



- 1. Learn** how to shift your diet to more environmentally friendly foods by eating more vegetables, grains, cereals, seeds, legumes and nuts.
- 2. Share** with us why you believe It's Time for Nature and tell us about your act of love for people and the planet.
- 3. Act now!** Purchase local products and reduce food waste at home. Take inspiration from Massimo Bottura's Summer Vegetables and Beans recipe and become a more conscious consumer and cook.



Credits: Emanuele Colombo

SUMMER VEGETABLES AND BEANS

By Massimo Bottura

On a summer day in 2015, Chef Massimo Bottura and the Osteria Francescana brigade were in Milan working in the kitchen of the newly opened Refettorio Ambrosiano. They rummaged through the pantry and took out a case of **canned beans, some surplus vegetables, and several Parmigiano rinds**. They came up with the idea of a summer version of ‘pasta e fagioli’ that they would transform into a savory bean salad served with a crudité of chopped vegetables and diced Parmigiano rinds for texture and flavor. The result was a delicious and simple recipe that can be prepared with sevedged vegetables, beans and pulses and that is good not only for us but also for the Planet.

Beans are one of the 50 future foods*, according to the list of Future 50 Foods - modelled after the FAO definition of sustainable diets. **They are environmental superheroes** that can convert nitrogen from the air and fix it into a form that can be readily used by plants. They also offer us a rich source of fibre, protein and B vitamins. They are eaten in many dishes all over the world and have a mild flavour and meat-like texture, making them a sensible swap for meat in stews, soups and sauces.

This **World Environment Day**, shift your diet to more environmentally friendly foods. Take inspiration from Massimo Bottura’s Summer Vegetables and Beans on Bread is Gold and become a more conscious cook by purchasing local products and reducing food waste at home!

* Future 50 Foods - Knorr/WWF