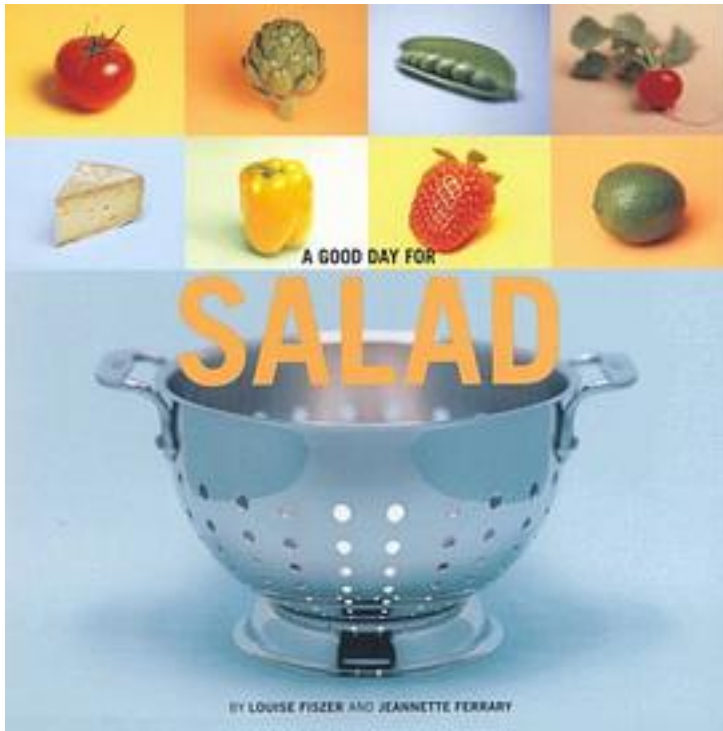


A Good Day for Salad



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著者:Jeannette Ferrary

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Once upon a time, salad meant lettuce, tomato, and cucumber covered in Thousand Island dressing. Today it's succulent fish, seasoned meat, crispy tofu, herb pasta, and anything else you want to toss together in a saladlike way. In *A Good Day for Salad*, Jeannette Ferrary and Louise Fizer get creative, offering an intriguing array of starter salads, dinner salads, party salads, picnic salads, and dessert salads, as well as classics and ingenious new takes on old favorites. Here are 150 salads to delight the gourmand, the health nut, the dieter, the vegetarian, hurriers, worriers, and even people who hate to cook. Complete with helpful cooking tips and entertaining anecdotes, *A Good Day for Salad* is a celebration of the contemporary salad and a tasty answer to just about

any mealtime dilemma.

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