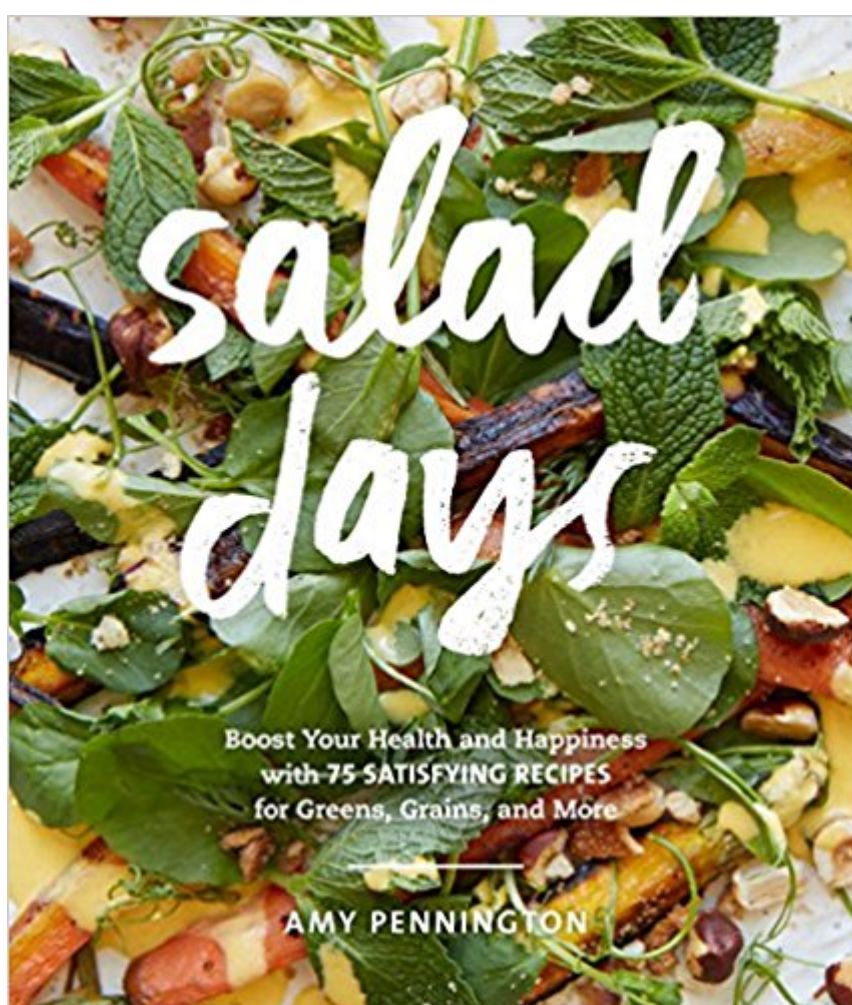


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# Salad Days: Boost Your Health And Happiness With 75 Simple, Satisfying Recipes For Greens, Grains, Proteins, And More



## Synopsis

Amy Pennington will make you crave salads with these 75 recipes that feature not just greens with zesty dressings but also incorporate satisfying proteins, such as fish, chicken, eggs, cheese, and nuts, as well as other toothsome ingredients like grains and noodles, and even fruit. Simple, nutritious, and tasty, salads have moved from a side dish to main meals as people move towards healthier foods. Salad Days is organized according to how and when we eat--featuring grain bowls, fast and fresh salads, winter salads, noodle salads, fruit salads, cooling salads, and salads for a crowd--making it easy to identify just the right salad to satisfy a craving or occasion. With fresh greens as the base of each recipe, Salad Days offers creatively delicious ideas for 75 salads for every meal of the day, including breakfast!

## Book Information

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## Customer Reviews

"Self-styled urban farmer and author Pennington [covers](#) the entire meal universe [with many surprises](#)." [Booklist](#) "Salads have never been so satisfying." [Edible Seattle](#) "The book has 75 recipes for approachable salads that make eating your veggies a delight rather than a chore. There [are](#) even breakfast salad [ideas](#)." [I've never eaten a salad for breakfast, but I've seen Amy do it, and I plan to give it a try.](#)" [Seattle Magazine](#) "Get a more interesting, modern twist to your salads!" [Seattle Kitchen podcast](#) "Dispels the notion of the boring side-dish salad. [These] creative and nutritious recipes take center stage at every meal including

breakfast." [•Eat Your Books](#)"Amy Pennington is a gardener extraordinaire, and her new cookbook showcases all the vibrant greens she grows. These are center-stage salads." [•Seattle's Magazine](#)"What a great cookbook it is. I now have a wonderful way to have several salads a week and still feel like I'm getting a huge variety in my meals. These salads are exciting adventures of flavor, and I highly recommend this cookbook to all of you." [•The Wimpy Vegetarian](#) "I just plain like Pennington's love of growing and eating vegetables, her commitment to flavor diversity, and her sense of economy." [•New York Botanical Gardens Blog](#)

AMY PENNINGTON is a cook, author, and urban farmer. She is the author of *Urban Pantry: Tips and Recipes for a Thrifty, Sustainable and Seasonal Kitchen*, *Apartment Gardening*, *Apples: From Harvest to Table*, and her latest title *Fresh Pantry: Eat Seasonally, Cook Smart, and Learn to Love Your Vegetables*. Pennington has been named one of Seattle magazine's 50 most powerful players in Seattle's food scene and as a Bon Appétit Tastemaker.

Was excited to order this book as I am a huge fan of salads but was disappointed in the recipes. I do not mind fruit in my salads or honey in my dressings but tried two recipes for dressings that contained yogurt and they just were not my thing. There are better salad books out there. If I had to do it all over again, I would check this book out at the library before ordering.

I'm a sucker for salad cookbooks, and this one has quickly become a favorite! The recipes are creative and refreshing, and nothing is boring or unappetizing. I'm in luck because the ingredients within are familiar to me and mostly present in my pantry, or easy to find if I don't have them on hand. I'm picky, but this book is right up my alley. The directions are easy to follow, and the large number of photographs make the recipes enticing. I've tried a few already and have been pleased so far. My main focus would be the dressing recipes, and I'm flexible with the main salad components. Many of the recipes include ingredients I would have never considered combining, so I'm willing to try the full recipes. They are very creative! Whenever I get a new cookbook, I go through it and bookmark recipes that are either worth considering, or that go on a list to definitely try. Usually the maybes outnumber the definites. In this case, I've bookmarked a large number of recipes that I DEFINITELY will make. I've even included a photo of my bookmarked side view to show how many look that perfect to me. I'm sure that I'll add more, because most of the rest are still worth considering. Favorites so far: p 130 Butter Lettuce with Strawberry Fennel Vinaigrette - It was

very refreshing, and had a nice bite from the vinegar and fennel seeds. The combo of kale and tender butter lettuce added more texture and was very enjoyable. 106 Buckwheat Noodle and Sticky Salmon - The real star here was the avocado miso dressing! I would easily make this dressing to use on mixed greens without the noodles and salmon. 163 Little Gem Lettuce with Shrimp and Coconut Avocado Dressing - Wow, this was very refreshing! It's a very simple salad with only a few ingredients, but the level of flavor was deep and satisfying. It's perfect for a summer lunch. I normally share my cookbooks with my sisters, and a few hands tried to snatch this one out of mine. Sorry, but I'm going to be selfish. They had to order their own copies.

Rating cookbooks can be difficult. There is the tangible that is clear and clean cut, easy to rate. When rating a cookbook I ask some basic easy questions: were the instructions clearly written, easy to follow, and complete - yes. Were the ingredient measurements clear - yes. There are nice pictures, not of every recipe but of many. The ingredients are fairly easily sourced and accessible, the most challenging might be avocado oil or the pomegranates she is fond of. Then comes the harder part of a cookbook to judge, and that's personal taste. This is not a cookbook I would buy if I were thumbing through it in a store. One issue is I'm not a big fan of fruit in salads. Those spinach strawberry salads everyone loves so much, me.. not so much. And the author likes fruit in her salads, 26, or more than 1/3 of the recipes in the book have fruit of some sort in them, raisins, apples, grapes, pomegranates, mangoes, dates - and I'm not even counting the citrus zest, or lime, lemon, and orange juice. Next, many of the dressings call for maple syrup or honey. Along with fruit I'm into sweet dressings, the exception being a stunning balsamic fig they serve at a local restaurant here. There are, of course, salads that aren't fruit laden or sweet, that are good, such as the carrot radish and turnip salad. On the other hand there are salads that, besides the fruit, just don't sound good, like the pasta salad with a tin of sardines and raisins.. on the other hand the romaine lettuce with creamy sumac dressing was very good. In the introduction she mentions she likes well dressed salads, putting the amount of dressing on the salad made them too heavily dressed for us, I solved that by using half and putting half in a pitcher so people could add more if they wished. There is a section at the end on dressings, again most have honey, maple, or fruit of some sort. So for the clear concise instructions, imaginative use of ingredients (even if not to my taste), and well laid out recipes with nice pictures I would give this a four. I find the repetition of sweets and fruit overwhelming and because I wouldn't buy this book or find more than maybe 5 salads I would make, I have to give it a three.

I'll start with the negatives:1. The index is completely useless. Instead of listing the pages where the recipes containing a certain ingredient appear, it reproduces the table of contents, which is pretty useless.2. Not all of the recipes have photos. When you are talking about salads, photos are crucial because you really need to know what the end result is supposed to look like. The thing I really don't get is why some of the photos feature one or two very familiar vegetables before giving the readers the image of the actual salad where these vegetables will appear. The use of such entirely pointless photos is annoying.3. Some of the recipes are way too basic and boring.Having said that, I need to point out that the book is beautifully edited, the paper is glossy and the photos, useless as they sometimes are, look beautiful. This book will make a great gift to somebody who is only learning to cook and needs some recipes for salads. Experienced cooks will not find this collection as useful.

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