



# The Complete Leafy Greens Cookbook: 67 Leafy Greens and 250 Recipes

*Susan Sampson*

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*From the common to the somewhat obscure -- everyone is looking to incorporate more leafy greens into their diets.*

This comprehensive book is a reflection of the groundswell of enthusiasm there is out there for healthy eating -- leafy greens in particular. Kale led the charge and now consumers are looking for new alternatives to these inexpensive, nutritious and versatile ingredients.

Dozens of varieties of leafy green (67 to be exact) are featured, each with a photograph for easy identification -- from popular ones like spinach, to the trendy such as kale and collards, to the obscure like mizuna or purslane, which may only be familiar to foragers, avid gardeners or world travelers. But the world is getting smaller every day and our grocery store selection larger, so it's probably just a matter of time before you see these at your local grocers.

All the greens are listed alphabetically, and each listing contains:

- Scientific and alternate names, and types
- Historical information including fascinating folk remedies
- Nutritional information as well as tasting notes
- Recipes that correspond to the particular green
- How to buy, store, prepare and cook the green
- Measures & substitutions, equivalents
- Intriguing and entertaining sidebar boxes.

Susan has created 250 outstanding vegan recipes -- a wide and wonderful variety which can be enjoyed as main dishes, sides and even breakfast. Smoothies are the perfect way to incorporate more greens into your diet. The humble Brussels sprout is elevated to a whole new level in *Brussels and Yukon Hash*, dandelion is dandy in *Penne Boscaiola* and Napa simply shines in *Grilled Kimcheese Sandwiches*. Explore greens from other parts of the world that are now grown in North America -- Yu Choy in *Yu Choy with Saucy Shiitakes and Baby Corn*, or taro leaves that perfectly complete the recipe for *West Indies Pepper Pot Soup*.

So stretch beyond your typical cooking routine and tap into a healthier, more interesting way of eating by simply incorporating more greens into your kitchen.

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