



Wild About Greens: 125 Delectable Vegan Recipes for Kale, Collards, Arugula, Bok Choy, and other Leafy Veggies Everyone Loves

Nava Atlas

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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 collard greens as wrappers for savory fillings to making luscious dips from arugula and watercress. There's even a section on green juices and smoothies that make it easier than ever to incorporate the most nutritious foods on earth into delicious everyday fare that everyone can enjoy.

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