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## My Zero-Waste Kitchen

All the Advice You Need to Cook Smart and Green, with 80 recipes

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What if cooking without throwing anything away was the start of a new life, a simpler and more respectful life for our planet?

Zero-waste cooking means consuming less, but also better. Anti-waste cooking is also, and above all, simple, accessible cooking, that of the average person, cooking that makes sense and is part of everyday life.

This practical guide is full of tips and tricks, and provides you with the essentials for changing your cooking habits while increasing your enjoyment of food. Why not turn your leftover stew into cappelletti soup or a gratin? And don't throw away your spoiled fruit--turn it into a tasty jam in the microwave!

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