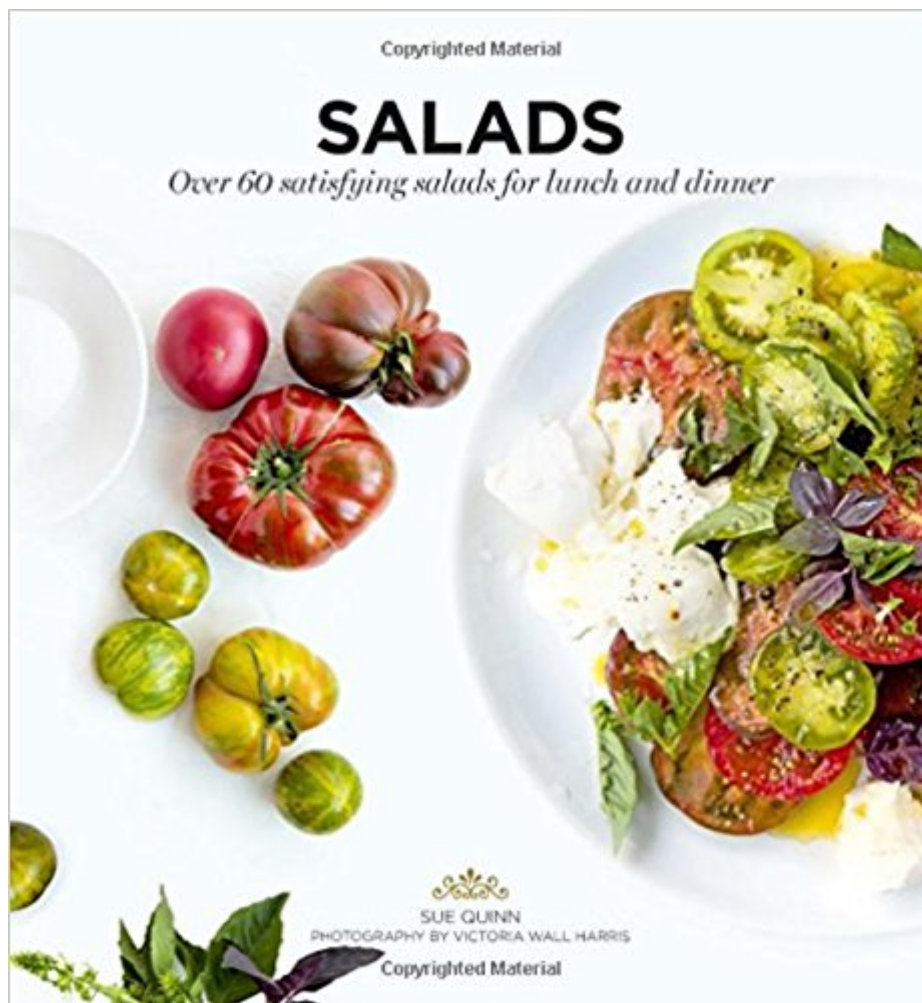




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Salads: Over 60 Satisfying Salads For Lunch And Dinner (Ready-To-Cook)



Synopsis

Salads shares 60 quick, easy, and delicious recipes perfect for light, fresh lunches as well as hearty dinners. Proving that salads aren't just for those on a health-kick, these recipes are inventive, bold, and often satisfying meals in themselves. Using the best-quality, seasonal ingredients and some exciting combinations, Sue Quinn presents an explosion of textures, flavors, and colors and shows that an artfully prepared salad is one of the most delicious dishes you can eat. Covering three main types of salads - grains and pulses; meat, fish and cheese; and vegetable-based - there is something to suit every taste and mood. From the quinoa with pesto and feta salad to the falafels and salad combo, there are some super-hearty salads sure to satisfy the biggest of appetites. Featuring classics like the chicken Waldorf salad and Nicoise; creative ideas such as kale Caesar salad and chorizo, peppers and chickpea, and a section on delicious dressings to take these dishes to new heights, Salads offers minimum preparation and maximum flavor for all those who love nutritious, wholesome food.

Book Information

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Customer Reviews

"You don't make friends with salad ... but it depends what sort of salad it is. Salads has more than 60 recipes which can lift a boring lettuce-and-tomato salad into a more inventive, hearty, healthy meal." City North Messenger "Proving that salads aren't just for health kicks, these recipes are inventive, bold, and often satisfying meals in themselves. Salads offers minimum preparation and maximum flavour for those who love nutritious, wholesome food." Molong Online "Gone are the days of plain old lettuce and tomato, these delicious recipes are perfect for light, fresh lunches as

well as hearty dinners. The recipes are inventive and bold and marry different textures and flavours to create mouth-watering fusions." prodijee.com

Sue Quinn is a food writer, journalist, and author of several cookbooks. She has had a lifelong interest in cooking and is a regular contributor to various global media publications.

A very good book

Great deal

Great salad ideas here!

Great layout recipes and pictures

Excellent . Great layout and I loved how the dressings are separate section and there are pictures of all ingredients for each recipe. Good way to freshen up my salad choices!!

Heathy life.

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