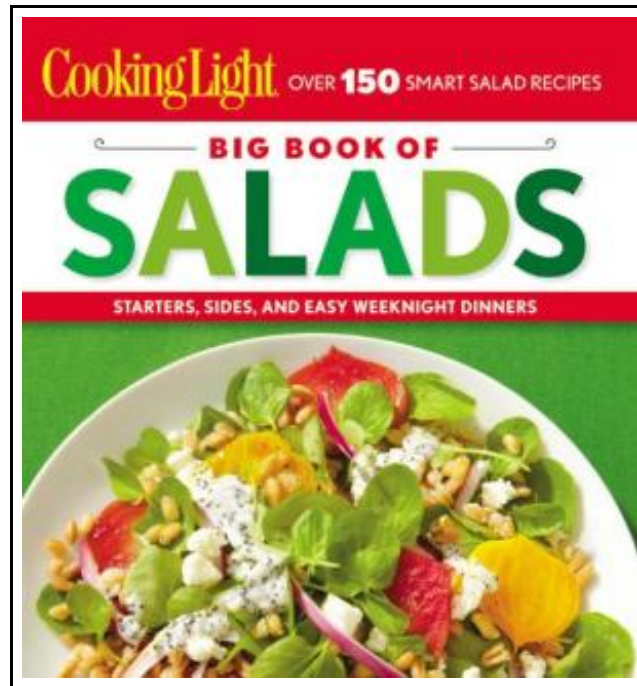


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COOKING LIGHT: BIG BOOK OF SALADS: STARTERS, SIDES, AND EASY WEEKNIGHT DINNERS



Oxmoor House, Incorporated. Paperback. Book Condition: new. BRAND NEW, Cooking Light: Big Book of Salads: Starters, Sides, and Easy Weeknight Dinners, The Editors of Cooking Light Magazine, Look forward to salad for dinner - really! Most salads tend to fall into one of two camps: the bland bowl of pale, naked greens (the salad people talk themselves into eating because it's "good for them"), or the loaded with-goodies jumbo restaurant salad (the kind that's got more calories than a slice of cheesy lasagne). Now you can have the best of both worlds: the "Cooking Light Big Book of Salads" includes over 150 recipes for incredibly tasty, interesting, and healthy salads that are perfect for weeknight meals, cookout sides, and mouth-watering starters. This flavourful, healthy fare hits all the notes everyone loves. The best toppings? Got'em: Candied nuts, creamy goat cheese, sweet dried cranberries, spicy prosciutto, pungent Stilton and Gorgonzola, juicy pears, salty olives, and crunchy croutons. Readers will learn how to make the most of in-season produce, like peaches, arugula, strawberries, corn, tomatoes, winter squash, and more. Tips and techniques provide everything needed to make amazing salads. Readers will learn how to buy and store greens so they stay crisp, how to spot fruit and veggies at the peak of flavour, how to properly dress a salad, how to whisk homemade light dressings (we're not just talking about a wimpy squeeze of lemon), how to perfectly grill chicken and cook pasta, beans, and grains like farro, and more.



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