



Substantial Salads: 100 Healthy and Hearty Main Courses for Every Season

Caroline Hofberg

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Salads are often considered an appetizer or a summertime meal. When the weather is too hot, lightly tossed greens with seasonal fruits and veggies are perfect for cooling the body and filling the stomach. But with rich, filling ingredients and heartier flavors, salads can be served as main courses even in spring, autumn, and winter. *Substantial Salads* offers one hundred healthy and delicious recipes for green salads, whole-grain salads, and dressings. All are made with seasonal ingredients for fresh and cost-effective meals.

Recipes include:

- Grilled asparagus with mozzarella
- Warm root vegetables with ham and gorgonzola
- Roast beef and bean salad with tapenade
- Halloumi potatoes with lamb kebabs
- Apple chicken salad
- Quinoa and oven-baked salmon salad
- And many more

Take advantage of the season's most wonderful ingredients, such as goat cheese, fresh berries, asparagus, wild mushrooms, melon, and fish. Each dish is easy to prepare and is perfect to serve as an entrée or as an accompaniment to other dishes. Be inspired by the time of year and craft fresh, delicious salads!

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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