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When it's too hot for heavy fare, go light with a satisfying salad.

Cool, leafy, green

4 places where salads can be the whole meal

REPUBLIC STAFF

In the hot months of summer, salad is more than a side dish. It's the meal. Restaurants now offer a wide variety of salads or even a "destination salad" that's worth the trip. Here are a few options. For a longer list, go to dining.azcentral.com.

EAST VALLEY

Paradise Bakery & Cafe

Chef Gregory Casale once owned a small, international eatery in Scottsdale that received high marks from food critics nationwide. Today, he's the force behind this up-beat chain's menu, and his

creative stamp is reflected in the salads, which include the Southwest chicken Caesar, a roasted chicken breast on top of Romaine lettuce tossed with chipotle Caesar dressing, pepper Jack cheese and tortilla strips.

Details: 1075 W. Queen Creek Road, Chandler. 480-782-5355, paradisebakery.com. Locations Valleywide.

SCOTTSDALE

Herb Box Catering Co. and Epicurean Marketplace

Try the urban-market salad, a harmonious mix of turkey, watercress, red pepper,

avocado, pecans, bacon, corn and gorgonzola, or the blackened-chicken Caesar, with cotija, dried cherries, tortilla strips and chipotle-Parmesan dressing.

Details: 6990 E. Shea Blvd. 480-998-8355, theherbbox.com.

PHOENIX

Sierra Bonita Grill

Order the Sierra Bonita Salad with chicken or shrimp, a feast of mixed greens, raspberries, gorgonzola, tomatoes, spiced pecans and red onions, topped with the house red-vinaigrette dressing.

Details: 6922 W. Seventh St. 602-264-0700,

sierrabonitagrill.com.

WEST VALLEY

Corbin's Bar and Grill

For a light meal that doesn't leave you wanting two desserts, try the seared-tuna salad: a bed of salad greens with cucumbers, carrots, radishes, blackened sesame seeds, crisp rice noodles and Asian-style vinaigrette. Another favorite is the house Cape Cod chicken salad, with dried cranberries, candied pecans and feta cheese, topped with a grilled chicken breast.

Details: 19420 N. 59th Ave., Glendale. 623-399-8670, corbinsbarandgrill.com. Second location in Phoenix.