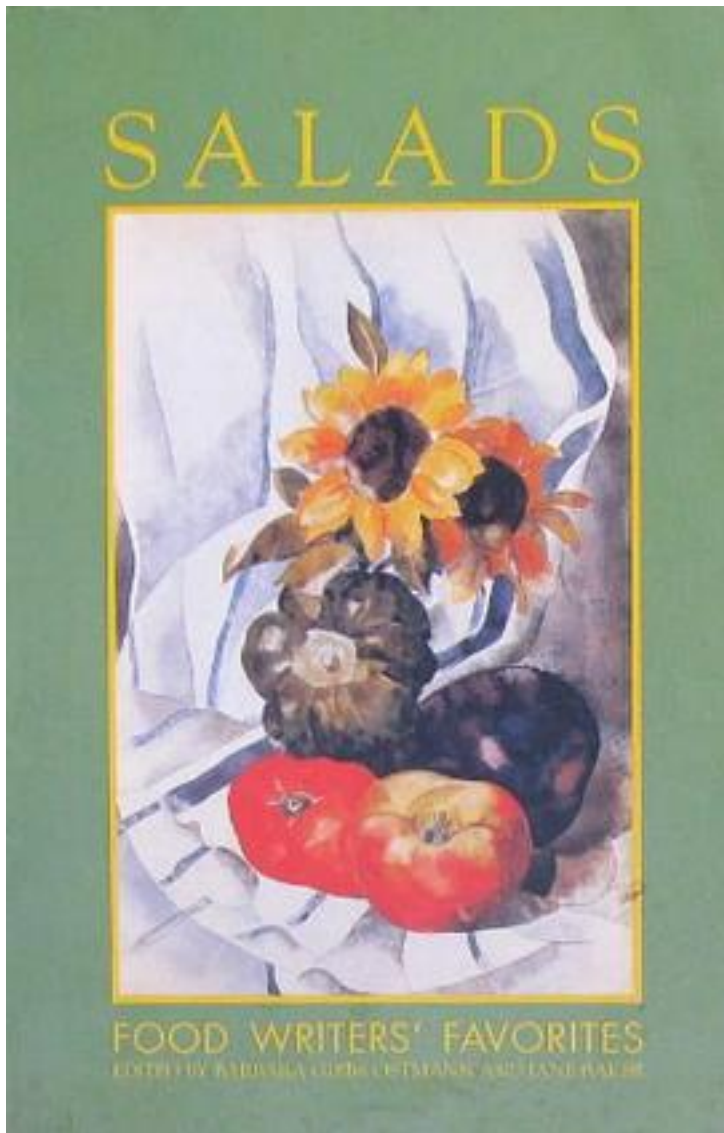


# Salads - Food Writers Favorites Quick & Easy Recipes



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Salads are trendy -- the heohh foods of the 90s. Nowces in lne ~lcnen -lgin believ~ that this trend is something new, out a qu c~ look lthrougr~ inl~ cookbao~ reveals that salads have been tn sb le For years. Genefc ly quick and easy ~o prepare, salads round ou~ menus and add sp,ar~le ro meals

The salad recipes in thl~ cookbook include tried-ana-nue personor }~orltes of food wrilers, many regional speclal~es and a fi~v gourmellrears In n ~r~y easel the food editors and w~ltels who contribu~J recipes hove altered theirffsvon~ cutting fat and ca~ories.

The recipes have been divided into s~x categories: Green a nd vegeloole s~s huff salads; molded ~lods (lhose made with gelatin peta~o, pasta o~ li~ salads; m~l, sea~l and peul~ salads; and salad dressings. The ~la~ dre~ing ca~gory includes recipes that could be used on ~an /different ~l~s Dre~ings recommended t~r specific salads are indudea w~m me soroo r~ Each o~ the recipes in this cookbook includes o brief introduction t~ol tel~ something abou~ the recipe, which makes for enloyable reading even ~ are no~ hung~ for a ~lad.

These recipes ore the contlibutors favorites. The puo,sner ma~es no dram ti~ the recipes are edginol. When possible, credit has been given where cr~i~s due. Irl many cases, howeyer, contributors have modified r~ioes, odd rig a~0 subtroct;ng ingredients and simplllfying directions, which makes for o unique call.lion of recipes

Barbara Gibbs Ostmonn and Jane Baker

Editors of "Fc~d Writers" Favorl~s: 5alad~ ~

作者介绍:

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