



Fifty Shades of Kale: 50 Fresh and Satisfying Recipes That Are Bound to Please

By Drew, M.D. Ramsey, Jennifer Iserloh

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Kale gets sexy in *Fifty Shades of Kale* by Drew Ramsey, M.D., and Jennifer Iserloh, with 50 recipes that are mouth-wateringly delicious and do a body good.

Release yourself from the bondage of guilt and start cooking meals with the ingredients you love: meat, cheese, and yes—even butter. Nutrient-rich kale provides essential vitamins and minerals to keep you healthy, happy, and lean—so you can indulge in your most delicious desires. Whether you're a cooking novice or a real kale submissive, you will undoubtedly succumb to Kale's charms.

From Mushroom and Kale Risotto to Kale Kiwi Gazpacho, *Fifty Shade of Kale* offers simple ways to have your kale and eat it, too, as well as nutritional information, cooking tips, and a tutorial on kale in all her glorious shades.

Indulge your culinary passions with *Fifty Shades of Kale: 50 Fresh and Satisfying Recipes That Are Bound to Please*.

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Editorial Review

From the Back Cover

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, cocktails, 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.

About the Author

Drew Ramsey, M.D., is a psychiatrist, author, and farmer. Dr. Ramsey is an assistant clinical professor of psychiatry at Columbia University in New York and an attending psychiatrist at the New York State Psychiatric Institute. His clinical work focuses on the treatment of depression and anxiety with a combination of psychotherapy, diet and lifestyle modification, and psychopharmacology. His writing has appeared in *The New York Times*, *The Huffington Post*, *The Atlantic*, *Prevention*, and *Men's Journal*, and he is the coauthor of *The Happiness Diet*. He lives in New York City with his wife and daughter.

Jennifer Iserloh is an author, chef, and recipe developer. She is the author of *Secrets of a Skinny Chef*, *Yoga Body Diet*, and *Active Calorie Diet*, and she created the recipes for Joy Bauer's *Food Cures*, Jessica Seinfeld's *Deceptively Delicious* and *Double Delicious*, and Elisabeth Hasselbeck's *Deliciously Gluten Free*. Jennifer contributes to *SELF*, *Prevention*, *InStyle*, *People*, *First for Women*, and *The Huffington Post*, among other outlets. She lives with her husband in Hoboken, New Jersey.

Users Review

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Doug Herring:

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Jeff Sanchez:

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