



ROOT TO LEAF: COOKING WITH THE WHOLE PLANT



ORANGES

- Normally, orange peels are separated from the flesh of the fruit and thrown out due to their thick, almost Styrofoam-like texture and bitter taste.
- Instead of throwing the peel out, slice the orange into 0.5-1 cm sections, leaving the peel on, and grill the slices. Use the slices as a salad topping, upscale garnish for a main dish, or component of a dessert.



CAULIFLOWER

- When cooking cauliflower, the florets are usually extracted for use and the rest of the vegetable discarded.
- Slice the whole cauliflower into 3-4 cm sections, and brush both sides of each slice with oil, salt, pepper, and any other desired seasonings. Grill or roast to make cauliflower “steaks.”



KALE

- Kale itself is a fairly tough, fibrous vegetable, especially for a leafy green. When using raw kale, most recipes recommend discarding the stems and even massaging kale with oil to reduce toughness.
- Save the kale stems, then chop them and use them for a stir fry. You can do the same thing with broccoli stems!



SQUASH

- Squash come in all shapes, sizes, and seasons, but most have seeds that you remove before cooking.
- Save your squash seeds instead of throwing them out, then roast them to make a delicious snack. You can roast different varieties different ways!



BROCCOLI

- Like cauliflower, broccoli florets only are typically used in cooking, and the stems are discarded.
- You can use broccoli stems in so many dishes: stir fry, broccoli slaw, veggie burgers, you name it. Moral of the story: save your stems.

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