



The I Hate Kale Cookbook: 35 Recipes to Change Your Mind

Tucker Shaw

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There are a lot of reasons to hate kale. It's an upstart. It's painfully hip. It's super healthy. Kale will never be bacon.

But here's the thing: If you can get past the hate, you'll figure out that kale is worth eating. Not just because it's good for you, but also because it tastes delicious, once you know what you're doing with it. And that's where *The I Hate Kale Cookbook* comes in. From satisfying Warm Kale Salad with Bacon and Eggs to Kale Fried Rice and Linguine with Kale and Walnut Pesto, this book offers thirty-five simple, tasty recipes that will turn any hater into a lover. (Or at least a liker.)

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