

## Sustainable Meal Option

This tool has been adapted from “Teaching Food Systems and Sustainability in Nutrition Education and Dietetic Training: Lessons for Educators” ([Harmon et al., 2013](#)) and more recipes available from [Inhabit](#).

It is an adaptable approach to reducing food waste in small to medium-scale food service operations. Dietitians can try to incorporate sustainable meals into a menu rotation. Recipes will need to be adapted based on the desired amount of servings.

- Role: Administration; Food Service
- Activity: Menu Change; Education
- Region: Adaptable (change recipe)

### Objectives:

1. To reduce food waste by planning in flexible meals that use up things that would otherwise be composted.
2. To communicate your menu choices and sustainability benefits to clients

### Recipe Idea: Vegetable Waste Bowl

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This recipe uses up leftovers in the fridge to prevent food waste

1. Roast whatever veggies you have. Broccoli, Cauliflower, Brussels sprouts, Carrots, Peppers, Turnip, Parsnip, Asparagus, Green beans, etc.
2. Toss with olive oil, salt, and pepper, and bake in the oven.
3. Make a cup of your favorite grain. Millet, Sorghum, Quinoa, Rice, Buckwheat, Barley, etc.
4. Mix all the ingredients together, and stir in beans. For example pinto, kidney, garbanzo, black, etc.
5. Top with cheese, a little bit of lemon, a drizzle of olive oil or your preferred dressing.

### Recipe Idea: Rosemary Mashed Root Vegetables

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This meal is quick to prepare. Use root crops that need to be used, anything you can boil and mash will work. Pumpkin, turnip, parsnip, or yams are some other ideas that could work well with this dish.

- Mashable vegetables such as:
  - 1 sweet potato, chopped
  - 2 white potatoes, chopped
  - 8 baby carrots or 1 medium carrot diced
- 1/3 cup of sustainably-sourced milk or unsweetened dairy-free beverage (almond milk)
- 1 tsp rosemary
- 1 tsp dried chives
- 3/4 tsp salt
- 1 tsp black pepper

Boil the vegetables for approximately 20 minutes, drain the water and place vegetables in a bowl. Add the milk, rosemary, chives, salt, and pepper. Mash until creamy. You could portion out mashed vegetables into reusable containers.

Adapted from: [Johansson, 2019](#)

## Communication Ideas:

A poster such as this in residents rooms or in the dining hall.

