



Salad & Friends
Cookbook



Welcome to My Salad & Friends!

This book is dedicated to the lettuce lovers, the fresh food seekers, the farmers market fans, the busy-body mothers, the health nut fathers, the green eating teens, really for or all those who find satisfaction in making fresh, delicious meals in the blink of an eye, without breaking your budget. Because we believe finding bliss in what you eat is one of the many joys in life!

Ingredient Index



Table Salt



Parmesean Cheese



Pepper



Roma Tomatoes



Red Wine Vinegar



Red Leaf
Lettuce



Extra Virgin Olive Oil



Green Leaf
Lettuce



Ceasar Dressing



Pinneapple



Bread



Cucumber



Sliced Almonds

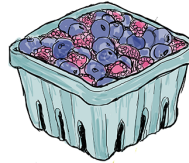


Red Onion

Ingredient Index



Walnuts



Mixed Berries



Garlic



Strawberries



Apple Cider Vinegar



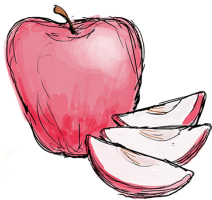
Garlic Butter
Croutons



Green Apple



Strawberry
Vinaigrette



Red Apple



Avocado



Crumbled Feta
Cheese



Baby Spinach



Salted Butter



Yellow Onion

Ingredient Index



Dill Weed



Egg



Lemon Juice



Carrots



Mayonnaise



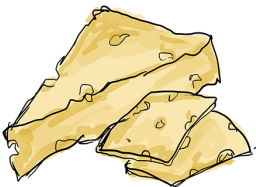
Balsamic
Vinegar



Ranch Dressing



Anchovy
Paste



Cheddar Cheese



Dijon Mustard



Mandarin Orange



Tablespoon

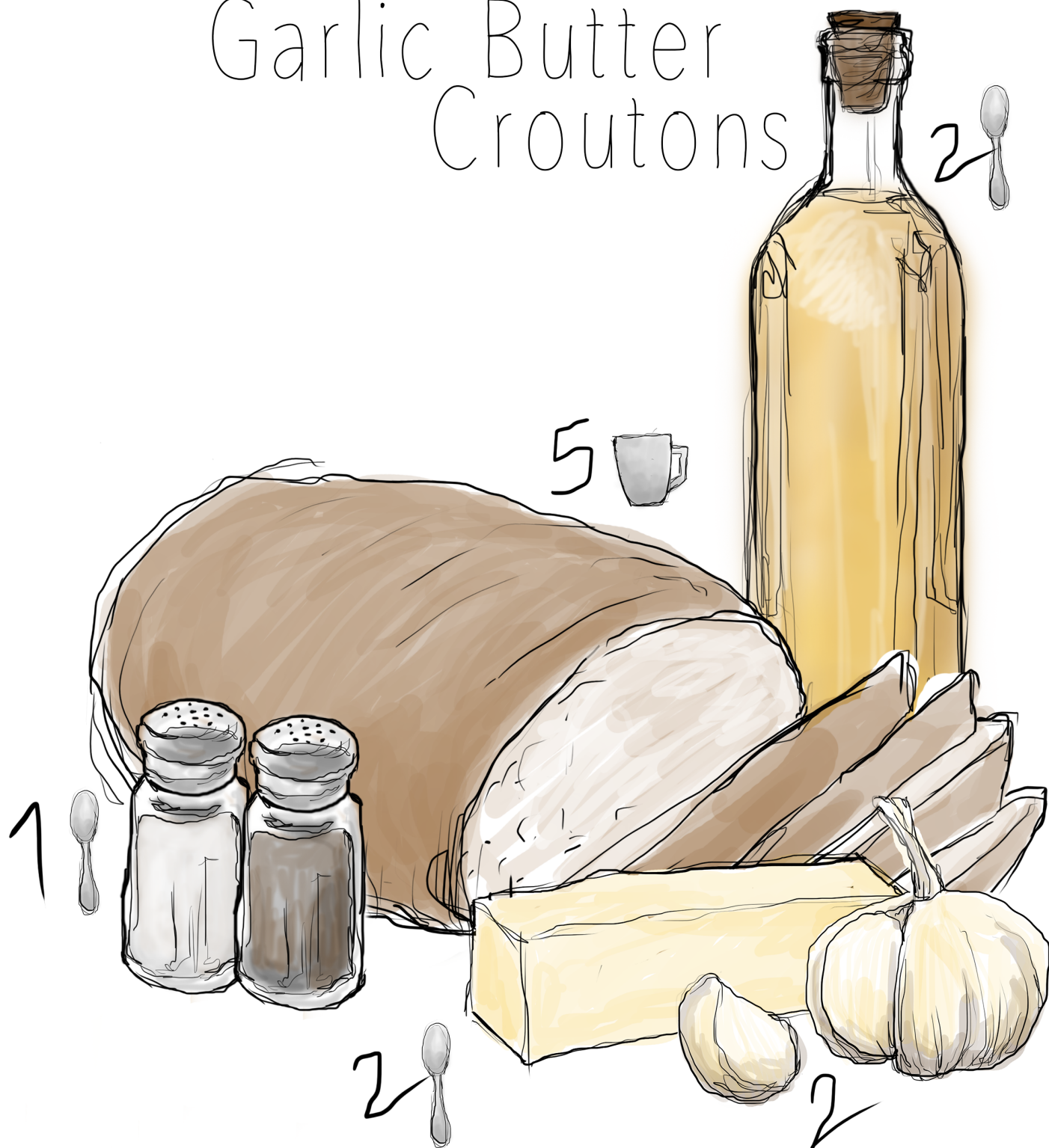


Poppy Seeds



Cup

Garlic Butter Croutons





Creamy Caesar Dressing





Strawberry Vinaigrette



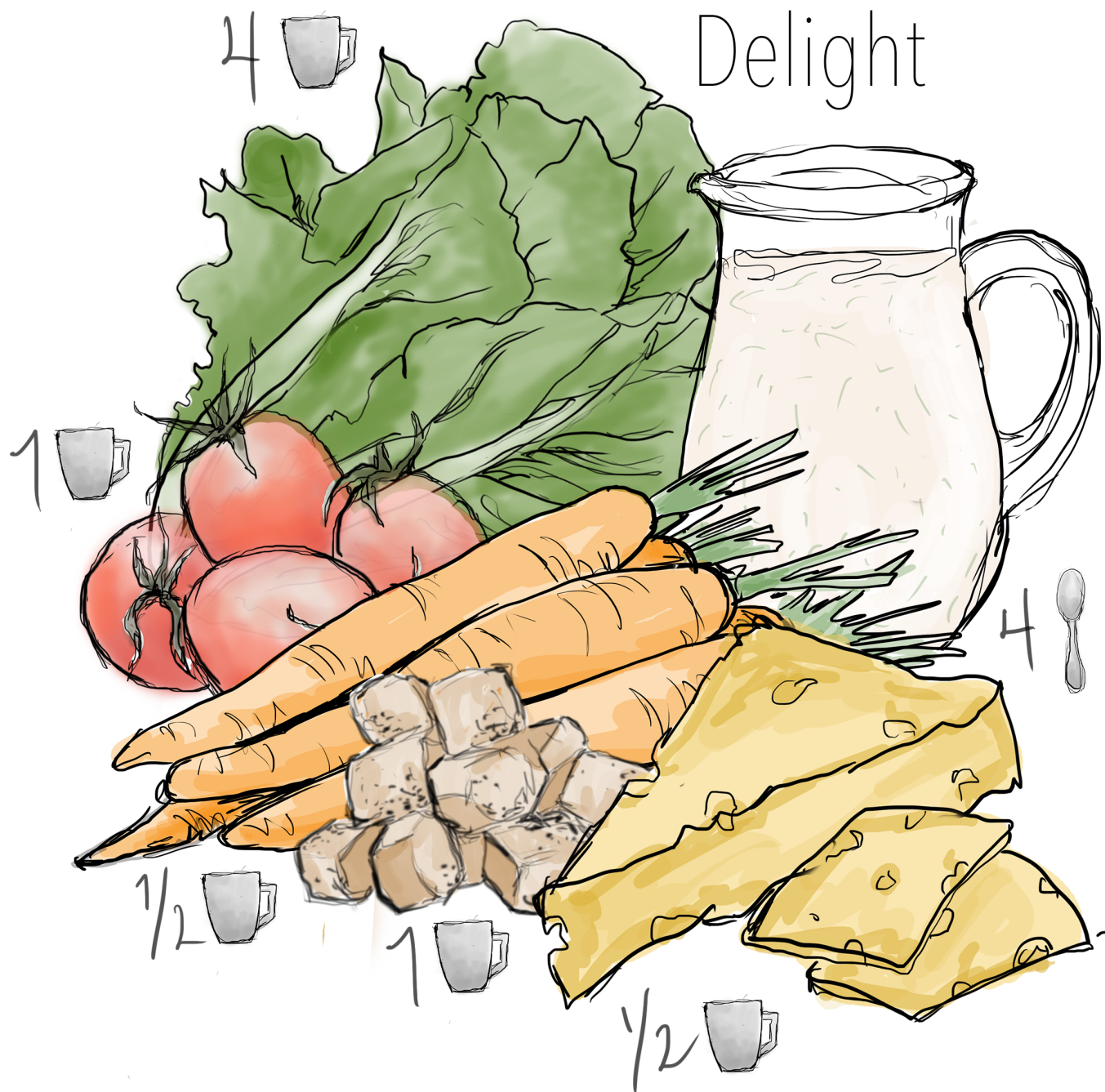


Homestyle Ranch Dressing





Farmer's Delight





Mixed Green Mandarin



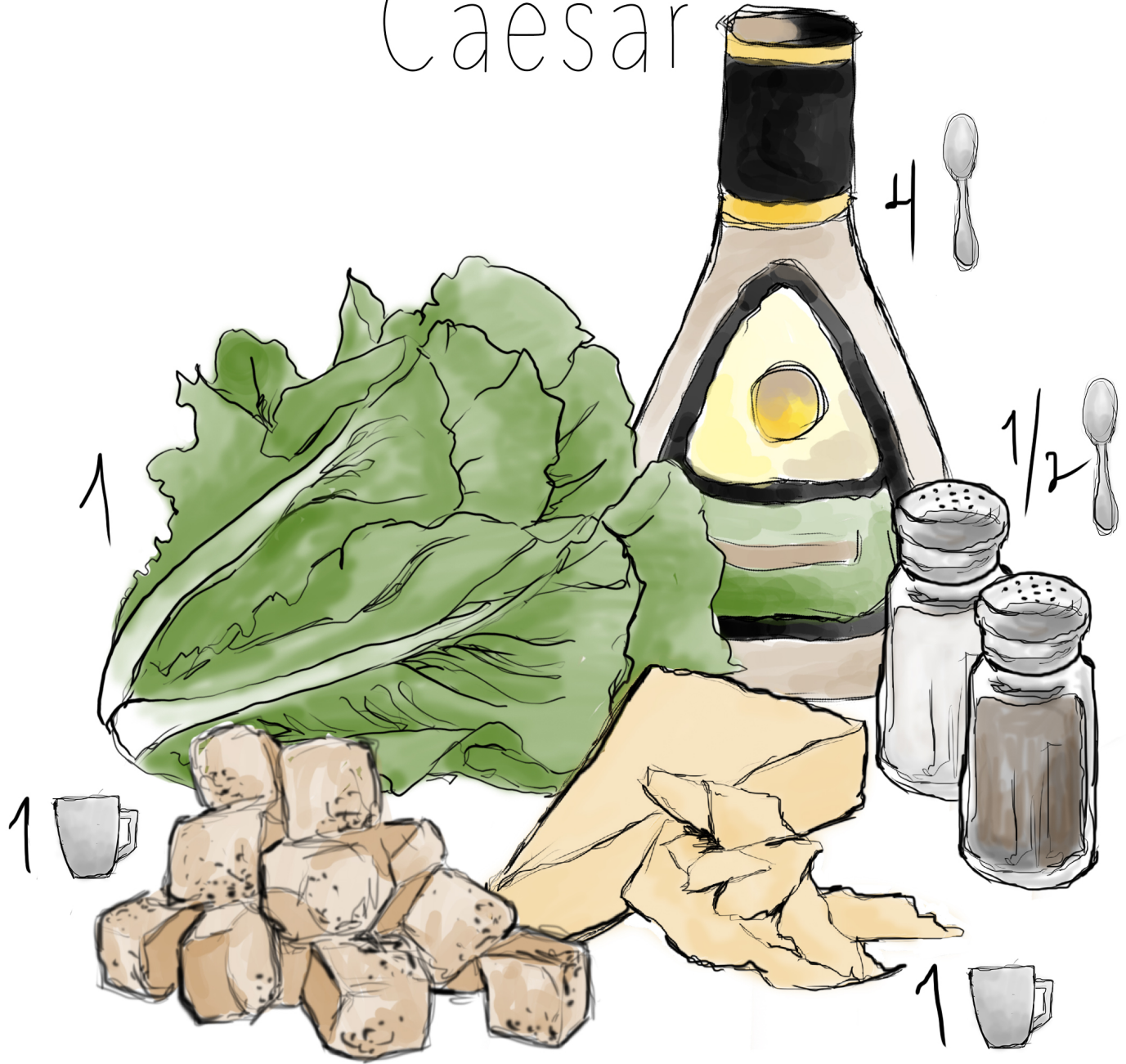


Strawberry Spinach



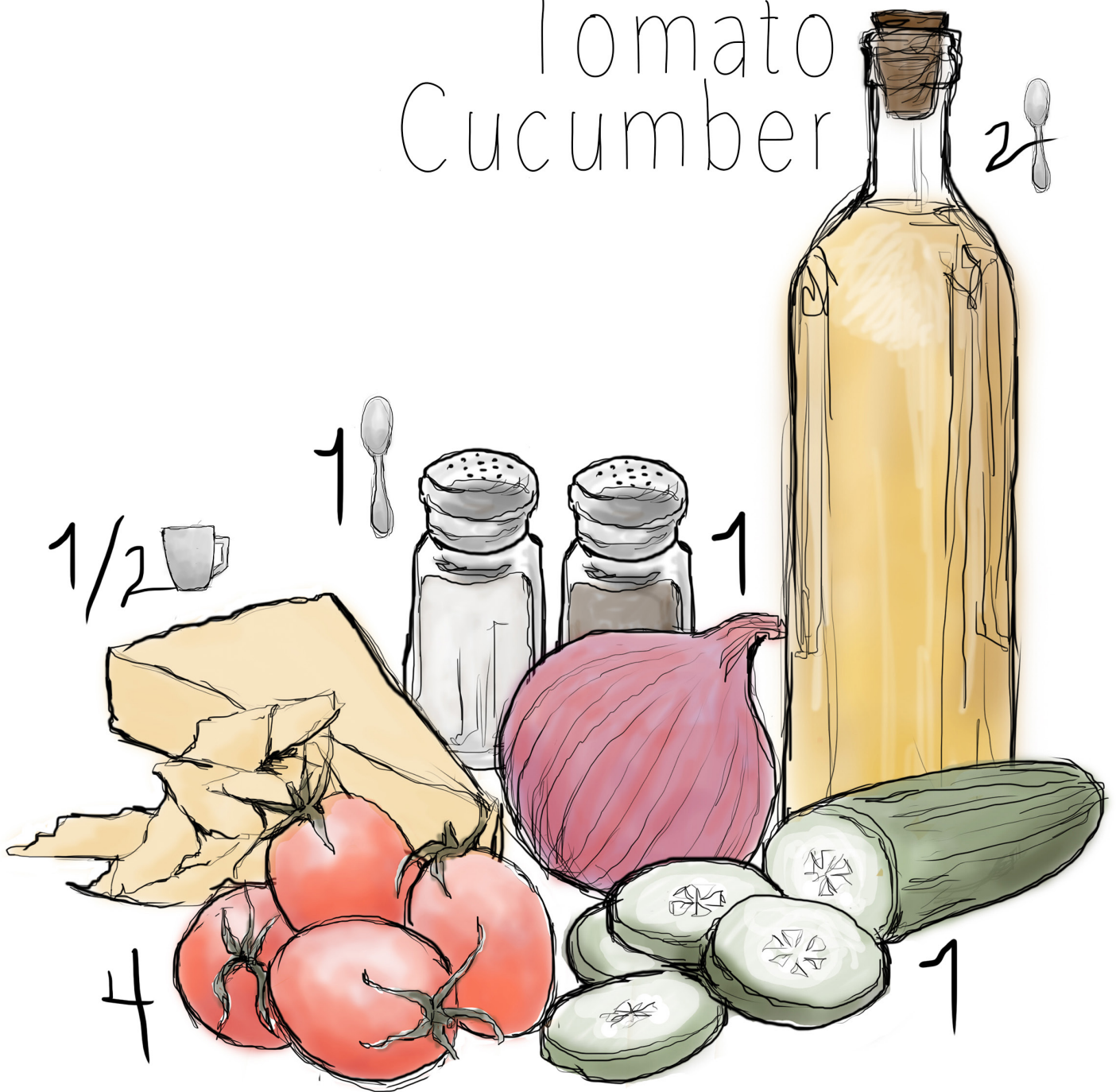


Classic Caesar





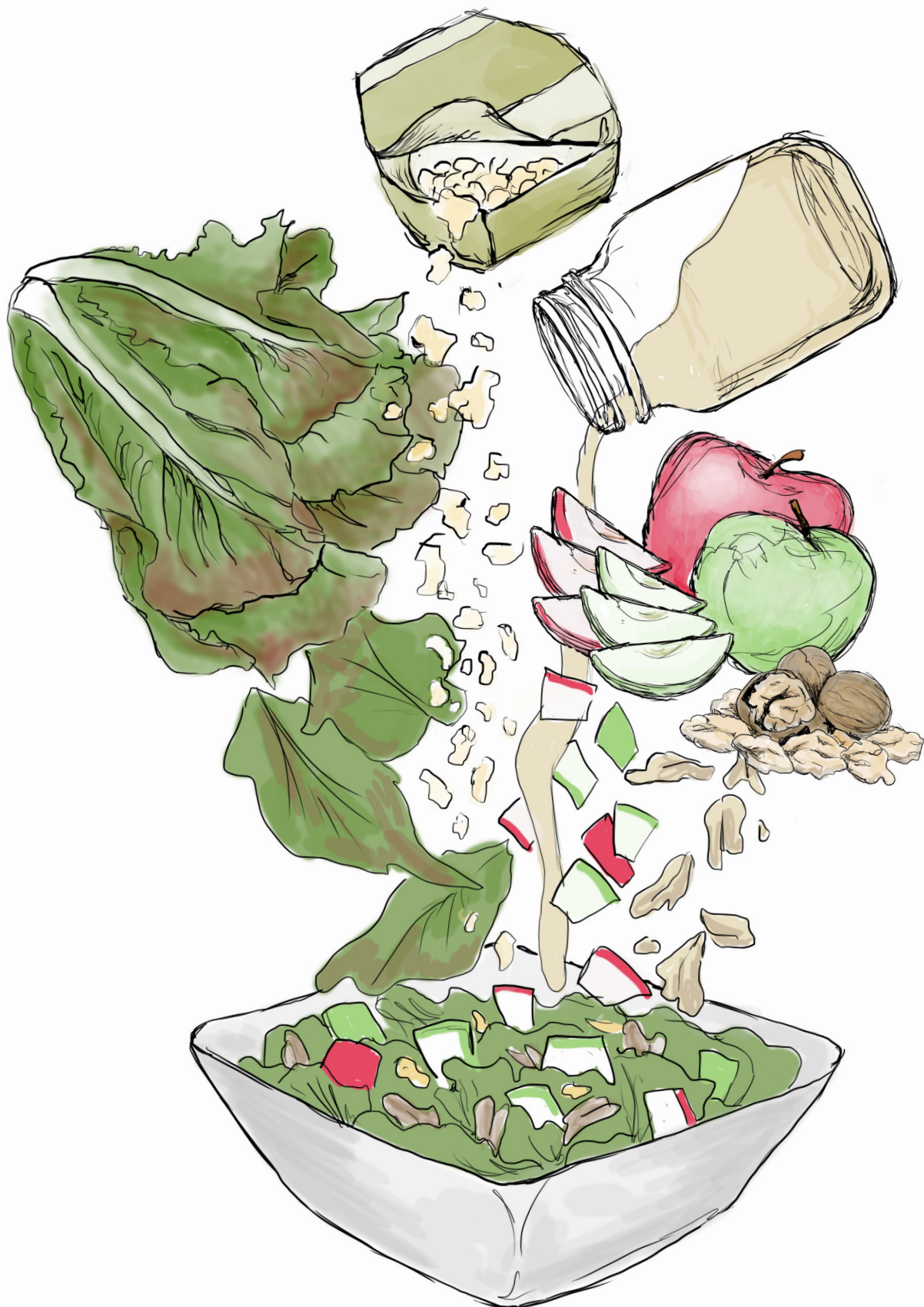
Tomato Cucumber





Double Apple Crunch





Deluxe Fruit Mix

