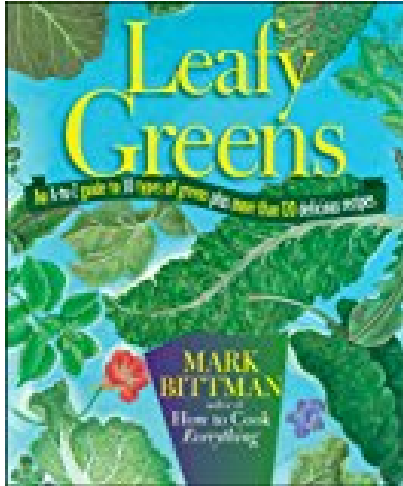


Leafy Greens An A-to-Z Guide to 30 Types of Greens Plus More than 120 Delicious Recipes



BOOK DETAILS

- Author : Mark Bittman
- Pages : 208 Pages
- Publisher : Houghton Mifflin Harcourt
- Language : English
- ISBN : 1118093879

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BOOK SYNOPSIS

Mark Bittmans handy, healthy guide to greens—now back in print! Mark Bittman is one of the nations best-known and most widely respected food writers. The author of the legendary *How to Cook Everything* and *How to Cook Everything Vegetarian*, he's a master of the art of simple, healthy home cooking. In this new reissue of *Leafy Greens*, he describes and explains more than 30 different types of greens—from arugula to kale to wakame (a sea vegetable)—and offers healthy recipes for each green along the way. As one blogger celebrating the book recently put it, "it demystifies obscure greens and celebrates overlooked ones." You'll find more than 120 delicious anti-oxidant-packed recipes for salads, soups, stews, stir-fries, sautés, and more, as well as nutritional information, advice on buying and cooking greens, and which greens make good substitutes for one another. Includes more than 120 savory recipes like Bitter Greens with Bacon, Grilled Radicchio, and Risotto with Arugula and Shrimp. Features more than 65 illustrations that help you quickly identify different types of greens. Begins with a new Introduction by Mark Bittman. If you love healthy cooking or just love greens, this is your ultimate source for handy information, tasty recipes, and fresh meal ideas.

LEAFY GREENS AN A-TO-Z GUIDE TO 30 TYPES OF GREENS PLUS MORE THAN 120 DELICIOUS RECIPES

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