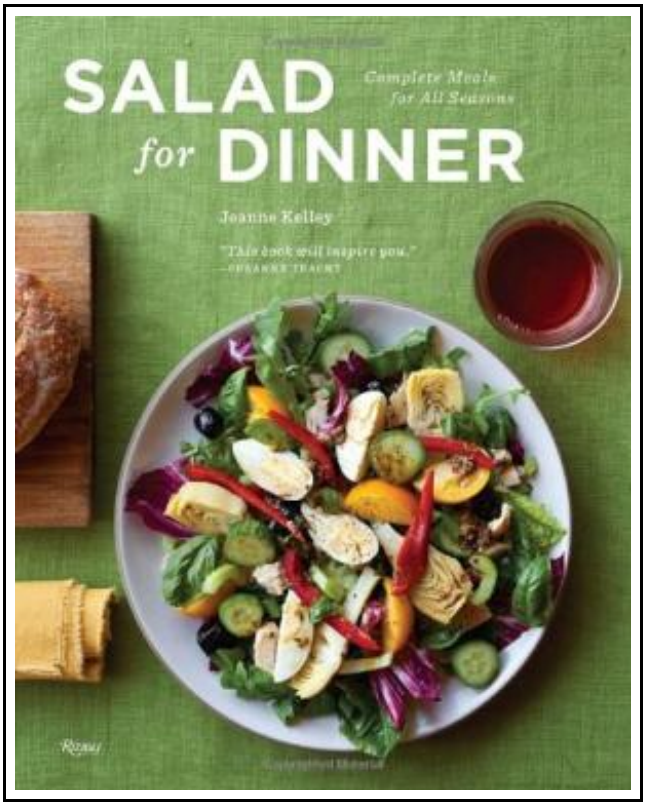
Salad for Dinner: Complete Meals for All Seasons



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Reviews

It in a of my personal favorite book. It is writter in easy terms and never hard to understand. Its been designed in an exceedingly easy way and it is only after i finished reading this publication by which in fact changed me, change the way i think.

(Lucinda Stiedemann)

SALAD FOR DINNER: COMPLETE MEALS FOR ALL SEASONS

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Rizzoli International Publications. Hardback. Book Condition: new. BRAND NEW, Salad for Dinner: Complete Meals for All Seasons, Jeanne Kelley, A celebration of contrasts in color, flavor, and texture an artfully prepared salad is one of the most appealing dishes to eat, engaging all the senses. It is a basic culinary fact but often overlooked: a salad packs the most flavor because the dressing coats every bite. And with the right combination, a salad can be a full meal in itself. We all know it is healthier to eat more vegetables and whole grains. But how do you do so on a daily basis? This book reframes the question: Why not make greens the foundation of the plate? Smart, imaginative ideas abound: kale with lemon, parmesan, and almonds; Indonesian chicken salad with pineapple slaw; and salmon with quinoa, sorrel, and yogurt. There are super-hearty salads to satisfy even the biggest appetites, such as Korean barbecue beef salad; duck confit with fingerlings and frisee; and buttermilk fried chicken salad. These recipes help us break out of the meat-and-three box, leading to a new way of thinking about dinner.".

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