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SIMPLY SALADS

More than 100 creative bagged salad recipes you can make in minutes

(Nashville, Tenn.) With the popularity of gourmet salads on the rise, from five-star restaurants to fast food chains, salads are becoming much more than boring diet food or the preview to a meal. Salads are a delectable, healthy and quick alternative as well as a meal's main event.

A recent study done by the UCLA School of Public Health and Louisiana State University Health Services Center found that eating just one salad a day may have more health benefits than originally thought. People who consume at least one salad a day have a higher level of nutrients responsible for a healthy immune system, and reducing the risk of heart disease and obesity. Eating a salad a day could quite possibly be the easiest way to improve your overall health and with all of the variety of fresh packaged salad blends in local stores it has never been easier to make a deliciously simple salad for any meal.

Simply Salads (April, \$24.99, Rutledge Hill Press, ISBN 1-4016-0320-3) by Author and Chef Jennifer Chandler, delivers over 100 creative recipes you can make in minutes—showing that *anyone* can create a gourmet salad by simply picking up salad mix and adding your favorite ingredients. Chandler's salad masterpieces also include dressing recommendations, recipes, menu ideas and nutritional information. All the recipes are accompanied by stunning photos of each salad. From the Classic Caesar Salad with Herb Croutons to the Mandarin Chicken Salad with Toasted Sesame Vinaigrette, these recipes are guidelines to getting you started on creating your own satisfying salads with your favorite ingredients.

About the Author: Jennifer Chandler graduated at the top of her class with Le Grand Diplome and a Mention Tres Bien in Pastry from Le Cordon Bleu in Paris. She moved back to her hometown of Memphis and in 1999 opened Cheffie's Market and More, a prepared foods market and bakery. Voted best new restaurant in Memphis, Cheffie's received much acclaim and many awards. Jennifer is a full-time mom of two little girls, a freelance magazine writer and a professional salad eater.

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