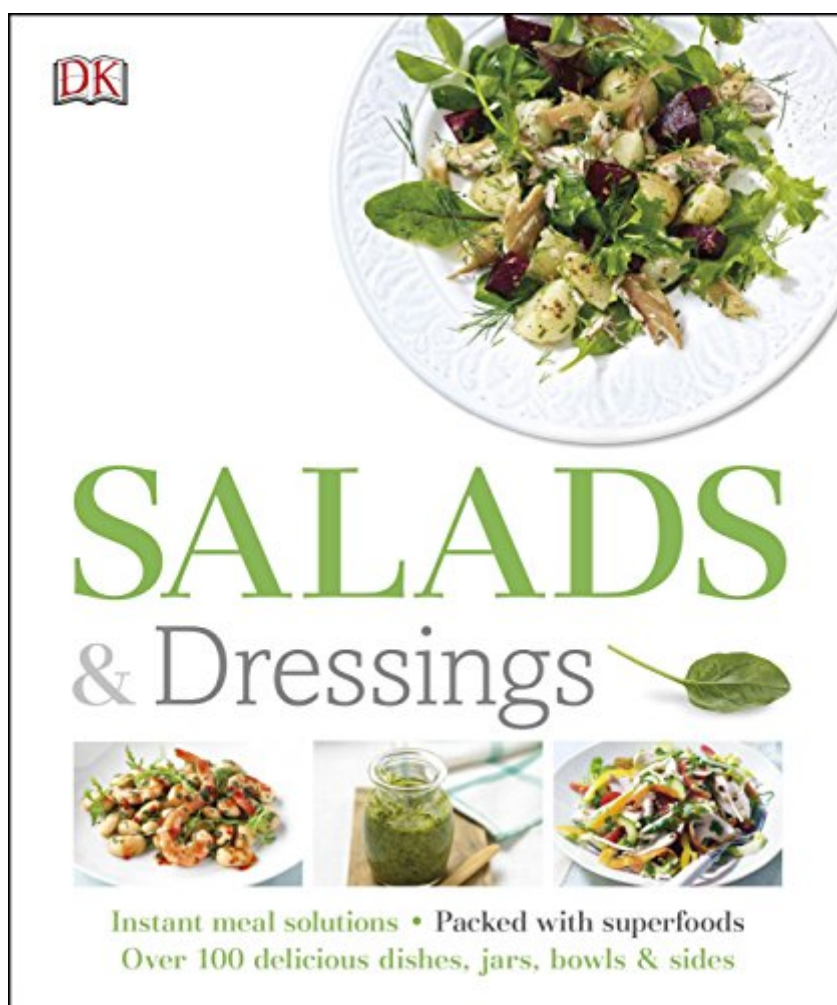


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# Salads And Dressings: Over 100 Delicious Dishes, Jars, Bowls, And Sides



## Synopsis

Change up your salad routine with more than 100 recipes that will transform your bowl into a satisfying meal. Salads are more than just lettuce. With *Salads and Dressings*, upgrade from spinach salad and try mixing together a tabbouleh, a spicy Asian chicken salad, or a Mexican quinoa salad. From salads with cheese to salads with seafood, your salad bowl will never be boring again. With over 100 easy and healthy salad recipes that feature ingredients like papaya, red rice, and pomegranate seeds, *Salads and Dressings* caters to the latest food trends, including mason jar salads and raw foods. Find the perfect match for your salad with the "wheel of salad dressings," and whip up pestos, vinaigrettes, and salsas. You'll never make or eat a bland salad again after *Salads and Dressings*.

## Book Information

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## Customer Reviews

Great how to advice with unusual combinations of ingredients. Loved the on the go methods and the nutritional values included with each recipe. Will refer to this cookbook often.

I really wish didn't require a rating for DK's *Salads & Dressings* because the utility

of this excellent cookbook really depends on where you live. If you're an inhabitant of a big city, it's a cinch to get your hands on smoked lardons, smoked trout, smoked mackerel, Egyptian kamut, canned adzuki beans • making this a five-star cookbook you'll treasure for turning the humble salad into an adventure and making lunch a snap! If you live in Middle America suburbia, this is still a four-star find, as you can still grab a papaya, fresh cilantro and lemongrass, radicchio, smoked salmon, bulgar wheat, frisée lettuce, Thai fish sauce, some exotic chiles, lemon thyme, polenta and maybe even fava beans at your local Kroger grocery store. But what about denizens of rural America, where squid, arugula, fancy vinegars, canned anchovies, and even yellow bell peppers and fresh shrimp and crab are impossible to find, and where the grocer wouldn't know rice noodles from Arborio rice? Salads & Dressings still remains a three-star read even when you live in a place so isolated that Parmesan only comes in a green can. (Shudder!) Most of the recipes can be adapted to areas where sour cream has to do for Greek yogurt, pineapple only ever comes in a can, bacon subs for prosciutto while peaches sub for mangoes, and curry powder is as exotic as the spice aisle gets. And, best of all, Salads & Dressings provides diagrams that make it super-easy to pack salads to go in such a way that the crisp ingredients stay that way until lunchtime. At just 99 cents to buy the Kindle edition, you can't afford not to buy Salads & Dressings, no matter where you live.

At first one is struck by the surprising, fresh, and often delightful descriptive metaphors that light up the pages of this book (3 or 4 of these are so strikingly apt that they may stick with the reader; e.g., the "eye of a tornado" already on p.3), but beyond mid-book even these have become tiresome through overuse. "Much metaphor and a dash of feminism, both gratuitous" pretty much sums up this work. The purported insights (deep or otherwise) into mental illness and a plunge into it, are simply not there, except perhaps for those so young or naive as to have never thought or experienced much. There is that sort of caste to it which is familiar in that which seems often to appeal to histrionic and/or etiolated young females. Beyond that, and its feministic arrogance, one can perhaps see one other reason for its apparent popularity among a certain readership: its lack of any real nexus (other than serving as a cathartic for SP, herself) invites emotive readers to read into it what they will, including their own themes and prejudices.

It is good to read about people who are talented, intelligent, perfectionists who suffer from a mental disorder- why - because I think it takes the discrimination out of mental illness that we all have. We

are all mentally ill to some degree so I don't know why we abhor it. Maybe with people like Sylvia Plath, we can learn to be more compassionate to one another or ourselves, realizing how easily one can fall into depression or any other type of ailment that attacks our mind.

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