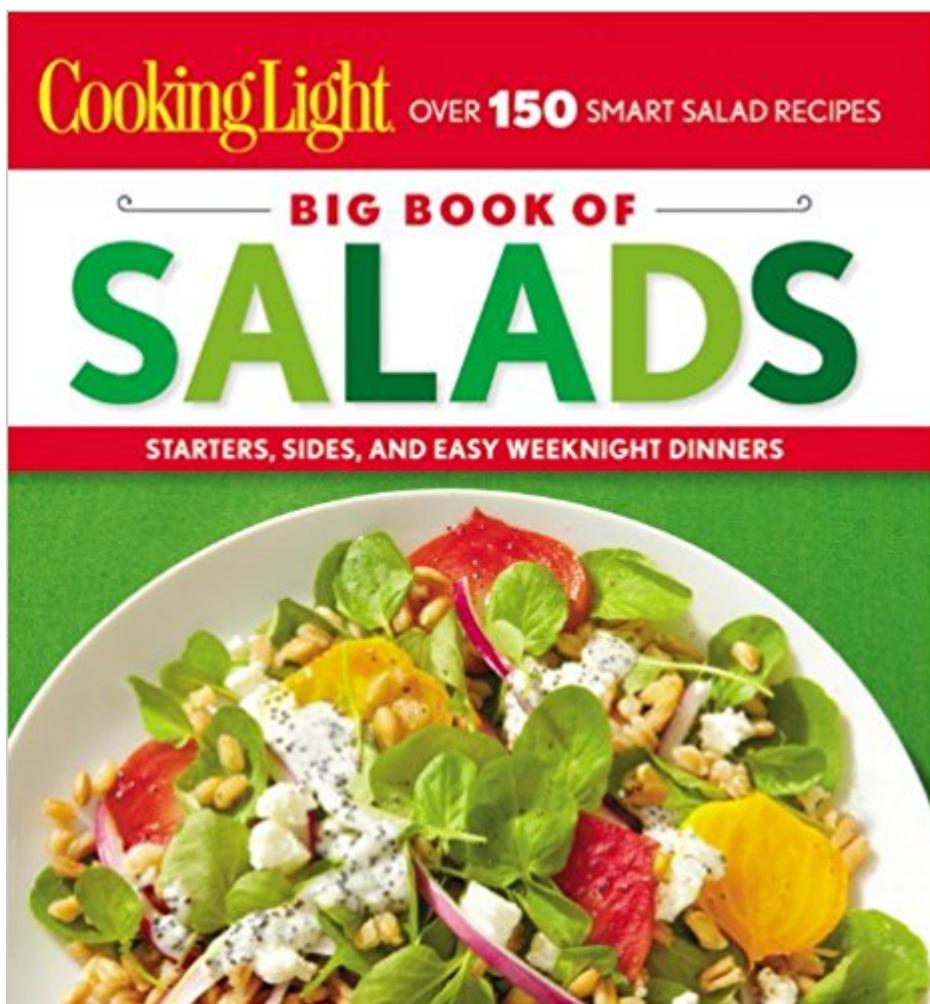


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Cooking Light Big Book Of Salads: Starters, Sides And Easy Weeknight Dinners



Synopsis

Dig in to a seriously tasty salad--with Cooking Light Big Book of Salads! Farmers markets popping up all over the country are filled with a variety of beautiful fruits and vegetables. Grocery stores are starting to stock locally-grown produce. And ingredients from all over the world are more accessible than ever. And CSAs drop just-picked goodies right at your doorstep! Here's how to make the most of all of nature's delicious goodness: The Cooking Light Big Book of Salads includes over 150 recipes for incredibly tasty, interesting, and healthy salads that are perfect for weeknight meals, cookout sides, and mouthwatering starters. This flavorful, healthy fare hits all the notes everyone loves. The best toppings? Got 'em: Candied nuts, creamy goat cheese, sweet dried cranberries, spicy prosciutto, pungent Stilton and Gorgonzola, juicy pears, salty olives, and crunchy croutons. You will learn how to make the most of in-season produce, like peaches, arugula, strawberries, corn, tomatoes, winter squash, and more. Tips and techniques provide everything needed to make amazing salads. You will learn how to buy and store greens so they stay crisp, how to spot fruit and veggies at the peak of flavor, how to properly dress a salad, how to whisk homemade light dressings (we're not just talking about a wimpy squeeze of lemon), tips on making salads with pasta, beans, interesting grains--and more.

Book Information

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Customer Reviews

Cooking Light, America's leading epicurean magazine and authority on healthy cooking, is dedicated to helping its more than 11 million make healthy taste great. With a staff of registered dietitians and culinary professionals--and 25 years of experience--Cooking Light is unrivaled in

identifying emerging food trends and providing superior flavorful and healthful recipes as well as detailed information about healthy cooking techniques and tips.

I got this from the library and decided I could not live without it. This book is full of beautiful photos and salad recipes that--gasp--actually taste good! It includes a nice mix of traditional and some fancy ingredients (i.e. ramps, haricots verts, etc.), making it appropriate for both those who wish to stay in their comfort zone and those who want to turn over a new leaf and try something new. There are lots of recipes for tasty (and healthy!) salad dressings. The variety of recipes means that there are options for most people, from vegetarian to vegan, gluten free to dairy free, paleo to clean eaters and beyond. The recipes that don't suit you can be substituted for things you can eat (i.e. vegan chicken instead of chicken chicken, bean noodles instead of rice noodles, gluten free pasta instead of durum pasta). I highly recommend this book for anyone who hates salad, yet wants to eat healthy and introduce more veggies and fruits into their diet in the most delicious way possible!

This has got to be one of the best salad cookbooks ever. The photos are so beautiful that you want to make everything you see. So far I've made 3 of the salads and they were all delicious, healthy, and low in fat. A perfect combo. I immediately purchased a second one to send to my daughter. Great job Cooking Light.

I love salad and homemade salad dressings, and this book offers tons of recipes for both!!!! Excellent, delicious and healthy recipes that are not too time consuming. Very good salad dressing recipes as well. This book provides recipes for almost any type of salad you can imagine. Excellent book and great addition to my recipe book collection. Love it!

Love this book! Great recipes! I have used it so much that the binding has broken and needs repair.

A salad might seem like a simple dish that wouldn't require a recipe, but variety truly is the spice of life! To meet the new government food plate guidelines where half the plate is comprised of fresh vegetables and fruits, requires a little creativity. This is the just the book to provide it. Of special note are the salad dressing recipes, which manage to be both light and flavorful. The dressings alone, are worth the price of the book.

I love this book because the ingredients are easy to get (bagged and boxed salad greens as

starters) and the salads taste great and look great. I would definitely recommend it to anyone wanting to go beyond the "usual" in their daily cooking.

This book is beautifully composed. The layout of the book is comfortable with many pictures. Although there are many, many recipes there wasn't one that I've made that my family has gone crazy for. I did have to take a trip to Whole Foods to pick up some of the grains needed for the recipes.

Great book, have had about 6 months and use it regularly. Lots of fresh ideas on the same old thing (salad). Especially enjoy the dressing recipes, I will never buy salad dressing in the store again-so many simple and easy recipes here!

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