

# **Salad As A Meal: Healthy Main-Dish Salads For Every Season**

**By Patricia Wells**

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Healthy Fast-Food Salad Guidelines . Make sure your fast-food salads are as healthy as you think they are with these simple salad guidelines. <http://www.doctoroz.com/article/healthy-fast-food-salad-guidelines>

Interesting book for the adventurous cook As many reviewers have already noted, Patricia Wells has a very broad definition of the word salad. This includes cold meat <http://hannahskitchensupplies.com/salad-as-a-meal-healthy-main-dish-salads-for-every-season/>

Salad as a Meal: Healthy Main-Dish Salads for Every Season and over one million other books are available for Amazon Kindle. Learn more <http://www.amazon.com/Salad-Meal-Healthy-Main-Dish-Salads/dp/006123883X>

Healthy Main-Dish Salads for Every Season is the latest offering from prolific award-winning cookbook author and expat, Salad As A Meal Patricia Wells . <http://www.examiner.com/article/cookbook-corner-salad-as-a-meal-patricia-wells>

Find the recipe for Patricia Wells's Cobb Salad Season generously with From Salad as a Meal: Healthy Main-Dish Salads for Every Season by Patricia <http://www.epicurious.com/recipes/food/views/patricia-wells-cobb-salad-iceberg-tomato-avocado-bacon-and-blue-cheese-364872>

Toss together one of these healthy salad recipes for a Easy Dinner Salads. egg, and a mustard tarragon vinaigrette add delicious complexity to the meal. <http://www.myrecipes.com/quick-and-easy/easy-dinner-salads>

Read Salad as a Meal Healthy Main-Dish Salads for Every Season by Patricia Wells with Kobo. Culinary legend Patricia Wells is back with the definitive guide to <https://store.kobobooks.com/en-us/ebook/salad-as-a-meal>

Salads & Meal Plans from Healthy Meals for Healthy Kids [ ] Reply. nikki. July 23rd, 2010 . i just want to say thank you for your blog. i have been suffering <http://www.superhealthykids.com/kids-salads-and-meal-plans/>

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by Patricia Wells. Epicurious April 2011 Salad as a Meal: Healthy Main-Dish Salads for Every Season. 2/4. Healthy Main-Dish Salads for Every Season by  
<http://www.epicurious.com/recipes/food/views/yogurt-and-lemon-dressing-364871>

Cooks with Books: Patricia Wells - Salad as a Meal Location: 507 Magnolia Avenue. 94939-1328 Larkspur. us. Search form. Search . Shopping cart. There are no  
<http://www.bookpassage.com/event/cooks-books-patricia-wells-salad-meal>

Whether you have made the full vegetarian plunge or just want to mix it up, sans the meat, once a week, these healthy, meatless main dishes will have you swooning.  
<http://www.cookinglight.com/food/recipe-finder/healthy-salad-recipes>

Patricia Wells Salad as a Meal . Authors on Stage is delighted that Patricia Wells is returning to New Canaan Salad as a Meal: Healthy Main-Dish Salads for Every  
<http://newcanaanlibrary.org/events/patricia-wells-0>

Healthy Main-Dish Salads for Every Season by Patricia Wells Culinary legend Patricia Wells is back with the definitive Blueberries, Salad as a Meal,  
<http://wnpr.org/post/food-schmooze-tomato-sandwiches-blueberries-salad-meal-paletas>

Genre/Form: Electronic books: Additional Physical Format: Print version: Wells, Patricia. Salad as a meal. New York : William Morrow, c2011 (DLC) 2010027043  
<http://www.worldcat.org/title/salad-as-a-meal-healthy-main-dish-salads-for-every-season/oclc/759581618>

Turn your salad into a meal New cookbook will fill you up with healthy recipes  
<http://archive.dnj.com/article/99999999/SOCIETY04/305250002/Turn-your-salad-into-meal>

This colorful, healthy salad stars black beans, corn, tomatoes, and edamame. Sponsors. Staff Picks . Food Wishes - YouTube; Shop Allrecipes; Allrecipes Magazine;  
<http://allrecipes.com/recipes/healthy-recipes/salads/>

Home Book Reviews Salad As A Meal Patricia Wells Salad as a Meal: Healthy Main-Dish Salads for Every Season (William Morrow/Harper Collins).  
<http://www.organicwinejournal.com/index.php/2011/07/salad-as-a-meal-patricia-wells/>

Apache/2.2.3 (Red Hat) Server at www.healthy.food.com Port 80

<http://www.healthy.food.com/topic/healthy-salads>

Culinary legend Patricia Wells presents Salad As A Meal, a guide to creating delicious and hearty salads for any occasion including more than 150 recipes with color

<http://www.globalgourmet.com/food/cookbook/2011/salad/>

I was turning the pages of Patricia Wells' new cookbook, Salad as a Meal: Healthy Main-Dish Salads for Every Season to choose the next recipe I want to make for the

<http://www.marchedimanche.com/salad-as-a-meal-food-challenge-day-three/>

20 healthy salad recipes Healthy, tasty salads brighten up any meal or can be a main course in their own right. Try these healthy salad recipes to widen your salad

<http://www.besthealthmag.ca/eat-well/cooking/20-healthy-salad-recipes/>

May 24, 2011 Healthy Main Dish Salads for Every Season" (William Morrow, \$34.99) 5 tips for a better salad from Patricia Wells and "Salad as a Meal."

[http://articles.chicagotribune.com/2011-05-25/features/ct-food-0504-chopped-salads-add-20110525\\_1\\_cobb-salad-head-iceberg-lettuce-hollywood-s-brown-derby-restaurant](http://articles.chicagotribune.com/2011-05-25/features/ct-food-0504-chopped-salads-add-20110525_1_cobb-salad-head-iceberg-lettuce-hollywood-s-brown-derby-restaurant)

Enjoy salad? Then why not turn it into a main dish? Here, Patricia Wells shares two delicious salad and dressing recipes, all from her new cookbook, Salad as a

<http://www.today.com/food/make-meal-out-it-crab-salad-lime-avocado-1D80360396>

Fresh spins on simple ingredients make these six salads substantial and yummy enough to play the starring Healthy Food Awards 6 Fresh and Hearty Dinner Salads.

<http://www.fitnessmagazine.com/recipes/dinner/hearty-dinner-salad-recipes/>

Cookbooks Cookbooks Trusted and tested recipes. Ask Betty Ask Betty Our experts answer your questions Get the Betty Apps! Get Betty App What you need, when you need it.

<http://www.bettycrocker.com/menus-holidays-parties/mhplibrary/everyday-meals/healthy-salads-for-dinner>

WebMD Feature Archive Is your favorite salad really low in calories? Everybody knows salads are healthy, right? People who are on a diet often opt for entr e salads

<http://www.webmd.com/diet/diet-myth-or-truth-a-salad-is-the-best-diet-food>

Home; Recipes; Healthy; Meal Courses; Salad; Healthy Salad. As a first course or a meal on its own, a colorful salad is always a healthy choice. From pasta salads to

<http://www.recipe.com/recipes/healthy/meals/salad/>

Healthy Food Guide; Cooking for Two; Quick & Healthy Cooking; Holiday & Entertaining; Download a Free Cookbook with Healthy Salad Recipes! Recipes; Add/Read

[http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_salad\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_salad_recipes)

Search hundreds of healthy, flavorful salad recipes including dinner-worthy salads. 1 Food 5 Ways; Vegan Gourmet;

<http://www.vegetariantimes.com/recipe/salad/>

Apr 11, 2011 Healthy Main-Dish Salads for Every Season Patricia Wells. In Salad As A Meal, Patricia Wells gives readers hundreds of delectable ideas,

<https://itunes.apple.com/us/book/salad-as-a-meal/id415610059?mt=11&ign-mpt=uo%3D2>