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Titolo	My Zero-Waste Kitchen : Easy Ways to Eat Waste Free
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ISBN	1-4654-6471-9 1-4654-6470-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (69 pages)
Disciplina	628.445 363.728 641.5
Soggetti	Cooking Food waste - Prevention Food consumption - Environmental aspects Cookbooks.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Zero waste : What's it all about? -- Getting started : No more waste! -- Store it right! -- Swap-it smoothie -- Zero-waste week -- 10 things you didn't know you could compost -- Vegetable drawer clear-out -- Hero hummus -- Eggs -- Save-it soup -- Cake pan clear-out -- Check it before you chuck it -- Waste-free frittata -- Tops and tails -- Lemons and limes -- Rescue-it risotto -- Grow it, don't throw it : Lettuce -- Pimp up your pesto -- Bananas -- Love your leftovers... potatoes -- Creative chips -- Everything in its place -- Shop smart! -- go-nuts granola bars -- One-meal wonder -- 10 foods you didn't know you could freeze -- Fruity cake -- Know when to throw : fruit and vegetables -- Love your leftovers...rice -- Breadbox clear-out -- Waste-not want-not muffins -- It's more than food! -- Grow it, don't throw it : Potatoes.
Sommario/riassunto	Become a zero-waste hero with these smart and simple ideas to shop, plan, cook, and eat waste free. Use ingredients from top to bottom - salvage stale bread to thicken soups, and elevate eggshells to a

protein-packed smoothie. Grow-it, don't throw it - give lettuce cores and potato peels a second life, and love your leftovers with tasty ideas for using up cooked potato, pasta, and rice. Give 3 zero-waste twists to 10 classic recipes - pump up pesto with carrot tops, or bake a cake with banana peels. Get creative in your waste-free kitchen and say goodbye to your garbage can.--COVER.

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