



The Book of Greens: A Cook's Compendium of 40 Varieties, from Arugula to Watercress, with More Than 175 Recipes

Jenn Louis, Kathleen Squires

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From one of Portland, Oregon's most acclaimed chefs comes this encyclopedic reference to the world of greens, with more than 150 creative recipes for every meal of the day.

For any home cook who is stuck in a “three-green rut”—who wants to cook healthy, delicious, vegetable-focused meals, but is tired of predictable salads with kale, lettuce, cabbage, and the other usual suspects—*The Book of Greens* has the solution. Chef Jenn Louis has compiled more than 150 recipes for simple, show-stopping fare, from snacks to soups to mains (and even breakfast and dessert) that will inspire you to reach for new greens at the farmers' market, or use your old standbys in totally fresh ways. Organized alphabetically by green, each entry features information on seasonality, nutrition, and prep and storage tips, along with recipes like Grilled Cabbage with Miso and Lime, Radish Greens and Mango Smoothie, and Pasta Dough with Tomato Leaves.

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Sheila Whitley:

Spent a free time to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Can be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of guide that you should read. If you want to try out look for book, may be the e-book untitled The Book of Greens: A Cook's Compendium of 40 Varieties, from Arugula to Watercress, with More Than 175 Recipes can be great book to read. May be it may be best activity to you.

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