



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

## Dietitian's Dish

### Lower Your Carbon Footprint – Waste Less Food!

Food is a type of organic waste that emits methane gas when broken down. That same methane gas is significantly affecting climate change. Wasting food also squanders the resources used to produce it. The EPA says preventing food waste is one of the easiest and strongest actions you can take to save money and lower your climate change footprint.

Search for recipes using food scraps you have left over from other recipes. Start with these delicious recipes that use watermelon rind (without the green skin) and potato peels!

#### Watermelon Rind Caprese Pasta Salad

##### Ingredients:

- 2 cups sliced, peeled watermelon rind with thin layer of pink flesh attached (1-1/2 x 1/4 - inch pieces)
- 12 oz. whole grain fusilli pasta
- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 Tbsp. Dijon mustard
- 2 cloves garlic, minced
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 lb. cherry tomatoes, halved
- 8 oz. fresh mozzarella pearls
- 1/2 cup thinly sliced fresh basil leaves



##### Directions:

1. Cook fusilli according to package directions, adding watermelon rind in the last 3 to 4 minutes of cooking, until pasta is al dente and watermelon rind is tender. Drain and rinse until cold water to stop the cooking process. Cool completely.
2. In a small bowl, whisk together oil, vinegar, mustard, garlic, salt, and pepper until combined.
3. In large bowl, toss pasta and watermelon rind with dressing until well coated. Fold in tomatoes, cheese, and basil.

Recipe and Image courtesy of [Watermelon.org](http://Watermelon.org).



#### Potato Peel Crisps

##### Ingredients:

- 1 cup potato peels
- 1 Tbsp. olive oil
- 1/4 tsp. salt
- 1 tsp. spices (salt-free)



##### Directions:

1. Preheat oven to 400°F. Wash and dry potatoes well before peeling them. Remove any rotten spots. Use the potatoes in another recipe.
2. Spread the peels out in a single layer on a baking sheet and sprinkle with oil. Move the peels around so they get coated in oil.
3. Cook for 10 minutes, then turn the peels over and cook an additional 5 minutes until crisp and golden. When crisped to your liking, remove the pan from the oven.
4. Put the crisped peels into a large bowl and sprinkle on salt and spices. Mix thoroughly to distribute seasonings. Serve as a nutritious alternative to bagged chips!

