

# *Sustainability liaison Cooking Guide*

*A compilation of favorite dishes, ideas, and tips  
from our very own!*



**mission  
sustainable**

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# Cooking Sustainably

*Save money, time, energy and water.*

## *At the grocery store*

- Vote with your dollar: the small change you make can significantly impact the sustainability of your supermarket.
  - bring your own grocery bags
  - bring containers (i.e. mason jars, old peanut butter jars, etc.) to use at the bulk section. Most stores will simply have you tare the container at customer service, and you're free to use it as you please.
  - check the packaging. Many processed foods are often packaged twice over. Avoid these for the environment and your health!
- Check out local produce calendars. These can help guide what you purchase in the grocery store, ensuring that you will be getting the freshest & most local produce available.
- Read labels of packaged food: corn derivatives hide under many names, as do added sugars. While not bad in moderation, an overload can cause stress on the body. And because most corn products are monocultures, the industry fails to be sustainable for our future.
- Most sustainable food will be whole food...thus will not have a label!
- Do not fear whole milks and grass fed dairies. They offer more benefits than their processed counterparts. Fats are important to keep you full and focused. Whole fat dairy products also assist in lean muscle building and keeping body fat down.
- Try making a weekly menu for lunches & dinner. This can help you buy just the right amount of food, saving money and food waste. Don't forget to include days for leftovers!

## *Prep Work*

- Be sure to properly store your produce so it lasts until you want to use it. Shopping more frequently and buying less at a time can save you from wasting money & food.

- wash off fruits and vegetables in a large tub. Bucket washing gets produce squeaky clean, but doesn't require the faucet to be run.
- Use the scraps/butts of chopped vegetable to make vegetable stock. Simply toss the scraps into a pot of water, add a touch of salt and keep on heat for at least 4 hours or until desired taste is reached.
- Plan ahead! Defrost meats and freezer foods in the fridge overnight instead of in a water bath.

### *Stove-top cooking*

- Made a pot of pasta and now have left-over starchy water? Don't just dump it down the drain...capture it and re-use it! Adding a bit of the water to pasta sauce adds fantastic flavor and also helps the sauce stick to the pasta better. Better yet, simply keep the pot of water and re-use it to cook up more pasta two or three times. Once the water becomes too starchy to cook pasta in, try watering potted plants with it.
- Sauteing vegetables instead of boiling not only saves water but also preserves the nutritional content.
- When pasta water comes to a boil, quickly throw your veggies in with the pasta to blanch them. The veggies will remain at the top of the water, making them easy to separate from the noodles.
- When steaming veggies, place the steamer basket over the same pot as rice, potatoes or pasta. This saves stove-top space, dishes and water!
- By simply placing a lid on cooking food or water, the process will go faster and save time that the stove must remain on. It will also help capture any water and juices!

### *In the oven!*

- If you have a newer oven, stray from the old-fashioned habit of preheating. Most new ovens are quick to heat up, making preheating a wasteful habit. Save even more energy by turning off the oven 5-10 minutes before cooking is completed. A well insulated stove should retain its heat long enough to finish cooking the dish.

### *Keepin' it ram*

- Do not fear the salad. Embrace the salad.

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- Eating raw foods saves energy required from the stove, oven or plug-in appliance. Cruciferous produce, left raw, actually provides more nutritional content than when cooked!
- Take advantage of the once appliance that always runs...the fridge! Making soup in a blender, then chilling it in the fridge instead of cooking on the stove still allows for the flavors to meld, but provides a refreshing meal for a warm summer day.

### *After the meal*

- compost any food waste. Municipality doesn't offer compost? Build a worm bin. Simple steps can be found [here](#).
- keep leftovers to revive for tomorrow's lunch. Don't want to repeat meals so quickly? Be sure to label & date leftovers (dry-erase markers work well!) as a reminder of when you should gobble them up!
- Keep your kitchen space clean & healthy...and petrochemical free! Ditch supermarket cleaning products for white vinegar. Diluted vinegar cleans up any mess, without the toxic side effects. If the smell hits your nose too hard, use wooden sticks and essential oil to diffuse natural scents throughout the room.

# Produce Guide

*how to eat it, how to save it, and when to buy it*

## *The "shelf" life*

*Don't be shelf-ish...eat your produce before it goes bad!*

Eat me now!! (within a week)	You can leave me for a week or two...	I won't be offended if you forget about me.
<ul style="list-style-type: none"><li>● Pears</li><li>● Berries</li><li>● Grapes</li><li>● green onions</li><li>● Asparagus</li><li>● Broccoli</li><li>● Cucumbers</li><li>● Bananas</li><li>● Blueberries, Raspberries, Blackberries, Cherries</li><li>● Peaches</li><li>● Pineapple</li><li>● Strawberries</li><li>● Green Beans</li><li>● Salad Mix</li></ul>	<ul style="list-style-type: none"><li>● Bell Peppers</li><li>● Watermelon</li><li>● Grapefruit</li><li>● Oranges</li><li>● Lemons &amp; Limes</li><li>● turnips (in the fridge)</li><li>● celery</li><li>● Radishes</li><li>● cauliflower</li><li>● Avocado</li><li>● Mushrooms</li><li>● Kale</li><li>● Romaine Heads</li><li>● Summer Squash/Zucchini</li><li>● Corn</li></ul>	<ul style="list-style-type: none"><li>● Cabbage</li><li>● Eggs (3 weeks)</li><li>● Apples</li><li>● Onions</li><li>● Potatoes (keep away from the onions!)</li><li>● Winter Squash</li><li>● turnips (in a cellar)</li><li>● Beets</li><li>● Garlic</li><li>● Carrots</li><li>● Pomegranates</li></ul>

### *Seasonality:*

- ★ To find out what's in it's natural harvest season, check out these [guides](#) from CUESA, which are specific to Northern California!

### *Tips & Tricks:*

- ★ Buying produce with the stems attached (ex: tomatoes still on the vine) will help them last longer. Avoid buying pre-chopped produce--it won't likely last past a day or two.
- ★ All fruits can be kept on the countertop until ripened, at which point they should be kept in the fridge. If you want to the longest life out of your produce, avoid keeping them near apples, which release ethylene, a natural ripening agent. For best results with vegetables,

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store in the refrigerator; most root vegetables (and onions) can be kept in cool, dark places.

- ★ Going on vacation and still have leftover food? Many veggies can be frozen with just a few minutes of preparation. The style of prep varies but many simply require a sanitation method (often blanching) and packing & you're good to go! As a general rule of thumb: if you have noticed it in the supermarket freezer section, you can freeze it yourself!

### *Storing Herbs:*

- ★ Gather into bundles using string or a rubber band. Dry upside down in a warm place until leaves become nearly brittle (1-4 weeks)
- ★ Store spices and herbs in airtight containers, such as glasslocks or mason jars.
- ★ Place in dark, cool and low-humidity areas (i.e. not near the dishwasher!)

### *Resources:*

- ★ [CookSmarts](#)
- ★ [The Food Network](#)

# Meal Planning

## *the basics*

### *The food groups:*

- ★ Each meal should be a balanced combination of grains, fruits and vegetables. Dairy and meats are optional add-ons, and do have positive benefits, such a high protein levels.
- ★ Grains/Carbs: Look for brown rice, lentils, barley, cracked wheat, quinoa, pearled wheat.
- ★ Veggies: Check out what is currently in season and use those as the basis of your meal. If fresh produce proves to be too expensive or spoils too quickly for you, try buying frozen veggies--they can be steamed, roasted and even grilled.
- ★ Fruits: Pick out seasonal fruits. Apples are a good year round option, but remember, buy them organic! Bananas are a cheap option, but not the most sustainable. Keeping citrus on hand can also double as an acidic complement to salad.

*Essential Ingredients: Always keep these on hand and you'll never be lost when it comes to whipping up a meal.*

- ★ Oil (olive, coconut) & vinegar (red, white & infused)
- ★ Herbs & spices: pepper, salt, garlic/onion powder, cayenne pepper, turmeric, curry powder, chili powder, paprika, bay leaves, thyme, cinnamon
- ★ Honey (raw)
- ★ Stock (chicken, vegetable or beef), canned tomatoes, onions, garlic
- ★ Lentils (red & french), Brown rice (short or long grain), dried beans (garbanzo, black, pinto, navy, etc.)
- ★ Nuts (raw and unsalted)
- ★ Baking basics: brown and raw cane sugar, spelt, whole wheat flour, baking soda, baking powder, vanilla bean paste
- ★ Eggs, milk, butter, cheese (mild and sharp, soft and hard varieties)
- ★ Bread or tortillas



### *The Plan:*

- ★ Start by taking a look into your pantry and fridge before you head to the store. Make a list of all the ingredients you have and need to use up.
- ★ Make a calendar of meals and stick to it. If you like to grab take-out once a week, make sure you take that into account so food does not spoil.
- ★ Try out batch cooking. Declare one day of the week as a cooking day. Make large quantities of soups, casseroles or prepped veggies for the week. Package and stick in the freeze: easy, homemade & healthy alternative to frozen supermarket meals.
- ★ Pass on the processed. Despite beginning cheap at the register, most processed foods offer little nutritional value, leaving you just as hungry as before. Spend money on items with high nutritional value such as complex carbs and proteins.

### *Minimal Cooking required:*

- ★ Salads
- ★ Sauteed vegetables with a grain
  - chop up a combo of vegetables in different shapes and sizes. Add to a pan with oil or butter. Saute until supple...if your pan gets dry, remember to add water or stock to recapture the flavor.
- ★ Eggs & vegetables
- ★ Soups: dump the ingredients in and let them do their thing
- ★ Sandwiches

# Appetizers

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# Avocado Hummus

Geoffery Arens, Intern for Residence Life '15

Adapted from [Cooking Classy](#)

## Ingredients:

- 2 cups dried chickpeas
- 2 avocados
- 1 clove of garlic
- 1 tbsp Tahini (more to taste)
- 2 tbsp olive oil
- fresh lime
- salt & pepper

## Preparing the chickpeas:

Using dried beans is a cost-effective and healthier option, as they contain no preservatives or added sugars.

1. Place beans in a large pot. Cover with cold water. Remove any floaters and allow to soak overnight.
2. In the morning, drain the water and rinse the beans. Then, cover them with fresh, cold water & a touch of salt; bring to a slow boil. Allow to simmer for an hour or until slightly tender.
3. Drain beans. Use fresh or place in the freezer. They will store for a few months.

## The Hummus:

1. Add the chickpeas, garlic cloves, olive oil and tahini into a food processor. Process until most large chunks are removed.
2. Add the avocados (cut in half), lime juice and salt & pepper. Process until smooth.
3. Adjust the taste with cumin, red pepper, curry powder, etc until it's just to your liking!

# Main Dishes

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# Mango and Sweet Potato Tacos

*Erin Murphy, CfS Intern '17*

## *Ingredients:*

- Sweet Potato
- Fridge leftovers!
- Corn Tortillas
- Cilantro
- Queso fresco

## *Procedure:*

1. Roast sweet potato in oven at 425 for 40 mins. Once cooled, dice into chunks
2. Toss with diced mango and any additional leftovers from the fridge (try black beans, lettuce, tomato, corn, onion, etc.)
3. Serve up inside a warm corn tortilla and top with avocado, cilantro and a queso fresco.

# Kmofu Fried Rice

*Alec Kuo*

*Intern, Student Engagement '16*

*Serves four.*

## *Ingredients:*

- Sesame Oil
- Big head of broccoli
- 3-4 carrots
- ½ onion
- ¼ lb of mushrooms
- Bunch of spinach or kale
- 2 ½ cups of rice
- 4 eggs
- Garlic salt
- Tofu
- Soy sauce

## *Procedure:*

1. Chop up the broccoli, carrots, onion and mushrooms. Saute using sesame oil.
2. Simultaneously saute the tofu in a separate pan. Pour soy sauce over for added flavor.
3. Add the rice to the vegetables & sprinkle on a generous amount of garlic salt.
4. Clear a space in the middle of the pan; crack in the eggs and let cook a bit. Then, mix them in with the veggies and rice.
5. Toss in the spinach/kale and let wilt.
6. Pour in the tofu and gobble down this tasty meal!

*Note from Alec: using sesame oil is essential to the deliciousness of this dish!*

# Chicken Tortilla Soup

*Katherine Nicholson, Workplace*

## *Ingredients:*

- 1 red bell pepper
- 1 green bell pepper
- 1 yellow or white onion
- 3 cloves of garlic
- ½ jalapeno, seeds removed
- 2 chicken breasts
- 1 can black beans
- 1 can fire roasted tomatoes
- 1 teaspoon cumin
- 1 teaspoon chili powder
- pinch (or more!) of cayenne pepper
- 8 cups of chicken broth
- 10 corn tortillas
- 2 limes
- cilantro
- plain greek yogurt
- 2 avocados

## *Procedure:*

1. Preheat oven to 350 degrees.
2. Finely chop the peppers, onions, garlic and jalapeno. Add to a large-bottomed pot and slowly saute in olive oil until translucent.
3. Add salt & pepper and the spices.
4. Add chicken stock, black beans and roasted tomatoes.
5. Add the chicken breasts and continue to a slow boil until chicken is tender.
6. Remove chicken breast and shred using two forks. Then, add back into soup.
7. Taste & add more seasoning to taste.
8. As the soup simmers together, chop the corn tortillas into bite-sized chunks or strips. Toss with olive oil, lime and salt. Bake until golden brown & crispy.
9. Serve up the soup with a dollop of yogurt, a sprinkle of cilantro, a few slices of avocado and some crunchy tortilla strips. Enjoy!

# Creamy carrot & leek soup

Allison Carmody, intern '17

## Ingredients:

- 8 Large carrots, peeled
- 4-6 leeks (whites-light greens only)
- 3-4 stalks of celery
- ½ onion
- 4-6 cups vegetable or chicken broth
- 2 cups of milk (skim or whole)
- olive oil
- 2-3 cloves garlic
- salt & pepper

## Procedure:

1. Chop the carrots and leeks into small disk shapes.
2. Roughly chop onion and garlic.
3. Place carrots, leeks, celery, garlic & onion onto baking sheet and toss with olive oil. Sprinkle with salt and plenty of pepper.
4. Roast for 45 minutes on 375 (convection). Toss occasionally.
5. Add the vegetable broth to a stockpot, warm and add the roasted vegetables. Bring to a boil, then allow to simmer until some broth has been absorbed.
6. Using an immersion blender, puree veggies & broth until smooth, adding milk throughout the process. Add milk to desired level of creaminess/thickness.
7. Serve with a dollop of sour cream, white cheese or chives.

## Tips:

- If you don't have an immersion blender handy, simply wait for the vegetables & broth to cool and transfer to a blender to puree.
- If at the end you find your soup to be too thin, simmer for 20 minutes to allow to thicken.
- Want a heartier soup? Add some potatoes into the broth and cook before added the roasted vegetables.



# Salads

# Simple Kale Salad

*Leslie Gray, Faculty Associate*

## *Ingredients:*

- 2 bunches of kale
- 1 cup shaved parmesan cheese
- 1 cup croutons
- juice from 3 lemons
- ½ chopped walnuts
- ½ cup olive oil

## *Procedure:*

1. Remove the ribs of the kale and chop.
2. Toss the kale, parmesan, and chopped walnuts with the oil olive and lemon juice.
3. Top with croutons and add salt and pepper to taste.

# Winter Kale Salad

*Koura Fabiny, Workplace*

## *Ingredients:*

- Kale
- Red Onion
- Pepitas (aka toasted pumpkin seeds)
- Any sprout or micro-green (Koura suggests pea sprouts)
- Lemon juice
- Braggs amino acids
- olive oil

## *Procedure:*

1. Cut or tear the kale into strips or bite-sized pieces
2. Slice and separate the red onion
3. Make the dressing: equal parts of the lemon juice, olive oil and Bragg's amino acids.
4. Toss together in a large bowl.

# Summer Watermelon Feta Salad

*Fabian Pallares, Workplace*

## *Ingredients:*

- Organic salad mix
- Seedless watermelon
- Feta cheese
- Pomegranate infused red wine vinegar

## *Procedure:*

1. Dice the watermelon into small cubes
2. Toss together all ingredients and relish the refreshing flavor!

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# Desserts

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# Blueberry Crumble

*Katherine Nicholson, Workplace*

## *Ingredients:*

- 1 cup rolled oats
- 1 cup pecan halves
- ½ almond meal
- ½ cup flaked coconut, unsweetened
- ¼ tsp. salt
- ¼ tsp cinnamon
- ¼ cup olive oil
- ½ cup real maple syrup or honey
- 4 cups blueberries

## *Procedure:*

1. Preheat oven to 350 degrees.
2. Chop pecans.
3. Combine pecans, oats, almond meal, coconut, salt, and cinnamon in a large bowl.
4. Mix in olive oil and syrup. Combine well.
5. Grease a pyrex (round works well) and add in blueberries.
6. Evenly top with oat/nut mixture.
7. Bake for 25-30 minutes until golden brown and firm on top.
8. Don't be afraid to eat for breakfast, too!

# Vegan Ice Cream

*Koura Fabiny, Workplace*

## *Ingredients:*

- Frozen bananas
- Almond or soy milk
- Raw cacao powder
- Peanut butter
- Honey or agave (optional)

## *Procedure:*

1. Toss all ingredients into blender.
2. Blend.
3. Eat.



# Vegan Marbled Banana Bread

Clare Gordon, Workplace  
From [Post Punk Kitchen](#)

## Ingredients:

- 1 cup mashed very ripe banana (i.e. black)
- $\frac{3}{4}$  sugar
- 1 teaspoon pure vanilla extract
- 2 tablespoons canola oil
- $\frac{1}{3}$  cups almond milk
- 1  $\frac{1}{2}$  cup all purpose flour
- $\frac{3}{4}$  teaspoon baking soda
- $\frac{3}{4}$  teaspoon salt
- 3 tablespoon unsweetened cocoa powder
- 6 tablespoons boiling water, divided

## Procedure:

1. Preheat oven to 350 degrees and prepare boiling water.
2. Mash about 3 bananas into a large mixing bowl until smooth.
3. Beat in sugar, canola oil, milk and vanilla.
4. Slowly add in flour, baking soda, and salt. Mix gently to incorporate & do not overmix!
5. Take one cup of the batter and scoop into a new mixing bowl.
6. Mix 3 tablespoons of the boiling water in with the cocoa powder until smooth. Add to the new bowl and stir together.
7. Now add the other 3 tablespoons of boiling water into the plain batter.
8. Grease an 8 x 4 loaf pan. Scoop alternative  $\frac{1}{2}$  cups of chocolate/banana batter into the pan. Then, take a butter knife and swirl the batter for a few seconds.
9. Bake for 55 minutes. Test the center with a toothpick to ensure full cooking.

## Sources

<http://ext100.msu.edu/ferry/wp-content/uploads/sites/12/2014/02/Fruits-and-Vegetables.pdf>

[www.eatbydate.com](http://www.eatbydate.com)