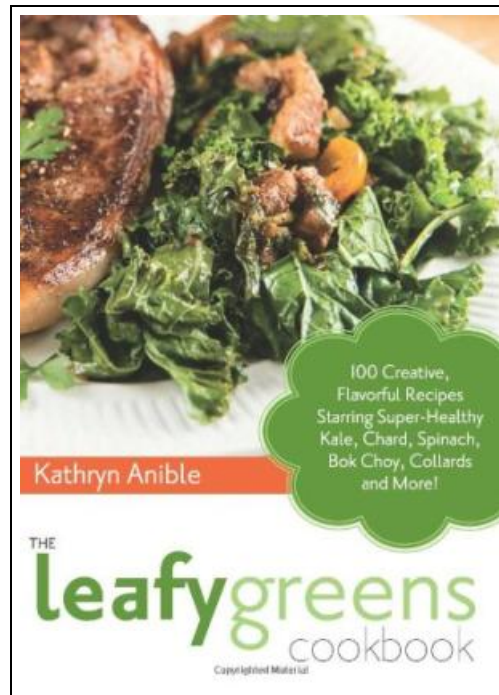


The Leafy Greens Cookbook: 100 Creative, Flavorful Recipes Starring Super-Healthy Kale, Chard, Spinach, Bok Choy, Collards and More!



Filesize: 5.48 MB

Reviews

An extremely wonderful pdf with perfect and lucid information. Better then never, though i am quite late in start reading this one. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Elenor Koch PhD)

THE LEAFY GREENS COOKBOOK: 100 CREATIVE, FLAVORFUL RECIPES STARRING SUPER-HEALTHY KALE, CHARD, SPINACH, BOK CHOY, COLLARDS AND MORE!



Ulysses Press. Paperback. Book Condition: new. BRAND NEW, The Leafy Greens Cookbook: 100 Creative, Flavorful Recipes Starring Super-Healthy Kale, Chard, Spinach, Bok Choy, Collards and More!, Kathryn Anible, SUPER EASY SUPER TASTY SUPERFOODS The Leafy Greens Cookbook is packed with 100 easy-to-make recipes that will have you getting greens into every meal, including: * Swiss Chard Breakfast Burrito * Black Bean, Corn and Kale Salad * Vegetable Egg Rolls * Arugula and Tomato Pizza * Spinach and Ricotta Stuffed Shells * Stir-Fried Bok Choy with Beef * Kale and Chicken Enchiladas * Watercress and Salmon Coconut Curry * Green Pumpkin Spice Smoothie * Blueberry Bok Choy With simple, mouthwatering ways to serve favorite greens like spinach and romaine, as well as new and exciting options like kale and chard, this book shows how eating ultra-nutritious leafy vegetables can be fun and delicious. Packed with health-boosting vitamins, minerals and antioxidants, greens are becoming more popular than ever, and with this book, cooking them into delicious dishes is easier than ever. Serve collards with red beans and rice for a classic taste of the South. Top miso mustard greens with perfectly seared flank steak for an impressive entree. Stuff spinach into a chicken breast wrapped with a slice of bacon to have even the pickiest eater asking for seconds.

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