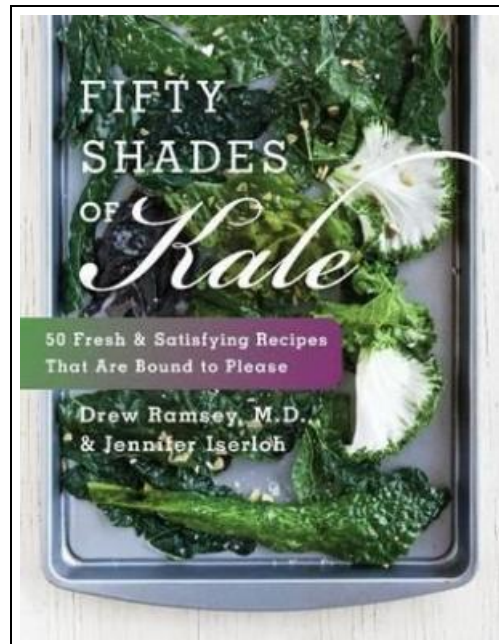


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FIFTY SHADES OF KALE: 50 FRESH AND SATISFYING RECIPES THAT ARE BOUND TO PLEASE



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HarperCollins Publishers, 2013. Hardback. Condition: New. Nothing is sexier than a sharp mind atop a lean, healthy body. Few foods are able to deliver this promise like kale. She is the ideal plant in many ways: beautiful, versatile, nourishing, and downright delicious. And these days, she's become a pretty popular dish. Unfortunately, many of kale's admirers have fallen into the same boring routine: she's chopped and served raw, gently sautéed, lightly steamed, or juiced. Kale has been subjected to a lack of imagination-until now. In *Fifty Shades of Kale*, you'll discover fifty enticing new ways to enjoy one of Mother Nature's hottest properties. Linger in bed with a luscious Cheddar Kale Omelet; get your hands a little dirty with afternoon quickies like Zucchini and Kale Bites; turn up the heat with Chipotle Flank Steak with Lime, Black Beans, and Kale, or Spicy Mussels with Kale; and surrender to your most forbidden cravings with Chocolate Chip Kale Cookies or Kale and Black Cherry Sorbet. With fifty mouth-watering recipes for kale-centric breakfasts, starters, mains, ****tails, and desserts, *Fifty Shades of Kale* is certain to spice up your routine and show you how to experiment in the kitchen, cook yourself sexy, and indulge without guilt. Satisfaction guaranteed. Hardback.



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