

#EndFoodWaste

Save \$\$\$ & Reduce Waste: USE EVERYTHING



Eat All Parts of Veggies

- Don't peel carrots, potatoes, & similar veggies – just wash well
- Make hummus or pesto using the stems (from broccoli, kale, or similar veggies) or leafy green tops (from beets, carrots, or similar veggies)
- Make stock for soups or rice. Collect unused ends of carrots, insides of peppers, outer layers of onions, & other usually discarded veggie parts. Rinse, place in a pot, cover with water, & bring to a boil; reduce heat & simmer for 1 hour. Turn off heat & cool. Strain to remove the solids for compost. Divide the liquid into 2 cup portions & freeze.



Handling Large Quantities of Frozen Foods

Thaw the package in the refrigerator for 1 day; then break apart. Keep what you need for your meal. Divide other thawed pieces into portions for other meals & return to the freezer or share with friends.



Use Bones to Make Stock

Collect the bones, skin, & other uneaten parts of the chicken into a large pot. Cover with water & bring to a boil. Lower heat & simmer 1 hour. Turn off heat & cool 1 hour. Strain to remove the solids for compost. Put liquid in the refrigerator until cold. Skim the fat off the top & compost it. Divide the liquid into 2 cup portions & freeze.

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Chicken with Orange Sauce (4-6 servings)

INGREDIENTS:

- 4 chicken quarters (if frozen, thaw first)
- 2 Tbsp. olive oil
- 1 onion (chopped)
- 1 cup frozen orange juice
- Dried spices: ½ tsp. thyme & ½ tsp. rosemary
- 1 Tbsp. soy sauce
- 3 Tbsp. brown sugar
- Salt & pepper

Heat oven to 375° F. Arrange chicken skin-side up in a greased baking dish. Brush chicken with olive oil; sprinkle with salt & pepper; bake 20 minutes.

While chicken is cooking, heat 1 Tbsp. olive oil & onion on medium-high in a small pan; stir until softened. Add orange juice, spices, soy sauce, & brown sugar. Stir 5 minutes, remove from heat.

After 20 minutes, remove chicken, brush with 1/3 of the sauce, return to oven for 25-30 minutes. Return sauce to stove on medium-high heat & boil; stir until the sauce thickens. Remove from heat. Pour over the cooked chicken & serve.



TIP
Use extra OJ to make more sauce. Double the other ingredients & freeze the extra sauce.

