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## **Day 3 Greenest Challenge**



sophienism



sophienism Cooking organic and vegan meals with the boys @brook3.ojed4 and @jojoejoe for #pgc2023 🌱 We made avocado pasta and sweet potato fries. Thank you to @turninggreenorg @sprouts for the ingredients and the recipe 😊

6 seconds ago

## BAKED SWEET POTATO FRIES WITH CHIPOTLE DIPPING SAUCE

Ashley Ugarte Program Coordinator of The Conscious Kitchen Mill Valley, California

*Sweet potato fries make any day that much more enjoyable. Paired with this deliciously decadent chipotle sauce, you'll witness flavors pushed beyond the point of perfection. Discover these complex and mouthwatering tastes for yourself. You'll most likely break out in song.*

serves 4

For the sweet potatoes:

**2 cloves of garlic, minced**

**2 Tablespoons coconut oil, melted**

**1 teaspoon of thyme leaves**

**½ teaspoon salt**

**¼ teaspoon pepper**

**¼ teaspoon paprika**

**2 large sweet potatoes (any variety you like), washed and sliced lengthwise into fry shaped strips**

For the chipotle dipping sauce:

**¾ cup avocado oil**

**1 pastured egg**

**1 teaspoon lemon juice**

**1 teaspoon chipotle adobo sauce**

**¼ teaspoon cayenne pepper**

**¼ teaspoon garlic powder**

**salt and pepper to taste**

Preheat the oven to 450°F. In a large bowl, combine the garlic, coconut oil, thyme, salt, pepper, and paprika. Toss in the sweet potatoes, making sure each fry is evenly coated. Spread out sweet potatoes onto a baking sheet lined with parchment paper and transfer to the oven. Roast for 15 minutes then flip the fries with a spatula so that they can cook evenly on all sides. Continue cooking for another 10-15 minutes until the fries are crispy. While the sweet potatoes are roasting, place all dipping sauce ingredients in a blender and process until smooth. The sauce will become white in color and reach a thick, mayo-like consistency. This should take just a little over 30 seconds. Remove sweet potatoes from the oven, plate them and serve with the chipotle dipping sauce.

## APRICOT DATE LEMON BARS



### CREAMY AVOCADO PASTA

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Sarah Settani University of Illinois Urbana, Illinois

*This delicious pasta is the epitome of comfort food. Acquainting the creaminess of avocado to parmesan escorts your taste buds to the ultimate pasta-heaven. The garlic and lemon are perfect complements to the creamy avocado, which all work together to make this a lighter dish. With a quick 15 minutes in the kitchen, we can guarantee your standards for pasta will be changed forever.*

serves 4

- 12 ounces whole grain pasta (gluten-free if desired)
- 2 ripe avocados, pitted and scooped
- 1 organic lemon, juiced
- 2 cloves garlic
- ¼ cup olive oil
- 1 handful fresh basil
- ¼ teaspoon salt
- Freshly grated parmesan (or nutritional yeast for vegan option)

Fill a medium-sized pot with water and bring to a boil. Add pasta, reduce heat slightly, and cook until al dente. In a food processor or blender, combine avocado flesh, lemon juice, garlic, olive oil, basil, and salt. Blend until smooth and creamy. Set aside in a large bowl. Transfer cooked pasta to the bowl and toss with avocado mixture. Serve with grated parmesan or nutritional yeast, if desired.

*Have a lingering cough or headache? Rather than reach into the medicine cabinet you might want to try eating **basil**, a powerful antibacterial and anti-inflammatory. The volatile oils in basil have been shown to slow the growth of disease-causing bacteria and one chemical, eugenol, works to decrease inflammation similarly to anti-inflammatory drugs. Tea made from basil can actually help relieve symptoms of cramps, constipation, anxiety, and depression. That is what we like to call food as medicine!*

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J From Joey >





## Vegan Sweet Potato Fries Recipe

Derived from: Conscious Kitchen Cookbook

3 people x \$4 = 12\$ budget



2 Organic White Sweet Potato (1.5lb & 1.25lb) 1.99/lb = \$5.50

- Purchased from Sprouts, a farmer's market
- FLOSN
- Drove 4 miles to supermarket
- All products in Sprouts have traveled within 500 miles or less to their respective supermarket.
- Peelings were donated to AP Environmental Science teacher for her chickens

2 Organic Cloves Garlic = \$

- Purchased from Sprouts
- FLOSN
- Drove 4 miles to supermarket
- Leftovers were left in Brooke's pantry
- Peelings were donated to AP Environmental Science teacher for her chickens

2 tablespoon coconut oil - \$0

- Non-FLOSN
- Taken from friend's kitchen
- Purchased from Costco
- Drove 4.2 miles to supermarket
- Food products are estimated to have moved about 1,500 miles from manufacturer to grocery store.
- Leftovers were thrown away

1 tablespoon thyme leaves (\$2.50/ea) = \$2.50

- FLOSN
- Purchased from Sprouts
- Drove 4 miles
- Leftovers were donated to AP Environmental Science teacher for her chickens

½ teaspoon salt - \$0

- Non-FLOSN
- Unknown origin
- Used from Brooke's kitchen
- No leftovers

½ teaspoon pepper - \$0

- Unknown origin
- Used from Brooke's kitchen
- Non-FLOSN
- No leftovers

¼ teaspoon paprika - \$0



- Purchased from Costco
- Traveled 4.2 miles to buy
- Leftovers were thrown away
- Travelled ~1500 miles to shelf?

### **Vegan Avocado Pasta Recipe**

12 oz whole grain pasta – .19/oz= 2.38

2 organic avocados – 2.5/ea = \$5

1 organic lemon

- FLOSN
- Picked from Sophie's uncle's lemon tree
- Drove 9 miles to uncle's house
- Leftovers were donated to AP Environmental Science teacher for her chickens

2 cloves organic garlic – .69/ea = \$1.38

- FLOSN
- Purchased from Sprouts
- Peelings were donated to AP Environmental Science teacher for her chickens
- Leftovers were left in Brooke's pantry for future use

1 handful fresh basil

- FLOSN
- Picked from Brooke's garden
- No leftovers

¼ teaspoon salt

- Non-FLOSN
- Used from Brooke's kitchen
- No leftovers

### **Overall Report**

- FLOSN %: 54.5%
- Total Price: \$11.55
- Total Distance Travelled to Buy Products: 17.4 miles
- Total Distance Travelled to Shelve Products: ~6500 miles?

### **Reflection**

- **Was it easy to stay on budget? How did FLOSN food costs stack up?**

Staying on a budget for FLOSN foods was a difficult task. Right off the bat, organic coconut oil cost about \$6.99, which depleted over half of our budget. Unfortunately, that meant that we had to resort to Joey's coconut oil in his pantry to meet our budget. Buying in bulk made our purchases a lot

cheaper for garlic, though, because compared to \$.69/garlic, 3 organic cloves was a lot cheaper. On the other hand, it would have been entirely free if there was a school garden nearby that gave away free thyme and garlic. I am considering creating a garden at our high school so that people don't have to pay so much for organic produce.

- **Did you have to travel far to purchase your ingredients?**

Thankfully, our nearest farmer's market was 4 miles away from my house, so we had easy access to a farmer's market that sold a variety of organic products.

- **How far did the food travel to your local market?**

I was surprised to discover just how much gas it spent on transporting food to our grocery stores. Just the pasta itself travelled across continents to get to that grocery store, even though it was organic and from a farmer's market. I guess that even organic products have a high cost environmental-wise in other aspects.