



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

*Terry Hope Romero*

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



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