

# Car bon Conscious



# Cook ing

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*margaret capetz*

*dedicated to Green Team*

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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 California wildfires. While sea levels are rising, the ocean's heat and acidity are 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.

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.

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. Your diet matters, and you can take action to change it.

## *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 to all. My recipes are simple and versatile, and hopefully 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.

This data represents kilograms of carbon dioxide emitted per kilogram of ingredient, which can be pretty daunting. I've also included more quantifiable descriptions of these footprints in terms of miles driven by an average car—so you can understand your impacts in more practical terms for each recipe.

## *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.

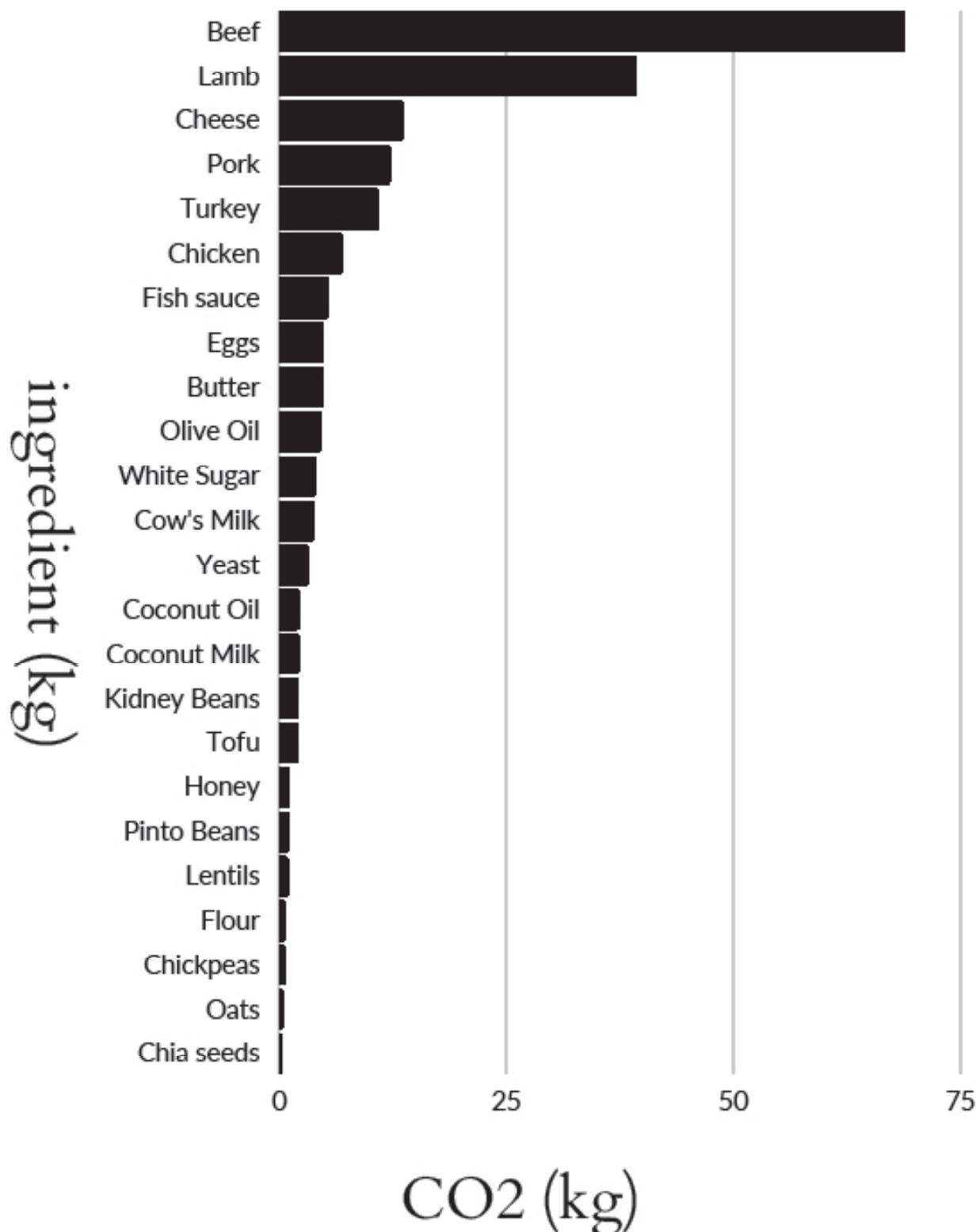
This does not mean we shouldn't take action with our diets. 24% is still significant. Instead, we must remember that it is not until a greater number of people make this shift that the impacts become more tangible.

## *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?

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. 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 a carbon-conscious diet!



# 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, you got it! An easy addition to salads or pasta, sure!

## **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 and for a health boost!

# Principles

## **1**      *sustainability*

Used interchangeably with carbon-consciousness in this book, sustainability is the core principle of my recipes. Carbon-consciousness is even in the name!

## **2**      *simplicity*

All my recipes are quick and easy so that they are accessible to anyone. Also, there's only so many ingredients that I can fit into each text box.

## **3**      *versatility*

In each recipe, ingredients can be easily swapped or even omitted. Substitute chickpeas for lentils or use kale in place of spinach with ease.



# App e ti zers

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# Rye Sour

*a different take on sourdough*

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

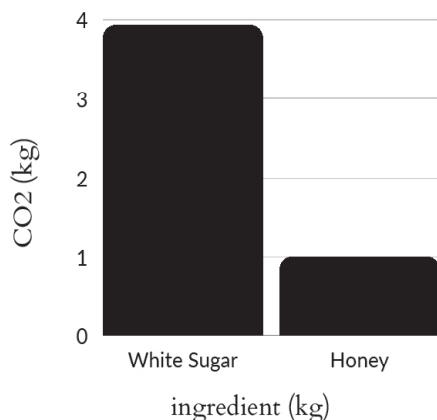
Incorporate the starter and 350 grams of warm water by hand, then add flours until shaggy. Rest 30 minutes before mixing in salt, 50 grams warm water, and seeds.

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*

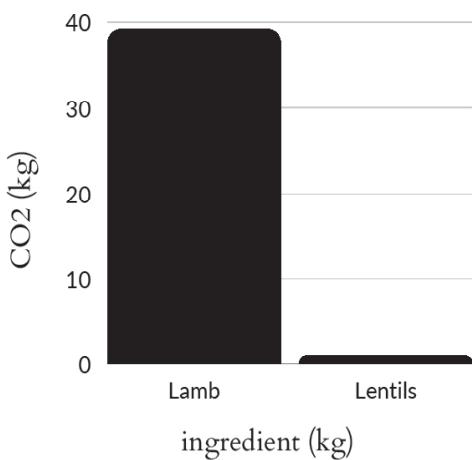
- 1 cup dried lentils
- 1 cup tomato sauce
- 1 tbsp paprika
- 2 tbsp za'atar
- salt and pepper to taste

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 90.25 miles, while that of **lentils** is equivalent to 2 miles.

That's **88.25 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.

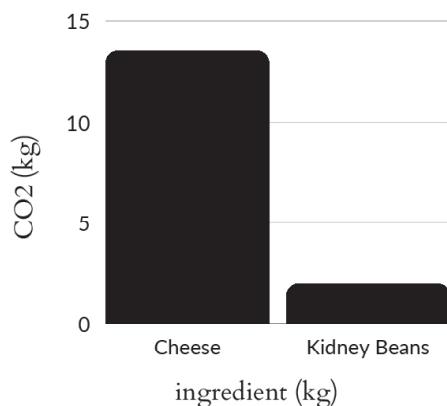
Add more water or increase cook time as needed, until beans are tender.

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 **cheeses**, usually used in pita dips, is equivalent to a car driving 31 miles, while that of **kidney beans** is equivalent to 4.75 miles.

That's 26.25 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

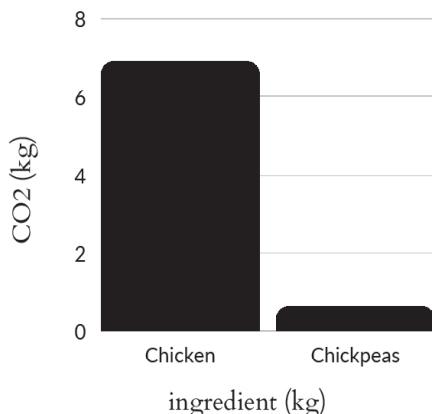
Rinse chickpeas and cook with 4 cups of water in a rice cooker on the “brown” rice setting or in a pressure cooker.

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*

1	jar tomato sauce
3	zucchinis, thinly sliced lengthwise
2	large pinches of salt
1	block of tofu
2	tbsp chopped parsley
2	cloves garlic, minced
1	tbsp lemon juice
2	tbsp olive oil
¼	cup nutritional yeast
1½	cup mozzarella
	salt and pepper to taste

Salt zucchini and place in a colander for at least 15 minutes to drain excess water.

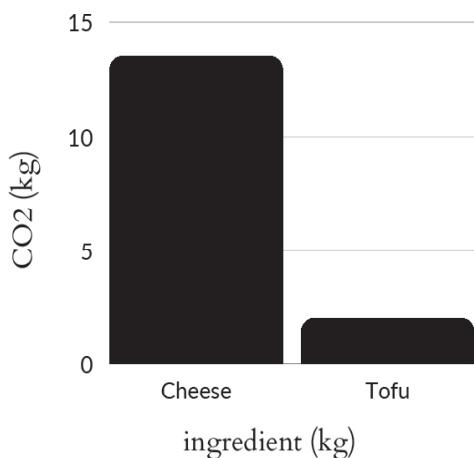
For the tofu ricotta, mash the tofu with parsley, garlic, lemon juice, olive oil, nutritional yeast.

Rinse zucchini strips and pat completely dry.

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.

## *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 4.75 miles.

That's 26.25 miles less.

**Picture Retake**

# 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

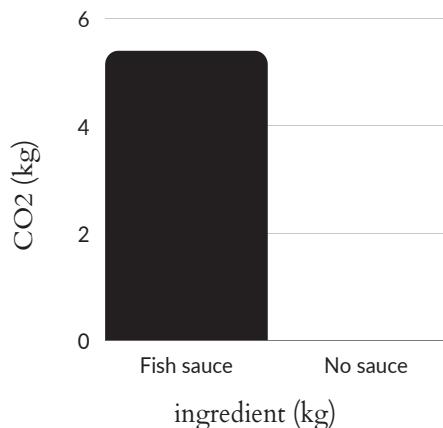
Toast seeds and peppercorns for 2 minutes, then add to a blender with all ingredients up to, but not including, bell pepper. Puree until a paste forms.

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 mix

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

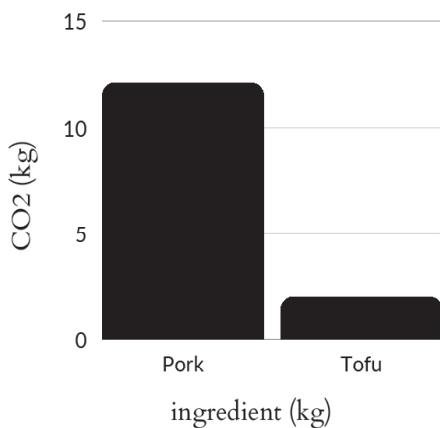
Roll into rounds then fry on oil-free cast iron on medium-high heat, about 30 seconds per side.

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

For the tofu, crush the tofu 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 27.75 miles, while that of **tofu** is equivalent to 4.75 miles.

That's 23 miles less.



# Chickenless Adobo

*a comfort food, minus the chicken*

1	head cauliflower
1	block of tofu
½	cup rice vinegar
¼	cup soy sauce
5	Thai chilis, sliced
1	tsp brown sugar
2	tbsp chili sauce
3	bay leaves
	salt and pepper to taste

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

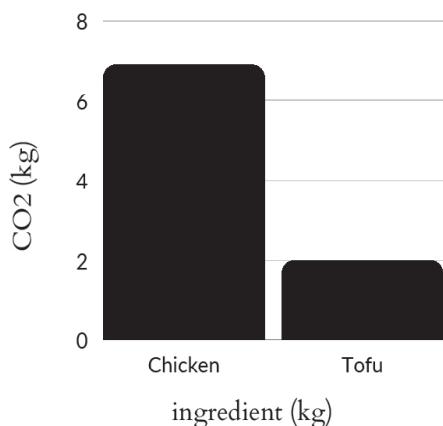
Mix remaining ingredients, then add to the pan with at least ½ a cup of water and cook, covered, for 5 minutes.

Remove bay leaves, return cauliflower and tofu to the pan and stir.

Serve with rice and garnish with peanuts, sesame oil, and chili sauce.

*For a thinner sauce, add more water.*

## *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 4.75 miles.

That's 11.25 miles less.



Picture Retake

# Green Enchiladas

*green on your plate, green for the planet*

298 grams flour  
1 tsp baking powder  
 $\frac{1}{2}$  tsp salt  
50 grams vegetable oil  
 $\frac{1}{8}$  cup boiling water  
1 onion, chopped  
2 bell peppers, chopped  
3 cloves garlic, minced  
3 jalapeños, chopped  
 $\frac{1}{2}$  bunch of cilantro  
1 tsp ground cumin  
1 tsp lemon juice  
1½ cups dried pinto beans  
1¼ cups Monterey Jack, grated

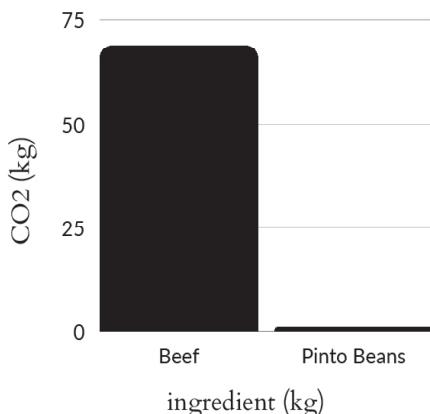
Cook beans in a rice or pressure cooker.

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

Cook vegetables, then puree half of the mixture with all ingredients from garlic to lemon juice. Mix remaining vegetables with cooked beans and  $\frac{1}{2}$  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.

## *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 2.25 miles.

That's 155.75 miles less.



Picture Retake

# Oat Pasta

*perfect for a Sunday afternoon project*

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

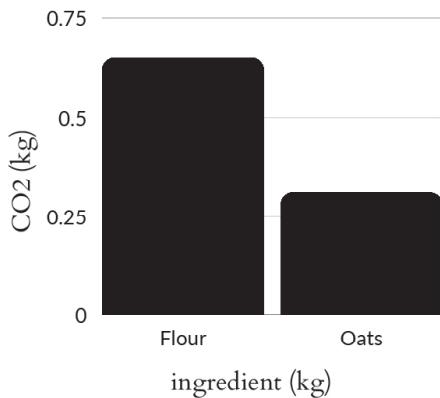
Make a well with flour, and add eggs, olive oil, and 4 tbsp water in the center. Whip with a fork until the center thickens, then use a benchscraper to cut in the flour. Once incorporated, use hands to knead into a ball.

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 0.75 miles.

That's **0.75 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

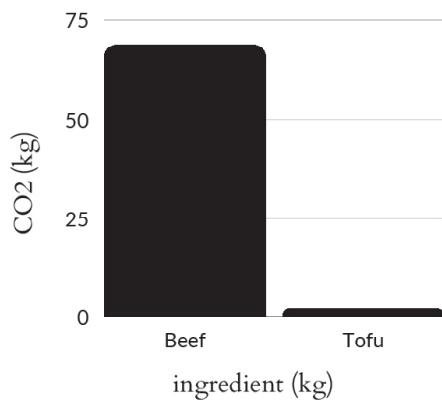
In a pot, heat ginger in oil until aromatic, then add onion, carrots, potatoes, and tomatoes. Add a splash of water and simmer for 5 minutes.

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 4.75 miles.

That's 153.25 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

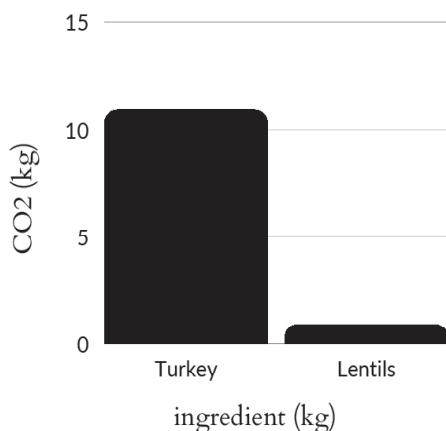
For the mashed potatoes, slice potatoes and boil until tender, about 20 minutes. Drain and whisk in olive oil and garlic until smooth and fluffy.

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 158 miles, while that of **lentils** is equivalent to 2 miles.

That's 156 miles less.



# Turmeric Curry Stew

*tastes even better the next day*

1/4	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
1/2	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.

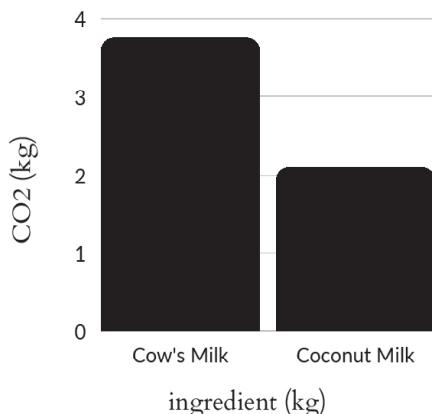
Add turmeric, red pepper flakes, cayenne pepper, and cooked chickpeas, along with more salt and pepper, for about 10 minutes.

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*

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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.

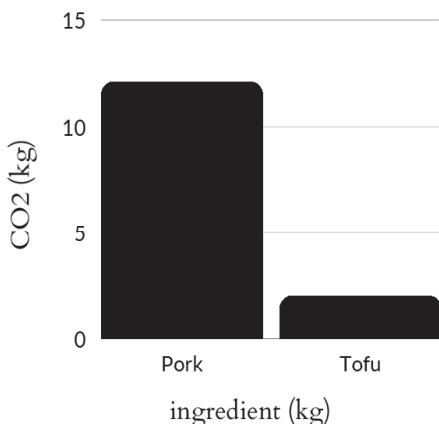
For the filling, break up the tofu with eggs, chives, and seasoning. Set aside to marinate.

After the dough is rested, roll into round dumpling skins, 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 27.75 miles, while that of **tofu** is equivalent to 4.75 miles.

That's 23 miles less.





# Extras

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# Oat Nut Cookies

*very healthy and endlessly customizable*

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3/4	cups oats
3/4	cups flour
6	tbsp honey
1/4	tsp salt
1/2	tsp cinnamon
1/2	tsp baking soda
1	chia egg
2	heaping tbsp nut butter
4	tbsp coconut oil
1	tbsp vanilla extract
2	tbsp almond meal

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

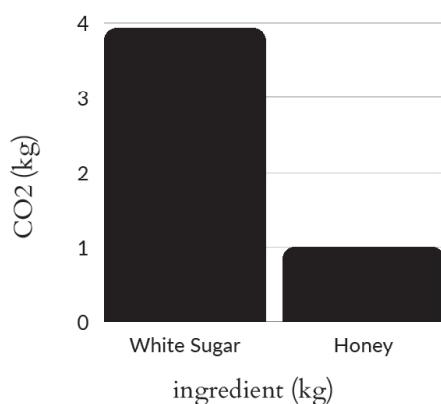
Rest in the fridge for 15 minutes.

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*

1½	cups zucchini, julienned
½	cup light brown sugar
½	cup extra virgin olive oil
½	cup plant-based milk
1	tbsp chia seeds
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
¼	tsp nutmeg

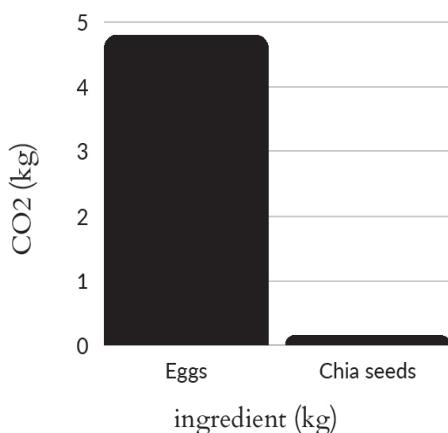
Wrap the julienned zucchini in a towel to drain. Separately, mix chia seeds with 3 tbsp water to make a chia egg. Set aside while preparing the rest of the ingredients.

Mix wet ingredients and dry ingredients in separate bowls.

Add drained zucchinis to wet ingredients, then fold in the dry ingredient mixture.

Bake in a parchment-lined loaf pan at 350F for 45 min, or until an inserted toothpick comes out clean.

## *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.

**Picture Retake**

# Stone Fruit and Cream

*peaches, plums, pluots— take your pick*

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- 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.

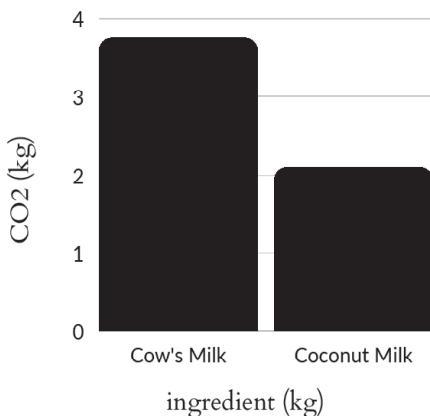
In a saucepan, bring coconut milk to a simmer, then whisk in sugar and vanilla until combined. Transfer to a glass bowl and refrigerate for at least 4 hours.

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.



# Glossary

## **Chickpeas**

- Fruit and Romaine
- Zucchini Bread

## **Beans**

- Herbs and Beans
- Green Enchiladas

## **Tofu**

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- Thai Curry
- Tofu Street Tacos
- Chickenless Adobo
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- Thai Curry
- Tofu Street Tacos
- Chickenless Adobo
- Green Enchiladas
- Oat Pasta
- Ginger Tofu Soup
- Mushrooms and Lentils
- Turmeric Curry Stew
- Tofu Dumplings

## Extras

- Oat Nut Cookies
- Zucchini Bread
- Stone Fruit and Cream

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*a sincere thank you to everyone*

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# 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.