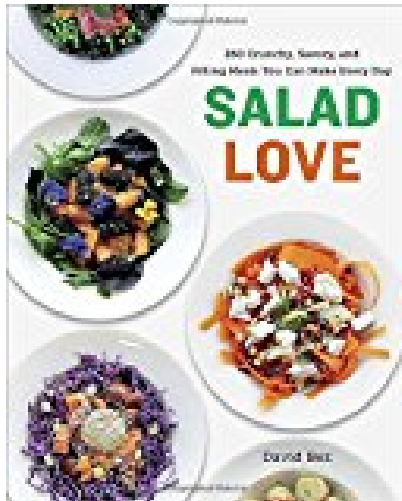


Salad Love Crunchy Savory and Filling Meals You Can Make Every Day



BOOK DETAILS

- Author : David Bez
- Pages : 304 Pages
- Publisher : Clarkson Potter
- Language : English
- ISBN : 0804186782

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BOOK SYNOPSIS

Discover 260 hearty, flavorful, and beautiful salads that can be prepared in a flash with little more than a knife and a cutting board. Determined to eat more vegetables for lunch, David Bez embarked on a personal challenge to create one new salad every day using seasonal, healthy ingredients. In *Salad Love*, he shares his favorite recipes from his yearlong experience. Crunchy, savory, and incredibly satisfying, these salads go beyond your typical combination of lettuce, protein, and toppings to create vibrant, plant-based meals that offer something for every palate. In summer, try Oak-Smoked Cheddar, Peaches, and Blueberries; for fall, savor hearty Roast Chicken, Quinoa, Red Pepper, and Peanuts; in winter, fuel up with Ham, Roasted Potatoes, Carrots, and Dried Cranberries; and in spring, enjoy Egg, Asparagus, Croutons, and Pecorino. Complemented by 280 full-color photographs, *Salad Love* invites you to explore inspired salads any day of the year. From the Trade Paperback edition.

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