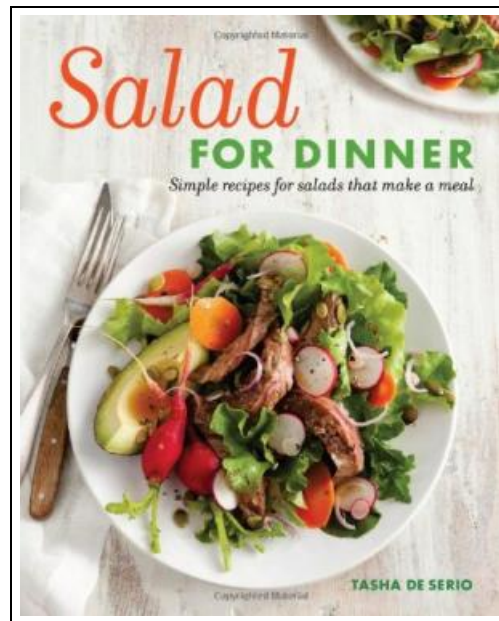


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Taunton Press. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 9.9in. x 8.0in. x 0.6in. Salad for lunch Salad for dinner Its easy - and delicious - to turn salads into main meals with this original collection from chef Tasha DeSerio. As more and more home cooks are looking to eat healthy using local and regional offerings, the whole-meal salads highlighted here will satisfy vegetarians and meat-eaters alike. Simple, yet sophisticated and showcasing the authors talent for presenting beautiful ingredients in an artful way, the recipes encompass everything from greens to meat and fish, dairy, and pasta and grain. With detailed information on in-season fruits and vegetables, lesser-known salad fixings, preparation techniques (including make ahead tips), and a comprehensive chapter on salad basics, readers will have all they need to turn out satisfying and beautiful salads of their own. Easy enough for one and special enough for a crowd, salads as a main course will be showing up on tables everywhere. Introduction Make a Simple Salad Key ingredients Making vinaigrette Making salads more satisfying Getting ahead when making salads Leafy Salads Little Gems with yogurt and feta Bitter greens with cherries and pancetta - photo Wild arugula salad with salami picante and percorino - photo Butter lettuce with cherry tomatoes, corn, and buttermilk Chopped salad - photo Bacon, lettuce and tomato salad - photo Garden lettuces with green beans, figs, and hazelnuts Herb salad with beets, oranges and almonds - photo Watercress with apple, gruyere and walnuts- photo Belgian Endive and frise with crab, fennel and citrus vinaigrette Arugula and shaved fennel salad with tangerines and fried almonds Warm chicory salad with wild mushrooms and serrano ham - photo Spinach salad with blood oranges, feta, pine nuts and raisins Raw kale with Caesar vinaigrette Escarole with apple, celery, roquefort and pecans...

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