



Wild About Greens: 125 Delicious Recipes from Hearty Soups & Stews to Succulent Sautes & Smoothies

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.

Wild About Greens: 125 Delicious Recipes from Hearty Soups & Stews to Succulent Sautes & Smoothies Details

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From Reader Review Wild About Greens: 125 Delicious Recipes from Hearty Soups & Stews to Succulent Sautes & Smoothies for online ebook

Rachel says

This has been on my to-read list for awhile, but I could never get a copy of it at the library because it was always checked out. And no wonder, as it is a really well-done cookbook. I am always on the lookout for new and interesting ways to do greens as I know how good they are for you, and my hubby is currently growing spinach and kale in our home garden. The book starts out with very basic prep and then adds them to pasta, beans, grains, salads, soups and more things. Plus I figure the recipes in this cookbook will allow me to branch out in my enjoyment of greens and tackle new-to-me greens such as Balsamic-Glazed Chickpeas & Mustard Greens, Curried Sweet Potatoes with Chard and Chickpeas, Pad See Ew (Thai Rice Noodles with Chinese Broccoli), and Hoisin-Glazed Collard Greens & Sweet Potatoes. 5 stars.

Deb says

We almost all need to get more greens into our diet and so I am always looking for new recipes and ideas. Wild About Greens has 125 recipes for the more common greens like spinach, kale, collards, chard, watercress and the less used (at least for me) like tatsoi, mizuna, turnip greens, etc. There is info on the nutritional properties of the greens and it covers basic tips for cooking with them.

The recipes range from dips and dressings to salads, soups, side dishes and vegan main dishes and some excellent juicing and smoothie recipes. So far I have tried the Spinach Pina Colada Smoothie, the Greens, Cucumber & Pineapple Smoothie--both were delicious, and the Spinach & Lettuce Refresher juice--very green ;-) but good.

The Leek & Potato Soup with Watercress was creamy and satisfying. Here's a link to that recipe and pictures of the dish: <http://kahakaikitchen.blogspot.com/20...>

This book is a fairly comprehensive resource for cooking greens. There are more drawings than pictures (four doubled-side photo pages in the center only) but the recipes seem clear and easy enough to follow.

Shea says

Love, love, love this cookbook! It begins with a quick introduction on prep topics such as freezing, cleaning, and dehydrating greens. Pretty basic stuff, but a quick view-over will help you out if you need some tips. It then follows with a outline of all the greens used within the recipes. This section is extra useful because it organizes all the books' recipes according to the type of green used. You can easily find recipes according to what veggies you have on hand. Very nice!

Following that, you have a standard table of contents that contains side dishes, main courses, sauces, dips, and smoothies. Lots of instruction is given on braising, steaming, sauteing, and stir-frying. There are not

many pictures of the dishes within the book, but the recipes more than make up for it. I like that the recipes are fluid in that you can substitute different greens according to season and create new variations of recipes. Some of my favorites are Lemony Wild Rice w/ Greens, Balsamic-Glazed Chickpeas & Mustard Greens, and Quinoa w/ Kale, Sweet Potatoes, & Pecans. Will update with pics soon...

Lisa Vegan says

There should have been a photograph of each recipe, on the recipe page(s) but unfortunately there are only 8 photos, all in a center section of the book. I did enjoy the included drawings and the colors on the pages though.

½ star off for the relative lack of photos and ½ star off for so much oil, but a full star back for focusing on greens! And this is one rare case when using some oil makes sense to me; I'd just use less. Given how many servings most of the recipes make, there rarely is a lot of oil per serving. It's just I'm not used to using much oil.

Thanks to Don and Monica and other members of the Vegan Cooking & Cookbooks group who are posting their recipe results from this book, sometimes with photos, in this thread:

<http://www.goodreads.com/topic/show/9...>

I love greens but in the past I haven't eaten them at home on a regular basis, and I want to change that, so I really appreciate this book. Its biggest strength, for me, is the inclusion of so many basic preparation techniques and helpful tips and guidelines.

While most of the recipes look wonderful and generally easy to prepare, it's the ideas I got from the book that thrill me the most.

Some recipes stand out for me. These include most of the soups and stews (soups/stews are how I'm used to using greens at home), some of the massaged kale salads, the curried sweet potatoes with chard and chickpeas, the spicy peanut or cashew sauce, the avocado-tahini dressing, the spinach or arugula & miso pesto, and the oven-baked kale chips. And actually so many more!

This book will take a place on my kitchen bookcase; many cookbooks have places in overflow areas in other rooms.

I also love the Fahrenheit to Celsius converter formula; I don't think I've seen it elsewhere. (Though really U.S., shouldn't we all be on the metric system by now?!)

I did notice that many of the recipes, if made as is, make 4 to 12 servings each, except for the smoothies & juices which make enough for 2 servings.

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I spent a lot of time with this book but not as much time writing its review as I usually do. I do want to say that I highly recommend it for any eater/cook/reader who is interested in using more greens. The recipes are doable, the instructions clear and very informative, and it inspired me to eat more greens and eat more healthfully overall.

Julie says

3/3 Simon made the Cumin-Roasted Cauliflower & Kale this evening. He says it was pretty easy to make! We agree that it was quite tasty. 3/4 We made Lentil Soup with Greens & Tiny Pasta. We included the optional red wine. I loved the subtle flavorings. Simon felt it needed spicing up! 3/24 By now we have tried a good selection of the recipes & discovered the delights of arugula. Now my latest favorite green after kale! Conclusion: this cookbook is filled with great recipes that prove that healthy can also mean delicious!

Nancy says

As in most of Nava Atlas' cookbooks, these recipes are straightforward and relatively uncomplicated. Besides utilizing the more common greens such as kale and arugula, Ms Atlas includes recipes for under-used greens such as tatsoi & mizuna, beet, turnip & radish greens. Many recipes suggest a number of substitutions for the showcased green, lending greater versatility to the book. If you enjoy kale salad, there are eight recipes to choose from! Also included are recipes for soups & stews, main dishes, more salads, and green juices & smoothies. The several recipes I have made so far have proven to be quite delicious.

Bernadette says

More good information, and tasty, easy recipes from Nava Atlas, whose website I have followed for year, and yes, they just happen to be all vegan.

Beautiful photography by Susan Voisin, the talent behind

Nava does not disappoint in encouraging cooks to do more than just sauté or boil greens. From extolling the health benefits of leafy greens, telling us the benefits of various greens & how to choose, store & prep them, then giving us various ways to enjoy them in our bellies, she shares loads of useful information. Most of the recipes are for cooked greens, with sections on having them raw, via salads, juices and smoothies, included. My personal favorites: Stir-fried collard greens with variations, kale chips, Black rice with black eyed peas and greens, Rosemary potatoes, collard greens & vegan sausage. Big fan of collards, so will work my way thru those recipes first, while fresh collards are in season in the south cause it's winter.

Amy says

Excellent recipes that feature greens as a main course instead of just a side dish. Thanks to this book, I tried collard greens and bok choy for the first time and I loved them.

Dana says

So far I've tried 6 recipes. they've all been good and enjoyed by the whole family. Plus they are really quick to prepare.

Kate says

Too often I find vegan cookbooks don't focus enough on the vegetables, and "vegetable" cookbooks are rare, and usually weak. This, however, is MARVELOUS! So many ideas for new flavours and concoctions!

Adrielle says

Beautiful book full of useful recipes! I had a few things sitting my fridge waiting to be used up, so I looked in the index of Wild About Greens and viola! I found recipes to make two entire meals with ingredients I already had.

I'm looking forward to trying more.

The only section I would not get much use from is the one for juices and smoothies. I generally just don't care for them.

I checked this out from the library, but will be looking buy it for myself soon.

Bundt says

One of my favorite things to buy every week is organic kale and mustard greens, but other than my standby recipe for kale chips or using it in soups, I wasn't really sure how to show it off to its best advantage. Enter Nava Atlas's "Wild About Greens," which will give you 125 vegan recipes for kale, collards, mustard greens, and more.

The journey begins with a brief guide to preparation and an illustrated who's who of greens, from common varieties (spinach, kale, chard), to those I'd looked at but didn't know how to prepare (including Asian greens such as tatsoi and mizuna, beet greens, dandelion greens, turnip and radish greens). Thanks to Nava, I learned that you can freeze greens by blanching them and putting them into freezer bags (before, I had the

bad habit of leaving them in the fridge until the end of the week when they were past their prime).

Chapter 1 appropriately starts with basic preparations, including sautés, braising, and stir-fries. I particularly enjoyed the Mediterranean greens with pine nuts and raisins and the chard with raisins and pecans from this chapter. Subsequent chapters focus on heartier combinations of greens and grains and/or beans, including pasta with two beans and escarole, rosemary potatoes and collard greens with vegan sausage, and ragout of broccoli rabe with white beans and porcini mushrooms.

I was first introduced to massaged kale salads in Nava's *Vegan Holiday Kitchen: More than 200 Delicious, Festive Recipes for Special Occasions* so I was happy to see a wider variety here, including kale salad with fresh fruit and radicchio and Asian-flavored kale and napa cabbage salad. You'll find a large variety of soups utilizing greens, including the wonderful Italian-style potato and escarole soup (I added sun-dried tomatoes that I had on hand, and it really added an extra layer of texture and flavor). Finally, the recipes are rounded out by a juicing primer and such unusual flavors as beets and greens juice with apples and ginger, sparkling spinach juice, and several greens-based smoothies: spinach and mango smoothie, nutty chocolate-banana and spinach smoothie, and kale and pear smoothie.

One small note: the text color on some of the sections is very light and there is little contrast against the background, making these recipes difficult to read from a distance. Also, there are relatively few photos if you're one of those who likes to see photos for each recipe. And finally, no nutritional info is given, which would have been appreciated.

Verdict: "Wild About Greens" is a great way to make the most of bountiful seasonal/regional greens and is sure to expand your recipe repertoire. There's enough variety that you can easily cook through several weeks of recipes without a repeat, and you'll find various international influences (Italian, Asian, Mexican) to boot. This is a great primer for CSA members or anyone looking to eat more healthfully.

(Thanks to Nava Atlas for the review copy!)

Steve says

This is a great cookbook to pull off the shelf when your drawer of greens needs to become a delicious meal. Everyone has a drawer devoted to greens right? No, buy this book and dedicate a drawer in your fridge to greens! I find it most helpful to pull up the opening pages and reference how the greens should be stored, cleaned and prepared.

Sps says

Ok so I am giving this the benefit of the doubt, meaning three stars, because I only tried one recipe.* Perhaps someday I'll give the book a second chance and make at least one more recipe. Such as in retirement.**

And anyway that one recipe left me ambivalent. On the one hand, the flavors were good and the execution was simple. On the other hand, the liquid:rice ratio was totally off, and because I didn't trust my cook's sense and went with the measurements as written, we ended up with some really soggy rice. One could even say that it was soggy-ass rice. And nobody likes that, even if the flavors are good.

*Yes, in a book of vegan leafy greens recipes. Tells you something that only one recipe called out to me.
Maybe that is why I don't have any of her other cookbooks.

**Other things to do in retirement:

Take up lawn bowling at the Lake Merritt lawn bowling club.

Subscribe to and completely read the *NY Review of Books*.

Learn poetry by heart.

Dance 2x/week to prevent dementia.

Marianna Monaco says

In particular, I love all the kale recipes, and the instructions about "massaging" kale.

Kale, which is tough, becomes a great salad green, once massaged.
