

2021

New Jersey Department of Environmental Protection's

Food Recovery Cooking Challenge Recipe Finalists



BBQ Banana Peel Quesadillas



Ingredients

Banana Peels
Wraps or Bread
Olive or vegetable oil
BBQ Sauce
Shredded Cheese (optional)

Spices for Marinade:

Paprika
Garlic Powder
Onion Powder
Salt & Black Pepper
Turmeric (optional)
Cumin (optional)
Oregano (optional)
Thyme (optional)

Directions

1. Scrape the inside of the banana peel with a spoon to remove the remaining banana.

Note - the shavings can be used in a smoothie

2. Slice the peels into thin strips.
3. Add seasonings and oil to peels. Let stand for up to 10 minutes prior to cooking.
4. Stir fry seasoned peels until tender.
5. Add BBQ sauce, while cooking, and mix well.
6. Assemble wrap - Place wrap in a skillet or pan to heat. Put shredded cheese and cooked banana peels in center of wrap. Fold wrap in half and pressed down with a spatula. Flip wrap over and press down. Remove of skillet, slice, and enjoy.

SUBMITTED BY: Rutgers Food Product Development Team 2
- Jenna Thaochuetoua, Calvin Cho, Louis Symanski,
Kenny Xu, Kuni Tai, Yue Wu

VIDEO LINK: youtu.be/7KgxitXEob8

RECIPE INSPIRED BY: The Stingy Vegan -
thestingyvegan.com/banana-peel-vegan-pulled-pork-sandwich/

Kitchen Sink Dumplings



Ingredients

Vegetable stock ingredients:

Ingredients are any aging vegetables from your kitchen or saved scraps from other meals or from the dumpling filling ingredients. Vegetables used in the video included:

| | |
|----------------------|--------------|
| Onion peels and ends | Potato peels |
| Carrot peels | Garlic skins |
| Ginger root peels | Cabbage ends |

Dumpling filling ingredients:

| | |
|---------------------------|--------------------------|
| Spinach, partially wilted | Garlic, chopped |
| Potatoes, diced | Onion, chopped |
| Cabbage, chopped | Celery stalk, chopped |
| Ginger, chopped | Broccoli stalks, chopped |

+ Dumpling wrappers or skins

Directions

Making the stock:

Add scrap vegetables to boiling water to create a stock. Add salt to taste. Let simmer for 1 hour. Remove vegetables with a strainer.



Cooking dumpling filling:

1. Heat oil in a skillet.
2. Add onion, garlic, and ginger and let it cook down for a couple of minutes.
3. Add celery and stir.
4. Add broccoli stalks and potatoes and some of the veggie stock.
5. Stir to combine.

6. Season to taste. Video used chili powder, black pepper, salt, and crushed red pepper.
7. Continue to cook then add tender vegetables, such as spinach and cabbage, and additional stock. Stir to combine.
8. Cover and let simmer for 10 minutes.
9. Add seasoning of your choice, video used sesame oil.

Assembling Dumplings:

1. Allow the filling mixture to cool before filling the dumpling wrapper.
2. Transfer a spoonful of filling mixture onto a dumpling wrapper.
3. Wet the edges of the dumpling wrapper with water and press the edges together to seal the wrapper in fun shapes.

Cooking the Dumplings:

- Pan-frying - transfer the dumplings into a heated oil pan. When the dumplings are golden on the bottom, add some veggie stock, cover, and steam until the dumplings are fully cooked.
- Steaming - fully steam the dumplings until cooked.
- Wonton Soup - boil dumplings in the veggie stock.

SUBMITTED BY: Sarah Cain and other unnamed students from Rutgers University

VIDEO LINK: youtu.be/-2JVvx1wIL0

Meatballs w/ Salad Green Pesto and Spaghetti Squash

Ingredients

1 spaghetti squash (can be older and soft)

Pesto Ingredients:

Kale (whole stalk, including stem)

1 cup onions, sliced

2 TBSP chopped garlic

3 TBSP lemon juice

Olive oil

Meatball Ingredients:

Minced onions

Chopped olives

Ground beef, 1 pound

1 cup breadcrumbs - make from left over crackers
(recipe used matzo crackers)

1 TBSP minced garlic

2 TBSP ketchup

1 egg

Salt and Pepper, to taste

Worcestershire Sauce, to taste



Directions

Preparing the pesto:

1. Cut off end of kale and blanch the whole stalk (leaves and stems) by dipping them in boiling, salted water. Blanching softens the stems of the kale.
2. Place leaves into a food processor. Add sliced onions, garlic, and lemon juice. Put lid on food processor and blend.

3. When the leaves form a paste at the bottom, begin adding the olive oil while the food processor is running. Add olive oil until the desired consistency is reached. For this recipe, the consistency should be more like a sauce so extra olive oil will be needed then if you wanted a paste.

Making spaghetti from spaghetti squash:

1. Cut spaghetti squash in half length wise and scrape out the seeds (seeds and skin cannot be used, but you can use an older squash that is dried out for this recipe).
2. Sprinkle a tablespoon of olive oil over each open side of spaghetti squash.
3. Sprinkle sea salt and black pepper over each open side, to taste.
4. Cook the squash in an air fryer for 20 minutes at 380 degrees, until fork tender.
5. Use a fork to scrape the inside of the squash to remove the strands.
6. Set strands aside.

Assembling and cooking the meatballs:

1. Mix onions and olives in a large bowl.
2. Break up ground beef and add to onions and olives. If using fully thawed ground beef add a little water. If using beef that has not fully thawed, you do not need to add the water.
3. Add breadcrumbs, garlic, ketchup, egg, salt, pepper, and Worcestershire sauce.
4. Mix all ingredients together and form into meatballs (about 3 TBSP of mixture per meatball).
5. Heat oil in a cast iron skillet (or oven safe skillet) and add meatballs to skillet. Turn meatballs so all sides are browned.

6. When all sides are browned, place skillet in 350-degree oven for 10 - 15 minutes, until the internal temperature reaches 165 degrees.

Plating:

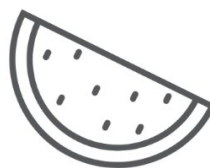
Mound spaghetti squash strands on a plate with a "nest" for the meatballs on top. Place 2 meatballs in the nest. Place a scoop of pesto on top of each meatball. Add parmesan cheese to taste.

Note: extra pesto can be frozen for future uses.

SUBMITTED BY: Parker Herrera - Rutgers University
Student

VIDEO LINK: youtu.be/ReBPZGZfao8

Watermelon Rind Chutney



Ingredients:

- 1/2 rind of a small watermelon
- 1 jalapeño or other pepper (with seeds)
- 2 cloves garlic
- 3/4 cup water
- 3/4 cup vinegar
- 3/4 cup sugar (white or brown)
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp grated ginger
- 1 tsp crushed pepper (optional)



Directions:

1. Remove any green peel (inedible) and pink flesh from watermelon rinds and chop into small pieces.
2. Chop pepper and garlic.
3. Combine ingredients into large pot. Add water, vinegar, sugar, salt, and black pepper. Stir thoroughly.
4. Bring to boil on medium heat and then reduce to simmer for about 45-50 minutes. Stir occasionally.
5. After about 20 minutes add ginger and crushed pepper if desired.
6. Cook until watermelon rind is at desired tenderness and there is a little liquid left in pot.
7. Cook and transfer to jar.
8. Store in refrigerator until use.
9. Enjoy! Works great as a dip for chips and crackers.

SUBMITTED BY: Nilam Kalawadia, Akino Tomizawa, Suzy Park, Kevin Zhang, Wyatt Walker, Max Clark, and Kiana Hudson - Rutgers University Students

VIDEO LINK: youtu.be/nJsRzDgOH2k