

10/ ROAST A WHOLE CHICKEN

Less processing and less packaging mean less waste. Use the leftover bones to make your own stock (and save a can).
.....

SPECIAL SUNDAY ROAST CHICKEN

4 TO 6 SERVINGS/

Roasted root vegetables and spicy greens complete the meal.

- 1 12-ounce unpeeled russet potato, well scrubbed, cut into 1-inch cubes
- 1 12-ounce yam (red-skinned sweet potato), peeled, cut into 1½-inch cubes
- 2 large carrots, peeled, halved lengthwise, cut crosswise into 1½-inch pieces
- 3 medium parsnips, peeled, cut into 1½-inch pieces
- 1½ tablespoons extra-virgin olive oil
- 3 tablespoons unsalted butter, room temperature
- 2 tablespoons finely chopped fresh sage
- 1 garlic clove, pressed
- 1 4-pound organic chicken
- 1 teaspoon coarse kosher salt
- 8 cups coarsely torn red or green mustard greens
- 1 shallot, minced
- ½ cup dry white wine
- ¼ cup water

Toss first 5 ingredients in large roasting pan. Mix butter, sage, and garlic in small bowl. Place chicken in center of vegetables. Using fingertips, loosen skin from breast. Spread 1 tablespoon sage butter under skin. Rub 1 tablespoon sage butter over entire chicken. Dot vegetables with remaining sage butter. Sprinkle 1 teaspoon salt over vegetables and chicken. **DO AHEAD** Can be made 4 hours ahead. Cover and chill.

Preheat oven to 400°F. Roast chicken and vegetables 15 minutes. Reduce oven temperature to 375°F; continue roasting until instant-read thermometer inserted into chicken thigh registers 165°F and vegetables are tender, stirring vegetables once, about 1 hour.

Place greens and shallot on large deep platter. Spoon 3 tablespoons fat from juices in pan and drizzle over greens; toss to coat. Season with salt and pepper. Using slotted spoon, transfer roasted vegetables to platter, placing atop greens. Tilt chicken, allowing juices to flow

from cavity into pan. Transfer chicken to work surface. Cut into serving pieces and arrange with vegetables atop greens.

Add wine and ¼ cup water to roasting pan. Bring to boil over medium-high heat, stirring to scrape up browned bits. Simmer until slightly reduced, about 3 minutes. Season sauce to taste with salt and pepper. Transfer to small pitcher. Serve chicken, passing pan juices alongside.

11/ BECOME A HUMAN FOOD PROCESSOR

Use less electricity by getting handier with your knife. It's meditative, it's exercise, and it'll make you a better cook.

12/ EAT ALASKAN WILD SALMON

There's arguably only one place that takes care of its salmon stocks in a truly sustainable way: Alaska. And because it's all wild-caught, it's purer in flavor than farm-raised salmon (which is fed pigment and antibiotics). It's also higher in omega-3 fatty acids. To find out where to buy it online, go to wildpacificsalmon.com.

13/ SAVOR SARDINES

America's other favorite fish, canned tuna, needs a break. Troll-caught albacore tuna is the better bet, but if you're looking for an altogether different canned replacement, check out sardines, which aren't at all in danger of being overfished and contain less mercury than tuna. And if you think sardines are fishy, try Bela-Olhão brand from Portugal, which are sweet and not the least bit funky. Order online at mybela.com.

14/ GET THE SCOOP

In the bulk bin section of the market, not only are the nuts, grains, and other dry items free of excessive packaging, they're also minimally processed (which also means less manipulated by fossil-fuel-consuming machines). With the freedom to scoop a little or a lot, you'll buy only what you need.

15/ PLANT AN HEIRLOOM VEGETABLE GARDEN

Heirloom seeds are non-hybrid traditional vegetables that have not been genetically modified. Web retailer heirloomseeds.com has more than 1,100 varieties.