



## **Eat Your Greens (Food Heroes)**

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### **Eat Your Greens (Food Heroes)**

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#### Eat Your Greens (Food Heroes) Parragon Books

This cookbook will offer all you need to create delicious homemade meals with these most versatile of ingredients. From cooking greens, such as kale, collard greens, and Brussels sprouts, through to salad greens, such as lettuce, arugula, and watercress, there are so many types of leafy greens to discover and enjoy. Tasty and nutritious, they make the perfect ingredients for scrumptious salads and soups, mouthwatering entrees, and even green juices.



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