



COOKBOOK

OH SHE GLOWS SALADS

BY ANGELA LIDDON

“Oh She Glows Salads” is filled with flavor-forward recipes, from refreshing spring and summer bowls to cozy, hearty salads for autumn and winter.

Inside, you’ll find Glow Up Pesto Dream Bowl, Roasted Chickpea and Parm Romaine Crunch Salad, The Ultimate Ranch Barbecue Tofu Cobb Salad, Warm and Cozy Roasted Mediterranean Lentil Salad and Fall Crunch Farro Kale Salad.

Each one is crafted to power you through busy days.

You’ll also discover satisfying plant-based protein toppers, creamy dressings, vibrant vinaigrettes, savory cheeses and crunchy nut clusters – everything you need to create satisfying, restaurant-worthy salads at home. To strike the perfect balance, Liddon has included an indulgent-yet-wholesome dessert chapter, the best way to finish any veggie-packed meal.

Liddon makes eating well joyful and inspiring. Whether you’re a longtime fan of Liddon’s fare or new to plant-based living, “Oh She Glows Salads” is sure to ignite your love for the power of plants

