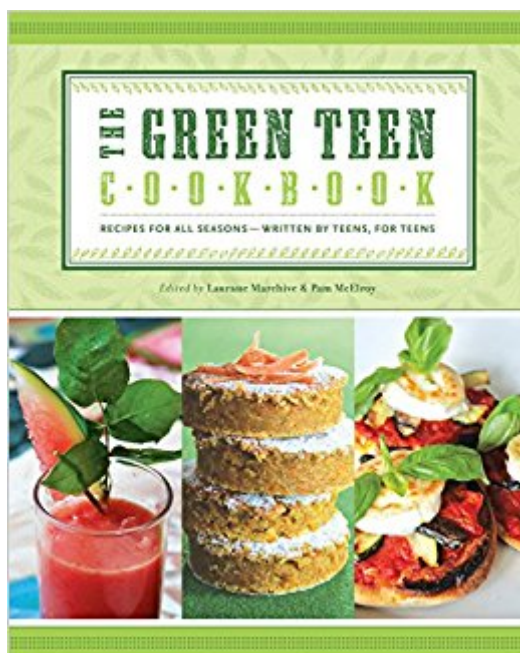


The book was found

# Green Teen Cookbook



## Synopsis

Going green is hard to do, especially when it comes to food. There are acronyms to learn, labels to decipher, seasons to accommodate, and grocery stores to navigate--and that's before you even turn on the stove! The Green Teen Cookbook cuts through the chaos and shows teens how to shop smarter, cook more consciously, and eat a healthier diet. And in addition to the 70+ incredible recipes (created by teens, for teens), the book also includes illuminating essays about freeganism, flexitarians, vegetarianism, and more. You'll learn how to shop on a budget, get the most out of what you already have, and information on seasonal ingredients. Eating locally grown, organic, and cruelty-free food is a laudable goal, but it's hard to achieve without some help. The Green Teen Cookbook provides that essential assistance. It's more than just a cookbook: It's an all-in-one guide for going green and eating well.

## Book Information

Paperback: 144 pages

Publisher: Zest Books (July 29, 2014)

Language: English

ISBN-10: 1936976587

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Product Dimensions: 8.1 x 0.6 x 10.1 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 10 customer reviews

Best Sellers Rank: #1,381,103 in Books (See Top 100 in Books) #54 in Books > Teens > Education & Reference > Science & Technology > Environmental Conservation & Protection #72 in Books > Teens > Hobbies & Games > Cooking

## Customer Reviews

Gr 8 Up • Written for teens and by teens, this title is ideal for young adults interested in starting or maintaining a healthy lifestyle. The book opens with some informative narrative sections, such as "How to Eat Healthfully," "How to Eat Seasonally," and "Eating Organic, Vegetarianism." These sections, penned by cooking or gardening professionals, don't push the writers' views onto readers but give insight into why the book was written. The real "meat" of the book comes from the recipes written by teens. The chapters are broken down into courses, with a general chapter on DIY kitchen staples consisting of tomato sauce, salsa, vinaigrette, and so on. The recipes cover meals from brunch to dessert and are easily accessible, making use of fresh ingredients and showing

bright colorful pictures of the finished product. Some dishes are so decadent that teens won't even realize they're eating healthy. Readers will enjoy quotes from the teen chefs that provide helpful hints or reasons why this is their favorite recipe. Also included with most of the recipes is a "helpful hint" box giving the user an easy way to scale down the recipe or use alternate ingredients to change the flavor. The book also contains a resources section listing local farmers markets across the country, as well as online resources to search for more recipes or find healthy living advice. It wraps up nicely with an equivalency measurement guide and glossary of cooking terms. A great addition to any nonfiction cookbook collection.

—Joanne Albano, Commack Public Library, NY

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"This by-teens, for-teens cookbook focuses on specific ways teens can live a healthy, environmentally conscious life without sacrificing the food they love. Cleanly laid out with photos of the teen contributors and the dishes themselves, this introduction to green eating is informative without being preachy."

—Kirkus Reviews

"Truly, anyone interested in incorporating fresher ingredients into a more mindful diet without sacrificing taste, creativity, and quality will enjoy

The Green Teen Cookbook.

—Foreword Reviews

"Color photos, clear instructions, and quotes from the teens providing the recipes should help bolster the confidence of young cooks."

—Publishers Weekly

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Condition true to word.

Young teen loved this as a gift. She likes to cook and eat with healthy ingredients. She made a recipe the next day.

Only had a small bent last page. In mint condition otherwise. Recipes were easy to understand and doable. Shipped quickly.

Growing up in a single parent household there were a few things you had to learn how to do and cooking was one of those things. Let me stop there... No I didn't cook any gourmet meals - the closest I came to gourmet was to making grilled cheese sandwiches using one slice of bread. Is it a sandwich if I only used one slice of bread? I digress...The Green Teen Cookbook is a cookbook for teens & written by teens. The recipes are very easy to follow. The book is broke down in seven chapters:The Introduction: Give teens a few tips on being safe in the kitchen. It covers the using knives correctly, avoiding cross contamination, and overall safety.Chapter 1: A Rough Guide - This chapter gives teens tips on how to eat healthier. The section I enjoyed was How To Eat Seasonally. I'm not a garden person so I gained a wealth of information.Chapter 2 - 7 - covers DIY Kitchen

Staples, Breakfast, Soups & Salads, Snacks, Main Courses, and Desserts. Since I have been juicing and trying to improve my eating habits - I decided to try one of the recipes. I chose Barry Hallinger's Vegetable Smoothie (page 43). The Verdict: My Vegetable Smoothie passed my teenager taste test. (My son hates vegetables - but he enjoyed this drink.) This is the perfect book to get your teens to disconnect from Social Media and start bonding in the kitchen with family.

Title: The Green Teen Cookbook  
Editors: Laurane Marchive and Pam McElroy  
Publisher: Zest Books  
ISBN: 978-1-936976-58-4

"The recipes in this book come from real teens who know what it's like to cook with little or no money. Some recipes are more or less expensive than others, some are fantastically healthy, and some a little less so," editors Laurane Marchive and Pam McElroy write in their book, "The Green Teen Cookbook." At one hundred and forty-four numbered pages, this paperback is written by teens, for teens while promoting going green. Beautiful mouth-watering color photographs from small to full page grace the more than half of the book's pages. After an introduction by Marchive, a how-to-use-this-book by McElroy, and a note about kitchen safety, there are seven chapters dedicated to food, followed with resources, index, equivalents and cooking terms, contributors, and photograph credits. Targeted for ages twelve years and older, all recipes are submitted by teens and include small personal pictures with short captions. Each recipe is typically one page, giving preparation time, serving size, ingredients, instructions, and sometimes quick tips. In addition to photographs of completed dishes, there are small icons for seasonal foods. The first chapter offers articles regarding how to eat healthfully, seasonally, organically, vegetarian, and locally along with understanding fair trade. The next six chapters list over seventy recipes related to do-it-yourself kitchen staples, breakfast, brunch, soups, salads, sandwiches, snacks, sides, main courses, and desserts. Teens can easily start saving money by learning how to make every-day fresh items such as tomato or pesto sauce, salsa, mayonnaise, vegetable or chicken stock, peanut butter, and chocolate spread. With simple to elaborate creations, here are a few tasty ideas taken from each chapter: yogurt muesli, pumpkin pancakes, seasonal mini frittatas, squash salad, Sarah's ramen, sausage Bolognese, fava beans, scallion pancakes, fried tofu with peanut dipping sauce, risotto with arugula pesto, sancocho, chicken-chorizo casserole, creme brulee, crepes with orange sauce, and Oreo cupcakes. From standard granola, tuna salad, or oatmeal cookies to exotic flower prawn soup, marinated peppers bruschetta, or rose petal sweets, something special can be made by any young chef. As Jack Vejvoda writes regarding his lemon-tarragon chicken, "This is a super-easy family meal to prepare when you

want to impress people with your culinary skills. (It's pretty hard to mess up.) Without listing calorie count, nutrition content, or average cost per serving, this book compiled by teenagers has many delicious recipes adults will enjoy eating too. Thanks to Zest Books for furnishing this complimentary book in exchange for a review of the reader's honest opinion.

Very pretty and I like that the recipes are by the teens themselves. There's diversity in the recipes and in the teens that present them, and I like that this definition of "green" includes ways to responsibly include meat in your diet. It is a bit text heavy for teens in my opinion, but I suppose that depends on the teen. Enough of the recipes are complicated that I would recommend this for teens who already know how to cook but who want to improve, and I would not advise it for beginners.

This a great book filled with simple recipes by teens for teens. These range from breakfast foods to soups, salads, and sandwiches, to snacks and sides to main courses to desserts. Best of all, this is a cookbook dedicated to being green and healthy. This doesn't necessarily mean becoming a vegetarian (there are meat recipes in here!). It means being eco-friendly and eating ethically. It means becoming aware of the impact of our diets and choice of food on the world. If you're interested in learning more about this, there is a section in the front of the book that you may peruse. Otherwise, this is a fantastic cookbook for anyone but especially young adults. As a college student, this is the kind of cookbook I want. It provides simple easy recipes. The ingredient lists are short and easy to fulfill, and more importantly, they tell me exactly how long I should expect to be cooking and how many servings I can expect to make. My first priority is my studies; I don't have time to try and figure out where to buy my ingredients and how long I'm going to spend cooking. Thankfully, these recipes don't take more than an hour to make for the most part. The procedures are also simple and easy to follow. I love how "quick tips" are provided on how to really bring out the flavor in the recipes or change up the recipe. Sometimes, I may like a recipe, but I don't want to keep eating the same thing. These quick tips provide easy guidelines to follow when I want more variety in my diet while keeping true to what I love. I haven't had a chance to try out one of the recipes yet, but there are a few I have my eye on (like the energy bar - it looks like it'll make a good snack or breakfast-on-the-go). I look forward to making a home in my kitchen for this fantastic cookbook!

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