



# **The Leafy Greens Cookbook: 100 Creative, Flavorful Recipes Starring Super-Healthy Kale, Chard, Spinach, Bok Choy, Collards and More!**

*Kathryn Anible*

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# The Leafy Greens Cookbook: 100 Creative, Flavorful Recipes Starring Super-Healthy Kale, Chard, Spinach, Bok Choy, Collards and More!

*Kathryn Anible*

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**SUPER EASY SUPER TASTY SUPERFOODS**

*The Leafy Greens Cookbook* is packed with 100 easy-to-make recipes that will have you getting greens into every meal, including:

- **Swiss Chard Breakfast Burrito**
- **Black Bean, Corn and Kale Salad**
- **Vegetable Egg Rolls**
- **Arugula and Tomato Pizza**
- **Spinach and Ricotta Stuffed Shells**
- **Stir-Fried Bok Choy with Beef**
- **Kale and Chicken Enchiladas**
- **Watercress and Salmon Coconut Curry**
- **Green Pumpkin Spice Smoothie**
- **Blueberry Bok Choy**

With simple, mouthwatering ways to serve favorite greens like spinach and romaine, as well as new and exciting options like kale and chard, this book shows how eating ultra-nutritious leafy vegetables can be fun and delicious.

Packed with health-boosting vitamins, minerals and antioxidants, greens are becoming more popular than ever, and with this book, cooking them into delicious dishes is easier than ever. Serve collards with red beans and rice for a classic taste of the South. Top miso mustard greens with perfectly seared flank steak for an impressive entrée. Stuff spinach into a chicken breast wrapped with a slice of bacon to have even the pickiest eater asking for seconds.

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The experience that you get from The Leafy Greens Cookbook: 100 Creative, Flavorful Recipes Starring Super-Healthy Kale, Chard, Spinach, Bok Choy, Collards and More! will be the more deep you excavating the information that hide inside words the more you get thinking about reading it. It does not mean that this book is hard to know but The Leafy Greens Cookbook: 100 Creative, Flavorful Recipes Starring Super-Healthy Kale, Chard, Spinach, Bok Choy, Collards and More! giving you buzz feeling of reading. The article author conveys their point in a number of way that can be understood simply by anyone who read this because the author of this reserve is well-known enough. This book also makes your vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We advise you for having this particular The Leafy Greens Cookbook: 100 Creative, Flavorful Recipes Starring Super-Healthy Kale, Chard, Spinach, Bok Choy, Collards and More! instantly.

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