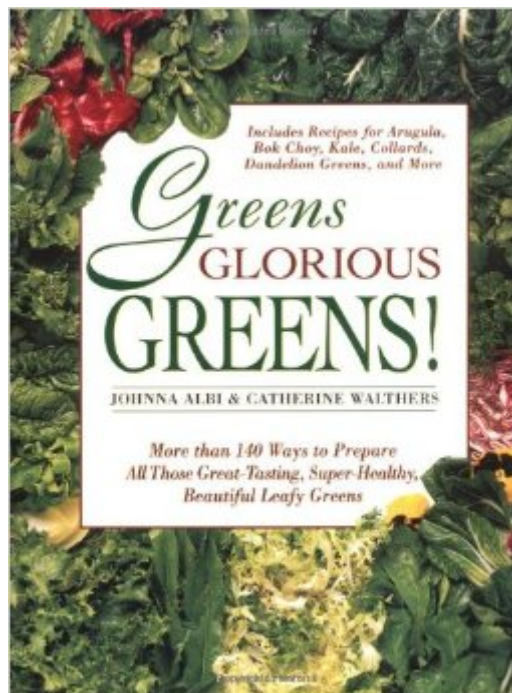


The book was found

# Greens Glorious Greens!: More Than 140 Ways To Prepare All Those Great-Tasting, Super-Healthy, Beautiful Leafy Greens



## Synopsis

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 leafy greens are high in nutrients such as beta-carotene, anti-oxidants, folic acid, and fiber. In *Greens Glorious Greens!* Johnna Ibi 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. Ibi and Walthers offer more than 140 healthy ways to turn these nutritional superstars into delicious salads, soups, stews, entrees, and sautés. Most dishes are quick and easy, low in fat, and of the scale in terms of nutrients and taste. Many are 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 Frisée and Arugula

## Book Information

Paperback: 288 pages

Publisher: St. Martin's Griffin; 1 edition (March 15, 1996)

Language: English

ISBN-10: 0312141084

ISBN-13: 978-0312141080

Product Dimensions: 7 x 0.8 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (98 customer reviews)

Best Sellers Rank: #324,379 in Books (See Top 100 in Books) #74 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads](#) #319 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Creativity & Genius](#) #338 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#)

## Customer Reviews

Just over a year ago I started eating the way Joel Fuhrman M.D. outlined in his book, *Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss*. Eating a vast amount of leafy

greens is a cornerstone of his program. The problem was that I had absolutely no experience with leafy greens other than lettuce and spinach. "Greens, Glorious Greens" came to the rescue. Each leafy green the book deals with is described in detail. Hints are given on what to look for when buying it, how to store it, how to clean it and more importantly, how to cook it. I wish had owned this book when I started on the Eat to Live program as it would have saved me a fair bit of money and angst over ruined kale and collards. I had perfected the technique on how to make them totally unpalatable. Thanks to "Greens, Glorious Greens", I now make delicious kale, swiss chard, mustard greens, turnip greens and arugula. Collards still beat me though. I do not cook with either salt or processed oils but found that the recipes in this book are very forgiving and allow me to eliminate both with ease. The "mustard greens with sweet potato and coconut milk" is one of my favorite dishes when made with kale. It's pretty darned good with mustard greens, but killer with kale. Another favorite is the "Curried potato and kale". My children are especially fond of the "White bean soup with kale and butternut squash". I've yet to make a flop from this book and I have made well over half the recipes. The book scores points for having uncomplicated recipes that take very little of the cook's time to make.

[Download to continue reading...](#)

Greens Glorious Greens!: More than 140 Ways to Prepare All Those Great-Tasting, Super-Healthy, Beautiful Leafy Greens Leafy Greens: An A-to-Z Guide to 30 Types of Greens Plus More than 120 Delicious Recipes More Bread Machine Magic : More Than 140 New Recipes From the Authors of Bread Machine Magic for Use in All Types of Sizes of Bread Machines Leafy Animals: Midnight Edition: A Beautiful Adult Coloring Book with 55 Intricate Animals to Color on Black Paper Beer Tasting & Food Pairing: The Ultimate Guidebook: Become An Expert In Beer Tasting, Food Pairing & Flavor Profiling (Beer, Beer Brewing, Beer Bible, Beer Making) Cakes: More Than 140 Delectable Bakes For Tea Time, Desserts, Parties And Every Special Occasion The Fibromyalgia Cookbook: More than 140 Easy and Delicious Recipes to Fight Chronic Fatigue Glorious Needlepoint: Extraordinary Stitchery Designs from the Author of Glorious Knits Think Outside the Blender: Great-Tasting and Healthy Recipes for Dysphagia Diets Simply Salads: More than 100 Delicious Creative Recipes Made from Prepackaged Greens and a Few Easy-to-Find Ingredients George Foreman's Indoor Grilling Made Easy: More Than 100 Simple, Healthy Ways to Feed Family and Friends Vegan Indian Cooking: 140 Simple and Healthy Vegan Recipes Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes The Perfect Afternoon Tea Recipe Book: More than 160 classic recipes for sandwiches, pretty cakes and bakes, biscuits, bars, pastries, cupcakes, ... and glorious gateaux, with 650 photographs Offray, the Splendor of Ribbon:

More Than 50 Glorious Ribbon Craft Projects How to Prepare for the PCAT: Pharmacy College Admission Test (Barron's How to Prepare for the Pcat Pharmacy College Admission Test) How to Prepare for the Mat: Miller Analogies Test (Barron's How to Prepare for the MAT) Let's Prepare for the PARCC Grade 3 Math Test (Let S Prepare for the Parcc Tests) Fix, Freeze, Feast: Prepare in Bulk and Enjoy by the Serving - More than 125 Recipes The ULTIMATE Guide To Ballroom Dancing for Colleges and Universities: A Ballroom Dancers SECRET FORMULA To Prepare For ANY Competition, Get NOTICED On ... More Awards Than You Ever Thought Possible

[Dmca](#)