

Greens Glorious Greens!: More than 140 Ways to Prepare All Those Great-Tasting, Super-Healthy, Beautiful Leafy Greens

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✓ Verified Book of Greens Glorious Greens!: More than 140 Ways to Prepare All Those Great-Tasting, Super-Healthy, Beautiful Leafy Greens

Summary:

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The latest word from the nutrition front is that green leafy vegetables may be our most powerful weapon against cancer and other diseases of aging. Plus, most dark leaf greens are high in nutrients such as beta-carotene, anti-oxidants, folic acid, and fiber.

In Greens Glorious Greens! Johnna lbi and Catherine Walthers, both gourmet natural foods chefs, unlock the mysteries of buying and preparing these delicious vegetables. IN an easy-to-use A-to-Z format, they cover thirty-five different greens, providing nutritional information and a brief historical profile for each, plus tips on how to shop for freshness, and how to store, wash, and cut the greens for maximum flavor. Albi and Walthers offer more than 140 healthy ways to turn these nutritional superstars into delicious salads, soups, stews, entrees, and sautees. Most dishes are quick and easy, low in fat, and of the scale in terms of nutrients and taste. Many of vegetarian and therefore cholesterol free, some contain chicken, beef or fish. Any home cook will delight in this clear and engaging guide to preparing and cooking all the vegetables that are not only good for you, but just plain good.

Recipes include:

Grilled Polenta with Dandelion Greens, Southern Style Black-Eyed Peas and Collard Greens, Cajun Kale Salad, Broccoli Rabe with Toasted Pecans and Currants, Skewered Chicken Teriyaki over Frisee and Arugula

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