

The Power Greens Cookbook: 140 Delicious Superfood Recipes

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✓ Verified Book of The Power Greens Cookbook: 140 Delicious Superfood Recipes

Summary:

The Power Greens Cookbook: 140 Delicious Superfood Recipes pdf free download is give to you by familysurvivalcoursesite that give to you for free. The Power Greens Cookbook: 140 Delicious Superfood Recipes pdf download posted by Dana Jacobi at April 12th 2016 has been converted to PDF file that you can show on your device. Fyi, familysurvivalcoursesite do not host The Power Greens Cookbook: 140 Delicious Superfood Recipes download books free pdf on our site, all of pdf files on this server are safed on the internet. We do not have responsibility with missing file of this book.

The Power Greens Cookbook presents 140 delicious, healthy recipes for dark, leafy greens that will please your palate and inspire you to clean your plate.

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Kale and collards donâ€™t have to be the only greens on your shopping list anymore. Rising stars include romaine and parsley, Brussels sprouts and beet greens, and more. But say the words â€œEat your greens,â€• and even though we know theyâ€™re good for us, many people are afraid that they wonâ€™t taste good. Fear no more! The Power Greens Cookbook provides go-to recipes that are both nutritious and delicious.

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Acclaimed cookbook author and blogger Dana Jacobi expands your culinary repertoire and introduces the fifteen Power Greensâ€”from arugula to watercressâ€”that are loaded with health-supporting nutrients and phytochemicals that enhance vitality, all the while protecting against diabetes, heart disease, and high blood pressure, fortifying eyes and muscles, even making your skin glow. Jacobi also shares simple cooking techniques that help you prepare these super veggies quickly. Including main dishes and hearty salads, dips, spreads, snacks, and even drinks, The Power Greens Cookbook offers myriad mouthwatering vegetable-centric recipes.

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â€¢ Soups: Cabbage and Brussels Sprouts Soup, Spinach Gazpacho with Walnuts, Hoppinâ€™ John Stew with Mustard Greens

â€¢ Salads: Caesar Salad with Parmesan Chickpeas, Tuscan Kale Salad with Pomegranate Seeds and Walnuts, Beets and Beet Greens with Citrus Dressing

â€¢ Main Dishes: Red Beans and Smoky Greens, Kale-Smothered Pork Chops with Carrot and Apple, Tortelloni with Broccoli Rabe Florets

â€¢ Small Meals and Snacks: Avocado and Watercress Tartine, Grilled Cheese and Tomato Sandwich with Kimchi, Poached Eggs in a Nest of Bacon-Wilted Kale

â€¢ Side Dishes and Condiments: Carrots with Wild Arugula Pesto, French Lettuce Stir-Fry, Tahini Creamed Spinach, Kale Zaâ€™atar

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Shown in dozens of tantalizing photographs, these dishes are sure to become mainstays in your kitchen for weeknight family meals, casual entertaining, and elegant dinner parties. From the cruciferous and crunchy to the leafy and light, The Power Greens Cookbook is just what the doctorâ€™and your taste budsâ€™ordered.

From the Trade Paperback edition.

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