



Salad for Dinner: Simple Recipes for Salads that Make a Meal

Tasha DeSerio

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Salad for lunch? Salad for dinner? It's easy - and delicious - to turn salads into main meals with this original collection from chef Tasha DeSerio. As more and more home cooks are looking to eat healthy using local and regional offerings, the whole-meal salads highlighted here will satisfy vegetarians and meat-eaters alike. Simple, yet sophisticated and showcasing the author's talent for presenting beautiful ingredients in an artful way, the recipes encompass everything from greens to meat and fish, dairy, and pasta and grain. With detailed information on in-season fruits and vegetables, lesser-known salad fixings, preparation techniques (including make ahead tips), and a comprehensive chapter on salad basics, readers will have all they need to turn out satisfying and beautiful salads of their own. Easy enough for one and special enough for a crowd, salads as a main course will be showing up on tables everywhere.

Introduction

Make a Simple Salad

- Key ingredients
- Making vinaigrette
- Making salads more satisfying
- Getting ahead when making salads

Leafy Salads

- Little Gems with yogurt and feta
- Bitter greens with cherries and pancetta - photo
- Wild arugula salad with salami picante and percorino - photo
- Butter lettuce with cherry tomatoes, corn, & buttermilk
- Chopped salad - photo
- Bacon, lettuce and tomato salad - photo
- Garden lettuces with green beans, figs, & hazelnuts
- Herb salad with beets, oranges & almonds - photo
- Watercress with apple, gruyere & walnuts- photo
- Belgian Endive and frisée with crab, fennel & citrus vinaigrette
- Arugula and shaved fennel salad with tangerines and fried almonds
- Warm chicory salad with wild mushrooms and serrano ham - photo
- Spinach salad with blood oranges, feta, pine nuts & raisins
- Raw kale with Caesar vinaigrette
- Escarole with apple, celery, roquefort & pecans
- Frisée with seared scallops and blood oranges - photo
- Duck confit and frisée with creme fraiche and mustard vinaigrette - photo
- Garden lettuces with skirt steak, avocado, and toasted pumpkin seed - photo

Vegetable & Fruit Salads

- Roasted asparagus and frisee with poached eggs and romesco sauce - photo
- Warm young artichoke and potato salad - 2 process shots
- Spring nicoise salad - photo
- Shaved artichoke and fennel salad with beef carpaccio
- Leeks vinaigrette with beets and salsa rustica - photo
- Corn, cherry tomato & avocado salad with shrimp - photo
- New potato salad with shallots and creme fraiche
- Gypsy pepper and green bean salad with fried almonds - photo
- Summer chanterelle, corn, and green bean salad
- Lobster, corn, and red pepper salad - photo
- Heirloom tomato salad with basil, burrata cheese & garlic costone
- Slow-roasted salmon with beets, cucumber & horseradish vinaigrette - photo
- Spiced cauliflower and potato salad with caramelized onion
- Avocado and grapefruit salad with scallop ceviche and jalapeño vinaigrette
- Lobster and celery root salad with fines herbes
- Shaved Brussels sprouts with celery, pomegranate & toasted walnuts - photo
- Smoked trout and fingerling potato salad with Belgian endive
- Warm cauliflower salad with brown butter vinaigrette, sieved egg and toasted breadcrumbs
- Warm cabbage salad with mustard vinaigrette and bacon lardons
- Tuna carpaccio with beets and watercress

Grain, Bread & Pasta Salads

- Rice salad with asparagus, favas & peas - photo
- Toasted pita and arugula salad with cucumber, black olive & feta - photo
- Farro and asparagus salad with spring onion and mint
- Rice salad with cucumber, feta & herbs
- Rice and lentil salad with cherry tomatoes and yogurt sauce - photo
- Roasted pepper and bread salad with tuna confit
- Quinoa, red pepper & cucumber salad with avocado and lime
- Farroush - photo
- Couscous salad with grilled eggplant and cumin vinaigrette - photo
- Cracked wheat salad with wilted radicchio and raisins
- Barley salad with skirt steak and muscat grapes
- Brown rice salad with pomegranate, celery & herbs
- Farro salad with broccoli raab and poached egg - photo
- Couscous with kabocha squash, toasted pumpkin seeds & harissa vinaigrette
- Pasta salad with lentils, kale, & warm bacon vinaigrette
- Farro and black rice salad with arugula and tangerine - photo
- Bulgur with kale, preserved lemon & green olives - photo
- Whole wheat pasta with roasted broccoli, black olive vinaigrette & ricotta salata - photo

Legume Salads

- Green Lentil with beets and preserved lemon
- Cannellini and fava beans with spring onions - photo
- Fava bean and pea salad with prosciutto, pecorino & mint
- Warm chickpea salad with wilted spinach and spiced brown butter vinaigrette
- Lentil and piquillo pepper salad with toasted garlic vinaigrette - photo
- Cannellini bean salad with grilled shrimp and cherry tomatoes

- Spicy squid and chickpea salad - photo
- Succotash salad - photo
- Butter beans with chorizo and tomato - photo
- Fresh cranberry bean salad with broccoli raab and warm pancetta - photo
- Lentil salad with gypsy peppers and feta
- Edamame with beets, scallions and ginger viniagrette
- Warm lentils with sausage, kale & mustard vinaigrette - photo
- Chickpea salad with roasted carrots and harissa vinaigrette

Basic Recipes

- Basic vinaigrette
- Basic mayonnaise for vinaigrette
- Rustic croutons
- Garlic chapons
- Roasted red peppers with garlic and herbs
- Roasted beets

Flavoring vinaigrettes

Helpful Tools & Equipment

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Reviews

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Sandra Snyder:

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Sylvia Langley:

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Katie Barry:

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Bruce Delvalle:

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