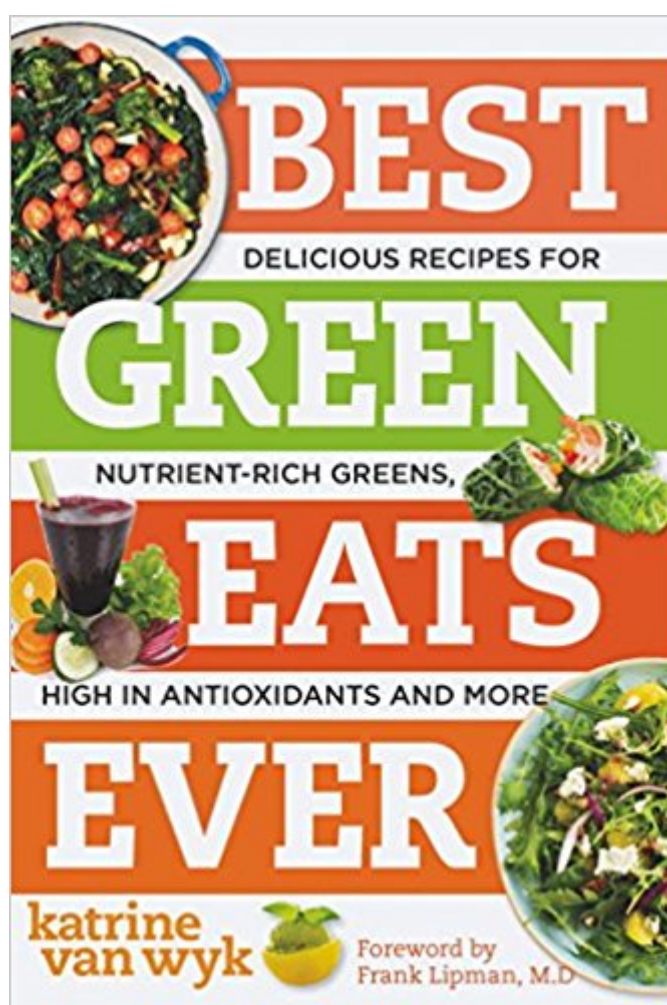


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# Best Green Eats Ever: Delicious Recipes For Nutrient-Rich Leafy Greens, High In Antioxidants And More (Best Ever)



## Synopsis

You can't survive on green drinks alone! For good health, try Katrine Van Wyk's recipes for nutrient-dense collards, kale, broccoli, and other green vegetables. Leafy greens are the talk of the town, for they are the most nutritionally dense foods available. They are versatile ingredients that pack an enormously healthy punch. As Katrine Van Wyk demonstrated in *Best Green Drinks Ever*, leafy greens make terrific smoothies and juices, but she definitely does not recommend an all-liquid diet. To satisfy your hunger and your tastebuds eat this: Grilled Caesar Salad Shredded Chicken and Savoy Cabbage Shaved Collard Greens Brussels Sprouts Chips With 75 outrageously delicious recipes, there's something for everyone. Also included are modifications to make nearly every dish acceptable for a multitude of diets, from raw to cooked, paleo to vegan to gluten-free. 50 Color Photographs

## Book Information

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## Customer Reviews

Katrine van Wyk came to New York from Norway as a model. Her personal struggles with food allergies led her to attend the Institute for Integrative Nutrition. She is now a wellness expert for MindBodyGreen.com and a certified 200 RYT yoga teacher. Van Wyk helped develop smoothies and juices for Equinox's juice bars in London and Toronto. She lives in Brooklyn, New York.

I love both of these books but am only a beginner. I've read them through, learned, prepared mentally, prepared supermarket, prepared little stashes of frozen cups of fruits and avocados, and

berries and cucumbers, spinach, etc. It's so handy!! And then finally began with a few of the simple Green Drinks - also some yoghurt/fruit smoothies...and they're wonderful!! Easy and delicious!! Will get back to you on the Green EATS...

I use this book every week and have bought it for family members as a gift. It's that good. I love eating green and this book has fantastic recipes for just that! Plus, the zucchini squares are to die for. I never liked brussel sprouts until preparing them the way Katrine has! The recipes are not hard to manage either. Not too time consuming either - as I am a mom of young ones! Love this book!!

Great recipes, really like this book.

I love this book! It's full of tasty, delicious and green recipes and a very useful information part about different greens and why they're good for you, all written in the down to earth voice of the author who along the way shares stories from her kitchen in a way that makes you feel invited in to her table. The pictures are lovely, and I often leaf through the book looking for a new recipe to try or just to let that green inspiration flow through me!

Great book. it arrived in good condition and i've already made a few things. I normally don't like veggies but I'm trying to eat better and this really helps.

What great recipes, my husband loves this book. We are trying many of the recipes so good, if you like greens this is a great book of recipes!!!

Wonderful recipes, beautifully presented!!

Best Green Eats Ever is a beautifully presented full color cookbook of over 75 recipes using green vegetables in creative ways. Most recipes have lavish full color photographs and each is easy to follow and modify. It's clear this is a labor of love for the author and the promise of good tasting but healthy food does hold true. The book breaks down as follows: Part One: Green Basics (why eat greens, which greens do what, local, seasonal, and organic, setting up your kitchen for success, forget about a one size fits all diet); Part Two: Green Recipes (soups, salads, sides, snacks/sauces, mains, treats). As would be expected, there are quite a few smoothie and salad recipes. But there are also quite a few creative recipes, including frozen green juice popsicles, salt and vinegar kale

chips, spring comfort pasta, dandelion pesto, sauteed fiddleheads, super simple pea shoot salad with radishes, and creamy spinach soup with egg boats. Naturally, spinach and kale show up in quite a few of the recipes. But lettuces and other green plant leaves are also used liberally. And although the name of the book is green, that doesn't mean you're going to have a sea of green only meals from the recipes. Many are quite colorful and the greens are an accent, not the main flavor. The recipes are beautifully laid out, nearly each one having its own photograph. I do rate one star less because the recipe directions are in short paragraph form and not numbered, making them a bit difficult to follow when cooking. And because I'd have preferred fewer posed shots of the author holding something and instead more shots of the actual dishes. But those are really minor quibbles for an excellent book. A nice feature of the book is that the recipes have modification information for specific diets; eg., vegetarian, paleo, GF. Storage and serving size info are also given. This is a great book to explore recipes that are surprisingly simple to make but complex in their taste. As well, most of the book is the recipe section and not a lot of extra talk. Author Van Wyk is brief in the beginning with information on where to get the greens, when to get them, and which ones are the best for health benefits so the focus stays on the recipes. In all, nicely presented recipe book with interesting yet healthy meals. Reviewed from an ARC provided by the publisher.

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