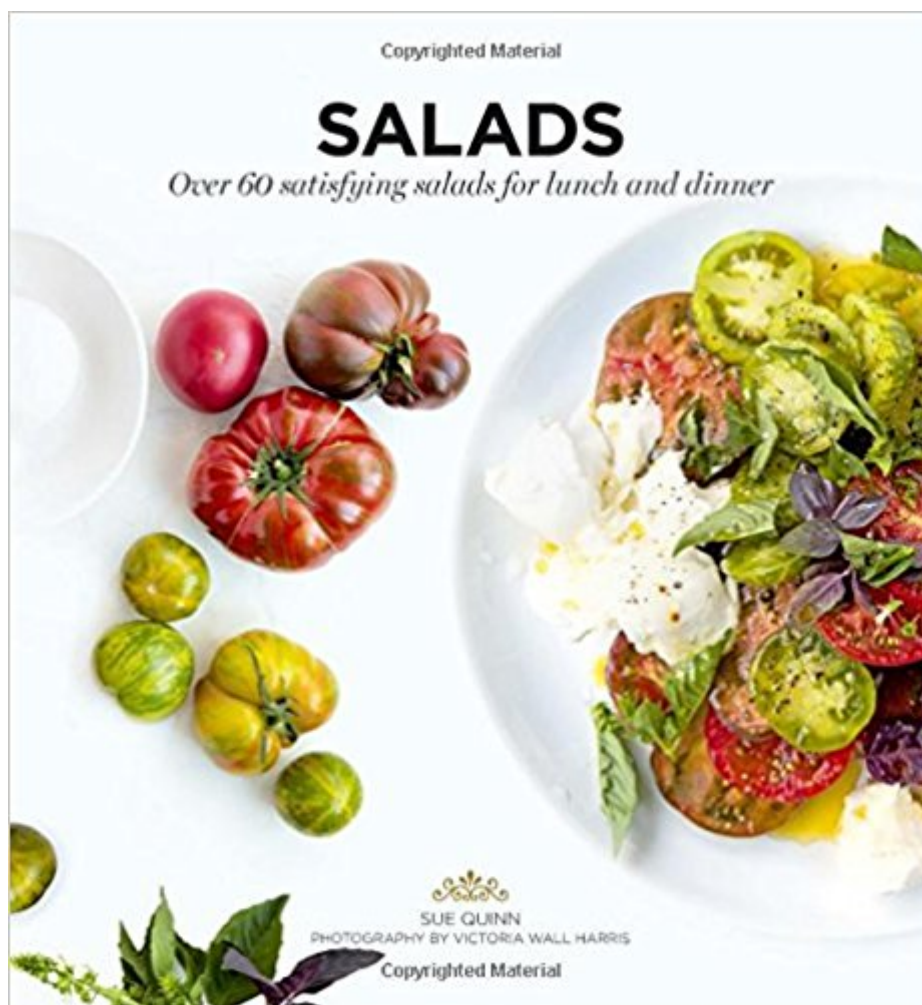


The book was found

Salads: Over 60 Satisfying Salads For Lunch And Dinner



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.

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Great layout recipes and pictures

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