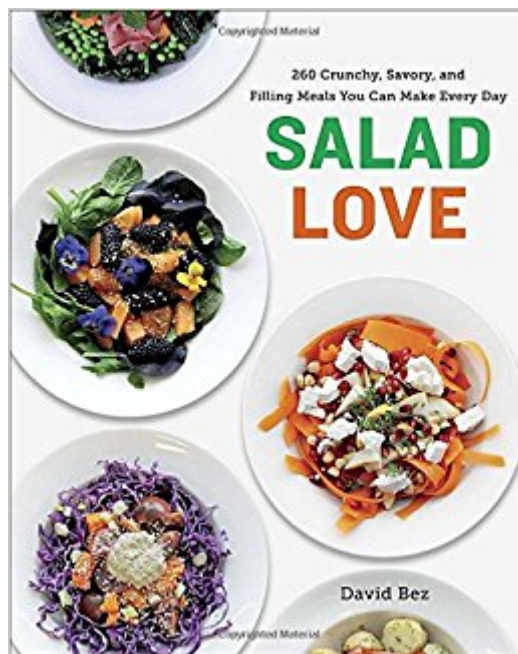




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Salad Love: Crunchy, Savory, And Filling Meals You Can Make Every Day



Synopsis

Discover 260 hearty, flavorful, and beautiful salads that can be prepared in a flash with little more than a knife and a cutting board. Determined to eat more vegetables for lunch, David Bez embarked on a personal challenge to create one new salad every day using seasonal, healthy ingredients. In *Salad Love*, he shares his favorite recipes from his yearlong experience. Crunchy, savory, and incredibly satisfying, these salads go beyond your typical combination of lettuce, protein, and toppings to create vibrant, plant-based meals that offer something for every palate. In summer, try Oak-Smoked Cheddar, Peaches, and Blueberries; for fall, savor hearty Roast Chicken, Quinoa, Red Pepper, and Peanuts; in winter, fuel up with Ham, Roasted Potatoes, Carrots, and Dried Cranberries; and in spring, enjoy Egg, Asparagus, Croutons, and Pecorino. Complemented by 280 full-color photographs, *Salad Love* invites you to explore inspired salads any day of the year.

Book Information

Paperback: 304 pages

Publisher: Clarkson Potter (February 24, 2015)

Language: English

ISBN-10: 0804186782

ISBN-13: 978-0804186780

Product Dimensions: 7 x 1 x 8.7 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 61 customer reviews

Best Sellers Rank: #316,037 in Books (See Top 100 in Books) #83 in *Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads* #339 in *Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables* #4114 in *Books > Cookbooks, Food & Wine > Special Diet*

Customer Reviews

“If you’re a salad eater looking for easy inspiration, [this book is] well worth checking out.” —Associated Press

“If your go-to salad is starting to inspire more dread than excitement, David Bez is here to help. Pick up his new book, *Salad Love*, and never run out of leafy green ideas again.” —Spry Kitchen

“If you eat a lot of salads, or want to, get this book. It is invaluable to even a seasoned salad maker. You may just start a lifetime love affair with salads.” —Houston Chronicle

DAVID BEZ is the author of *Salad Pride*, a blog that chronicles his personal challenge to make one new salad a day for an entire year. A home cook, David created the blog after his coworkers expressed interest in his daily lunches. He lives in London with his wife and daughter.

I really wanted to love this book, but I just didn't. It's written by a British man, and many of the recipes use ingredients that aren't so easy to find in the U.S. I'm sure if you really wanted you could sub the ingredients or find them in a specialty food store. The presentation of the book was good and the photos - gorgeous, but the recipes were not what I was expecting based on its description.

I bought this book because I saw a review about it in my local newspaper. I'm so glad I did. Since receiving it I have been eating a salad incorporated with many of Mr. Bez salad ideas every day. No Joke. This book has been exactly what I've been looking for. To have a photograph of each and every salad that he assembled himself on every page is something you just don't see in food books very much. That's something that really appealed to me....the visual aspect of it. I love that its sectioned off in seasons....summer, winter, fall and spring. This helps the reader buy for what's in season for that particular salad. Each individual salad lets you make adjustments according to your preferred diet. If you like meat, then add it. If you don't like meat, and love more veggies....then add that instead. Same goes for adding fish or more legumes if that's what you prefer.. It really is up to you and what you like, and yet the whole meal remains very healthy. Love this book. Thank you Mr. Bez!

This book is essential for anybody who cares about eating healthy. You might wonder, there are so many other salad books out there why pick this one? The answer is simple: design. If you are going to open up a book every day of your life, shouldn't it be beautiful? Every page in this book is a work of art. Even if you don't make the salads, you can appreciate this photography. But one caveat about this book is that the salads are very light. Unless you are used to eating small meals, I would plan to have these salads on the side. Overall, it's never been easier for me to eat healthy when the salads look this good.

I love this book! I work at home a lot, so I get to make my own lunches. I was in a complete rut, making the same one or two dishes every day, but now that I've found this book, I find myself actually looking forward to lunch. It's not that there's anything groundbreaking about these recipes, but they're just so creative and full of good ideas, and super quick and easy to prepare. Oh, and

they're delicious!

This book is worth the purchase price just for the photographs. The salad ideas are wonderful, too. I have much enjoyed this book as a guide and an inspiration for bringing lunches to work. (I bring lunch every single day.)

Best Salad Recipe Book Ever! Just got it and have already tried several of these recipes and all are delicious! Makes me Excited to start eating more salad and a healthier diet! The book is also absolutely gorgeous with ultra clear pictures of each salad on very high quality glossy pages. And very well organized too! Plan to buy several of these as gifts!

This overall a very excellent book -recommended to all salad lovers!Colorful, bright full page images w/ many inspiring ideas! 1 thing to take in to account this book has over 300 different salad recipes in it so some salads have ingredients that are very unique (in fact some i'd never heard of).... i love it thou....the presentation of the book is very good (writer is a graphic designer)...& cant wait to in delve in to some of these mouth watering salads.I LOVE SALAD LOVE :)

My new favorite! This Dietician gives 5 stars. Easy, fast, non-pretentious. Love the side notes that give alternatives for vegan options. The seasonal grouping is also great.

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