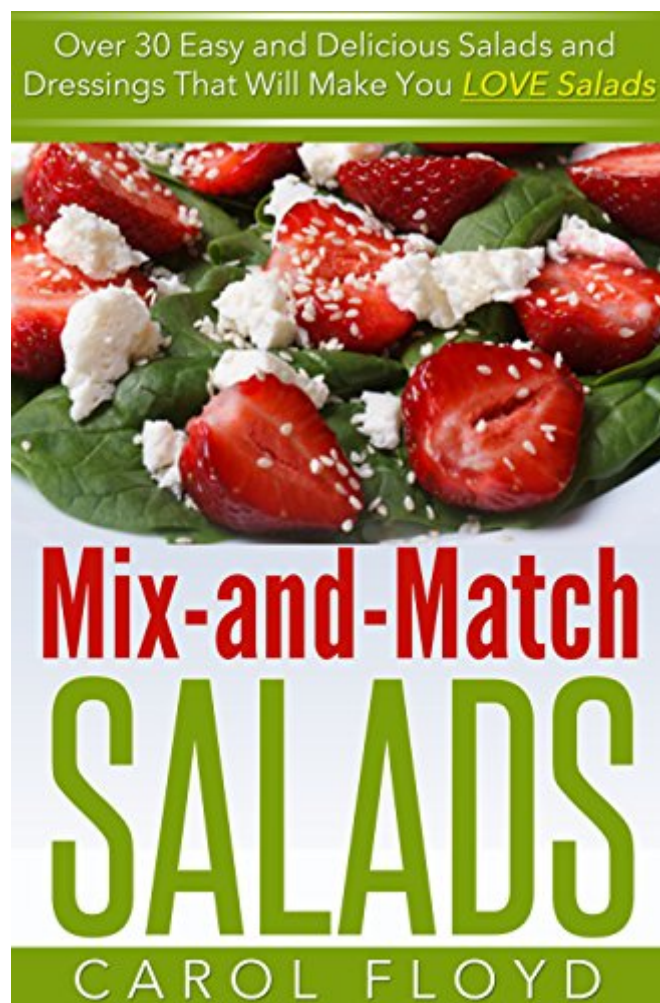




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Mix And Match Salads: Over 30 Easy And Delicious Salads And Dressings That Will Make You Love Salads



Synopsis

Delicious mix and match salad and dressing recipes your family will love! Do you want to learn how to make salad dressings that cost a fraction of what they cost in the store? Do you want to know what is in the food you eat, so you can be sure there are no additives that you can't pronounce or even know what they are? Do you want to make salads that are more than just lettuce and tomatoes? These recipes include nutritious and tasty ingredients like barley, wheat berries, and bulgur to name a few. If you love the easy living style of summer eating, many of the recipes in this book can be made ahead and kept in the refrigerator for 4-5 days making meal time preparation much more simple. These salads are fantastic year round not just in the summer. If you like to know the nutritional information in the foods that you eat, all the recipes in this book contain the following: calories, total fat, protein, carbohydrate, cholesterol, sodium, and fibre counts. Ingredients listed as optional are not included in nutritional information. For cooks all over the world, this book also has all measurement in US measurements and in metric. The best part of the recipes in this book is that they are "mix and match", mean you can mix your favorite salad with your favorite salad dressing and voila! Dinner is served. Ready to make a delicious, mouth-watering salad right now? Great! Let's get started!

Book Information

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Customer Reviews

A lot of thought and planning went into this collection of mix and match salads. The fact that each and every recipe has calories, total fat, protein, carbohydrates, cholesterol, sodium and fiber counts is impressive. In addition, they also contain US measurements as well as metric! There is one for balsamic dressing as well as low fat balsamic dressing. I liked the fact that the creamy coleslaw contains green pepper as that really appeals to me. As soon as I get to the store to get all of the different types of beans (5 in all), will make the Bean salad. Easy with the addition of green or red pepper and onion. Voila! And, the barley corn salad will also be on my table soon. The dressing for this is also easy to make and this is one thing I always look for when making any item in my kitchen. The dressing has lemon juice, olive oil, salt, thyme and pepper. Edited to reflect the fact that I did make the Bean Salad and the barley corn salad and forgot to update this review. Of the two, I liked the barley corn salad the most. Most highly recommended

There is a nice variety of home-style salad recipes included in this book. And it's obvious right from the beginning that author Carol LOVES to cook and to cook for a crowd of hungry people too. :-) I like that and I can soooo relate as an avid cook and cookbook author myself. The recipes are well thought out and none are "heavy" on the salt, I appreciate that too. All too often recipes are created with a lot more salt than required or that is healthy, instead of using herbs and seasonings to achieve good flavor results. Carol does a great job in this respect as well. I'm giving 4 instead of 5 stars as I did note that some of the proportions for a couple of the recipes seem a bit out of wack. The Spinach Strawberry Salad with Goat Cheese calls for 12 cups of spinach but only a 1/3 of a cup of slivered almonds. I know if I was making this recipe I would definitely bump up the almonds to around a cup, to insure that all servings had enough of both ingredients. Another one that I noted this for was the Creamy Coleslaw which called for only a 1/4 c. of grated onion but 5 c. of cabbage. Again, I would be using at least one whole medium onion finely diced for this one. Minor adjustments that can easily be made though. I'm saving this collection for future reference. Thanks Carol for a very nice salad collection overall! Geraldine Helen Hartman, author

I love the simple but oh so yummy salad ideas.

This book has tons of great recipes - both for salads and the dressings. It's so much cheaper making your own dressings and the taste so much better too. This book is full of delicious dressings. The book also gives the nutrition facts for each salad as well.

Really fantastic book. Delicious and nutritious recipes. I especially appreciate the nutritional information listed for each recipe. Really enjoyed the personal notes made along the way. Highly recommended! Thank you.

Wow - all of the recipes in here sound so delicious I don't know which one to try first. Can't wait to try the Spinach Salad with Warm Bacon Dressing. I know my kids will love the cold noodle salad with peanut sauce. Yummy! Thanks so much!

A perfect dressing and salad book for your year round salad needs. I love how the salads are broken down into which will not keep well and which you can prepare ahead of events. The salads are delicious and the dressings are plentiful.

This book has a lot of great recipes with easy to gather ingredients. I would have liked photographs of the finished dishes.

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