

1. Record Nr.	UNINA9910157831803321
Autore	Helm Baxter Anna
Titolo	Salad in a Jar : 68 Recipes for Salads and Dressings [a Cookbook]
Pubbl/distr/stampa	, : Potter/Ten Speed/Harmony/Rodale, , 2017 ©2017
ISBN	0-399-57938-9
Descrizione fisica	1 online resource (43 pages)
Classificazione	CKB073000CKB085000CKB039000
Disciplina	641.83
Soggetti	Salads Snack foods Make-ahead cooking
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	"A collection of more than 60 illustrated recipes for simple-to-prepare salads, dressings, breakfasts, and snacks to take on the go. The solution to the lunchtime salad rut, Salad in a Jar provides healthy, easy alternatives to dissatisfying or overpriced grab-and-go meals. These nutritionally balanced recipes are perfect for making ahead. Anna Helm Baxter reveals the keys to layering ingredients to maximize freshness and texture for a hearty and satisfying dish or snack. Tips and tricks include instructions on designing salads in a jar with recipes for raw salads, side salads, meal salads, snacks, and desserts"--