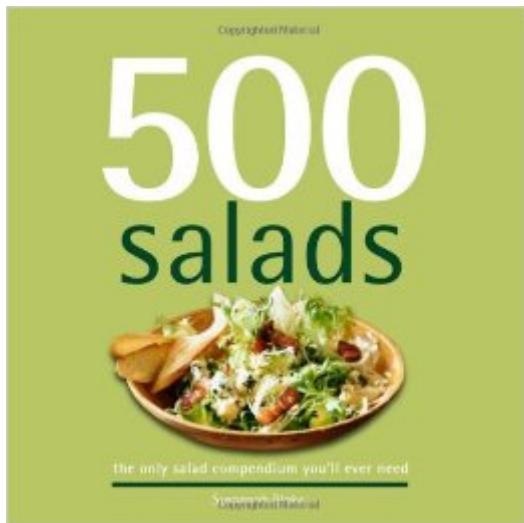


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# 500 Salads: The Only Salad Compendium You'll Ever Need (500 Cooking (Sellers))



## Synopsis

Salads are perfect for every occasion. From cold to hot, side salads to main meals, 500 Salads is the ultimate guide for anyone who likes their food fast, healthy, and fresh. These delicious recipes provide inspiration and delectable flavor combinations for salads of all kinds including; classic salads, light salads, warm salads, grain & bean salads, pasta salads, slaws & shredded salads, main course salads, and fruit salads.

## Book Information

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## Customer Reviews

First, let me point out that this is a **SMALL** cookbook despite the 500 recipes -- it's roughly 6 inches tall by 6 inches wide. While "cute" in size, it's not what I had expected (yes, I should have read the description!). The book gives me a good starting point for deciding what to make for our family meals (such as the lentil salad), but then I must (absolutely **MUST**) modify. As is, the recipes are a little lack luster in flavor. For example, I've substituted olive oil where the recipe calls for canola oil. Other examples: adding fresh garlic, increasing amount of lemon or apple cider vinegar, etc. My criticism: while there are 500 recipes in the book, only about 1/4 of them are original or fresh. Let me explain: the book is divided into chapter with each recipe on a page. At the end of the chapter, that same recipe is used as the base and 4 variations are provided. The variations are rather lame and anyone who spends time in the kitchen would be able to think of most of these on his/her own.

The 500 salads provides 125 recipes for a variety of salads from everyday to exotic variations. Each of the 125 recipes has four minor variations that tweak the item into a different version by adding a

new flavor profile. Like all of the books in the series this provides excellent recipes that are customizable so if you are familiar with flavors it is easy to create your own variation. This book offers everything from side and appetizer salads to full meal salads from a variety of regions around the country with the biggest concentration being Asian. Very well done and for those looking for variety in salad you cannot go wrong.

What I notice most about this book is that I don't use it. I have referred to it looking for a salad for a specific occasion or ingredient and I haven't found it as useful as I would like. The book is an unusual size -- approximately 6" by 6". It doesn't fit well on my shelf. This format is logical in that all of the recipes fit onto two pages, so when you open the book you have one recipe in front of you, usually the ingredients and directions on one side and a picture on the other. That part is nice. The way they get 500 recipes in a fairly small book is that there are pages with four or five variations on each page. You are referred back to the basic recipe and told what to add and what to omit to get the new recipe. But what disappointed me the most is that, for the most part, the dressings are fairly simple and standard. I was really looking for dressings that were more interesting, had more punch or had more complexity. Based on this book, I probably won't buy any of the other books in the 500 recipe series. This book might be just the thing for someone else, because it does give you an amazing range of salads.

I'm always looking for ways to make healthier meals with more vegetables so I was happy to find this cookbook full of salads that are healthy and easy to make. As with the other "500" cookbooks in this series from Sellers Publishing, there are actually 100 or so base recipes with 4-5 variations for each that complete the total that the title promises. There are color photographs which is always a plus, and the ingredients are easily found in any grocery store. I wanted some main dish salads and made the Pasta Salad With Ham and Peas and the Greek Tortellini Salad, both of which my family enjoyed. Other recipes I have bookmarked to try include Greek Salad, Warm Sweet Potato Salad, Couscous Salad, variations of Taco Salad, Beef with Cabbage and Zucchini Salad, and Fruit Salad with Coconut Milk. Classic salads such as caesar, chef, cobb, potato, etc., are included. Other chapters feature light and healthy salads, salads with grains, beans or pasta, warm salads, slaws and shredded salads, asian style salads, main course salads, and fruit salads. There are also several dressing recipes. I'm looking forward to trying many of the recipes and appreciate that the ingredients are fresh and locally available. I do like this cookbook and it is one that I will especially use during our warm summer weather when we don't want a hot meal. This would be a great

addition to any cookbook collection.

The title of this book is rather misleading. When I bought it, I expected 500 salads - NOT 125 salads, with four variations thereof. Most of these salads are very basic - salads you already know how to make, and the variations are only useful to those with no imagination whatsoever. My advice? Save your time and money, and buy a recipe book that actually delivers what it promises.

First, let me state (as some others have stated) this does NOT have 500 salads. There are less than 100 basic salads with lots of variations. It is certainly not "the only salad compendium you'll ever need). That is a gross misstatement. Second, it is an awkward size for a book itself. Third, there is very little unusual or innovative recipes. I suppose if you are brand new to making salad, this would be a decent book to start with, but I think there are better. Lots of these recipes are easily available in other free resources. I marked very few recipes for further review. Fourth, the layout is annoying. The variations are at the end of a section instead of next to the basic recipe. I was constantly flipping back and forth to look at the basic recipe and read the variations to see if I liked any of them. I hate cooking while trying to go back and forth between pages like this. I bought "Super Salads" by Readers Digest at the same time. I was startled to find "500 salads" had almost the same recipes. However "Super Salads" goes beyond "500 Salads" with variety and interest. If you are going to get a good book for salads, I would say buy "Super Salads" instead.

Great recipes! Many alternative selections and kick off of the main salad. Find myself turning to this Salad book often. Can recommend this book. Plenty of variety .

Great for someone like me with no imagination in the kitchen. Have been able to create interesting salads using ingredients in many cases already at hand.

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