



10 min



Serves 1

FRESH

OMELETTE

Ingredients:

- 2 large eggs
- 2 tbsp milk of choice or water
- 3 fresh cherry or grape tomatoes, diced
- 2 tbsp of grated cheese
- $\frac{1}{4}$ - $\frac{1}{2}$ chopped small zucchini
- $\frac{1}{4}$ chopped green or red sweet pepper
- $\frac{1}{4}$ cup of cooked shredded chicken
- $\frac{1}{4}$ cup of spinach
- Dash of salt and pepper (optional)

Sustainability

- Great "2-in-1" recipe choice, choose a variety of vegetable and meat add-ins.
- Great "Fridge Clean-Out" recipe, many combinations are delicious.
- Get creative with plant-based & local possibilities.

Directions:

1. Whisk two large eggs with milk of choice or water.
2. Heat up a medium sized skillet to a medium-low heat.
3. Add cooking spray or one tsp of oil/ butter to the pan.
4. Add sweet pepper and zucchini to the pan. Cook until soft (about two minutes).
5. Pour eggs over pepper and zucchini, cook until eggs are no longer runny (about four minutes).
6. Add remaining ingredients to your eggs (cheese, chicken, tomatoes, and spinach). Allow to cook for an additional two minutes.
7. Fold omelette in half and plate. Garnish with parsley if desired.

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Reduce Food Waste by following these tips from Love Food Hate Waste:

1. Plan It Out: Plan meals before shopping

Start simple, consider your schedule and plan time to grocery shop and cook.

Plan your meals and base your grocery list on what you are missing at home.

Leave room for flexibility, plan for 4-5 meals and consider batch cooking so that you have leftovers to use as well.

2. Keep It Fresh: Store food properly so that it will keep fresh longer

Keep it cool: Fridge should be 0°C to 4°C to preserve freshness.

Keep it clear: clear containers make it easier to see leftovers.

Keep it out of the door: No milk/dairy/eggs/raw condiments since the door is too warm.

Keep it whole: avoid slicing food until you are ready to use it.

First in, first out (FIFO): Older foods go to the front, new groceries go to the back.

3. Use It Up: Use up foods before they spoil, and revive wilted veggies

Get creative when loving leftovers.

Reduced-waste recipe ideas.

Check what foods you have before grocery shopping. Use FIFO to ensure you use up old foods first.

Rehydrate wilted veggies with an ice-water bath.

Recipe Ideas to Prevent Food Waste from the Rock What You've Got Cookbook (2019)

“Fridge Clean Out” recipes

- With plenty and variable ingredient options, you can make use of what you already have in your fridge
- Get creative, try new ingredient combinations or create substitutions to use up any odds and ends in the fridge.

“Zero-Waste” recipes

- Use up all of the main ingredients in recipes so that you are not left with half of a vegetable that eventually finds its way to the compost bin.

Resources:

<https://guelphfamilyhealthstudy.com/wp-content/uploads/2019/09/Rock-What-Youve-Got-Recipes-Sept-2019-Web.pdf>
<https://lovefoodhatewaste.ca/>
<http://guelphfamilyhealthstudy.com/cookbooks/>

“2-in-1” recipe

- Make use of leftovers in a completely new (and tasty) dish so that leftover components from Meal 1 are transformed into Meal 2.



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