

Refrigerate when done. Shred the cheddar cheese and set aside. After broccoli cools, add mayo, ranch, bacon bits, onion, cheese, salt and pepper. Mix together and refrigerate until ready to serve. YUMMY!

Broccoli, Olives, & Egg Salad

Serves:4

CarbsPerServing:?

Prep Time:10 minutes

Effort:Easy

Ingredients:

Fresh broccoli florets Boiled eggs
Green olives Red Onion
Mayonnaise Black Pepper
Paprika Salt

How to Prepare:

Quantities of everything according to taste. I would use 1 bunch broccoli, 3 eggs chopped in large pieces, ½ cup olives, ½ large red onion chopped. The rest of the ingredients really depend on your preferences, but black pepper really makes this salad. Mix everything together and coat well with mayo. Chill and serve.

Bruschetta Style Tomato Turkey Salad

Serves:1 or 2

CarbsPerServing:approx 8 (w/o subtracting fibre)

Prep Time:10 minutes

Effort:Easy

Ingredients:

1 cup ground turkey 1 cup mixed lettuce
1 tomato 4 or 5 kalamata olives
salt pepper 1 or 2 T olive oil
1 tsp crushed garlic 1 tsp basil paste (or a few leaves of finely chopped fresh basil)

How to Prepare:

Dice the tomato and place in a small bowl. Add chopped olives, olive oil, garlic, basil, and salt and pepper to taste.

Brown the turkey mince in a saucepan. Add the tomato mix to the turkey and mix together.

Serve over a bed of mixed lettuce. So EASY!!! Tastes as good as italian restaurant food.

Caulif-broccoli salad - THE BEST!

Serves:plenty - 16 or so

CarbsPerServing:never counted, but low

Prep Time:a tedious ½ hour

Effort:Average

Ingredients:

1 lg head cauliflower 1 lg bunch broccoli
1 sm onion (or 4 green ones) 1 pkg froz peas (or pea pods)2 cups mayo
1 cup sour cream 1 tsp garlic powder

How to Prepare:

mix mayo, sour cream and garlic powder in a small bowl. Break caulif and broccoli into bite sized florets. Add onion. Toss sauce with broccoli, cauliflower and onion. Add peas last (if using pods, cut into ¼ inch pieces. Refrigerate at least 4 hours or overnight.

Cheesy Herb Dressing

CarbsPerServing:8g total

Effort:Easy

Ingredients:

½ cup yogurt 1 tablespoon oil
1 tablespoon Parmesan cheese - grated ¼ teaspoon basil - dry 1 tablespoon parsley - dry
1 ½ teaspoons lemon juice ¼ teaspoon garlic powder

How to Prepare:

Combine all ingredients and mix well. Chill overnight.

Cheesy Thousand Island Dressing

CarbsPerServing:35g total

Effort:Easy

Ingredients:

1 cup cottage cheese ¼ cup ketchup
1 teaspoon paprika ¼ teaspoon salt
1 tablespoon relish 1/8 teaspoon pepper 2 tablespoons celery - finely diced
2 tablespoons green pepper - finely diced 2 tablespoons onion - finely diced
2 tablespoons olive oil

How to Prepare:

In a blender combine cheese, ketchup, oil and spices. Blend till smooth. Stir in rest of ingredients. Chill several hours.

Chicken Bacon Club Salad

Serves:4-6,5

CarbsPerServing:Unsure, but think it is minimal

Prep Time:30 minutes

Effort:Easy

Ingredients:

4 boneless skinless chicken breasts 1 Cup Mayo
6 slices bacon 2Cups shredded cheddar cheese

How to Prepare:

Cook bacon until crisp, then crumble. Cube chicken breast and cook thoroughly. Mix all ingredients together. Spred into a 8" cake pan. Bake for about 15 minutes. Serve on top of a bed of lettuce. Top with black olives if you like. Very yummy!

Yummy Chicken Taco Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

Taco Salad: 4 chicken breast - boil, then shred with fork
Olive Oil Cumin
Chili Powder 1 Can Rotel tomatoes with green chilis
1 Large yellow onion - diced 1 Head Iceberg lettuce
1 Can black olives Shredded cheddar cheese
Sour Cream Guacamole (optional)Homemade Salsa:
1 large can peeled tomatoes 1 small bunch cilantro
1 medium/large onion garlic salt

How to Prepare:

In a large skillet, pour about 2 Tblsp olive oil and turn up to med/high heat. Sautee about ¼ of the onions. Add the shredded chicken, cumin and chili powder and Rotel. Simmer for approximately 20 minutes, stirring occasionally. Meanwhile, shred lettuce and place in bowls. When Chicken mixture is done, place a heaping on top of the lettuce and cover with cheese, olives, sour cream, the remaining onions.

Combine salsa ingredients in blender. Add to salad.. this will be used as your dressing. Enjoy!

Old Fashioned Cole Slaw

Serves:8 Servings. CarbsPerServing:6 grams carb 2 grams fiber (ECC=4)
Prep Time:<20 minutes Effort:Easy

Ingredients:

2/3 cup vinegar ½ cup whipping cream
2 large eggs, lightly beaten ¼-1/2 cup Splenda
Pinch of salt 1 ½ tablespoons butter cut into pieces
1 (2-pound) head cabbage, shredded

How to Prepare:

Combine first 5 ingredients in a small, heavy saucepan; cook over low heat, stirring constantly with a wire whisk, 8 to 10 minutes or until thickened (mixture will appear curdled until it thickens). Remove from heat. Add butter, stirring until it melts. Pour over cabbage; toss gently to coat. Cover and chill.

You can add ½ cup chopped walnuts and only raise the carb count by ½ gram. If you're on maintenance, ½ cup dried, chopped cranberries and the walnuts brings you in at a little under 10 grams.

Cool Taco Salad CarbsPerServing:?

Prep Time:15 min Effort:Easy

Ingredients:

1 lb ground beef 1 can diced tomatoes
1 package taco seasoning (follow directions for taco seasoning)
½ cup sour cream ½ cup salsa
as much lettuce you need for the salad vegetables to your liking for the salad
shredded cheese

How to Prepare:

add ground beef and diced tomatoes to skillet after browning meat add taco seasoning (follow water requirements on back of seasoning package) after meat is cooked drain set aside.

Combine lettuce and your choice of vegetables your salad bowl add meat to top sprinkle with shredded cheese and add sour cream and salsa for your dressing.

Cranberry Salad

Serves:8

CarbsPerServing:6.125g Effort:Easy

Ingredients:

1 can crushed unsweetened pineapple - (9-oz.) juice packed 1 sugar-free cherry gelatin - (.3-oz.)
1 tablespoon lemon juice ¼ cup artificial sweetener1 cup fresh cranberries - chopped fine
1 small orange - peeled, quartered and chopped small 1 cup celery - chopped
½ cup pecans - or other nuts, optional

How to Prepare:

Drain pineapple and save juice. Set pineapple aside for later use.
2. Combine pineapple juice with water to equal 2 cups liquid. Prepare gelatin according to package label using juice-water mixture for the liquid.
3. Once gelatin is dissolved, stir in lemon juice. Chill until partially set.
4. In a separate bowl, combine the pineapple, sugar substitute, cranberries, orange, celery and nuts. Add this mixture to the partially set gelatin and stir until blended.
5. Pour into large mold or individual molds. Chill until firm.

Do not use fresh or frozen pineapple in this recipe! It will not allow the gelatin to jell.

NOTES : Carbs for pineapple not included in above total - adjust

1 bunch broccoli - cut small 1 cup shredded cheddar cheese
1 small red onion - chopped fine 1 pound bacon - fried crisp, set asidel cup mayonnaise
¼ cup artificial sweetener - to taste 2 tablespoons vinegar

How to Prepare:

Mix together: mayo, sweetener and vinegar, let stand 20 min. Mix again and pour over remaining ingredients. Mix well and sprinkle bacon over top.
Let sit all day and stir before serving.

Cajun Chicken Caesar Salad CarbsPerServing:4g total

Effort:Easy

Ingredients:

1 large chicken breast cajun spice or cayenne
pepper to taste 2 tablespoons Hot Sauce2 Cups romaine lettuce
2 tablespoons caesar dressing
2 tablespoons parmesan cheese

How to Prepare:

Sprinke spices on chicken breast. May be grill on the BBQ (my favourite), baked, fried, etc. Cut in to 1 inch cubes and toss with hot sauce. Set aside.

Mix lettuce, dressing and cheese. Put on a plate and top with chicken. Top with addittional parmesan cheese if desired.

I like mine really hot and spicy so I use cayenne Cajun spice will make it a little milder.

NOTES : Counts for cajun spice and caesar dressing not included in totals.

Chunky Tomato Salad CarbsPerServing:24g total

Effort:Easy

Ingredients:

Chunky Tomato Salad 2 cups fresh tomatoes - cut
in ½" cubes ¼ cup scallions - sliced
1 cup mushrooms - sliced 1 tablespoon olive oil
1 tablespoon vinegar1 tablespoon water 1 teaspoon dried basil
1/8 teaspoon dried oregano ½ teaspoon splenda - or your choice
salt and pepper to taste

How to Prepare:

Combine veggies. In small bowl mix rest of ingredients.
Add to veggies. Toss gently till spices are evenly spread thru out. Chill overnight.

Cottage Cheese Casserole CarbsPerServing:36g total

Effort:Easy

Ingredients:

3 eggs - slightly beaten 3 cups cottage cheese -
small curd1 small diced onion black pepper to taste

How to Prepare:

Mix all ingredients and pour into a casserole dish. Bake at 350 degrees for 45-50 minutes, or until firm and pulls away from the sides of the pan. Serve warm.

Cranberry Relish CarbsPerServing:74g total

Effort:Easy

Ingredients:

1 cup dark rum 1 teaspoon lemon rind - grated
¼ cup artificial sweetener ¾ to 1 cup1/2 cup walnuts - chopped,pecans or almonds
4 ups cranberries - raw fresh or frozen

How to Prepare:

Put Splenda and rum in saucepan, heat to boiling. Add cranberries & lemon zest, bring back to boil & immediately lower heat so the mixture is on a low, rolling boil, just above a simmer. Cover and cook for 10 minutes, stirring occasionally. Add chopped nuts, mixing in thoroughly Let cook 1-2 min, then remove from heat, cover and let cool completely. The rum & lemon zest add tremendous richness complexity to the sauce. But, if you want to forego the rum, just substitute an equal amount of water.

Double Cranberry Salad Serves:8

CarbsPerServing:3.125g

Effort:Easy

Ingredients:

Double Cranberry Salad

2 ½ cups Diet Iced Botanicals(Cranberry-Raspberry) - zero carbs
1 large package Cranberry Jell-O (about 8 Carbs???)
½ cup chopped celery1/2 cup chopped pecans 1 ½ cups cottage cheese
1/8 cup mayonnaise

How to Prepare:

Bring Botanicals to boil. Stir in Jell-O until dissolved.Chill until partially set (thickened -but not solid Pour ½ in 8x8x2 inch glass pan. Stir ½ cup celery & ½ cup nuts into pan-add additional celery & nuts to remaining Jello. Chill 8x8 pan & remaining Jell-O mixture---until Jell-O is firm.Mix together cottage cheese & Mayo---place on top of 8x8 layer of Jell-O. Take remaining Jell-O (if it is firm

warm slightly in microwave & pour over cottage cheese. Chill until firm. Cut into 8 servings.

NOTES : Carbs for Cranberry Jello not included in above total - adjust accordingly

Fancy Pea Salad

CarbsPerServing:78g total

Effort:Easy

Ingredients:

2 cups peas, canned - fancy
1 cup celery - chopped
bite-sized 1 cup mayonnaise
¼ cup Parmesan cheese
1 ½ cups finely chopped onion
2 cups lettuce - cut
10 slices bacon - cooked and crumbled

How to Prepare:

Toss peas, onion, celery, and lettuce with mayonnaise in a serving bowl. Sprinkle bacon on top. Sprinkle with Parmesan cheese. Cover; refrigerate overnight.

Little peas, celery, and bacon add crunch and color to this salad. It's a very nice change of pace for a picnic or potluck. Note that you can use frozen peas, if you prefer. You can use whatever variety of lettuce suits your taste. Serves 4-6.

French dressing

Serves:4 to 6 servings

CarbsPerServing:very low

Prep Time:5 minutes

Effort:Easy

Ingredients:

½ cup walden farms ketchup
½ cup white vinegar
1 packet equal
1 teaspoon lemon juice
dash of pepper
½ cup oil (canola or vegetable)
¼

How to Prepare:

stir all ingredients until combined

Garlic and Pepper Bleu Cheese

Serves:6ish

CarbsPerServing:1-2 per serving

Prep Time:5 mins

Effort:Easy

Ingredients:

½ Cup Sour Cream
1/2 Cup Mayo
4oz Bleu Cheese Crumbled
1 tsp Garlic Powder or Minced fresh cloves
1/2 tsp black pepper or ground peppercorns

How to Prepare:

Mix all ingredients in a tupperware bowl and enjoy.. I think its better to let it sit in the fridge for a few hours so the cheese really gets in there good and the flavors combine a little.. This will hold in the fridge for 5 days to a week so if you don't think you can use it in that time half the ingredients and make a smaller batch.. This is also SUPER CHUNKY so if you want it less chunky reduce the amount of cheese.

Ginger Salad Dressing

Serves:6

CarbsPerServing:1.83g

Effort:Easy

Ingredients:

¼ cup chopped onion
2 tablespoons rice wine vinegar
1 tablespoon ginger root - chopped
1 ½ teaspoons tomato paste
1 teaspoon lemon juice
¼ cup peanut oil
2 tablespoons water
1 tablespoon chopped celery
1 tablespoon SOY SAUCE
1 ½ teaspoons splenda
1 Dash salt and pepper

How to Prepare:

Combine all ingredients in blender container or wok bowl of food processor fitted with steel knife; process until almost smooth. May be kept refrigerated up to one week.

Greek Salad

Serves:10

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 head lettuce torn into bite sized pieces
½ small tomato choppe (optional)
on how much you - (4 to 8 like it)
6 oz chopped ham
1 jar marinated artichoke hearts
A few black olives (optional)
4 oz feta cheese depending
1 bottle Ken's Steakhouse
Greek Dressing

How to Prepare:

Mix all of the ingredients including the dressing and let sit for 10 minutes before serving. This salad is AWESOME!!! I have made it for years for parties and at home and it has become a staple in our family.

Grilled Chicken Salad

CarbsPerServing:31g total

Effort:Easy

Ingredients:

¼ cup soy sauce
2 pounds skinless
garlic powder - to taste
1 medium cucumber
black pepper - to taste
¼ cup olive oil
boneless chicken breast - cut in bite size chunks
2 cups lettuce
large tomato
½ red onion
balsamic vinegar - to taste

How to Prepare:

Heat oil in non-stick fry pan Saute chicken with garlic powder until just starting to turn a golden brown. Add soy sauce. Simmer on low heat for about 5 to 10 minutes. The oil will float a little to the top. That's okay.

Make salad with the remaining items. Sprinkle with black pepper. NO SALT! That's what the soy sauce is for.

When salad is ready, pour the hot mixture of chicken,oil and soy onto the salad. Add balsamic vinegar to taste and toss. The lettuce will wilt a little. You will love it!

'Honey' Mustard!

Serves:One

CarbsPerServing:About 3

Prep Time:Less than one minute!

Effort:Easy

Ingredients:

- 1 Tbs. Dijon Mustard
- 1 Tbs. Spicy Brown Mustard
- 2 Tbs. Heavy Whipping Cream
- 1 Packet Splenda

How to Prepare:

Mix all ingredients and serve! Origionally, I thought this up as a dip for chicken, but it also makes the BEST salad dressing. If you've been missing honey mustard dressing (It's my personal favorite!) suffer no more!

Hot Chinese Chicken Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

- For two large salads: 2 chicken breast - cooked with desired seasoning
- 2 large bowls of lettuce Tomatoes (optional)
- Crumbled bacon (optional) Hot peppers (optional)
- Slivered almonds (optional)Desired shredded cheese(I like cheddar)
- Dressing (the best part):
- 1/2 cup oil 1/3 cup apple cider vinegar
- 1 TB soy sauce (low sodium)
- 2 packets Equal - Splenda 1 Dash ginger
- 1 Dash pepper 1 Dash garlic salt

How to Prepare:

Bring ingredients of dressing to a boil in a pan and stir with wisk. Once all ingredients are well-blended, pour over salads.

Hot German Turnip Salad

CarbsPerServing:4g total

Effort:Easy

Ingredients:

- 1 cup mayonnaise 3 Tablespoons white wine
- 2 teaspoons vinegar 1/2 cup bacon grease
- 1/2 teaspoon fresh dill2 packages artificial sweetener - sweet n low
- 1/4 teaspoon salt 1/8 teaspoon pepper
- bacon strips - crushed 2 teaspoons onion

How to Prepare:

Whisk all ingredients together. Makes about 2 cups. Use about 1/4 to 1/2 cup per large turnip, boiled until soft. Add crushed bacon and 2 tablespoons onion sauted in bacon grease.

Italian Cauliflower Salad

Serves:6

CarbsPerServing:23g total

Effort:Easy

Ingredients:

- 3 cups cauliflower 2 tablespoons diced green
- bell pepper 2 tablespoons diced onion
- 1/4 cup water 3 tablespoons italian salad
- dressing1/4 teaspoon salt 1/8 teaspoon oregano - dry
- 1/8 teaspoon basil - dry 1/8 teaspoon garlic powder

How to Prepare:

Combine all ingredients in pan. Cover and cook over medium heat, stirring once in a while till 'flower is tender crisp, about 10 mins Chill thoroughly.

Italian Mushroom Salad

CarbsPerServing:11g total

Effort:Easy

Ingredients:

- 3 tablespoons italian salad dressing 1 tablespoon Parmesan
- cheese 2 cups sliced mushrooms thinly sliced

How to Prepare:

Mix dressing and cheese.Stir in the mushrooms. Chill several hours.

NOTES : Counts for italian dressing not included in totals.

Kentucky Derby Salad

CarbsPerServing:no counts provided

Effort:Easy

1 onion - chopped 1 stalk celery - chopped
1/3 cup mayonnaise 1/2 teaspoon dry mustard 1/2 teaspoon seasoned
rice vinegar - (1/2 to 1) salt and pepper - to taste
fresh dill - optional, sprinkled over
dill pickle - chopped, optional

How to Prepare:
Serve chilled

mock tuna/spam/ham mac.salad

Serves:4

CarbsPerServing:3
Effort:Easy

Prep Time:15 min.

Ingredients:

8 boiled eggs diced 1/4c.celery
1/4c.onion 1c. mayo
add 1 can tuna diced spam
or diced ham mustard to tast
salt

How to Prepare:
put every thing together,mix well

Monaco Salad

Serves:1 - count for entire recipe

CarbsPerServing:22g carbs /10g fiber

Prep Time:Just chopping

Effort:Easy

Ingredients:

2 cups romaine lettuce, chopped 2 cups bok choy, chopped
1/2 cup endive, chopped 1/2 cup spinach, stems removed and chopped
1/2 cup red cabbage, chopped 1/2 cup cucumbers, peeled and sliced
1/2 cup celery, sliced 1/2 cup mushrooms, sliced
1/2 cup carrot shreds(I use jicama!)

How to Prepare:
Toss everything together.The book suggests a poppyseed dressing, but I have not found one that was low-carb/low-sugar, so I usually use a good Italian and it's fine

Salad

CarbsPerServing:no counts provided

Effort:Easy

Ingredients:

1 cauliflower, head 1 cucumber - cut into bite-sized pieces
grape tomatoes 1 thick sliced ham (from deli) - diced 1 thick sliced turkey (from deli) - diced
Mayonaise Salt
Pepper

How to Prepare:
Cook the cauliflower until tender - drain and cut into bite sized pieces. Add the cucumber, tomatoes, ham & turkey. Mix with mayonnaise and add salt & pepper. Chill.

Mushroom and Olive Salad

CarbsPerServing:55g total

Effort:Easy

Ingredients:

1/2 cup kalamata olives 1/2 cup green olives
1/2 cup black olives 1/2 cup banana peppers - rings
2 ounces pimientos - (small jar)
1/2 cup mushrooms - cut into 1/2s 1 cup italian salad dressing bottled
3 tablespoons lemon juice 1 teaspoon black pepper - freshly ground
2 cloves garlic - smashed 2 cups water
1/2 teaspoon salt

How to Prepare:
Use whole, pitted olives -or olive halves (not slices) depending on how you want to use the mix. Banana peppers can be mild or hot -your choice. Drain and rinse all ingredients. Bring water, salt and lemon juice to a boil. Add mushrooms and boil for 3 minutes. Drain well. Warm salad dressing,garlic and pepper to a low simmer, then remove from heat and let cool while you assemble the rest. In a gallon size zipper bag, place olives, mushrooms pimento and peppers. When dressing has cooled slightly, pour into bag and seal. Marinate 2-3 days, turning bag occasionally Drain or use with the dressing over salads.

Mushroom Salad 2

CarbsPerServing:25g total

Effort:Easy

Ingredients:

2 cups pickled mushrooms or in brine 3 ounces sour creamblack pepper
onion - chopped

How to Prepare:
Cut pickled (or in brine) mushrooms, add chopped onion and mix with sour cream. Flavour with pepper.

Oriental Salad Dressing- Single Serving

Serves:1,9

CarbsPerServing:0

Prep Time:5 minutes or less

Effort:Easy

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