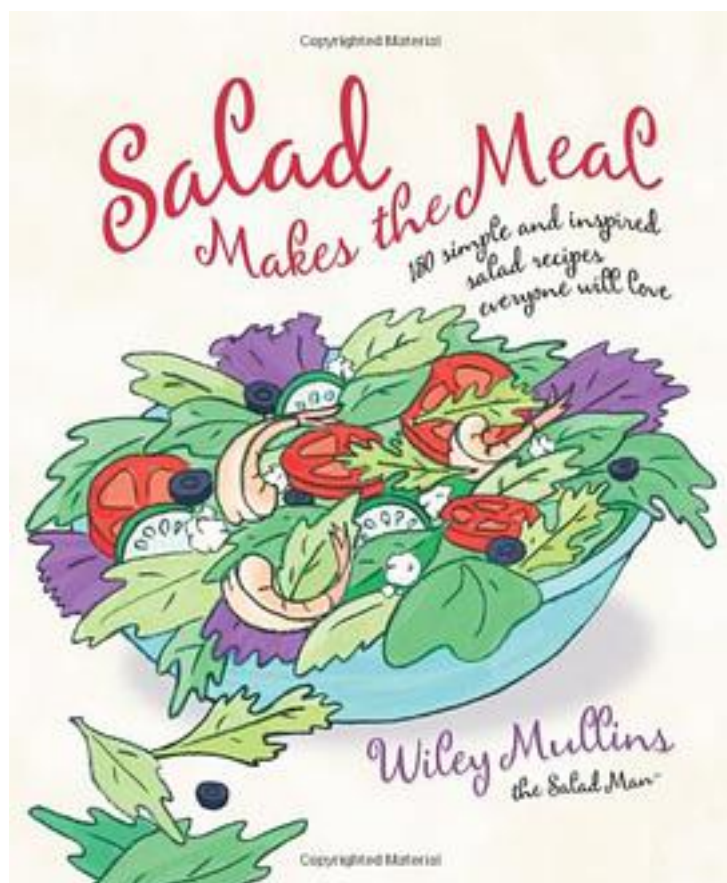


Salad Makes the Meal



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著者:Mullins, Wiley

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With demand for convenience and healthier meal solutions, salads are soaring in popularity. Starter salads are the fastest-growing item on restaurant menus today, Now, Wiley Mullins, who for 15 years has been promoting the virtues of salad through his unique line of seasoning mixes, performs his magic by serving up a veritable smorgasbord of scrumptious fresh, grilled, steamed, and roasted salad dishes that are

as convenient to prepare as they are good for you. The 150 recipes included in "Salad Makes the Meal" use a variety of fruits, vegetables, nuts, seeds, cheeses, chicken, fish, and meat in simple but inspired combinations. From Roasted Beet Salad with Goat Cheese and Walnut Dressing to Curried Chicken Salad with Mushrooms and Wild Rice, from Thai Beef Salad with Soy-Lime Dressing to Nectarine Salad with Blue Cheese and Raspberry Vinaigrette, these are delightful, colorful, flavourful servings of essential nutrients that help fight and prevent disease-in short, truly delicious servings of wellness in a bowl!

作者介绍:

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