

MOCK TUNA SALAD

- *1 15-oz. can cooked garbanzo beans, drained (1.5-2 cups)
- *1 stalk celery, chopped
- *1/2 small onion, finely minced or 1 green onion, chopped
- *1-3 Tbsp. Mayonnaise or other egg-free mayonnaise
- *1-1/2 Tbsp. sweet pickle relish (optional)
- *1/2 grated carrot (optional)
- *1/2-1 tsp. salt (to taste)
- *Pepper to taste

Mash the garbanzo beans with a fork. Add remaining ingredients and mix well. Spread filling on bread or stuff it into a tomato or avocado for a hearty, healthful salad.

This delicious easy filling stems from plant-based cooking that features organic & seasonal foods. It is also completely cholesterol FREE!

-Sierra Club Sustainable Consumption



When it comes to eating, doing things the environmentally sound way can save you money! Check out the following tips:

5 WAYS TO GREEN YOUR KITCHEN ON A BUDGET



- 1) **Less red meat:** Red meats produce far more greenhouse gases than poultry or seafood due to the relatively larger amounts of food needed to raise cattle, pigs and lamb. The Lancet medical journal recommends about 2 ounces per day for environmental and health benefits. To reach this target, eat smaller portions of red meat while increasing your vegetable and grain intake.
- 2) **Fewer processed foods:** Most processing removes valuable nutrients and adds sodium, sugar or trans fats. Instead of foods like chicken nuggets with a long list of processed ingredients, take the time to prepare the whole-food version yourself. For snacks, try single ingredient foods like fruit or nuts, rather than chips or bars.
- 3) **Drink wisely:** Liquids add weight that requires more fuel to transport. Even recycling doesn't make up for the resources spent to make and transport them. Save bottled drinks for occasional use; make ice tea at home or drink tap water instead of soft drinks and bottled water whenever possible. Purchasing fewer beverages can also help you reach or stay at a healthy weight by cutting down calorie consumption.
- 4) **Eat less:** Americans today eat an average of 150 to 300 calories more each day than in the 1970s. If you only eat when you're hungry and stop eating when you're satisfied you'll save the energy to produce and transport that food. You'll also cut calories without going hungry.
- 5) **Waste less:** If you buy and prepare only what you'll eat, you'll waste less! Research estimates at least 14% of U.S. food purchased ends up in the garbage. If you notice you have extra food, use leftovers in salad, soup or pasta dishes once or twice a week.

- American Institute of Cancer Research