



## **Food52 Mighty Salads: 60 New Ways to Turn Salad Into Dinner**

*Food52 (Contributor) , Amanda Hesser (Foreword) , Merrill Stubbs (Foreword)*

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**A collection of 60 recipes for turning ordinary salads into one-dish worthy meals.**

Does anybody need a recipe to make a salad? Of course not. But if you want your salad to hold strong in your lunch bag or carry the day as a one-bowl dinner, dressing on lettuce isn't going to cut it.

Make way for *Mighty Salads*, in which the editors of Food52 present sixty salads hefty with vegetables, meats, grains, beans, fish, seafood, pasta, and bread. Think shrimp and radicchio tossed in a bacon vinaigrette, a make-ahead jumble of white beans with charred lemon and fennel, slow-roasted duck and apples scattered across spicy greens. It's comforting food made captivating by simply charring one ingredient or marinating another shaving some, or roasting a bunch.

But because we don't always follow recipes, there are also loose formulas for confident off-roading, as well as back-pocket tips and genius tricks for improving any old salad. Because once you know how to fix too-salty dressing, wash greens once and for all, keep an avocado from browning, and even sprout your own grains, the humble salad starts looking a lot more interesting and a whole lot more like dinner.

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## Food52 Mighty Salads: 60 New Ways to Turn Salad Into Dinner Details

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## **From Reader Review Food52 Mighty Salads: 60 New Ways to Turn Salad Into Dinner for online ebook**

### **lauren says**

I want to make everything in here. Gotta step up my sauce game.

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### **Nancy says**

This was a really great cookbook. Lots of appealing looking pictures, lots of ingredients I actually know, the only bad thing about it is all of the recipes are for salads. Sigh..... This means I really have no excuse for not eating healthier. Damn it! Thanks a lot Food52! Why you gotta go and be so enticing?! Damn you salad temptress!!!

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### **Lara says**

Food52 has been busy lately. This is a solid addition to their selection of cookbooks. The recipes are organized into categories, such as leafy, grain or bread-based, and meat salads, to name a few. I made the Wild rice bowl with tofu, sweet potatoes, and roasted shallot vinaigrette. It was hearty and very good. It would make a good main dish and would work very well for a workplace brown bag meal. I also made the Brown butter Brussels sprouts with crispy quinoa. This salad had a surprising mix of flavors, each of which stood out. It was also hearty and very good.

The recipes tended to have long lists of ingredients, and may have involved preparation methods. Both of the salads I made required different ingredients be prepared before mixing them together (read required time and lots of pans and bowls). For someone looking to break out of the salad mold and prepare something completely different, this is a very good book. It is not for those looking to throw a salad together.

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### **Karen Witzler says**

Salads. A nice book to hold, lies flat for using in the kitchen. Two-page spreads with a clear recipe in easy-eye text with a beautiful photograph for each dish. I liked the sections on non-leafy green salads as well as the grain and bean based dishes. Also includes sections on salads with traditional greens, meat, pasta, seafood. Borrowed from the library, but I may purchase.

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### **Aja Marsh says**

Nicely styled and designed and photographed in true Food52 style and some interesting ideas in here, though not a ton for the vegans! Fun to flip through though and one salad I definitely want to try (carrot, date, and mung sprouts)

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## Beyond the Pages says

Who knew salads could be so interesting?!?!

I loved this book. It was a treat to review. The recipes were simple and fun, for the most part. I was not overwhelmed in the least. I appreciated the pictures because it made the meals come to life. The recipes were easy to follow and actually achievable. The tips were great. And the encouragement was totally appreciated. For a foodie and "amateur" salad chef, this book was a dream resource.

In summary, I want a hard copy. ;)

Rating: 5/5

Recommend: Yes

Audience: All

Status: Food/Health and Wellness

Source: NetGalley

ARC in exchange for an honest review

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## Marie says

I love a hearty salad for dinner, so this cookbook caught my attention right away. A one dish meal with vegetables, protein and grains that is mostly plant-based? Yes, please! I often find myself purchasing ingredients at the grocery store that I think might be interesting in a salad and unfortunately they go bad without me using them. I really needed this book. This book gave some great salad recipe ideas that were healthy, filling and tasted cultural authentic to a variety of different regions. They were also chock full of interesting, unusual ingredients. I loved the format, the descriptions, and the genius tips. I really learned a lot from this cookbook! The cookbook includes beautiful photos of the salads throughout. To be honest, the ones in the book are much more artistically photographed, but to be truthful to my experience with this book, I posted my own, alongside some specific notes on several individual recipes I've made thus far. I look forward to making many more recipes in this book. I have been so pleasantly surprised by all of the recipes so far. I would love to own the physical cookbook to work more easily with these recipes and highly recommend it to others.

1. Curried Cauliflower Fattoush – Fried bread + sturdy veg + cook's choice + spiced yogurt dressing. This is a salad with the main ingredient being uncooked cauliflower. It works though! With the middle eastern spices and yogurt, some veggies, chick peas for protein, and fried pieces of pita bread... this was actually great! This was unlike any salad my husband or I had eaten previously, but we both very much enjoyed it. This was even better the next day once the cauliflower has some time to become more tender. The directions recommend marinating the cauliflower for 1-24 hours. I only marinated for one hour. If you make this recipe, I recommend longer, as the cauliflower becomes more flavorful and tender.

2. Spicy Chicken Salad with Rice Noodles Grilled meat + thinly sliced veg + noodles + herbs. It was absolutely delicious!! So flavorful, fresh and a lovely combination of chicken, noodles and veggies. The

marinade and dressing were perfect for this. Not too sweet, but very flavorful. This felt like an authentic healthy Thai dish. We loved it!

3. Herbed Tuna and Israeli Couscous Salad – Protein + pasta or grain + chopped herbs + spiced oil + citrus. This was super flavorful, spicy, no need to add salt. Delicious! Seems more like a lunch than dinner salad. I love the tuna in it! The preserved lemons take 2 weeks to make on your own, so I bought mine on amazon. However, I enjoyed learning how to make the preserved lemons – very easy!

4. Coconut Rice Salad with Mango, Bell Pepper & Lime – Grain + lentils + fruit + warming spices + herbs – This was absolutely delicious. The sweet cool mango was the perfect counterbalance to the spice of the Fresno chile. This dish was so flavorful, fresh and filling. This was absolutely delicious as well as boasting beautiful, bright colors!

5. Radicchio & Shrimp Salad with Warm Bacon Vinaigrette – Roasted chicory and protein + warm vinaigrette + herbs + smoke. Prior to making this I hesitated over the radicchio base to this salad, but decided to give it a try since I've only had radicchio mixed with other greens and this seemed so different. I'm not sure if it was the radicchio that turned me off or the tartness from the balsamic vinegar. There was a strong tart aftertaste to this that I did not like at all. I ate it though and thoroughly enjoyed the shrimp. Perhaps it's just me and radicchio weren't meant to be or maybe my balsamic vinegar was too old.. not sure. It does say in the description that this is the favorite salad of not one, but two editors, so I'm thinking I'm probably an outlier on this one.

6. Chorizo and Summer Melon Salad – Spicy cured meat + melon + crisp vegetables + crumbly cheese + herbs + citrus. Amazing! This was a perfect balance of flavors. It had a nice variety of ingredients to keep it interesting without having too many ingredients. It was super easy to make and tasted so fresh and delicious. We ate it with a side of black beans. I hugely recommend this salad. This is one I'll be making all summer. It will be a huge hit at potlucks.

7. Roasted Grape, Butternut Squash & Kale Salad – Roasted winter squash + roasted fruit + hearty greens + hard cheese + cheesy vinaigrette. This salad made for a beautiful presentation. This would be a wonderful side salad for an autumn dinner party. We felt that the lack of protein in this salad left us still hungry. However it was a very good salad. The roasted grapes in this salad made it very special!

8. Chicken & Rice Salad with Poached Radishes & Nuoc Cham – Shredded meat + spicy greens + grains + brown butter + heat. This was absolutely delicious. It was sweet and spicy and quite filling. We loved it! I would definitely make this again. Very easy and very satisfying. This was my first time eating poached radishes – amazing!

The photos did not show here. If you are interested, please see: <http://www.book-chatter.com/?p=1147>.

Thank you to Netgalley and the publisher for an ARC of the ebook in exchange for an honest review.

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## **Karen says**

Can one find inspiration in salad? Yes indeed, I have with this book.

I am a salad lover but admit to not being very creative. My tried and true salads have become a bit

repetitious. This book has inspired me to use more imagination, to mix and match a wide range of ingredients, experiment with more of what I have already hanging out in my refrigerator and pantry. Rice Krispies? Roasted grapes?

I have followed Food52's online community food blog for a long time but this is the first time I picked up one of their cookbooks. Browsing through it, reading many new tips, looking at numerous mouthwatering pictures, this book is not only chock full of recipes but full of great information. I have made four of the recipes so far, my two favorites being the Fried Eggplant, Tomato & Peach Salad with Preserved Lemon Vinaigrette which sounds complicated but is simple to make - the taste and color of ingredients blending beautifully. I was drawn to the Roasted Broccoli Rabe, Chickpea & Crispy Salami Salad with Romesco Vinaigrette as it sounded unusual. It took a bit more prep time but worth the bit of extra effort. Delicious and looking forward to searching out other Food52 cookbooks.

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### **GONZA says**

Nice and not too difficult recipes to make your salad different everyday. And as usual the pictures were wonderful.

Ricette carine e non troppo difficile per fare un'insalata diversa al giorno. E come al solito le foto sono bellissime.

THANKS TO NETGALLEY FOR THE PREVIEW

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### **Sara says**

First book borrowed from my new job! We made two recipes out of it - an antipasto salad and shrimp with tangerine sauce. Both were excellent! I've even started implementing some of the tips (i.e. treating herbs like a bouquet) which is unusual for me. Old habits die hard.

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### **Graeme Roberts says**

*Mighty Salads* is a mighty book. I am deeply saladophilic, and I know a thing or three about dressing, but the recipes are all new to me and very appealing. They are broken up into sections titled: Leafy Salads, Less-Leafy Vegetable Salads, Grain & Bean Salads, Pasta & Bread Salads, Fish & Seafood Salads, and Meat Salads. You can quickly find dressings, tips, and twists (all very useful) grouped in a separate index called *Building Blocks*.

My wife always says that cookbooks without color photographs are useless, and I agree. Every recipe has a superbly styled and photographed image on the facing page. The matt finish is just perfect. Finally, I really like that measures are given in grams as well as American units. More cooks are going that way.

I plan to give one of my daughters a copy for Christmas. Don't let on!

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## **Mrs. Europaea says**

Food52 Mighty Salads really surprised the skeptic in me. I thought this would be a traditional recipe book that basically gives the same tired recipes over and over, but Mighty Salads reinvents the concept of salad and elevates the salad to a sophisticated level sure to wow many.

This was certainly true when I made my husband, a true-to-core carnivore, the Hoppin' John Salad with Crispy Cornbread for dinner one night. He was hesitant at first but once he tasted the collard greens dressed in honey and vinegar he admitted he never knew that a salad could be so versatile.

Besides the fabulous recipes, there are also very helpful tips and tricks that the Editors of Food52 included, such as tricks to keep your lettuce from wilting and how to improvise on the go. Food52 Mighty Salads really shows the reader the potential of a dish often thought of as a side and makes it the center of a meal by highlighting various ingredients full potential.

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## **Danielle Long says**

This book makes me hungry every time I look at it or read it. There are some really good salads in this book. I really want to just photocopy the thing. I might check to see if it is available on kindle and just buy it.

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## **Candlewick Books says**

Check out my blog for more reviews all things books: [DearWilderness & Books](#)

This arc was offered by Netgalley in exchange for an honest review.

Dust off your yoga mats, folks, rummage the back of your cupboards for you smoothie blenders, and take out your diet diaries.

New Year, New Me.

...And I say that every year. Too bad my previous track records of keeping my new years resolution of eating healthy and exercising are often forgotten by February.

Buuuut, if you're not like (don't be like me) and you're goal orientated, this cookbook is perfect to set the new year right. With numerous ideas for salads, everyday will be a clean-eating day.

Most of these salads require more than 8 ingredients, and may be costly if you live in a sun-deprived area, as I do. But, they're delicious and they don't taste like you're eating rabbit food.

(Ron Swanson knows what's up)

This cookbook does offer a wide variety of salads, so you're never hungry for variety.

It's a nicely photographed cookbook, one that I'll be referencing throughout the year.

You can read this review and others on my website:

DearWilderness & Books

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also, follow me on instagram for all things books:

Instagram

With Love,

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### **Kelli says**

This is a book I think I need to own. I keep renewing it every two weeks! With its beautiful food photography, genius tips, and great recipes, salad is redefined as a meal with many delicious results occurring right in my kitchen. I typically do not use salad dressing but many of these are too good not to try. With six different sections, there is something for everyone...even my kids! 4.5 stars

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