

WASTE NOT SHAKER SALAD

Did you know that about 40% of food in the United States goes uneaten?

Two of the reasons are:

1. At the farm, produce that isn't "perfect," meaning the exact size and shape that grocers want, is often plowed under. We call this "Imperfectly Delicious Produce" as it is just as tasty, but not as pretty to look at.
2. At home, we often throw away perfectly good parts of vegetables and fruits like stalks, stems and peels. We also may not know how to use up the odds and ends of leftover fruit and vegetables.

Tips for Reducing Wasted Fruit and Vegetables at Home:

- **Plan Ahead:** Look at preparing a soup, stew, burrito, omelet or salad towards the end of the week so you can use up the vegetable and fruit odds and ends you have.
- **Revive Your Veggies:** A quick soak in ice water for 5-10 minutes can revive wilted greens.
- **Use Leftovers:** In soups, sauces, smoothies and salsas.
- **Utilize Root to Stem:** Use the entire vegetable. Carrot tops, beet greens, broccoli, Swiss chard and kale stems are both delicious and packed with nutrients. Trendy "cauliflower rice" is made from cauliflower cores, a part that used to be discarded.
- **Peel Less:** No need to peel carrots and many other root vegetables if you are cooking them. Like potatoes, many of their nutrients lie just under the skin
- **Zest Away:** Use a grater or zester on the outside rind of lemons, limes and oranges before cutting and squeezing. The zest adds a burst of flavor to most any dish.



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4 servings

CALORIES	FAT	SAT FAT	CARBS	SUGAR	PROTEIN	FIBER	SODIUM
354	24g	4.4g	27g	7g	8g	5g	337mg

Ingredients

Salad

4 cups	IDP spinach
1 cup	Radicchio, julienne
1 cup	Golden beets, roasted, peeled
1 cup	Beet greens, julienne
1 cup	Broccoli stem, lightly steamed
8 slices	Ruby red grapefruit, peeled, thinly sliced
4 Tbsp	Feta cheese
8 Tbsp	Red quinoa

Vinaigrette

4 Tbsp	Fresh lemon juice
2 tsp	Shallot, minced
2 tsp	Dijon mustard
8 Tbsp	Extra virgin olive oil
1/4 tsp	Kosher salt
1/4 tsp	Black pepper, fresh, cracked
1 tsp	Mint, fresh, minced
1 tsp	Parsley, minced
1 tsp	Tarragon, minced

Directions

Preparation time = 15-20 minutes

Cook Time = 40 minutes

1. Wash all produce. Preheat oven to 375 F. Cut stems off the beets, reserving the greens. Roast beets in the oven for 40 minutes. Let cool, peel and 1/4 inch dice.
2. Julienne the radicchio and beet greens. Combine with spinach.
3. Rinse quinoa well in a mesh strainer, place in a saute pan over medium heat and cook for about 10 minutes. Reserve quinoa crunch.
4. Peel and slice grapefruit. Cut each slice into quarters.
5. Cut broccoli stem into 1/4 inch dice. Steam, blanch or microwave just to soften.
6. Make the vinaigrette. In a small bowl, whisk together the fresh lemon juice, shallot and Dijon mustard. Slowly drizzle extra virgin olive oil while whisking the entire time. Add salt, pepper and fresh herbs. Mix and reserve.
7. To assemble the salad, layer ingredients in the following order in each of four 16 oz. Mason jars:
 - 1 1/2 cups spinach, radicchio and beet greens mix
 - 1/4 cup diced broccoli stems
 - 1/4 cup diced beets
 - 8 pieces of grapefruit (2 slices, each cut in quarters)
 - 1 Tablespoon feta cheese
 - 2 Tablespoons quinoa crunch
 - 2 Tablespoons dressing
8. Put lids on jars and shake well to combine ingredients and dressing. Enjoy.