



Kale, Glorious Kale

Catherine Walthers

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Kale, Glorious Kale is the gateway to the greatest green superfood we have. Rich in antioxidants, fiber, flavonoids, and more, kale has created a whole green food movement.

Now, with the guidance of bestselling cookbook author Cathy Walthers and the stunning photography of Alison Shaw, every home cook can explore the multitude of ways this most healthy of foods can be made into delectable and satisfying meals. From Baked Eggs Over Kale in the morning to kale snacks and appetizers, salads, soups, side dishes and main courses like Pork Braised with Kale and Cider for dinner, *Kale, Glorious Kale* will be your complete guide to the greatest of green vegetables.

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