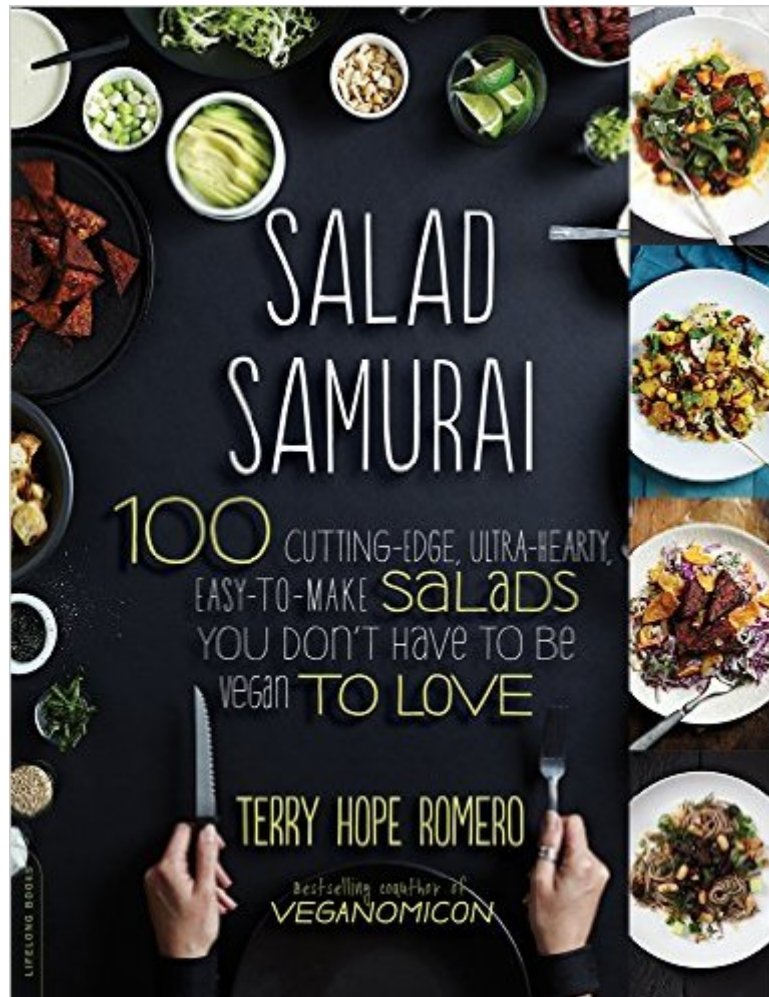


The book was found

# Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have To Be Vegan To Love



## Synopsis

Discover the Way of the Salad Award-winning chef and Veganomicon coauthor Terry Hope Romero knows her veggies. In *Salad Samurai*, she's back to teach you the way of the veggie warrior, rescuing salads from their bland, boring reputation and "side" status with more than 100 vibrant, filling entrees. This is your guide to real salad bushido: a hearty base, a zesty dressing, and loads of seriously tasty toppings. Based on whole food ingredients and seasonal produce, these versatile meatless, dairy-free dishes are organized by season for a full year of memorable meals (yes, salad can rock even the coldest days of winter). Dig in to: Spring Herb Salad with Maple Orange Tempeh, Deviled Kale Caesar Salad, Seared Garlic Chickpeas, Spinach, and Farro, Seitan Steak Salad with Green Peppercorn Dressing, Herbed Pea Ricotta, Tomatoes, and Basil, Mushroom, Barley, and Brussels Harvest Bowl, Tempeh Rubenesque Salad, Pomegranate Quinoa Holiday Tabouli, Seitan Bacon Wedge Salad and many more! With designations for gluten-free and raw-ready options and recipes that are work-friendly, weeknight-ready, high-protein, and loaded with superfoods, *Salad Samurai* shows you the way of the salad: killer dishes that are satisfying, healthy, and scrumptious. Praise for Terry Hope Romero: "This is exceptionally good food for vegans, vegetarians, and the rest of us who are trying to eat a more sustainable, healthy, plant-based diet." - *Christian Science Monitor on Vegan Eats World* "Exuberant and unapologetic... Moskowitz and Romero's recipes don't skimp on fat or flavor, and the eclectic collection of dishes is testament to the authors' sincere love of cooking and culinary exploration." - *Saveur on Veganomicon*

## Book Information

Paperback: 192 pages

Publisher: Da Capo Lifelong Books (June 17, 2014)

Language: English

ISBN-10: 0738214876

ISBN-13: 978-0738214870

Product Dimensions: 0.5 x 6.8 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (172 customer reviews)

Best Sellers Rank: #22,710 in Books (See Top 100 in Books) #7 in [Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Salads](#) #36 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables](#) #68 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

## Customer Reviews

I've had a lot of fun trying the recipes and savoring the tips in this book. The two biggest benefits that I gained from this cookbook were unique salad dressing recipes and some really amazing ideas for tempeh. There's enough mix 'n match going on to offer nearly endless possibilities. I love it!! I love salads and eat them daily, usually twice a day. The recipes in this cookbook offer a wide range of bold flavor and texture variations. Many of the dressing recipes make about 1 1/2 cups, and they must be used within 2 days. I only cook for myself, so I have to cut the recipes down. I've enjoyed all of the recipes that I've tried so far, although I had a snafu with a chickpea recipe. Many of the recipes have long ingredient lists, but so far they have all been prepared quickly and easily. Upstate Dressing, a creamy tahini and sundried tomato recipe, couldn't be easier or faster to prepare. I cut the recipe in half and followed it exactly. It was easy to blend with my stick blender, and came out the perfect consistency. The garlic was strong for my taste, so I'll use less next time. Otherwise, it was very delicious! I had a large salad, so I measured 3 tablespoons and it covered it nicely. There were 6 tablespoons left, so that will cover another 2 salads. I tried the Smokehouse Chickpeas and Greens salad on page 111 and it was delicious, although I did make an error due to the layout of the recipe. The recipe ingredients are divided into Chickpeas, Salad, and Dressing. Nutritional yeast was listed under Chickpeas, although it was supposed to be sprinkled over the completed salad before serving. Yep, I added the yeast to sauce mixture which I added to the chickpeas in the skillet. Pay closer attention than I did when you make it. Better me than you, right?

[Download to continue reading...](#)

Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love  
Vegan: 100 Delicious Recipes For The Beginner Vegan, : Lean Meals, Diet Plans, slow cooker, recipes (vegan cookbook, vegan diet, vegan recepies, vegan ice cream, vegan ...  
cooker, vegan protein powder, vegan protein) Vegan Thanksgiving Dinner: 25 Full Of Taste  
Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat  
Vegan ... low fat high carb recipes) (Volume 2) Salad Dressing Recipes: Top 50 Most Delicious  
Homemade Salad Dressings: [A Salad Dressing Cookbook] Raw Vegan Sauces and Salad  
Dressings: Delicious and Nutritious Sauce and Salad Dressing Recipes. The Life-Changing Magic  
of Not Giving a F\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing  
Things You Don't Want to Do Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free &  
Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) Vegan Freak: Being Vegan in a Non-Vegan  
World (Tofu Hound Press) 500 Salads: The Only Salad Compendium You'll Ever Need (500

Cooking (Sellers)) Salads That Inspire: A Cookbook of Creative Salads Salads: Over 60 satisfying salads for lunch and dinner Salads on the Run: The Top 50 Mason Jar Salad Recipes That Are Quick, Crafty, and Great on the Go The Modern Salad: Innovative New American and International Recipes Inspired by Burma's Iconic Tea Leaf Salad 50 Mason Jar Salad Recipes: Your Ultimate Guide to Making Salad in a Jar Homemade Salad Dressings: 50 Simple, Delicious And Healthy DIY Salad Dressing Recipes PETA'S Vegan College Cookbook: 275 Easy, Cheap, and Delicious Recipes to Keep You Vegan at School The 4-Hour Workweek, Expanded and Updated: Expanded and Updated, With Over 100 New Pages of Cutting-Edge Content. Fresh from the Vegan Slow Cooker: 200 Ultra-Convenient, Super-Tasty, Completely Animal-Free Recipes Rotary Cutting Revolution: New One-Step Cutting, 8 Quilt Blocks Day Trading Strategies: How To Trade With Algorithms And Profit In Any Market Conditions With Cutting Edge Technical Analysis And Risk Management (Stock ... Options, Investing, Make Money Online)

[Dmca](#)