



The Complete Idiot's Guide Greens Cookbook (Idiot's Guides)

Trish Sebben-Krupka

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The Complete Idiot's Guide® Greens Cookbook includes more than 200 mostly vegan and many vegetarian recipes for greens and provides nutritional and preparation information to help readers get the most flavor and nutrition from the greens they eat. In addition to traditional greens, this cookbook covers many newly-popular greens, such as bok choy, beet, kale, and dandelion.

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