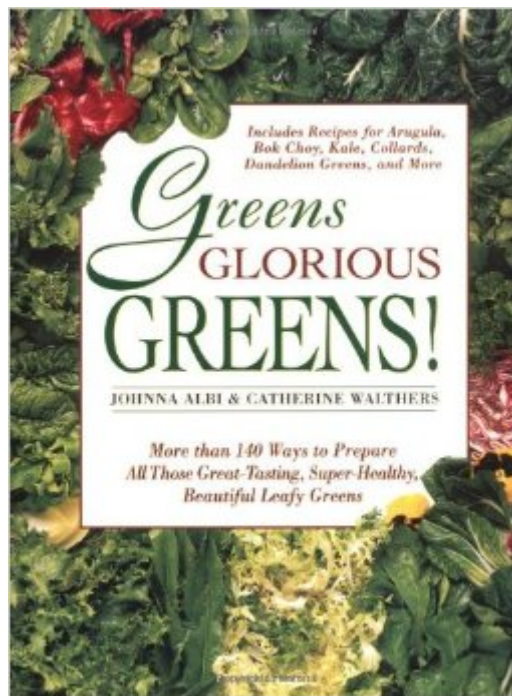


The book was found

# 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 sautees. 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 Frisee 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.

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