

Big Green Cookbook



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Reduce Your Carbon Footprint with Green Cuisine "Going green" has spread to the kitchen "Big Green Cookbook" is the first comprehensive, climate-conscious cookbook, ideal for both culinary novices and experienced cooks. Food and health expert Jackie Newgent reveals simple, practical, and sometimes even money-saving solutions for choosing and preparing food in planet-pleasing ways. It has never been easier to create everyday meals that maximize flavor while minimizing your environmental

impact. Inside you'll find: A green kitchen checklist Over 200 delicious, easy-to-prepare, seasonal recipes that feature fresh, all-natural foods Guidelines for going organic and tips for buying locally Nutrition information and earth-friendly cooking tips with every recipe Clever, new techniques for low-carbon cooking An eco-friendly shopping guide and seasonal produce guide ""The Big Green Cookbook" shows you how deliciously easy it can be to reduce your carbon 'food' print. It's the perfect tool for anyone who wants to eat well and treat the earth right." --Ellie Krieger, host of Food Network's Healthy Appetite and author of "The Food You Crave" "Big Green Cookbook" is THE step-by-step guide for greening your kitchen and your cuisine. Packed with easy tips and fantastic recipes based on the best of the season, Jackie Newgent shows America how tasty green cuisine can be, and why it's so critical to our planet." --Kate Geagan, MS, RD, author of "Go Green Get Lean"

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