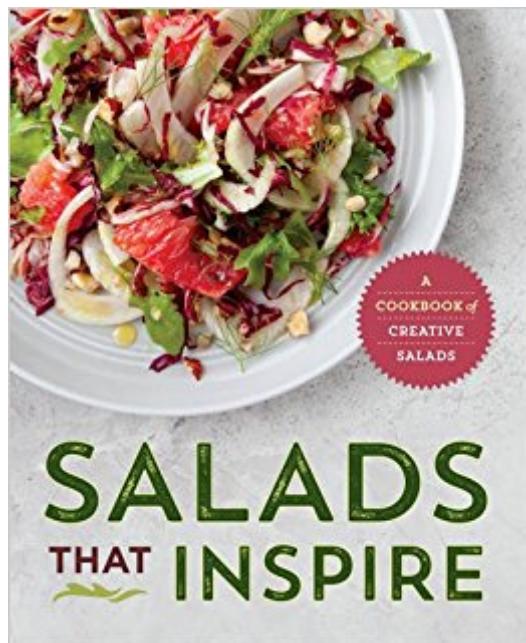


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# Salads That Inspire: A Cookbook Of Creative Salads



## **Synopsis**

Think it's impossible to crave salads? Think again. It's easy to fall into the rut of making the same salads over and over, but the excuses end now. *Salads That Inspire* is a cookbook of the most creative, delicious salads you've yet to eat, featuring original combinations of fresh fruits, vegetables, nuts, spices, proteins, grains, cheeses, and dressings. Healthy eating never tasted so good. Get your salad fix on today with: 45 healthy, homemade dressing recipes; Mason jar layering instructions for over 60 prep-to-go salads; Tips for toasting spices and nuts, infusing dressings, and making recipes more (or less) gourmet; A guide to pairing greens and dressings to help you and invent your own salads. From Arugula Salad with Grilled Watermelon, Pistachios, and Honey-Lime Vinaigrette to Moroccan Chicken Salad with Herbed Quinoa and Spicy Yogurt Dressing, the recipes showcase endless varieties of fresh and flavorful ingredients that will forever change the way you think about and enjoy salad.

## **Book Information**

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## **Customer Reviews**

This is the perfect book for me because I love salads. I look for a salad that is beyond the basic lettuce, tomatoes crouton dressing norm and expands into a creative and delicious gourmet meal. Eating healthy is very important to me because I am diabetic and this offers so many low carb, exquisite salads. Browsing through the recipes I found salads that I have never thought to try the only downside is most have ingredients that you won't find in your cupboard so to make these you have to buy special ingredients that can be costly, but in my opinion worth it. Especially if you are entertaining guests, you can wow them with your gourmet skills. So far I have tried one recipe that

stuck out to me. The taco cous cous salad. I already have a love for cous cous but haven't tried many recipes for it other than my own. This salad brought together an Israeli cous cous to a southwest salad and was so delicious. I can't wait to make this again, my family loved it and so did I. This cookbook shows you not only how to make these wonderful salads, but also how to make the dressings to go along with them. Most dressings are vinaigrette's which are much healthier than your fat loaded creamy dressings. My favorite feature of this book is at the end of most recipes it shows you how to create a mason jar salad with the recipe. Mason jar salads can be pre-made and stored in the fridge for up to a week before they expire. They are great for on the go, especially on busy work days! Not only does this cookbook have great recipes, it gave me inspiration to create some of my own. Overall this is a great cookbook for anyone who wants to eat healthy delicious salads, are watching their weight or foodies!\*\*I received this product in exchange for an honest review

If you are looking for a book that inspires you to try new and unusual ingredient combinations, Salads that Inspire is great. However, I've made several salads from this book and find that the ratios on the ingredients are frequently off. One salad called for way too much dressing, and another called for too little. Two recipes called for two onions when one onion was way more than enough (two would have really ruined the salad). Of the four recipes I've tried, I've enjoyed one and several times I've wondered if anyone really tested all these salads before publication. High quality fresh ingredients are expensive so it's particularly disappointing when a recipe is off. Perhaps the problem could be solved by listing ingredients by weight. Again, there are definitely inspiring ideas in this book but I was looking for something more specific .

I love salads, but I am tired of eating the same old salad every night. Salads That Inspire has given me a ton of new salad ideas. From new dressings to entirely new salads, I feel like I will never run out of new recipes to try with this cookbook. I really love the 60+ prep-to-go mason jar salads recipes with specific layering instructions which help to keep the salads ingredients from getting soggy while it sits in the fridge. I think this cookbook is amazing, and I am very happy to own it. I would recommend this book to anyone and everyone who enjoys salads or who wants to eat more salads.I received this e-book for free in exchange for sharing my honest and unbiased review. Opinion is entirely my own.

I did not expect this to be such a well written and detailed book, but I was happily mistaken. This is a book FULL of great salad recipes. When I think of salad, I think of cold lettuce with some dressing

and this book had so much more to offer. The recipes were very creative and seemed interesting to try out. It did have some of the more traditional salads too, so you really are missing out if you don't get this book. The one thing I wish it had more of is pictures. There weren't any pictures for individual recipes and that is one thing that I usually look for when trying to recreate a recipe. The amount of recipes somewhat makes up for the lack of pictures though.

I have gotten into the habit of just picking up some bagged salads that have an assortment of ingredients and even the dressing all included. Unfortunately, that choice doesn't fit so well with my desire to buy fresh local food. This cookbook has shown me how I can put together my own fresh vegetables, cheeses, and meats and keep them in a mason jar until I'm ready to eat one. I particularly like the dressing recipes as I'm not fond of all the additives and preservatives in the bottled dressings (or the little bags in the bagged salads). Any book that can show me how to eat fresher food is "excellent" in my opinion! I was given this book to use and give my honest review.

Visually appealing with high res imagery that makes you want to make a salad right away, this book gives great ideas to change up your salad eating and not just end up with a plain standard boring salad. As mentioned in the opening chapter, many of the salads in the book are inspired by both flavors and cuisines from around the world. As simple technique but one that you wouldn't think of, is to grill your lettuce and use olive oil and or nuts to intensify flavor. This was all in the beginning of the book, and captured my attention right away. Each type of lettuce is explained in detail, along with the vitamins each has. I also liked that it goes into detail about what type of dressings to pair with each type of green! This book definitely gave me great ideas and I loved it! Provided for my opinion and review

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