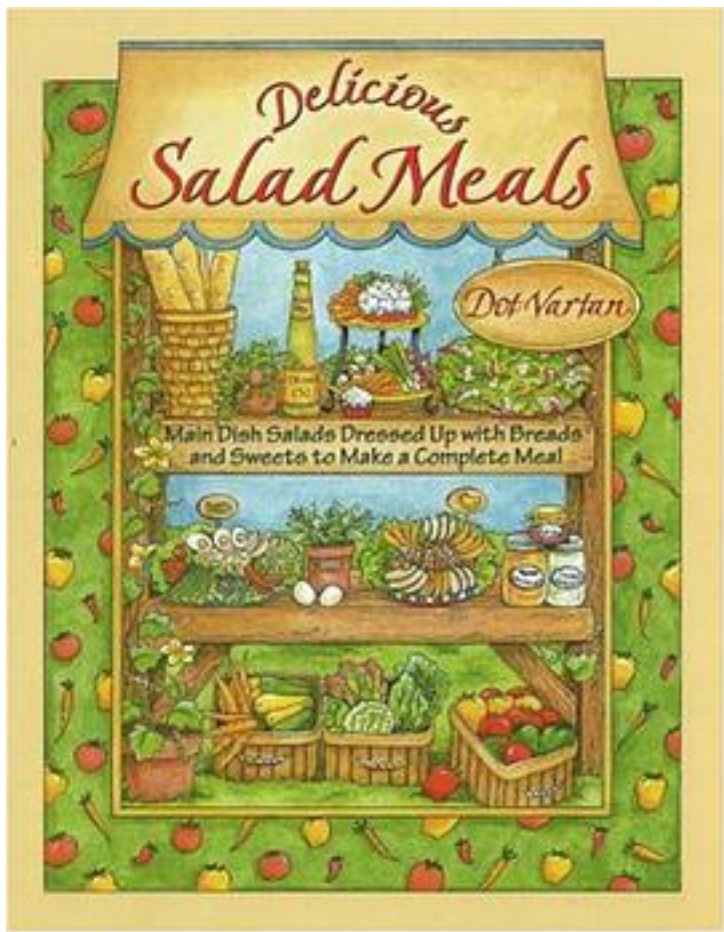


Delicious Salad Meals



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Ideally suited to today's concept of lighter and healthier eating, this guide provides recipes with the salad as the main course by featuring poultry, meat, fish, and pork combined with vegetables, lettuce, grains, and pasta to create a healthy, hearty dish.

Recipes for accompaniments, such as muffins, biscuits, and rolls combine with suggestions for desserts, including cookies and fruit, to help round out the dinner menu. In addition, a chapter on salad parties provides recipes for eight different gatherings--from a barbecue or a picnic to a football party--where a main dish can be perfectly complemented with suggestions for side salads. Easy-to-prepare recipes appeal to all levels of home cooks any season of the year. With a variety of simple, healthy recipes, readers are sure to have smiles at the dinner table all year round.

作者介绍:

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