



Good Better Green: The most inventive recipes to help you eat more greens (Hardback)

By Zita Steyn

Quadrille Publishing Ltd, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. We know we should eat more greens, but we so easily get stuck in a rut and just steam some broccoli or green beans, time and time again. The recipes in this beautiful book demonstrate how to incorporate leafy greens, green vegetables and herbs in new and exciting ways and in any meal. Soups, sauces, dips, sides, mains, salads, juices and bakes - there are so many ways with greens, whether they re the star of your meal, or concealed in a dish to make them kid-friendly! Forget boring healthy eating, the key to eating well is to have the inspiration to make interesting and varied dishes that pack a nutritional punch while still being delicious. Try Butternut Squash Lasagne with Spring Greens, Lamb, Mint and Coriander Burgers, or Avocado and Lime Curd Tartlets. Good Better Green has all this, as well as an at-a-glance guide to cooking all sorts of greens to accompany a meal.



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Reviews

The publication is straightforward in study safer to recognize. It is written in straightforward words and never hard to understand. It has been printed in an extremely straightforward way and it is just after i finished reading this book through which basically modified me, affect the way i think.

-- **Percy Bernhard**

Simply no terms to explain. I am quite late in start reading this one, but better then never. It has been written in an remarkably easy way and is particularly merely soon after i finished reading this book where basically changed me, affect the way i really believe.

-- **Prof. Jedediah Kuhic DVM**