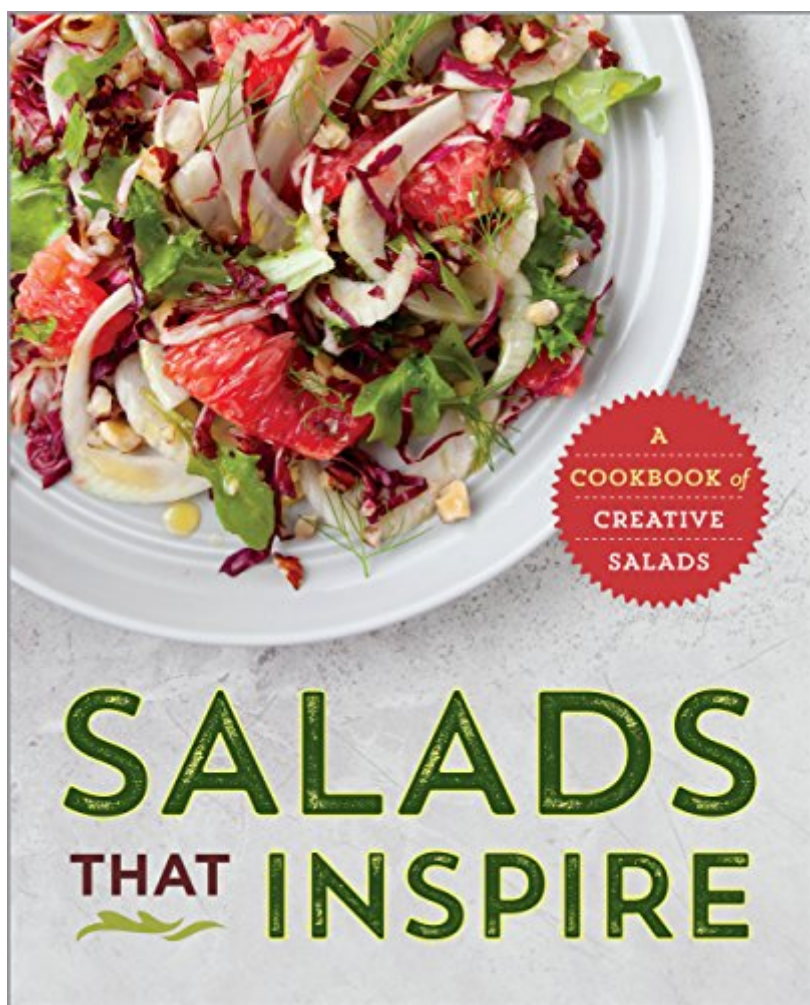


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Salads That Inspire: A Cookbook Of Creative Salads



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 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.

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Customer Reviews

What a wonderful cook book on salads. It's bigger than I expected. It's chock full of good information and fabulous pictures. It's a "feast" for the eyes. Everything you want to know about salads and dressings is here and then some. I'm going to be ordering two more for my daughters for Christmas. This is a worth-while purchase.

A lot of these recipes are not "meal salads" which is all I was looking for. I appreciate a good fruit salad or a side salad, but I didn't expect so many of those in a salad specific cookbook. Also not finding myself "inspired" by the salads so far. Many have lengthy ingredient lists and the lack of pictures leaves me feeling hesitant to roll the dice with a lot of the recipes. Not worth returning the book and I'll try a few of the salads since I have it, but really doubt I'll find it a go-to book.

Who knew there was so many different salads?! Omg the possibilities are limitless. Who says you have to use lettuce at all times for it to be called a salad?! This book has gave me a different outlook on salads. There is definitely something for everyone in this book. Even if your not a big "salad" person this book will change all of that. There is a recipe for seafood salad all the way to a bean salad and everything else in between! The cover picture is an attention grabber, with the bright colors and sharp image. I wanted to eat the book lol. My favorite part about the whole book is that on each recipe it gives you some type of tip or guidance. It also list the calories cards and so on % so that you know what your eating. Being a calorie counter I loved that! With each salad there is also a recipe for a matching dressing. (where dressing applies) It was very easy to read and understand. The directions where super simple. Even beginner cooks could master these salads with the awesome step by step directions. This books has an variety of recipes sure to please everyone. A salad for just a easy dinner with the family or a dolled up salad to take to a gathering you'll find it all.

I will be the first to admit that salads are not my favorite food, however, when I was given the chance to recieve this book at no cost in exchange for my review I was excited. Salads are healthy & they are great for the upcoming summer season. Get togethers & picnics are great places to try new salad reciepes. This book is full of different salad & even dressing recipe ideas! I love that there is also a chapter/section of the book devoted to salads for each season!...Some do not sound good

to my personal taste preferences, but others seem amazing!..I have currently tried 2 salads & one dressing. They were easy to make & were great. I have also shared some recipes with family. So far I have gotten positive feedback from those that have assisted me in trying different items from this book. I am looking forward to Trying the rest of the salads & dressings that this book contains with family, friends, or on my own for healthier meal options. If you love salads, or if your looking to experiement with salads for healthier more filling meal options check out this book!

I love salads and this book is full of great salad recipes! There's so many great recipes in this book I can't decide which is my favorite! Being on a diet and trying to eat healthy is hard.. Finding cook books that are full of healthy recipes that are delicious tasting are usually hard to come by and this book really has it! I defiantly recommend this book if you are on a diet just a salad lover or looking for some new meal options!

Who knew there were so many salads? Man, I feel like a dolt. I used to make a typical iceberg, tomatoes, cheese and croutons and call it a day. So I don't eat many salads. I started reading this and, wow... there's a ton of vegetables, seasonings, oils.. I hadn't even really considered or thought of. I haven't made a lot of salads in my lifetime because mine have always been drab, so I was a bit curious about these extra utensils that they mention.I really wish this book had more pictures so I knew what I was looking to achieve. I can look up the ingredients separately but I like my food to be somewhat artistic. I don't want a salad if it's going to look like puke, but if it can be pretty when I make it, I'd definitely be more game to try it for date night or something interesting like a get-together.I think I'm most interested in these "dessert-type" salads, I like something sweet with dinner so maybe if I can satisfy my sweet tooth I don't have to worry about my waistline so much!! was provided this book in exchange for a honest review!

If you like salads and are looking for a variety of ideas, this book was written for you. But even if you don't like leafy greens, this book still has you covered. Fruit salads, bean salads, grain and rice salads, potato salads, pasta salads, seafood salads, and "not your everyday" vegetable salads include options I'd never considered adding to a salad before. There are eighteen different chicken salad recipes! I had no idea there were so many different varieties of bean salads. There is surely a salad in this book to please everyone. I like cookbooks with pictures of what the recipes I try should ideally look like, but that was lacking beyond the pretty cover. The final chapter covers salad dressings of every kind. Beyond the recipe, how to choose fruits and vegetables in season and "the

dirty dozen" and "the clean fifteen" are discussed as well as the perfect method for layering salads.**I received this product in exchange for an honest review.

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