



Green Teen Cookbook

Laurane Marchive (Editor) , Pam McElroy (Editor)

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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
- * Tips about how to shop on a budget and get the most out of what you already have in your pantry
- * A seasonal key that ensures the freshness of the recipes (and a minimal carbon footprint)
- * Photos for each of the 70+ recipes

The original British edition of this book was honored as The Best Sustainable Food Book in the UK, Gourmand World Cookbook Awards 2012.

Green Teen Cookbook Details

Date : Published July 29th 2014 by Zest Books (first published July 1st 2014)

ISBN : 9781936976584

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Format : Paperback 144 pages

Genre : Food and Drink, Cookbooks, Nonfiction, Health

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Download and Read Free Online Green Teen Cookbook Laurane Marchive (Editor) , Pam McElroy (Editor)

From Reader Review Green Teen Cookbook for online ebook

Crystal ☆ Lost in Storyland says

This is 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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For more of my reviews, visit my blog [Imaginary Reads](#).

Christiana says

I really liked the sell of this book: a cookbook organized by seasonable ingredients with all recipes submitted by teens for teens (complete with name, picture, and short sentence about why they like this recipe). I would have been pathetically grateful for this when I left for college (especially when I got it in my head to do something "fancy", ie. not pasta-roni) or late high school. I could have used the help (and the honey prawns with chile and rosemary, page 102).

Melody says

As someone who loves food and is always striving to eat healthier, *The Green Teen Cook Book* was right up my alley. This cook book is a great cook book to have in your collection no matter your age or experience. My teen years were not that long ago and my cooking experience is about the same as back then ha ha, so

this was also a great encouragement to appreciate every step while preparing what I eat.

The Green Teen Cook Book starts off with an introduction from the editor and a brief note on kitchen safety before getting into six essays on a variety of matters. I appreciated the essay on buying fruits and vegetables seasonally but I wish there was also a guide showing when these fruits and vegetables are in season. On the other hand, I appreciated the essay on buying locally (at farmer's markets for instance) and having a resource guide in the back of the book of a few farmer's markets to get people in certain cities started.

What I really appreciated though was the emphasis all throughout the book really of being conscious of what you're eating. This is so important and for me the big takeaway because it's what I really need to focus on this year moving forward. So this really was at the front of my mind the entire time that I was reading the book.

Of course there are a ton of recipes (including breakfast, main entrees, snacks, desserts, and more). Some recipes that stood out to me include the Yogurt Muesli, Vegetable Couscous, Green Pesto Tagliatelle, and Apple Chips. I could go on but some others (like French Toast) are classics and some others (not to be named) are fun recipes I want you to stumble upon yourself. Every recipe comes with a photo which is SO important in cook books. I don't own cook books without photos. I just don't. So photos were a must!

A plus though were the tips on each page, one for each recipe. That was clever. But we can't have a green cook book (or any good cook book for that matter) without an awesome line up of kitchen staples. These came before the recipes and the two that stood out to me were the vinaigrette dressing and the vegetable stock. I don't know why but I've always wanted to know how to make vegetable stock and now I know.

Anyway, I loved the layout and structure of this cook book, the photos, and the fact that this cook book is a collection of recipes from teens. That is so cool! I wish I had this cook book when I was a teenager. It's things like this that are such a great encouragement when you're a teenager. It's still encouraging now but it's not the same. So if you're a teenager now with this cook book in your possession or the ability to have it in your possession, be sure to get it and have a blast making these recipes!

Originally posted review on my blog!

❄️ Kat ❄️ says

Awesome recipe book for teens who are wanting to learn how to cook, or those that already know how to cook and just need some new recipes to try out.

Full of recipes sent in by teens for teens. Worth it!

Dodie says

I wish The Green Teen Cookbook had been around when I was a teen! This beautiful cookbook has something to offer to teens of all dietary habits - vegan to carnivore. The recipes, all submitted by teens, are well-balanced and most are simple enough for even a kitchen novice to make. No complicated methods or special tools needed. One really nice feature is the inclusion of "Seasonal" options. For example, fruit salads for spring, summer, fall, winter featuring the produce that is most likely available at those times. Two recipes

that I am definitely going to try are the Squash Salad, featuring winter squash, prosciutto and jalapeno; and the Spanish Tortilla, which includes onion, potatoes, chorizo and red peppers. A list of regional farmers markets is included.

Dena (Batch of Books) says

This is a wonderful addition to the teen cookbooks in existence. It has short sections on safety in the kitchen and how to eat healthy, locally, organically, etc.

The recipes are mostly simple, easy to make (yet healthy to eat) dishes, but there are a few slightly more complicated ones as well. There is a great selection of vegetarian recipes as well as recipes that use meat. The ingredients are mostly things that I keep in my kitchen anyway, so I didn't have to go on any obscure ingredient hunts while making recipes from this book.

I really like how eating healthy and simply is made accessible to teens, especially for those that are getting ready to head off to college. If you or your teen is looking for simple, everyday meals to eat, this is a great resource.

Source: I received a copy of this book from the publisher for the purpose of this tour. All thoughts and opinions expressed are my own.

My blog: Batch of Books

Read for your future! says

Read our review here:

<http://readforyourfuture.blogspot.com...>

Kim Baccellia says

Love the recipes! Better yet, so did my 13 year old son!

Michelle G. says

The introductory essays on eating healthfully, seasonally, organically, vegetarian, locally and fairtrade set the stage for something great.... Then recipes called for instant noodles, canned ingredients, chorizo, and ribeye etc. It's not all of them, but it's enough for me to feel like this book was a bait-and-switch.

Marni says

The name is catchy, the ease of use as a functioning cookbook works well (pages open wide), the recipes seem pretty easy to follow, but the tone of the entries inside are set by the images on the front cover, and they are just not enticing for a teen looking for something to start from. Having teens myself, they were excited about the cookbook, especially with one being in the pastry arts at the local tech school, but it became quickly evident that these recipes were just not the kind they had much of an interest in. There is a varied amount of recipes in the book; How To's, guide, basic sections and a big bonus is that the dessert section does not take up any more than the other sections. I can't say how many times I've picked up a cookbook to find that the majority of the recipes were desserts.

There are plenty of different recipes in this cookbook. Everything from how to boost up your basic yogurt to those with flair, such as rancheros. There are numerous ethnic type recipes in this book that are great beginner type recipes if one's interested in expanding their palate. The downside is once again, the pictures with the recipes. Several of them just aren't eye appealing to the point of wanting to try them out. Another downside is that there are just too many ethnic recipes in the book. A different name for this cookbook could provide a whole different outlook on it and as the primary chef in the household, I have to say that it's marketability would rise.

I do like the fact that the majority of the recipes have ingredients that aren't hard to find and have the common names used. If you've ever gone looking for Asian chili paste, you know this dilemma well. The guide in the beginning of the book is full of great information for the upcoming consumer. This guide gives information on how to eat healthy and seasonally. It also provides the basics on organic food, vegetarianism, the pros of buying locally and what is fair trade. Everything that consumers young and old need to know, throwing out a lot of the mystery and giving the reader the beginning knowledge to either take as is or grasp and research further.

All in all, a good cookbook for teens who are looking to mix things up a bit. A bit of an overhaul on the pictures and possibly a name change are things that I find would really make this cookbook stand out over all the others on the market. Cookbooks are kind of like restaurants, the good ones prosper and are well visited, those that are kind of all over the place get one time visits and those that just don't pop and sizzle from the get go, are rarely looked at.

Ruthie says

Awesome and inspiring - wish I had my own copy!

Margie aka The Bumble Girl says

The Green Teen Cookbook is filled with simple eco-minded recipes created by teens for teens to use. However, there truly is no age limit to those who want to create delicious quick meals, snacks and desserts. Anyone can learn from these recipes!

The 'Rough Guide' to eating healthy and seasonally was a great intro for my kids to learn about how important it is to eat the right food for vitamins and growth. There is also an intro on the difference of Vegetarianism and Flexitarian, which also helped my children understand better how people choose to eat and stay healthy.

Recipes that you can find in this book: anything from how to make your own mayonnaise, peanut butter or chocolate spread, to energy bars and hash browns, to seasonal snacks, lunches and dinners, and of course, delectable healthy desserts.

Each recipe has been created by different teens from around the world - a picture and quote from them is featured with their recipe. Ingredients are common and directions are easy to follow.

One of the best parts of the book is the Kitchen Safety guide that my husband and I read and then re-read to our kids. As parents, we sometimes rush through things without thinking thoroughly and have realized that it is truly important to remember to use different cutting boards for different foods in order to avoid cross contamination. And to thoroughly clean, sterilize and store everything in its right place.

Overall, this book is definitely drool-worthy! The close-up pictures of every recipe are intoxicating. The recipes are easy to follow. And the book is definitely easy to follow, for all ages. I look forward to cooking more recipes with my kids.

*A paperback copy was sent by the publisher for an honest review. All thoughts are my own.

Gail Gauthier says

"How does a cookbook fit in with my interest in environmental books that provide an immersion in some kind of natural experience? Pam McElroy, one of the editors of *The Green Teen Cookbook, Recipes for all Seasons Written by Teens, for Teens*, (Laurane Marchive is the other) writes that "When it comes to food, going green" is, in great part, about shopping seasonally and buying locally. That's a lifestyle, a daily experience. McElroy also says, "Our eating habits form such an important part of our daily lives that questions of what we eat are transformed into questions of who we are. We don't say, 'I eat a vegetarian diet.' We say, 'I am a vegetarian.'"

Excerpt from Original Content
