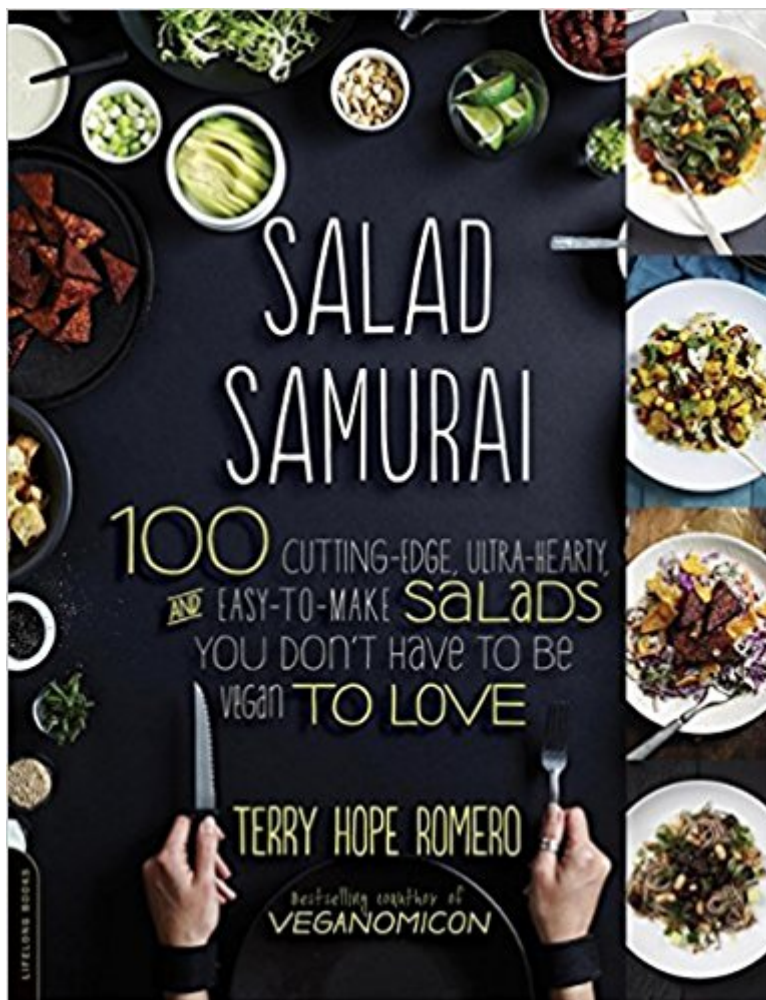


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# Salad Samurai: 100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have To Be Vegan To Love



## Synopsis

Discover the Way of the Salad Award-winning chef and Veganomicon coauthor Terry Hope Romero knows her veggies. In *Salad Samurai*, she's back to teach you the way of the veggie warrior, rescuing salads from their bland, boring reputation and "side" status with more than 100 vibrant, filling entrees. This is your guide to real salad bushido: a hearty base, a zesty dressing, and loads of seriously tasty toppings. Based on whole food ingredients and seasonal produce, these versatile meatless, dairy-free dishes are organized by season for a full year of memorable meals (yes, salad can rock even the coldest days of winter). Dig in to: Spring Herb Salad with Maple Orange Tempeh, Deviled Kale Caesar Salad, Seared Garlic Chickpeas, Spinach, and Farro, Seitan Steak Salad with Green Peppercorn Dressing, Herbed Pea Ricotta, Tomatoes, and Basil, Mushroom, Barley, and Brussels Harvest Bowl, Tempeh Rubenesque Salad, Pomegranate Quinoa Holiday Tabouli, Seitan Bacon Wedge Salad, and many more! With designations for gluten-free and raw-ready options and recipes that are work-friendly, weeknight-ready, high-protein, and loaded with superfoods, *Salad Samurai* shows you the way of the salad: killer dishes that are satisfying, healthy, and scrumptious. Praise for Terry Hope Romero: "This is exceptionally good food for vegans, vegetarians, and the rest of us who are trying to eat a more sustainable, healthy, plant-based diet." - Christian Science Monitor on *Vegan Eats World* "Exuberant and unapologetic... Moskowitz and Romero's recipes don't skimp on fat or flavor, and the eclectic collection of dishes is testament to the authors' sincere love of cooking and culinary exploration." - Saveur on *Veganomicon*

## Book Information

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## Customer Reviews

Curled Up With a Good Book, 9/20/14; This colorful coffee table or kitchen counter style guide allows you to conquer the salad doldrums, experiment, and turn your palate back on to the salad station; In addition to offering salad dressing concoctions amazing in their variety, Romero has deftly divided her salad selections by season, which will help the truly dedicated farmer's market shopper; The book is graphically sharp and stylish; you will enjoy showing it off to your salad-loving guests; Salad Samurai was designed with veg devotees in mind, but it will be no surprise if it garners new converts to tofu and tarragon. — Midwest Book Review, July 2014; Salad Samurai will prove to be an invaluable, kitchen cook friendly addition to all personal, family, and community library cookbook collections; Beautifully illustrated throughout; Especially recommended for parents of children reluctant to eat a salad and for anyone trying to establish healthy eating habits. — Inside Toronto, 9/30/14; Shows you there is more to a salad than romaine lettuce and some tomatoes; Offers dishes perfect for spring, summer, fall and winter. — T.O.F.U. Magazine, 10/10/14; Approachable, simple, and delicious, Salad Samurai is an instant classic, and a necessary element to the Punk-at-Heart Kitchen. — San Francisco Book Review, 8/20/14; If you're ready to take your salads to the next level, Terry Hope Romero offers all kinds of ideas in Salad Samurai; Along with a plethora of amazing and tempting recipes, Romero has also included a generous helping of the lively wit that her readers adore. Anyone familiar with her past cookbooks won't be surprised to learn that every recipe in Salad Samurai is vegan, but don't let that scare you away; there's a recipe in this book for everyone. — Deseret News, 9/3/14; Folks who have grown up on the salad as a side dish may greet the recipes in Terry Hope Romero's Salad Samurai with something akin to wonder; Her creative salads are absolutely beautiful. But they are also filling and full of surprise, offering tastes that pop; Every salad is also fast and simple to prepare; This cookbook is bound to be a favorite. — The Veracious Vegan, 9/3/14; For just 12 on , I'd challenge you to find a nicer recipe book. — Canada.com, 9/11/14; The more than one hundred entrées salads that Romero shares in her new cookbook, Salad Samurai, span the seasons and prove that salads can be exciting. — LA Weekly, 9/15/14; Includes 100 recipes that prove that salads are a lot more than what you have to eat before the real meal comes. — Portland Oregonian, 8/7/14; [A] collection of hearty entrées salads, featuring flavorful greens, an array of inventive toppings, and delicious, from-scratch dressings. While the recipes are all vegan, there's plenty here for non-vegans to love, especially if they're trying to incorporate more

vegetables into their diet for health or sustainability. People with big appetites will love the generous portions, which can often be stretched into the next day's lunch. And Romero includes 'Samurai Stylings' with many of her recipes, offering suggestions for substitutions that will keep things from becoming routine; Romero has a great voice, and her enthusiastic headnotes draw readers into the recipes. —Hudson Valley News, 7/30/14; A perfect gift book for the foodie on your list. —Huffington Post, 8/25/14; Romero rounds up a big world of fusion and flavors for 100 cutting-edge salads; Salad Samurai recipes are bold, but totally doable. Romero gives you the recipes as well as their individual components from spirited dressings to crunchy, cool toppings, so you can mix, match and tap into your own inner salad samurai. —TableMatters.com, 8/25/14; Hearty (and vegan) salads [that] go way beyond rabbit food. —Milwaukee Journal-Sentinel, 7/2/14; Terry Hope Romero has carved a name as a go-to for vegan recipes that you actually want to eat; Even the heartiest meat eaters may be tempted by the flavor-filled options in Romero's latest cookbook. —Hudson Valley News, 8/14/14; Local Reader —column, 6/25/14; Find basic favorites and a hundred other salads to tempt the summer palate and make you forget about meat. —Bookviews blog, July 2014; Did your mom tell you to eat your vegetables? Sure she did and now you can enjoy them; This book will have you eager to sample a world of salads you never knew existed. —The Sweet Life, 7/1/14; A stunning book; Filled with 100 hearty salads, a large variety of dressings, 'seriously hearty' toppings, and even a chapter on sweet breakfast salads, this book covers everything you need to know; In this book you will find some of the most ingenious salads ever. —SandAndSuccotash.com, 6/28/14; There are a few reasons why I love Terry Romero's cookbooks: engaging text, downright delicious recipes, and the fact that you don't even have to be vegan to enjoy what she makes; There is fun for everyone. —VegNews 15 Most Anticipated Vegan Cookbooks of 2014, March 2014; A Portland Oregonian Top 5 Vegan Cookbook of 2014; From one of the most popular vegan cookbook authors of our time comes a collection of perfectly tuned recipes that's long overdue; [and that] you don't have to be vegan to love. —StyleBistro.com, 5/27/14; It's packed with seasonal main-course salad recipes bursting with veggies, plant protein, flavor and color; There are salads for every season. —Philadelphia Tribune, 6/13/14; Romero is back with another cookbook and ready to help those with a plant-based diet clear their next cooking hurdle: entraining salads; She debunks the myth that salads are only an appetizer, using whole food ingredients and plant-based proteins that will appeal to vegans

and non-vegans in equal measure&#133;The 100 recipes in Salad Samurai are a great resource for anyone who wants to move to a more sustainable and healthy diet.Ã¢âÂ•Groupon.com, 6/12/14&#147;A compilation of 100 whole-meal salads for every season that are hearty enough to sate even the barbecue-loving crowd.Ã¢âÂ•Portland Book Review, 10/23/14&#147;Salad Samurai will make a salad lover out of even the pickiest eater&#133;[An] incredible resource&#133;Although this book is focused on the vegan eater, anyone will find something to love.Ã¢âÂ•San Francisco Book Review, 11/10/14&#147;An amazing book.Ã¢âÂ•Vegan Outreach, 11/19/14&#147;Exceptional.Ã¢âÂ•Portland Press Herald, 1/14/15&#147;Romero offers salads for every season, including inventive winter options when typical salad ingredients are scarce, and if you are on the lookout for new ways to prepare tempeh and tofu, the first chapter is great.Ã¢âÂ•Vegetarian Journal, March 2015&#147;Creative salad offerings&#133;Color photos and helpful tips can be found throughout this book.Ã¢âÂ•FranCostigan.com, 12/10/14&#147;With designations for gluten-free and raw-ready options and recipes that are work-friendly, weeknight-ready, high-protein, and loaded with superfoods, Terry shows us the way of the salad: killer dishes that are satisfying, healthy, and scrumptious.Ã¢âÂ•EverydayHealth.com, 6/20/14&#147;Explains how to create a satisfying salad packed with hearty, plant-based proteins, robust spices, whole grains, and ripe toppings no matter the season. Give your pots and pans a break and take advantage of summer&#39;s bountiful crops to make these healthy, filling meals.Ã¢âÂ•Milwaukee Shepherd Express, 6/18/14&#147;Few of us have discovered as many ways as Romero of transforming salads from side dish to entrÃ¢âÂ•The Advocate, 7/7/14&#147;Debunks the myth that salads are only the warm-up act with 100 hearty salad recipes that just happen to be vegan.Ã¢âÂ•Examiner.com, 7/9/14&#147;A must for dedicated vegans, a good way to ease into salads for even the most stubborn meat lover, and a great resource for anyone who wants to move to a more sustainable, healthy diet.Ã¢âÂ•Squidoo.com, 7/11/14&#147;If you&#39;re into vegetarian or vegan food, or a foodie who loves awesome cookbooks and recipes presented with fun and flair, then you know the name Terry Hope Romero&#133;This woman embodies just about everything that&#39;s right with vegan cooking.Ã¢âÂ•Asbury Park Press, 6/39/14&#147;These are big, hearty entrÃ¢âÂ•Entertainment Realm, 6/2/14&#147;[Romero] divides it by season making it super easy to pick what&#39;s fresh and available&#133;Yummy, creative salads&#133;Gorgeous pictures, excellent tips and simple instructions included&#133;There&#39;s lots of vegan deliciousness in these pages.Ã¢âÂ•Portland Press Herald, 7/12/14&#147;Romero is a rock star of vegan cooking&#133;In this book, she shakes up the staid world of salad with her

cheeky writing and seasonally arranged salads. — Washington Post, 7/23/14; For salad inspiration, I can think of few sources better than the new cookbook *Salad Samurai*; Romero brings her fun-loving sensibility and unerring palate to the table. Her recipes, with their brilliant combinations, span the seasons. — Epicurious.com, 7/24/14; Its accessible main course salad recipes are anything but boring, with unexpected flavor combinations that make me wonder; hey, why didn't I think of that? — Sexy Vegan, 7/22/14; One of the many great things about this book is that there are chapters with just dressings, and just toppings, that you can use in countless other non-salad related situations; The book is enjoyable to read, with lots of informational material before you even get to the recipes. —

Terry Hope Romero is the author of several bestselling and award-winning cookbooks. In 2011 she was named Favorite Cookbook Author by VegNews. She lives, cooks, and eats in Queens, NYC. [veganlatina.com@terryhope](mailto:veganlatina.com@terryhope)

I have mixed feelings about this cookbook. There are some things I love about it - aesthetically, it's a truly modern, gorgeous cookbook. I also love the loca-vore / gardener friendly aspect of ordering the recipes by season (when the ingredients are naturally in season). I would be thrilled to see more cookbooks follow suit on the seasonal-organization of recipes. There are some downsides to this cookbook. The majority of recipes have 1 or more pricey, not widely available ingredients, a handful of recipes have substitutions, most don't. For anyone not within striking distance of a specialty store, it really limits the usefulness of this book. In over 15 years of vegan cooking, I still don't keep shiso leaves or ume plum vinegar laying around... Everything in this book looks delicious. The problem is, there isn't a single recipe in here I could make without doing a special trip to the store to hunt down the ingredients.

Yeah, almost anyone can throw together a salad. However, it takes real talent to create salads like this. If you're like me and find yourself making the same salad over and over and want some inspiration, or need to think of a good use for that tempeh you bought on a whim, this is a book for you. This book is not just page after page of leafy greens either. There are rice and grain salads, a vegan caprese style salad, bowls, breakfast ideas, crouton recipes, etc. This book is chock full of ideas for dishes you can bring to summer barbeques, fall potlucks, winter holiday gatherings, and springtime picnics. This is one versatile cookbook. But that's not all! (I was starting to sound like an infomercial, so I figured I'd just commit.) This book is not only gorgeous to look at, with a lot of

beautiful photographs and a pleasant overall look and feel, but the recipes are intelligently structured so that you know from the ingredients list what items will go into each component. The recipes are intuitively written and structured so that your time in the kitchen isn't wasted. If you own *Veganomicon*, *Viva Vegan*, or *Vegan Eats World*, I don't have to tell you that Terry Hope Romero has impeccable taste... but it bears saying again, this is one extremely talented woman. These are salads that you will be excited to eat, sleepless at the thought of leftovers, and fighting with your friends and family to finish off.

I have always been clueless about salads, especially salads for a meal, what season to make a salad, and what to use for great toppings. Terry has created another masterpiece with her latest book, *Salad Samurai*. I can't wait to spend the summer creating these gorgeous salads. The first section is dressings. These are not your normal dressings either. Green Curry Dressing, Chia Chipotle, Almond Butter Hemp! Next she covers all the great vegan toppings like Sriracha and Smoke Pecans, Red Hot Tofu, Lemongrass Tofu ummmm! Then we get the salads but, get this, organized by the season!! This is very cool as it helps you put together that perfect spring Deviled Kale Caesar, or Asparagus Pad Thai Salad. Summer includes Terry's imaginative Polish Summer Soba. She explains how Buckwheat, used in Soba Noodles is also used in Poland. (does she stay up all night thinking this stuff up?) Fall has a nice grilled Miso Apples and Brussels Sprouts salad. Winter has an amazing Gingery Beets and Lentil salad with Tahini and Agave nectar. I am going to go pick some fresh Arugula from my garden and get to work on lunch!!!!

I've had a lot of fun trying the recipes and savoring the tips in this book. The two biggest benefits that I gained from this cookbook were unique salad dressing recipes and some really amazing ideas for tempeh. There's enough mix 'n match going on to offer nearly endless possibilities. I love it!! I love salads and eat them daily, usually twice a day. The recipes in this cookbook offer a wide range of bold flavor and texture variations. Many of the dressing recipes make about 1 1/2 cups, and they must be used within 2 days. I only cook for myself, so I have to cut the recipes down. I've enjoyed all of the recipes that I've tried so far, although I had a snafu with a chickpea recipe. Many of the recipes have long ingredient lists, but so far they have all been prepared quickly and easily. Upstate Dressing, a creamy tahini and sundried tomato recipe, couldn't be easier or faster to prepare. I cut the recipe in half and followed it exactly. It was easy to blend with my stick blender, and came out the perfect consistency. The garlic was strong for my taste, so I'll use less next time. Otherwise, it was very delicious! I had a large salad, so I measured 3 tablespoons and it covered it nicely. There

were 6 tablespoons left, so that will cover another 2 salads. I tried the Smokehouse Chickpeas and Greens salad on page 111 and it was delicious, although I did make an error due to the layout of the recipe. The recipe ingredients are divided into Chickpeas, Salad, and Dressing. Nutritional yeast was listed under Chickpeas, although it was supposed to be sprinkled over the completed salad before serving. Yep, I added the yeast to sauce mixture which I added to the chickpeas in the skillet. Pay closer attention than I did when you make it. Better me than you, right? I opened another can of garbanzos and tried again. The result was a very delicious salad that I will make again and again! Tempeh will never be bland again! I'm already in love with the Maple Orange Tempeh Nibbles and the Pepperoni Tempeh Bites. They are so full of flavor, the texture is wonderful. I will probably find it hard to resist them, so I hope they freeze well. I'm going to try making full size recipes of the cashew based dressings and freeze them, and I hope they work out well. It's hard to use 1 1/2 cups of salad dressing in just 2 days. Overall, I think this is a fantastic cookbook. I love the photos, the fun and colorful fonts, the way the recipes are laid out, and of course the delicious and bold flavors from the recipes. I was so excited when I found out that my pre-order was shipping sooner than expected, and I was not disappointed when it arrived. My copy is filled with post-it bookmarks and I can't wait to try them all.

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