

MARTINA'S GREEN KITCHEN



**Easy Sustainable
Recipes for
Young Chefs.**



MARTINA'S GREEN KITCHEN

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ABOUT ME



Hello and welcome to 'Martina's Green Kitchen'!

I'm **Martina**, a **17-year-old** from **beautiful North Shore, British Columbia**, who's juggling the adventures of being a Grade 11 IB student at Mulgrave School.

My interests are **climate change, politics, law, rowing**, and the **arts**. Learn more about me on my personal website: martinarev.com.

This cookbook isn't just a collection of recipes; it's a piece of my **heart** and a **reflection** of my **journey**.

It started as a small idea in my **kitchen**—a way to blend my love for **food** with my **commitment to sustainability**. Before I knew it, this idea blossomed into a project bigger than I ever imagined. Each recipe in this book is more than just instructions on how to prepare a meal; it's an **invitation to join a movement towards a more sustainable lifestyle**, one delicious bite at a time.

You'll find that the **recipes** here are **designed with young chefs in mind**, ensuring they're not only easy to follow but also **mindful of our planet**. From ingredients that don't leave a hefty carbon footprint to tips on **reducing food waste**, this cookbook aims to inspire you to think about the impact your cooking has on the **environment**.

But 'Martina's Green Kitchen' is more than just about cooking; it's about showing how each of us, in our own kitchens, can contribute to a larger cause. It's about understanding that our choices—no matter how small they may seem—can collectively lead to significant changes.

So, whether you're a fellow student, a young chef eager to experiment, or simply someone looking to infuse a little more sustainability into your meals, I invite you to join me. Let's embark on this flavorful journey together, proving that food is not just about sustenance; it's a powerful tool for change. Here's to cooking up a storm and making our mark on the world, one recipe at a time.

Martina XOXO
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MARTINA'S GREEN KITCHEN

Welcome to "**Martina Green Kitchen**," where delicious recipes meet sustainability! In this youth cookbook, we're not just exploring tasty dishes; we're also **learning how to cook in a way that's kind to the planet**. From simple swaps to mindful ingredient sourcing, **each recipe is designed to minimize our environmental impact while maximizing flavor and fun**.

Throughout these pages, you'll discover the power of small changes. **By opting for plant-based ingredients, reducing food waste, and choosing local and seasonal produce, we can significantly reduce our carbon footprint**. Whether you're a seasoned chef or just starting out in the kitchen, there's something here for everyone to enjoy and learn from.

So, **why should we care about cooking sustainably?** Because the food choices we make today shape the world we'll live in tomorrow. By embracing sustainable cooking practices, we're not only nourishing our bodies but also protecting the planet for generations to come. **Let's cook up a brighter future together, one delicious dish at a time!**

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BASIC KITCHEN EQUIPMENT



In a world of countless kitchen gadgets, I prefer to keep things simple and efficient. Investing in a few essential basics can elevate your cooking experience.

Here's a list of fundamental kitchen equipment every home chef should have:

- **Measuring Cup and Mixing Bowl:** Small and large plastic measuring cup that serves not only for liquids but also as mixing bowl.
- **Strainer:** Useful for various tasks, particularly when baking, it's a handy kitchen tool you'll find yourself reaching for frequently.
- **Potato Masher:** Ideal for mashing potatoes and other vegetables like butternut squash and carrots.
- **Vegetable Peeler:** Essential for prepping vegetables, especially for roast lunches.
- **Grater:** Great for cheese, garlic, and ginger – a versatile addition to your kitchen arsenal.
- **Whisk:** Handy for creating light and fluffy omelets or whipping cream and egg whites.
- **Wooden Spoon or Spatula:** Perfect for baking and gentle stirring. They may absorb some aromas, so reserve them for sweet dishes.
- **Small Fruit Knife:** Simplifies the task of cutting and slicing fruit and delicate vegetables, making fruit salads a breeze.
- **Large Knife:** The most versatile tool in the kitchen, suitable for chopping herbs, meats, garlic, and much more.
- **Saucepans:** A small saucepan for boiling vegetables, eggs, and potatoes, and a larger one for soups and stews.
- **Skillet:** A nonstick skillet for everything from breakfast delights to sautéed mushrooms.
- **Cutting Board:** Wooden or plastic cutting board is great to cut all the ingredients.
- **Colander:** Great for draining water from pasta, rice, potatoes and vegetables.

These basic kitchen essentials will streamline your cooking process and ensure you have the right tools for a wide range of culinary adventures.

Happy cooking!



FOOD HYGIENE



Cooking should be enjoyable, but safety is key.

Follow these recommendations:

- 1- Keep hands clean, especially after handling raw meat, fish, or chicken.
- 2- Wash equipment thoroughly after handling raw chicken to prevent bacteria spread.
- 3- Ensure chicken is fully cooked with no pink or red, and juices run clear.
- 4- Reheat chicken dishes until piping hot.
- 5- Thoroughly reheat leftover shrimp.
- 6- Store food in the refrigerator tightly covered.
- 7- Reheat leftover rice thoroughly to kill bacteria.
- 8- Let hot dishes cool before refrigerating to avoid raising fridge temperature.
- 9- Fully defrost frozen dishes before cooking.



TIPS



Essential Cooking Tips for Every Young Chef

These tips are designed to make your cooking experience smoother, more enjoyable, and, yes, a bit greener too. Here's a mix of some of my favorite tips to elevate your culinary game:

- 1- **Prep Work is Key:** Before you start cooking, do your prep work. Chop, measure, and organize your ingredients. This mise en place (everything in its place) approach makes the cooking process smoother and faster.
- 2- **Sharp Knives:** Keep your knives sharp. A sharp knife is safer and more efficient than a dull one, as it requires less force to cut through ingredients.
- 3- **Taste As You Go:** Don't wait until the end to taste your dish. Season and taste as you cook to adjust flavors perfectly. Remember, you can always add more seasoning, but you can't take it away.
- 4- **Understand Heat:** Not everything should be cooked on high heat. Use low or medium heat for most dishes to prevent burning and ensure even cooking. Save the high heat for boiling water or searing meat.
- 5- **Use Seasonal and Local Ingredients:** This tip doubles as a sustainability practice. Seasonal produce tastes better and is often cheaper. Plus, supporting local markets reduces your carbon footprint.
- 6- **Minimize Food Waste:** Get creative with leftovers and learn how to use the whole ingredient to reduce waste. Experiment with recipes that use parts of ingredients typically thrown away.
- 7- **Stay Organized and Clean:** Keep your workspace clean and organized as you cook. It not only makes the process more enjoyable but also ensures safety and hygiene in the kitchen.
- 8- **Sustainable Seafood Choices:** If seafood is part of your diet, aim for sustainable options. Look for certifications or use resources like the Ocean Wise Seafood program to guide your selections.
- 9- **Embrace Plant-Based Options:** Incorporating plant-based meals into your diet can be a fun and creative way to explore new flavors and cuisines while also being kind to the planet.
- 10- **Learn from Mistakes:** Every chef makes mistakes, but the best ones learn from them. Don't be afraid to experiment and adjust. Cooking is as much about intuition and creativity as it is about following recipes. Remember, cooking is a journey filled with learning opportunities. These tips are just the beginning. The more you cook, the more you'll discover your preferences, refine your skills, and develop your unique approach to the kitchen. Happy cooking!

HEALTHY & YUMMY BREAKFAST



This dessert of strawberries, blueberries, blackberries, and bananas with cream is both delicious and nutritious. Packed with vitamins, antioxidants, and fiber from the berries, it supports overall health. Bananas add creaminess and potassium, while the cream adds indulgent richness. It's a simple yet satisfying treat that's good for you and tastes great!



REGULAR VEGETARIAN VEGAN

SANDWICH



SANDWICH REGULAR

YOU WILL NEED

2 slices of your favorite bread such as whole wheat, multigrain, or sourdough
 Mayonnaise
 Sliced ham
 Sliced tomato, cucumber, avocado, red pepper, broccoli, olive
 Lettuce leaves
 Salt and pepper to taste



Toast the bread slices lightly.



Spread a generous layer of mayonnaise on one side of each bread slice.



Layer the slices of ham, tomato, cucumber, avocado, red pepper, broccoli, olive, lettuce.

TIPS:
 Toast the bread with the ham and cheese.

Optional Extras:
 Replace the ham for a cooked thick steak.



SANDWICH VEGETARIAN

YOU WILL NEED

2 slices of your favorite bread such as whole wheat, multigrain, or sourdough
 Mayonnaise
 Sliced egg

Sliced tomato, cucumber, avocado, red pepper, broccoli, olive
 Lettuce leaves
 Salt and pepper to taste



Toast the bread slices lightly.



Spread a generous layer of mayonnaise on one side of each bread slice.



Layer the slices of egg, tomato, cucumber, avocado, red pepper, broccoli, olive, lettuce.

TIPS:
 Melt the cheese and serve it warm.

Optional Extras:
 Add mustard or hummus. They are very healthy options.



SANDWICH VEGAN



1 Toast the bread slices lightly.



2 Spread a generous layer of hummus on one side of each bread slice.



3 Layer the slices of tomato, cucumber, avocado, red pepper, broccoli, olive, lettuce.

YOU WILL NEED

- 2 slices of your favorite bread such as whole wheat, multigrain, or sourdough
- Hummus
- Sliced tomato, cucumber, avocado, red pepper, broccoli, olive
- Lettuce leaves
- Salt and pepper to taste

Optional Extras:
Mix and match your favorite tasty vegetables.

TIPS:
Eat with a lovely cup of green tea or matcha!



REGULAR VEGETARIAN VEGAN

FRIED RICE

FRIED RICE REGULAR

YOU WILL NEED

- 2 cups of long grain or basmati rice
- 1/2 lb shrimp, peeled and deveined
- 1/2 lb chicken breast, diced
- 1/2 cup carrots
- 1/2 cup whole kernels corn
- 1/2 cup green peas
- 1 broccoli floret
- 3 eggs, beaten
- 2 tablespoons soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon olive oil
- Salt and pepper to taste



1

Steam the rice



2

Heat the oil in a large pan and add frozen vegetables. Fry until they start to set.



3

Add another tablespoon of oil if needed and pour the beaten eggs into the hot pan. Fry until they start to set.



6

In another clean pan, cook chicken and shrimp together. Fry until they start to set.



4

In another pan, fry the rice and veggies. Let them cook for 5 minute or so until they start to set.



7

Add the cooked diced chicken and shrimp to the veggies with rice pan and stir-fry until it's slightly browned. Add soy sauce and oyster sauce to give more flavors.



5

In the same pan, add the cooked eggs and stir-fry everything together for 5 couple of minutes.

TIPS:
Mix everything together and serve. It is super easy!

Optional Extras:
Add some chopped parsley for a bit more green



FRIED RICE VEGETARIAN

YOU WILL NEED

- 2 cups of long grain or basmati rice
- 1 small onion
- 1/2 cup carrot
- 1/2 cup whole kernel corn
- 1/2 cup green pea
- 1 broccoli floret
- 3 eggs beaten
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon olive oil
- Salt and pepper to taste



1

Steam the rice



2

Heat the oil in a large pan and add diced onion, frozen vegetables. Fry until they start to set.



3

Add the rice to the mixed veggies. Let them cook for 5 minutes until they start to set.



4

Add another tablespoon of oil if needed and pour the beaten eggs into the hot pan. Fry until they start to set.



5

In the same pan mix egg with rice, veggies and add soy and oyster sauce all together. Let them cook for 5 minutes until they start to set.



TIPS:
Serve it super warm and enjoy!

Optional Extras:
Add extra chili or other chinese sauce.



FRIED RICE

VEGAN



YOU WILL NEED

2 cups of long grain or basmati rice
1 small onion
½ cup carrot

½ cup whole kernel corn
½ cup green pea
1 broccoli floret

1 tablespoon soy sauce
1 tablespoon oyster sauce
1 tablespoon olive oil
Salt and pepper to taste



1

Steam the rice



2

Heat the oil in a large pan and add diced onion, frozen vegetables. Fry until they start to set.



3

In the same pan mix rice, veggies and add soy and oyster sauce all together. Let them cook for 5 minutes until they start to set.



TIPS:
Perfect cooked veggies are tender, not overdone.



Optional Extras:
Add sesame oil and oyster sauce.



REGULAR VEGETARIAN VEGAN

NOODLE

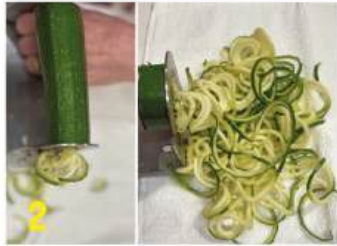
NOODLE REGULAR



YOU WILL NEED

1 cup of your favorite noodles
such as spaghetti, fettuccine, or soba noodles
1 big carrot
1 big zucchini

1 small cup of onion
1 small cup of broccoli
1 cup of chicken
1 cup of cream - Salt and pepper to taste



Bring a large pot of salted water to a boil the noodles and cook them.

Cut carrots and zucchini with spiralizer.

Heat oil in a pan and stir-fry all vegetables and chicken until cooked through.



Toss the cooked noodles with the cream until well combined.

TIPS:
Add your favorite protein.



Optional Extras:
Teriyaki sauce instead of the soy sauce is truly delicious.

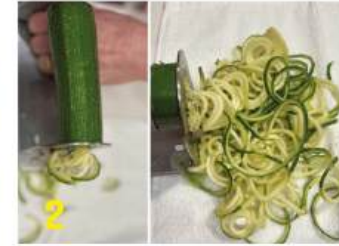


NOODLE VEGETARIAN



YOU WILL NEED

1 cup of your favorite noodles such as spaghetti, fettuccine, or soba noodles
1 big carrot
1 big zucchini
1 small cup of onion
1 small cup of broccoli
1 cup of cream
Salt and pepper to taste



Bring a large pot of salted water to a boil the noodles and cook them.

Cut carrots and zucchini with spiralizer.



Heat oil in a pan and stir-fry all vegetables until cooked through.



Toss the cooked noodles with the cream until well combined.

TIPS:
Mix and match your favorite tasty vegetables.



Optional Extras:
Try eating it with some chopsticks. So fun!



NOODLE VEGAN

YOU WILL NEED

- 1 cup of your favorite noodles such as soba or rice noodles
- 1 big carrot
- 1 big zucchini
- 1 small cup of onion
- 1 small cup of broccoli
- Salt and pepper to taste



Bring a large pot of salted water to a boil the noodles and cook them.



Cut carrots and zucchini with spiralizer.



Heat oil in a pan and stir-fry all vegetables until cooked through

TIPS:
Add ginger for extra flavor.

Optional Extras:
Serve in a big bowl with a wedge of lime.



REGULAR VEGETARIAN VEGAN

PIZZA

PIZZA REGULAR

YOU WILL NEED

1 pizza dough
1 garlic clove, peeled and crushed
1/2 onion, peeled and chopped finely
1/2 cup pizza sauce
2 cups mozzarella cheese
Your choice of toppings such as ham, pepperoni, sliced bell peppers, onions, mushrooms, olives, etc.
Olive oil
Salt and pepper to taste



Have all the ingredients ready on the cutting board.



Heat the olive oil in a large pan and cook the garlic, onion and tomato sauce together.



Roll out the pizza dough to your desired thickness. Add the tomato sauce.



Transfer the rolled-out dough to a pizza baking stone with olive oil to prevent sticking.



Add ham and mozzarella cheese evenly over the sauce. Bake the pizza for 12-15 minutes, or until the crust is golden brown and the cheese is bubbly and melted.

TIPS:
Preheat the oven to 400 F.

Optional Extras:
Add pulled pork or cut cooked chicken breast.



PIZZA VEGETARIAN

YOU WILL NEED

1 pizza dough
1 garlic clove, peeled and crushed
3 onions, peeled and chopped finely
1/2 cup pizza sauce
2 cups mozzarella cheese
Olive oil
Salt and pepper to taste



Have all the ingredients ready on the cutting board.



Heat the olive oil in a large pan and cook the garlic, onion and tomato sauce together.



Roll out the pizza dough to your desired thickness. Add the tomato sauce.



Transfer the rolled-out dough to a pizza baking stone with olive oil to prevent sticking.



TIPS:
Evenly spread cheese for full coverage.

Optional Extras:
Add oregano and olive oil.



Add the cooked onion and mozzarella cheese evenly over the sauce. Bake the pizza for 12-15 minutes, or until the crust is golden brown and the cheese is bubbly and melted.



PIZZA

VEGAN

YOU WILL NEED

- 1 pizza dough
- 1 garlic clove, peeled and crushed
- 1/2 onion, peeled and chopped finely
- 1/2 cup pizza sauce
- Your choice of toppings such as broccoli, sliced red peppers
- Olive oil
- Salt and pepper to taste



Have all the ingredients ready on the cutting board.



Heat the olive oil in a large pan and cook the garlic, onion and tomato sauce together.



Roll out the pizza dough to your desired thickness. Add the tomato sauce.



Transfer the rolled-out dough to a pizza baking stone with olive oil to prevent sticking.



Heat the olive oil in a large pan and cook the vegetables. Add them evenly over the pizza sauce. Bake the pizza for 12-15 minutes, or until the crust is golden brown and the cheese is bubbly and melted.

TIPS:
Monitor the oven to prevent burning.



Optional Extras:
Add chopped coleslaw, pine nuts or arugula.



REGULAR VEGETARIAN VEGAN

PASTA

PASTA REGULAR

YOU WILL NEED

- 1 cup of your preferred pasta
- 1 tablespoon olive oil
- 1 cup of shrimp, peeled and deveined
- 3 cloves garlic, minced
- 1 cup of heavy cream
- 1/2 cup of pesto
- 1/2 cup of grated Parmesan cheese
- Salt and pepper to taste



Cook the pasta according to package instructions until al dente. Drain and set aside.



In a large skillet, heat the olive oil over medium-high heat. Add the shrimp and minced garlic, and cook for 2-3 minutes until the shrimp turn pink and opaque. Remove the shrimp from the skillet and set aside.



In the same skillet, pour in the heavy cream and pesto. Bring the mixture to a simmer, stirring occasionally.



Stir in the grated Parmesan cheese until it melts and the sauce thickens slightly. Return the cooked shrimp to the skillet and toss to coat them in the sauce. Season with salt and pepper to taste. Add the cooked pasta to the skillet and toss until it is well coated in the creamy sauce. Serve the pasta with cream and shrimp hot, garnished with chopped parsley if desired.



TIPS:
Cook the pasta with lots of water.



Optional Extras:
Add some chopped bacon for extra flavor.



PASTA VEGETARIAN



YOU WILL NEED

- 1 cup of your preferred pasta such as spaghetti
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 small onion, diced
- 1 cup cream
- 2 tablespoons pesto
- Salt and pepper to taste
- Grated Parmesan cheese



Cook the pasta. Drain and set aside.



In a large skillet, heat the olive oil over medium heat. Add the minced garlic and diced onion, and sauté for 2-3 minutes until softened and fragrant. Add the cream.



Add the pesto. Cook for another 5-7 minutes.



Sautéed the cooked pasta.



Add the cooked pasta to the skillet and toss until it is well coated in pesto cream mixture.

TIPS:
Choose your favorite pasta.
Taste it as you cook.



Optional Extras:
Add extra grated parmesan cheese.



PASTA VEGAN



1 Cook the pasta according to package instructions until al dente. Drain and set aside.



2 In a large skillet, heat the olive oil over medium heat. Add the minced garlic and diced onion, and sauté for 2-3 minutes until softened and fragrant.



3 Sautéed vegetables until tender.



4 Add the vegetables to the sautéed pasta. Cook for another 2-3 minutes until it is well coated in the vegetable mixture.

YOU WILL NEED

- 1 cup of your preferred vegan pasta such as whole wheat, brown rice, or lentil pasta
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 small onion, diced
- 1 cup diced red peppers
- 1 cup diced broccoli
- Salt and pepper to taste



TIPS:
As soon as you add your pasta to your cooking water, make sure to stir it.



Optional Extras:
Add some chopped parsley or asparagus for a bit more green.

PESTO



YOU WILL NEED

- 2 cups of fresh basil leaves
- 1/2 cup grated Parmesan cheese
- 1/2 cup extra-virgin olive oil
- 1/3 cup pine nuts or walnuts
- 3 garlic cloves, minced
- Salt and pepper to taste



- 1- Toast the pine nuts or walnuts in a dry skillet over medium heat for 2-3 minutes, stirring occasionally, until lightly golden and fragrant. Remove from heat and let cool.
- 2- In a food processor or blender, combine the basil leaves, toasted pine nuts or walnuts, minced garlic, and grated Parmesan cheese.
- 3- Pulse a few times to break down the ingredients.
- 4- While the food processor is running, slowly drizzle in the olive oil until the mixture is smooth and well combined. You may need to stop and scrape down the sides of the bowl with a spatula occasionally.
- 5- Season the pesto with salt and pepper to taste. Adjust the consistency by adding more olive oil if necessary.
- 6- Transfer the pesto to a jar or airtight container and store it in the refrigerator. It can be stored for up to a week.
- 7- Serve the pesto with cooked pasta, spread it on sandwiches, use it as a dip, or incorporate it into other recipes as desired.

TIPS:
Enjoy often for flavor and nutrition.



Optional Extras:
Keep it tightly covered in the refrigerator for 5-7 days. Make sure you stir it well.



SPECIAL THANKS

As we wrap up this culinary adventure, I feel **overwhelmingly grateful** to all the incredible people who've helped turn 'Martina's Green Kitchen' from a simple idea into a reality. This cookbook, a small tribute to **sustainable living**, is the fruit of many **hands and hearts coming together**.

Firstly, a huge thank you to my **family**. Your unwavering support and belief in my vision have been my foundation. To my parents, who have always encouraged me to pursue my passions and instilled in me the values of hard work and perseverance. And to my siblings, for being my first (and most honest) taste testers—your enthusiasm and critiques have only made these recipes better.

A heartfelt thank you to my **mentors, Ethan and Eric**, whose guidance and insight have been invaluable. Your dedication to **Ocean Wise** and its mission has inspired me deeply. **Being part of the Ocean Wise Youth to Sea program** has not only encouraged me to start this project but has also shaped my understanding of our impact on the world's oceans.

And finally, to you, **dear readers**. Thank you for embarking on this journey with me. Your decision to explore **sustainable cooking** is a step towards a healthier planet, and I am so grateful for your willingness to make a difference.

I hope these recipes bring you as much joy in the kitchen as they have brought me and inspire you to continue exploring the endless possibilities of sustainable cooking.

With all my gratitude,
Martina
www.martinarev.com



Dive into 'Martina's Green Kitchen' and embark on a culinary journey that **transforms everyday cooking into an act of environmental kindness**. With Martina's **easy and sustainable recipes**, young chefs will learn how to **create delicious meals while making positive choices for the planet**. This cookbook is more than just a collection of recipes; it's an invitation to **embrace sustainable living through the joy of cooking**. Whether you're just starting out or seeking to add a green twist to your meals, let this book inspire you to cook with **purpose and passion**. Join Martina and turn your kitchen into a space where **culinary magic and eco-consciousness meet**.



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