

EDITION:
THE SHEET PAN
KITCHEN

PLANT POWERED RECIPES



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Welcome to Plant Powered Recipes - The Sheet Pan Kitchen

Sheet pan cooking is the ultimate weeknight hero. One pan, minimal prep, maximum flavor — and almost no washing up. For plant-based cooks, the sheet pan is especially magical: high oven heat caramelizes vegetables to golden perfection, crisps chickpeas, and coaxes out deep, complex flavors that a gentle stovetop simmer rarely achieves.

This cookbook brings together 15 vibrant, nourishing recipes that celebrate the best of vegetables, legumes, grains, and plant proteins. Whether you're a lifelong vegan or simply curious about eating more plants, these recipes are designed to delight — no substitutions needed, no sense of missing out.

Beyond the recipes, you'll find detailed guidance on storing leftovers wisely and reducing food waste at every step. Because cooking sustainably isn't just about what's on the plate — it's about how we shop, store, and use every last bit of our beautiful ingredients.

■ **GOLDEN RULE** *Preheat your sheet pan in the oven for 5 minutes before adding vegetables. The hot surface jump-starts caramelization and prevents steaming.*

Essential Equipment

- Heavy-gauge rimmed baking sheet (18×13"): The essential. Heavier pans warp less and brown more evenly.
- Parchment paper: Prevents sticking, speeds cleanup. Silicone baking mats are a reusable alternative.
- Wire cooling rack (oven-safe): Elevating food on a rack inside the pan promotes all-around air circulation.
- Sharp knife & large cutting board: Uniform cuts = even roasting.
- Instant-read thermometer: Ensures proteins and dense vegetables are fully cooked through.

Chapter 1

Getting Started

The Sheet Pan Method

Every recipe in this book follows a simple four-step rhythm:

1

PREP Cut vegetables to similar sizes so they cook evenly. Dry them thoroughly — moisture is the enemy of caramelization.

2

SEASON Toss with oil, salt, and spices. Don't be shy; seasoning at this stage is your biggest flavour lever.

3

SPACE Arrange in a single layer with breathing room. Crowded pans steam; spacious pans roast.

4

ROAST High heat (400–450°F / 200–230°C) for most vegetables. Dense roots go in first; tender greens go in last.

Temperature : Quick Reference

Ingredient	Temp(°F / °C)	Time	Notes
Root vegetables	425°F / 220°C	30–40 min	Parsnips, carrots, beets
Cruciferous veg	425°F / 220°C	20–30 min	Broccoli, cauliflower
Chickpeas (canned)	400°F / 205°C	25–35 min	Drain & dry thoroughly
Tofu / Tempeh	400°F / 205°C	25–30 min	Press tofu first
Tender greens	375°F / 190°C	8–12 min	Add in the last few minutes
Cherry tomatoes	400°F / 205°C	15–20 min	Burst when done

Chapter 2

Spring & Summer Recipes



Harissa Rainbow Vegetables with Chickpeas

Serves: 4

Total Time: 45 min

Oven: 425°F / 220°C

Harissa paste does the heavy lifting here, coating every vegetable in warmth and depth. The chickpeas turn irresistibly crispy at the edges — expect them to disappear straight off the pan.

Ingredients

- 2 cans (400g) chickpeas, drained & dried
- 2 large carrots, cut into batons
- 1 red bell pepper, chunked
- 1 yellow bell pepper, chunked
- 1 red onion, cut into wedges
- 1 medium zucchini, half-moons
- 3 tbsp harissa paste
- 3 tbsp olive oil
- 1 tsp cumin seeds
- Salt & black pepper
- Juice of 1 lemon
- Fresh cilantro & flatbreads to serve

Method

- 1 Preheat oven to 425°F (220°C). Line a large baking sheet with parchment.
- 2 Toss all vegetables and chickpeas with harissa, olive oil, cumin, salt, and pepper until evenly coated.
- 3 Spread in a single layer — use two pans if needed. Roast 30–35 minutes, tossing once halfway, until edges are charred and chickpeas are crisp.
- 4 Squeeze lemon juice over everything, scatter cilantro, and serve immediately with warm flatbreads or over fluffy couscous.

■ **TIP** *Dried chickpeas roast far crispier than wet ones. Pat them vigorously with kitchen paper — the drier the chickpea, the crunchier the result.*

Mexican Street Corn & Black Bean Fiesta

Serves: 4

Total Time: 35 min

Oven: 400°F / 205°C

All the bold flavors of elote (Mexican street corn) translated into an effortless sheet pan dinner. Vegan crema and lime bring everything together at the table.

Ingredients

- 4 ears of corn, kernels cut off
- 1 can black beans, drained & rinsed
- 1 red onion, finely diced
- 1 large red bell pepper, diced
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp chili powder
- ½ tsp garlic powder
- Salt to taste
- Vegan mayo + sriracha for crema
- Lime wedges, fresh cilantro
- Tortilla chips to serve

Method

- 1** Preheat oven to 400°F (205°C). Toss corn, black beans, pepper, and onion with oil and spices.
- 2** Spread on a parchment-lined sheet. Roast 20–25 minutes until corn is golden and slightly charred.
- 3** Meanwhile, stir together 3 tbsp vegan mayo with 1 tsp sriracha and 1 tbsp lime juice for spicy crema.
- 4** Drizzle crema over the hot pan, squeeze lime, top with cilantro, and serve alongside tortilla chips.

■ **TIP** *Frozen corn works beautifully here — just add 5 extra minutes and don't bother thawing. Great for zero-waste cooking.*

Burst Cherry Tomato & White Bean Bake

Serves: 4

Total Time: 35 min

Oven: 400°F / 205°C

When cherry tomatoes burst in a hot oven, they collapse into a jammy, concentrated sauce. White beans absorb all that sweetness, making this one of the simplest and most satisfying dinners in the book.

Ingredients

- 500g cherry tomatoes
- 2 cans (400g) cannellini beans, drained
- 8 garlic cloves, whole (unpeeled)
- 4 tbsp olive oil
- 1 tsp dried oregano
- ½ tsp chili flakes
- Salt & black pepper
- Large handful fresh basil
- Zest of 1 lemon
- Crusty bread or pasta to serve

Method

- 1 Preheat oven to 400°F (205°C). Arrange tomatoes, beans, and garlic in a baking dish or high-sided sheet pan.
- 2 Drizzle generously with olive oil; scatter oregano, chili flakes, salt, and pepper.
- 3 Roast 25–30 minutes until tomatoes have burst and the liquid is reduced and sauce-like.
- 4 Squeeze roasted garlic from skins, stir through. Finish with basil, lemon zest, and a final drizzle of olive oil. Serve with bread.

■ **TIP** *The roasted garlic becomes sweet and spreadable. Press the cloves out and mash them into the sauce for incredible depth of flavour.*

Thai Peanut Broccoli & Edamame

Serves: 4

Total Time: 30 min

Oven: 425°F / 220°C

The peanut glaze caramelizes beautifully in the oven, turning broccoli into something deeply savory and irresistible. A bright lime finish keeps it fresh and lively.

Ingredients

- 2 large heads broccoli, cut into florets
- 2 cups frozen edamame, thawed
- 1 red bell pepper, thinly sliced
- 4 tbsp peanut butter (smooth)
- 2 tbsp soy sauce or tamari
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tbsp maple syrup
- 2 garlic cloves, minced
- 1 tsp fresh ginger, grated
- Sesame seeds & scallions to serve
- Steamed rice to serve

Method

- 1 Preheat oven to 425°F (220°C). Whisk together peanut butter, soy sauce, sesame oil, vinegar, maple syrup, garlic, and ginger with 2 tbsp water until smooth.
- 2 Toss broccoli, edamame, and pepper with three-quarters of the peanut sauce.
- 3 Roast on a lined baking sheet for 20–25 minutes until broccoli edges are golden and slightly crispy.
- 4 Drizzle remaining sauce over pan, top with sesame seeds and scallions. Serve over rice.

■ **TIP** *For extra-crispy broccoli florets, make sure they are completely dry before saucing. Wet broccoli steams; dry broccoli crisps.*

Lemon-Herb Asparagus & Potato Medley

Serves: 4

Total Time: 45 min

Oven: 425°F / 220°C

New potatoes and asparagus are a quintessential spring pairing. Here, they're united by a punchy gremolata of lemon, garlic, and parsley for a dish that tastes far more sophisticated than its ingredient list suggests.

Ingredients

- 700g baby potatoes, halved
- 500g asparagus, woody ends removed
- 1 whole garlic bulb, halved crosswise
- 4 tbsp olive oil
- 1 tsp dried thyme
- Salt & black pepper
- Zest & juice of 2 lemons
- Large bunch flat-leaf parsley, chopped
- 2 tbsp capers, rinsed
- Optional: toasted pine nuts

Method

- 1 Preheat oven to 425°F (220°C). Toss potatoes and garlic halves with 3 tbsp olive oil, thyme, salt, and pepper.
- 2 Roast potatoes for 20 minutes. Add asparagus, toss, and return to oven for 12–15 minutes more until asparagus is tender with charred tips.
- 3 Squeeze roasted garlic into a small bowl; mix with lemon zest, juice, parsley, capers, and remaining olive oil to make the gremolata.
- 4 Spoon gremolata over the hot pan. Top with pine nuts if using and serve immediately.

■ **TIP** *Snap asparagus rather than cutting it — each spear naturally breaks at the point where it turns tough, giving you zero food waste.*

Chapter 3

Autumn & Winter Recipes



Smoky Pumpkin, Lentil & Kale

Serves: 4**Total Time:** 50 min**Oven:** 400°F / 205°C

Pumpkin and smoky paprika were made for each other. The lentils add substantial protein while the kale crisps up at the edges like little flavour-packed chips. Drizzle with tahini for a beautiful finish.

Ingredients

- 800g pumpkin or butternut squash, cubed
- 1 can (400g) green lentils, drained
- 200g kale, roughly torn
- 1 large red onion, sliced
- 3 tbsp olive oil
- 2 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp cinnamon
- Salt & black pepper
- 2 tbsp tahini + water to thin
- Pomegranate seeds to garnish

Method

- 1** Preheat oven to 400°F (205°C). Toss pumpkin and onion with oil, paprika, cumin, cinnamon, salt, and pepper.
- 2** Roast 25 minutes until pumpkin is golden. Add lentils and kale, toss everything together, and roast a further 12–15 minutes until kale is crispy.
- 3** Thin tahini with 2–3 tbsp warm water and a squeeze of lemon until pourable.
- 4** Drizzle tahini over the pan and scatter pomegranate seeds for a jewel-bright finish.

■ **TIP** *Save pumpkin seeds! Rinse, toss with oil and salt, and roast on a separate small tray at 325°F for 20 minutes for a crunchy, nutritious topping.*

Golden Turmeric Cauliflower & Chickpea

Serves: 4

Total Time: 40 min

Oven: 425°F / 220°C

Turmeric and cauliflower were truly made for each other — the florets absorb the golden spice and become incredibly nutty and sweet. Pair with coconut yogurt and mango chutney for a satisfying weeknight meal.

Ingredients

- 1 large cauliflower, broken into florets
- 2 cans (400g) chickpeas, drained & dried
- 1 large onion, sliced
- 3 tbsp coconut oil, melted
- 2 tsp turmeric
- 1 tsp ground coriander
- 1 tsp garam masala
- ½ tsp chili powder
- Salt to taste
- Coconut yogurt & mango chutney
- Fresh cilantro
- Naan or rice to serve

Method

- 1 Preheat oven to 425°F (220°C). Mix coconut oil with all spices and salt to make a paste. Toss
- 2 cauliflower, chickpeas, and onion with the spice paste until every surface is coated golden-yellow.
- 3 Spread on a large lined baking sheet. Roast 30–35 minutes, tossing once, until deeply golden and chickpeas are crispy.
- 4 Serve with dollops of coconut yogurt, mango chutney, and fresh cilantro alongside naan or basmati rice.

■ **TIP** *The browned, almost-charred florets are the best part. Don't toss the pan too early — let the cauliflower sit and develop a real crust.*

Maple-Miso Sweet Potato & Brussels Sprouts

Serves: 4

Total Time: 45 min

Oven: 400°F / 205°C

The maple-miso glaze creates an almost lacquer-like coating on the vegetables, balancing sweetness with umami depth. Brussels sprouts skeptics are reliably converted by this dish.

Ingredients

- 4 medium sweet potatoes, cubed
- 500g Brussels sprouts, halved
- 2 tbsp white miso paste
- 2 tbsp maple syrup
- 2 tbsp rice wine vinegar
- 2 tbsp olive oil
- 1 tbsp soy sauce
- 2 garlic cloves, minced
- Salt & pepper
- Toasted sesame seeds to serve
- Sliced scallions to serve

Method

- 1 Preheat oven to 400°F (205°C). Whisk together miso, maple syrup, vinegar, oil, soy sauce, and garlic.
- 2 Toss sweet potato and Brussels sprouts separately with glaze (sweet potatoes need slightly more).
- 3 Arrange on a large pan, cut-side down for sprouts. Roast 35–40 minutes until sticky and caramelized, tossing once at 20 minutes.
- 4 Scatter sesame seeds and scallions over the hot pan. Serve as is or over soba noodles.

■ **TIP** *Cut Brussels sprouts in half and place cut-side DOWN on the pan — direct contact with the hot surface creates the beautiful seared caramelization.*

Za'atar Beet, Walnut & Farro Bake

Serves: 4

Total Time: 55 min

Oven: 400°F / 205°C

Za'atar's blend of dried thyme, sumac, and sesame perfectly complements the natural sweetness of roasted beets. Farro adds a wonderfully chewy, nutty texture that makes this a complete meal.

Ingredients

- 600g mixed beets, cubed
- 1 cup farro, cooked per package
- 100g walnuts, roughly chopped
- 1 large red onion, wedged
- 3 tbsp olive oil
- 3 tbsp za'atar
- 1 tbsp pomegranate molasses
- Salt & black pepper
- 100g rocket / arugula
- Vegan feta or tahini drizzle

Method

- 1** Preheat oven to 400°F (205°C). Toss beets and onion with olive oil, za'atar, salt, and pepper.
- 2** Roast 40–45 minutes until beets are tender and caramelized at the edges. Add cooked farro
- 3** and walnuts to the pan for the final 8 minutes to warm and lightly toast. Drizzle with
- 4** pomegranate molasses. Serve over a bed of rocket with vegan feta or tahini.

■ **TIP** *Wear gloves when handling raw beets — the pigment stains deeply. A quick rub with lemon juice removes staining from hands and cutting boards.*

Chipotle Black Bean & Corn with Peppers

Serves: 4**Total Time:** 35 min**Oven:** 425°F / 220°C

Chipotle peppers in adobo sauce bring a deep, campfire-like smokiness that transforms simple vegetables into something extraordinary. This one is endlessly versatile — pile it into tacos, burritos, or serve as a standalone bowl.

Ingredients

- 2 cans black beans, drained
- 2 cups corn kernels
- 2 poblano peppers, sliced
- 2 red bell peppers, sliced
- 1 large red onion, sliced
- 2–3 chipotle peppers in adobo, minced
- 1 tbsp adobo sauce from the can
- 3 tbsp olive oil
- 1 tsp cumin
- Salt to taste
- Lime, avocado, cilantro to serve

Method

- 1** Preheat oven to 425°F (220°C). Mix chipotle, adobo sauce, olive oil, and cumin into a paste.
- 2** Toss all vegetables and beans with the chipotle paste and salt.
- 3** Roast on a large sheet pan 25–30 minutes until peppers are charred and corn is golden.
- 4** Serve in warm tortillas with sliced avocado, fresh cilantro, and plenty of lime.

■ **TIP** *Leftover chipotle peppers freeze beautifully. Freeze individually in an ice cube tray then transfer to a bag — you'll always have smoky depth on hand.*

Chapter 4

Year-Round Staples



Garlicky White Bean & Mushroom Bake

Serves: 4

Total Time: 40 min

Oven: 400°F / 205°C

Mushrooms are the umami kings of the plant world, and roasting concentrates their savory depth dramatically. Combined with silky white beans and a whole head of garlic, this is weeknight comfort at its finest.

Ingredients

- 500g mixed mushrooms (cremini, shiitake, oyster)
- 2 cans white beans, drained
- 1 whole head garlic, cloves separated, unpeeled
- 4 tbsp olive oil
- 1 tbsp soy sauce
- 1 tsp dried thyme
- 1 tsp dried rosemary
- Salt & black pepper
- Fresh parsley
- Crusty sourdough to serve

Method

- 1 Preheat oven to 400°F (205°C). Toss mushrooms, beans, and garlic cloves with oil, soy sauce, herbs, salt, and pepper.
- 2 Spread on a sheet pan and roast 30–35 minutes until mushrooms are deeply golden and reduced.
- 3 Squeeze roasted garlic from skins and mash into the pan juices to create a sauce.
- 4 Scatter parsley and serve with thick slices of sourdough for mopping up the juices.

■ **TIP** *Don't salt mushrooms before they go in the oven — salt draws out moisture and they'll steam rather than roast. Season generously after roasting.*

Herb-Crusted Tofu with Green Beans

Serves: 4

Total Time: 35 min

Oven: 425°F / 220°C

Extra-firm tofu, properly pressed and coated in a herby breadcrumb crust, becomes startlingly crispy in a hot oven. Green beans alongside provide color and crunch.

Ingredients

- 400g extra-firm tofu, pressed & cubed
- 400g green beans, trimmed
- Cherry tomatoes 250g
- 3 tbsp olive oil
- 60g breadcrumbs (panko preferred)
- 2 tbsp nutritional yeast
- 2 tsp dried Italian herbs
- 1 tsp garlic powder
- Salt & pepper
- Lemon wedges to serve

Method

- 1 Preheat oven to 425°F (220°C). Mix breadcrumbs with nutritional yeast, herbs, garlic powder, and 1 tbsp oil.
- 2 Toss pressed tofu in 1 tbsp oil and salt, then coat in breadcrumb mixture.
- 3 Arrange on pan with green beans and tomatoes (tossed in remaining oil). Roast 25–30 minutes until tofu is golden and crispy.
- 4 Serve immediately with lemon wedges — tofu loses crispness as it cools.

■ **TIP** *The most critical step for crispy tofu: press it for at least 30 minutes, or freeze it overnight and thaw — this creates a chewier, crispier result.*

Ratatouille Sheet Pan

Serves: 4

Total Time: 50 min

Oven: 375°F / 190°C

Traditional ratatouille requires hours of careful stovetop work. This sheet pan version captures all those complex, slow-cooked flavors in under an hour with a fraction of the effort.

Ingredients

- 2 zucchini, chunked
- 1 large eggplant, cubed
- 2 red bell peppers, chunked
- 400g cherry tomatoes
- 1 large onion, wedged
- 6 garlic cloves
- 5 tbsp olive oil
- 1 tbsp balsamic vinegar
- 2 tsp herbes de Provence
- Salt & black pepper
- Fresh basil, crusty bread to serve

Method

- 1** Preheat oven to 375°F (190°C). Salt eggplant and let sit 15 minutes; pat dry.
- 2** Toss all vegetables with olive oil, balsamic, herbs, salt, and pepper.
- 3** Roast 40–45 minutes, stirring once, until everything is very tender and jammy.
- 4** Finish with a generous handful of fresh basil torn over the top. Serve warm or at room temperature with crusty bread.

■ **TIP** *Ratatouille is better the next day — make a double batch and refrigerate. The flavours meld and deepen beautifully overnight.*

Mediterranean Stuffed Pepper Bake

Serves: 4

Total Time: 50 min

Oven: 400°F / 205°C

Peppers become natural edible bowls, holding a savory filling of quinoa, olives, sun-dried tomatoes, and herbs. They emerge from the oven soft-walled and caramelized with a perfectly set filling.

Ingredients

- 4 large bell peppers, halved & seeded
- 250g cooked quinoa
- 1 can chickpeas, drained
- 100g Kalamata olives, halved
- 80g sun-dried tomatoes, chopped
- 1 tsp dried oregano
- 3 tbsp olive oil
- Salt & pepper
- Fresh parsley & lemon
- Optional: vegan feta

Method

- 1** Preheat oven to 400°F (205°C). Place halved peppers cut-side up on a lined sheet pan; brush with oil.
- 2** Mix quinoa, chickpeas, olives, sun-dried tomatoes, oregano, and remaining oil. Season well.
- 3** Stuff filling into peppers, pressing down gently. Roast 35–40 minutes until peppers are tender and filling is golden.
- 4** Finish with fresh parsley, lemon zest, and crumbled vegan feta if using.

■ **TIP** *Pre-cook the quinoa in advance and store in the fridge for up to 5 days — this makes the stuffed peppers a quick 5-minute assembly job.*

Teriyaki Tempeh & Bok Choy

Serves: 4

Total Time: 30 min

Oven: 400°F / 205°C

Tempeh is a nutritional powerhouse with a firm, meaty texture that absorbs marinades brilliantly. The teriyaki glaze becomes wonderfully sticky in the oven, coating each piece in glossy, caramelized flavour.

Ingredients

- 400g tempeh, sliced into strips
- 4 heads baby bok choy, halved
- 300g broccolini
- 4 tbsp soy sauce or tamari
- 3 tbsp maple syrup
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 3 garlic cloves, minced
- 1 tsp fresh ginger, grated
- Sesame seeds & scallions to serve
- Steamed rice to serve

Method

- 1** Preheat oven to 400°F (205°C). Whisk soy sauce, maple syrup, vinegar, sesame oil, garlic, and ginger for teriyaki sauce.
- 2** Marinate tempeh strips in half the sauce for 15 minutes (or overnight for best results).
- 3** Arrange tempeh, bok choy, and broccolini on a lined pan. Brush remaining sauce over vegetables.
- 4** Roast 20–25 minutes until tempeh is sticky-glazed and vegetables are tender. Top with sesame seeds and serve over rice.

■ **TIP** *Steam tempeh for 10 minutes before marinating — this opens the pores and dramatically improves how much sauce is absorbed.*

Chapter 5

Storage & Meal Prep

Sheet pan meals are perfect candidates for batch cooking. Most components store beautifully and often improve in flavour overnight as spices and sauces meld together.

Quick Reference Storage Guide

Component	Refrigerator	Freezer	Best Container
Roasted vegetables	3–5 days	3 months	Airtight glass
Cooked legumes	4–5 days	3 months	Glass or BPA-free
Tofu (cooked)	3–4 days	1 month	Airtight container
Tempeh (cooked)	4–5 days	3 months	Wrapped or boxed
Grain bases (quinoa, farro)	5 days	3 months	Sealed glass jar
Sauces & dressings	1 week	2 months	Glass jar w/lid
Fresh herbs	1 week	6 months (as paste)	Damp paper towel/jar
Complete assembled meal	2–3 days	2 months	Airtight container

Cooling & Reheating

- Cool cooked food to room temperature within 2 hours before refrigerating. Placing hot food directly in the fridge raises its internal temperature and can compromise other stored items.
- Reheat sheet pan meals in the oven at 375°F (190°C) for 10–15 minutes to restore crispness. Microwaving works for speed but will soften any crispy elements.
- Add a splash of water or broth when reheating in the oven and cover loosely with foil to prevent drying out.
- Crispy elements (chickpeas, tofu, tempeh) are best reheated uncovered to maintain texture. Separated from saucy components, they reheat like new.

Freezing Like a Pro

- Freeze in meal-sized portions so you only defrost what you need. Flat freezer bags take up less space than rigid containers.
- Label everything clearly with the contents, date frozen, and any reheating notes. Frozen food amnesia is real.
- Most sauces and grain bases freeze exceptionally well; high-water vegetables (cucumber, lettuce, tomatoes) do not.
- Blanch fresh vegetables briefly before freezing to preserve colour, texture, and nutrients.

- Defrost in the refrigerator overnight rather than at room temperature for food safety.

■ **ORGANIZATION
TIP**

The FIFO method (First In, First Out): always move older items to the front of your fridge and freezer when adding new ones. This simple habit virtually eliminates forgotten produce.

Meal Prep Strategy

Batch-cooking sheet pan components on a Sunday sets you up for effortless meals all week. Here's a practical weekly prep plan:

Prep Item	Time Investment	Meals It Enables
2 trays roasted vegetables	30 min	Bowls, wraps, pasta, sides
Big batch of grains	25 min	Grain bowls, stuffed peppers
Crispy roasted chickpeas	35 min	Salads, snacking, soups
Pressed & marinated tofu	15 min active	Stir-fry, bowls, sandwiches
Homemade dressings × 2	10 min	Salads, dipping, drizzling

Chapter 6

Food Waste Saving Tips

About one-third of all food produced globally is wasted. In the kitchen, small, consistent habits make an enormous difference — both for your wallet and for the planet.

Shop Smarter

- Shop with a meal plan and a list. Buying without intention is the single biggest driver of household food waste.
- Buy loose vegetables rather than pre-packaged bags when possible — take exactly what you need.
- Embrace imperfect or 'ugly' produce: misshapen vegetables taste identical, cost less, and would otherwise be discarded.
- Check the back of the fridge before shopping — 'use it up' meals prevent forgotten vegetables from going bad.
- Buy in bulk for items you use frequently (legumes, grains, spices) but stick to small quantities for fresh produce.

Use Every Part of the Vegetable

- Broccoli stems are delicious, peeled and roasted — slice thin and add with the florets.
- Cauliflower leaves roast beautifully with olive oil and salt. Never throw them away.
- Beet greens (the leafy tops) can be sautéed like chard or used raw in salads.
- Carrot tops make a vibrant, slightly bitter pesto — blend with olive oil, garlic, lemon, and nuts.
- Corn cobs, after kernels are removed, can simmer in water to make a naturally sweet vegetable stock.
- Onion and garlic skins add flavour to stock. Collect them in a freezer bag as you cook.
- Asparagus trimmings are too woody to eat but flavour stock wonderfully.
- Citrus zest freezes perfectly — zest before juicing and freeze in small bags.

Rescue & Revive

- Wilting vegetables are ideal for roasting — the oven doesn't care about cosmetic softness, and heat concentrates their flavour.
- Slightly wrinkly cherry tomatoes become even more flavourful when roasted. Use them first.
- Day-old bread is perfect for breadcrumbs and croutons. Freeze bread before it goes stale.
- Leftover grains (rice, quinoa, farro) make outstanding grain bowls and stuffed vegetables the next day.
- Transform leftover sheet pan vegetables into soups by blending with stock and aromatics.
- Overripe bananas can be frozen, then used in smoothies or banana bread — don't throw them away.

Freeze Strategically

- Freeze herbs in olive oil in ice cube trays — drop a cube directly into the pan when cooking.

- Freeze ginger whole and grate it from frozen — no peeling needed and it lasts indefinitely.
- A 'scraps bag' in the freezer collects vegetable offcuts (celery ends, mushroom stems, herb stalks) for homemade stock.
- Freeze tomato paste in tablespoon portions on a parchment-lined tray, then transfer to a bag.
- Aquafaba (the liquid from canned chickpeas) freezes well and works as a vegan egg replacer.
- Open cans of chipotle in adobo freeze beautifully; freeze the remaining peppers individually for future use.

■ Composting Basics

• A small countertop compost bin normalises collecting scraps during cooking — the barrier to composting is convenience. • Most vegetable scraps, coffee grounds, tea bags, and paper towels are compostable. • Even without a garden, many communities offer compost collection or community garden drop-offs. • Compostable material that goes to landfill produces methane (a potent greenhouse gas) — composting diverts this.

■ The 'Use It Up' Kitchen Mindset

- Do a 'fridge audit' before each weekly shop — a 10-minute survey of what needs using shapes your meal plan.
- A 'leftover night' once a week turns fridge odds and ends into a creative challenge rather than a chore.
- Learn to read best-before dates correctly: they indicate peak quality, not safety. Use your senses to judge freshness.
- Keep an 'eat first' zone at the front of the fridge for items closest to their best-by date.
- Pickling is an easy preservation technique — a jar of quick-pickled vegetables (cabbage, cucumbers, onions) extends their life by weeks.

A note on sustainability: Every meal you cook from scratch, every vegetable scrap you save, every leftover you eat rather than bin — these small acts collectively make a real difference. Plant-based cooking is already one of the most impactful choices an individual can make for the planet. Pair it with mindful shopping and a zero-waste kitchen, and you're living the change you wish to see. Happy cooking. ■