



Salads That Inspire: A Cookbook of Creative Salads

Rockridge Press

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Think it's impossible to crave salads? Think again.

It's easy to fall into the rut of making the same salads over and over, but the excuses end now. *Salads That Inspire* is a cookbook of the most creative, delicious salads you've yet to eat, featuring original combinations of fresh fruits, vegetables, nuts, spices, proteins, grains, cheeses, and dressings. Healthy eating never tasted so good.

Get your salad fix on today with:

- 45 healthy, homemade dressing recipes
- Mason jar layering instructions for over 60 prep-to-go salads
- Tips for toasting spices and nuts, infusing dressings, and making recipes more (or less) gourmet
- A guide to pairing greens and dressings to help you and invent your own salads

From Arugula Salad with Grilled Watermelon, Pistachios, and Honey-Lime Vinaigrette to Moroccan Chicken Salad with Herbed Quinoa and Spicy Yogurt Dressing, the recipes showcase endless varieties of fresh and flavorful ingredients that will forever change the way you think about and enjoy salad.



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