

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

By David Bez

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Salad Love: Crunchy, Savory, and Filling Meals You Can Make Every Day
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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 to you explore inspired salads any day of the year.

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Editorial Review

Review

“If you’re a salad eater looking for easy inspiration, [this book is] well worth checking out.”
—Associated Press

“If your go-to salad is starting to inspire more dread than excitement, David Bez is here to help. Pick up his new book, *Salad Love*, and never run out of leafy green ideas again.”
—Spry Kitchen

“If you eat a lot of salads, or want to, get this book. It is invaluable to even a seasoned salad maker. You may just start a lifetime love affair with salads.”
—Houston Chronicle

About the Author
DAVID BEZ is the author of *Salad Pride*, a blog that chronicles his personal challenge to make one new salad a day for an entire year. A home cook, David created the blog after his coworkers expressed interest in his daily lunches. He lives in London with his wife and daughter.

Users Review

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