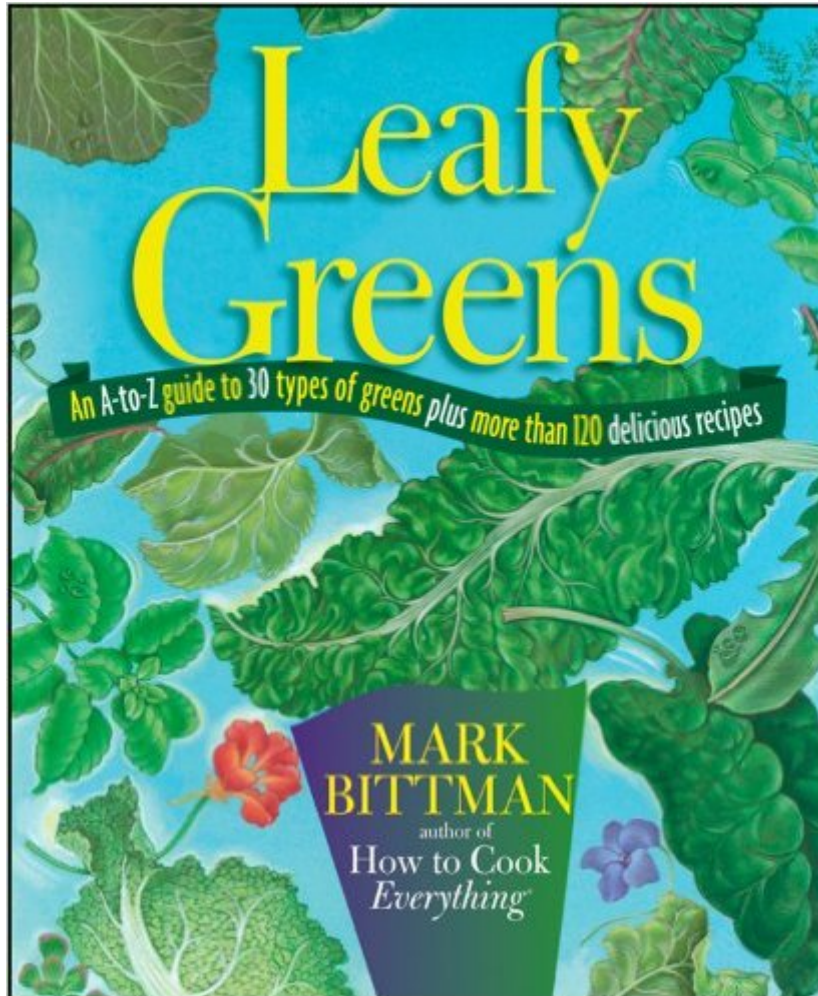


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# Leafy Greens: An A-to-Z Guide To 30 Types Of Greens Plus More Than 120 Delicious Recipes



## 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

The book title caught my attention because I am always looking for new ways to have greens. The recipes in the book are, for the most part, nice to have. The ingredient lists are not overly complicated. However, the bulk of the recipes call for meat, seafood or dairy. No further ethical statement here, just beware if you were expecting a book for plant eaters you might look elsewhere.

So, you have stood in how many Asian grocery stores looking at the abundant greenery of these leafy veges? Too embarrassed to ask the cashier what the hell to do to do with it . So you amble out with your head hung in wonderment. Wonder no more! Bittman to the rescue. Which pugnent goes with which sweet. Ohh the texture and the lace like delicatness of each leaf. He will set you straight. A true saviour to the salad bowl. I'm enlightened and impressed. No more boring B-B-Q salads. Thankyou.

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 successfull. 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.

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 thqt he lost 35 lbs. writing the book make it even more interesting!

For the last 3+ years, I've followed a vegan version of Dr. Junger's Clean elimination diet 85% of the time (pancakes...oatmeal with cream/butter weakness). This set of recipes makes for an effortless & yummy way to remain on task. "The Greens" section includes the varieties, nutritional information, buying, cooking and substitution tips from Alaria to Watercress. With that said, I was a bit surprised to see that the recipes here included meat, however, the soup recipes alone more than made up for my confusion. After the first flip through, I wasn't going to let a bit of animal protein keep me from enjoying these simple treasures. With a large majority of the soup recipes, vegetable stock can be substituted for the chicken stock, coconut oil for butter, soy sauce for tamari, and meat can be left out altogether--for those who need or have a preference. I'm loving the: Garlic Soup with Spinach Creamy Kale Soup Cabbage Soup-Asian Style Kale Soup with Soy (Gluten-Free Tamari) &

LimeCoconut Curry Soup with ChardChicken Soup with Chines Cabbage & Thin Noodles--with rice noodles, sans chickenSpinach and Lentil SoupSoup of Greens, Beans & RiceCorn & Kale StewMr. Bittman includes many variations (greens, fruit, veggies, herbs, meat, etc.) for recipes and in addition to the soup category, there is a salad, side dish, light dish and main course section. With the weather finally warming up, I can't wait to dive into the Salad in Pita Bread with Tahini Dressing (sans Pita) and the Napa Cabbage Salad with Sesame Vinaigrette. The salad section also includes a tempting array of vinaigrettes and a Thai Beef Salad with Boston Lettuce that my meat eaters request.Each category offers a fetching assortment including the Spinach in Coconut Milk, Sauteed Broccoli Raab with Curry, Brazilian Style Kale, Pasta with Chickpeas & Kale, Red Cooked Collards, Stew of White Beans, Butternut Squash & Kale--and these are just a few of the vegan/vegetarian offerings. This copy has rewards for the vegan, the vegetarian and the carnivore. Although, I incorrectly assumed this edition was only about (vegan/vegetarian) greens, I'm so thrilled I didn't miss out on this collection.These simple, straightforward recipes--with easy to locate & interchangeable ingredients--make it a snap to adapt and master for your pleasure! I've ordered additional copies for loved ones. In addition, there was no reason for me to downgrade the rating due to the drawings and lack of color images of various dishes.Straightforward gifts for the vegan, vegetarian or carnivore!

Bittman was good before he got famous - this book dates from 1997 or so. He describes and distinguishes among 30 types of greens, and gives a bunch (pun intended) of straightforward recipes for using them in tasty ways. Also methods for cooking them plain, with recommendations for which methods work best for which greens.We use this book all the time, and have replaced two copies that disappeared, probably into the hands of housesitters.An updated version is coming out in the spring of 2012, but if you are fond of greens its worthwhile to grab a used copy now. Why wait?

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.

Very useful book, especially for the gardening details. I've read a lot about gardening for leafy greens, but Bittman provides any number of enlightening details I hadn't found elsewhere. (And

demystifies the confusion about oregano! Thanks MB!)The recipes can be found elsewhere these days, though when he wrote the book there was likely a paucity of good instructions for preparing greens.

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