



Good Eating's Seasonal Salads: Fresh and Creative Recipes for Spring, Summer, Winter and Fall

Chicago Tribune Staff

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Good Eating's Seasonal Salads is a collection of 90 delicious recipes from the *Chicago Tribune's* Good Eating section that are perfect as exciting side dishes or full, healthy meals. Making use of fresh in-season ingredients, this eclectic assortment of salads features flavorful options for every month of the year. Salads range in style and substance, from practical and quick to creative and gourmet, light and simple to hearty and robust, and from classic stand-bys to unique innovations.

Each recipe provides a series of healthy eating tips and is grouped into categories based on its main ingredients, including greens, vegetables, potatoes, eggs, poultry, meat, seafood, rice, grains, beans, pasta, fruit, and dressings. Especially useful is the book's broad selection of winter salads, including delicious whole-grain salads and tips on seasonal produce. Each section is introduced by an entertaining narrative passage informing readers on topics such as the rise in popularity of Romaine lettuce and kale or the history behind the Caesar and Cobb salads. *Good Eating's Seasonal Salads* also offers the culinary creations of several experienced cooks who provide their own perspectives and voice to the recipes.

Salads are versatile and healthful options for snacks or meals, lunch or dinner, summer or winter, and they let home cooks save money by creatively using leftovers in refreshing ways. *Good Eating's Seasonal Salads* is ideal for novice and expert home cooks alike who are looking to prepare healthy, inexpensive, and appetizing salads using the freshest year-round ingredients.

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Joshua Rodrigue:

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Julian Eaton:

Typically the book Good Eating's Seasonal Salads: Fresh and Creative Recipes for Spring, Summer, Winter and Fall has a lot info on it. So when you read this book you can get a lot of profit. The book was published by the very famous author. Mcdougal makes some research before write this book. That book very easy to read you can obtain the point easily after perusing this book.

Thomas Hawkins:

Playing with family in a very park, coming to see the sea world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try issue that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Good Eating's Seasonal Salads: Fresh and Creative Recipes for Spring, Summer, Winter and Fall, you can enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't buy it, oh come on its identified as reading friends.

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Good Eating's Seasonal Salads: Fresh and Creative Recipes for Spring, Summer, Winter and Fall can be one of your beginning books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article author giving his/her effort to put every word into pleasure arrangement in writing Good Eating's Seasonal Salads: Fresh and Creative Recipes for Spring, Summer, Winter and Fall although doesn't forget the main position, giving the reader the hottest along with based confirm resource info that maybe you can be considered one of it. This great information could drawn you into brand-new stage of crucial thinking.

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