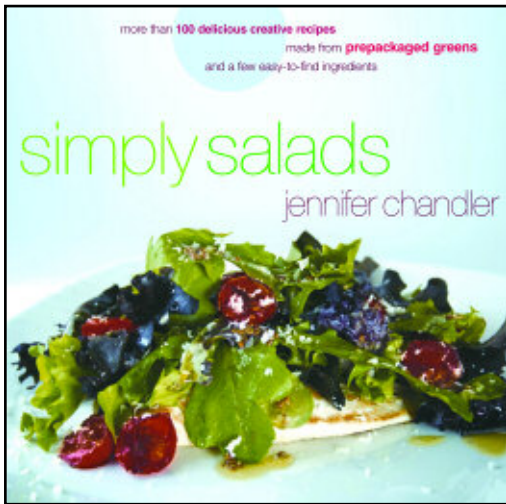


delightful discovery



Simply Salads:
New Cookbook by Author
and Chef Jennifer Chandler

WRITER KATHY K. MARTIN
PHOTOGRAPHER HAL JAFFE



No more boring, ho-hum salads reserved for strict diets or simple meal openers. Jennifer Chandler, *MIDSOUTH* magazine writer and chef, introduces her first cookbook, *Simply Salads*, which is jam-packed with more than 100 creative salad recipes that take just minutes to prepare, and all the recipes begin with fresh-packaged salad or slaw blends from the local grocery store. Chandler's favorites include a margarita chicken salad in a tequila marinade and tossed with dried cranberries or a roasted beet salad in a citrus vinaigrette. These recipes are just a sampling of the tasty options that give new meaning to healthy, gourmet salads.

"As a working mom, I know that today's busy parents desire recipes that are easy, quick and don't contain a bunch of rare ingredients. That's the real beauty of these bagged-salad recipes," explains Chandler, who was trained at the Le Cordon Bleu in Paris before returning to her hometown of Memphis and opening her own prepared foods market and bakery, Cheffi's Market and More, in 1999. A graduate of St. Mary's Episcopal School and Georgetown University, Chandler's finance background led to party planning and catering in Washington, D.C., before returning home. After having two girls, she decided to relax her schedule and devote more time to raising them while writing food, entertainment and travel stories for *MIDSOUTH* magazine.

Published by Rutledge Hill Press, *Simply Salads* contains 249 pages of creative, doable recipes accompanied with a color photo of each one in categories such as green salads; veggie salads; entrée salads with chicken, meat or seafood; slaws; and salads composed of beans and grains. In addition, Chandler features dressing recommendations, menu ideas and helpful tips. "I did a variety of research to write the book," explains Chandler, "from scouting out what restaurants offer and taking notes to testing recipes in my home kitchen for friends and family."

The timing couldn't be any better as the popularity of gourmet salads increases and studies continue to show the health benefits of salads. A recent study by the UCLA School of Public Health and Louisiana State University Health Services Center shows that eating a salad a day may have greater health benefits than originally known. The study finds that when people eat at least one salad a day, they have a higher level of nutrients responsible for a healthy immune system while also reducing the risk of heart diseases and obesity.

Simply Salads is available wherever fine books are sold, as well as online at Amazon.com for \$24.99. Check out some of the recipes from the book in our Food and Recipes department on page 106. ●

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