



Southern Salads, Sides & Soups: 400 Southern Favorites (Southern Cooking Recipes Book 3)

S. L. Watson

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Everyone knows a southern cook can make a salad or soup out of anything. If you have ever been to a southern pot luck, you know what I mean.

With spring and summer BBQ's and picnics fast approaching, this cookbook provides easy and tasty vegetable and fruit salads, side dishes and vintage jello salad recipes.

If your garden is over producing, let's just say this cookbook has you covered with tons of recipes for fresh vegetables. Numerous variations for tomatoes, slaw, zucchini, eggplant, okra, corn, green peas, broccoli, cauliflower, squash and all your southern favorites.

Most people tend to think of Southern cooking as unhealthy as jello and Cool Whip are considered southern staples. We grow most of our own fruits and vegetables. We know where they come from and we eat a wide variety of fruits and vegetables everyday.

Frozen fruit salads are the perfect end to a hot day. They keep well in the freezer and are very easy to make. The fresh summer fruits and readily available frozen fruits make the salads easy for everyday.

No matter what season it is, you will find plenty of recipes using seasonal fruits and vegetables. I've even included our favorite homemade dressings. They are a nice change of pace from bottled dressings.

This cookbook includes 400 of our favorite southern salads, side dishes, soups and dressings. No matter if you are a vegetarian, carnivore, low carb, gluten free or paleo, you will find recipes to fit your food plan.

I called my mother the Queen of Jello. We had a different jello salad most everyday. She could mold jello in anything. To this day, I still have a fascination with jello. My mother would fuss at me because I would stick my finger in the jello to see if it was ready. I still get impatient waiting on my jello masterpiece to set up.

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