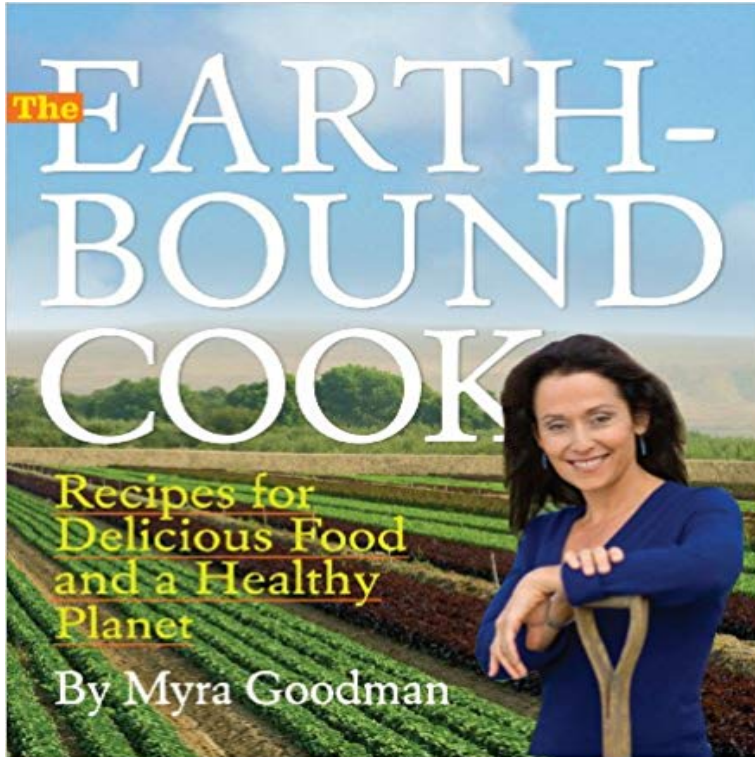


The Earthbound Cook: 250 Recipes for Delicious Food and a Healthy Planet



A cookbook with a conscience, from an author who knows the world of responsible eating as well as anyone. Is cage-free the same as free-range? Is grass-fed worth the price? Whats better: farmed salmon or wild? Organic salad thats been shipped across the country, or local salad grown with pesticides? To nuke leftovers in the microwave or crank up the oven? Myra Goodman-owner of Earthbound Farm, the countrys largest producer of organic produce and other products, inspiration behind the Earthbound Farmstand Cafe, and author of Food to Live Bynow brings both sides of the dinner dilemma together by showing us what to shop for, and how to cook it. The Earthbound Cook turns dilemma into joy in full-color. It pairs 250 sumptuous recipes with all the information cooks need to make greener, smarter choices. Here is Pork Chile Verde, Beef Tenderloin with Brandy Mushroom Sauce, Chicken Puttanesca plus how to make the most eco-friendly meat choices and how to decode the labels on poultry and eggs. Vegetarian entrees such as Roasted Cauliflower Tart and Rigatoni with Eggplant and Buffalo Mozzarella for that one day a week we should abstain from meat. Salads (Escarole with Walnuts, Dates, and Bacon, Farro Salad with Edamame and Arugula) and sides (Carrot Risotto) and all the facts about the benefits of eating organically. And fish of course Coconut-Crusted Salmon, and why to choose wild whenever possible. No sacrifices heredoing the right thing has never looked, sounded, or tasted better. Or been easier.

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