



Great Meals With Greens and Grains: Over 80 Easy Recipes For Delicious and Healthy Vegetarian Dishes

Megan Wolf

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Make Eating More Greens and Grains Great

Eat better, feel better and live better by adding more greens to your diet. Megan Wolf has created more than 80 delicious recipes to get more vegetables, grains and whole foods into your meals. Megan's simple and approachable style of cooking helps demystify ancient grains like quinoa and freekeh and modern grains like couscous and polenta so you'll have delicious, healthy meals in no time.

As a Registered Dietician, Megan lives and breathes healthy cooking. She shows readers how to create meals that are not only cost-effective, but may also help improve cardiovascular health and aid in weight loss by consuming less meat. These accessible and enticing dishes include Kale Caesar Salad with Challah Croutons, Marsala Mushroom Farro Risotto and Forbidden Rice Salad with Golden Beets, Raisins and Walnuts. Megan also includes gluten-free, vegan and raw options, so there's something for everyone.

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