

The **Northern Fruit and Vegetable Program** provides elementary schools with two servings of fruits and vegetables per student per week, with the aim of increasing consumption and awareness of fresh produce, in combination with healthy eating and physical activity education in Northern Ontario and remote First Nation communities.

Often times, due to a variety of factors (such as ripeness of fruit, timing of deliveries, events happening in the school, etc.) schools may have a large amount of leftover produce. Many schools will send extras home with students, will set up a table in the foyer for parents to take some at after-school pick up, or will simply freeze for later use. Below are some additional ideas to get creative with using up leftovers and reducing food waste as much as possible!

Too many apples?

Fried Apples

<p>½ cup butter, cubed 6 medium unpeeled apples, cored then sliced or diced ¾ cup sugar ¾ teaspoon ground cinnamon Option: vanilla yogurt</p>	<ol style="list-style-type: none"> 1. Melt butter in a large cast-iron or other ovenproof skillet. Add apples and 1/2 cup sugar; stir to mix well. Cover and cook over low heat for 20 minutes or until apples are tender, stirring frequently. 2. Add cinnamon and remaining sugar. Cook and stir over medium-high heat 5-10 minutes longer. If desired, serve with vanilla yogurt.
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Notes: Can you freeze fried apples? Yes, you can freeze fried apples! After preparing the fried apples, let cool them completely, then place in an airtight, freezer-safe container for up to 3 to 6 months. To use, thaw in the refrigerator and warm in a saucepan over medium heat.

Other recipe ideas: applesauce, baked apples, oven dried apples

Too many mini cucumbers?

Quick Refrigerator Pickles

<p>1 cup water 1/3 cup vinegar 1-2 tablespoons sugar (optional) 1-2 teaspoons salt 2 cups cucumbers, sliced ½ cup onion, sliced Additional vegetables you like and may have (bell pepper, whole cherry tomatoes, etc.)</p>	<ol style="list-style-type: none"> 1. In a small bowl, add the water, vinegar, sugar and salt. Stir to combine and until the sugar and salt have dissolved. Add the cucumber and onion. Taste and adjust the ingredients to your liking. 2. All the cucumbers should be covered in the brine. If you have lots of cucumber or are making a big batch, make more brine. 3. Let the mixture rest in the fridge until you are ready to eat. The flavours develop over time, so an overnight soak is great but the pickles can be enjoyed right away!
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Other recipe ideas: relish, regular pickles, cucumber boats

Ideas to use up program leftovers and reduce food waste!



Too many clementines?

Clementine Sunshine Smoothie

Time: 5 min

Serving Size: 1

<p>½ banana 4 clementines 1 teaspoon honey ½ teaspoon of salt ½ teaspoon vanilla ¼ cup yogurt or milk ½ cup ice</p>	<ol style="list-style-type: none">1. Use your fingers to peel the clementines and pull each one in half. Pull out as much excess pith as possible from the center and discard it.2. Add the yogurt or milk to the blender, followed by the clementines, ice and a tiny dash of salt, which enhances the other flavours. Blend well, until the clementines have turned into juice and there are no chunks of ice left.3. Pour into a glass and enjoy immediately.
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Too many sugar snap peas or snow peas?

Roasted Sugar Snap Peas

Time 15 min

Serves: 2

<p>1 package fresh sugar snap peas, trimmed 1 tablespoon chopped onion 2 teaspoons olive oil ½ teaspoon Italian seasoning 1/8 teaspoon salt</p>	<p>Preheat oven to 400°F. Toss together all ingredients in a bowl; spread on a baking sheet. Roast for 8-10 minutes until peas are tender-crisp, stirring once half-way through.</p>
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Too many mini peppers?

Hummus Stuffed Peppers

Time: 10 min

Serves: as many as you prepare! This recipe is for 20 snacks.

<p>10 mini bell peppers 1 cup hummus 1 tablespoon fresh parsley, chopped (or other fresh herbs)</p>	<ol style="list-style-type: none">1. Slice each pepper lengthwise.2. Use a spoon to scrape out any seeds.3. Fill each pepper with 2-3 teaspoons of hummus.4. Sprinkle with chopped parsley.5. Serve immediately or cover with plastic wrap and store in the refrigerator for up to 1 hour.
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Ideas to use up program leftovers and reduce food waste!

Too many pears?

Homemade Pear Sauce

Time 35 min

Serves: 8 (4 cups)

<p>8-10 pears, peeled, cored and cut into 1-inch pieces ¼ cup water 2 teaspoons lemon juice 1 teaspoon ground cinnamon ½ teaspoon ground ginger ½ teaspoon vanilla</p>	<ol style="list-style-type: none">1. Combine pears, water, lemon juice, cinnamon, ginger and vanilla in a large saucepan. Bring to a boil over high heat. Reduce heat to medium-low and simmer, stirring occasionally, until pears have softened, about 25-30 minutes.2. Use an immersion blender to process the pear sauce until smooth. If you prefer a chunky pear sauce, mash with a potato masher. You can also transfer the cooked pear mixture to a food processor or blender to process, just make sure the pear sauce has cooled down.3. Once the pear sauce has cooled down, pour into glass or plastic containers. Cover and store in the refrigerator. The pear sauce will keep in the fridge for one week. You can also freeze the pear sauce if stored in plastic containers!
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Other recipe ideas: baked pears, poached pears, fruit salad

Too many applesauce cups?

Apple Sauce Muffins

Time: 20 min

Serves: 8 muffins

<p>1 cup applesauce 3 tablespoons vegetable oil 2 teaspoons milk 2 teaspoons vanilla ½ cup whole wheat flour and ½ cup all-purpose flour ¼ cup brown sugar ½ teaspoon salt ½ teaspoon baking powder ½ teaspoon baking soda ¼ teaspoon cinnamon Optional: raisins, shredded coconut, etc.</p>	<ol style="list-style-type: none">1. Preheat oven to 350°F and line a muffin tin with 8 liners.2. In a medium bowl, whisk all liquid ingredients together.3. In a separate bowl, stir remaining ingredients together. Pour dry ingredients into the wet ingredients, and stir until just evenly mixed and moist.4. Fill each liner about 2/3 of the way, leaving a little room to rise.5. Bake on the centre rack for 20 minutes or until muffins have domed and a toothpick inserted into the centre of a muffin comes out clean. Let cool for 5 minutes then remove from pan and let cool completely. Leftovers can be frozen if desired.
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Too many strawberries?

Oven Dried Strawberries

Sliced strawberries - As many as will fit on the baking sheet in a single layer	<ol style="list-style-type: none">1. Wash, dry and remove stems from the strawberries.2. Use a mandolin or sharp knife to cut berries into 1/8 inch thick slices.3. Spread out into a single layer on a parchment lined baking sheet.4. Bake in a 200oF oven for 60 minutes. Turn berries over and bake for another 15-20 minutes until mostly firm and not sticky.5. Store at room temperature in a sealed container for up to 2 days.
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Other ideas: Trim, chop and freeze extra berries to add to yogurt parfaits, smoothies, or for a quick snack!

Too many grapes?

Frozen Sour Grapes

Grapes, sliced in half Sugar to cover Lime juice to cover	<ol style="list-style-type: none">1. Wash grapes under cool water and shake them gently to get some of the water off. Slice grapes in half. (Tip to slice multiple grapes at once, place a container lid on top of grapes, hold with one hand and slice in half with the other.)2. Place grape halves in a plastic bag with the lime juice and sugar. Roll around the plastic bag, coating all the grapes with the lime sugar mix.3. Once all grapes are coated, stick them in the freezer for at least an hour or two, and there you go! These keep for a very long time and you can make the recipe bigger or smaller.
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Other recipe ideas: fruit salad

Too many nectarines?

Baked Nectarines with Cinnamon Honey Sauce

Time: 30 min

Serves: 6

3 nectarines, pitted and halved ¼ cup honey ½ teaspoon cinnamon ½ teaspoon vanilla Optional: vanilla yogurt	<ol style="list-style-type: none">1. Preheat oven to 350°F. Spray a baking dish with non-stick cooking spray.2. Place the nectarine halves in your baking dish cut side up. Whisk the honey, cinnamon and vanilla together in a small bowl. Pour the sauce over your nectarines. Make sure to fill the center and let the sauce drip down the sides.3. Bake for 25-30 minutes.4. Serve immediately with vanilla yogurt and any extra cinnamon honey sauce!
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Other recipe ideas: fruit salad

Ideas to use up program leftovers and reduce food waste!

Too many blueberries?

Homemade Blueberry Pancake Sauce

Time: 15 min

Serves: 6

<p>3 cups of blueberries (can be fresh or frozen) 1 cup water ½ cup sugar 1 ½ tablespoons cornstarch, dissolved into 3 tablespoons of water ½ teaspoon vanilla</p>	<ol style="list-style-type: none">1. Place 1½ cups blueberries in a small saucepan. Cover with water then add sugar and vanilla. Heat over medium-high heat until mixture comes to a low boil and blueberries just start to break apart.2. Add dissolved cornstarch to saucepan and bring mixture to a rolling boil. Turn heat down and simmer on low heat for 2-3 minutes, or until sauce reaches desired consistency. If the sauce gets too thick, add water one tablespoon at a time.3. Remove from heat. Add remaining blueberries and stir gently. Serve warm or cold.
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Note: can be served on pancakes, French toast, waffles, yogurt, oatmeal, etc.

Other recipe ideas: blueberry muffins, smoothies, bar type recipe (like a crumble bar or something), fruit salad

Too many plums?

Plum Oat Muffins

Time: 30 minutes

Servings: 24 muffins

<p>1 cup whole wheat flour and 1 cup all-purpose flour 1 tablespoon of baking powder 3 cups of rolled oats 2 teaspoons of cinnamon 2 cups of brown sugar 8 – 12 large plums, pitted and chopped into small pieces 225g (8oz) of melted butter 2 eggs 2 teaspoons of vanilla extract ½ cup of milk</p>	<ol style="list-style-type: none">1. Preheat oven to 180 °C (350 °F) and line 24 medium muffin pans with paper cases.2. Combine flour, baking powder, oats, cinnamon, and brown sugar in a large mixing bowl and stir to combine and break up any lumps.3. Add chopped plums and stir again to combine.4. Make a well in the centre of the dry ingredients and add the butter, eggs, vanilla, and milk.5. Mix all ingredients together until just combined, do not over mix.6. Divide mixture evenly between the muffin pan wells, filling them roughly ¾ full.7. Bake for 25 minutes or until a cake tester or toothpick inserted into the middle comes out clean.8. Allow muffins to cool for several minutes before transferring them to a wire rack to cool completely.
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Too many mini carrots?

Quick Pickled Carrots

Time: 1 hour

<p>1 lb carrots (1 small bag or 4 – 5 large carrots), sliced into sticks 2/3 cup distilled white or apple cider vinegar 2/3 cup water ½ teaspoon salt 1 tablespoon sugar</p>	<ol style="list-style-type: none">1. Add sliced carrots to large Mason jars or glass containers. Set aside.2. To a small saucepan add distilled white vinegar, water, salt and sugar. Bring to a simmer over medium heat and stir to fully dissolve salt and sugar. Taste and adjust flavor as needed, adding more salt or sugar to taste.3. Pour the brine over the carrots, ensuring they are fully submerged. If needed, add more vinegar or water to cover.4. Seal well and shake to combine, then refrigerate for at least 1 hour. The flavours will deepen and intensify the longer it marinates. Best flavor is achieved after 24 hours. Will keep in the fridge for 2-3 weeks. Not freezer friendly.
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Other recipe ideas: muffins, loaf, salad

Too many grape tomatoes?

Pasta Salad in a Jar

Time: 30 min

Serves: 16

Greek Vinaigrette (makes 1.5 cups)

½ cup olive oil

¼ cup lemon juice

¼ cup red wine vinegar

½ cup chopped fresh parsley

2 tbsp dried oregano

¼ tsp Dijon mustard

¼ tsp salt

pinch pepper

24 ounces uncooked whole grain pasta of your choice (bow tie, elbow noodles, pasta shells, wagon wheel – feel free to mix and match!)

1.5 cups Greek Vinaigrette

3 cups of cherry tomatoes, halved or quartered

1 medium onion, finely chopped

1 cup fresh basil, chopped

1 cup parmesan cheese

1 can chickpeas, drained and rinsed

1 small can sliced black or kalamata olives, drained

1. Combine dressing ingredients, mix together and set aside.
2. Cook pasta according to package directions for al dente. Drain pasta; rinse with cold water and drain well. Transfer to a large bowl.
3. Add Greek Vinaigrette to pasta and toss to coat. Add vegetables, basil, cheese, chickpeas and olives; toss to combine. If desired, transfer to covered jars. Refrigerate until serving.

Other recipe ideas: Greek salad without lettuce, couscous salad

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