

<<沙拉美食>>

图书基本信息

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### 内容概要

In these health-conscious days , we are all aware of the important role that eating a nutritious and balanced diet plays in our health and wellbeing . However, with our busy lifestyles it can be a struggle to find time to cook and prepare wholesome meals . Salads are the perfect solution . They are quick and easy to prepare——with many requiring no cooking whatsoever and can be ready to eat in a matter of minutes . What ' S more , they are incredibly healthy and packed full of vitamins and minerals . Bursting with inspiring dishes for every occasion , Salads is a collection of sensational salad recipes featuring a range of tasty ingredients , including poultry , meat , fish and seafood , cheese , beans , and grains . From the classic salads through to those with a modern twist , you will find plenty of ideas for simple side dishes , light lunches , and substantial suppers . Quick to make and satisfying to eat , salads need never be dull and boring again!

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