

All Taste, No Waste! The Earth Rangers Cookbook.

Hello, Earth Ranger!

CONGRATULATIONS on completing the "All Taste, No Waste" challenge! As a reward for choosing climate-friendly habits for a healthier planet, I've partnered with my friends at Earth Rangers to create this cookbook full of tasty recipes. These recipes will help you to reduce food waste and "upcook" your leftovers by turning them into something new. This way, cooking can be fun and eco-friendly!

While enjoying your recipes, remember to keep up these waste-reducing habits from the challenge:

1. Choose 'imperfect' (slightly misshapen or bruised) produce while grocery shopping. In most cases, you're going to chop it up anyway.
2. Get others involved in 'upcooking' with you. Ask an adult to help with knives and hot pans - and enjoy a tasty meal together when you are done.
3. Think ahead for lunches and other meals. Pack unused ingredients as snacks in your lunch box and enjoy them again later!

Have fun in the kitchen, Earth Ranger! Thank you for doing your part to cut down on food waste for the good of our planet.

Happy Upcooking!

Chef Sam
Maple Leaf foods

Maple Leaf Foods' Commitment to Climate Change.

Maple Leaf Foods is on a journey to become the most sustainable protein company - not just in Canada - but on Earth. Becoming the world's first major carbon neutral food company was a big step in our fight against climate change as we aim to reduce our environmental footprint by 50% by 2025.

Sustainability is central to every aspect of the business - from the food we make, to the animals we care for, to the communities we all live and work in, and the planet we must protect. To learn more about Maple Leaf Foods' commitment to sustainability, visit: mapleleafoods.com/our-commitments.

Recipes

Got leftovers or ingredients you want to use up? Check these recipes out to see what you can make using what you already have at home!

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Epic Energy Bars

This is a dream grab-and-go snack for all your busy activities outside and inside of school. A little prep work, and you've got an awesome energizing bite to eat on the road. A 5-6 ingredient recipe with no cooking required. Simple, right?

Ingredients

- 1 ½ cups quick oats, uncooked (quinoa flakes, Cornflakes, or Rice Krispies work too)
- 1 cup nuts roughly chopped (almonds, hazelnuts, walnuts, cashews, pecans, or pistachios all work)
- ½ cup honey or maple syrup
- 1 cup nut butter (like peanut or almond)
- 2 tablespoons oil (coconut, canola, or vegetable)
- ½ teaspoon salt (optional)

Optional Mix-ins: 1/2 cup chocolate chips or dried fruits; 1-2 tablespoons of chia seeds, pumpkin seeds, sunflower seeds, or shredded coconut

Preparation:

1. Combine oats (or alternative) and your choice of mix-ins in a medium-sized bowl.
2. Heat honey, oil and nut butter in a small saucepan over low heat until melted.
3. Add the melted liquid to the oats/mix-ins and stir together well.
4. Scoop the sticky mixture into an 8x8 inch baking dish and flatten with a spatula.
5. Cover and refrigerate for 2-3 hours or overnight.
6. Cut into bar shapes and store in an airtight container. The bars are good for up to 5 days in the fridge. They also freeze well. They just need about 10 minutes on the counter to soften!

Chef Sam recommends:

- Make these “poppable” for a fun snack! Roll your mixture into bite size balls or use cookie cutters and make cool shapes!

All Taste, No Waste Tips:

- You can shake up this recipe anytime you want! Change the mix-ins, and voila, a new “super-snack”. Just use whatever nuts and dried fruit you already have at home. Remember to check any nut-free policies before taking this on the road!
- These homemade bites are wrapper-free! Carry them in reusable containers, and you can skip the garbage can entirely!

Leftover Lunchbox Wrap

Here's a recipe that will have you counting the minutes until the lunch bell! These fun wraps use last night's leftovers and totally score as a litterless lunch!

Ingredients

- 1-2 cups leftover veggies and/or protein (e.g. beans, chicken, tofu), cut into bite-sized pieces
- 1 teaspoon oil (olive, canola, or whatever you have handy)
- 1-2 sliced bell peppers
- ½ medium onion, sliced (optional)
- 1 ½ teaspoons taco seasoning or a combo of your fave spices
- ¼ cup Salsa or diced tomatoes
- Shredded lettuce (as much or as little as you want!)
- ¼ cup shredded cheese (optional)
- 6 small tortillas, taco shells, wraps, or even large lettuce leaves

Preparation:

1. Ask an adult to sauté the leftover veggies/protein, sliced onion, and sliced bell peppers in oil until softened. Stir in seasoning and allow to cool.
2. In a large bowl, toss the lettuce with cheese (if using) and salsa/tomatoes.
3. Lay the wraps on a clean surface. Divide the lettuce mixture between your wraps, followed by your sauteed protein and veggies.
4. Roll up slightly and store in an airtight container to keep fresh until lunchtime!

Chef Sam recommends:

- Maple Leaf Prime® Raised Without Antibiotics Chicken Strips
- Add 1/4 cup sour cream for a creamier dressing

All Taste, No Waste Tips:

- When buying produce like peppers, keep you eyes open for the imperfect or 'special discounted' ones. They taste just as good!

Legit Leftover Casserole

Popping leftover veggies into a reusable container and storing them in the fridge is a great idea. But it's not uncommon for a few days to go by and for that container of cauliflower or carrots to still be sitting there! That's when we say, "Hello, casserole"

Ingredients

- 4 cups raw or cooked chopped-up veggies like cauliflower, carrots, spinach, broccoli, mushrooms, peppers, onions etc.
- 2 cups cooked protein (tofu, ham, chicken, turkey etc.)
- 2 cups shredded cheese (any kind will do!)
- 2 tablespoons oil (canola, vegetable, olive oil etc.)
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 tablespoon breadcrumbs

Preparation:

1. Preheat the oven to 375 degrees F.
2. Ask an adult to heat the oil in a large skillet and saute any raw veggies until softened. Then stir any cooked veggies and leftover protein.
3. Remove skillet from heat and mix in cheese, salt, and pepper.
4. Scoop the mixture into a large, greased casserole dish and sprinkle the top with breadcrumbs, and a little more cheese if you'd like!
5. Bake in the oven for 20-25 minutes until the cheese is melted and the casserole is bubbly.

Chef Sam recommends:

- Have leftover cooked pasta hanging around from the night before? Add a cup or two to your casserole for a hearty dinner! Just toss the pasta with a little olive oil and add it to the casserole mixture.

All Taste, No Waste Tips:

- Combining cooked and uncooked veggies works great. The key is to cook your raw veggies first and add the ones from last night's meal at the very end.
- Don't throw away that stale bread! Instead, grind it with a food processor, mortar and pestle, or just crumble it with your hands to make your own breadcrumbs.

Mash'n'More Bowl

We know it's corny, but adding some niblets to this easy recipe takes your leftovers up a notch! Are you ready to get mashing?

Ingredients:

- 2 cups mashed potatoes, sweet potatoes, squash, or polenta
- ½ cup protein (e.g. beans, tofu, chicken, bacon)
- 1 cup cooked broccoli or cauliflower (don't forget to include the yummy stems-just cut them up into cubes!)
- ½ cup corn niblets
- ½ cup grated cheese (optional)

Preparation:

1. Start by warming up your mash of choice. In a large bowl, mix your mash of choice with the protein and cooked broccoli/cauliflower.
2. Divide your marvelous mash mixture into serving bowls and top with corn and cheese (if using).

Chef Sam recommends:

- Maple Leaf Prime® Original Natural Bacon
- Get as crazy as you'd like with the veggies - cooked mushrooms, onions, carrots... you really can't go wrong!

All Taste, No Waste Tips:

- The Mash'n'More Bowl is a great way to use up leftover mash or a big bag of potatoes that may have started to sprout.
- Make this meal zero-waste by using the stems of the broccoli and/or cauliflower! This part of the veggie often goes to waste, but it doesn't have to. It's delicious and packed with nutrients!

Pizza Pizazz

Did someone say pizza? These pizzas are delicious and can be made using a variety of leftovers from the night before. In fact, this pizza is a good way to give your leftovers some new PIZAZZ!

Ingredients:

- Prepared pizza crust or any other bread base - a tortilla wrap, pita bread, naan, an English muffin, a slice of bread, a bagel...whatever you have handy!
- ½ cup pizza sauce or grated tomato. Don't like tomatoes? Try olive oil with garlic and herbs instead.
- Shredded cheese.
- Pizza toppings: any leftover veggies or cooked protein in your fridge.

Preparation:

1. Preheat oven to 425 degrees F.
2. Place your pizza base on a greased sheet pan.
3. Spread sauce onto your base, leaving some room around the edges.
4. Sprinkle cheese over the sauce and add your toppings.
5. Place your pizza on the middle rack of the oven for 8-10 minutes, until the cheese is melted. Allow to cool, and then dig in!

Chef Sam recommends:

- Maple Leaf Prime® Natural Bacon, chopped into pieces
- Drizzle some olive oil or sprinkle some fresh or dried herbs on the cooked pizza for a real gourmet treat!

All Taste, Now Waste Tips:

- Leftovers make for great pizza toppings! If you have leftover scrambled eggs from breakfast, use them! Leftover roasted veggies or protein (tofu, chicken or bacon) from lunch? You can use those too. If you don't have any cooked leftovers, check your fridge for veggies you need to get rid of and ask an adult to help you sauté them (cherry tomatoes cut in half, chopped peppers, zucchini, onions, corn all make great toppings.
- This pizza is a great way to use up a pack of tortillas, wraps or bread that is going stale – once crisp, you won't be able to tell!

Power-Packed Smoothie

Let's get busy cleaning out the fridge! This power-packed smoothie uses wilted leafy greens and fruits that are begging not to be tossed. Get blending!

Ingredients:

- 1 banana (fresh or frozen)
- ½ cup shredded kale, spinach, or any other leafy greens
- ½ cup berries (fresh or frozen strawberries, blueberries, cherries, etc.)
- ½ cup water
- ½ cup orange juice (No orange juice? Try a different type of juice, a little milk or just add more water)
- 2 tablespoons yogurt (plain or flavoured)

Preparation:

1. Combine all ingredients in a blender and blend until smooth, about 20-30 seconds. The colour will depend on which ingredients you choose!
2. Pour into a glass and enjoy.

Chef Sam recommends:

- Top smoothies with granola to add crunch!
- Experiment with flavour by adding other fruits like kiwi, mango, or avocado, or spice it up with a sprinkle of cinnamon, nutmeg, or ginger!

All Taste, No Waste Tips:

- A smoothie is a great way to use fruit that's just about to go bad! To stop the fuzz, keep your fruit at the front of the fridge, so they're easy to see.
- Mix it up! Use whatever fruits you have. In the colder months, it can be harder to find fresh produce. Good news! Frozen fruits work just as well.
- Freeze bananas that are going brown so you can use them as needed. They add natural sweetness and thickness to any smoothie!

Snappy Veggie Peel Chips

When we say snappy, we mean super-fast! This recipe will be done in the blink of an eye, in a matter of moments, and ready in a snap! You get the idea. There's not much to it, and the end result is some tasty, no-waste chips.

Ingredients:

- 1 cup vegetable peels (potato, carrot, beet, squash, parsnip, eggplant, or zucchini will work)
- 1 teaspoon oil (corn, vegetable, olive, or whatever you have in the cupboard)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon dried oregano or your fave seasoning

Preparation:

1. Preheat the oven to 400 degrees F.
2. In a bowl, toss veggie peels with oil.
3. Scatter the peels on a cookie sheet lined with parchment paper.
4. If you haven't used the oven before, have a grown-up put the sheet in the centre of the oven.
5. Cook for 10 minutes, flipping halfway through (keep an eye on your chips; depending on the thickness of your peels, they could cook faster).
6. Allow to cool slightly, and sprinkle salt, pepper, and spices (if using) on top!

Chef Sam recommends:

- This is a great opportunity to be creative and use different spice blends! Try using mild Cajun or blends like Greek, Italian or Asian 5 Spice!

All Taste, No Waste Tips:

- It takes a lot of energy to grow our food, so why let any of it go to waste? Vegetable skins have a lot of healthy nutrients and fibre.
- Veggie peels are easy to overlook. These tasty chips are a great example of how rethinking food scraps can result in a delicious, zero-waste snack.

Stuffed Lettuce Cups

Here's a whole new way to look at a crunchy piece of lettuce! It can do some major heavy lifting by being the backbone of this fun after-school snack. Get ready to stuff and devour.

Ingredients:

- 1 cup cooked protein (e.g. beans, tofu, chicken, bacon), chopped
- 1 cup veggies (go wild here with things like cucumber, tomato, zucchini, peppers, cauliflower, shredded carrots... anything you have in your fridge!), chopped
- 6 lettuce-leaves (iceberg or Boston lettuce are great because they have big leaves for stuffing)
- 1 tablespoon your fave seasoning (e.g. Italian, Cajun)
- 2 tablespoons salad dressing (Italian, honey-dijon, etc.)

Preparation:

1. Wash your lettuce leaves and gently pat dry.
2. In a large bowl, combine chopped protein, veggies, and spices.
3. Pour in salad dressing and mix well.
4. Scoop your mixture into each lettuce cup and crunch away!

Chef Sam recommends:

- Maple Leaf Prime® Ready Crisp Bacon, chopped
- Maple Leaf Prime® RWA Boneless Skinless Chicken Breasts, grilled

All Taste, No Waste Tip:

- Using whatever is in the fridge means one less trip to the store!
- This is a great example of how using oddly shaped vegetables works like a charm. That odd-looking carrot and pepper with the dent in the side get chopped up with no one knowing how they originally looked!

“Use What You’ve Got” Grain or Pasta Salad

This recipe can be made using last night's pasta, couscous, quinoa, or even riced cauliflower, plus whatever leftover veggies and protein you have in the fridge. It can be made ahead of time or meal-prepped in bulk!

Ingredients:

- 1-2 cups leftover protein (e.g. beans, tofu, chicken, bacon), cut into bite-sized pieces
- 1 cup leftover pasta, couscous, or quinoa
- ½ cup diced tomatoes or halved cherry tomatoes
- ½ cup chopped or sliced veggies (onions, broccoli, cucumber-whatever you have in the fridge!)
- ½ cup your fave salad dressing
- 1 clove of garlic, minced (optional)

Preparation:

1. Combine all ingredients in a large bowl, and stir well so everything is coated with the dressing.
2. Give it a taste and add more salt and pepper as needed.

Chef Sam recommends:

- Maple Leaf® Natural Bacon or Prime® Raised Without Antibiotics Boneless Skinless Chicken Breast
- Pasta shapes with holes and ridges work best for catching the dressing and tasty bits of veggies! Try rotini, penne rigate, rigatoni, or elbow macaroni
- Add a little ranch dressing, mayonnaise, or plain yogurt for a creamier salad

All Taste, No Waste Tips:

- If you're buying any vegetables for this recipe, make sure to choose the 'imperfect' produce that others might overlook. You're going to be chopping it up anyway!
- If your leftovers have leftovers, don't forget to seal them in an airtight container before putting them in the fridge. This way, they'll stay fresh longer.

You- Name-It-Loaf

Do you have dark-spotted, a-little-bit-mushy bananas sitting on the kitchen counter, or softening zucchini sitting in the back of the fridge? Perfect! That means you can make an oh-so-tasty loaf.

Ingredients:

- 1 cup mashed bananas (about three medium bananas) or 1 cup grated zucchinis
- 2 eggs, lightly beaten
- ½ cup vegetable or canola oil
- ¾ cups all-purpose flour
- 7 cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon (optional)

Preparation:

1. Preheat oven to 350 degrees F.
2. Spray two 8x4 loaf pans with cooking spray and set aside.
3. Combine flour, sugar, baking soda, baking powder, salt and cinnamon (if using) in a bowl. Mix until blended.
4. Stir in eggs, oil and mashed bananas or zucchini.
5. Pour evenly into the two loaf pans and bake for 45-60 minutes.

Chef Sam recommends:

- Mine that pantry! You can add half a cup of chocolate chips, raisins, or nuts to your loaf for some added texture.

All Taste, No Waste Tips:

- This is a great way to use bananas or zucchinis that are on their way out, and divert waste from your compost bin!
- Since you're making two loaves, freeze one once it's completely cooled! Defrost it for a treat on another day!
- Not ready to bake when the bananas have turned spotty? Pop them in the freezer and thaw them when you're ready! The mashing is even easier since the bananas are really soft after defrosting.