



# COLOR MY FOOD

*Nutritional Therapy with Diana Galindo*

## Mindful Thanksgiving

### How to reduce food waste from your Thanksgiving feast

#### Get Your Kitchen Ready

Check your fridge and freezer –use what you have instead of buying more food. Make room for the food you will buy and prep for your Thanksgiving meal and for re-using leftovers.

#### Ideas to “eat down the fridge”:

- Breakfast egg casseroles
- Baked oats
- Clean out the Fridge Soup
- Meal Salads
- Lunch wraps
- Smoothies and pesto

#### Inventory your supplies

- Cooking: roasting pans, pie pans, etc.
- Serving dishes, glasses, etc.
- Food storage containers
- Masking tape and markers

#### Make Your Menu and List

#### Choose proven recipes

- Go with tried and true; avoid throwing out food for experiments gone wrong
- Be mindful of food packaging, no need to put vegetables in plastic bags
- Plan smaller portions. Thanksgiving has more dishes than normal meals and no one will eat a full serving of every dish

Each year, about 200 million pounds of turkey meat are thrown out over the Thanksgiving holiday week. Uneaten food wastes the resources that went into producing it and generates global greenhouse emissions.

*Natural Resources Defense Council*

### Estimate how much food to prepare

Use the >> [Guest-imator](https://savethefood.com/guestimator) << <https://savethefood.com/guestimator>

Created by the NRDC, this free online portion calculator helps you estimate how much food you will need to prepare each dish. It takes into account:

- how many people
- size of their appetites
- leftover meals
- what you plan on cooking

### Use a Shopping List

- Stick to your list to avoid impulse buys
- Reduce the gas and number of trips to grocery store

### Plan Your Table Decor

- Avoid single use, landfill items
- Go natural where possible

### Have a Beverage Plan

Did you know water is the most common nutritional deficiency in the U.S.? Did you know there are no regulations on bottled water?

- Invest in a glass drink dispenser
- Serve filtered tap water – you will save money and reduce plastic bottles excess
- Add fruits or herbs to water dispenser
  - Orange slices and fresh cranberry
  - Lemon slices
  - Fresh mint
- Make homemade, chilled iced tea. Make a concentrated pot or two and cool. Fill a pitcher with ice and pour the cooled, concentrated tea over it. You can add honey to the tea before it cools, it's not necessary with fruit / herbal teas

- Lemon ginger
- Mint
- Hibiscus
- Drinking glasses
  - Dollar Store, budget-friendly
  - Use wine charms and drinking glass markers so each guest uses only one glass
  - If choosing disposable, aim for biodegradable cups

The bottled water industry does not provide information about the water's geographic source, purification methods and results of testing. EWG commissioned tests that found bottled water is not necessarily safer than tap water. We urge consumers to make their first choice filtered tap water. - *Environmental Working Group*

## Schedule Your Cooking

### Make Your Timeline

- What foods can you make and freeze 1- 2 weeks out?
- What can you make and refrigerate the weekend before?
- What can you chop and prep 2 - 3 days before
- Reduce food storage waste
  - Glass containers if possible
  - Store bought recycled jars and tubs: yogurt, broth, coconut oil
  - Saved restaurant take-out containers
  - Re-usable Ziploc bags

## Save Your Scraps

- Don't peel your potatoes or veggies if local and/or organic
- Keep vegetables bits (tops of celery, ends of green beans and leeks, etc.) for broth
- Use in turkey stock. OR store these scraps in the freezer and make vegetable broth later. Simply simmer in water for an hour and strain.

## Oven Double Duty

- Plan your roasting and baking time to avoid turning oven on and off
- If you have space in your oven, bake multiple dishes at the same time to reduce energy consumption

## Have a Clean Up Plan

- Start the meal with an empty dishwasher and an empty washing machine
- Create bins ahead of time to make it easy for guests to dispose of things to reduce waste
  - Drinking glasses
  - Laundry (cloth napkins, dishtowels)
  - Compost (veggie waste, fruit)
  - Recycle
  - Trash – Remember, food in a landfill rot and produces greenhouse gases.

## Make a Leftovers Plan

In general, cooked turkey can be kept in the fridge 3 – 4 days. Slice and/or shred the turkey meat and store it in an airtight container. Leftover turkey can be frozen up to 6 months

Plan your leftovers *before* you even start cooking.

- Leftovers to give away. Invite guests to bring their own containers, or use recycled containers
- Choose leftover meals/recipes
- Decide what to freeze

### Turkey Stock

Easy to make with the bones of the carved turkey, veggie scraps, some extra onions and carrots. Do it right way as part of clean up.

### The Refrigerator

Consider storing leftovers in clear glass containers to see what is inside. Unidentified food often goes bad and needs to be thrown away. If it doesn't get eaten by the 3<sup>rd</sup> day, it goes in the freezer. Use masking tape and marker to date and label; once frozen it becomes a mystery if it's not identified

### The Freezer

Food that cannot get eaten within 4 days can be put in mason jars and labeled to freeze. Or re-useable Ziploc bags for larger amounts of foods like mashed potato or soup

## Leftovers Recipes

- Turkey Barley Soup
- Turkey Nachos
- Turkey Shepherd Pie
- Turkey Enchilada Casserole
- Cranberry Tortilla Wraps
- Cranberry Oatmeal

### Clean Out Fridge Soup

from [www.rebeccakatz.com](http://www.rebeccakatz.com)

Makes 6 servings | Prep time: 15 minutes | Cook time: 40 minutes

- 3 tablespoons extra-virgin olive oil
- 1 yellow onion, diced
- Sea salt
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 2 parsnips, peeled and diced
- 1 sweet potato, peeled and cut into 1/4-inch cubes
- 2 cloves garlic, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/8 teaspoon red pepper flakes
- 6 cups [Magic Mineral Broth](#) or [Pastured Beef Bone Broth](#)
- 1 tablespoon tomato paste
- 1 (14.5-ounce) can diced tomatoes
- 1 bay leaf
- 1 cup cooked quinoa
- 1 small bunch kale, Swiss chard, or spinach, chopped into bite-size pieces

Heat the olive oil in a soup pot over medium heat, then add the onion and a pinch of salt and sauté until translucent, about 4 minutes. Add the carrots, celery, parsnips, sweet potato, and 1/4 teaspoon salt and sauté until all of the vegetables are tender and turning deep golden brown, about 12 minutes. Add the garlic and sauté for about 30 seconds, then stir in the thyme, oregano, red pepper flakes, and 1/2 teaspoon salt. Pour in 1/2 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the bottom, and cook until the liquid is reduced by half.

Stir in the tomato paste, tomatoes, bay leaf, and the remaining 5 1/2 cups of broth. Increase the heat to high and bring to a boil. Decrease the heat to low, cover, and simmer until the vegetables are tender, about 15 minutes. Stir in the quinoa and kale and cook for 3 minutes, or until the kale is just tender. Taste; you may want to add another generous pinch of salt. Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

## Turkey Stock Recipe

From <https://thefoodcharlatan.com>

Servings: 12

1 12-15 pound turkey carcass, picked over  
turkey neck, if you have it (it's ok if you don't)  
giblets, if you have them (it's ok if you don't)  
leftover turkey drippings, if you have them (it's ok if you don't)  
1 onion, peeled and quartered  
4 cloves of garlic, smashed  
2 large carrots, scrubbed or peeled, chopped into thirds  
about 1/3 a head of celery, leaves included  
1 large bunch of parsley, roughly torn or chopped  
1/2 bunch sage, roughly torn or chopped  
3-4 sprigs fresh rosemary  
5 sprigs thyme  
3 bay leaves  
8-10 whole peppercorns  
about 4 quarts of water

Place turkey carcass into large stock pot (at least 6-quart capacity.) Add in your turkey neck, giblets, any skin, and leftover turkey drippings, if you have them. It's okay if you don't.

Add onion, carrots, and garlic. Chop off about a third of a head of celery, the end that has the leaves preferably, but use what you have. You should have several short stalks. Add them to the pot.

Add a bunch of parsley, half a bunch of sage, 3-4 sprigs of rosemary, and about 5 sprigs of thyme.\* Tear the herbs up a bit so they start releasing flavor faster.

Add 3 bay leaves and 8-10 peppercorns.

Cover turkey and vegetables with about 4 quarts of water, or however much you need to submerge everything in the pot (at least mostly, some parts sticking out is okay.)

Bring to a rolling boil over high heat. Turn burner down to just below medium and maintain a low simmer. There should be gentle bubbles but nothing too active.

Simmer about 4 hours. Check every now and then; skim off any foam or scum that settles top. If your water is boiling off too quickly and the bones start to stick out of the water, add more water to cover it up, and bring back to a simmer.

Pour stock through a colander into a large bowl (or two), catching any bones or vegetables.

Allow stock to cool before moving to an airtight container and place in the fridge or freezer: mason jars if you plan to store in the fridge, or quart size zip locks if you plan to freeze.

Use turkey stock as a base for soups or anything that calls for chicken broth!

Stock can be stored in the fridge for up to 5 days, or in freezer for about 3 months.

### Turkey Mushroom Barley Soup

- 2 tablespoons olive oil
- 1 onion, chopped
- 4 cloves of garlic, minced (about 1 teaspoon)
- 2 large carrots, chopped
- 2 celery stalks, chopped
- 8 oz mushrooms, sliced
- 1/2 cup of barley
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1 bay leaf
- 6 – 7 cups turkey stalk

Sauté onion and mushrooms until in olive oil until onions are translucent

Add carrots, celery stalks and garlic. Sauté, mixing, 2 – 3 minutes

Add remaining ingredients and bring to a boil. Cover, reduce heat to low and simmer 40 – 45 minutes until barley is tender.

Seasoned with sea salt and pepper to taste.

Store completely cooled. Can put in Ziploc bag and freeze for a busy weeknight.

### Turkey Nachos

- Fill the bottom of a casserole dish with tortilla chips
- Spread 2 cups chopped turkey meat on top
- Sprinkle with 1 teaspoon taco seasoning
- Spread 1 cup finely chopped onion and 1 cup chopped tomato (can use canned)
- Sprinkled 1/2 teaspoon additional taco seasoning
- Spread 1 1/2 cup shredded cheese on top
- Broiled in hot oven 5 minutes until cheese was melted

### Turkey Shepherd Pie

- Sautéed 1 chopped onion in 1 tablespoon olive oil
- Added 4 minced garlic, 1 28-oz can diced tomatoes, 1 teaspoon oregano
- Covered and simmered over low heat 25 minutes
- Added 1 cup chopped turkey and mixed well
- Spread in a casserole dish
- Topped with left over Mashed Potatoes
- Covered and place in freezer for busy weeknight



### Turkey Enchilada Casserole

- Chop leftover turkey meat
- Drain a can of organic beans and mix with turkey meat
- Spread **enchilada sauce** to just cover bottom surface of 9 x 13 casserole dish
- Lay tortillas, overlapping, on top of the sauce
- Scoop large spoonful of turkey/bean mix on tortilla
- Spread enchilada sauce over it, and a layer of cheese
- Lay tortillas on top and repeat with turkey/bean mix, enchilada sauce and cheese
- When casserole dish is full, spread enchilada sauce over the top and then grated cheese
- Can cover and freeze
- Preheat oven to 350; cook 30 – 35 minutes until cheese is golden.

### Goat Cheese Cranberry Sauce Wraps

- Spread soft goat cheese on whole-wheat tortillas
- Spread a layer of leftover cranberry sauce on top
- Cover with baby spinach or shredded kale
- Add chopped nuts
- Roll up and enjoy
- Optional add leftover roasted vegetables to the wrap

### Cranberry Sauce Oatmeal

1 cup rolled oats  
1 cup water  
1 teaspoon pumpkin spice  
1/2 teaspoon sea salt  
1 cup water  
1 tablespoon butter, ground flaxseed or ground hempseed  
Leftover cranberry sauce  
Chopped walnuts or other nuts

Mix oats with water, cover and soak overnight. (Once soaked, it cooks in 5 minutes.)

Bring 1 cup of water to boil with sea salt and cinnamon. Add soaked oats, reduce heat, cover and simmer 5 minutes. Remove from heat, stir in flaxseeds, and let stand for a few minutes.

Swirl with cranberry sauce, top with nuts. Top with Greek yogurt for extra yum.

## Other ideas for leftover cranberry sauce

- Mix into plain whole-milk Greek yogurt with a handful of granola
- Mix into oatmeal or cooked quinoa breakfast porridge, add 1 tablespoon of grass-fed butter, or hempseeds or ground flaxseed
- Make into a breakfast smoothie
- Mix into a balsamic salad dressing
- Use as a glaze for pork tenderloin or roasted chicken breasts

## Resources

### Save The Food

<https://savethefood.com>

### How to Cook without Following Recipes or Buying More Food

<https://zerowastechef.com>

### 4 Juice Box Alternatives

<https://fitasamamabear.com/?s=4+juice+box+alternatives>

### Natural, Compostable Centerpieces

<http://theconsciousabode.com/how-to-host-a-low-waste-thanksgiving/>

### Wine glass markers

[https://www.amazon.com/GAINWELL-Wine-Glass-Markers-Dinnerware/dp/B01G1JD36G/ref=zg\\_bs\\_2566775011\\_1?\\_encoding=UTF8&psc=1&refRID=A5EPRZE3JCA0XTPGWMEZ](https://www.amazon.com/GAINWELL-Wine-Glass-Markers-Dinnerware/dp/B01G1JD36G/ref=zg_bs_2566775011_1?_encoding=UTF8&psc=1&refRID=A5EPRZE3JCA0XTPGWMEZ)