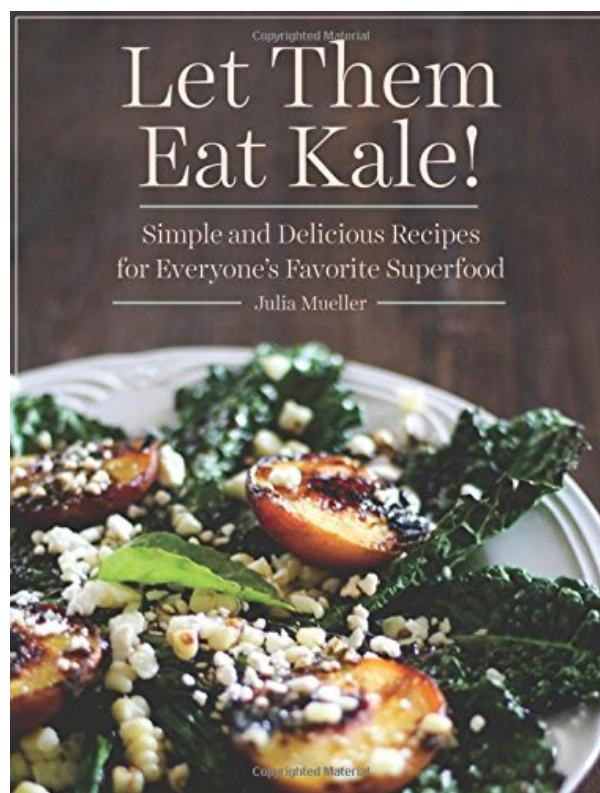
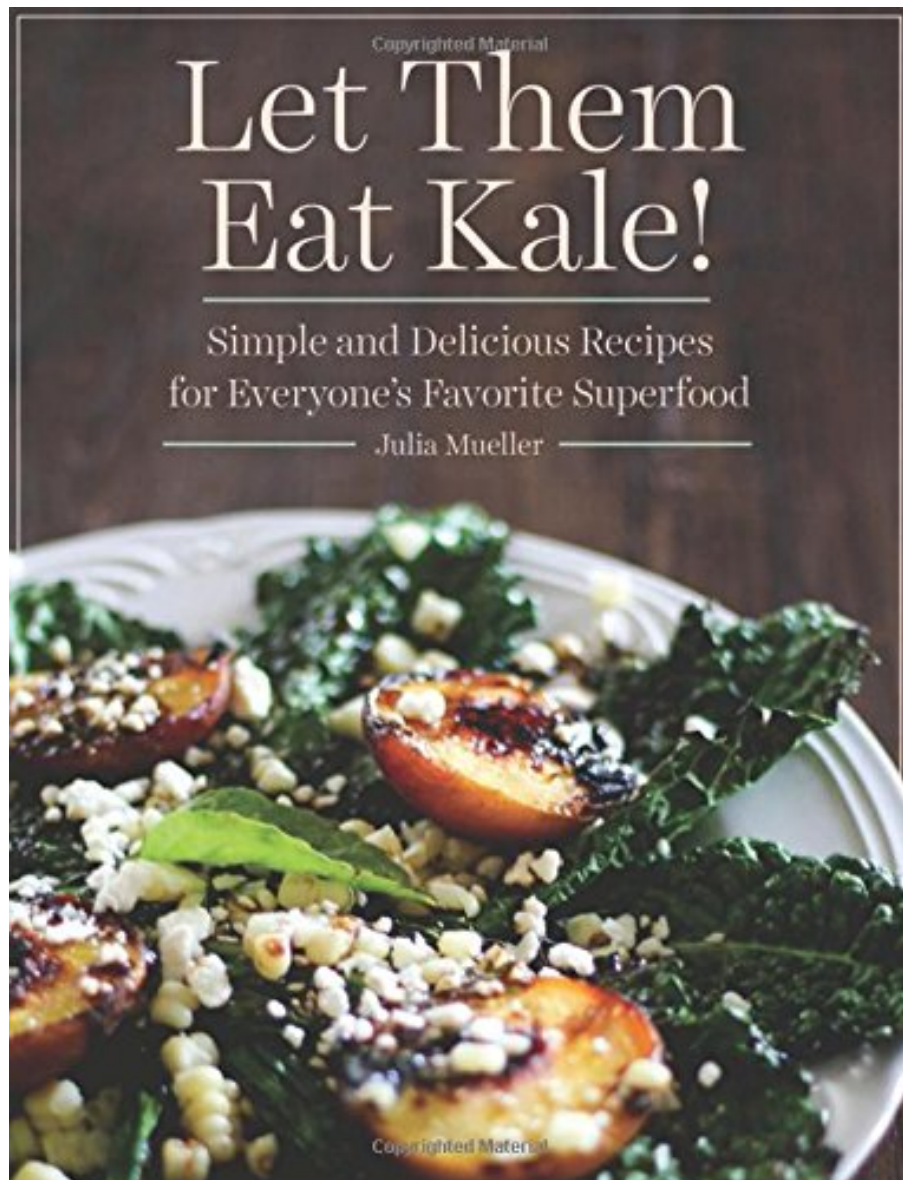


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## About the Author

Julia Mueller is the author of The Roasted Root, a blog dedicated to providing nutrient-rich, healthy recipes that are fun, easy to make, and tasty. She is also the author of Delicious Probiotic Drinks.

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# **LET THEM EAT KALE!: SIMPLE AND DELICIOUS RECIPES FOR EVERYONE'S FAVORITE SUPERFOOD BY JULIA MUELLER PDF**

Kale is considered one of the world's most powerful superfoods for very good reasons. It's packed with antioxidants, which help neutralize free radicals in the body, which, in turn, helps to prevent many kinds of cancer. Just one cup provides more than 100 percent of the daily value of vitamins A, C, and K, and it's low calorie, high in fiber, and fat-free. Furthermore, kale is high in iron and has a good dose of omega-3 fatty acids, which work as an anti-inflammatory and help fight arthritis, asthma, and autoimmune disorders. And to top all that off, author Julia Mueller proves that it can be delicious.

With seventy-five recipes for breakfast, lunch, dinner, snack time, and even dessert, your whole family will quickly fall in love with kale. Here's a sampling of the recipes included:

- Blackened salmon with garlicky Cajun kale
- Butternut squash and kale chili
- Cauliflower and kale yellow curry
- Grilled kale, peach, and corn salad with basil honey balsamic vinaigrette
- Indian chickpea stew with kale
- Roasted beet, walnut, and kale pesto
- Sausage, fennel, and kale soup
- Sautéed shrimp and kale tacos with pineapple, corn, and kale salsa
- Savory cheesy kale pancakes
- Shrimp, artichoke heart, sun-dried tomato pesto pizza
- Turkey sliders with caramelized onions, sautéed kale, and blue cheese

Each recipe is paired with a gorgeous full-color photo, making this not only a great cookbook, but a beautiful one as well. Whether you're an experienced chef, or just trying it out for the first time, Let Them Eat Kale! is an invaluable resource for a delicious, healthy kitchen.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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#### About the Author

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3 of 3 people found the following review helpful.

You've had some clothing or a hairdo that you would just prefer to never see again — and you are so very happy Facebook wasn't a

By Brian M. O'Rourke

Some trends can be silly. You've had some clothing or a hairdo that you would just prefer to never see again — and you are so very happy Facebook wasn't around when you indulged.

Other trends are significant and even good for you. Kale is one of those. All of a sudden, kale is popping up everywhere. In restaurants, in grocery stores and the farmers markets, and on book shelves. If you go to Amazon and search for "kale" there are 123 hits today, with certainly more tomorrow. And most of these books are recent, published just in the last year.

So, if want to find excellent kale recipes, maybe make your own kale chips because the Whole Foods price reminds you of gold and silver, where do you turn? Which of those new kale cookbooks really gives you a bevy of wonderful recipes that you will enjoy and return to?

I'm intrigued by *Let Them Eat Kale!* by Julia Mueller from Skyhorse Publishing. A first, and a minor reason, is that I do believe Marie Antoinette unfortunately was misquoted. Again, that was a before-Facebook event so we'll never know.

What we do know is that author Julia Mueller has worked with dedication to fashion an array of recipes, from breakfast to dinner's main dishes, that employ kale as a key ingredient. Sometimes as the dominant ingredient, sometimes simply as an addition to integrate the nutritional values that make kale such a useful food.

In her Introduction, Julia presents kale from multiple aspects, explaining how that very basic and bitter taste can infiltrate into your culinary life. Julia's a convert, preferring kale to other greens in her salads. If you read my review of *Taste*, you know that there are genetic issues at play here: while humans normally avoid bitter foods, we have evolved to go for the healthy ones. And kale, as Julia points out, is very healthy. Kale is a nutrient-dense superfood packed with vitamins and minerals. The varieties of kale and the varieties of ways to cook it are all presented by Julia in few key pages.

Then it is time for the recipe chapters. Here they are with some representatives of Julia's clever yet practical recipe development:

Breakfast: Chorizo, Potato and Kale Hash; Peach and Kale Stem Smoothie; Poached Egg over Sautéed Kale  
Appetizers, Side Dishes and Snacks: Vegan Cheese Kale Chips; Cheddar Kale Skillet Cornbread; Southwest Stuffed Bell Peppers; Zesty Kale Slaw  
Salads: Fall Harvest Kale Salad with Cinnamon-Orange Dressing; Roasted Beet and Fig Massaged Kale Salad with Blackberry Vinaigrette

Soups, Stews and Chilis: Butternut Squash and Kale Chili; Creamy Sweet Potato and Kale Soup; Sausage, Fennel and Kale Soup

Main Dishes: Eggplant, Kale and Chickpea Tacos with Charmoula Sauce; Cauliflower and Kale Yellow Curry; Sautéed Shrimp and Kale Tacos with Pineapple, Corn, and Kale Salsa

Sauces, Salsa, and Spreads: Roasted Garlic Kale Hummus; White Bean Kale Dip; Chimichurri Sauce

To gauge this book, it's important to see the spectrum of recipes here. Some are old food friends with kale just woven into the mix to modify the flavor, texture and nutritional values, like the Southwestern Bell Peppers. Some recipes — the Eggplant, Kale and Chickpea Tacos, for example — display Julia's creative instincts. You'll find many totally new dishes here that will entice you to experiment in your kitchen.

And, thankfully, there is no Dessert chapter here with silly Kale Brownies. Julia displays some serious common sense along with her sparkling creativity.

It's impossible to thumb through this book and not stop several times to ponder a recipe. A major reason for that is the accompanying photos. Each recipe gets a lovely full page close up shot of the dish. And, in a bright book design by Skyhorse Publishing, the photos extend all the way to the edge of the page. There are no photo margins and the effect is just what you need: the photos seem to pour out beyond the page, inviting you to look twice and hopefully begin cooking.

Suzen and I began with kale salads a couple of years, just one of those culinary accidents that happen. For her corporate team building events at Cooking by the Book, Suzen introduced kale salad onto the menu and the effect was pretty dramatic: we've had corporate lawyers coming back into the kitchen asking for seconds. Now, with Let Them Eat Kale! we have a wonderful array of salads and beyond to treat our customers and ourselves.

Treat yourself. Get on the kale bandwagon and have Let Them Eat Kale! as your guide.

11 of 13 people found the following review helpful.

I was very disappointed. It was a good idea to see how ...

By H Fox

I was very disappointed. It was a good idea to see how versatile a popular addition to a healthy diet can be. But Julia Mueller needs an editor or at least a friend who is a novice cook willing to try her recipes exactly as they are written.

Did she mean to use the ear of corn with the kernels removed?

If step 2 is to preheat the oven to 400 degrees, why wait to use it for the two hours the ingredients sat in the refrigerator, and then put the oven to 375?

If you are making burrito, wouldn't it be good to tell how to assemble them?

Why not start the instructions with the process that takes longer and then the one that could be done while the first cooks?

If she lists 1 cup of shredded cheddar cheese in the ingredients, why do the instructions say to add grated parmesan?

Please! The ingredients she is working with are wonderful and there is an imaginative combination of flavors.

But beware: this is a book for experienced cooks willing to finish the process of recipe writing that the author and publisher did not do.

2 of 2 people found the following review helpful.

Kale Lovers (or Haters) Dream!

By A

I have been following Julia's blog for over a couple years now and have always loved her passion for

produce and healthy veggies. Her vegetable –rich dishes are inspiring and simply beautiful. It was no surprise when she came out with this cookbook.. She uses her same “veggie packed” recipe philosophy in this book but makes a greater emphasis on healthy kale and she does it so creatively and deliciously! If you hate kale, this book will show you how to ENJOY this green and if you already love kale, you're going to be in for a treat.

This book is full of 75 amazing recipes that literally transform this tough green into delicious dishes. Recipe are simple and also many are gluten-free, vegetarian or dairy-free. Every single recipe is packed with healthy proteins and other great vegetables.

If you are looking for more ways to enjoy kale, or just need some inspiration on how to get started using this green, this cookbook is for you! And if you need any motivation to buy this book, one look at the authors blog ([www.theroastedroot.net](http://www.theroastedroot.net)) will make up your mind!

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