



Put the Freeze on Food Waste

This Earth Day (April 22), I'm determined to stop throwing away so much food. Any advice?

The most expensive ingredient in your kitchen is the one you throw away—no matter how cheap it was when you bought it. A helpful companion to reducing food waste: your freezer. Here are three ways to use it to save food (and money):

1 FREEZE BREAD CRUSTS AND BREAD HEELS in a resealable bag to make fresh bread crumbs. They don't even need to be toasted before using.

2 PURÉE FRESH HERBS in a blender with just enough water or oil to make a paste. Freeze in an ice cube tray, then store the cubes in a freezer bag, so you can add fresh herbs to any dish easily.

3 FREEZE CITRUS ZEST—don't throw away free flavor! Next time you juice a lemon or grab an orange for a snack, zest it first, and then freeze the tasty bits in a small container or freezer bag.

Melissa d'Arabian is a Food Network host, best-selling author and mother of four. Her new cookbook Supermarket Healthy is available now.

LIVE CHAT Got questions about cooking for Easter? Ask Melissa d'Arabian live on Facebook from 2-3 p.m. EST on April 2. Go to facebook.com/communitytable.