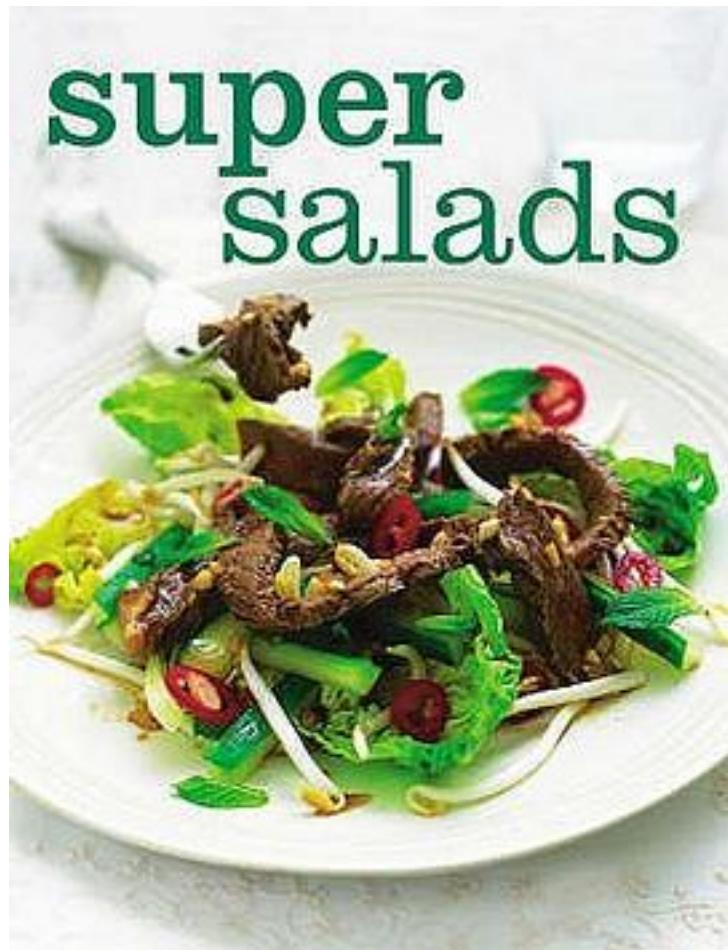


Super Salads



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The 250-plus delicious recipes in this book are the perfect way to explore a variety of new healthy, flavorful salads and will satisfy both vegetarians, and meat and fish lovers alike. Research indicates that eating at least five servings of vegetables and fruit

a day provides a wide range of nutrients required for general health and daily function. Salads are a perfect mix of appetizing flavors and important nutrients. Salads are easy to make, attractive, full of flavor, economical, and versatile. This book provides more than 250 delicious recipes filled with crunchy vegetables and robust flavors catering to both vegetarians, and meat and fish lovers alike. Sidebars including a Mix and Matcha and a Cookas Tipa plus step-by-step instructions are scattered throughout the book and offer valuable nutritional, how-to information, plus advice on shopping and storing ingredients. Filled with classics recipes from all over the world, Super Salads is guaranteed to add healthy ideas to every meal.

作者介绍:

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