

# GREENEST: FOOD

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## Entree:

Banana Pumpkin pancakes:

4 servings: 8 pancakes

- 1 ¼ cups all-purpose flour - Costco
- 2 tbsp Honey - Farmer's market
- 1/2 teaspoon ground cinnamon - Bj's
- 1 cup water
- ¼ cup mashed pumpkin - Hank's

Pumpkintown

- 1 banana, mashed - Supermarket Fresh
- 1 egg, beaten - Costco

## Instructions:

1. Put flour in a bowl.
2. Combine wet ingredients (egg, water, mashed bananas) in another bowl.
3. Add dry mix to wet mix and mix until incorporated.
4. Heat some oil in the pan, then pour ¼ cup of mix into the pan.
5. Cook until golden brown, then flip. After cooking, move it to a plate.

64 cents / serving

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## Vegetable:

Chayote Squash with Tomatoes and Green Chiles

4 servings

- 3 chayotes - Home-grown (garden)
- 2 medium size tomatoes - Farmer's Market
- 1 clove garlic - Hank's Pumpkintown
- 1 green chile - Farmer's Market
- ¼ cup water
- 1 green onion string - Homegrown (garden)

## Instructions:

1. Peel and cut the chayotes to ¼ inch slices.
2. Puree the tomatoes and garlic in a blender.
3. Heat oil on a large skillet, then put tomato puree on and cook for 3 minutes.
3. Add the chayote, water, chile, and salt, and stir for 15 minutes.
4. Cut green onion into ⅛ inch pieces and add into skillet. Turn off heat.

75 cents / serving

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## Drink:

Avocado Banana Green Drink

2 servings

- ~10 Collard Green Leaves - Farmer's Market
- 1 Banana - Supermarket Fresh
- 1/2 Avocado - Supermarket Fresh
- 1 cup milk - Costco

## Instructions:

1. Peel and cut avocado in half
2. Cut banana into small slices
3. Cut up the collard green (in quarters)
4. Throw in blender for 15-20 seconds
5. Serve!!!

60 cents/ serving



# Prep!



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## Entree:

I sourced most of my ingredients for this recipe from Hank's PumpkinTown, a farm near Montauk. The honey came from a farmer's market, and the cinnamon, banana, and egg came from either Bj's or a local supermarket. It was pretty easy to stay on budget because this recipe did not involve a lot of specific ingredients. The ingredients from the farm were local and grown on site. The banana came from the Honduras because they're not local.



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## Vegetable:

I sourced the ingredients for this recipe mainly from my own garden and Hank's Pumpkintown. The chayotes and scallions were home-grown while the tomato, pepper, and garlic were from farmer's markets near it. I kept my costs low by using the main ingredient from my garden. The non-garden ingredients were grown locally and from a farmer's market.



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## Drink:

I sourced the ingredients for this drink from the farmer's market and from the supermarket. The collard greens were grown locally at a farmer's market. The banana and avocado were grown in the Honduras and Mexico, respectively. This drink was probably the most cost per ingredient because it is more heavily organic. It is an extremely nutritious smoothie that has no artificial sweeteners.

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**70% FLOSN**

# RESULTS!!!

## Entree:



Now I've made pancakes before, but these are real special. After I added my pureed pumpkin and the mashed banana to the mixture, I could already see the richness this nutritious entree would be. It was warm, soft, and had the best banana texture ever. It gave me such good October vibes. I will definitely be making these again.

## Vegetable:

Before this challenge, I actually never knew what this “furry” plant my family grew in our backyard was. But, I found some recipes online and decided to give this a try. Honestly, this plant may have one of the best textures. It isn't exactly rigid, but firm enough. With the homemade tomato puree (instead of canned) and fresh peppers, this dish was really satisfying and left me feeling ready to start the day. I still have a couple of these left to pick, so I may experiment a little.



## Drink

I was feeling a little feisty today, so I decided to make a nutritious green smoothie! I hadn't really planned it out, but I looked in my fridge and found some nice candidates. I chose a banana for the creaminess and sweetness, the avocado for natural fats and creaminess, and the collard greens for a different texture and nutritional value. It turned out amazing!



## Reflect

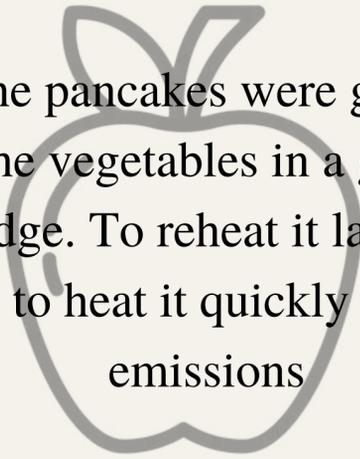
In all, this turned out to truly be a unique experience. I was able to try new recipes that were FLOSN-focused, eat some delicious and nutritious foods, and think about how my daily food choices can affect my carbon footprint. BTW, My family loved this meal!

# Waste Management:

## Leftovers:

The pancakes were gone.

We stored the vegetables in a glass container in the fridge. To reheat it later, we will microwave to heat it quickly and minimize emissions



## Waste:

We threw our waste in the garbage bin and used food peels and scraps as nutrients in our garden. In the near future, I will develop a plan for composting waste to give nutrients back into the ground effectively. It's a cycle!



## Things I notice:

When I cook with FLOSN foods, I feel good about what I am cooking. Cooking with processed foods may be convenient and cheaper, but FLOSN and organic foods have a benefit: they are less processed and let me know that I am starting off my day without excess chemicals in my body and that I am supporting my community. Cooking with FLOSN foods are also really versatile because they can have so many properties like freshness and creaminess in smoothies, sweet and fluffy in pancakes, and nourishing and satisfying the hot vegetable meals.

**Thank  
you!**