

# Zero Waste Picnic

Reduce your food waste this Thanksgiving weekend by re-fashioning your leftovers into these packable treats. Challenge yourself to use reusable containers to reduce your waste!

## Cran-Apple Smoked Turkey Sliders

### INGREDIENTS

- 8 water rolls or slider buns, halved
- 4 oz. smoked cheddar cheese, shredded
- 8 teaspoons canola mayonnaise
- 8 oz. sliced leftover Applewood-Smoked Turkey
- 4 oz. thinly sliced Granny Smith apple
- 3 tbsp. whole-berry cranberry sauce
- ¼ tsp. freshly ground black pepper

### INSTRUCTIONS

1. Preheat broiler to high.
2. Place rolls, cut sides up, on a baking sheet.
3. Divide cheese evenly among roll bottoms.
4. Broil 1 minute or until rolls are toasted and cheese melts. Spread cut side of each roll top with 1 tsp. mayonnaise. Layer Applewood-Smoked Turkey, apple slices, and cranberry sauce on roll bottoms.
5. Sprinkle evenly with pepper.
6. Top with roll tops, cut side down.

MORE INFO: [myrecipes.com](http://myrecipes.com)

## Slow Cooker Apple Cider

### INGREDIENTS

- 8 gala apples quartered
- 4 sticks cinnamon
- 1 tbsp. whole cloves
- 1 tsp. whole allspice
- 10 cups water
- 1/2 cup brown sugar
- 1 orange thickly sliced, optional



### INSTRUCTIONS

1. Combine all ingredients in a slow cooker and cook on high for 3 hours.
2. Mash the apples, add in brown sugar and cook for an additional 1-3 hours on low.
3. Strain all of the solids and serve!
4. Optional: Add a splash of ginger ale for a sparkling drink option!

Don't forget the thermos to keep your cider warm in your favorite outdoor place!

MORE INFO: [thestayathomechef.com](http://thestayathomechef.com)

## Vegan Autumn Harvest Salad

### INGREDIENTS

#### FOR THE ROASTED SWEET POTATOES AND BRUSSELS SPROUTS

- 1 lb. sweet potatoes (scrubbed and cubed)
- 1 lb. brussels sprouts (trimmed and halved for small sprouts or quartered for large sprouts)
- 2 tbsp. vegetable oil
- Coarse salt
- Freshly ground pepper

#### FOR THE SALAD

- 1 small shallot minced
- 1 1/2 tbsp. sherry vinegar
- 1/2 tsp. Dijon mustard
- Coarse salt and freshly ground pepper
- 1/4 cup olive oil
- 1 cup cooked spelt or wheat berries (substitute cooked quinoa, wild rice, brown rice or sorghum)
- 4 heaping cups baby kale arugula, baby spinach, or another salad green of choice
- 1 large or 2 small apples, thinly sliced
- Optional: Dried cranberries, toasted pumpkin seeds, or toasted almonds, for topping

### INSTRUCTIONS

1. Preheat your oven to 400F. Transfer the brussels sprouts and sweet potatoes to one or two lined baking sheets and drizzle them with oil. Use your hands to evenly coat the vegetables with the oil, then sprinkle them generously with salt and pepper. Transfer to the oven and roast for 35-40 minutes, or until all of the vegetables are fork-tender and gently browning.
2. While the vegetables roast, whisk together the shallot, vinegar, Dijon mustard, and olive oil. Season the vinaigrette to taste with salt and pepper and set it aside.
3. When the sweet potatoes and brussels sprouts are ready, allow them to cool slightly. Combine them in a very large mixing bowl with the spelt berries, greens, and apples. Add and handful of dried fruit, nuts, or seeds if you like. Add the vinaigrette and toss well to combine. Season the salad to taste with extra salt and pepper, then serve.

MORE INFO: [thefullhelping.com](http://thefullhelping.com)

## Zero Waste Tip: Bones for Broth

Use the carcass of the turkey breast as a base for making broth the next day in either a slow cooker or a large stock pot. It takes a few hours to make, but it is so easy and requires little manual effort. It's a perfect recipe to make and let simmer while you relax after Thanksgiving day.

### INGREDIENTS

- 1 turkey carcass, neck and giblets
- 1 onion, quartered
- 2 celery stalks or a celery base
- 2 carrots
- 2 shallots, quartered
- 4-6 cloves of garlic, smashed
- 4 bay leaves
- 8 spring herbs
- Salt
- Pepper
- 24 cups of water



### INSTRUCTIONS

1. Place the carcass in a large stockpot, break it in half if you need to.
2. Add everything else and cover it all with water.
3. Cook over medium heat and bring it to a boil.
4. Turn it down to low and simmer for 4-5 hours (or longer), skimming off any foam that settles on top.
5. Strain the stock and let it sit overnight.
6. Skim the fat off the top and pour into containers. It will be good in the fridge for a week, or you can freeze it for 6 months.

MORE INFO: [ashleemarie.com](http://ashleemarie.com)

## Zero Waste Tip: Compost What You Don't Eat

Most of the leftovers make great meals for the days that follow. But for half-eaten plates or parts of the food not served to guests, consider composting it. There are loads of compost options depending on where you live. If you don't own a compost bin or pile yourself, consider reaching out to your neighbors to see if they have one. Your city or neighborhood may have communal compost options as well.

MORE INFO: [sandiegocounty.gov](http://sandiegocounty.gov)

## Optional Game Time:

Spice up your al fresco dining conversation with this family favorite: I'm Going on a Picnic

To start, form a circle, and select a storyteller. That person will start the game by saying, "I'm going on a picnic and I'm bringing \_\_\_\_."

The storyteller will pick a secret theme and everyone else will have to try to guess what it is to win.

- Option 1: Each item must start with a specific letter (like lettuce, lime and lemon) - or must start with a letter in progressive alphabetical order (like apple, then banana, then corn).
- Option 2: Each item must match a theme (like breakfast foods or things that are green).
- Option 3: The storyteller doubles down on iteration, with words that have double letters like butter, cookie and pepperoni).
- Option 4: Be creative and choose your own adventure!