



[Lunchbox Salads: More than 100 Fast, Fresh Filling Salads for Every Weekday](#) by Naomi Twigden and Anna Pinder. Copyright © 2018. Available from Da Capo Lifelong Books, an imprint of Perseus Books, LLC, a subsidiary of Hachette Book Group, Inc.

Our Summary:

Daily life is challenging and [Lunchbox Salads](#) is written with that understanding in mind. We eat lunch at office desks or on the run. For what you pay to grab-‘n-go and hope it’s healthy, authors Naomi Twigden and Anna Pinder suggest with their help, that time and money put to better use in making your own fast fresh and simple good food. They call it a “salad”, but it’s really naturally healthy, energizing food in one container. Salad is much more than just lettuce leaves, and [Lunchbox Salads](#) proves that.

What you need to know:

Get it: [Lunchbox Salads: More than 100 Fast, Fresh Filling Salads for Every Weekday](#) by Naomi Twigden and Anna Pinder. Copyright © 2018. Available from Da Capo Lifelong Books, May 10, 2018 Hardcover [Amazon \\$18.03](#). Also available ([Paperback/Amazon: \\$ 11.39](#); [Kindle \\$11.99](#))

See it: 160 pages with full color photos throughout and easy to follow (mostly) vegetarian recipes plus tips to incorporate protein options. 13 recipe chapters broke out by star ingredient (i.e., *Sweet Potato, Eggplant, Kale*, etc.) and 1 chapter on *Sauces and Dressings*; introductory and index are also included.

Make it: Over 100 recipes for fast, fresh, filling salads suitable for every weekday, including recipes for sauces and dressings that are used throughout the book.

Chef Donna’s Review:

I typically don’t give lunch much of a thought until I’m ravenously hungry. By that time there’s no time for lunch. I grab-‘n-go, eat while scrolling through some device, and then an hour later wonder why I’m feeling sluggish, and still hungry. Enter Naomi Twigden and Anna Pinder authors of [Lunchbox Salads](#), and founders of the London-based Lunch BXD, a healthy food lunch delivery service created to change up the restrictive-and-dull lunch options. At the heart of their menu was glorious vegetarian salads constructed to stay fresh and crispy, and still deliver all that zingy taste and flavorful energy lunch is meant to provide – in one box. Everything they learned along the way is contained in this book.

Each recipe in [Lunchbox Salads](#) is easy, approachable, affordable, convenient, substantial and vibrant. These recipes, like *Crunch Squash Satay Salad* or *Carrot, Kale & Chickpea Salad with Honey Dressing & Feta*, are perfect for a workday. But don’t kid yourself. Add a protein of your choice and you have a healthy substantial dinner. Chapter lead-ins, like *4 Ideas with Eggplant* (which happens to be repeated for several of the other ingredient-specific chapters) keeps your routine fresh and changing so you’re never bored.



With 10 or fewer ingredients that are readily available and probably already in your kitchen, these salads take no more than 30 minutes to make, which is about the time we allow ourselves to get a dinner together. You'll create *Red Pepper & Eggplant Pasta with Red Pesto* and *Green Bean Minestrone*, or *Baked Salmon, Cauliflower & Tomato Salad with Basil Dressing*. Imagine that! You can make a healthy dinner, and given the substantial portions of each recipe, you have lunch ready to go the next day. Or, give yourself the gift of making your lunch in the morning, and your dinner is waiting when you return home. The best part is, [Lunchbox Salads](#) includes with each recipe specific packing instructions to avoid any soggy fruits or vegetables, and simple ideas for transporting single serving sizes of dressing.

Recipes use repeat ingredients to avoid waste and the index is listed by ingredient so you can be prepared before you head to the grocery store. And, though [Lunchbox Salads](#) is not a vegetarian cookbook each chapter *is* focused around a hero vegetable. Don't be put off by that. These recipes are easy and meant to be customized both to taste and dietary preference. In fact, proteins or plant-based proteins can easily be added and are often suggested.

The short introduction in [Lunchbox Salads](#) on Pantry Essentials runs down a quick list ingredients that frequently appear together throughout the book. Things you'll have on hand like beans and roasted red peppers, vinegar, soy sauce, and standard kitchen spices. The authors include tips throughout the book to get your creative juices flowing and get you in the kitchen. Each chapter offers at least four ways to use the star ingredient, so you have options. Wrap in the modern conveniences of spiralizing, ricing, and buying your vegetables pre-cut, pre-sliced, or pre-washed, cuts down on prep time. You'll be inspired to re-think what you have in the fridge or what is in season. With dishes like *Broccolini & Red Pesto Lentils*, *Pear, Bacon Cabbage & Arugula Salad*, or *Sweet Potato Miso & Chorizo Hash*, [Lunchbox Salads](#) take you from season to season without missing a beat. (See what I did there? Beet? Beet?!?!)

Don't hesitate to dive head-first into this flexible paperback book [Lunchbox Salads](#). It's usable, friendly, and will make you believe that a salad can change the way you feel about getting ready for your work day! Opting out of the grab-n-go lunch game has never been so easy or so delicious.

Recipes to cook from [Lunchbox Salads: More than 100 Fast, Fresh Filling Salads for Every Weekday](#) by Naomi Twigden and Anna Pinder. Copyright © 2018. Reprinted with permission.

[Red Pepper and Eggplant Pasta with Red Pesto](#)

[Zucchini Noodles and Red Pepper Pesto](#)

[Zucchini Noodle and Sweet Potato Salad with Avocado Dressing](#)