

1001 Salads

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Synopsis:

Easy to prepare as a starter, a side dish or a main course, salads are unavoidable in healthy cooking. A multitude of products can be used and associated to create original and delicious salads, for you and your guests.

A total of 40 recipes are explained in this title, for every seasons in the year. Sweet or savoury, discover new tasty ideas.

This title also contains information on nutritional properties of the products. Tips on aromatic herbs and varied dressings are also available.

The Author:

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■ Specs:

- Series: Cooking
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