

# Car bon Conscious



# Cook ing

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*margaret capetz*

*dedicated to Green Team*



“As this wonderful cook book demonstrates, eating lower on the food chain can mean eating much higher on the taste scale!”

— ***Bill McKibben***, Author, Activist, Founder of 350.org

“This book is a wonderful collection of extremely tasty recipes. Even if you don’t care about climate change you should still give it to your friends. My suggestion is the Tumeric Curry Stew, it’s the new favourite in our family.”

— ***Frans Nauta***, Founder of ClimateLaunchpad, The World’s Green Business Ideas Competition

“This cookbook is something I wish I had when I was growing up. It is a great entry point for those seeking out ways to practice an environmentally-conscious lifestyle who wish to take small steps to better the planet by looking into their diet! Food is such a huge driving force of climate change -- thus, these beautiful designs on carbon footprint with each recipe in this cookbook can help to make us all better consumers for the Earth.”

— ***Kate Glavan***, Environmental Activist, Creator of *Summer School*

“The role of nature and its phenomenal occurrences in technological development and societal progress cannot be overstated. I believe that by cultivating lifestyles that equip both our bodies and natural ecosystems to function optimally, we can create a viable environment for more efficient and unprecedented levels of technological development for all peoples- both alive now and in the future. Carbon Conscious Cooking is therefore a means to open doors of progress for us all: firstly as individuals then as a global community.”

— ***Jonathan Ojangole***, Founder of Kairos Energy, Social Entrepreneur

“Carbon Conscious Cooking is an excellent resource for those looking for ways to shrink their footprint and live more gently on the planet. Everyone eats, so everyone can participate. Capetz makes it easy for people to make healthy, delicious recipes that swap higher-carbon meat and/or dairy for plant-forward options. The book smartly includes visuals to help the reader realize the impact of plant-forward choices.”

— ***Margie Suozzo***, MPA, MSES, Co-Founder of GreenTown Los Altos,  
Member of GreenTown’s Eating Green Campaign

“From the intro of describing how our diets impact our environment to the ending of how we can do more to help the cause this is truly the most useful cookbook I have read. All of these dishes look delicious and doable! I thought it was incredibly beneficial to see the visual graph comparing meat and plant-based carbon emissions.”

— ***Amanda Bancroft***, San Jose City Team Lead, 350 Silicon Valley

“I really enjoy Margaret’s cookbook on vegetarian diet. It is real food and reminds me the food I ate when I visited my grand-parents (parents’ parents) in China’s countryside during my childhood. Everyone was a farmer in my grandparent’s village. We ate what everyone grew, and we ate the freshest seasonal veggies, grains, and fruits available. We milled fresh flour from rice and made our bread, noodle and dumplings. Margaret’s Tofu chili dumplings recipe really brings out that sweet childhood memory. Her cookbook has many wonderful recipes of veggies, wholegrains, legumes, seeds and fruits; and it creates a happy dream where you have all these amazing ingredients in your backyard. Happy dream equals happy eating and means healthy life!”

— ***Chik Wong***, Food and Wine Enthusiast

“I have been a hard-core meat eater my entire life. I was hospitalized for diverticulitis in 2018. The doctor recommended surgery. I didn’t want to do that so I looked for a second opinion. That doctor urged me to try a plant-based diet, which I tried. I haven’t had another flare-up since I switched to a diet like what’s recommended in this cook book. Eat more plants! Read this book!”

— ***Guy Cirinelli***, Plant-based Food Enthusiast



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# Introduction

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# Introduction

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## *this book matters*

If we don't act now, we will face irreversible changes to the planet we call home. The frequency and severity of natural disasters will increase— which we've already seen with record-breaking wildfires in California.<sup>1</sup> While sea levels are rising, the ocean's heat and acidity are also consistently increasing. The ripple effect of our warming climate has implications that are largely overlooked: everything from the studies that demonstrate that at hotter temperatures, conflict, wars, and crime rates increase significantly to the fact that fish may lose their ability to smell.<sup>2</sup>

Action at all levels is required to turn this situation around. Now is the time to take individual action including a shift towards a plant-based diet.

## *your diet matters*

Agriculture, in general, accounts for 24% of global greenhouse emissions— a sizable chunk. Within this, animal products are responsible for 75% of total agricultural emissions and 80% of land use despite only creating 18% of consumed calories. Animal products are a massively inefficient use of calories. For every 100 calories of grain we feed animals, we get only 40 calories of milk, 22 of eggs, 12 of chicken, 10 of pork, or 3 of beef.<sup>3</sup>

Livestock's land use, water use, and carbon footprint are disproportionate to plants. Think about it this way: if cattle were their own nation, they would be the world's third-largest emitter of greenhouse gases. Even more astonishing, of its carbon emissions, livestock breathing accounts for 14% of the pie. Beyond the agriculture industry, there are further emissions from food with cooking, storage, waste disposal, and packaging. In comparison, the carbon footprint of a vegetarian diet is about half that of a meat-lover's diet.<sup>4</sup> Your diet matters, and you can take action to change it.

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1 "What's Driving" Wallace-Wells  
2 Blackshaw  
3 Eatz

# ***why I wrote this book***

I wrote this cookbook to share my favorite plant-based recipes, in hopes of making plant-based eating more accessible and interesting for all. My recipes are *sustainable, simple, and versatile*. I hope this book will kickstart your journey with carbon-conscious cooking!

Sustainability and carbon-conscious cooking bring up the issue of accessibility. More specifically, accessibility to a simple, versatile approach to sustainable cooking. I've developed short recipes that are accessible and easily adaptable for different people. My hope is that increasing accessibility to sustainable cooking will lead to an increase of the impact of carbon-conscious diets.

# ***understanding impact***

Alone, I am not able to have a significant impact with my own plant-based eating habits. To create impact, I am going beyond my own footprint to encourage others to take steps towards carbon consciousness. I've included statistical graphics for each recipe to provide visualization for the impact you are creating. These charts will give you an idea of what direct impacts you are making, but by no means are exact calculations of an ingredient's carbon footprint, which is the measurement of its total greenhouse gas emissions. Greenhouse gases are the cause of climate change— they prevent heat from escaping Earth's atmosphere, warming our planet and ocean.<sup>1</sup>

This data only represents kilograms of carbon dioxide emitted per kilogram of ingredient, which can be pretty daunting. Other factors like transportation are not included. I've also added more quantifiable descriptions of these footprints to each recipe— in terms of miles driven by an average car— so you can understand your impact in more practical terms. Information in this book is based on US, UK, and general market data, please see the references page for more details.<sup>2</sup>

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<sup>1</sup> "The Causes" HEALabel

<sup>2</sup>

## *something to keep in mind*

Take this all with a grain of salt. While agriculture makes up 24% of emissions, another 71% is due to 100 corporations alone.<sup>1</sup>

This does not mean we shouldn't take action with our diets. 24% is still significant. Instead, we must remember that it is not until a greater number of people make this shift that the impacts become more tangible.

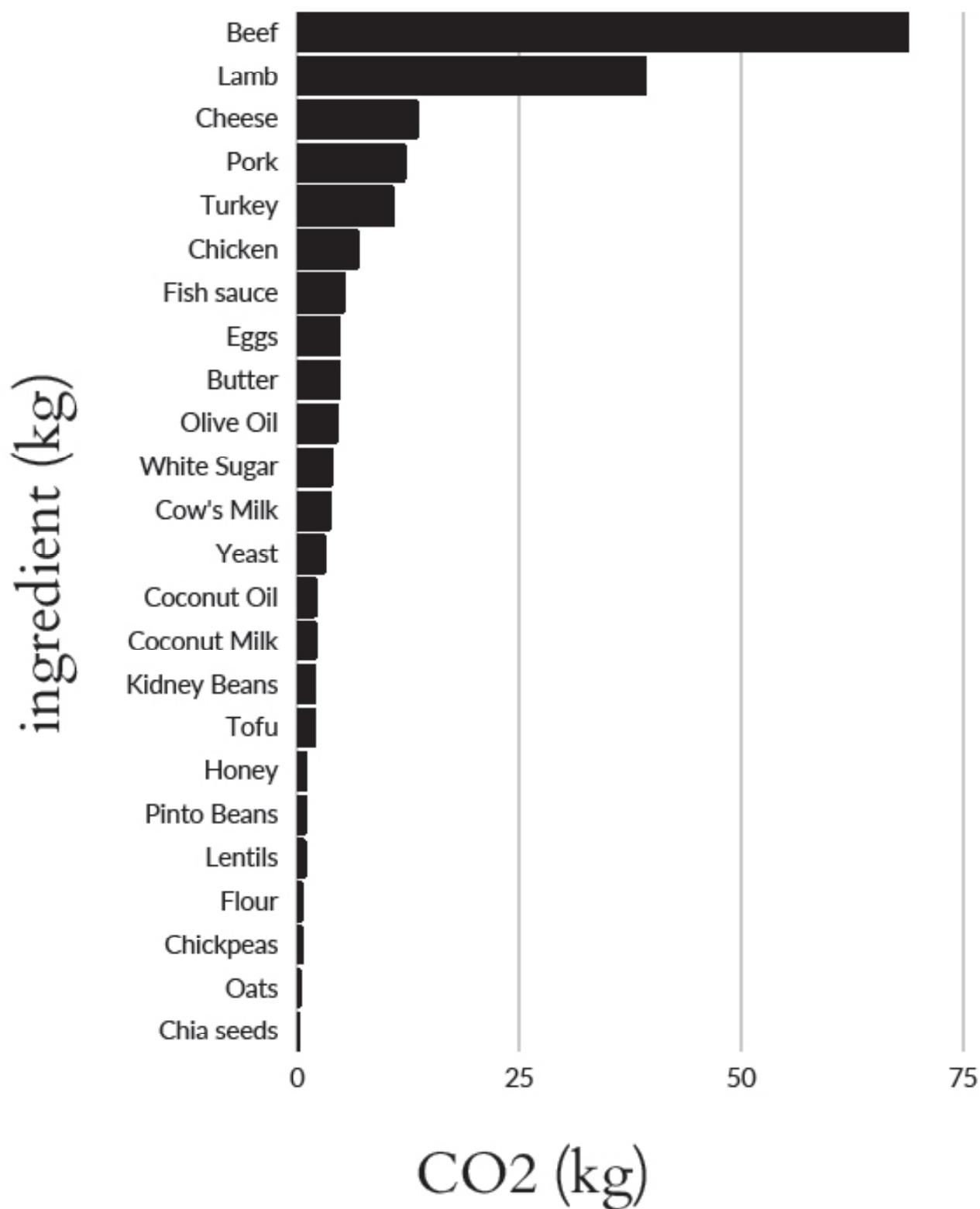
## *what you can do beyond cooking*

What this fact does mean is the shift to plant-based is not the only thing you should be doing. Be carbon-conscious, but take actions decisively. Prioritize what solutions in your life will be most effective. Is it also creating an environmental group in your community? Is it also contacting your local representatives?<sup>2</sup>

Think about the impact of different sustainable actions: reducing food waste is ranked the number one solution to climate change by Project Drawdown, while switching to LED lights is ranked number eighteen. Refrigerant management is ranked number four, while electric vehicles are ranked number twenty-four.<sup>3</sup> So when deciding what else you can do for the planet, be decisive: reducing food waste will be far more impactful than buying an electric vehicle.

I suggest you start approaching sustainability with carbon-conscious cooking, then take sustainable action in other ways later. There's no need to make big investments like switching to LED lights or purchasing solar panels right now. Switch up your shopping list. Put in a little time. With this cookbook, you'll be on your way to achieving carbon-conscious cooking and reducing your footprint on the environment!

# CO2 Emissions by Ingredient



# Staples

## **1** *tofu*

A tasteless medium that will take on any flavor you add to it. Especially tasty in Asian cooking, but also weirdly useful in ice cream or garlic knots!

## **2** *lentils*

In my opinion, the superior legume. No soaking time needed, just boil away for 20 minutes! Fibrous, protein-packed, and a blank canvas for any flavor you add.

## **3** *beans*

All beans, black, kidney, pinto, butter, cannellini, are essential to meatless cooking. You'll find beans in a number of cuisines, everything from Mexican to Indian.

## **4** *chickpeas*

Also known as garbanzo beans, these little legumes are also quite versatile. Hummus, falafels, anything Mediterranean, you got it! An easy addition to salads or pasta, too!

## **5** *sourdough starter*

The carbon footprint of commercial bread is often overlooked, but the carbon footprint of plastic packaging and commercial yeast add up quickly. Keep your starter alive and use it as a natural leavening agent for European breads— and the wild yeast will boost your health!

# **Principles**

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## **1** *sustainability*

This, interchangeable with carbon-consciousness, is the core principle of my recipes. Carbon-conscious is even in my title, and the words are formatted differently so that instead of skimming it, you stop, think, re-read, and consider this creative choice.

## **2** *simplicity*

All my recipes are quick and easy so that they are accessible to anyone. I've remained below a limit of twelve ingredients, but many recipes call for far less. My descriptions may be brief, so let them be a guide for your improvisation in the kitchen!

## **3** *versatility*

In each recipe, ingredients can be easily swapped or even omitted to align with any diet preferences. You may substitute chickpeas for lentils or use kale in place of spinach without worries of ruining anything.



# App e ti zers

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# Rye Sour

*a different take on sourdough*

100	grams starter
450	grams bread flour
50	grams rye flour
2	tbsp caraway seeds
20	grams salt
	whole-wheat flour for dusting

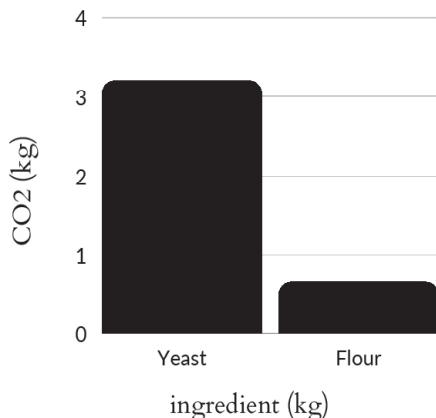
Incorporate the starter and 350 grams of warm water by hand, then add flours until shaggy. Rest 30 minutes before mixing in salt, 50 grams warm water, and seeds.

Rest 30 mintues, stretch-and-fold, repeat 4 times. Rest 30 minutes then work into a taut round, rest again for 30 minutes. Add as little flour as possible in this process.

Shape the dough, then place in a dusted towel-lined wicker basket, refrigerate for 12 hours.

Preheat Dutch oven in the oven at 500F for 30 minutes. Transfer dough to Dutch oven and score, then bake covered then uncovered, 20 minutes each at 450F.

## *carbon footprint*



The footprint of commercial **yeast**, used in storebought bread, is equivalent to a car driving 7.4 miles, while that of **flour** from a sourdough starter is equivalent to 1.5 miles.

That's **5.9 miles less**.



# Za'atar Lentils

*a super simple side dish*

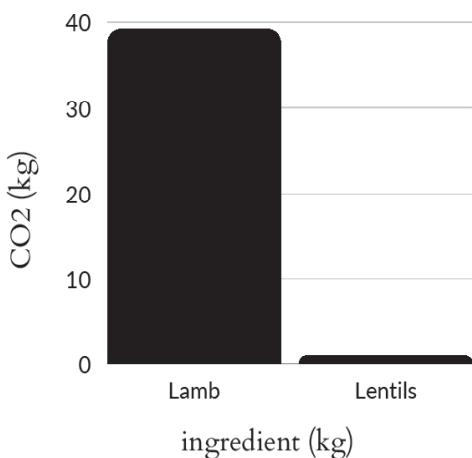
- 1 cup dried lentils
- 1 cup tomato sauce
- 1 tbsp paprika
- 2 tbsp za'atar
- salt and pepper to taste

Bring 2 cups of water to boil, then add rinsed lentils and cook for 20 minutes.

Rinse and drain lentils, then return to the pot with remaining ingredients.

Cook tomato sauce through for at least 5 minutes, covered, then serve alone or alongside rice or pita.

*To turn this into a complete dish, double the recipe and cook with diced onions and carrots.*



## *carbon footprint*

The footprint of **lamb**, which is commonly seasoned with za'atar, equivalent to a car driving 90.3 miles, while that of **lentils** is equivalent to 2 miles.

That's 88.3 miles less.



# Herbs and Beans

*a nice way to freshen up beans*

1 cup dried lima beans  
2 tbsp basil, minced  
2 tbsp oregano, minced  
2 tbsp parsley, minced  
 $\frac{1}{2}$  a lemon's juice and zest  
 $\frac{1}{4}$  cup of olive oil  
salt and pepper to taste

Rinse beans and cook with 4 cups of water in a rice cooker on the "brown" rice setting or in a pressure cooker.

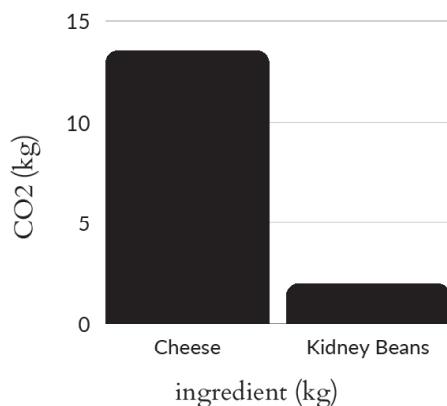
Add more water or increase cook time as needed, until beans are tender.

Mix your herb oil by combining herbs, lemon juice and zest, olive oil, and salt and pepper.

Drain cooked beans, then toss with herb oil and serve with pita.

*This recipe also works with other types of beans, canned beans, and any variety of fresh herbs.*

## *carbon footprint*



The footprint of **cheese**, usually used in pita dips, is equivalent to a car driving 31 miles, while that of **kidney beans** is equivalent to 4.8 miles.

That's 26.2 miles less.



# Fruit and Romaine

*and also chickpeas, for the protein*

1	cup chickpeas
$\frac{1}{4}$	cup olive oil
$\frac{1}{4}$	cup balsamic vinegar
2	tbsp honey mustard
1	head romaine lettuce
	various fruits

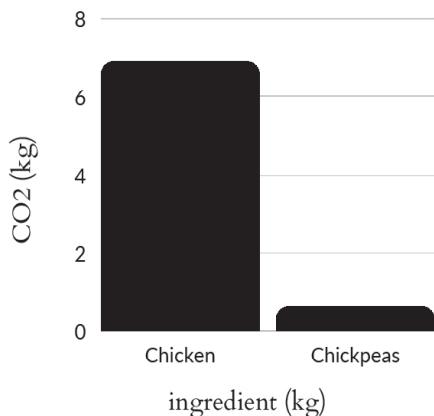
Rinse chickpeas and cook with 4 cups of water in a rice cooker on the “brown” rice setting or in a pressure cooker.

Vigorously whisk oil, vinegar, and mustard until oil is emulsified.

Roughly chop romaine lettuce, then serve and garnish with cooled chickpeas and a variety of sliced fruit. Drizzle with salad dressing.

*This works well with any fruit, especially berries and stone fruit.*

## *carbon footprint*



The footprint of **chicken**, a regular salad add-in, is equivalent to a car driving 16 miles, while that of **chickpeas** is equivalent to 1.5 miles.

That's 14.5 miles less.





# Mains

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# Zucchini Lasagna

*a classic, meatless*

3 cups tomato sauce  
2 zucchinis  
2 large pinches of salt  
1 block of tofu, pressed  
2 tbsp chopped parsley  
2 cloves garlic, minced  
1 tbsp lemon juice  
2 tbsp olive oil  
 $\frac{1}{4}$  cup nutritional yeast  
1 $\frac{1}{2}$  cup mozzarella  
salt and pepper to taste  
fresh basil

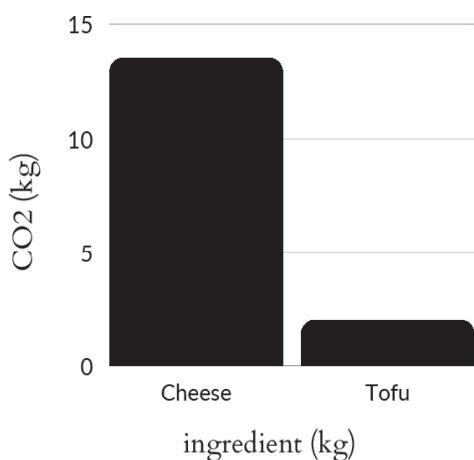
Slice zucchini lengthwise with a mandolin or peeler. Heavily salt zucchini and place in a colander for 15 minutes to drain excess water. Rinse and pat dry.

For the tofu ricotta, mash the tofu with parsley, garlic, lemon juice, olive oil, nutritional yeast.

To assemble, first fill the bottom of a casserole dish with tomato sauce. Add a layer of zucchini, ricotta, and 1/2 cup of mozzarella, then tomato sauce. Repeat until all ingredients are used up, about 3 layers total.

Bake at 375F for 30 minutes, then broil on high for 5 minutes. Serve with fresh basil.

## *carbon footprint*



The footprint of ricotta cheese, required for most lasagnas, is equivalent to a car driving 31 miles, while that of tofu is equivalent to 4.8 miles.

That's 26.2 miles less.



# Thai Curry

*made with homemade curry paste*

1	tbsp coriander seeds
½	tbsp cumin seeds
1	tbsp cilantro stems
4	whole chilis
2	tbsp ginger
5	cloves garlic
1	onion, divided
1	stalk of lemongrass
1	bell pepper, julienned
1	carrot, diagonally sliced
1	sweet potato, sliced
1	block of tofu, cubed
1	can coconut milk
	salt and pepper to taste

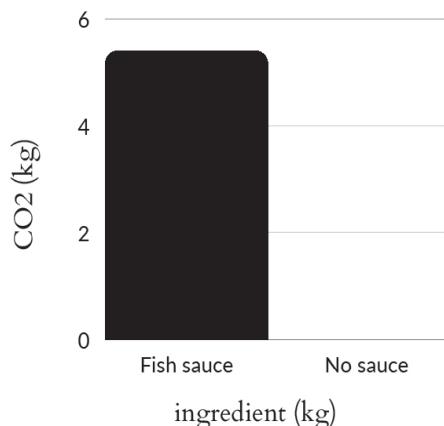
Toast seeds and peppercorns for 2 minutes, then add to a blender with all ingredients up to, but not including, bell pepper. Puree until a paste forms.

Slice the remaining half onion and stir fry with bell pepper and carrot in a wok. Remove vegetables once cooked.

Fry  $\frac{1}{4}$  cup of the curry paste until aromatic, then add in tofu, cook for 3 minutes. Stir in vegetables and coconut milk and additional water as needed, then simmer for 10 minutes.

Add salt and pepper to taste, serve over brown rice.

## *carbon footprint*



The footprint of **fish sauce**, a common ingredient in Thai curry paste, is equivalent to a car driving 12.5 miles, while that of **no fish sauce** is equivalent to 0 miles.

That's 12.5 miles less.



# Tofu Street Tacos

*turn your kitchen into a taco truck*

2	cups masa harina
2	cups of very warm water
2	tomatoes, chopped
$\frac{1}{2}$	yellow onion, chopped
$\frac{1}{2}$	Serrano pepper, chopped
$\frac{1}{2}$	tsp salt
$\frac{1}{2}$	tbsp ground cumin
$\frac{1}{2}$	lime's worth of juice
$\frac{1}{4}$	cup cilantro, chopped
1	block of tofu
2	tbsp taco seasoning

For the tortillas, mix masa with as little water as possible, until a cohesive dough forms, then rest for 1 hour.

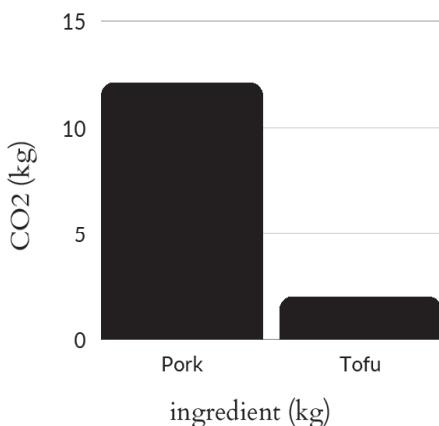
Roll into rounds then fry on oil-free cast iron on medium-high heat, about 30 seconds per side.

For the salsa, toss tomatoes, onion, pepper, salt, cumin, lime, and cilantro.

For the tofu, break it down in a bowl with a fork, then stir-fry with olive over medium-high heat in a skillet for 7 minutes before mixing in seasoning.

*You may also swap the tofu for beans, lentils, chickpeas, or quinoa!*

## *carbon footprint*



The footprint of **pork**, a regular taco filling, is equivalent to a car driving 27.8 miles, while that of **tofu** is equivalent to 4.8 miles.

That's 23 miles less.



# Chickenless Adobo

*a comfort food, minus the chicken*

1	head cauliflower
1	block of tofu, pressed
5	cloves garlic, minced
1	inch ginger, minced
½	cup rice vinegar
2	tbsp soy sauce
1	tbsp sesame oil
5	Thai chilis, sliced
1	tsp brown sugar
3	bay leaves
1	cup vegetable broth
	salt and pepper to taste

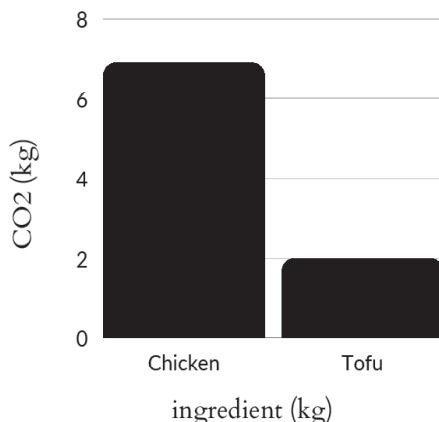
Chop cauliflower into large pieces and tofu into planks, then season generously with salt and pepper before searing separately. Flip every 5 minutes and continue cooking until most sides are golden brown, then remove.

Mix remaining ingredients, then add to the empty pan and cook, covered, for 5 minutes. Return cauliflower and tofu to the pan and stir.

Serve with rice and garnish with green onions and sesame seeds.

*For a thinner sauce, add more water or vegetable stock.*

## *carbon footprint*



The footprint of **chicken**, essential to chicken adobo, is equivalent to a car driving 16 miles, while that of **tofu** is equivalent to 4.8 miles.

That's 11.2 miles less.



# Green Enchiladas

*green on your plate, green for the planet*

1½ cups dried pinto beans  
298 grams flour  
1 tsp baking powder  
½ tsp salt  
50 grams vegetable oil  
¾ cup boiling water  
1 onion, chopped  
3 bell peppers, chopped  
3 cloves garlic, minced  
3 jalapeños, chopped  
1 bunch of cilantro  
1 tsp paprika  
½ lemon, zested and juiced  
1¼ cups Monterey Jack, grated

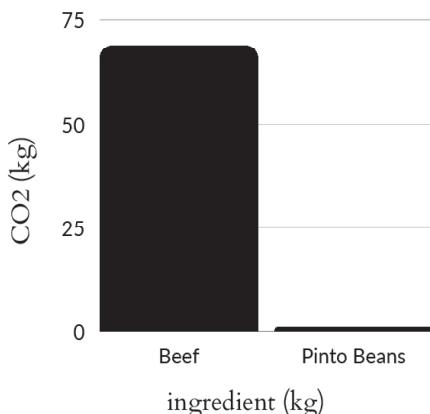
Cook beans in a rice or pressure cooker.

For the tortillas, whisk dry ingredients, mix in oil, then water. Rest for 30 minutes, then roll into rounds and fry in a dry cast iron.

Cook onion and peppers, then puree half of the mixture with all ingredients from garlic to lemon, thinning out with water or stock. Mix remaining vegetables with cooked beans and ½ cup of cheese.

To assemble, pour half the sauce into a casserole dish, then fill tortillas with beans and place in the dish. Top with additional sauce and remaining cheese. Bake at 425F for 10 minutes. Serve immediately.

## *carbon footprint*



The footprint of beef, which is a common enchilada filling, is equivalent to a car driving 158 miles, while that of pinto beans is equivalent to 2.2 miles.

That's 155.8 miles less.



# Oat Pasta

*perfect for a Sunday afternoon project*

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2 cups oat flour  
2 eggs  
2 tbsp olive oil  
pasta sauce

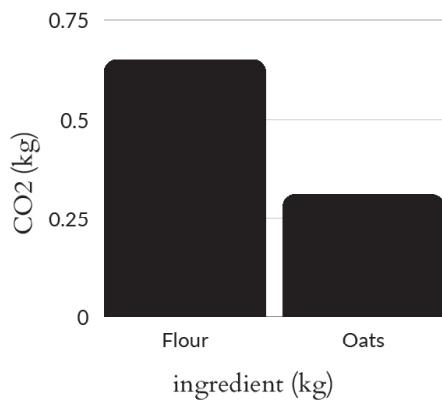
Make a well with flour, and add eggs, olive oil, and 4 tbsp water in the center. Whip with a fork until the center thickens, then use a benchscraper to cut in the flour. Once incorporated, use hands to knead into a ball.

In small sections, roll out into a thin sheet, then cut into squares. Roll squares into tubular penne pasta with a dowel or metal straw.

Dry pasta overnight, or put in an oven at its lowest setting for 30 minutes.

Boil in heavily salted water for a couple minutes before draining and serving with sauce.

## *carbon footprint*



The footprint of **flour**, used in most pastas, is equivalent to a car driving 1.5 miles, while that of **oats** is equivalent to 0.8 miles.

That's 0.7 miles less.



# Ginger Tofu Soup

*light, healthy, and satisfying*

- 1 inch ginger, thinly sliced
- 1 onion, quartered
- 2 carrots, chopped
- 2 potatoes, chopped
- 2 tomatoes, chopped
- 3 tbsp soy sauce
- 1 tsp sugar
- 1 block of tofu

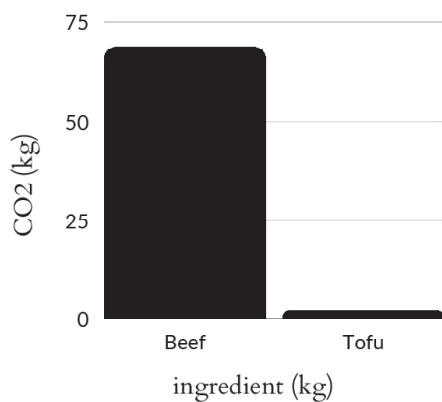
In a pot, heat ginger in oil until aromatic, then add onion, carrots, potatoes, and tomatoes. Add a splash of water and simmer for 5 minutes.

Fill the pot with water until vegetables are covered, then add soy sauce and sugar. Bring to a boil then simmer for 40 minutes, or until potatoes are tender.

Cut tofu into large cubes, then add to the soup and simmer for an additional 5 minutes before serving.

*Best garnished with white pepper and chili oil.*

## *carbon footprint*



The footprint of **beef**, used in tomato beef soup, is equivalent to a car driving 158 miles, while that of **tofu** is equivalent to 4.8 miles.

That's 153.2 miles less.



# Mushrooms and Lentils

*reminiscent of gravy and potatoes*

- 2 large potatoes, peeled
- 1 tbsp olive oil
- 5 cloves garlic, minced
- 10 mushrooms, sliced
- 1 dried pepper, chopped
- 1 tbsp thyme
- ½ tbsp garlic powder
- 1 tsp lemon juice
- 2 tsp tomato paste
- ⅔ cup lentils
- 2 tsp soy sauce
- 2 cups vegetable broth
- salt and pepper to taste

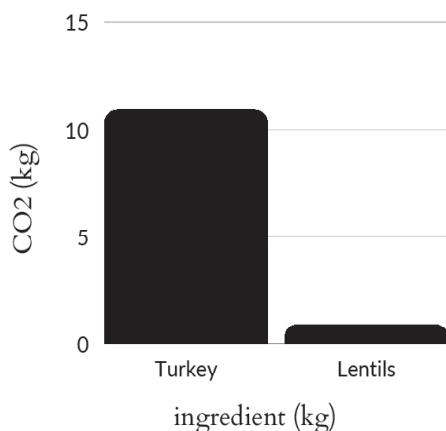
For the mashed potatoes, slice potatoes and boil until tender, about 20 minutes. Drain and whisk in olive oil and garlic until smooth and fluffy.

Cook mushrooms in a skillet with dried pepper, thyme, and garlic powder. Deglaze with lemon juice and tomato paste.

Add in lentils, soy sauce, and broth, bring to a boil then simmer for 20 mintues. Add ¼ cup of potatoes to the lentils to thicken into a gravy.

Serve lentil gravy over mashed potatoes, along with fresh scallions and a drizzle of olive oil.

## *carbon footprint*



The footprint of **turkey**, essential to turkey gravy, is equivalent to a car driving 25 miles, while that of **lentils** is equivalent to 2 miles.

That's 23 miles less.



# Turmeric Curry Stew

*tastes even better the next day*

¼	cup olive oil
4	cloves garlic, thinly sliced
1	yellow onion, diced
2-inch	ginger, minced
3	tbsp turmeric, minced
2	tsp red pepper flakes
½	tsp cayenne pepper
2	small potatoes, chopped
1	cup dried lentils
1	can of coconut milk
1	bunch spinach, torn
	salt and pepper to taste

In a Dutch oven, cook oil, garlic, onion, ginger, salt, and pepper, for about 5 minutes.

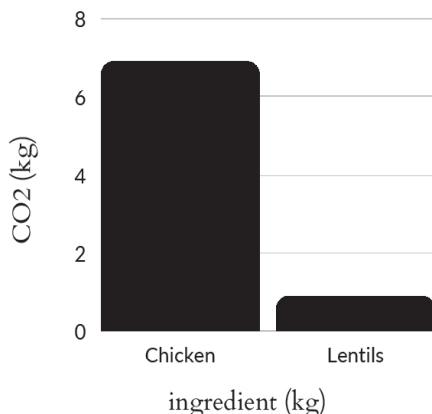
Add turmeric, red pepper flakes, cayenne pepper, and cooked chickpeas, along with more salt and pepper, for about 10 minutes.

Add potatoes, lentils, coconut milk, and 3 cups of water. Bring to a boil then simmer for 20 minutes before adding spinach and cooking for an additional 7 minutes.

Serve with rice or pita, optionally with fresh mint and a dollop of yogurt.

*Chickpeas and any hardy greens also work well.*

## *carbon footprint*



The footprint of **chicken**, a protein found in many curries, is equivalent to a car driving 16 miles, while that of **lentils** is equivalent to 2 miles.

That's 14 miles less.



# Tofu Chili Dumplings

*in a light broth*

256	grams flour
¾	cup boiling water
1	block of tofu
1	egg
½	cup chives, minced
1	tbsp sesame oil
1	tbsp soy sauce
1	tsp chili sauce
1	tsp red pepper flakes
2	heaping tbsp of miso
¼	cup dried seaweed
	white pepper to taste
	chili oil to taste

Mix flour and water then knead until smooth. Rest for 1 hour.

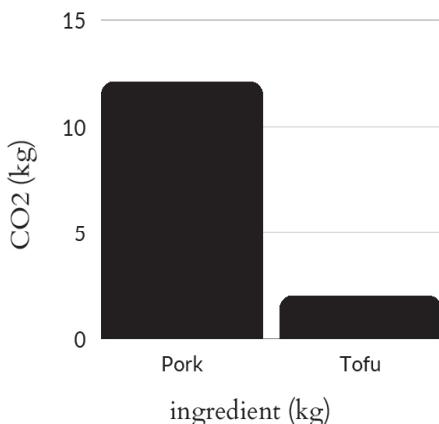
For the filling, break up the tofu with eggs, chives, and seasoning. Set aside to marinate.

After the dough is rested, roll into round dumpling wrappers, adding more flour as needed. Wrap the dumplings.

Bring a pot of water to boil, mix in miso until incorporated, then stir in seaweed and dumplings. Simmer for 5 minutes, then serve with white pepper and chili oil.

*Pan-fried tofu dumplings are also very tasty.*

## *carbon footprint*



The footprint of **pork**, a classic dumpling filling, is equivalent to a car driving 27.8 miles, while that of **tofu** is equivalent to 4.8 miles.

**That's 23 miles less.**





# Extras

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# Oat Nut Cookies

*very healthy and endlessly customizable*

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1	tbsp chia seeds
¾	cups oats
¾	cups flour
6	tbsp honey
¼	tsp salt
½	tsp cinnamon
½	tsp baking soda
2	heaping tbsp nut butter
4	tbsp coconut oil
1	tbsp vanilla extract
2	tbsp almond meal

Separately, mix chia seeds with 3 tbsp water to make a chia egg and set aside.

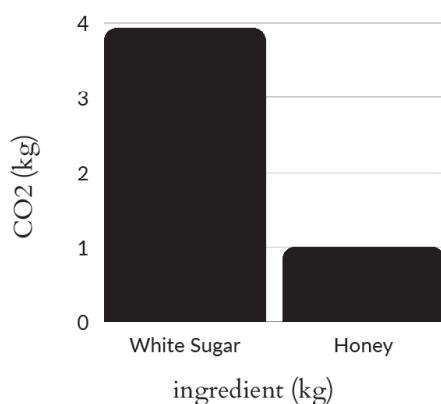
Mix all ingredients in a bowl with a fork, until flour is completely hydrated.

Rest in the fridge for 15 minutes, then shape and bake at 350F for 11 minutes.

*For the honey oatmeal raisin cookies: olive oil, almond butter, and raisins.*

*For the seeded hemp coconut cookies: coconut oil, cashew butter, coconut flakes, poppy seeds, sesame seeds, and flax seeds.*

## *carbon footprint*



The footprint of **white sugar**, which is used in most baking recipes, is equivalent to a car driving 9 miles, while that of **honey** is equivalent to 2.5 miles.

That's 6.5 miles less.



# Zucchini Bread

*both vegan and spiced, lovely with tea*

1	zucchini, julienned
1	chia egg
½	cup light brown sugar
½	cup extra virgin olive oil
½	cup plant-based milk
1	tsp vanilla extract
1½	cups flour
½	tsp salt
½	tsp baking soda
½	tsp baking powder
1½	tsp cinnamon
½	tsp ginger
½	tsp cardamom
½	cup oats

To julienne zucchini, slice into planks with a peeler or mandolin, then slice finely lengthwise.

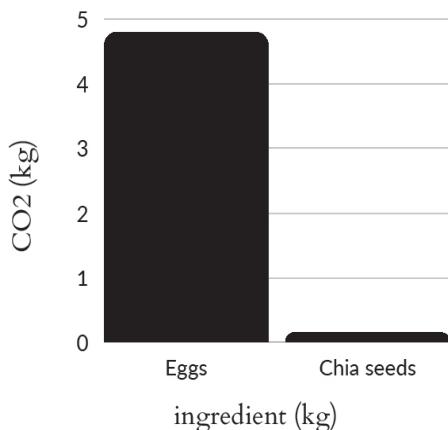
Heavily salt zucchini and place in a colander for 15 minutes to drain, then rinse and wrap in a towel to dry.

Mix zucchini, chia egg, and wet ingredients before folding in the dry ingredients. Mix in the oats last.

Bake in a parchment-lined loaf pan at 350F for 50 min, or until an inserted toothpick comes out clean.

*Block off half the pan with a glass jar to make a tall half-loaf, or use the full length of the pan for a shorter full loaf.*

## *carbon footprint*



The footprint of **eggs**, a common ingredient of quick breads, is equivalent to a car driving 11 miles, while that of **chia seeds** is equivalent to 0.5 miles.

That's 10.5 miles less.



# Stone Fruit and Cream

*peaches, plums, pluots— take your pick*

---

- 1 can coconut milk
- $\frac{1}{4}$  cup of honey
- 2 tbsp vanilla extract
- 2 cups stone fruit, cubed
- 3 tbsp chia seeds

Freeze your ice cream churning bowl and loaf pan the night before.

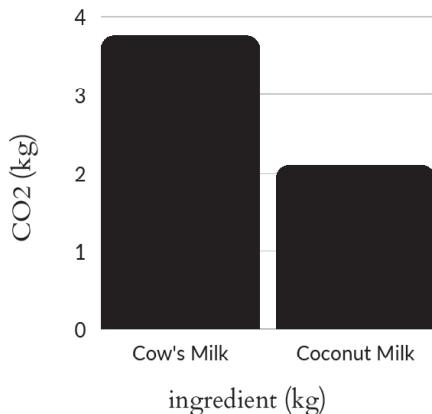
In a saucepan, bring coconut milk to a simmer, then whisk in sugar and vanilla until combined. Transfer to a glass bowl and refrigerate for at least 4 hours.

Churn in an ice cream maker for 30 minutes before adding fruit and seeds. Continue churning until distributed.

Transfer to the loaf pan, cover, and freeze for at least 2 hours to firm up before serving.

*This works great with any fruit, fresh or frozen.*

## *carbon footprint*



The footprint of cream from **cow's milk**, used in all ice creams, is equivalent to a car driving 9 miles, while that of **coconut milk** is equivalent to 5 miles.

That's 4 miles less.



# Acknowledgements

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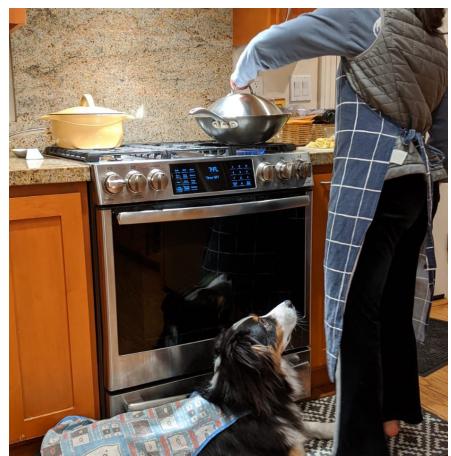
## *a sincere thank you to everyone*

First, I want to thank my family for supporting me and always eating what I cook— the good, bad, and ugly. Sometimes really ugly but very tasty.

I'd also like to thank my dear friends who have encouraged my passion for cooking and baking. It's always fun to have friends to bake with! Thank you to all those who have inspired my cooking— Rachel Ray, Martin Yan, Melissa Clark, and many more.

To all my friends in Green Team and beyond, thank you for inspiring my passion for sustainability. I wouldn't be at this point in my journey with sustainability without you. And thank you to those in my greater community who give me hope during this climate emergency. To individuals fighting for change, you inspire me every day.

A special thank you to my most faithful companion, Auggie. In fact, he's the only one who actually will eat absolutely anything I cook.



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# How to's

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## 1 *beans, chickpeas*

Add beans to a rice cooker. Cover with at least 2 inches of water above the beans. Cook until tender, shorter for previously soaked beans, longer for unsoaked beans. If using a pressure cooker, follow the manufacturer's instructions for cooking.

## 2 *dumpling wrappers, tortillas*

The basic technique is the same: mix dry ingredients, cut in the oil for flour tortillas, add as little water as possible to form a dough, rest, then roll out. For dumpling wrappers and flour tortillas, take a piece of dough, form into a disk, roll forwards and backwards, rotate, and repeat until a round forms. Use extra flour to prevent a sad sticky mess. For corn tortillas, place dough between two pieces of parchment before rolling to prevent sticking, do not use extra flour.

Dumpling wrappers are ready to use. Tortillas should be cooked on a dry cast iron, for around 1 minute or less per side, depending on the thickness. Undercooked tortillas can be fixed, but overcooked brittle ones cannot!

## 3 *sourdough starter*

To start a sourdough starter from scratch, mix 1 tsp of honey, 2 tbsp of water, and 3 tbsp of flour in a jar. Loosely cover, and after 1 day, feed your starter by mixing in 2 more tbsp of water and 3 more tbsp of flour. Repeat this every day until it behaves predictably. You should see bubbling and smell a pleasant yeasty scent after 3 days.

You may keep your starter in the fridge to slow its growth and feed it once a week when you use it, or keep it on the counter and feed it once a day. Your starter will work best when it reaches its peak, a few hours after its last feeding. If a spoonful of starter floats in cold water, it has passed the float test and has reached its peak.

# Want to do more?

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## *be green, not mean*

Here is a list of other sustainable practices you may consider:

### In the kitchen

- buy local produce
- compost properly
- reduce food waste
- conserve energy

### Around the house

- reduce household consumption—energy, water
- purchase less and reuse whenever possible
- find a sustainable hobby like gardening

### Within your community

- join active organizations
- inspire others and share your story
- amplify your voice!

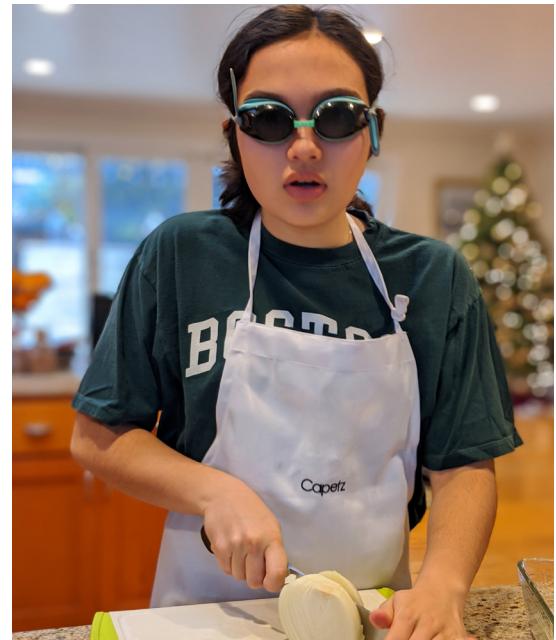
Remember that there's always someone greener than you—let them inspire you. And in turn, be the inspiration for others around you.

# About the author

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## *margaret capetz*

is a high school student, environmentalist, and cook. When she's not cooking—without meat of course—Margaret is unplugging *almost all* her devices, sometimes including her brother's, line-drying laundry, or making her own citrus multi-purpose cleaning solution. She lives in Silicon Valley, California, with her family and a well used kitchen. *Carbon-Conscious Cooking* is her first book.





My purpose in writing this is to increase my environmental impact and create change with you. I'd love to hear your thoughts and stories, and most importantly see your takes on my recipes.

You can donate to *Carbon-Conscious Cooking* via Paypal at [paypal.me/capetz](https://paypal.me/capetz) or Venmo me @Capetz

Donations from this cookbook will be donated to Village Harvest, a nonprofit volunteer organization in Northern California. Their Community Fruit Harvest program donates 1/4 million pounds of fruit to food agencies every year. Village Harvest gives back to the community, and reduces food waste, and delivers locally— which is carbon-conscious! I encourage you to also donate contributions directly to sustainability-focused organizations if you are able.

Find more content on Instagram @apinchofsugarr

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