil for a light coating and a sprinkle of salt. Spread evenly into one layer on a baking sheet.
3. Bake 10-15 minutes, turning once or twice, until golden brown and crisp. Watch carefully for the last few minutes to make sure they don't burn.

In many recipes, you can leave the potato skins on. However, for certain recipes, the texture may be better without peels (e.g. mashed potatoes made with russet potatoes).

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Oat Milk

Vegan. Common allergens: some oats may contain gluten.

Recipe source: [Minimalist Baker](#)

Serves 4

Ingredients

- 1 cup rolled oats
- 3-4 cups water
- Pinch salt
- ½ tsp vanilla extract, optional
- 1 pitted date, optional

Instructions

1. Combine all ingredients in the blender and blend for 30-45 seconds, until well combined.
2. Strain the mixture through a fine mesh strainer, cheesecloth, or nut milk bag. Squeeze out the liquid. Strain a second time if desired. Store in a sealed container in the fridge up to 5 days.

Uses for Leftover Oat Pulp

Source: [The Spruce Eats](#)

- Cook the leftover oats however you normally cook oats, but reduce the cooking time since the oats and ground to a much smaller size.
- Add to veggie burger mixture to help bind the patties
- Substitute up to 2/3 of the amount of flour called for in baked goods recipes
- Add a tablespoon or two to stew, soup, or chili after it has been cooked and simmer 5-10 minutes to thicken
- Add a tablespoon or two to your breakfast smoothie



Bruised Apple Sauce

Vegan. Common allergens: none.

Recipe source: [Amazing Waste cookbook](#)

Ingredients

- 4 apples
- ½ teaspoon ground cinnamon
- 2-3 tablespoons sugar, to taste
- ¾ cup water

Instructions

1. Peel the apples and remove stems and cores.
2. In a saucepan, combine all ingredients.
3. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft
4. Allow to cool, then mash with a fork or potato masher



Apple Peel & Core Tea

Vegetarian. Common allergens: none.

Recipe source: [Amazing Waste cookbook](#)

Ingredients

- 4 apples peels and cores
- 3 cups water
- ½ teaspoon ground cinnamon or 1 cinnamon stick
- 1-2 tablespoons honey or other sweetener
- Optional: 2 teaspoons lemon juice

Instructions

1. Place apple peels in a sauce pan or pot. Cover with water, lemon juice (optional), and cinnamon.
2. Bring to a boil and simmer for 10-15 minutes, until liquid is darkened.
3. Strain out apple peels using a colander or lid. Add honey. Add additional honey or cinnamon to taste.