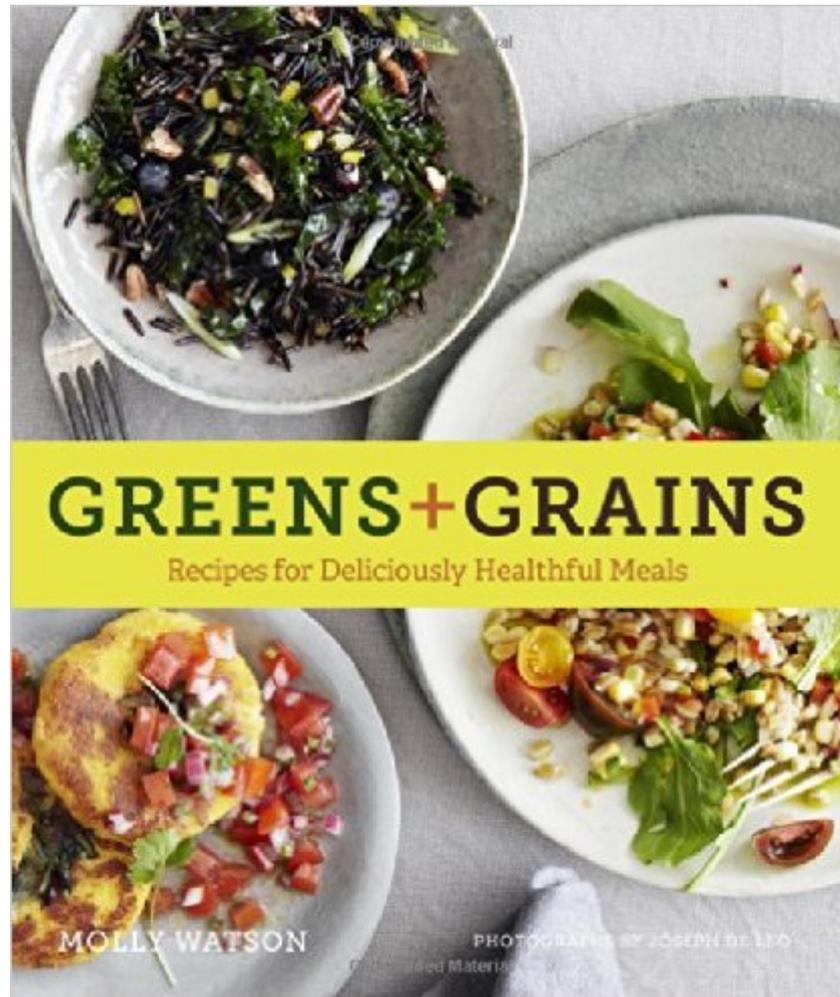


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# Greens + Grains: Recipes For Deliciously Healthful Meals



## Synopsis

People are eating more greens and grains and feeling virtuous about the abundant vitamins and minerals and invaluable protein and fiber. Best of all, these foods are utterly delicious! The 45 creative recipes in this book combine greens and grains in dishes for all meal occasions that burst with flavor, color, and lushness. These flexible recipes not only make weeknight dinners, many requiring only one pot, but also provide a comprehensive reference of cooking methods for dozens of grains, from quinoa to rye berries. More than 30 mouthwatering photographs convey the beauty of grains and "hot" greens, such as kale, chard, spinach, escarole, nettles, and collards. This is an indispensable book for the health-conscious home cook.

## Book Information

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## Customer Reviews

This is a wonderful cookbook. I was looking for a way to familiarize myself with all the grains available out there and incorporate them more into my diet. This had an excellent and unusual mix of recipes using various grains and greens together. The recipes were delicious and healthy. Some of my favorite: Chard, farro, fennel salad with lemon and feta; Corn, cilantro and farro salad with chili dressing and Wild rice salad with kale, pecans and blueberries. The berries really bring something special and refreshing to this salad. I loved the fact that she didn't drown her salads in vinegar dressings. I also loved the cornmeal cakes stuffed with greens and served with fresh salsa. I recommend doubling the recipe as it only makes six or so small pancakes. You can have left-over corncakes for a savory breakfast. And the leek chicken soup with oats was fantastic. Who would have thought of adding steel-cut oats to soup would taste so good? It was a refreshing and hearty

change from noodle soup. I added a little lemon juice to bring out the lemony favor of the sorrel. It was helpful as well that other greens with similar favor to sorrel are suggested by the author, as sorrel can be hard to come by. My only criticism, and it's a small one, is that I'd love to have had a photograph with each recipe. It's just helpful in allowing readers to envision what their finished dish should look like. I highly recommend this book for those looking to incorporate more grains and greens into your diet in healthy, delicious ways.

I've enjoyed the recipes I've tried so far, but I can see that I won't fully utilize the whole cookbook. Some recipes try a little too hard to meet the theme of Greens + Grains. Overall though it'll be a nice resource for me as I try to increase my consumption of both greens and grains.

A great cookbook to kick off the new year! My family loves everything I've made from here, and the recipes are highly adaptable. The chicken with butternut squash, kale, and farro was a particular hit at our house. The recipes are healthy, but not oppressively so - you will not feel deprived!

For an e-book, this isn't half bad. I'm always on the lookout for recipes to add to my collection and this definitely did the trick. It probably would have looked better on a color e-reader, but I read it on my Kindle Paperwhite, and it was just okay. Still, I suppose you could read it on a regular computer. I would have liked it if it included shopping lists for the meals, but I guess that's why they have services out there that can do that stuff for you. All in all, this was a good purchase.

These recipes are both delicious and utterly reliable, and the cookbook is beautiful! Favorites: the little cornmeal cakes stuffed with greens and topped with salsa; pea greens with tofu; polenta with dandelion greens and soft-boiled eggs; and plenty more. We loved some of the more unexpected combinations and the inclusion of less familiar greens and grains, as well as the solid guidance on how to swap out different yet similar greens. We've long been a fan of the author's excellent recipes on her Local Foods page, and are delighted to see this cookbook.

Inspiring book! The dishes I have tried so far, like the farro/chard/ricotta casserole, are delicious and easy, and I am looking forward to making many more in January so that I can feel virtuous while eating very well.

Hands down my favorite cookbook in a long while! I've been following Molly Watson for years and

refer frequently to her Local Foods blog for much of my cooking inspiration. I'm thrilled to have the new, healthy and delicious recipes in this book! You won't be disappointed - and hopefully will make you a follower of Molly from here on.

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