



Food Rescue Recipes

Created by Dragonfly Thrive Health Inc.



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Hello Waste Reduction Warrior!

I offer these “recipes” to remind you that a good meal doesn’t actually have to be so exact or measured. The 5 ideas I have included here are meant to be more of a framework. You build your meal with some of the proportions in mind and find the rest of your inspiration from the ingredients in your fridge and cupboards.

Remember to rummage through to the back of the fridge each week – before, or as, you make your grocery list. At least once a week, dive in there – don’t be afraid. With regular attention, you shouldn’t find anything too scary lurking about.

Labelling is your secret weapon. A wet-erase marker, clear glass containers or actual labels will reduce the risk of anything being overlooked. (I know, labels are another bit of waste but I’m reasoning that my small paper stickers are the lesser evil compared to the food waste in this scenario).

Make space in your meal plan for a regular rescue-recipe day. A good time would be the evening before you typically get the bulk of your groceries. This allows you to make space for the fresh food coming in and reminds you of exactly what you should be shopping for next.

I hope at least one of these meal templates becomes part of your household’s regular rotation.

Enjoy!

-Christina

Pasta Pesto Please!

6 ingredients · 30 minutes · 4 servings



Directions

1. Clean and drain your greens thoroughly. Their stems will work in this recipe except for any woody stems.
2. Add all ingredients to a food processor or blender and pulse until well mixed.
3. Taste test pesto and add more salt, lemon juice or a dash of pepper as needed.
4. If you wish, you can add 2 Tbsp nutritional yeast or 4 Tbsp hard, grated cheese. Mix again.

Notes

Nuts or Seeds

You could try - walnut, pine nut, pumpkin, cashew, almond, sunflower seeds, or pecans. Pesto is also a great way to use up some of the dredges in the bottom of your jar of nut butter.

Greens

Consider any of - basil, arugula, kale, parsley, spinach, purslane, dandelion, cilantro

Toasty Goodness

You can toast any of the nuts or seeds for 5-8 minutes in a dry pan, at a low heat to add another level of flavour.

Flava Flav!

Some great flavour pairings to try: basil & parsley with pine nuts | kale and almonds | arugula & pecans | dandelion & purslane with walnut | spinach & cilantro with pumpkin seeds.

Versatile

Dress warm zoodles, pasta, or gnocchi with a generous serving of the pesto. Add the pesto to a wrap or top a baked sweet potato... Just enjoy.

Ingredients

- 1/2 cup** Nuts Or Seeds (or their butters)
- 2 cups** Flavourful Herbs Or Greens (cleaned, not trimmed)
- 1 tbsp** Lemon Juice (about 1/2 of a lemon)
- 1/2 cup** Extra Virgin Olive Oil
- 1/4 tsp** Sea Salt
- 1** Garlic (clove, smashed)

Clean-the-Fridge Soup

12 ingredients · 40 minutes · 6 servings



Directions

1. Smash and rough chop the garlic and set aside. Thoroughly clean the leeks and rough chop all but the dry, dark green portions.
2. Potatoes: You can use any kind. Scrub and chop potatoes into ½ inch dice (lessens cooking time).
3. Vegetables (carrots, celery, squash): Aim for 2-3 cups of root or firm veggies. Rough chop them all into 1/2 inch chunks.
4. Leafy Greens (cabbage & kale): Collect about 2 cups of cleaned and chopped greens.
5. In a large soup pot, warm the ghee and sauté leeks for 4 minutes, then add garlic and sauté 2 more minutes. Add potatoes and chopped sturdy vegetables.
6. Add bay leaf and thyme. Pour in the broth. Add water (1-2 cups), leaving 2-3 inches of room at the top of the pot.
7. Allow soup to come to a gentle bubbling simmer, reduce temperature; cover and cook for 15-20 minutes or until potatoes and veggies are softened. Add in leafy vegetables and let simmer 5 more minutes.
8. With a hand blender, blitz soup until thick and smooth (or transfer batches to a blender – being careful to let the steam out). Consider adding more water or broth to make a thinner consistency. You can serve right away.

Notes

Serving

This soup goes well poured over a ½ c of seasoned leftover grains or a bowl of finely chopped greens

Ingredients

- 1 **tbsp** Ghee (or coconut oil)
- 1 Leeks (large, or 2 small)
- 2 Garlic (smashed and minced)
- 3 Yellow Potato (1-2 cups chopped)
- 2 Carrot (rough chopped)
- 2 **stalks** Celery (rough chopped)
- 1 **cup** Butternut Squash (rough chopped)
- 1 **cup** Green Cabbage (rough chopped)
- 1 **cup** Kale Leaves (rough chopped)
- 1 Bay Leaf
- 2 **tsps** Thyme (2-4 sprigs)
- 6 **cups** Vegetable Broth (or broth of choice)

Green Smoothie Template

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Good equipment

With a strong blender you will find smoothie-making a little "smoother". With a smaller blender, like a Magic Bullet, try soaking some ingredients (like nuts) overnight or thawing frozen ingredients (like strawberries). This will help you get a better blend.

Make it your own

Choose from a combination of ingredients as suggested in these notes. Don't forget to keep track of your favourite combinations. Fresh or frozen ingredients work well with smoothies.

Greens

Spinach, Kale, Swiss Chard, Romaine, Collards, Dandelion, Bok Choy, Sprouts

Fruit

Banana, Berries, Avocado, Peach, Grapes, Orange, Pineapple, Lemon

Liquid

Nut milks, Coconut milk, Water, Coffee (cooled), Fresh fruit juice, Yoghurt

Protein/Fat

Hemp seeds, Chia seeds, Coconut oil, Nut butters, Flax seeds, Protein powder

Booster

Pine pollen, Matcha powder, Cacao, Cinnamon, Maca Root, Moringa, other adaptogens

Ingredients

1 cup Greens

1 1/2 cups Fruit

1 cup Liquid

2 tbsps Protein/fat (or more)

1 tsp Booster (to taste or as recommended)

Egg Bites to Go

12 ingredients · 25 minutes · 4 servings



Directions

1. Keep whisked eggs in a bowl at room temperature and preheat oven to 350 degrees.
2. Sauté onions until translucent. Add garlic and sauté another minute.
3. Add peppers, spinach, cumin, turmeric, chili powder, salt and pepper. Cook for 3 minutes, stirring frequently.
4. Turn the heat off and allow mixture to cool for 5 minutes while you line a muffin tin with papers or grease tin with coconut oil.
5. Stir in cilantro, then add mixture to the eggs in the bowl and combine with another stir.
6. Fill muffin cups with ¼ cup each of egg mixture. Bake for 10-15 minutes or until lightly browned and springy to the touch.

Notes

Make ahead:

You can prepare these to have ready a few days in advance.

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Change up the bell peppers for other veggies, like zucchini, mushroom, kale, leeks or peas.

Seasoning

You can change up the spices for variety. Try a little smoked paprika or simple some dried oregano.

Herbs

Cilantro can be swapped for other herbs like parsley, basil or sage.

Ingredients

- 10 Egg (whisked)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (finely diced)
- 4 Garlic (minced)
- 1 Red Bell Pepper (diced)
- 1 **cup** Baby Spinach (chopped)
- 1/2 **tsp** Cumin
- 1/2 **tsp** Turmeric
- 1/2 **tsp** Chili Powder
- Sea Salt & Black Pepper (to taste)
- 1/4 **cup** Cilantro (chopped)
- 1 Avocado (sliced)

Food Rescue Stir Fry

11 ingredients · 30 minutes · 4 servings



Directions

- 1. PREP:** Mince, clean, chop, and/or slice all the ingredients you scrounge up from the fridge. **GROUP** like-ingredients together (based on cooking time) 1. garlic, ginger and whatever onion-ish flavours you have 2. sturdy veggies like carrots, celery, broccoli, zucchini 3. mushrooms and any bell peppers and peas 4. leafy greens - kale, chard, spinach, romaine.
- 2. SAUTÉ:** Add cooking oil to a large frying pan or a wok and place over medium heat. Sauté onions for a couple minutes, then add any garlic or ginger you are using, sauté another couple minutes. If you are cooking a protein tonight, you may want to add it now.
- 3. STURDY VEGGIES:** Add the sturdy vegetables, stir and then cover, allowing them to soften with the steam over 4-5 minutes - you may even wish to add a tablespoon or 2 of water to add steam and deglaze the pan.
- 4. TENDER VEGGIES:** Add any mushrooms, peppers, and/or peas, and cook uncovered for 3-4 minutes. If the stir fry is drying out too quickly, cover the pan again while cooking.
- 5. LEAFY GREENS:** As the veggies are all getting close to your desired softness, add any greens you are using. Kale, chard, or collards need to go in when there are still 3-4 minutes cooking time left so they can soften up. Spinach or sprouts just need to be stirred in at the end.
- 6. SEASON:** The vegetables are already offering you plenty of variety but you can also keep Stir Fry dinners interesting by changing up the seasoning: Tamari and more garlic. Creamier, tahini dressing. Hot & spicy with crushed red pepper... looking on line for stir fry dressings may inspire other flavour profiles. Flavours can be added during the sauteing or top the dish at the end.
- 7. PROTEIN:** Your protein may be leftover, precooked odds and sods. Or if you are cooking some protein tonight, you could cook it separately (e.g. bake a chicken breast in the oven) or you may want to add it to the onions and garlic, before you add the sturdy veggies. Another protein option could be some chopped nuts (raw or roasted) beans/legumes like chickpea or edamame, or another helping of sprouts.

Ingredients

- 2 tsps** Cooking Oil Or Fat (Coconut, Olive, Avocado, Ghee)
- 2** Garlic (cloves, minced)
- 2 tsps** Ginger (minced, fresh)
- 3/4 cup** Onion, Or Like Flavour (dice: yellow, red or green onion, or leek)
- 3 cups** Sturdy Vegetables (julienne or thinly sliced)
- 2 cups** Mushrooms (whatever you have, sliced *optional)
- 1 cup** Bell Pepper (if you have them)
- 1 cup** Snap Or Snow Peas (trimmed and possibly chopped)
- 4 cups** Leafy Greens (washed, trimmed and chopped)
- 12 ozs** Protein Of Choice (cooked)
- 3 cups** Leftover "carb" (rices, quinoa, lentil, millet, soba noodle)

8. BASE (carbs/grains/greens): You may have a few options that have accumulated - some brown rice, a little bit of quinoa, shredded lettuces or kale, lentils, a small serving of a glass noodle, etc. Warm and portion these out for anyone you are serving dinner to, there may be a variety of choices to use up what you have :)
9. ASSEMBLE and serve: Pick your warmed base or grain, top with your protein and a generous portion of your stir-fried vegetable ensemble. Add any additional dressing or seasoning and enjoy!

Notes

Stir Fry Template

All ingredient choices and quantities, including flavourings, are suggestions here. This is not truly a recipe but more of a structure to allow you to build a stir fry from what you have on hand ;)