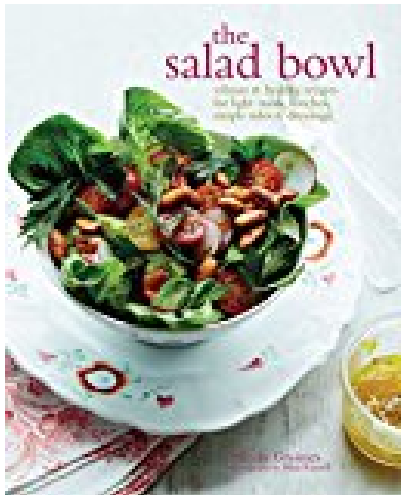


The Salad Bowl Vibrant & healthy recipes for light meals lunches simple sides & dressings



BOOK DETAILS

- Author : Nicola Graimes
- Pages : 160 Pages
- Publisher : Ryland Peters & Small
- Language : English
- ISBN : 1849756015

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BOOK SYNOPSIS

Fresh, healthy, wholesome, and delicious--there can be so much more to salads than just a few leaves on a plate. These tasty recipes will inspire you to nourish your body from the inside out with every delicious forkful. Take inspiration from countries all around the globe and whip up hearty salads that are nutritious and full of flavor. From Mediterranean recipes to Asian-inspired classics, salads have never been as popular. This delightful book showcases beautifully balanced salads, with chapters covering Meat and Poultry, Fish and Shellfish, Dairy, Grains, Beans and Pulses, and Simply Fruits and Vegetables. Salads are ideal for light meals, and there are plenty of ideas here that can be made in advance and transported to the office or school. The book also contains midweek ideas that will please the whole family, as well as some impressive dishes that wouldn't be out of place at a dinner party. Sprouted seeds and micro greens are becoming increasingly popular, and are now readily available to buy, but Nicola goes the extra mile by showing you how to sprout seeds at home, so you will always have some on hand to throw into a speedy dish. With more and more people aspiring to eat healthier diets, and with such a large variety of fresh and interesting ingredients now readily available, there has never been a better time to experiment and discover some new favorites.

THE SALAD BOWL VIBRANT & HEALTHY RECIPES FOR LIGHT MEALS

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