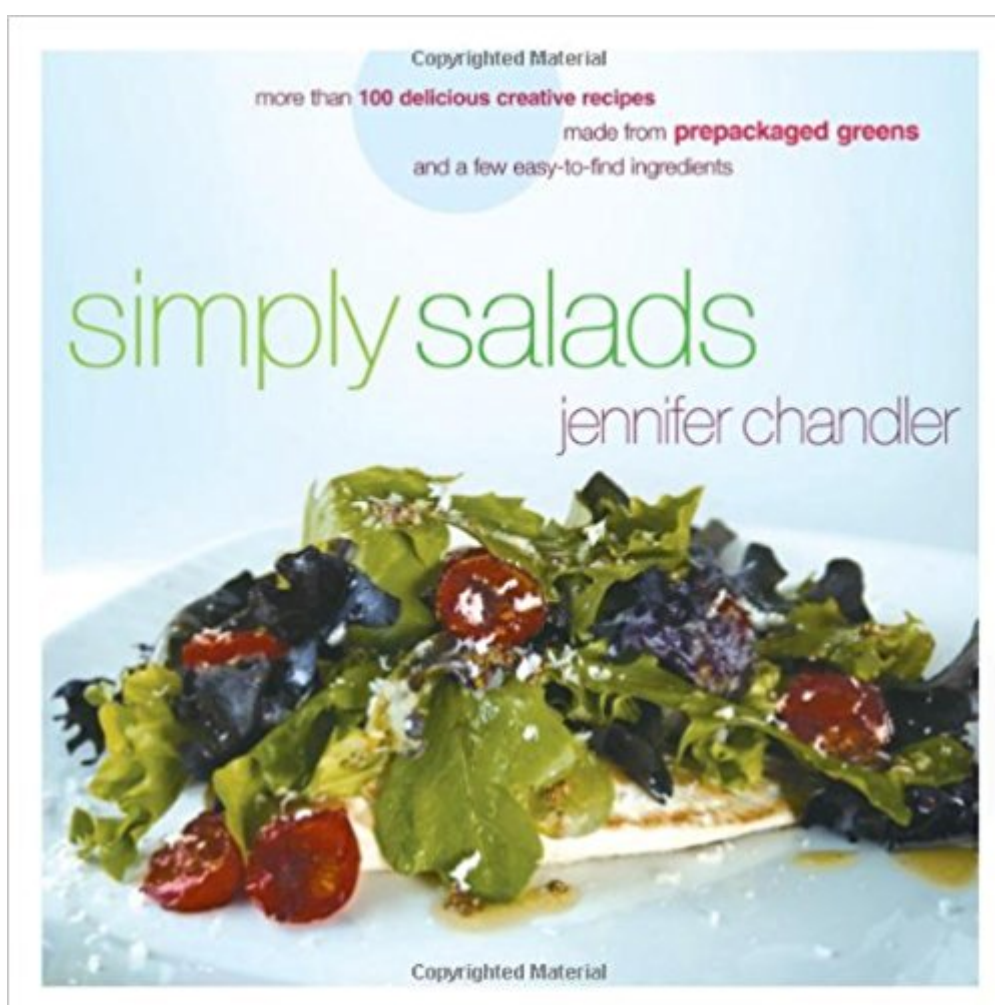


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# Simply Salads: More Than 100 Delicious Creative Recipes Made From Prepackaged Greens And A Few Easy-to-Find Ingredients



## Synopsis

From bag to table, healthy salads have never been easier. You've always known that eating green could be healthy, and now it's easier than ever. With the abundance of supermarket selections of prepackaged greens, you can create a restaurant-style salad?along with a fabulous dressing?in your own kitchen. Before bagged blends, a salad with four different types of lettuces was unheard of. Now there are more than fifty different combinations of lettuces, packaged in just the right size, from which to choose. Think beyond iceberg and romaine. The more than one hundred salads and dressings in *Simply Salads* are colorful, gourmet, and surprisingly simple to prepare. Whether you're looking for the perfect complement to a main dish or you want a salad that can stand as an entrée, you'll find the perfect salad, including such winners as: Asian Salad with Ginger Dressing and Wasabi Peas (page 4) Jalapeño Chicken Salad with Avocado Dressing (page 40) Crawfish Salad with Spicy Cajun Remoulade (page 106) Cheese Tortellini Salad with Sun-Dried Tomato Vinaigrette (page 172) Memphis Mustard Cole Slaw (page 223)

## Book Information

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## Customer Reviews

First-time author Chandler proves, with over 100 winning recipes, that you don't have to go to a restaurant to get a top-notch salad that's healthy and flavorful. Using bagged, pre-washed salad blends as a base, Chandler whips up everything from a traditional Steakhouse Wedge Salad with blue cheese, bacon and tomatoes to Margarita Chicken Salad, Thai Beef Salad and Lobster Salad with Grapefruit Vinaigrette. Even if readers never make the salads, the book's numerous dressings

and slaws deserve a look, as do the bean, rice and pasta-based dishes. With something for every salad lover, Chandler's collection is bound to inspire. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Jennifer Chandler graduated at the top of her class with Le Grand Diplome and a Mention Tres Bien in Pastry from Le Cordon Bleu in Paris. She is a full-time mom to two daughters in Memphis, Tennessee, and is a freelance food writer, restaurant consultant, and the author of *Simply Salads*, *Simply Suppers*, and *Simply Grilling*.

This is a well thought out recipe book. I like the fact that I can use pre-packaged mixes of chopped vegies, and then add things like tomatoes, avocados, celery, onions, etc. Quite a lot of variety here, with some useful suggestions in the forward.

I want to thank one of my Friends for bringing this book to my attention. Salads can actually be "meals-in-themselves," and this book provides a few examples of that. Sometimes, when I'm fixing a meal just for myself, I make a hearty salad to do the trick. This book has an interesting premise. The author, Jennifer Chandler, begins by saying (Page vii): "Packaged salad blends have changed the way I enjoy salads. With all the varieties of greens now available at the grocery store, it has never been easier to make a great and tasty salad." Some of the blends you can get in a store? Here are ones that I routinely purchase: hearts of romaine, baby spinach, spring mix, European, sweet baby greens, field greens, broccoli slaw, etc. But it is the recipes that are the heart of this book--over 100 of them. Here are some recipes that I look forward to making. Wilted spinach salad: a bag of baby spinach salad (very nice!), button mushrooms, and the dressing--olive oil, red vinegar, garlic, tarragon, salt, pepper, sugar, and an egg. Sounds yummy to me! I like goat cheese (go ahead, label me a wimp!). Warm Goat Cheese Salad sounds interesting to me (I use goat cheese in salads that I make for myself--my family is resistant, so it's only when I'm fixing for myself that I use this). The salad itself includes European blend, goat cheese, egg, olive oil, bread crumbs, salt and pepper--with a vinaigrette dressing. For a full meal? Sounds like Chicken Florentine Salad might do the trick. The salad includes pine nuts, olives, capers (yum!), baby spinach, boneless chicken breasts, orzo--and a lemon-parmesan vinaigrette. And so on. Anyhow, I'm looking forward to playing with some of these recipes. This sure looks like a good addition to my kitchen library.

I have owned this book for almost 2 years now, and I finally decided I really couldn't, in good

conscience, fail to write a review. This book has changed the world of salads at our house. It used to be that a salad was iceberg or maybe romaine lettuce topped with tomatoes and bottled dressing, which we ate because it was "healthy", not because we really liked it. Now salads make a regular appearance at our dinner table, and we LOVE them. Not only that, but our kids, ages 6 and 4 (and sometimes even the 1 year old) will eat them! I have only come across one or two recipes that I didn't love and it was more of a personal taste preference than an issue with the recipe itself. Some recipes are complex, some are simple, all taste wonderful. I agree with other reviewers that you will stop buying salad dressing. Homemade dressings are simple and delicious! In fact, I finally sat down to write this review after making the "Carrot Salad" recipe on page 216. Simplest recipe ever...shredded carrots, chopped parsley, pine nuts and garlic topped with a dressing of fresh lemon juice, olive oil, white wine vinegar, a little bit of sugar. Sounds boring...it is AMAZING. I even took this book with me on a 2 month summer vacation because I knew I would want to eat salads and this is my number one source. Get this book, you will not regret it!

Another review I read said this book wasn't inspirational or was too easy but in my mind that's one of the main reasons I'm giving it 5 stars! I understand some people want crazy, exotic "inspirational" salads, and that's cool, but I personally live in a rural area and don't have time to scour the stores for starfruit and other rare items (at least rare or nonexistent around here). I also have two little kids and I'm just trying to eat well in the simplest ways possible. I love salads and this book is exactly what I was looking for - ways to take my bag of Spring Mix and turn it into something yummy instead of the same old balsamic vinaigrette or ranch. I eat a lot of salads as meals and this book helps to add bulk to greens. So often you buy a cookbook only to find yourself liking 1 or 2 recipes, but not so with this one. There are so many salads I plan on making that sound delicious. I also love that she has recipes for homemade dressings as well. I would highly recommend this book to anyone who's hoping for easy recipes to create great salads!

This is a fun collection of recipes. I usually prefer hard bound cookbooks but this is fine on my Kindle. It provides inspiration when I am brain-dead and want to come up with something a bit more interesting, especially when we are traveling and have rented a place where I can do some cooking but am fresh out of ideas and cookbooks. I own way too many cookbooks but am glad I added this to my collection. (Plus, this has the added benefit of enabling me to hide my sin cuz it is on my Kindle and not on my bookshelf.)

OH MY GOD! THIS BOOK NEEDS TO BE IN EVERY DIETER'S BOOKSHELF! I bought this book because my family forced me to go on a Salad diet. So I picked this one after reading the review. Here is what I think: I HATE salads but this book has some of the best salad recipes I'VE EVER TASTED!!!! The recipes taste like fine Italian Dining salads at 5 star restaurants. I am going through every recipe in this book and I am about a quarter of the way through. I've read so many other salad books, and they are mostly quick and bland salads aimed at dieters. You can't pay me to eat those salads. This book is truly priceless and unique.. for example, first recipe is a bacon salad and it literally tastes like a burger. It tastes so much like a burger, you forget you are even eating a salad. If this is what it takes to diet, your taste bud will be on fire!

I just received this book and looked through it. FABULOUS! I will definitely use it a lot! Love it!

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