

Salad Love: 260 Crunchy, Savory, and Filling Meals You Can Make Every Day

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✓ Verified Book of Salad Love: 260 Crunchy, Savory, and Filling Meals You Can Make Every Day

Summary:

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Salads take the spotlight in this visually arresting cookbook that showcases a year's worth of weekday recipes so exciting you'll want to eat salads every day.

At the request of his co-workers who were constantly admiring his lunches, David Bez started the photo-driven blog Salad Pride, embarking on a year-long challenge to create one new salad every day. The blog instantly gained popularity for its creative salads that require no special cooking skills. The cookbook Salad Love pairs his vibrant photographs with accompanying recipes arranged around seasonal produce.

Recipes include Egg, Asparagus, Croutons, and Pecorino for Spring; Crabmeat, Avocado, Nori, and Cucumber for Summer; Kale, Raspberries, and Blackberries for Fall; and Manchego, Dried Apricots, Fennel, and Radicchio for Winter. Many salads in the book require only a cutting board and a knife, so lunches can be made fresh at your desk. With an emphasis on fresh, whole foods, and innovative flavor combinations, these salads truly excite and inspire.

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