



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

Terry Hope Romero

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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*

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From reader reviews:

Marissa Wegener:

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Phyllis Smith:

Reading a guide tends to be new life style with this era globalization. With studying you can get a lot of information that will give you benefit in your life. Having book everyone in this world may share their idea. Publications can also inspire a lot of people. A lot of author can inspire all their reader with their story as well as their experience. Not only situation that share in the books. But also they write about the data about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on earth always try to improve their expertise in writing, they also doing some investigation before they write on their book. One of them is this Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love.

Alice Walker:

People live in this new day of lifestyle always try to and must have the free time or they will get lots of stress from both daily life and work. So, when we ask do people have time, we will say absolutely without a doubt. People is human not really a huge robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to a person of course your answer will unlimited right. Then do you ever try this one, reading books. It can be your alternative inside spending your spare time, the particular book you have read will be Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love.

Angela Souther:

The book titled Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love contain a lot of information on the idea. The writer explains the girl idea with easy way. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read that. The book was authored by famous author. The author will bring you in the new era of literary works. It is easy to read this book because you can please read on your smart phone, or program, so you can read the

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