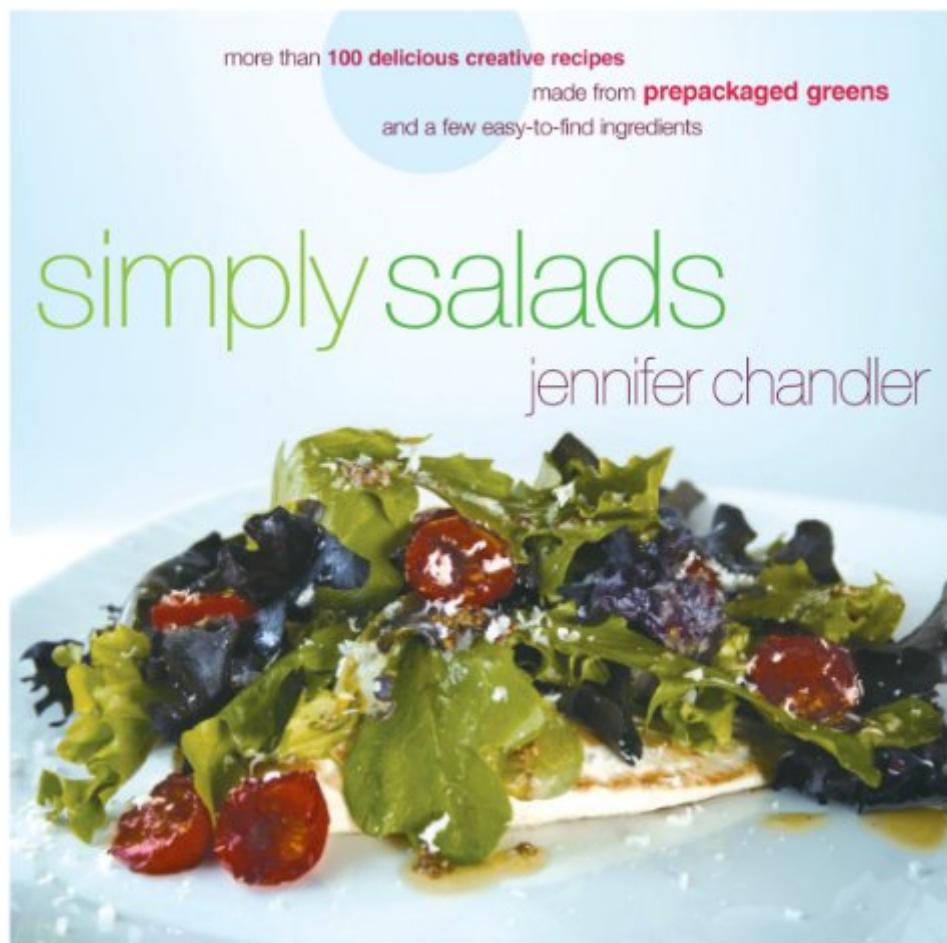


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Simply Salads: More Than 100 Creative Recipes You Can Make In Minutes From Prepackaged Greens



Synopsis

From bag to table, healthy salads have never been easier. You've always known that eating green could be healthy, and now it's easier than ever. With the abundance of supermarket selections of prepackaged greens, you can create a restaurant-style salad?along with a fabulous dressing?in your own kitchen. Before bagged blends, a salad with four different types of lettuces was unheard of. Now there are more than fifty different combinations of lettuces, packaged in just the right size, from which to choose. Think beyond iceberg and romaine. The more than one hundred salads and dressings in *Simply Salads* are colorful, gourmet, and surprisingly simple to prepare. Whether you're looking for the perfect complement to a main dish or you want a salad that can stand as an entrÃ©e, you'll find the perfect salad, including such winners as: Asian Salad with Ginger Dressing and Wasabi Peas (page 4) JalapeÃ±o Chicken Salad with Avocado Dressing (page 40) Crawfish Salad with Spicy Cajun Remoulade (page 106) Cheese Tortellini Salad with Sun-Dried Tomato Vinaigrette (page 172) Memphis Mustard Cole Slaw (page 223)

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Customer Reviews

‘Simply Salads’ by relative newcomer writer, Jennifer Chandler, is based on a simple and very attractive premise of using cut, cleaned, and bagged greens from your grocers’ refrigerated produce section. I am not a great fan of these bagged goods, except for the single variety packs of spinach, arugula, and the like. And, since I am known for excessive nit-picking, let me say at the outset that this is a first rate cookbook resource for someone who really likes salads. For those people, especially people with at least three or four people to feed at a sitting who do not have a lot of time to shop for and prep the individual greens, this is a superb premise, and Ms. Chandler pulls it off with very few gotchas. The biggest question regarding these packaged greens, of course, is whether to trust the ‘pre-washed’ claim, especially in light of the recent vegetable borne food contamination on spinach and onions. I was firmly in the camp, even before this news, of thoroughly washing all greens, sometimes several times (for spinach especially), and I was backed up in this view by no less than Emeril Lagasse who, on a show a few years back, gave a scolding look to the notion of using unwashed greens, regardless of the packaging. The author tends to believe the packagers’ claim of effective pre-washing. I would recommend washing and spinning dry, regardless of how big the ‘prewashed’ blurbs are on the package. I warmed up to Ms. Chandler’s book when I saw her list of recommended kitchen tools and pantry items. These lists seem to be done by every Tom, Dick and Harry cookbook writer, and many are unnecessarily long for the ‘cook because I have to’ working parent. Ms. Chandler’s list is just about right.

I love an exotic salad. I collect specialty cookbooks. Ergo, “Simply Salads” is now an integral part of my collection. Not without good reason! Right on the cover, Jennifer Chandler announces that her cookbook contains “more than 100 delicious creative recipes made from prepackaged greens and a few easy-to-find ingredients.” My goodness, who could ask for more, but I did. I wanted proof. Let’s walk through the book. (When I get a new cookbook, I start at the beginning and leaf through every single page, stopping at certain recipes to read for difficulty and ingredients. Oh my, but I want to try so many recipes from this book.) This introductory chapter displays all the packaged greens, a standard list of kitchen aids needed, and pantry items. The first recipe is “Steakhouse Wedge Salad” and what a gorgeous photo (Every single recipe has a close-up photo of the salad). By the way, each recipe comes with a homemade dressing, but, of course, store-bought can be used. Here’s a Wilted Spinach Salad with mushrooms and an egg-based dressing. The book is arranged by categories of salads. The two recipes above come from the Greens chapter. Others are the various meats, Fruit, then Beans, Grains, Rice & Pasta, next Slaws, and the additional Dressings chapter. Let’s continue our flip-through: Grilled Romaine with mandarin orange slices and toasted

almonds with a green goddess dressing. Does it look great! Black and Blue Chicken Salad (Bleu cheese and blackened chicken), Prosciutto and Melon Salad, Beef Tenderloin Salad with Horseradish Dressing (yogurt, sour cream, horseradish, and mayonnaise--sounds heavenly, yes?), and Grilled Lamb and Tabbouleh Salad for a Middle Eastern flavor.

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