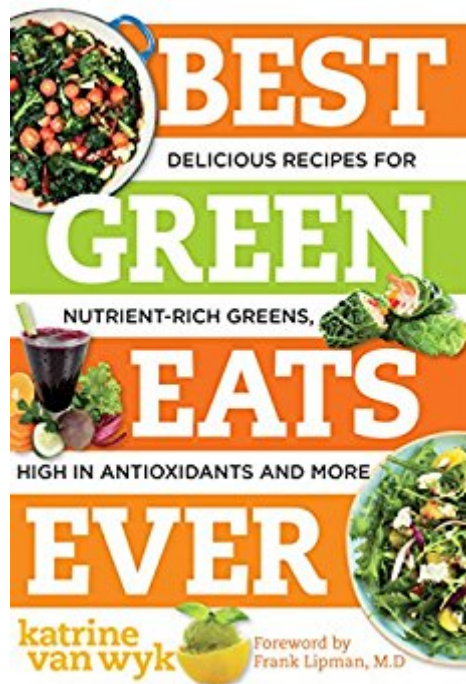


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# Best Green Eats Ever: Delicious Recipes For Nutrient-Rich Leafy Greens, High In Antioxidants And More (Best Ever)



## Synopsis

You can't survive on green drinks alone! For good health, try Katrine Van Wyk's recipes for nutrient-dense collards, kale, broccoli, and other green vegetables. Leafy greens are the talk of the town, for they are the most nutritionally dense foods available. They are versatile ingredients that pack an enormously healthy punch. As Katrine Van Wyk demonstrated in *Best Green Drinks Ever*, leafy greens make terrific smoothies and juices, but she definitely does not recommend an all-liquid diet. To satisfy your hunger and your taste buds, eat this: Grilled Caesar Salad, Shredded Chicken and Savoy Cabbage, Shaved Collard Greens, Brussels Sprouts Chips. With 75 outrageously delicious recipes, there's something for everyone. Also included are modifications to make nearly every dish acceptable for a multitude of diets, from raw to cooked, paleo to vegan to gluten-free.

## Book Information

File Size: 13203 KB

Print Length: 216 pages

Publisher: Countryman Press; 1 edition (January 5, 2015)

Publication Date: December 22, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00PSYG6OW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #915,294 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #141

in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #448 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian > Vegetables #1285 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

## Customer Reviews

*Best Green Eats Ever* is a beautifully presented full color cookbook of over 75 recipes using green vegetables in creative ways. Most recipes have lavish full color photographs and each is easy to follow and modify. It's clear this is a labor of love for the author and the promise of good tasting but healthy food does hold true. The book breaks down as follows: Part One: Green Basics (why eat

greens, which greens do what, local, seasonal, and organic, setting up your kitchen for success, forget about a one size fits all diet); Part Two: Green Recipes (soups, salads, sides, snacks/sauces, mains, treats). As would be expected, there are quite a few smoothie and salad recipes. But there are also quite a few creative recipes, including frozen green juice popsicles, salt and vinegar kale chips, spring comfort pasta, dandelion pesto, sauteed fiddleheads, super simple pea shoot salad with radishes, and creamy spinach soup with egg boats. Naturally, spinach and kale show up in quite a few of the recipes. But lettuces and other green plant leaves are also used liberally. And although the name of the book is green, that doesn't mean you're going to have a sea of green only meals from the recipes. Many are quite colorful and the greens are an accent, not the main flavor. The recipes are beautifully laid out, nearly each one having its own photograph. I do rate one star less because the recipe directions are in short paragraph form and not numbered, making them a bit difficult to follow when cooking. And because I'd have preferred fewer posed shots of the author holding something and instead more shots of the actual dishes. But those are really minor quibbles for an excellent book.

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