

Salad in a Jar 68 Recipes for Salads and Dressings



BOOK DETAILS

- Author : Anna Helm Baxter
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BOOK SYNOPSIS

A collection of more than 60 illustrated recipes for simple-to-prepare salads, dressings, breakfasts, and snacks to take on the go. The solution to the lunchtime salad rut, Salad in a Jar provides healthy, easy alternatives to dissatisfying or overpriced grab-and-go meals. These nutritionally balanced recipes are perfect for making ahead. Anna Helm Baxter reveals the keys to layering ingredients to maximize freshness and texture for a hearty and satisfying dish or snack. Tips and tricks include instructions on designing salads in a jar with recipes for raw salads, side salads, meal salads, snacks, and desserts. From the Trade Paperback edition.

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