



SCRAP HAPPY KITCHEN

with Chef Lesa Sullivan | lesacooks.com

RATATOUILLE

Serves: 6–8

Serving Suggestion:

Serve with pasta or rice

Scrap Happy Tip: Use up overripe, bruised, or excess tomatoes and root veggies in this recipe

Ingredients:

- 4 medium hearty, round tomatoes – bruises or “about to go bad” are okay!
- 2 medium or 1 large zucchini
- 1 medium crookneck squash
- 1 medium red pepper (or other bell)
- 1 medium Japanese eggplant
- 2 tsp Herbes de’Provence (or to taste)
- ½ tsp fine sea salt
- Pinch of chili flakes (optional)
- 2 medium onions, halved and thinly sliced lengthwise
- 2 tbsp high-heat oil
- 2 to 3 cloves garlic, thinly sliced
- Splash of red wine vinegar
- Freshly ground black pepper, to taste
- Splash of extra-virgin olive oil



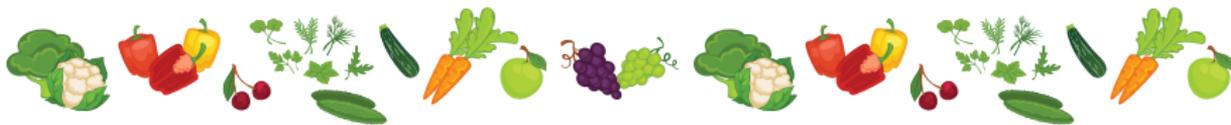


SCRAP HAPPY KITCHEN

with Chef Lesa Sullivan | lesacooks.com

RATATOUILLE Instructions:

- Grate tomatoes into a bowl, discarding the skins, then set aside.
- With a mandoline or a very sharp knife, cut the zucchini, squash, red pepper and eggplant into paper-thin slices and place in a bowl. If using dried herbs, sprinkle them over the vegetables. If using fresh herbs, omit this step. Sprinkle with kosher salt and chili flakes, if using.
- Sauté the onions in 1 tbsp of the oil over medium-high heat. Cook until golden brown. Remove from pan and set aside. Add remaining oil to pan, discarding any browned onion bits. Heat to medium-high and add zucchini, squash, red pepper and eggplant to pan. Follow with garlic. Cook until veggies are limp and starting to caramelize, about 12 minutes.
- Add tomatoes and cooked onions, and stir well. Add fresh herbs, if using. Cook until liquid from tomatoes reduces and thickens, about 5 minutes. Add vinegar and pepper; stir to combine. Taste and adjust seasonings if necessary. Season with olive oil, if desired.





SCRAP HAPPY KITCHEN

with Chef Lesa Sullivan | lesacooks.com

TOMATO AND BASIL BRUSCHETTA

Serves: 6-8

Serving Suggestion: Serve with pasta or rice

Scrap Happy Tip: Overripe or bruised tomatoes are great for this recipe

Ingredients:

- ½ small onion, very thinly sliced
- 6-8 leaves sweet basil, cut into shreds
- 4-5 ripe, seasonal tomatoes, cut into medium dice
- Sea salt and freshly ground black pepper, to taste
- High heat oil for searing bread
- 1 crusty loaf of market fresh baguette or other long, narrow loaf, sliced into ¾ to 1" thick slices
- 3-4 cloves fresh garlic
- Extra virgin olive oil, to taste
- Additional salt and pepper, as desired





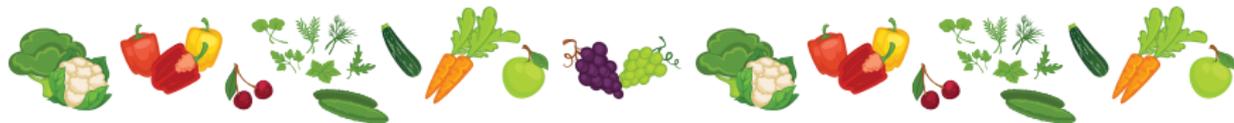
SCRAP HAPPY KITCHEN

with Chef Lesa Sullivan | lesacooks.com

TOMATO AND BASIL BRUSCHETTA

Instructions:

- Combine the onion, basil and tomatoes with a few pinches of salt and pepper. Set aside.
- Heat a 12" sauté pan over medium heat. Add enough high-heat oil to cover the bottom of the pan completely. When the oil begins to shimmer, place 3-4 pieces of bread down in the pan. Sear them on one side until golden brown, then turn and repeat on other side. Remove toast and repeat with remaining bread, adding more oil each time as necessary.
- Rub one side of the toast with garlic. Follow with tomato mixture. Drizzle with extra virgin olive oil and flavored oil, if desired. Sprinkle with more salt and pepper if you like.





SCRAP HAPPY KITCHEN

with Chef Lesa Sullivan | lesacooks.com

ALL-PURPOSE HERB SAUCE

Serves 6-8 / Makes
about 4 cups

Serving Suggestion:

Serve over meat or dip for
baguette

Scrap Happy Tip: Put
those leftover herbs or
even carrot tops to good
use in this tasty recipe

Ingredients:

- 1½ to 2 cups Italian parsley,
loosely packed
- 1 cup cilantro, loosely packed
- ½ cups combination of any of
these herbs: basil, dill, mint,
chives, fennel fronds, carrot
tops, (if using sage, rosemary,
tarragon, or thyme, keep it
under 2 tbsp worth)
- 2 garlic cloves
- 1 tsp chili flakes
- 1 tsp ground cumin
- 1 tsp salt
- 1 tsp smoked
sweet paprika
- ¼ to ½ cup red
wine vinegar
- ¼ cup extra-virgin olive
oil, or more as desired
- Additional sea salt and
freshly ground black
pepper, to taste





SCRAP HAPPY KITCHEN

with Chef Lesa Sullivan | lesacooks.com

ALL-PURPOSE HERB SAUCE

Instructions:

- Finely chop all herbs.
- Smash and chop garlic into a paste or press with a garlic press.
- Put these ingredients in a non-reactive glass or stainless-steel bowl and add cumin, salt, paprika and vinegar. Whisk well.
- Add olive oil and whisk again to incorporate.
- Add pepper, taste and adjust seasonings as desired.
- Cover and keep in refrigerator for up to a week.





SCRAP HAPPY KITCHEN

with Chef Lesa Sullivan | lesacooks.com

FRUIT SHRUB

Serves: Makes about 3 cups of base

Serving Suggestion: Add to carbonated or still water, about 2 tbsp per 8 oz glass, or more as desired

Scrap Happy Tip: Fruit that is about to go bad or is mushy works perfectly in this recipe

Ingredients:

- 2 cups seasonal fruit such as strawberries, plums, peaches or watermelon
- 2 cups vinegar
- 2 cups sugar (or, if you'd like, substitute honey, agave syrup and/or maple syrup. Reduce to $\frac{3}{4}$ cup if substituting)
- A few sprigs of mint, rosemary, sage or other herb (optional)





SCRAP HAPPY KITCHEN

with Chef Lesa Sullivan | lesacooks.com

FRUIT SHRUB Instructions:

- Clean and trim produce very well. Cut into approximately 1" sized pieces if using large fruit, leave smaller things like berries whole.
- In a medium saucepan, bring vinegar to a high simmer.
- Place fruit and optional herb in a wide bowl and pour the vinegar over. Stir well.
- Let cool for several minutes, then add the sugar or the substitute and stir well. Once this is cool to the touch, it's useable; it does get more flavorful the longer the fruit macerates in the vinegar and sugar solution.
- Add by the tbsp to flat or fizzy water, or use as a mixer for cocktails made with spirits, wine or beer.
- Can be transferred into a pitcher (glass is ideal) and held in the refrigerator for up to a week.
- *Tip: Strain the fruit from this mixture and use it as a chutney-like condiment or a garnish for your drink, or don't strain it. (If using optional herb, that's a good item to strain out.)*

