



*Masco Envi Club's*

# **SUSTAINABLE COOKBOOK**

**Compiled from club  
member dish submissions**

All meals are sustainable in some way,  
whether vegan, vegetarian, using locally  
bought ingredients, or other!

**INCLUDES DINNERS,  
BREAKFAST, SNACKS,**



## Why are these meals sustainable?

Many of the following meals are vegan, or plant-based with no animal products whatsoever. Vegan meals have a 73% smaller carbon footprint than non-vegan meals. Livestock requires massive amounts of land area for grazing, which is often cleared by deforestation. Resources are also poured into growing food for them. Great amounts of energy are used in refining the meat and transporting both the food and meat. Animals are often raised in factory farms, which are inhumane, promote antibiotic resistance, and frequently pollute bodies of water with nutrient-dense manure. A vegan meal eliminates these great tolls on the environment.

Many of the meals have ingredients sourced from local farms like Tendercrop Farm or Lillooet Farm (one of our tree planting event sponsors)! In a meal with animal products, it is best to buy local. Buying meat or vegetables raised locally decreases the meal's carbon footprint and food miles. Also, small local farms are less likely to practice unsustainable methods like monoculture. Learn more about food sustainability from the club's slideshow [here](#).

We encourage you to recreate these meals and be more mindful of the environmental impacts of your dietary choices. There are many ways to be imperfectly sustainable and make small changes to benefit the environment.



## Vegan Lentil Curry

This meal is completely plant based, with no animal products whatsoever. It is a delicious and flavorful vegan meal.



### Ingredients

- 1 cup dry lentils
- 1 ½ white onions
- 6 cloves garlic (more or less, depending on how much you like)
- Olive oil
- 1 teaspoon basil
- 1 teaspoon garlic powder
- Salt
- Pepper
- 2 cups vegetable broth
- 3 teaspoon curry powder
- ½ teaspoon cumin
- ½ teaspoon turmeric
- ¼ teaspoon coriander
- ¼ teaspoon smoked paprika
- 1 can coconut milk
- ½ a can of crushed canned tomatoes
- ¼ teaspoon chilli powder
- 2 teaspoon brown sugar
- Rice
- Kale (optional)
- Golden raisins (optional)

### Directions

1. Make enough rice for how many you're serving and make the dinner while it cooks
  - a. I recommend not making too much rice because the curry ends up thick, I didn't want too much rice
2. Put a bit of olive oil in a large pot, then add half of an onion chopped into pretty large pieces, 2-3 cloves of garlic, basali, and some salt and pepper once the oil is hot
  - a. Don't worry if you don't have basali, I didn't and it was still really good
3. Add your lentils to the pot, then put in 1 cup of water and the vegetable broth, mix, then cover with a lid and lower to medium-low heat once it boils
4. Add some oil to a separate (large) pan, then add a whole onion chopped fine and 4-6 cloves of garlic once the oil is hot
5. Add cumin, turmeric, coriander, smoked paprika, and some salt, then mix until completely combined with the onions and garlic
  - a. I ended up adding more of every spice, but taste test before you do this!



6. Pour in the can of coconut milk, mix, then pour in your canned tomatoes, and mix again
7. Add the brown sugar, chilli powder, however much kale you'd like, and however many golden raisins you'd like, then mix again
8. If the lentils are done (there's no liquid left in the pot), pour them into the sauce and mix until fully combined
9. Serve with rice and garnishes if you'd like, and enjoy :)
  - a. I topped mine with some radish and parsley



## Crispy Quinoa Patties

These vegan patties are a great and healthy alternative to hamburgers! Quinoa is full of protein as well! Regular hamburgers are bad for the environment because cows take up a lot of land and energy to raise. They release methane in their farts, a harmful greenhouse gas. Energy is also used in processing and transporting the meat as well!



### Ingredients:

- 2 and  $\frac{3}{4}$  cups cooked quinoa
- 4 large eggs, beaten
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon lemon pepper
- 2 Tablespoons chopped parsley
- $\frac{1}{2}$  small onion, finely chopped (about -  $\frac{1}{3}$  cup)
- $\frac{1}{3}$  cup fresh parmesan cheese, grated
- 3 cloves garlic, finely chopped
- $\frac{3}{4}$  cup gluten free whole grain breadcrumbs (or regular)\*
- $\frac{1}{2}$  cup finely chopped carrot and zucchini ( $\frac{1}{4}$  cup each veggie)
- 1 Tablespoon oil, plus more as needed

### Directions:

1. Combine the quinoa, eggs, salt, and lemon pepper in a large bowl. Stir in the parsley, onion, cheese, and garlic. Stir in the bread crumbs and chopped carrot/zucchini. Let the mixture sit for a few minutes so the crumbs absorb some of the moisture.
2. At this point, you should have a mixture you can easily form into 20 thick patties. You want the mixture moist, so the patties aren't dry tasting. However, you want the mixture to hold together when cooking. You can add more bread crumbs to firm up the mixture, if needed. Alternatively, you can add a couple drops of water to moisten the mixture. \*The uncooked quinoa mixture keeps nicely in the refrigerator for a few days. Cover tightly and cook the patties when you have time.
3. Heat the oil in a large skillet over medium-low heat, add 5-6 patties, cover, and cook for 7 to 10 minutes until the bottoms are deeply browned. Carefully flip the patties with a spatula and cook the second sides for 5 minutes, or until golden. Remove from the skillet and cool on a large plate while you cook the remaining patties. Add more oil to the skillet if needed between each batch.
4. Serve plain or in a pita, on a salad, on a sandwich, with sliced avocado, with hot sauce on top, etc etc. There are so many ways to enjoy them!



## Winter Veggies With Eggs and Sausage

The veggies used in this meal are all in season (winter)! The cheese and sausage are both made locally at Lillooet Farm in Boxford (a Tree Plenish Sponsor!) All veggies and eggs are sourced/grown locally at Tendercrop Farm.



### Ingredients:

- 2 tablespoons olive oil
- 2 medium sweet potatoes
- 2-3 cups brussel sprouts
- 1 red onion
- Salt (to taste)
- Pepper (to taste)
- 1-2 cloves of garlic
- Spinach (a few handfuls)
- 4 eggs
- Goat cheese (to taste)
- Cherry tomatoes (a handful)
- Sausage (optional)

### Directions:

1. Heat olive oil in an oven-safe skillet over medium-high heat.
2. Peel sweet potatoes & cut into 1 inch cubes; cook in skillet for roughly 10 min, stirring occasionally.
3. Trim and cut brussel sprouts in half (or quarters depending on size); quarter a red onion and cut in slices; add both to pan; season with salt and pepper and stir; cook additional 10-15 min, stirring occasionally, until sweet potato is tender and veggies start to caramelize a bit.
4. Mince garlic; add garlic and handfuls of spinach leaves (tear large pieces) to pan and stir; cook for an additional 5 minutes or so until garlic is aromatic and spinach is wilted.
5. Remove from heat and create 4 "wells" for the eggs to sit in (I used Tendercrop Farm fresh eggs); crack an egg into each well.
6. Sprinkle with goat cheese (I used Dancing Goats Sea Salt Chevre from Lillooet Farm) and season with salt and pepper. Add quartered cherry tomatoes to the top as well but I forgot!
7. Transfer skillet to the oven and bake at 425 degrees for 5-10 minutes, depending on how well you like your eggs cooked.
8. Meanwhile, use your preferred method to cook sausage (I used lamb breakfast sausage from Lillooet Farm and baked it, but you could also broil, grill, or pan-fry it)
9. Scoop veggies and egg onto plate and serve with a side of sausage (I added some fresh parsley from my herb garden too); Enjoy!



## Super Greens Smoothie Bowl

“I know what you may be thinking; greens in my smoothie bowl!? Trust me, I thought that too once. This bowl COMPLETELY masks any veggie taste and instead tastes like a sweet, refreshing soft serve :) Ice cream for breakfast? Yes, please! All you need is a blender or food processor!”



### Ingredients:

- 2 ½ sliced bananas (frozen overnight)
- 1 c frozen mango
- 2 pitted dates (or could sub for ½ tablespoon of sweetener of choice)
- 2 BJJ handfuls of baby spinach
- 2 tablespoon chia or flax seeds
- ½ - 1 cup of plant based mylk (add in ¼ c intervals)

### Directions:

1. Combine everything in a blender (or food processor) and blend!
2. Add in mylk in ¼ cup increments to keep this smoothie thick and ice cream like! If your blender isn't strong then you may have to stop and mix and mash things down, patience is key, but so worth it!
3. Toppings are endless: Nut butter, nuts, chia seeds, flax seeds, fresh berries, banana, hemp seeds, cacao nibs, dairy free yogurt, coconut flakes, granola, oats, chocolate chips, ect!



## Banana Cashew Yogurt

This meal is plant based, with no animal products. This is a great substitute for yogurt made of dairy products from a cow.

### Ingredients:

- 2 bananas
- 1 cup cashews
- 1 tablespoon lime juice
- $\frac{3}{4}$  cup coconut water
- Pinch of salt

### Directions:

1. Soak cashews in water for at least 2 hours then drain
2. Blend all ingredients in vitamix (or blender)

## Plain Cashew Yogurt

### Ingredients:

- 1 cup cashews
- $\frac{1}{2}$  cup plain unsweetened milk alternative
- Juice from 1 medium lemon
- 1 teaspoon maple syrup
- Generous pinch of salt

### Directions:

1. Soak cashews in water for at least 2 hours then drain
2. Blend all ingredients in vitamix

\*throw in some fresh fruit or raw cacao powder for flavor!



## Baked Oats

This is a delicious vegan breakfast option! It has a much smaller carbon footprint than eggs or bacon :)

### Ingredients:

- 1/2 cup quick oats (not a full 1/2 cup)
- ~3/4 tablespoon almond or coconut flour
- ~3/4 teaspoon flaxseed
- 1/4 teaspoon cinnamon
- 1.5 tablespoon applesauce
- 1/2 cup oat milk
- Vegan chocolate chips
- <1/4 cup oat milk
- 1 teaspoon maple syrup
- Splash of vanilla

### Directions:

- Preheat oven to 375
- Mix dry ingredients
- Add milk and applesauce and mix again
- Bake for ~20 mins
- Mix other milk, maple, and vanilla and pour over before eating



## Black Bean Brownies with Sweet Potato Chocolate Frosting

This is a delicious plant based dessert made with lots of whole ingredients.



### Ingredients:

- 1 can of rinsed black beans
- 1 flax egg or egg replacer (to make flax egg, combine 1 tablespoon ground flax seeds with 3 tablespoon water and let set)
- 1 teaspoon vanilla extract
- $\frac{3}{4}$  cup sugar (or coconut sugar)
- $\frac{1}{2}$  cup maple syrup (agave, honey, or any liquid sweetener should work)
- 1-2 tablespoons plant based milk
- 3 tablespoons of almond butter (peanut or sunflower should work too!)
- $\frac{3}{4}$  cup unsweetened cocoa powder
- 1 t baking powder
- $\frac{1}{4}$  teaspoons salt
- Optional:
- Dairy free chocolate chips, nuts, coconut, ect...

### Directions (Brownie):

1. Preheat the oven to 350 and grease a loaf pan.
2. Combine all ingredients into a blender and blend until smooth and consistent (great time to taste test batter too!)
3. Spread into a loaf pan, add optional toppings and bake for 30-40 minutes. Let cool completely before slicing!
4. Top with sweet potato choc frosting!

### Directions (Frosting):

1. Blend everything together, taste as needed and refrigerate for at least 15 minutes.
2. Top on cooled brownies, eat with fruit or by the spoonful!



## Rainbow Quinoa Salad With Mixed Nuts, Herbs and Dried Fruit

Quinoa is an excellent vegan source of protein!

Dr. David Eisenberg of the Harvard School of Public Health and the Samueli Institute, a nonprofit research organization, demonstrated along with his daughter, Naomi, a whole-wheat couscous salad that is the inspiration for this one at the “Healthy Kitchens, Healthy Lives” medical education conference in Napa Valley this year. You can use a variety of dried fruits and nuts, as well as a mix of herbs. Chop the larger dried fruits small so that the pieces are uniform.



### Ingredients

- 4 cups water
- 1 cup red quinoa or rainbow quinoa, rinsed
- Salt to taste
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh mint
- ¼ cup chopped cilantro
- ¾ cup chopped dried fruit (such as apricots, raisins, cranberries, figs, currants)
- ¼ cup lightly toasted pistachios
- ¼ cup lightly toasted almonds, chopped
- ¼ cup chopped walnuts
- 2 teaspoons lemon zest

### Ingredients (Dressing):

- ¼ cup fresh lemon juice
- Salt (to taste)
- 1 small garlic clove, puréed (optional)
- ¼ teaspoon ground cinnamon
- 1 teaspoon pomegranate molasses
- ½ cup extra-virgin olive oil

### Directions:

1. Bring water to a boil in a 3-quart saucepan and add quinoa and salt to taste. Bring back to a rolling boil, then reduce heat slightly and boil gently for 20 minutes, or until you see a thread emerge from the blond and red quinoa. Drain and shake well in the strainer, then return to the pot. Cover pot with a dish towel and then a lid and let sit for 10 to 15 minutes undisturbed. Transfer to a large bowl.
2. Meanwhile, whisk together lemon juice, salt, garlic, cinnamon, and pomegranate molasses. Whisk in olive oil.
3. Toss together quinoa and dressing. Add remaining ingredients and toss together. Transfer to a platter, a wide bowl or individual plates and serve.



## Vegan Chili

Vegan Chili is a delicious, vegan, eco-conscious meal!



### Ingredients (Tofu Crumbles):

- 2 tablespoons soy sauce
- 2 tablespoons nutritional yeast
- 2 teaspoons chili powder
- 1 teaspoon smoked paprika
- 14-ounce firm tofu

### Ingredients (Chili):

- 2 tablespoons olive oil
- 1 medium sweet onion, diced
- 3-4 cloves garlic, minced
- (2) 28-oz cans crushed tomatoes
- (2) 15-oz cans black beans, drained and rinsed
- (1) 15-oz can kidney beans, drained and rinsed
- 1 cup water
- 3 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 tablespoon pure maple syrup
- 1 tablespoon cocoa powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt, or to taste

### Directions (Tofu):

1. Preheat oven to 350°F and line a baking sheet with parchment paper or a silicone mat.
2. In a large bowl, mix together the soy sauce, nutritional yeast, chili powder and smoked paprika. It will be pasty. Now crumble the tofu into the bowl with your hands, and mix together using a large spoon until well combined with the paste.
3. Spread the tofu mixture evenly in the pan. Place in the oven and bake for 30 minutes, stirring the tofu halfway through. Once the tofu is in the oven, start the chili.

### Directions (Chili):

1. In a large pot over medium heat, add the olive oil. Add the chopped onion and sauté 3-4 minutes until translucent. Add in the garlic and cook 1 more minute, stirring constantly.
2. Now add all the rest of the chili ingredients, except the tofu, and stir to combine. Bring to a boil, then lower the heat and simmer for about 20 minutes, until the tofu crumbles are done baking.
3. If a thicker consistency is desired, use an immersion blender and blend just a few times. Do this before you add the tofu.
4. Once the tofu crumbles are done, stir them into the pot. All done! Serve with guacamole, vegan sour cream, cornbread, tortilla chips, cilantro, tomatoes, hot sauce, vegan cheese shreds and chives, if desired.



## Local Shopping Chicken Noodle Soup

“The chicken, carrots, onion, garlic, and chicken broth are purchased locally from Tendercrop farm in Newbury. The carrots, garlic, and onions were grown directly on the local farm, making them sustainable. The chicken also came from the farm’s supply of meat. The chicken broth was organic and was sold on the farm.”



### Ingredients (Tofu Crumbles):

- 2.5 pounds of chicken breasts
- Salt, pepper, oil
- 1 large onion
- 1 garlic clove
- 10 cups of chicken broth
- 5 carrots
- 2 bay leaves
- 3 cups of noodles (cooked)
- Thyme (to taste)
- Oregano (to taste)

### Directions:

- Pat chicken dry with paper towels; sprinkle with salt and pepper.
- In a 6-qt. stockpot, heat oil over medium-high heat, add chicken in batches, skin side down; cook until dark golden brown, 3-4 minutes.
- Remove chicken from the pan and cut it up.
- Add onion and carrots; cook and stir over medium-high heat until tender, 8 minutes.
- Add garlic; cook 1 minute longer. Add broth. Add bay leaves, oregano, and thyme.
- Bring to a boil. Add noodles and let them cook for 10 minutes. Return chicken to the pan. Remove the bay leaves.



## Chocolate PB Soft Serve

**Why is this sustainable?** “It is made from 100% plant based ingredients and is a great alternative to soft serve made with dairy which has a negative impact on the planet :)”  
The secret to this recipe is the frozen bananas - when you blend frozen bananas they turn into a super creamy, super thick soft serve like texture!



### Ingredients:

- 6 frozen bananas (slice and put into plastic bag and freeze overnight)
- ¼ - ½ cup plant based milk
- 3 tablespoons peanut butter
- 3 tablespoons vegan chocolate chips (life brand or Trader Joe's has some!)

### Directions:

1. In a blender or food processor, add in banana slices, milk, peanut butter and chocolate chips. Blend until smooth, this may require you to stop and scrape down the sides of your blender/ food processor depending on how powerful it is. If things aren't blending well you can add more milk at ¼ cup increments but you want to keep the liquid to a minimum because that's what makes it thick and creamy!
2. Once smooth and well combined, scoop into bowls and tops with desired toppings such as: coconut flakes, peanut butter, chocolate chips, nuts, seeds, cacao nibs, dairy free whipped cream, ect... Enjoy!



## Bruschetta Zucchini Boats With CousCous and Melty Mozz

**Why is this sustainable?** “HelloFresh is a meal prep company that sends the exact amount of fresh products to your door from responsible suppliers. Since the ingredients for each meal is properly proportioned, there is less food waste after each meal compared to retail grocery stores. Additionally, the carbon footprint is reduced by 25% through efficient distribution, which reduces greenhouse gas emissions. Multiple tests have occurred and continue to occur to minimize packaging while keeping food as fresh as possible and almost everything is recyclable: the box that all ingredients come in, kit bag and separator, the insulator, and icebox. My family already composts and recycles anything and everything possible so it was nice to know in addition to food waste, we were consciously cutting other harmful effects and still having a deliciously home-made meal.”



### Ingredients:

Serving Amount: 2

- 2 Zucchini
- 1 tablespoon Italian Seasoning
- 1 clove Garlic
- 2 Roma Tomatoes
- $\frac{3}{4}$  cup Israeli Couscous (Contains Wheat)
- 1-2 tablespoons Veggie Stock Concentrate
- $\frac{1}{4}$  cup Parmesan Cheese (Contains Milk)
- 5 teaspoon Balsamic Glaze
- 1 teaspoon Chili Flakes
- $\frac{1}{2}$  cup Mozzarella Cheese (Contains Milk)
- Salt (to taste)
- Pepper (to taste)

### Directions:

1. Adjust rack to top position and preheat the oven to 450 degrees. Wash and dry all produce. Trim and halve zucchini; scoop out seeds with a spoon and discard. Rub each half all over with a drizzle of olive oil; season with half the Italian Seasoning (you'll use the rest later), salt, and pepper. Arrange cut sides down on a baking sheet. Roast on top rack until browned and tender, 15-20 minutes.
2. While zucchini roasts, peel and mince or grate garlic. Finely dice tomatoes. 3) Heat a drizzle of olive oil in a medium pot over medium-high heat. Add couscous, garlic, half the tomatoes, and remaining Italian Seasoning. Cook, stirring, until fragrant, 1-2 minutes. • Add stock concentrate,  $\frac{3}{4}$  cup water ( $1\frac{1}{2}$  cups for 4 servings) and a big pinch of salt. Bring to a simmer, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes. • Turn off heat. Drain any excess liquid from the pot if necessary.
3. While couscous cooks, in a medium bowl, combine half the Parmesan (save the rest for serving), remaining tomatoes, a large drizzle of olive oil, and balsamic glaze to taste (save a bit for serving if desired). Season with salt, pepper, and a pinch of chili flakes to taste.



4. Season couscous with salt and pepper. • Remove zucchini from the oven and heat the broiler to high. Flip zucchini; blot out any excess liquid with paper towels. 6) Stuff zucchini with as much couscous as will fit (save the rest for serving). Sprinkle with mozzarella. Broil until the cheese is melted and lightly browned, 2-3 minutes. TJP: Watch carefully to avoid burning.
5. Divide remaining couscous between plates and top with stuffed zucchini. Top with bruschetta and drizzle with any remaining balsamic glaze to taste. Garnish with remaining Parmesan. Sprinkle with a pinch of chili flakes if desired and serve.



## Tomato Basil Cream Pasta

"Unlike usual pasta dishes with lots of cheese and heavy cream (which does not work for some diets), this has a cashew base and is vegan! This has such a nice basil flavor that I accidentally took too much on my plate because I was so excited to eat it! Overall it is a very light dish that pairs well with a salad consisting of tomatoes, avocado, and mozzarella cheese."



### Ingredients:

(yield: 2 servings)

- 225g uncooked pasta
- 1 teaspoon extra virgin olive oil
- 1 small onion, diced (about 1/2 cup)
- 3 garlic cloves, minced (1 tbsp)
- 500g ripe tomatoes, diced into small pieces
- 1 tbsp tomato paste
- 1 tsp salt + pepper to taste
- 1/2 cup raw cashews
- 1/2 cup packed fresh basil, chopped
- 2 big handfuls of baby spinach to serve, optional

### Instructions:

1. Cook your pasta according to the package instructions, but leave the pasta just slightly undercooked. Drain and set aside.
2. Add the olive oil to a large frying pan over medium to high heat. When hot, add onion and cook for 4 minutes or until soft. Add garlic and cook for a further minute. Add tomatoes, tomato paste and salt. Place on a high simmer for about 12 minutes, stirring occasionally. It will cook down and become richer in flavour.
3. Add the tomato mixture to a high speed blender along with cashews and 1/2 cup of water. Blend until smooth.
4. Rinse and dry the frying pan. Add the sauce to the pan, making sure it's on low to medium heat to prevent it from sticking. Add the pasta, basil and pepper to taste. When the pasta is heated through, it's ready to serve. I like to serve mine on top of a handful of greens and a sprinkle of nutritional yeast.

### Notes:

- 500 grams of tomatoes = 2 3/4 cups of tomatoes
- Basil and spinach can be blended into mixture or left for garnishes on top



## Tendercrop Farm Inspired Dinner

“All local fresh ingredients from Tendercrop Farm for dinner! There is sauteed spinach with kale pesto, roasted sweet potatoes, locally raised rosemary chicken breast, and farm-fresh green beans lightly salted and peppered with garlic and olive oil! Lots of local vegetables supporting Tendercrop Farm with fresh foods for our family! We got lots of healthy nutrients from the vegetables, no pesticides or other harmful substances.”



### Instructions:

- 3 cups baby spinach
- 1/4 cup kale pesto
- tablespoon of olive oil
- 1/4 teaspoon salt
- Grilled chicken breast
  - (already pre-marinated with lemon and rosemary)
- 3 cups green beans
- two tablespoons olive oil
- tablespoon of salt and pepper
- Minced garlic or garlic powder
- Oven-roasted sweet potatoes lightly buttered



## Banana Oat Pancakes

“These banana oat pancakes are hearty and healthy! Packed with whole grains to give you sustained energy throughout your morning! If you’re wanting to satisfy your Sunday morning pancake craving while also reducing your carbon footprint, try these plant-based pancakes out!”



### Ingredients:

- -2 cups of oats (blend then up into flour aka really fine powder)
- - 2 bananas (the more spotty and ripe, the better)
- - 1.5 teaspoons ground cinnamon
- - 1 ¼ - 1 ½ plant mylk
- - 1 tablespoon of chia or flax seeds
- - 1.5 teaspoon baking powder
- - 1.5 teaspoon vanilla extract
- - ½ tablespoon of maple syrup

### Directions:

1. Throw everything in a blender and blend until the batter is thick and creamy with no chunks.
2. Pour ½ c batter in a well-greased or nonstick pan, optional: add in some walnut pieces, chocolate chips, or blueberries while they are cooking. Flip halfway through and serve when golden. Top with: nut butter, maple syrup, fresh fruit, nuts, seeds, dairy-free yogurt, chocolate chips, etc!



## Cashew Mac n Cheese

"This creamy, indulgent mac n cheese does not disappoint! It's completely made from plants which means happy tummy & happy planet!"



### Ingredients:

- Box of pasta of choice (I highly recommend shells or mini elbows)
- 1/2 cup boiled carrots
- 2 cup boiled white potatoes
- 1/2 tablespoon minced garlic
- 1/2 cup cashews (soaked overnight)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon ground mustard
- 4 tablespoon nutritional yeast (optional, but gives it a "cheesy" taste)
- 1 1/2 cup milk

### Directions:

1. Cook your pasta according to the box.
2. In a blender or food processor combine the garlic, carrots, potatoes, cashews, spices, nutritional yeast and milk. Blend until the sauce becomes smooth and creamy.
3. Combine the cheese sauce with the cooked, and strained pasta and warm!
4. To take this to the next level: add panko or breadcrumbs (or crushed up crackers) and bake in a 450 degree oven for a few minutes! For buffalo baked mac and cheese: add 1-2 tablespoon of your favorite buffalo sauce to the mac n cheese once it's done cooking and add panko or breadcrumbs (or crushed up crackers) and bake in a 450 degree oven for a few minutes! Optional add-ins: add in a pat of dairy free butter (such as earth balance) to the mac n cheese once it's combined in addition to dairy free cheese (daiya, follow your heart, violife, chao) This recipe makes great leftovers!



## PB Rice "Krispies"

"Finding a photo of these is usually pretty hard because they get devoured within minutes of making them! I'm always whipping up a batch of these to have on hand!"



### Ingredients:

- 1/2 c natural creamy peanut butter (Teddy is my fav)
- 1/2 cups pure maple syrup
- 4 cups puffed rice
- Optional: df chocolate or more pb to spread on top

### Directions:

1. In a sauce pan cook the maple syrup and pb on medium heat until it starts to bubble and is combined.
2. Pour mixture over puffed rice and using a spatula (and some elbow grease) coat the puffed rice in the pb mixture.
3. Line a loaf/brownie pan with wax paper and press mixture down firmly with spatula. Cool in the fridge for 3 -5 hours or overnight and slice! Or melt some df chocolate in a double boiler and spread on top of the rice krispie treats and let the chocolate set before slicing, I also like to add another layer of pb to mine to make them like Reese's Rice Krispies!



## Roasted Tomato Pasta

Reason this recipe is sustainable:

- Produce (garlic, shallots, tomatoes, and basil) can all be locally sourced, supporting small farms and cutting down on the amount of CO<sub>2</sub> released into the environment via long-distance transportation of goods.
- The only cookware needed is a pot to make the pasta, a bowl to mix the ingredients with the tomatoes, a sheet pan, two spoons, and a spatula. This cuts down on the number of dishes that need to be cleaned and therefore, how much water is used.
- The pasta reheats **VERY** well as leftovers so no food is wasted.



### Ingredients:

- 1-2 medium shallots (sliced thin)
- ¼ cup olive oil
- 3 pints cherry tomatoes (halved pole to pole)
- Table salt
- ¼ teaspoon red pepper flakes
- ¼ teaspoon ground black pepper
- 1 ½ teaspoons sugar
- 1 tablespoon balsamic vinegar
- 3 large cloves garlic (minced)
- 1 pound penne pasta (another kind of pasta is good too)
- ¼ chopped fresh basil leaves
- Parmesan cheese (optional and to taste)

### Directions:

1. Adjust oven rack to middle position; heat oven to 425°F. In a small bowl, toss shallots, the olive oil, sliced tomatoes, salt, red pepper flakes, ground black pepper, sugar, balsamic vinegar, and garlic.
2. Spread evenly on a baking sheet and cook for 40 to 45 minutes or until the tomatoes are caramelized and most of the tomato liquid has evaporated.
3. While the tomatoes are cooking, bring a pot of water to a boil in to cook the pasta until desired firmness.
4. Once the tomatoes and the pasta are finished cooking, strain the pasta and put back into the pot it cooked in. Then add in the cooked tomatoes and toss in the fresh basil. Finish with Parmesan cheese if desired.



## Pesto Pasta With Zucchini

This meal is a delicious, sustainable, vegetarian pasta recipe. The garlic, basil, and zucchini are all locally sourced, from Tendercrop Farm!



### Ingredients:

- Kosher salt
- 14 ounces pasta (I used angel hair pasta, but you could even use spiralized zucchini!)
- 1 garlic clove
- 1 cup extra-virgin olive oil
- 3 cups lightly packed basil leaves
- ½ cup finely grated Parmigiano-Reggiano
- ½ cup freshly ground breadcrumbs
- Ice water
- 1 small zucchini, cut into matchsticks, or spiralized

### Directions:

1. Cook the pasta. Bring a large pot of water to a boil and season with salt. Add the pasta to the water and cook, stirring occasionally, until al dente (time varies depending on the type of pasta).
2. Make the pesto. While the pasta is cooking, make the pesto sauce. Halve the garlic clove and rub its cut sides along the inside of your food processor. Pour in the olive oil, then add the basil. Add half the Parmigiano and half the bread crumbs to the food processor. With the food processor on, slowly stream in up to ½ cup of ice-cold water, adding water by the tablespoon, until the sauce blends smoothly. Add the remaining Parmigiano, season with salt, and blend again until smooth.
3. Zucchini. Chop the zucchini into matchsticks (or spiral it). Sauté in olive oil with a pinch of salt for about 3 minutes.
4. Serve. When the pasta is ready, drain it, reserving at least ½ cup of the cooking water. Return the drained pasta to the pot, and stir in the pesto sauce along with more olive oil to emulsify the pasta and make it shiny, adding some cooking water by the spoonful to make a creamy, silky sauce. Add the zucchini. Serve, garnish with basil if you'd like, and enjoy!



## Ground Turkey and Butternut Squash Skillet with Feta

"This dinner is both yummy and sustainable! The meat and cheese were both produced locally at Tendercrop Farm in Newbury. The vegetables are also sourced from the farm! It has few food miles! The melty cheese on top really makes this delicious. It is also very easy and quick to make. It only takes about 30 minutes including cook time."



### Ingredients:

- 1 tbsp. olive oil
- 1 lb 99% lean ground turkey
- 2 garlic cloves, minced
- ½ onion, chopped
- 1 red pepper, diced
- 2 cups butternut squash, peeled and chopped
- 1 cup diced tomatoes (not drained)
- Salt and pepper
- 1 teaspoon Italian seasoning
- ¼ teaspoon. red pepper flakes
- 1 cup reduced fat feta cheese (or mozzarella)

### Directions:

1. Heat the olive oil in a skillet over medium high heat. Add the turkey and cook, breaking up the meat, for 6-8 minutes. Add the garlic, onion, and red pepper. Cook for 4-5 minutes until the onion begins to brown.
2. Add the butternut squash, tomatoes, salt, pepper, Italian seasoning, and red pepper flakes. Cover the skillet and cook until the butternut squash is tender, about 6-8 minutes. Add a touch of water or brown if anything begins to burn.
3. Add the cheese and cover for 1-2 minutes until it melts.



Thanks for looking at our cookbook! We hope you recreate some of these meals yourself because they are so delicious. They were all submitted by different club members to our sustainable cooking competition. If you are new to sustainable eating, try making a commitment to Meatless Mondays or Sustainable Saturdays. Little changes add up to big differences!

