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Raising The Salad Bar: Beyond Leafy Greens--Inventive Salads With Beans, Whole Grains, Pasta, Chicken, And More



Synopsis

This volume of over 135 inventive salad recipes is timed to answer the great demand for healthy recipes with organic ingredients. Walthers offers up delicious twists on tired classics, including pasta salads, salad wraps, bean salads, whole grain salads, and chicken salads. Helpful hints on preparation and health benefits appear throughout.

Book Information

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Customer Reviews

59 color photos

I thought my days of buying cookbooks were over. After all you can find everything on the internet. But after visiting a friend in Florida and sampling some of the salads from this book I was realized I wanted my own copy. Salads may seem simple but you can get into a rut with the same old recipes. Raising the Salad Bar has many new ideas and delicious combinations. The roasted pear salad is my absolute favorite. I love all the fresh, basic and simple ideas.

LOVE LOVE LOVE THIS BOOK. A FRIEND OF A FRIEND HAS THIS BOOK AND MADE ONE OF THE BEAN SALADS THAT WAS DELICIOUS AND I TOOK A PICTURE OF THAT RECIPE BUT AS I CONTINUED LOOKING THROUGH THE BOOK I REALIZED THAT I NEEDED TO HAVE THIS BOOK. I CAME HOME THAT NIGHT AND ORDERED IT RIGHT AWAY. I HAVE MADE THREE BEAN SALADS SO FAR AND PLAN TO MAKE MORE. GREAT RECIPES. GREAT BOOK. THIS BOOK WAS LISTED AS USED BUT IN GOOD CONDITION BUT IT LOOKS BRAND NEW.

How many cookbooks do you buy and never use? This is not one of those. Work potluck? BBQ with friends? Need a quick side dish to go with your dinner protein? This book never fails. The pasta and bean salad sections are a life saver. And there is a dressing for anything you may need. Buy one copy for yourself, and they make great housewarming gifts for others. My copy recently got wet and destroyed, and I didn't even last a week before I had to buy a replacement. You will not regret this purchase.

I work in a small College, food service. I have just started this position, for 2015-16. school year. I take care of baking, and the salad bar. I have 40 years, in the food industry, so I know how to make all kind of foods from my head, and salad. I wanted some new ideas. So I looked on , and found this book. WONDERFUL!!!. I LOVE THIS BOOK. A lot of salads. of all kinds and dressing under, each offering. You will like this book, I am sure. Happy salads to you, and thanks to the seller.

I gave this book as a birthday gift for a friend of mine and she loves it I also have a copy of it and use it all of the time. A fabulous book!

I was excited when I got this book, it's pretty great. My husband unfortunately doesn't like any kind of creamy salad dressings, or anything with mayo in it, which can be difficult to deal with and although there are a few that do have it, most of them do not. I've only made a couple recipes out of here and they were fantastic. I'm looking really forward to making this my go-to summer salad reference point.

Although this has some good ideas in it, there are some things that way too exotic for my taste. I like simple salads with easy to find ingredients and this is always the case with some of these.

A friend and I decided to try to eat more salad, so I ordered this to see if it would keep things interesting. I made the Crispy Chicken Salad first, thinking we could have two of the four servings for dinner, and then I would have leftovers for the next couple of days. Let's just say there were no leftovers - it was that phenomenal. The BLT Chicken Salad with Ranch Dressing, the Chicken Tortilla Salad, and the Tomato and Arugula Salad with Grilled Steak and Portabella Mushrooms are other favorites. Two years later, I'm still trying new ones, and I have yet to make one of these salads and not love it.

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