



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

From reader reviews:

Thomas Britton:

Do you certainly one of people who can't read enjoyable if the sentence chained from the straightway, hold on guys this specific aren't like that. This Salad Love: Crunchy, Savory, and Filling Meals You Can Make Every Day book is readable by you who hate those straight word style. You will find the information here are arrange for enjoyable looking at experience without leaving possibly decrease the knowledge that want to give to you. The writer regarding Salad Love: Crunchy, Savory, and Filling Meals You Can Make Every Day content conveys the idea easily to understand by a lot of people. The printed and e-book are not different in the articles but it just different available as it. So , do you even now thinking Salad Love: Crunchy, Savory, and Filling Meals You Can Make Every Day is not loveable to be your top checklist reading book?

Mark Copeland:

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Vickie Duke:

In this era which is the greater individual or who has ability in doing something more are more precious than other. Do you want to become one of it? It is just simple method to have that. What you should do is just spending your time very little but quite enough to have a look at some books. One of the books in the top checklist in your reading list is usually Salad Love: Crunchy, Savory, and Filling Meals You Can Make Every Day. This book that is qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking way up and review this book you can get many advantages.

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