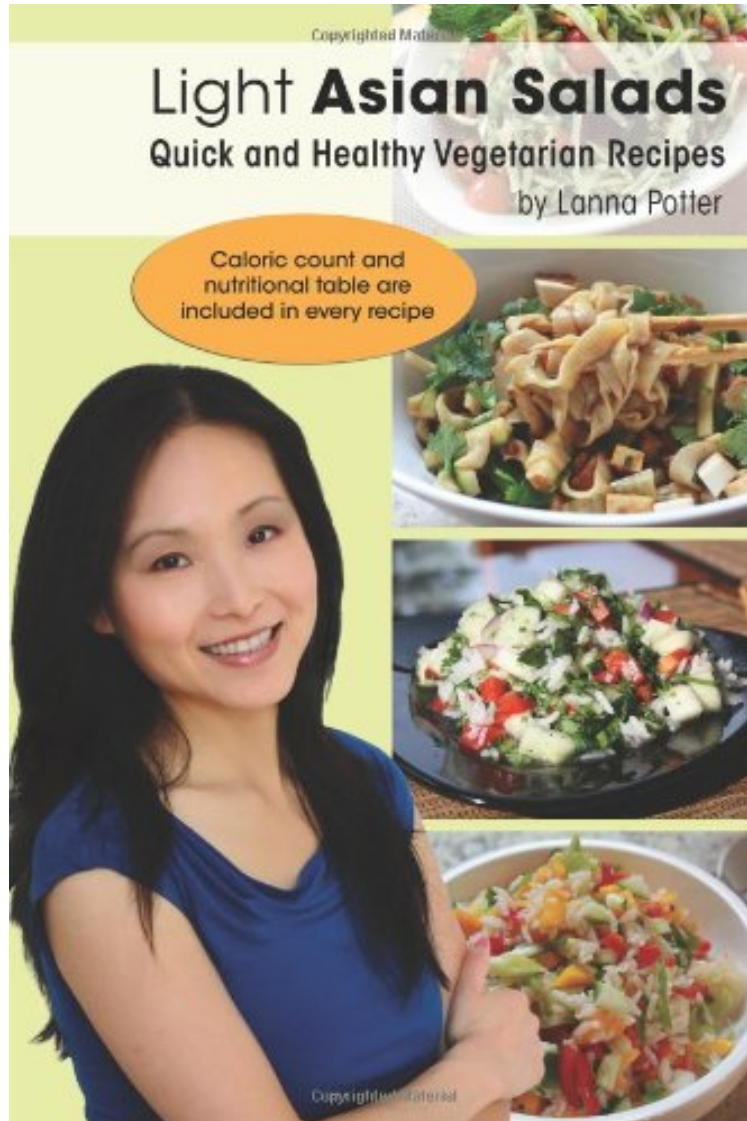


(Library ebook) Light Asian Salads - Quick and Healthy Vegetarian Recipes

## Light Asian Salads - Quick and Healthy Vegetarian Recipes

Lanna Potter

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**Lanna Potter : Light Asian Salads - Quick and Healthy Vegetarian Recipes** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Light Asian Salads - Quick and Healthy Vegetarian Recipes:

1 of 1 people found the following review helpful. Unique and well-written recipe text By sinbad (I am specifically reviewing the Kindle format.) The Kindle book is colorful and beautiful. I have tried several of the salad recipes, and found them to be straightforward (and tasty). Glad I bought this. 1 of 1 people found the following review helpful. Great for Busy People that want to Eat Less Meat By Turunem This book is a perfect blend of quick meals, vegetarian diets, and delicious recipes. The author uses her own lifestyle and cooking experience to provide the reader with easy

to follow recipes that have reasonable ingredient lists. For example the Teriyaki Silken Tofu Salad recipe only has 3 ingredients. My husband is Korean-American and with our full-time jobs and family life this book has been a wonderful addition to our recipe collection. Thank you Ms. Potter! 1 of 1 people found the following review helpful. Great Salads! By MichelleNI made the Indian Yogurt Cucumber salad and it was delicious! It took less than 10 minutes and had less than 10 ingredients and it tasted like something I bought from a restaurant! I am looking forward to trying more recipes!

Do you like Asian dishes? Do you like quick and easy vegetarian and vegan food? Do you like low-fat, low-calorie entree and side salads? In this book, you will find 34 fantastic and healthy Asian recipes, including vegetable salads, noodle and rice salads, and popular Asian dressing and sauces. Majority of the recipes take less than 30 minutes to prepare. Nutritional information and caloric count are included in every recipe, so you know what you are eating, and it helps with weight control. Here are some of the recipes in this book: -- Thai Green Papaya Salad -- Tempeh Lettuce Wrap -- Potato Salad with Soy Mayonnaise -- Korean Spinach Side Salad -- Indian Tandoori Tofu Salad -- Pad Thai Noodle Salad -- Rice and Edamame Salad -- Mango Rice Salad -- Japanese Salad Dressing -- Thai Spicy Peanut Sauce -- Pad Thai Sauce You will also find cooking tips and pictures for every recipe. Bold flavors and super healthy. Enjoy tasty Asian vegetarian food that is good for you!