

**HEALTHY SMALL PLATES, VOLUME 1: SOUPS AND
SALADS**

Tyler Petito

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There are suggestions with every recipe. Add feta and basil to roasted vegetables for a perfect summer side dish. Ingredients Fish Fruit Meat Vegetables see more

This healthy potato salad is deliciously spiced and sweet, the perfect barbeque side. This is my answer to the much more decadent Fettuccini Alfredo and a variation on Spaghetti Carbonara. See more Healthy salad recipes. They're easily doubled for four or tripled for six or halved for one.

Soups and Salads By Kate Zeller. We've put together the ultimate healthy recipe book, and his efforts and recipes are chronicled in my blog.