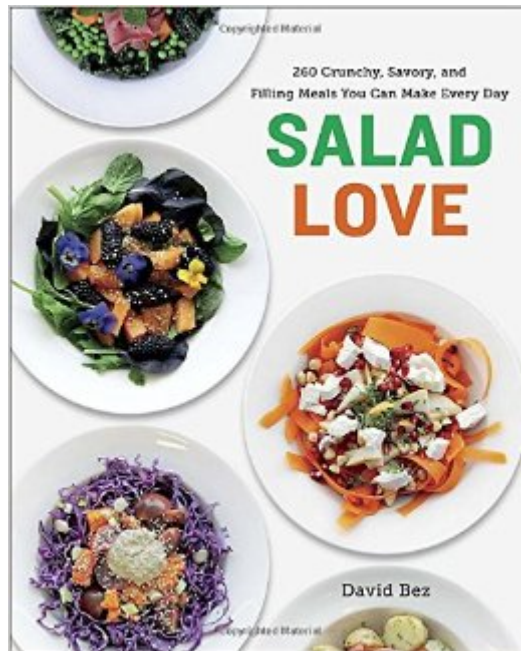


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# Salad Love: Crunchy, Savory, And Filling Meals You Can Make Every Day



## Synopsis

Discover 260 hearty, flavorful, and beautiful salads that can be prepared in a flash with little more than a knife and a cutting board. Determined to eat more vegetables for lunch, David Bez embarked on a personal challenge to create one new salad every day using seasonal, healthy ingredients. In *Salad Love*, he shares his favorite recipes from his yearlong experience. Crunchy, savory, and incredibly satisfying, these salads go beyond your typical combination of lettuce, protein, and toppings to create vibrant, plant-based meals that offer something for every palate. In summer, try Oak-Smoked Cheddar, Peaches, and Blueberries; for fall, savor hearty Roast Chicken, Quinoa, Red Pepper, and Peanuts; in winter, fuel up with Ham, Roasted Potatoes, Carrots, and Dried Cranberries; and in spring, enjoy Egg, Asparagus, Croutons, and Pecorino. Complemented by 280 full-color photographs, *Salad Love* invites you to explore inspired salads any day of the year.

## Book Information

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## Customer Reviews

I love a good salad. Seriously. It floats my boat! Which is hilarious since I'm the farthest thing from a "healthy food person." Haha! But I was more than happy to review this book full of salad recipes to give me some new and fresh ideas! So here's what I love about this book: 1.) The pictures!!! - There's a picture for EVERY SALAD. All 260 of them! I love that! The best way to get me interested in a new recipe is to let me see what the finished product looks like. 2.) Each one has a homemade dressing recipe. - And most of them are pretty simple, involving mostly items I already have in the pantry or fridge! 3.) It's divided by season! - Most cookbooks are divided by main dish, side dish, appetizer, etc. or by meat recipe, vegetarian, vegan, etc. But this one is by season! How amazing is

that! And since its a salad book, full of produce, it makes PERFECT sense!4.) Every recipe is labeled - Pescatarian, Vegan, Vegetarian, Omnivore, Raw... You can easily see what each recipe is! That makes it so easy to go find what you'd like! Also, each recipe has an "alternative." For example, The Roasted Eggplant, Chickpeas, & Pomegranate salad recipe is Vegan, but if you replace the soy yogurt with Green yogurt, it becomes Vegetarian. This book is beautiful and well thought out! Definitely a must for any salad lover! I received a copy of this book, free of charge, from Blogging for Books, in exchange for my honest review.

David Bez's jolly book encouraging healthy, inexpensive, quick at-your-desk made lunches is really well thought out. Bez is, as he tells us, not a chef, but he is from Italy, loves food, and works in 'creative'. He is also a father, and cares about eating fresh, in season, delicious quality food, both for himself and his small ones. And he has limited time for lunch, taken at his desk. He has chosen the option to prepare a variety of fresh salads, which can be quickly put together in less time than it takes to queue in the local supermarket for a sad sandwich. His art director background is written all over the great presentation, and excellent design of this book. The recipes are divided into the four seasons, and what is easily available. Some of it involves being a little thoughtful the night before, and cooking a few extra vegetables, grains, pulses (or, okay for those of you that eat the other stuff, putting aside some of the flesh) to become part of your lunch salad. Forget lettuce, tomato cucumber; tomato, cucumber lettuce; cucumber tomato, lettuce and on, and on, Bez will have you happily assembling all sorts of goodies, - I advise a quick 'look inside' the book to whet your imagination, but a few recipes I salivated for at random - yellow pepper, broccoli, chilli and coconut cream; goat's cheese, kale, cucumber and tomatoes; cavalo nero, avocado and sprouted beans. I can hear those flesh eaters grumbling.....fear not, there is plenty for you. What Bez does is to define each recipe as being Omnivore, Pescatarian, Vegetarian, Vegan or Raw. Obviously the omnivore is for the everything including animal eater, the pescatarian fish eater and the rest, the vegetarian eats nothing which had a face, but does include dairy or egg, the vegan recipes contains no ingredient from an animal - and the raw will always be an option which is not only vegan but had no heating applied - so for example, it could include sprouted pulses, but not cooked pulses, as protein source (he doesn't include sushi in raw, it belongs, properly, to pescatarian) But what is absolutely BRILLIANT is that for every recipe he gives an adapted option for one of the other groups. There ARE quite a few omnivore or pescatarian recipes, but only 10 of the omnivore or pescatarian main recipes have an adaptation which is the other flesh based one. And for those on the most restricted diets of all (the raw food eaters) there are a lot of recipes! So this lovely book

gives options for all. Not only are the recipes themselves tempting and delicious, but I particularly love the THOUGHT which Bez has put into it. You can search yourself a recipe in different ways...the index helpfully will give page numbers for, for example, Vegan Main, Vegan alternative and the like - and there is the search by ingredient. Got some pak choi you want to use up? No problem. Bez 'deconstructs' the layers of his salad, so every recipe will have a base (generally a salad leaf, but it might be a grain), then vegetables and or fruit, a protein component, toppings - nuts, seed, and the like, fresh herbs, and finally the dressing - which might be vinaigrette style, pesto style, or creamy style - some 25 varieties of dressing. And if you run out of ideas and need some more he even has a salad blog called Salad Pride, where you can tiptoe through the garden gathering more goodies for lunch and breakfast. I received this as a copy for review, courtesy of Vine UK

**SUMMARY:** Wanting to eat healthy, fresh food for lunch every day, author David Bez set out on a quest to make a new, interesting, appetizing and healthy salad for lunch each day that could easily be made at work. With a base, proteins, vegetables, fruits, dressings and toppings, he not only succeeded but enticed his employees to follow suit, creating seasonal, easy to prepare succulent salads. Breaking the mold that salads are only sides and rather boring, Salad Love embraces a healthier lifestyle with easy-to-follow salad recipes and gorgeous accompanying pictures. Yum!

**PENNY FOR MY THOUGHTS:** Wow. I absolutely love this book! Not only from a healthier approach to eating but the motivation and success achieved with the simple approach to doing it. Though not a chef nor photographer, the recipes pictures are beautiful, taken just before the salad is devoured. I so appreciate the seafood used is sustainable and the other items fresh. Agreeing with his statement that eating healthy should not be painful but a treat to ourselves, this book is right on target. With glossy, sturdier pages, alternatives to change the type of salad (i.e: vegan to omnivore), salads specific to seasons, basic directions for preparation of a salad, easy to add protein ingredients and the salad finally being given its own deserved accolades, Salad Love hit the mark for me. Though not necessarily for everyone, I plan on purchasing several copies for friends and family. Well done! Salad on!!

**RATING:** 5+ (out of 5) pennies\* I received a complimentary copy of Salad Love from Blogging for Books for my honest review\*

I really wanted to love this book, but I just didn't. It's written by a British man, and many of the recipes use ingredients that aren't so easy to find in the U.S. I'm sure if you really wanted you could sub the ingredients or find them in a specialty food store. The presentation of the book was good and

the photos - gorgeous, but the recipes were not what I was expecting based on its description.

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