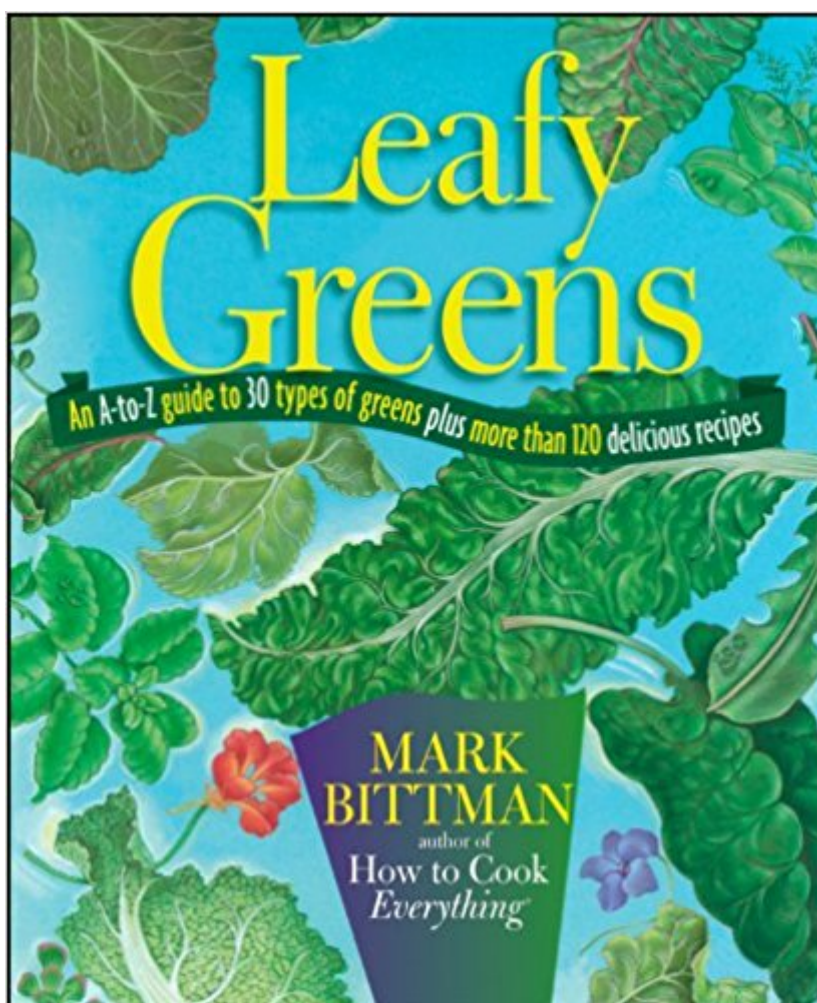


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# Leafy Greens: An A-to-Z Guide To 30 Types Of Greens Plus More Than 120 Delicious Recipes



## Synopsis

Mark Bittman's handy, healthy guide to greens is now back in print! Mark Bittman is one of the nation's 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.

## Book Information

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## Customer Reviews

From the bestselling author of the *How to Cook Everything* and *Food Matters* books, comes the best cooking resource on Leafy Greens. In the world of vegetables, none are more versatile, varied, and exciting than greens. And with farmers' markets everywhere and vastly expanded selections in supermarkets, there has never been a better time to become a fan. In this reissue of his classic

Leafy Greens, bestselling author and New York Times columnist Mark Bittman showcases more than 30 kinds of greens, with recipes that are simple to prepare, and wonderfully delicious. Greens, of course, are among the healthiest foods on the planet. With a wide range of micro-nutrients, vitamins, and minerals, this single food group packs more than its share of nutrition into every bite. In a handy A-to-Z format, Leafy Greens offers practical advice on all the available kinds: the different varieties and how to buy them, their specific nutrients, the best cooking methods, and how to substitute them in recipes. But Bittman wants you to enjoy leafy greens primarily for their flavor. He shows how the bitterness of dandelion and raab, the sweetness of collards, the creamy nuttiness of bok choy, and the tartness of sorrel need little more than a few quick additions to become the star of a wonderful meal. He encourages you to seek out young greens for surprising and delicious salads. Cooking techniques for larger greens are uniformly quick and simple. Almost all greens can be quickly and easily stewed, sautéed, or stir-fried to melting tenderness, or quickly poached, "shocked" in ice, and served cold or reheated for perfect flavor and added convenience. Graze your way through recipes like Thai Beef Salad with Boston Lettuce, Spinach and Lentil Soup, Spicy Cole Slaw, Crispy Skin Salmon with Gingery Kale, and Stir-fried Shrimp with Bok Choi and Black Beans. Lasagna with Endive and Radicchio is perfect for entertaining, while simple dishes like Pasta with Broccoli Raab and Chicken make weeknight meals a snap. Leafy Greens has everything: great ideas for salads, soups, sides, and mains; key nutritional information; the cooking guidance you need to make a vast array of green vegetables a delicious part of your daily diet. And with Bittman as your teacher, you know you're getting a batch of wonderful recipes from America's favorite home cook.

Mark Bittman's handy guide to healthy, delicious greens Kale and collards. Radicchio. Chinese cabbage. Swiss chard. Mustard greens. Broccoli raab. Arugula. Belgian endive. Greens are among our most delicious, nutritious, and versatile vegetables. All of us know we should be cooking with them, but few of us know how. In this newly re-released version of his classic Leafy Greens, bestselling author Mark Bittman shares what he knows about more than 30 common kinds of greens so that you can start eating satisfying salads, sides, and main courses featuring them every day. Bittman will help you learn where and when to purchase them, why they're good for you, and how to cook them in more than 120 delicious, healthy ways. And with his easy-to-use A-to-Z format and single-page recipes, Leafy Greens packs as much information into one book as there are micro-nutrients in a bunch of kale. Look inside for delicious recipes like: Grilled Chicken Salad with Mesclun Gingered Cabbage Coconut Curry Soup with Chard Risotto with Arugula and Shrimp

Hamburgers with Spinach and Parmesan Baked Penne with Radicchio and Gorgonzola Corn and Kale Stew . . .plus many more!

Another example of Mark Bittman's uniquely expansive cookery writing, highly recommended for everyone trying to follow Michael Pollan's food rules: Eat food. Not too much. Mostly green. This well-organized slim volume provides introductions to and insight into the most exotic and most familiar leafy greens plus cooking directives that aren't so much recipes as techniques. For example, for a simple cabbage soup, Bittman provides a German version right alongside the Asian prototype. His soil-to-serving-platter suggestions indicate that he's evidently grown a great deal of the produce he describes and knows precisely when best to harvest for maximum flavor. Buy the book; take it to the farmers' market with you, and enjoy!

This is a great new cookbook, beautifully written, organized, and timely. Every day something appears in the newspapers, etc. about the unhealthy diet in America. This small, beautifully printed paperback book literally invites you in and Mark Bittman makes you want to try every recipe and suggestion in the book (which I am doing). The fact that he lost 35 lbs. writing the book make it even more interesting!

I'm a big fan of Mark Bittman's recent work. His old Minimalist cookbooks don't impress me much, but ever since he started to act more like Michael Pollan he's been a favorite of mine. This is a small (compared to How To Cook Everything) book that focuses on leafy greens. I think it is eminently successful. The index needs to be your friend. I'm not really certain what order the recipes are in, so without the index it would be an exhaustive search to find anything. The first part of the book is well worth mentioning. It talks about leafy greens (individually), explaining what they are, what they do, what they're like, etc. The recipes are mostly just recipes, but the explanations of greens are useful beyond attempting a single recipe.

I have four of Mr. Bittman's books and love them all. Even though this is a bit duplicative, we decided having this slimmer volume handy would help us up our creativity with greens. Trying to up the "greens and beans" portion of our diet with more variety in terms of both types of greens and tastes. He's an encouraging writer.

Lots of easy recipes. Love it.

Although this book has no pictures, it is loaded with information! It is the best reference I've found for rating the various kinds of greens according to nutritive value and plant species. Mark Bittman also gives generous details on how to cook the bitterness, toughness, and oxalic acid out of greens.

Good book on greens. Friendly feel and good recipes.

This book provides an array of healthy recipes for those of us who know greens are good for us. The book has interesting recipes and explanations of them. I'm so glad I bought this book and so will you if you buy it.

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