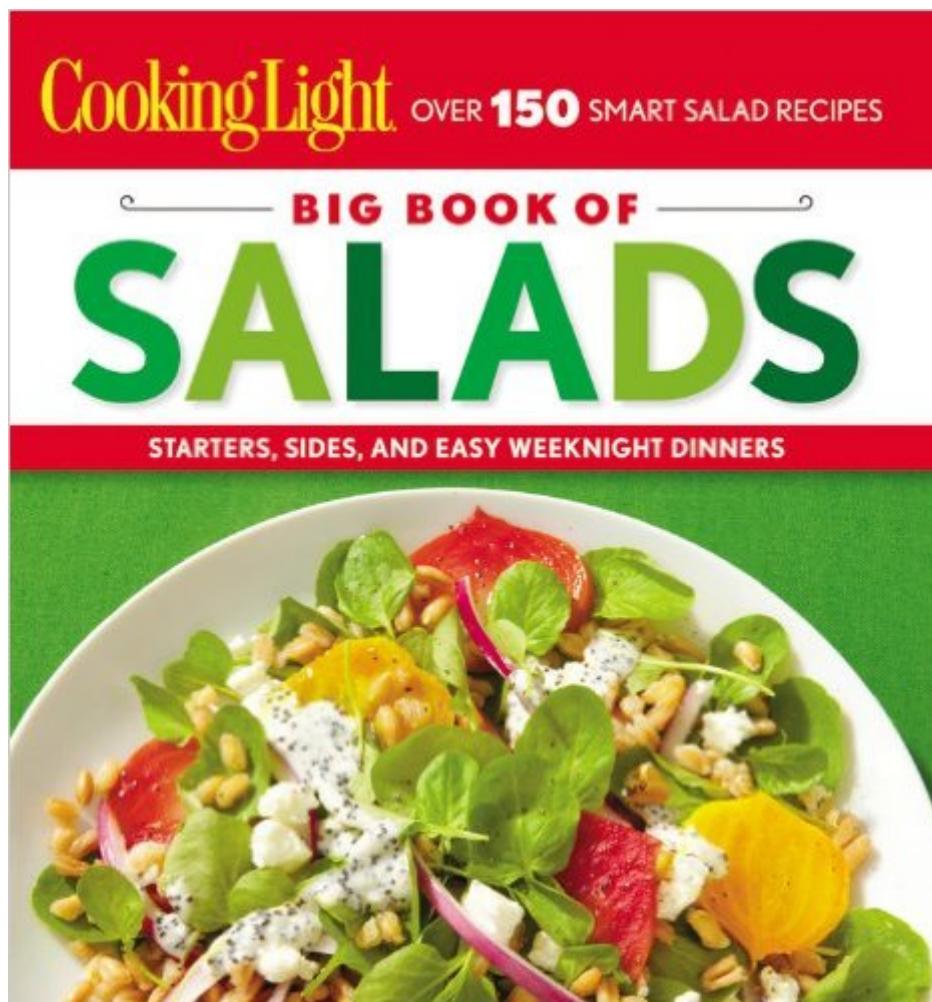


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# Cooking Light Big Book Of Salads: Starters, Sides And Easy Weeknight Dinners



## 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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Best Sellers Rank: #110,973 in Books (See Top 100 in Books) #30 inÂ  Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads

## Customer Reviews

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!

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.

I am sooo glad that I procured this book. I am a very experienced cook, self-taught! I love this book because it used unusual ingredients and items that you don't always think belong in a salad. I will be using this resource for years to come, because it is modern in its premise.

Nice recipes for various kinds of salads, with easy to follow instructuions. We purchased the cookbook for our granddaughter, who is moving off campus next semester and will be Cooking her own meals for the first time.

LOVE this book. We haven't had a salad we didn't like yet. Easy to make and love that we can make just enough of the dressings (they are yummy) for the meal.

This is a MUST have cooking/prep book that should be in EVERYONE's collection. I'm so IMPRESSED with ALL the recipes, pics and the quality, SUPERB! Worth Every Penny...If you are looking for a Book of Salads, look no more.. This is IT!

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.

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