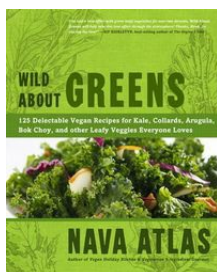


# WILD ABOUT GREENS: 125 DELICIOUS RECIPES FROM HEARTY SOUPS & STEWS TO SUCCULENT SAUTES & SMOOTHIES

Celebrated vegan and vegetarian cookbook author Nava Atlas serves up a comprehensive collection of scrumptious recipes, all featuring ultra-healthy, super-nutritious leafy greens. Kale, collards, spinach, Asian greens, and many more leafy greens are a breeze to grow and prepare--and these 125 recipes showcase the most commonly used varieties in a wide selection of flavorful dishes. Nava's up-to-the-minute ideas range from using sturdy...



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Filesize	5.86 MB

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## Reader's Opinions

3/3 Simon made the Cumin-Roasted Cauliflower & Kale this evening. He says it was pretty easy to make! We agree that it was quite tasty. 3/4 We made Lentil Soup with Greens & Tiny Pasta. We included the optional red wine. I loved the subtle flavorings. Simon felt it...