



Salad Days: Boost Your Health and Happiness with 75 Simple, Satisfying Recipes for Greens, Grains, Proteins, and More

Amy Pennington

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Amy Pennington will make you crave salads with these 75 recipes that feature not just greens with zesty dressings but also incorporate satisfying proteins, such as fish, chicken, eggs, cheese, and nuts, as well as other toothsome ingredients like grains and noodles, and even fruit.

Simple, nutritious, and tasty, salads have moved from a side dish to main meals as people move towards healthier foods. *Salad Days* is organized according to how and when we eat--featuring grain bowls, fast and fresh salads, winter salads, noodle salads, fruit salads, cooling salads, and salads for a crowd--making it easy to identify just the right salad to satisfy a craving or occasion. With fresh greens as the base of each recipe, *Salad Days* offers creatively delicious ideas for 75 salads for every meal of the day, including breakfast!

Salad Days: Boost Your Health and Happiness with 75 Simple, Satisfying Recipes for Greens, Grains, Proteins, and More Details

Date : Published April 4th 2017 by Sasquatch Books

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Author : Amy Pennington

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From Reader Review Salad Days: Boost Your Health and Happiness with 75 Simple, Satisfying Recipes for Greens, Grains, Proteins, and More for online ebook

BookBec says

This book stretches from simple side salads to filling main-dish salads. I wish more had been done to make the distinction clear for each recipe. Like "serves 4 as a side dish, 2 as a main course" or even calorie information (which allows you to deduce sides and mains).

Shaun says

Great unique salads.

Cyndi Beane-Henry says

75 gorgeous looking recipes for a variety of salads! And boy do I love salads!

Being vegan, I eat a lot of salads. Especially protein covered salads, and this recipe book has that covered!

It also has that unique 'Yum' factor going for it! Can't deny I'm going to try every single salad in here, minus any meat or dairy (I'll try to use vegan substitutes!)

I especially like the way the author has intermingled ingredients I would never have thought to mix together! Like pomegranate and onions! Wow! I can't wait to try that one! Or a fig and arugula salad? Sounds yummy, right? How about crisp iceberg, radish and creamy poppy seed dressing. Simple and yet, makes my mouth water thinking about it! And let's mix u melons with cukes! Cover it with an avocado cream! Or what do you think of Little Gem lettuce and cilantro with a watermelon vinaigrette? And my favorite? Roasted eggplant with cilantro vinaigrette!

75 recipes! Can't wait to get started!

I rate this book five stars,

a big thumbs up,

and I highly recommend it!

San Diego Book Review says

Reviewed by George Erdosh for San Diego Book Review

If you are the kind who assembles salads for a quick and easy side dish, you will be sorely disappointed in *Salad Days*. Amy Pennington collected a large number of excellent salad recipes in nine broad categories from breakfast salads through fruit salads to cooling salads, but most of these are elaborate, even time-consuming preparations but the results are superb.

You can read this entire review and others like it at San Diego Book Review.

Sharon says

I love the way Amy explains why she has included each of the chapters in the book, such as "Breakfast Salads". Although I have put an egg on a salad before, Amy has opened up a whole new outlook in the world of salads for me. I crave greens just looking at the photographs. She has come up with many addin's to make salad's more interesting.
