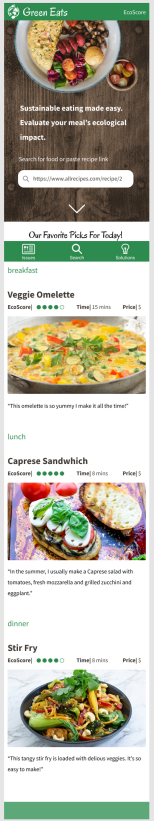
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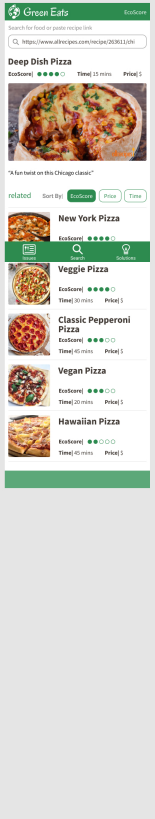
Veggie Omelette
EcoScore
Time 15 mins
Price $
"This omelette is so yummy I make it all the time!"
lunch
Caprese Sandwhich
EcoScore
Time 8 mins
Price $
"In the summer, I usually make a Caprese salad with tomatoes, fresh mozzarella and grilled zucchini and eggplant."
dinner
Stir Fry
EcoScore
Time 8 mins
Price $
"This tangy stir fry is loaded with delious veggies. It's so easy to make!"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Deep Dish Pizza
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Time 15 mins
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Time 30 mins
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Time 45 mins
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Time 20 mins
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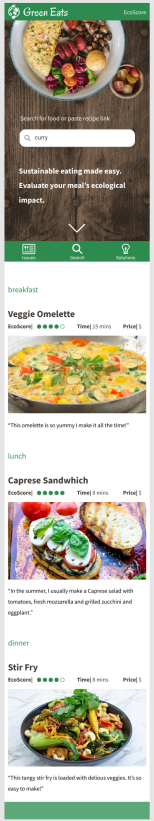
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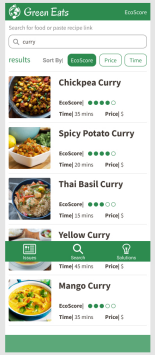
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Sort By:
EcoScore
Price
Time
Chickpea Curry
EcoScore
Time 15 mins
Price $
Spicy Potato Curry
EcoScore
Time 20 mins
Price $
Thai Basil Curry
EcoScore
Time 15 mins
Price $
Yellow Curry
EcoScore
Time 45 mins
Price $
Mango Curry
EcoScore
Time 35 mins
Price $
Issues
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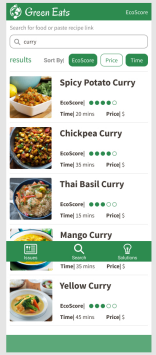
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Yellow Curry
EcoScore
Time 45 mins
Price $
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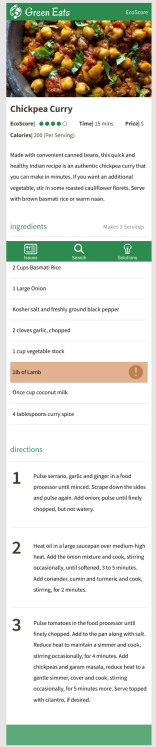
Green Eats
EcoScore
Chickpea Curry
EcoScore
Time 15 mins
Price $
Calories 200 (Per Serving)
Made with convenient canned beans, this quick and healthy Indian recipe is an authentic chickpea curry that you can make in minutes. If you want an additional vegetable, stir in some roasted cauliflower florets. Serve with brown basmati rice or warm naan.
ingredients
Makes 3 Servings
2 Cups Basmati Rice
1 Large Onion
Kosher salt and freshly ground black pepper
2 cloves garlic, chopped
1 cup vegetable stock
1lb of Lamb
Once cup coconut milk
4 tablespoons curry spice
directions
1
Pulse serrano, garlic and ginger in a food processor until minced. Scrape down the sides and pulse again. Add onion; pulse until finely chopped, but not watery.
2
Heat oil in a large saucepan over medium-high heat. Add the onion mixture and cook, stirring occasionally, until softened, 3 to 5 minutes. Add coriander, cumin and turmeric and cook, stirring, for 2 minutes.
3
Pulse tomatoes in the food processor until finely chopped. Add to the pan along with salt. Reduce heat to maintain a simmer and cook, stirring occasionally, for 4 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally, for 5 minutes more. Serve topped with cilantro, if desired.
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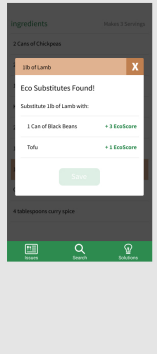
Ingredients
Makes 3 Servings
2 Cans of Chickpeas
1lb of Lamb
Eco Substitutes Found!
Substitute 1lb of Lamb with:
1 Can of Black Beans
+ 3 EcoScore
Tofu
+ 1 EcoScore
Save
4 tablespoons curry spice
Issues
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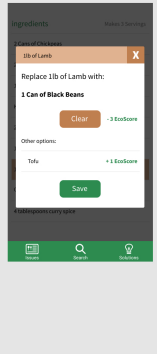
Ingredients
Makes 3 Servings
2 Cans of Chickpeas
1lb of Lamb
Replace 1lb of Lamb with:
1 Can of Black Beans
Clear
- 3 EcoScore
Other options:
Tofu
+ 1 EcoScore
Save
4 tablespoons curry spice
Issues
Search
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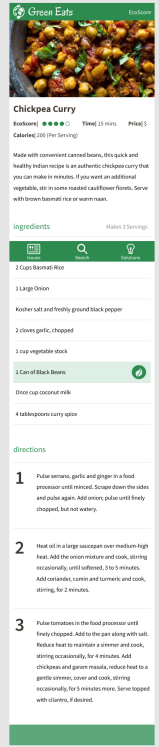
Green Eats
EcoScore
Chickpea Curry
EcoScore
Time 15 mins
Price $
Calories 200 (Per Serving)
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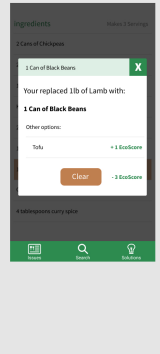
Ingredients
Makes 3 Servings
2 Cans of Chickpeas
1 Can of Black Beans
Your replaced 1lb of Lamb with:
1 Can of Black Beans
Other options:
Tofu
+ 1 EcoScore
Clear
- 3 EcoScore
4 tablespoons curry spice
Issues
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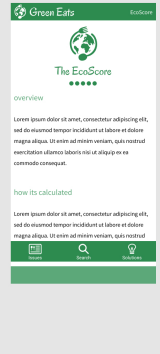
Solutions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EcoScore
The EcoScore
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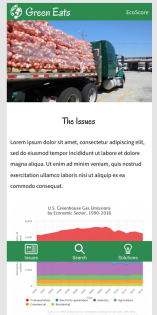
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Electricity generation
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"Clif Bar said it is providing $500,000 in initial seed funding to a $10 million wind energy program, with other large investors slated to invest the remaining $9.5 million."
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Carbon footprint of what you eat
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