



Low Carb Main Dish Salad Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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- Taco Salad
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- Whopper in a Bowl

Please refer to my website for the nutritional counts for these recipes.

BLT CHICKEN SALAD

Per serving:

1 boneless chicken breast
2 cups leaf lettuce, chopped
1/2 small tomato, chopped
1/2 ounce Swiss cheese, julienned
1-2 slices cooked crumbled bacon
1 hard boiled egg, quartered
2 tablespoons Ranch dressing
Dash pepper

Grill the chicken; slice thinly. Arrange the lettuce on a large plate. Top with the chicken and remaining ingredients.

Makes 1 serving

Optional ingredients:

Sliced cucumber
Slivered green peppers
Avocado
Sunflower kernels
Chopped green onion
Slivered red onion



BROCCOLI SALAD WITH HAM

1 bunch fresh broccoli
8 ounces diced ham
4 ounces cheddar cheese, shredded
1 cup mayonnaise
2 tablespoons cider vinegar
Sweetener equal to 2 tablespoons sugar
Salt and pepper, to taste

Trim and peel the tough stalks and finely chop the broccoli. Place in a large bowl. Add the ham and cheese. In a small bowl, whisk together the remaining 3 ingredients. Mix into the broccoli mixture and chill several hours before serving. Season to taste with salt and pepper.

Makes about 8 servings



C.A.B.L.T. SALAD

(Chicken, Avocado, Bacon, Lettuce and Tomato)

Per serving:

2 ounces leaf lettuce, torn

1 boneless chicken breast, grilled and sliced

1/2 small avocado, diced

1/2 cup Roma tomato, sliced

2 pieces bacon, fried until crisp

2 tablespoons Chipotle Ranch Dressing (see recipe below)

Top the lettuce with the remaining ingredients; serve at once.

Makes 1 serving

CHIPOTLE RANCH DRESSING

1/4 cup ranch dressing

1/2 teaspoon chipotle chile powder

1 tablespoon cilantro

Mix everything and chill before serving. Makes 1/4 cup dressing.



CAULIFLOWER & HAM SALAD

- 1 medium cauliflower, cut into bite-size pieces
- 1 cup mayonnaise
- 3 tablespoons sugar free sweet pickle relish
- 2 tablespoons Dijon mustard
- 1 tablespoon fresh parsley, chopped
- 3/4 teaspoon salt
- 3/4 teaspoon pepper
- Sweetener equal to 1 tablespoon sugar
- 1 cup grape tomatoes, halved
- 1/2 small red onion, minced
- 8 ounces ham cubes
- 4 hard boiled eggs, chopped in large pieces

Place the cauliflower in a large casserole dish. Cover and microwave on HIGH for 6-8 minutes, stirring after 3 minutes. Cook until the cauliflower is slightly tender and not mushy; drain off any excess water. Let cool to room temperature before adding the remaining ingredients.

Meanwhile, blend the mayonnaise, relish, mustard, parsley, salt, pepper and sweetener. When the cauliflower has cooled, add the dressing and gently toss to coat. Stir in the tomatoes, onion, ham and eggs. Cover and chill at least 3 hours.

Makes about 8 servings



CHICAGO DOG SALAD

Dressing:

2 tablespoons yellow mustard

1 tablespoon vinegar

Sweetener equal to 1 1/2 teaspoons sugar

1 1/2 tablespoons oil

Salad:

4 ounces coleslaw mix (about 3 cups loosely packed)

4 ounces iceberg lettuce, chopped (about 2 cups loosely packed)

1/2 cup red onion, thinly sliced

12 grape tomatoes, halved

1 large dill pickle, coarsely chopped

Salt and pepper, to taste

2-4 Kosher hot dogs, cut into bias slices

In a large salad bowl, combine the mustard, vinegar, sweetener and oil. Add the cabbage, lettuce, onions, tomatoes and pickle; toss then season with salt and pepper. You can mix up the salad, minus the hot dogs, ahead of time but don't let it sit too long or it will lose its crunch.

Heat a large nonstick skillet that's been sprayed with nonstick cooking spray over medium heat. Arrange the hot dog pieces in a single layer; sear for a couple minutes per side until browned. Divide the salad between 2 salad plates and top with the hot dogs. Serve at once.

Makes 2 servings



CHICKEN SALAD

2 cups cooked chicken, cut in bite-sized pieces
2 stalks celery, chopped
1/2 cup mayonnaise
Salt, to taste
1/8 teaspoon pepper
1/4 cup sugar free bread and butter pickles, chopped

Mix all of the ingredients. Chill well.

Makes about 4-6 servings

OPTIONAL ADDITIONS:

Chopped hard boiled eggs
A little lemon juice
Diced green or red peppers
Chopped dill pickles
Chopped green onions
Chopped pickled jalapeño peppers
Diced cucumber
Chopped olives
Cashews or other nuts



EGG SALAD II

8 hard boiled eggs, coarsely chopped
1/4 cup mayonnaise
18 sugar free bread and butter pickles, coarsely chopped
2 teaspoons yellow mustard
Salt, to taste
1/2 teaspoon pepper
1/8 teaspoon celery salt
Dash paprika

Mix all of the ingredients and chill well.

Makes 4-6 servings



GARDEN CHICKEN SALAD

2 cups diced cooked chicken
8 ounces grape or cherry tomatoes, halved
1/2 medium cucumber, diced
1-2 green onions, sliced
1/2 cup mayonnaise
1/4 teaspoon dill
1/2 teaspoon pepper
Salt, to taste

Mix all of the ingredients and chill several hours before serving.

Makes 4-6 servings



HOT GERMAN "POTATO" SALAD

16 ounces frozen cauliflower
4 pieces bacon, chopped
1 small onion, chopped
Sweetener equal to 2 tablespoons sugar
1 teaspoon dry mustard
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon celery seed
1/4 teaspoon xanthan gum
1/4 cup water
1/4 cup vinegar
Smoked sausage, cut into large chunks
1 tablespoon fresh parsley, chopped



In a 4-quart Dutch oven, cook the cauliflower as directed on the package 4 minutes; drain well in a colander and set aside. Don't overcook the cauliflower because it will be cooked more later. In the same Dutch oven, fry the bacon and onion until the bacon is completely cooked and the onion has started to brown. Do not drain the bacon grease.

Meanwhile, mix all of the dry ingredients in a small bowl. When the bacon and onions are done, stir the dry ingredients into them and mix well. Add the water and vinegar; bring to a boil. Cook and stir over medium-high heat until thickened, scraping up the browned bits from the bottom of the pan. Add the sausages or hot dogs and turn the heat to the lowest setting. Cover and simmer 20 minutes.

Add the cauliflower to the pot and stir until well coated. Add the parsley. Cover the pot and simmer about 20 minutes.

Makes about 5 servings

SLOPPY DOG SALAD

- 1 1/2 servings My Favorite Sloppy Joes, heated *
- 1 bun-length hot dog
- 2 ounces romaine lettuce, chopped
- 1/2 ounce onion, chopped
- 2 ounces tomato, chopped
- 1 ounce sweet or dill pickles, chopped

Slice the hot dog on the diagonal and pan-fry until browned on both sides. Put the lettuce on a large salad plate. Top with the Sloppy Joe mixture and the cooked hot dog. Garnish with the onion, tomato and pickles.

Makes 1 serving

* You'll find My Favorite Sloppy Joes recipe here:

https://www.genaw.com/lowcarb/my_favorite_sloppyjoes.html



TACO SALAD

1 pound ground beef
Taco seasoning (see recipe below)
1-2 tablespoons Taco Bell hot sauce, optional
12 ounces iceberg lettuce, chopped
1 small tomato, diced, 3 ounces
3 ounces cheddar cheese, shredded
6 tablespoons sour cream
6 tablespoons salsa
3/4 cup guacamole

Brown the hamburger; drain off the fat. Stir in the seasoning mix, Taco Bell taco sauce and a little water; simmer about 5 minutes. Divide all of the ingredients among 6 large plates.

Makes 6 servings

LINDA'S TACO SEASONING

1 teaspoon chili powder
3/4 teaspoon paprika
1 teaspoon cumin
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/4 teaspoon ground coriander
1/8 teaspoon cayenne
1/2 teaspoon salt
1/4 teaspoon xanthan gum



TUNA SALAD

2 5-ounce cans tuna, drained
4 eggs, hard boiled and coarsely chopped
1/4 cup sugar free sweet pickle relish
1/4 cup mayonnaise
1 tablespoon chives or green onion, minced
Salt and pepper, to taste

Mix well and chill before serving.

Makes 4-8 servings



WHOPPER IN A BOWL

1/2 pound ground beef
Dash liquid smoke
Salt and pepper, to taste
1 slice deluxe American cheese, optional
1 1/2 cups iceberg lettuce, chopped
2 ounces tomato, chopped

Sauce:

2 tablespoons dill pickle relish
2 tablespoons chopped onion
2 tablespoons mayonnaise
1 tablespoon sugar free ketchup

Brown the ground beef with the liquid smoke, salt and pepper; drain off the fat if desired. Add the cheese, if using, and cook until it melts. Put the lettuce in a salad bowl. Top with the meat and tomatoes. Combine the sauce ingredients and pour over the salad. Toss and eat at once.

Makes 1 serving

