



Kale: The Complete Guide to the World's Most Powerful Superfood (Superfoods for Life)

Stephanie Pedersen

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Kale is the veggie everyone's gone mad for—from farmers and foodies to celebrity chefs! For those eager to get in on this healthy, tasty trend, here is a fun-to-read, one-stop resource for all things kale, including more than 75 recipes to entice, satisfy, and boost your well-being. The dishes include meltingly tender stews, flash-sautéed side dishes, salads and slaws, sandwiches, smoothies, and even muffins and chips. Stephanie Pedersen, a holistic health counselor and experienced health writer, provides dozens of tips for making kale delicious and desirable to even the most finicky eater. You'll even learn how to start your own kale garden and turn over a new leaf for a healthier life.

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