



# Don't Cook the Planet: Deliciously Saving the Planet One Meal at a Time

*Emily Abrams*

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## **Don't Cook the Planet: Deliciously Saving the Planet One Meal at a Time** Emily Abrams

Choosing meals prepared with fresh, natural ingredients isn't just healthy, it's good for the earth. In *Don't Cook the Planet*, author Emily Abrams and an all-star collection of chefs and ecoactivists share more than 70 delicious recipes as well as tips on how to minimize your carbon footprint. Each contributor—including Stephanie Izard, *Top Chef* star and executive chef at Girl & the Goat; Chevy Chase; *MasterChef* judge and acclaimed chef Graham Elliot; actor Joshua Henderson; and many others—provides easy, everyday ideas that will save you money and stock your kitchen with fresh, delicious foods while preserving the planet for generations to come. The author, an 18-year-old activist, approaches sustainability from a personal perspective, striving to make changes that will impact her generation, and in so doing, has created a cookbook that explains how positive food choices significantly impact one's environment as well as one's health.

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