

Minimal Waste Cooking

Meredith Knowles

Swiss Chard Stalk Hummus

Swiss chard stalks, (from 2-3 bunches) trimmed and chopped
4 cloves garlic
1/2 cup tahini
5 Tbsp olive oil, or to desired texture
4 Tbsp lemon juice
1/2 tsp salt

Bring a large pot of water to a boil and cook the stalks until very tender, 18-20 minutes, and drain.

Place the garlic in a food processor and pulse until chopped. Add the chard stalks and puree, then add the remaining ingredients and process until very smooth.

Transfer to a shallow bowl, drizzle with olive oil, and serve at room temperature. The hummus can be stored in the refrigerator for up to 3 days.

Pickle Juice Brined Chicken over Sautéed Forgotten Greens

Pickle juice makes for a wonderful marinade and will work for other types of meat as well. The brine itself won't add much of a pickle-y flavor—it acts as a tenderizer and flavor-enhancer. You can make these recipes your own with your favorite spices and grilling methods.

For the chicken:

2 lb chicken, skinned (save the skins to make crisps)
2 cups pickle brine
Oil or butter
Salt and pepper
Garlic powder
2 tsp smoked paprika

For the crisps:

Chicken skins, excess fat removed
Salt and pepper

For the greens:

Few Tbsp oil
4-6 cups greens —use what you have! (beet greens, wilting greens, etc)

3-4 cloves garlic, minced
1/2 onion, thinly sliced
Lemon juice
Salt and pepper

Remove the skins and bones of your chicken and save for later. (You can use the skins for crisps and the bones for stock). Submerge in pickle juice. Let marinate for about 30 minutes to 2 hours.

While the meat is marinading, pat the chicken skins dry prepare a baking sheet with parchment paper. Lay out the chicken skins and season generously with salt and pepper. Cover with another piece of parchment paper and another baking sheet for weight. Bake at 350 for about 1 hour.

When the chicken is done marinading, drain, rinse, and pat dry. Season with salt and pepper. Place the chicken in a baking dish and roast at 450 until a meat thermometer reads 165F. Remove from oven, cover with foil, and let rest for 10 minutes. (Or, cook with your desired method—grilling, etc.)

To prepare your greens, use what you've got! Today, we are using a mix of beet greens, swiss chard, and items found in the reduced produce bin. We throw away many root veggie greens because they are bitter or tough. Blanching them first and using smart flavor-building techniques will help temper the bitterness. To blanch greens, bring a pot of water to a boil. Submerge the vegetables quickly in the boiling water (less than a minute for the greens) and then immediately submerge in cold water. Pat dry.

Heat a skillet prepared with a few Tbsp of oil over medium heat. Sauté the garlic and onions. Add the greens and cook until they soften and reduce in size. Deglaze the pan with a little lemon juice.

Serve the chicken over top the sautéed greens. Serve with chicken crisps as garnish.

Aquafaba Macaroons (Vegan, Gluten-Free)

Aquafaba is the term given to the liquid that chickpeas are submerged in. It can be used as a plant-based egg replacement. About 2-3 Tbsp of aquafaba is the equivalent of 1 egg in baking. You can whip it like you would egg whites for a meringue, or pour directly into a batter.

7 Tbsp aquafaba
10 oz sweetened condensed coconut milk
1/2 tsp vanilla
4-5 cups shredded unsweetened coconut milk

Preheat oven to 425F. Measure out aquafaba into a large bowl. Set aside chickpeas for another recipe. Whip the liquid until it becomes foamy and opaque. Add in sweetened condensed coconut milk and vanilla until evenly mixed. Add coconut 1 cup at a time and mix to make sure all ingredients are well combined and evenly distributed.

Spoon out 1 Tbsp scoops of batter and compress into a tight ball in your hand. Place on a baking sheet lined with parchment paper or a silpat mat. Bake in oven for 25-30 minutes. Remove from oven and let the cookies cool on the baking sheet for 5-10 minutes before touching. (*This is an important step to let the cookies set and hold their shape; they will fall apart if you skip this step). Serve at room temperature. Keep for 10 days in airtight container.