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



Patricia Wells  
**SALAD AS A MEAL**  
Healthy Main-Dish Salads for Every Season



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## Synopsis

The award-winning author of Vegetable Harvest provides 150 recipes for a full range of salads, as well as ideas for appetizers and soups. 75,000 first printing.  
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## Customer Reviews

Product Description Culinary legend Patricia Wells is back with the definitive guide to creating delicious and hearty salads for any occasionâ "including more than 150 recipes and gorgeous color photographs. It's a simple yet compelling concept: enjoying a light and delicious main-course salad as a healthy, fresh alternative to more conventional and traditional fare. You can experience a whole world in a saladâ "with tender greens, savory meat, seafood, and vegetable accompaniments, and versatile dressingsâ "and salad-friendly sides such as homemade bread and home-cured olives. In Salad As A Meal, Patricia Wells gives readers hundreds of delectable ideas, with concepts inspired by her Provencal garden and the interests of students in her high-demand cooking classes. Patricia knows how we want to eat todayâ "and shows us with these exceptional recipes, including: Spring Salad: Asparagus, Peas, Beans, and Fennel Summer Salad: Green Beans, Toasted Nuts, and Cured Olives Provence on a Plate: Eggplant, Tomatoes, Goat Cheese, and Tapenade Zucchini Blossom Frittata with Goat Cheese and Mint Quinoa Salad with Spinach, Parsley, and Spring Onions Chicken and Soba Noodles with Ginger-Peanut Sauce Lobster Salad with Green Beans,

Apple, and Avocado Patricia also offers recipes for soup sides, from Cilantro-Flecked Heirloom Tomato Soup to Watercress Soup with Warm Oysters, as well as breads of all kinds, including Crispy Flatbread, Tortilla Chips, Ham and Cheese Bread, and Multigrain Sourdough Bread. Plus, a list of Patricia's favorite pantry items and an entire chapter devoted to dressings and sauces will inspire readers to come up with their own unique salad creations with ingredients in season and on hand. From *Salad as a Meal: Cobb Salad* Robert H. Cobb, owner of the Brown Derby restaurant in Hollywood, is said to have invented this salad in the 1930s as a late-night snack for himself. No wonder it has remained an American classic. With the crunch of the iceberg and onions, the soft richness of the avocado, the saltiness of the bacon, the sweetness of the tomato, and the bite of the blue cheese, this salad has it all! And it is beautiful to boot.

4 servings

Ingredients

2-1/2 ounces smoked bacon, rind removed, cut into matchsticks (3/4 cup)

1 head iceberg lettuce, chopped (4 cups)

2 ripe heirloom tomatoes, cored, peeled, seeded, and chopped

1 large ripe avocado, halved, pitted, peeled, and cubed

4 ounces chilled blue cheese (preferably Roquefort), crumbled (1 cup)

4 small spring onions or scallions, white part only, trimmed, peeled, and cut into thin rounds

Yogurt and Lemon Dressing (page 331)

Coarse, freshly ground black pepper

Directions

1. In a large, dry skillet, brown the bacon over moderate heat until crisp and golden, about 5 minutes. With a slotted spoon, transfer the bacon to several layers of paper towels to absorb the fat. Blot the top of the bacon with several layers of paper towels to absorb any additional fat. Set aside.
2. In a large, shallow bowl, combine the bacon, lettuce, tomatoes, avocado, cheese, and spring onions. Toss with just enough dressing to lightly and evenly coat the ingredients. Season generously with pepper, and serve.

Wine Suggestion: This is a special salad, one that seems to hit the spot with all my guests, so let's open a nice, special bottle of smoky- style Alsatian Riesling from the house of Léon Beyer, Trimbach, or Hugel. Neither you nor your guests will be disappointed.

From *Salad as a Meal: Lobster Salad with Green Beans, Apple, and Avocado* I first sampled a version of this light and lively salad as a meal at chef Yves Camdeborde's Le Comptoir in Paris's 6th arrondissement. Yves and I participated in the New York marathon in 2006, and I am sure that the strength gained from this protein-rich salad helped me make it to the finish line! This dish has it all: color (the red bits are lobster roe), crunch, and a light touch imparted by a dressing of yogurt and mustard.

4 servings

Equipment

A 5-quart pasta pot fitted with a colander

4 large chilled dinner plates

Ingredients

3 tablespoons coarse sea salt

10 ounces slim haricots verts (green beans), trimmed at both ends and cut into 1/2-inch pieces (2 cups)

1 cup Greek-style yogurt

1 tablespoon imported French mustard

1/4 teaspoon fine sea salt

1/4 cup minced fresh chives

1 Granny Smith apple, cored, and cut into 1/4-inch cubes (do not peel)

1 large ripe avocado, halved, pitted, peeled,

and cut into 1/4-inch cubes 1 pound (2 cups) cooked lobster meat, cut into bite-sized pieces

Directions 1. Prepare a large bowl of ice water. 2. Fill the pasta pot with 3 quarts of water and bring it to a rolling boil over high heat. Add the coarse salt and the beans, and blanch until crisp-tender, 3 to 4 minutes. (Cooking time will vary according to the size and tenderness of the beans.)

Immediately remove the colander from the water, letting the water drain from the beans. Plunge the beans into the ice water so they cool down as quickly as possible. (The beans will cool in 1 to 2 minutes. If you leave them longer, they will become soggy and begin to lose flavor.) Drain the beans and wrap them in a thick kitchen towel to dry. (Store the cooked beans in the refrigerator for up to 4 hours.) 3. In a large, shallow bowl, combine the yogurt, mustard, and fine salt and whisk to blend.

Taste for seasoning. Add the green beans, chives, apple, avocado, and lobster. Toss to coat.

Arrange on the plates and serve. Wine Suggestion: A fine Chardonnay is in order here, such as a dependable Burgundy, like the well-priced and well-made VirÃ© ClessÃ© from the Cave de VirÃ©, particularly their CuvÃ©e Les Acacias, with its hints of fresh apples and honey.

âœFrom cover to cover, the book is lovely: glowing photographs of Wellsâ™ French garden, bright and appealing recipes, and accessible wine recommendations offered in the friendly, snoot-free tone of your local wine shop guy.â• (Epicurious.com)âœA guide to serious saladsâ"every detail considered and handcrafted for maximum satisfaction. . . . A full serving of inspiration.â• (Buffalo News)

I really like this book. I really deliberated between four and five stars here. My only reason for not giving 5 stars is that I recovered from cancer 20 years ago by changing my lifestyle, eliminating a lot of things and eating almost completely raw (but a minute amount cooked). In this book she calls for some things that I think are detrimental, like nut seed oils and a few other things. Therefore I could not wholly endorse it. Having given the disclaimer, I love this book. For one who subsists on exclusively raw food with a minimum of cooked, the ideas here are fantastic. Variety is endless. This author did a great job and I DO recommend the book.

Excellent recipes without tons of time required

I enjoy eating salad & like to try different types of dressings.

I had borrowed this book from the library and started by jotting down several recipes. I realized that

there were so many great recipes, that I needed to add this book to my cookbook library. I am a vegetarian and do love vegetables. I look forward to trying most of the recipes in this book and finding several "go-to" favorites. A great book.

Patricia Wells is a very well known chef...I have seen her many times on the Food Network...so I wanted to get her book...I was not disappointed...even though there is a number of recipes I would not be able to use for the whole family due to limited tastes...but enjoyed it...

I like the recipes in Patricia Wells cookbook. This is her 12th book and her recipes are from trips to France and Greece. Her vegetarian recipes go great with her bread recipes and fish, chicken and beef. I tried her eggplant, tomatoes, goat cheese and tapenade recipe and it was wonderful! I make a lot of salads and have always tried to find recipes for salad dressings. Patricia Wells has great ideas for dressings and they are simple and easy and taste great! If this is something that you too are looking for then I definitely recommend this cook book.

on time and as expected

Wonderful cookbook! I've made several of the recipes and had great results. Great pictures and entertaining stories and comments. It's been a great addition to my cookbook collection.

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