

## COOKING GREEN

# Eating Green: Making the Transition

by Kay Bushnell

Enormous animal factories produce most of the meat and much of the milk in this country. According to the Sierra Club, these concentrated animal feeding operations poison water supplies, pollute the air, and cause serious health problems in people. Bob Warrick, Nebraska farmer and Sierra Club activist, says, “These factory farms are environmental disasters.”

Once they become aware of the damage to the environment and human health inflicted by modern animal factories, some people make an immediate shift to plant-based foods. Others prefer to make a gradual transition. They begin by taking stock of their favorite dishes and usually discover that they already have one or two plant-based favorites. They also realize that some meat-based dishes such as chili and spaghetti sauce can easily become 100% plant-based simply by leaving out the meat or replacing it with tofu, sauteed vegetables, or lentils.

Those who like the taste and texture of meat learn to use the amazing meat alternatives which are widely available today. These meat taste-alikes and look-alikes are made with soybeans and/or wheat protein. Busy cooks find that convenience foods such as rice mixes, soup mixes, spaghetti sauce, canned refried beans, vegetarian baked beans with rice, veggie burgers, and meatless hot dogs save time and are surprisingly tasty. Modern 100% plant-based cookbooks contain an abundant variety of quick and easy and gourmet recipes. The tantalizing taste of these plant-based dishes generously reward all who enjoy good food.