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Fresh: Nourishing Salads for All Seasons (Paperback)

By Kimberly Harris

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This cookbook was inspired by the idea that food does not have to be complicated to taste good. Furthermore, good food is real food, such as dark greens, bright pineapple, or savory grassfed steak. The recipes in this book were created with everyday needs in mind. Practical, tasty, and simple enough to enjoy on a regular basis, but also full of nourishing, healthy ingredients. Recipes include old time favorites such as Caesar Salad, a remake of your mother's Jello salad (this time made with real food ingredients), and Taco Salad. These versions include fresh ingredients for a more nourishing and fresh flavored dish. For example, Mexican beef is made without a seasoning packet, fruit gelatin is made without reaching for a box of refined sugars and dyes, and salad dressings are made using pure ingredients, with none of the additives and flavor enhancers found in store-bought. In addition to old classics, there is a wide variety of fruit, grain, legume, potato and green salads. Recipes include: Creamy Tropical Fruit Salad, Mexican Quinoa Salad, Mexican Squash Black Bean Salad, All...



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