



Fun with Salads: My Take on the Classics Others

By Kip Koehler

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The number of servings has been skipped with the salads because it will depend on the serving size and how much food it is served with. If you do not want to indulge in the typical creamy dressing with its high calorie count, consider using a red wine garlic vinegar with a small amount of olive or canola oil. As you get used to the vinegar, skipping the oil completely may become an option. While there are recipes for a variety of named salads that use specific ingredients, my personal favorite is what we like to call the kitchen sink salad. This consists of whatever is at hand, assuming there are a goodly number of things available. Putting in too many ingredients is not usually a problem. Just realize that the salad volume increases faster that you might expect.



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