

# eat-right NEED TO KNOW

THINK GREEN 

## Lean, green, clean cuisine

What's good for the globe is great for you, too. Try our eco-eating tips to reduce waste *and* your waist. By Maridel Reyes

### YOUR EARTH-SAVVY SUPPER

Copy this plate for a full belly and a cool planet, says Jennifer Schwab, director of sustainability for SierraClubGreenHome.com.



**3 ounces Organic chicken**  
These birds eat pesticide- and arsenic-free feed. Or opt for beans; eating 20 percent less meat can have the same effect as trading a sedan for a hybrid.

**½ cup Brown rice** This grain is hardly processed between paddy and plate. Plus, its long shelf life (up to six months in an airtight container) means less spoilage. Scoop it out of bulk bins to cut back on packaging.

**2 cups Organic greens**  
Produce without pesticides creates less chemical pollution and may be more nutrient-dense than conventional picks. Try in-season toppers to shrink your impact.



Have one raw dish at each meal. No-cook eats use less energy.

## Slimming swaps

One change, three results! These tweaks peel off pounds, better your health and protect the planet.

### INSTEAD OF Turkey sandwich TRY PB&J

A tablespoon of natural nut butter or an ounce of nuts a day can keep you trim and help your heart, says Kate Geagan, R.D., author of *Go Green Get Lean* (Rodale). And plants use less than one tenth of the fossil fuel used to raise animals.

### INSTEAD OF Cereal TRY Rolled oats

Oats bowl over breakfast cereals because they're less refined. "Processing and packaging cereal takes a lot of energy," Geagan says. Oats are also low on the glycemic index, so you digest them slowly and feel satisfied longer than you do when you eat cereal.

### INSTEAD OF Cheese cubes TRY Edamame

Soybeans have one third of the calories and about a 17th the atmospheric impact of cheddar. Soy is a complete protein, which helps build muscle.

### INSTEAD OF Garlic powder TRY Garlic

The bulb is less processed, so it takes less energy to produce. Bonus: The "packaging" is 100 percent biodegradable. Fresh garlic also offers the flavonoid quercetin, which banishes inflammation and viruses, Geagan says.

## What to eat now

Feast on fall's superfoods! Produce has more nutrients when it's at its peak.

**Bartlett pears** This vitamin-C-and-fiber-full fruit is versatile enough to use in salads and baking, says Aliza Green, author of *Field Guide to Produce* (Quirk Books).

**Beets** Look for bunch beets rather than loose beets. They're fresher and will cook faster, according to Green. The sweet vegetable is rich in folate, which wards off anemia.

**Butternut squash** Select a squash with a long neck and a fat, round base. The orange of its flesh comes from beta-carotene, an antioxidant that keeps your peepers sharp.

**Cranberry beans** Net iron and potassium from these fast-to-cook legumes. Save even more time by skipping the young green ones; dark red beans are easier to shell.



## ENVIRO-COOKING 101

Simple strategies help you conserve energy, cook faster and cut utility bills, says Kate Heyhoe, author of *Cooking Green* (Da Capo Press).

**Scratch baking.** Take your mitts off the oven! Up to 94 percent of the heat from this appliance is wasted. Load it with multiple dishes to get more edible bang for your buck, and bake small stuff, like potatoes, in a microwave or toaster oven.

**Put a lid on it.** Cook pasta by placing dry noodles in water and letting them boil for two minutes. Then extinguish the flame, clamp on a cover and let sit for the cooking time on the package. Voilà—an al dente dinner!

**Think small.** Shave minutes off cook time with quick-fire foods. Smaller, thinner ingredients need less time to heat, so finely chop veggies for stir-fries and pound chicken breasts into slim cutlets before you sauté or grill.

**Surrender the sink.** Surprise! Running a full load in the dishwasher uses *less* water than washing by hand. Use the "air dry" as opposed to the "heated dry" feature to save energy.

A. BEAU. STILL LIVES. PLATE: FANCY/ALAMY. CHICKEN: JONATHAN KANTOR/GETTY IMAGES. RICE: ALLISON DINNER PHOTOGRAPHY/STOCKFOOD. SALAD: DORLING KINDERSLEY/GETTY IMAGES. GARLIC: STOCKFOOD. SQUASH: JOFF LEE STUDIOS/STOCKFOOD.