



**Cooking Light Cook's Essential Recipe Collection:
Salad: 58 essential recipes to eat smart, be fit, live
well (the Cooking Light.cook's ESSENTIAL
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As a part of the **The Cooking Light Cook's Essential Recipe Collection**, this cookbook promises you outstanding, foolproof recipes that are approved by our Test Kitchens and readers alike. From simply tossed sides to hearty entrées, these salads are sure to become your tried-and-true favorites.

In this volume of **The Cooking Light Cook's Essential Recipe Collection**, you'll find:

Over 50 essential kitchen-tested salad recipes. From Simple Green Salad to upscale Fennel, Parsley, and Radicchio Salad with Pine Nuts and Raisins, **Cooking Light Salad** offers you over 50 of Cooking Light magazine's best-of-the-best salad recipes. You'll find basics like our Creamy Caesar Salad plus more exotic fare, such as Pork Fattoush. Dig into Classic Potato Salad at your next family gathering. Or pack a healthy to-go lunch of Roasted Chicken and Bow Tie Pasta Salad. Better yet, enjoy Strawberry-Kiwi Salad with Basil as a refreshing dessert—you'll love its sweet, creamy dressing.

Over 100 bold and bright full-color photos. Each essential recipe is accompanied by a vivid full-page color photograph, along with an additional image and information on a particular ingredient or technique that's crucial to the recipe.

Complete nutritional information for each recipe. In your quest to eat smart, be fit, and live well, you'll find the complete nutritional analysis for each recipe amazingly helpful. Looking for a low-calorie main dish? Try Thai Beef Salad. Need less sodium? Tropical Fruit Salad is ideal as a refreshing side dish. Or maybe you want to increase your fiber intake. If so, Greek Dinner Salad is a good choice.

A complete guide to all things salad.

Not exactly sure what frisée is? Wondering which vinegar is best for your dressing? Then check out our Cooking Class. A salad greens and lettuces glossary defines the greens used in this book, and it tells you how to select and prepare them. Plus, we give you the scoop on oils and vinegars. And our favorite dressings will turn any bed of greens into a gourmet salad.

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