



## 50 Shades Of Kale

*Drew Ramsey, Jennifer Iserloh*

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50 SHADES OF KALE by Dr. Drew Ramsey and veteran cookbook author Jennifer Iserloh is a colorful, delicious, and fun cookbook with 50 decadent recipes using Mother Nature's top super food. Chock-full of meal plans and tips for optimal kale care and preparation, 50 SHADES OF KALE compellingly makes the case for why you need to include it in your culinary repertoire now. Whether you are vegan, gluten-free, or a knife carrying meat eater, Dr. Ramsey and Iserloh will turn you on to kale.

Tongue-in-cheek introductions, gorgeous photos, and a simmering essay on kale's health benefit, add a playful element as Dr. Drew exposes kale's scientific side and health attributes and Jennifer highlights kale in some sinfully good recipes. From breakfast to cocktails, Kaleonnaise to Thai'd Up Roughage, readers learn fifty new pleasing ways to partner kale. Devour spicy Kalejitos, tasty Kale Chicken Enchiladas, and decadent Chocolate Kale Chip Cookies, without regret — every dish is less than 400 calories.

Before this wild collection of recipes (including vegan and gluten-free options), Dr. Drew and Jennifer provide a quick review of what actually makes kale one of the healthiest foods and is followed by tips for optimal kale shopping and preparation. Readers also learn Ramsey and Iserloh's simple, but vital lessons for acquiring excellent and healthful meat, eggs, and seafood.

## 50 Shades Of Kale Details

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## From Reader Review 50 Shades Of Kale for online ebook

### **Ellen (more books, please) says**

Good. Carried the theme all the way through the book. That was a bit annoying, but well done.

Excellent recipes but... some just seemed like, "Here is my fajita recipe, so I am going to throw in some kale."

But they also had chocolate chip kale cookies and some nice smoothies.

The recipes are thorough with ingredient descriptions, steps to make and nutritional info. Very nice indeed.

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### **Gaufre says**

Saw this at the library and it made me laugh.

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### **Rose-Ellen says**

This book is designed to take advantage of both the food craze fad and the similarly named book series and movie. From the chapter headings, text and photos, everything appears to be aimed to fans of the dubiously famed Grey.

I've never been what you'd call enthusiastic about eating kale, but I don't think I would hate it either. I looked through the book, and found about a dozen kale recipes that I might try. There's kale with scrambled or sunny-side-up eggs, kale with pasta, kale soups, kale chicken Kung Pao, kale with grilled cheese, kale in salads and kaleslaw (anyway, kale can't be very dissimilar to cabbage) and even kale-onaise.

The authors advocate several current healthy trends, such as using organic kale (less likelihood of being drenched with pesticides), choose meat from grass-fed animals, and the bacon in recipes are supposed to be nitrate-free. The nutritional virtues of kale are detailed with enthusiasm. Each recipe is accompanied with nutrient counts, so if you're watching your fat or sodium, or looking for higher sources of fiber, there you are.

The authors admitted there aren't actually 50 varieties of the vegetable, maybe in the 40s, and described a few types. I know it's supposed to be a cookbook, not a botanical treatise, but (as a gardener with more than a passing interest in botanical nomenclature) I would have liked more of a breakdown.

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### **Stacie says**

This is an innovative cookbook. It gives you all the science of why kale is one of the best foods you can eat

and a bunch of great recipes to try... and the photography is fantastic! You get hungry leafing through this book (pun intended).

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### **Martha says**

The photographs for this book were beautiful, one of the things that I first look for in a cookbook. Hey, if there's no pictures, my childlike interest will NOT be maintained! ;)

The only reason I would skip over this book is because of personal choice (I'm vegan and this is chockfull of meat/dairy recipes), but I didn't let that affect my rating.

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### **Rebekah Martin says**

I refuse to read "50 Shades of Grey." People tell me 'Don't knock it until you try it,' but like my mother and the Harry Potter Series, I'm just not interested.

I am, however, interested in Kale. And parodies. And cooking. This book was a really fast read with tasty-looking recipes that I say I'll try, but until I actually remember, I probably won't. This book made me laugh, as cookbooks don't do very often, and gave interesting facts on Kale, which is a leafy green that tends to freak people out (Seriously, I added chopped kale to chicken and dumplings, and my dad tried to pick his out. To be fair, though, my dad doesn't like green things, except sweet pickles and mint chip ice cream).

I'll read 50 Shades like this. It's healthy information on a healthy vegetable. I won't read 50 Shades of Grey, unhealthy information (and from what I understand, a complete bitch-slap to a controversial lifestyle) on what I gather is a mentally unhealthy couple.

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### **Liz De Coster says**

I could have forgiven the silly concept if the recipes had been good ... But unfortunately they largely looked forced, unappetizing, or unoriginal. There's nothing wrong with kale and scrambled eggs, but you don't need a pandering cookbook recipe for that.

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### **Jacqueline Kawate says**

I picked 5 or 6 good recipes from this book. If nice fresh kale were more readily available I probably would cook it more. I have to travel to a Whole Foods to buy good kale. The stuff at my local Stop & Shop usually looks older than me.

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### **Crystal says**

I don't often review cookbooks, because I feel like unless I use at least MOST of the recipes, it's not fair to review them. However, this book I'm reviewing without trying any of the recipes. Why? Because this is the least original cookbook I may have ever seen. I get it. Kale is trendy right now. Fifty shades is an ironic theme. Let's be clever and make a cookbook about it. so instead of making a legitimate cookbook with normal recipes, the authors shoehorned kale into anything they could think of. Want green mayo? there's a recipe for blending kale into store-bought mayonaisse. really. In the mood for chocolate chip cookies? Don't forget to add some shredded kale. It seemed like they took a lot of pre-existing recipes featuring spinach and just replaced it with kale and called it a new recipe. Why do I especially think this? Because I recognized two of the recipes specifically, that in their original form were released prior to publication of this cookbook. There's a version of Natalia's chocolate cherry Shake from Everyday Happy Herbivore that uses kale instead of spinach. that's it. there's also a white bean sausage kale soup recipe that I recognized because I found it on a bag of kale many years ago, and made quite often until we stopped eating meat (it's good. I won't lie. I miss it.). I couldn't see any difference between the two soup recipes. Is this how cookbook writing works? Because if so, being a recipe collector, I could TOTALLY write up my own cookbook with "hy own" recipes really fast. Publishers here I come!

Is that to say the recipes are bad? No. they don't fit my diet anyway, as there's a fair amount of animal products and gluten. However, I'd be the last to discourage anyone from eating veggies, even if it's just because they're trendy. (After all, I gave this cookbook a try because I'm always looking for new ways to serve veggies.) And for the most part, these are basic, solid recipes. (If you don't mind kale in your cookies and bloody mary's.). The recipes are simple enough and ingredients familiar enough that even a beginner cook should feel comfortable with many of them. So if you want simple and conventionally healthy dishes, and don't mind lack of originality bordering on plagiarism, then give it a try. You might be pleasantly surprised. I wasn't.

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## **Darren says**

This reviewer must declare a large amount of initial scepticism to this book, perhaps because it was trying to jump on a bandwagon with its title.

Even the book's publicity information just turns the screw of despair: "America's favourite vegetable gets sexy with 50 kale-centric recipes that are not only mouth-wateringly delicious, but also do a body good. What was the blockbuster book of 2012? (Hint: it begins with "50") What was the most buzz-worthy vegetable of 2012? (Hint: it's leafy and green.)"

So, you've guessed, this is a book about kale. The history or the method behind this book IS quite interesting. The authors decided to previously create a cookbook that linked two of the most popular trends sweeping America: bondage and kale - as you do (!) - and self-published an ebook that seemed to far exceed their expectations and now some time later, the book has been redesigned, rephotographed, edited and generally been renovated beyond its original specification.

Does it work though..? Yes and no! This reviewer found the shoehorned inferences to 50 Shades of Grey and the faux cutey language a little grating and it detracted from the overall positives of this book. Call me old-fashioned or out-of-touch if you will. The content of the book could have stood on its own without the oh-so-funny headlines like "Love Her Molecules" or "Morning Quickies." If you can just strip all of this padding away you are left with a fairly informative text about kale, its diversity and various benefits as well as a fair amount of interesting, well written recipes. The "usual niggles" exist in this book too, namely the sole use of U.S. imperial unit measures and no at-a-glance estimated preparation and cooking times are given. At the

price of this book, before any online discounts, you might need to find if you can gel with it and whether the styling works for you or works against you. On the balance of things it just didn't work for this reviewer and one would have been annoyed paying a fairly high price for it.

One wanted to desperately like this book. It has so much potential but the execution just felt a let down due to the styling. It is no moral issue either, the book just didn't need "sexing up". It would have been a great book without it. It just feels silly as it currently stands. And that is a great, great shame. Check the book out if you can, see if you can bear to rip out the offending pages or just mentally ignore them. Sadly a whole-hearted recommendation cannot be given, despite the book's central core being deserving of this. So, Fifty Shades of Kale became Fifty Shades of Disappointment.

Fifty Shades of Kale: 50 Fresh and Satisfying Recipes That Are Bound to Please by Drew Ramsey & Jennifer Iserloh and published by HarperWave/HarperCollins. ISBN 9780062272881, 176 pages. Typical price USD21.99. YYY.

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### **Karima says**

Clever title, I guess, but please, don't make a sex-toy out of kale. The authors decided to put together a cookbook that linked two hot items, kale and bondage. I found the photographs, with cooking utensils and vegetables tied up with twine rather disturbing ( though I did like the bound knives on page 84). There are six chapters, all with provocative titles (e.g.: Morning Quickies, Getting Satisfied, Naughty and Nice) which are in keeping with the title of the book. Clever? I guess.

Good descriptions on the benefits of kale (Love Her Molecules) and varieties of kale and their pairings. Esp. interested in some of the beverage recipes. There's a Kale Pico Sour an energy drink and even a Kalejito.

Surprised that there were not more recipes using raw kale.

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### **lisa says**

I hate, HATE the title and theme of this book. I mean, come ON. What idiot made that call. However, that being said, I am very intrigued by the recipes in this book. (Chocolate chip cookies and kung pao chicken.) I love kale, and am excited to have more recipes to use it in.

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### **Vidya Tiru says**

#### **Fifty Shades of Kale**

I discovered the flavors of kale just last year. I am not a fan of seaweed and somehow every time I saw photos of kale initially, it always was crispy kale and that reminded me of seaweed. So I never felt I should

look for kale in the grocery stores. Finally, however, I decided to try it out. I got some frozen kale and added it to my pasta and that was great! Then I tried it out as part of an Indian curry and we all loved it. I have since used it many ways, many cuisines.

That was one of the reasons I picked up this book. I liked the information and some of the ideas in the book. The recipes are OK – being a vegetarian, the number of recipes I could use here were few – of those, some were really recipes I would like to try out while others were what I have already tried – by adding kale to my recipes across cuisines.

Rating: B-

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### **Holly Woodward says**

Excellent recipes--I love the sweets with kale.

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### **Norkett says**

A nice collection of recipes; the majority are quite simple. So simple, the book provides ideas for switching out your regular lettuce (iceberg, etc) for kale in things such as tacos. Other simple ideas were to add it as on topping on pizza or in a smoothie. The more involved dishes are a few kinds of soup and chicken dishes. I've already tried the recipe for roasted kale chips and it turned out well. It was a fun read, because it had me laughing but also it was interesting to learn about the variety of kale as I have only used the lacinato in salad, etc, which was the first kind I was introduced to.

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