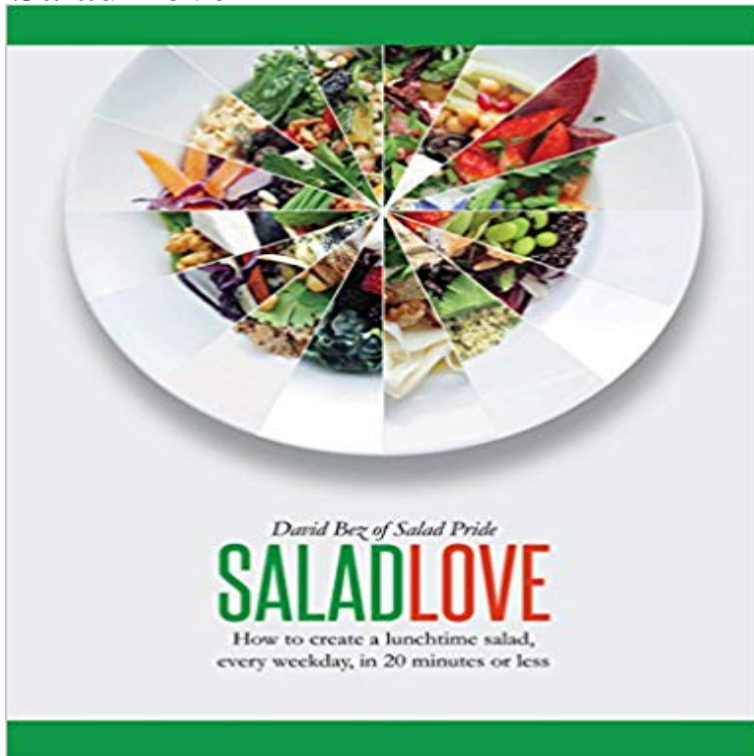


Salad Love



How many times have you gone through the morning counting down the minutes until its time for lunch and your staple option of a sandwich last nights leftover pasta a visit to a local cafe or something from the freezer hastily heated up in the microwave? More often than not what ends up in front of us is bland expensive unhealthy or just too similar to what we had yesterday and the day before. For the past three years David Bez has created a new salad at his desk every workday as a challenge. He has developed a winning formula for composing salads by base vegetable or fruit fresh herbs protein toppings and dressings. Fresh tinned jarred and pre-cooked ingredients are all explored but seasonality is key and variety keeps things nutritious and exciting. Recipes include strawberries melon & almond salad with a natural yoghurt dressing bresaola nectarine & mixed salad leaves sprinkled with cashew nuts & fresh mint leaves and cannellini beans & baba ghanoush with sun-dried tomatoes and red and yellow nasturtium flowers plus over 20 recipes for creamy vinaigrette and pesto dressings. This is a book of 260 delicious healthy salads one for every weekday of the year each of which was made photographed and eaten by David Bez in his own office. With fresh ingredients minimum preparation and maximum flavour Salad Love shows you Davids own simple approach to ensure your desk lunch will never be the same again.

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