

# Snapped Up: Refrigerator Round Up

*Good for One.  
Great for Many.*

*Close your eyes, click your heels and say,  
There's no place like home "made."  
(apologies to Glinda in the Wizard of Oz)*

Refrigerator Round up is making the most with what's left. It helps if you describe the bits of food like a five star restaurant's menu, visualize it in a script type font, and put a price tag on it... \*

## Summer Salad

*A sweet-tart blend of sun-ripened Blue Berries, Loganberries, Marion Berries and Cherry Tomatoes mixed with the heart of an Artichoke, Sliced Beets, Yukon Potatoes and sweet Walla Walla onions on a bed of Butter Lettuce lightly tossed with a Caesar dressing.*

*\$23\**



Ingredients are leftovers from previous meals and a walk around the garden for a handful of fruit. I found that any combo of cooked veggies mixed with fresh fruit served on lettuce with a Caesar dressing turns leftovers into "I'll be right over..."

## Almond Cauliflower Bites

*Cauliflower flowerets coated with spicy Almond butter then lightly dusted in panko and baked to crispy perfection.*

*\$10\**



With Almond Butter and Panko, any dead head of cauliflower or zucchini can be transformed into a crispy snackable that will quickly disappear.

Blend **almond butter** with **water**, **lemon juice**, and any **Asian spicy sauce** also sitting in the fridge until it has a gravy-like texture. Start with ½ cup almond butter and spices. Taste. Add more "heat" (pepper flakes) or spice (ginger) to your taste.

Coat the Cauliflower, roll in Panko flakes, and bake at 450 degrees for 15 minutes until crispy.

# 1/2 head of Panko Cauliflower Bites

General			
Energy	391.9	kcal	31%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	122.8	g	5%

Carbohydrates			
Carbs	30.4	g	23%
Fiber	8.0	g	38%
Starch	0.5	g	No Target
Sugars	5.1	g	No Target
Sugar Alcohol	0.2	g	No Target
Net Carbs	22.2	g	17%

Lipids			
Fat	26.4	g	41%
Monounsaturated	15.3	g	No Target
Polvunsaturated	6.4	g	No Target
Omega-3	0.0	g	1%
Omega-6	6.4	g	58%
Saturated	2.1	g	n/a
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	14.4	g	31%
Cystine	0.1	g	21%
Histidine	0.3	g	34%
Isoleucine	0.5	g	36%
Leucine	0.8	g	28%
Lysine	0.6	g	21%
Methionine	0.1	g	13%
Phenylalanine	0.6	g	54%
Threonine	0.4	g	26%
Tryptophan	0.1	g	29%
Tyrosine	0.3	g	30%
Valine	0.6	g	36%

Vitamins			
B1 (Thiamine)	0.1	mg	8%
B2 (Riboflavin)	0.5	mg	47%
B3 (Niacin)	2.2	mg	15%
B5 (Pantothenic Acid)	1.0	mg	21%
B6 (Pyridoxine)	0.3	mg	19%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	100.4	µg	25%
Vitamin A	0.5	IU	0%
Vitamin C	63.9	mg	85%
Vitamin D	0.0	IU	0%
Vitamin E	11.5	mg	76%
Beta Tocopherol	0.2	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	0.7	mg	No Target
Vitamin K	20.5	µg	23%

Minerals			
Calcium	191.8	mg	24%
Copper	0.5	mg	54%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	2.2	mg	27%
Magnesium	150.7	mg	47%
Manganese	1.2	mg	67%
Molybdenum	0.0	µg	0%
Phosphorus	296.4	mg	42%
Potassium	746.8	mg	16%
Selenium	1.9	µg	3%
Sodium	75.0	mg	6%
Zinc	1.9	mg	24%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.