

**HOW WE SURVIVE**

# **CLIMATE FRIENDLY** Recipes



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Here at Marketplace, the “How We Survive” team spends a lot of time reading climate reports and news stories about the (very real) dangers of the climate crisis. It can be... a lot. But we also know there’s plenty we can do to mitigate the worst impacts of climate change.

In Season 8, we dug deep — into the weeds, the fields, and yes, even the feedlots — to explore how our global food systems heat up the planet. Consider this: we waste about 30% of the food we grow, and two out of every five acres on Earth are used for agriculture and livestock. All told, food production accounts for roughly 30% of greenhouse gas emissions. That’s a huge chunk.

So what can each of us do to shrink our own carbon footprint? Aside from advocating for systemic change, there are two simple steps: waste less and eat a little less meat.

To help you prepare more climate-friendly meals at home, we’ve gathered some of our favorite climavore recipes from the season, including picks from Francis Lam, Samin Nosrat, and a few vegetarian family favorites from “How We Survive” host Amy Scott.

**DIG IN — AND ENJOY.**

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# Francis Lam's **climate-friendly protein “no recipe” recipes**

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Francis Lam is the host of “The Splendid Table.” He previously wrote the “Eat” column for The New York Times Magazine and served as a regular judge on Bravo’s hit show “Top Chef Masters.”

# Sardines

## (and other small, oily fish)

### INGREDIENTS

Sardines (or other small, oily fish like Mackerel)

Rice Vinegar

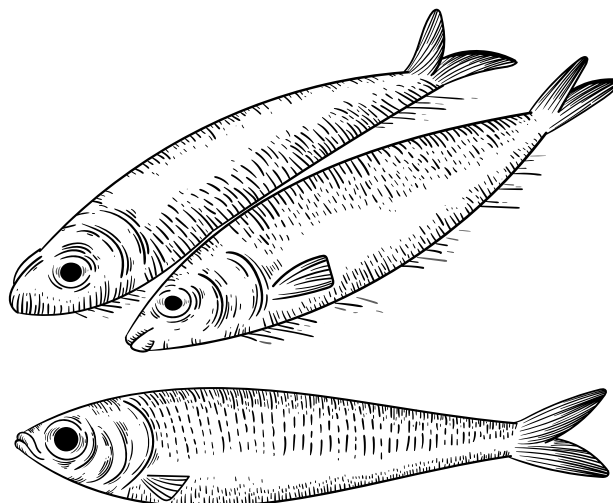
Salt

Sugar

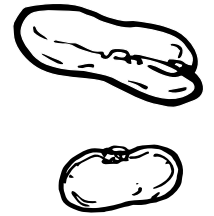
### INSTRUCTIONS

Francis says the key to making these fish delicious is to get them as fresh as possible. That does not mean they can't have been frozen first. The technology used to freeze fish at sea preserves freshness really well.

How can you tell if it's fresh enough? Francis says they should smell "more like the sea than like fish." You can have the fish gutted and cleaned at the butcher shop before bringing it home. Once you've got that, you can marinate the fish with some vinegar, sugar and salt. For a really spectacular flavor, Francis recommends grilling them, saying "a grilled sardine tastes like the most grilled food on Earth."



# Beans



## INGREDIENTS

Beans (high quality if you can find some.  
Francis recommends Rancho Gordo)

Water

Salt

Olive oil

### Optional:

Garlic or Onion

Any vegetables

Breadcrumbs or potato chips

Rice

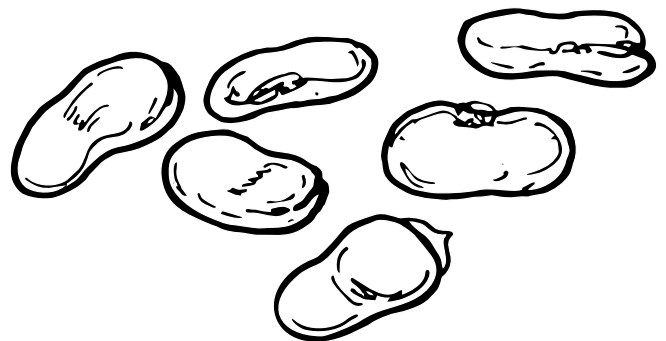
## INSTRUCTIONS

Francis loves the flavor of beans so much he says all you really need to do is boil them in some water until they're tender. (He does not bother with adding aromatics to the liquid, but you can if you like.)

Once the beans are done, drain the water (but save it! You can use it later to make stewed beans or use it as a stock) and then while the beans are still hot, season them with salt. "I salt it when the beans come out of the water, when they're still hot, and they absorb that salt so quickly and so beautifully," he says. At this point he may also dress them with a little olive oil.

From there, it's choose your own adventure: You can recombine the beans with some of their liquid and add garlic and onions and any other vegetables and have a stew over rice. You can sauté some beans with some butter and vegetables or toss the beans with oil and vinegar and use either as a base for a meal.

Francis also recommends having breadcrumbs on hand. You can crisp them up in a pan with some olive oil and salt and add a spoonful of crispy breadcrumbs to top the beans. No breadcrumbs? Francis recommends potato chips in a pinch!



# Tofu

## INGREDIENTS

Firm tofu

Fish sauce (or soy sauce)

Salt

Oil

### Optional:

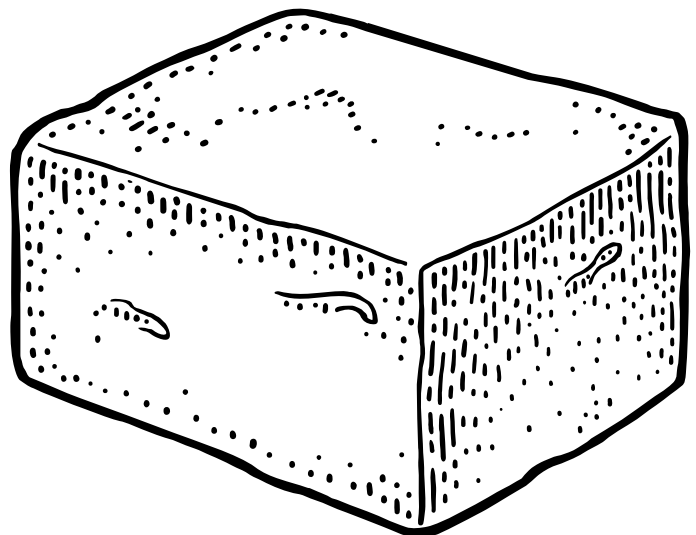
Rice

Sauce of your choosing

## INSTRUCTIONS

Francis recommends cubing the tofu and then dressing it lightly with salt and fish sauce. He says you don't want to dunk it in a ton of liquid, but just "enough to kind of change the color a little bit."

From there, Francis says to heat a non-stick pan over medium, heat up some oil. Once the oil is hot add the cubed tofu (if the tofu is dripping wet make sure to pat it dry before adding to the pan). Let it slowly sizzle and crisp up on each side (you can do all six sides if you want). "The beautiful thing about tofu is you can't overcook it. It won't get tough or stringy. So you just let it ride and cook until it gets, like crispy, like crackly crispy on one side, and then you flip it," he says. Once you're done, you should have a crispy exterior and a chewy interior. Francis recommends tossing it with a sauce you like or adding it to fried rice.



# Amy Scott's **FAVORITE CLIMAVORE RECIPES**

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Amy Scott is the host of “How We Survive,” Marketplace’s climate solutions podcast, and a senior correspondent covering housing, climate and the economy.

# Vegetarian Chili

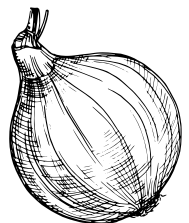
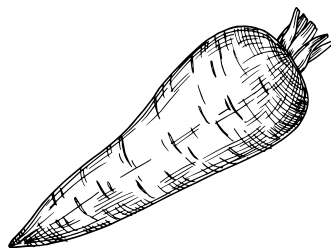
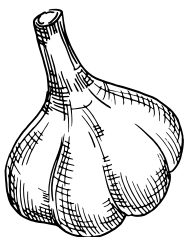
*I've been making variations of this chili recipe since college and can't recall where I first found it. It's easy to adapt with different beans based on what you have in the pantry, and easy to make ahead for a group. The shredded vegetables give it a creamy, substantial texture. This is my go-to on a cold night, served with warm cornbread.*

## INGREDIENTS

2 Tbsp. olive oil	2 cups diced tomatoes
2-3 cloves garlic, minced	1 (8 oz.) can tomato sauce
1 medium yellow onion, chopped	1 tsp. dried oregano
2-3 zucchini, peeled and grated	1 tsp. chili powder
2-3 large carrots, peeled and grated	2 tsp. dried cumin
1.5 cups (or 15 oz. can) black beans	1 tsp. salt
1.5 cups (or 15 oz. can) kidney beans	¼ tsp. ground black pepper
1.5 cups (or 15 oz. can) navy beans	1 dash hot sauce (or more, to taste)

## INSTRUCTIONS

In a large pot, sauté the garlic and onion in olive oil on medium heat. Add the shredded zucchini and carrots and cook 2-3 minutes until tender. Reduce heat to medium-low and add oregano, chili powder, cumin, salt and pepper, stirring well. Add tomatoes, tomato sauce, beans and hot sauce and let simmer on low heat for 30 minutes to an hour, stirring occasionally. Add more seasoning to taste. If desired, garnish with shredded cheese, green onions, and/or cilantro. (To save time, I often use a pressure cooker. Just use the sauté setting to cook the vegetables, stir in the rest of the ingredients, then cook on high pressure for 15-20 minutes.)





# Ina Garten's Pesto Pea Salad



*My family brings this foolproof salad to pretty much every potluck we're invited to. No complaints yet! For a more climate-friendly option, skip the Parmesan or try a [nondairy alternative](#).*

*Adapted from "Barefoot Contessa at Home" by Ina Garten. © 2006.*

## INGREDIENTS

2 cups frozen peas

2 Tbsp. pine nuts, toasted

2 1/2 cups baby spinach leaves

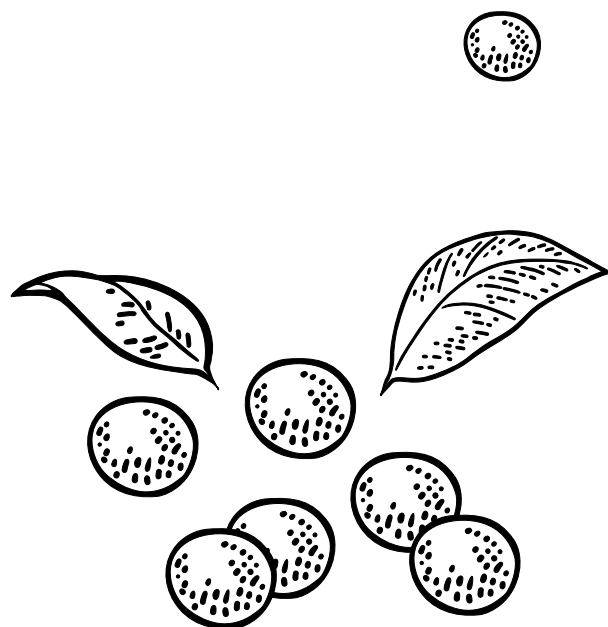
4 Tbsp. pesto sauce\*

2 Tbsp. grated Parmesan cheese  
(or nondairy alternative)

## INSTRUCTIONS

Defrost frozen peas ahead of time, or run hot water over them for a few minutes. Toast the pine nuts in a dry pan over medium heat, tossing frequently, until brown. Mix spinach leaves in a salad bowl with peas, pesto and parmesan. Sprinkle with pine nuts and toss.

\*To save time, I usually keep a jar of pesto in the pantry, but you can try this easy vegan recipe from [Minimalist Baker](#).



# Chickpea Salad Sandwiches

*I love chickpeas, and use them in sauces for pasta and rice, or just roasted with salt, pepper and olive oil. But this recipe from Hello Fresh introduced me to a new way of using them. You can substitute the mayo with a vegan alternative or try tahini.*

## INGREDIENTS

8 slices sourdough bread	8 Tbsp. mayonnaise (or vegan substitute)
3 cups cooked chickpeas	1 Tbsp. miso paste
2 lemons	¼ tsp. sugar
¼ oz. dill	5 oz. spinach
4 scallions	1-2 Tbsp. olive oil
4 tsp. Dijon mustard	Salt and pepper to taste
2 tsp. garlic powder	

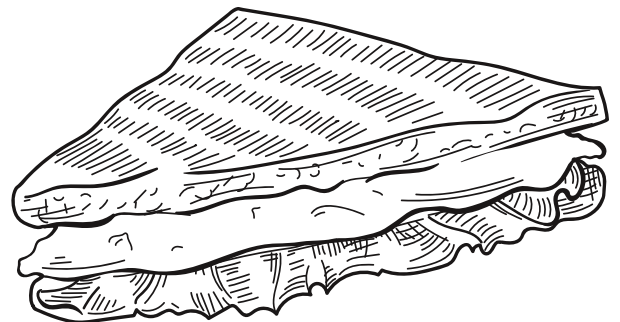
## INSTRUCTIONS

Quarter lemon. Trim and thinly slice scallions. Pick dill fronds from stems; finely chop fronds. In a small bowl, combine mayonnaise, mustard, miso paste, garlic powder, sugar, and a squeeze of lemon juice. Season with salt and pepper.

Place chickpeas in a medium bowl and mash with potato masher or fork until about half the chickpeas are smooth, leaving some larger pieces for texture. Stir in scallions, half the mayonnaise mixture, as much of the dill as you like, and lemon juice to taste. Season with salt and pepper.

In a separate large bowl, toss spinach with a drizzle of olive oil, a squeeze of lemon juice, salt and pepper.

Heat olive oil in a large pan over medium heat. Add sourdough slices and toast until golden brown, 2-3 minutes per side. Spread half the sourdough slices with the remaining mayonnaise mixture. Fill with chickpea salad and as much spinach as you like. Close sandwiches and halve on a diagonal. Serve with any remaining spinach on the side.



# A CLIMATE FRIENDLY SOUP

from Samin Nosrat

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Samin Nosrat is an acclaimed chef and author of “Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking,” a New York Times bestseller. In 2025, her podcast “Home Cooking” was named one of Time magazine’s 100 Best Podcasts of All Time. Her latest cookbook “Good Things” is out now.

# Curried Carrot and Coconut Soup

## from Samin Nosrat

*Spicy, vibrant Thai red curries inspired this creamy soup. The multilayered flavors of curry paste, rich coconut milk, and savory fish sauce perfectly complement the sweetness of the carrots. But it's the crunchy, umami-packed topping—a spin on miang kham, a snack full of peanuts, coconut, and chiles found throughout Thailand and Laos—that's the real standout.*

*Yield: Makes about 2 quarts*



### INGREDIENTS

#### FOR THE SOUP

1/4 cup coconut oil 3 shallots, diced  
One 2-inch piece fresh ginger,  
peeled and thinly sliced  
1 lemongrass stalk, cut into 3-inch pieces  
Kosher salt  
3 pounds carrots, peeled and  
sliced 1/2 inch thick

Two 13.5-ounce cans coconut milk  
6-8 tbsp. Thai red curry paste, or to taste  
3 tbsp. fish sauce  
3-4 cups Chicken Stock or water  
2 tbsp. fish sauce

#### FOR THE GARNISH

3/4 cup salted, dry-roasted peanuts  
2 tbsp. fish sauce

3/4 cup unsweetened coconut flakes

### INSTRUCTIONS

Adjust an oven rack to the center position and preheat to 300°F.

To make the soup, melt the oil in a large Dutch oven over medium-high heat. When the oil shimmers, add the shallots, ginger, pieces of lemongrass, and a generous pinch of salt. Reduce the heat to low and cook, stirring occasionally, until the shallots are tender and just starting to brown, about 18 minutes. Increase the heat to high and add the carrots, coconut milk, curry paste, fish sauce, and 3 cups of the stock. As the soup comes to a boil, partially cover the pot and reduce the heat to keep the liquid at a gentle simmer. Cook the soup until the carrots are completely tender, about 25 minutes.

Meanwhile, to make the garnish, in a medium bowl, combine the peanuts, coconut flakes, fish sauce, chiles, oil, lemongrass, sugar, and lime leaves (if using). Spread the mixture out on a sheet pan in a single layer. Bake until the coconut is a deep golden brown, 18 to 20 minutes, stirring every 3 minutes after the first 10 minutes. Remove from the oven and pour the mixture immediately into a bowl to prevent overcooking. Stir to combine and set aside. Remove the soup from the heat and discard the lemongrass. Use an immersion blender to puree the soup. (Alternatively, transfer soup in batches to a blender or food processor and puree.) Taste and adjust for salt and curry paste. Add more stock or water to thin soup to the desired consistency.

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## ABOUT "HOW WE SURVIVE"

"How We Survive" is an award-winning podcast from Marketplace about the messy business of climate solutions. From the glitz and glam of Miami, to the punishing Arizona desert, to a sinking island that our national security depends on, every season takes listeners on an adventure. We're finding the innovative, surprising and occasionally disturbing ways that people are navigating solutions to a changing climate.

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