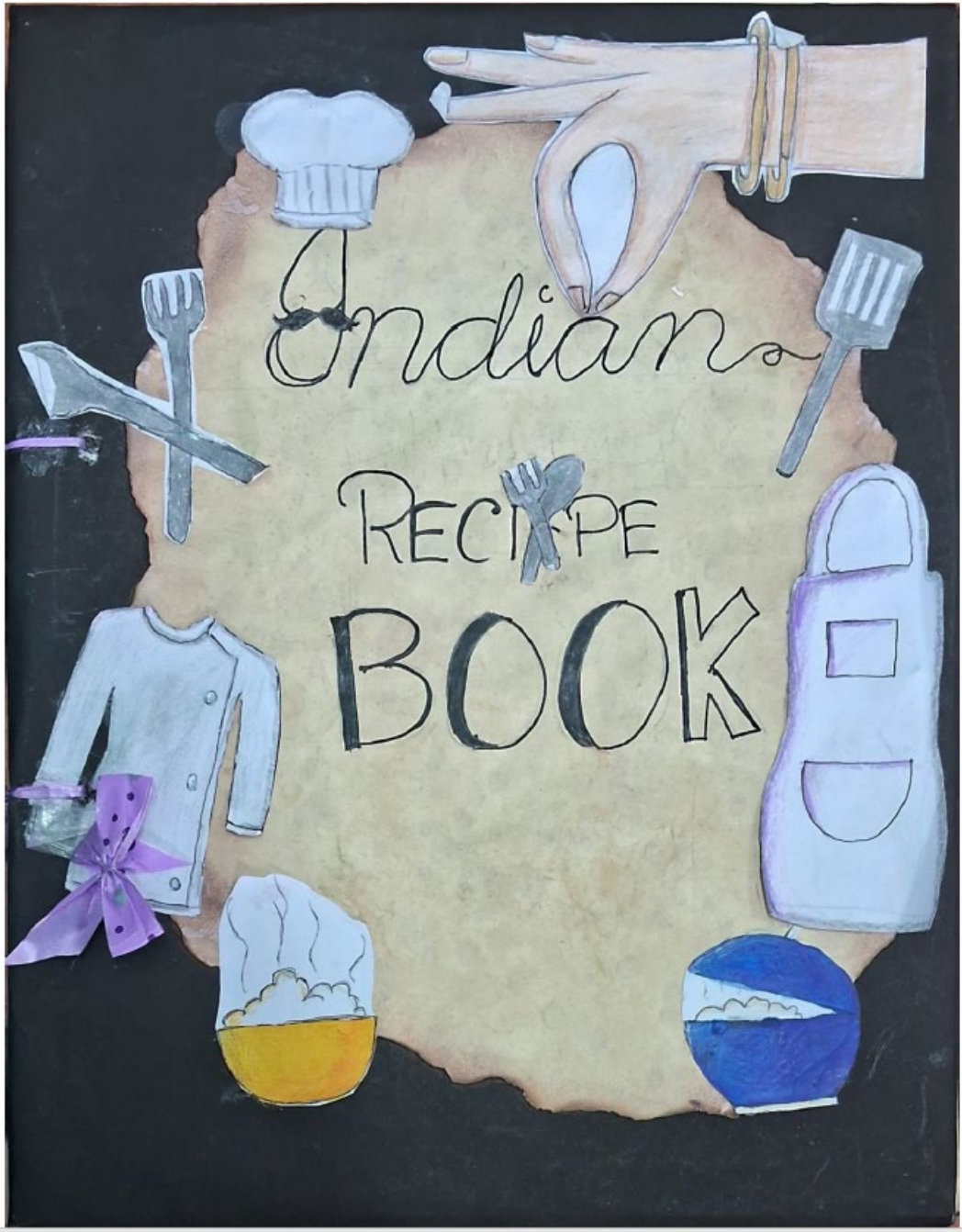


Examples of work shared with us from our link school in West Bengal for our project entitled 'Vegetable Scrap Challenge'



SNAP SHOTS OF RECIPE BOOK MADE BY THE STUDENTS OF
VIDYASAGAR SHISHU NIKETAN SCHOOL ,INDIA



Indian

RECIPE
BOOK

1. Ridge Gourd Peel Trogoyal (Chutney)

Ingredients:

- Ridge gourd peels (1 cup)
- Tamarind (small balls)
- Red chilies (2-3)
- Grated coconut (2 tbsp)
- Oil (1 tsp)
- Salt to taste

Method:

1. Heat oil in a pan, roast ridge gourd peels until soft.
2. Add tamarind and red chilies;
3. Blend ^{roughly} with grated coconut and salt into a smooth paste.
4. Serve with rice or dosa.

Nutrition: Serving 1

Calories - 104 Kcal
Carbohydrate - 9g
Protein - 2g
Fat - 7g
Saturated fat - 1g, Polyunsaturated fat - 2g, Monounsaturated - 4g, Transfat - 1g
Sugar - 5g, vitamin A - 30 IU,
vitamin C - 13 mg, calcium: 14 mg, Iron - 1mg
Fiber - 1gm

2. Mixed Peel Pakoras

● Ingredients:

- Potato peels, Pumpkin peels etc.
- Gram flour (1 cup).
- Spices (turmeric, chili powder, cumin)
- Water (as needed)
- Oil for frying.



● Methods.

1. Mixed peels with gram flour, spices, and water to make a thick batter.
2. Heat oil and fry spoonfuls of batter until golden.
3. Serve hot with chutney.

● One serving Contents.

Calories: 12 kcal, Fat: 5g, Sodium: 270mg
Carbohydrate: 17g, Fiber: 2g, Sugar: 4g, Protein: 3g
Calcium: 20mg, Iron: 3mg

Cauliflower Stalk Poriyal

Ingredients:

- 1 cup cauliflower stalks (chopped)
- 1 tsp mustard, Curry leaves, 1 green chili (sliced), salt and pepper to taste.



Method:

- 1) Heat oil, temper with mustard seeds, curry leaves and chili.
- 2) Add chopped stalks, season and sauté until tender.

Nutritional Value

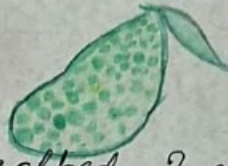
One serving contains —

Calories - 185 Kcal, Fat - 14 gm, Carbs - 10 gm,
Fiber - 4 gms, Sugar - 3 gm, Protein - 3 gm,
Vitamin - A, B1, B2, B3, B6, C, E, K and
folate, Minerals - calcium, iron, magnesium,
phosphorus & zinc

Jackfruit Seed Curry

Ingredients:-

- Olive oil, 1 onion chopped, 2 cloves garlic diced, 1tsp fresh grated ginger, 3/4 cup water, 2tbsp tomato paste, 3tbsp coconut milk, 1tbsp garam masala, 1 1/2 cups jackfruit seeds.
- 1 cup fresh spinach, salt and pepper, to taste.



Method :-

- 1) Place jackfruit seeds in a pan and add water, boil for 25 mins.
- 2) Let them cool. Slowly peel off the outer white covering.
- 3) Add olive oil and onion. Let onion saute for 10 mins.
- 4) Add garlic, ginger, peeled seeds, tomato paste, garam masala and mix well.
- 5) Add coconut, milk and spinach, when spinach is wilted, season with salt and enjoy...

Nutrients:-

Amount per serving → Calories 204 kcal, fat 12g, Sodium 339mg
potassium 253 mg, Carb 21g, fibre 6g



Decorative border with watermelon, bell pepper, mushrooms, chicken, pumpkin, and pizza.

Welcome

to our

Recipe Book



Let's...
cook...
together...

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1.	Vegetable Scrap Stock
2.	Potato Peel Crisps
3.	Mixed Lettuce Soup



Potato Peel Crisps :-

Ingredients :-

- Potato peels (washed and dried)
- 1 tsp olive oil
- Salt and paprika.

Methods :-

- Toss peels with oil and seasoning
- Bake at 200°C for 10-15 minutes until crispy.

Calories - 93 kal,
Fat - 7 gram,
Cholesterol - 0mg,
Carbohydrate - 7 gram,
Total sugar - 0gram
Added sugar - 0gram
Protein - 2 gram
Sodium - 297 mg
Potassium - 234 mg



Potato Peel Crisps

Vegetable Scrap Stock :-

Ingredients :-

- 2 cups vegetable scraps (0
- 4 cups water
- Salt and pepper

Calories - 7 kcal
Carbs - 2 gram
Protein - 0.1 g
Saturated fat - 0.003 g
Mono - 0.003 g
Polyunsaturated fat - 0.003 g
Sodium - 773 mg
Potassium - 6 mg
Fibre - 0.1 g, Sugar - 1g
Vit A - 282 IU, vit C - 1 mg
Calcium - 10 mg,
Iron - 0.06 mg

Method :-

- Add all the scraps to a pot with water.
- Simmer for two minutes then strain and use as a soup base.



Vegetable Scrap Stock

Wilted Lettuce Soup :-

Ingredients :-

- 2 cups overripe lettuce
- 1 clove garlic (minced)
- 1 cup vegetable stock
- $\frac{1}{2}$ cup cream

Method :-

- Sauté garlic, add lettuce, and cook until wilted.
- Blend with stock and cream, reheat, and serve.



Wilted Lettuce Soup

Saturated fat - 6g

Transfat - 1g

Unsaturated fat - 10g

Cholesterol - 69 mg

Sodium - 460 mg

Carbohydrate - 8g

Fiber - 2g

Sugar - 3g

Protein - 29g



