NOTE.MOST INGREDIENTS IN THESE RECIPES CAN BE BOUGHT IN GOOD HEALTH FOOD SHOPS, SUPERMARKETS.IF YOU HAVE TROUBLE GETTING WHAT YOU WANT, EXCHANGE INGREDIENTS USING THE CARB COUNTER PROVIDED.

## SALADS AND DRESSINGS

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Blue Cheese Salad Dressing
                                         1CarbsPerServing:1g total
                 Effort:Easy
               Ingredients:
               1 tablespoon sour cream 2 teaspoons mayonnaise
            2 teaspoons heavy cream1 tablespoon blue cheese
                                                                      1 teaspoon powdered
            ranch dressing mix.
            How to Prepare:
            Mix all together and chill before serving.
           NOTES: Counts for ranch dressing mix not included in totals.
BLT Salad
                         CarbsPerServing:7g total
                 Effort:Easy
          Ingredients:
            7 slices bacon - cooked crisp,drained and crumbled
1 cup chopped lettuce 1/8 cup chopped onion1/2 medium tomato -
                       1 tablespoon mayonnaise
            chopped
How to Prepare:
            Stir mayo into lettuce, onion and tomato until evenly coated. Toss in bacon.
Beef Salad UnknownCarbsPerServing:no counts provided
                 Effort:Easy
            Ingredients:
            Cold Roast beef - shredded or coarsely chopped boiled eggs
Chopped onion ( I use green onions)Chopped dill pickle
            How to Prepare:
            Sliced celery
            Mix in desired amounts keeping track of the carbs you add. Let chill. Yummy
            on Wasa or maybe even with pork rinds for dipping!
                          CarbsPerServing:23g total
 Bacon & Egg Salad
                Effort:Easy
            Ingredients:
           8 eaas
                           1 cup mayonnaise
           ½ pound bacon
                              1 cup hot pepper cheese3 tablespoons chives -
                                           1 head lettuce - torn fine for
           4 thin radishes - sliced thin
           salad 1 avocado - cubed
                        How to Prepare:
            Boil the eggs, until hard and dice them. Fry the bacon and crumble it. Mix all
            ingredients in a bowl.
            NOTES:
            Carbs for avocado based on 14.85 for 1 3/8 cup - adjust accordingly. Carbs
            for lettuce base on 2 for 1 cup - adjust accordingly Carbs for hot pepper
            cheese not included in above total - adjust accordingly
Bacon Cheeseburger Salad
                                         CarbsPerServing:7g total
                 Effort:Easy
            Ingredients:
            3 ounces lean ground beef crumbled, cooked and
            drained
            4 slices bacon - cooked
                                               crisp, drained and crumbled
            1 cup chopped lettuce
            1/8 cup chopped onion1/2 medium tomato -
                                                                chopped
            1 tablespoon mayonnaise \frac{1}{4} cup cheddar cheese -
                                                                                 (or 1 once)
            How to Prepare:
            Stir mayo into lettuce, onion and tomato until evenly coated. Toss in beef, bacon
            and cheese.
 Basics: Meat, Egg or
                                         CarbsPerServing:7g total
                 Effort:Easy
            Ingredients:
            % pound chicken, beef, or ham - cooked and cut according to preference
            OR
            12 ounces tofu, firm drained very well
           o large eggs 2 tablespoons mayonnaise
1 tablespoon yellow mustard
¼ cup chopped onion ¼ cup chopped celery
2 tablespoons capers -
drained
            drained
                              3 tablespoons dill pickle -
               How to Prepare:
            Note: chop meats to desired chunkiness after cooking. Leftovers work
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great! In a large bowl, mix desired main ingredient with remaining ingredients.

Season to taste with salt and pepper. I like to add a little horseradish sauce to the ham or roast beef salad for some zip.

For egg salad: Mix everything but the eggs well. Chop eggs to desired chunkiness and fold into mixed ingredients. Add a few drops of tabasco sauce if desired. A squeeze of lemon also goes well.

For eggless salad: Mix everything but the tofu Squish tofu with your hands or with a fork until it breaks apart. Fold in with remaining ingredients. Eggless salad should sit for at least an hour, refrigerated, before serving. Lemon or a few drops soy sauce work great in tofu based salads.

\*\*personal note\*\*\* Process meats find in a food processor for more of a 'spread' consistency. Don't process with the remaining ingredients until you get the meat broken down almost to the size you want. The spreads work very well on lettuce leaves for roll-ups The chunky version works great over lettuce for a salad meal.

NOTES: Counts for tofu and eggs not included in totals... tofu is 10 carbs, eggs 3.6.

#### Black & Blue Salad CarbsPerServing:20

Prep Time:15

Effort:Easy

#### Ingredients:

2 heads of butterhead lettuce 6 oz. Of cold leftover steak, thinly sliced 8 cherry tomatoes, sliced in half6 oz. Bleu cheese 2 tbs mayonnaise 10 tbs heavy cream 1 tbs vinegar (optional)

#### How to Prepare:

Beat the heavy cream and mayonnaise together in a small mixing bowl. Crumble half the bleu cheese into the mixture (reserving the other half for a garnish) and stir a few times. Add a drizzle of the vinegar if it is too thick. Chill for at least two hours. (The longer it chills, the more intense the flavor becomes.)

Slice the butterhead lettuce in wedges (or tear into pieces if you prefer) and place on four salad plates. Pour the bleu cheese dressing over the lettuce. Arrange strips of the cold steak (cold filet is outrageously good in this dish!) and four cherry tomato halves over the lettuce. Sprinkle the reserved bleu cheese on top. Give each plate a grind of fresh pepper and serve immediately.

#### Blue Cheese Dip/Dressing

CarbsPerServing:8g total

Effort:Easy

#### Ingredients:

4 ounces bleu cheese, crumbled 4 ounces sour cream

4 ounces mayonnaise1/8 teaspoon garlic powder 1/8 teaspoon onion powder

#### How to Prepare:

Mix ingredients and refrigerate ½ hour before serving.

## Great Blue Cheese Dressing

CarbsPerServing:18g total

Effort:Easy

#### Ingredients:

1 container sour cream - (1 oz) (1 to 16) 16 ounces mayonnaise 12 ounces blue cheese - crumbledgarlic powder - to taste

1 dash vinegar finely chopped onion

#### How to Prepare:

Combine all the above ingredients for a great blue cheese dressing that will really make salads more fulfilling. Enjoy.

NOTES: Carbs for sour cream, garlic powder and onion not included adjust accordingly.

## Blue Cheese Dressing 2

CarbsPerServing:8g total Effort:Easy

## Ingredients:

4 ounces blue cheese - such as Roquefort ½ cup sour cream
½ cup mayonnaise1/4 teaspoon pepper 1 dash hot pepper sauce 1/4 cup chives - minced

Serves:10

#### How to Prepare:

In a small bowl, break up the cheese with a fork and mash it lightly, leaving some small chunks. Add everything else but the chives and mix together thoroughly. Stir in the chives. Cover the bowl tightly and store in the refrigerator up to a week.

## Broccoli & Bacon Salad

Serves:8-10

Prep Time: 15 Minutes

Effort:Difficult

#### Ingredients:

Hellman's Mayo (to taste) 2 Heads Broccoli

Hidden Valley Ranch Dressing (to taste) 1 Jar Real Bacon Bits % Package Cracker Barrel Sharp Cheddar Cheese % Small Vidalia ½ Small Vidalia Onion Salt & Pepper

## How to Prepare:

Pull broccoli from stems and steam. Broccoli should still be crispy.

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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 minites
                                                     Effort:Easy
           Ingredients:
           Fresh broccoli florets
                                            Boiled eggs
           Green olives Red Onion
Mayonnaise Black Pepper
           Mayonnaise
                            Salt
           Paprika
           How to Prepare:
           Quantities of everything according to taste. I would use I bunch
           brocooli, 3 eggs chopped in large pieces, \frac{1}{2} cup olives, \frac{1}{2} 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 1 tomato 4 or 5 kalamata olives
                                        1 cup mixed lettuce
           salt
                          pepper 1 or 2 T olive oil
                                          1 tsp basil paste (or a few leaves of finely chopped fresh basil)
           1 tsp crushed garlic
           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 pe
                                                  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:
                                  1 tablespoon oil
           ½ cup yogurt
                                                     ¼ teaspoon basil - dryl tablespoon parsley - dry
           1 tablespoon Parmesan cheese - grated
                                               ¼ teaspoon garlic powder
           1 ½ teaspoons lemon juice
           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
           2 tablespoons green pepper – finely diced 2 tablespoons olive oil
                                                              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
                                   2Cups shredded cheddar cheese
           6 slices bacon
           How to Prepare:
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Yummy Chicken Taco Salad

CarbsPerServing:no counts provided

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!

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Effort:Easy
           Ingredients:
                                 4 chicken breast - boil, then shred with fork
           Taco Salad:
           Olive Oil
                               Cumin
                                1 Can Rotel tomatoes with green chilis
           Chili Powder
          1 Large yellow onion - diced 1 Head Iceberg
1 Can black olives Shredded cheddar cheese
                                                 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:
                              ½ cup whipping cream
           2/3 cup vinegar
           2 large eggs, lightly beaten
                                             ¼-1/2 cup Splenda
                                1 ½ tablespoons butter cut into pieces
           Pinch of salt
           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:
          Ingredients:
1 lb ground beef 1 can diced tomatoes
1 package taco seasoning (follow direct
                                              (follow directions for taco seasoning)
                               ½ cup salsa
           ½ cup sour cream
           as much lettuce you need for the salad
                                                            vegtables to your liking for the salad
           shredded cheese
          How to Prepare:
           add ground beef and diced tomatoes to skilet after browning meat add
           taco seasoning (follow water requirements on back of seasoning
           package) after meat is cooked drain set aside.
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Combine lettuce and your choice of vegtables 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

(.3-oz.)

¼ cup artificial sweetener1 cup fresh cranberries - chopped fine 1 tablespoon lemon juice 1 small orange - peeled, quartered and chopped small 1 cup celery - chopped

1 sugar-free cherry gelatin -

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

accordingly

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Creamy Italian Dressing 1
                                             CarbsPerServing:46g total
                  Effort:Easy
           Ingredients:
            % cup yogurt - plain % cup mayonnaise 2 tablespoons heavy cream 1 tablespoon red wine vinegar
            % teaspoon oregano - dry1/2 teaspoon basil - dry
1/8 teaspoon garlic powder salt - to taste
                                                                    Stevia – to equal ½t. sugar
            1/8 teaspoon garlic powder
            pepper - to taste
            How to Prepare:
            Combine all and mix well. Chill several hours or overnight.
            NOTES: Counts for stevia not included in totals.
                        CarbsPerServing:5g total
Dijon Vinaigrette
                  Effort:Easy
            Ingredients:
            1 tablespoons red wine vinegar 2 tablespoons water
1 tablespoon olive oil 1 teaspoon olive oil1 tablespoon Dijon mustard
1 teaspoon Dijon mustard 1 tablespoon garlic powder
            How to Prepare:
            Combine all in a bowl. Blend well with a whisk. Chill overnight to
            blend
            flavors.
 Easy Cole Slaw
                                  Serves:1
                  CarbsPerServing:3 to 5
                  Prep Time:10 minutes
                  Effort:Easy
            Ingredients:
            white distilled vinegar salt & por
                                             salt & pepper (to taste)
            How to Prepare:
            Per 1 cup of shredded cabbage mix the following:
                                                                        2 tablespoons of mayonnaise
            2 teaspoons of vinegar salt & pepper to taste
 Easy Egg Plant Salad
                                         CarbsPerServing:15g total
                 Effort:Easy
            Ingredients:
            1 large eggplant - cut ½" pieces
                                                        1 large onion - cut ½" pieces, (red, white, yellow,
spanish)
            1 can pitted black olives - diced small1 small jar spanish olives
            diced into small pieces
                                              ¼ cup cider vinegar - more to taste
            1 quart tomato sauce - whatever low carb brand you use
            How to Prepare:
            Mix all chopped ingredients and add the vinegar. Toss well to mix
            the vinegar with the mixed veggies. Let set a few minutes and toss
            again. Add the tomato sauce and mix again. Add red pepper and black
            to taste (1/2 \text{ tsp red is hot}).
            Mix one more time before placing in a 4 qt. Corningware pot. Bake in
            the oven at 325°F for about 1 hour (1 ½ hours is mushy)
            Let cool to room temperature, toss and refigerate before serving
            (sandwich spread, appetizer, main course with chicken, pork or beef).
            Suggestions: prep time on the above recipe is about 15 minutes, has
            a very unique taste that satisfies the appetite.
            NOTES: Counts for black and spanish olives not included in totals.
French Dressing 2
                                CarbsPerServing:9g total
                 Effort:Easy
            Ingredients:
            % cup salad oil 1/3 cup red wine vinegar 1 tablespoon lemon juice 1 teaspoon worcestershire sauce
            ½ teaspoon salt1/4 package artificial sweetener - to taste
                                                                                   ½ teaspoon dry mustard
            % teaspoon pepper 1 clove garlic - minced
            How to Prepare:
            Put everything in a jar with screw on lid and shake well.
            Makes about 1 cup
french dressing
                                 Serves:4 to 6 servings
                                                                          CarbsPerServing:very low
                  Prep Time: 5 minutes
                                                        Effort: Easy
            Ingredients:
            lambda cup walden farms ketchup lambda cup oil(canola or vegetable) lambda
            cup white vinegar 1 packet equal 1 teaspoon lemon juice dash of
            pepper
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How to Prepare:

stir all ingredients until combined

Broccoli and Bacon Salad Serves:10,10

CarbsPerServing:57g total Ingredients:

Effort:Easy

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1 cup shredded cheddar cheese
1 small red onion - chopped fine
2 cup artificial conti
          1 small red onion - chopped fine 1 pound bacon - fried crisp, set asidel cup mayonnaise 2 tablespoons winess.
          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 about
          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.
          {\tt NOTES} : Counts for cajun spice and caesar dressing % {\tt NOTES} not included in totals.
Chunky Tomato Salad CarbsPerServing:24g total
                Effort:Easy
          Ingredients:
          Chunky Tomato Salad
                                        2 cups fresh tomatoes - cut
          in %" cubes % cup scallions - sliced
1 cup mushrooms - sliced 1 tablespoon of
                                      1 tablespoon olive oil
          1 tablespoon vinegar1 tablespoon water 1 teaspoon dried basil
          1/8 teaspoon dried oregano ½ teaspoon splenda - or
                                                                                   vour 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 ta
                                                  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
          ^{3}\!\!\!/ cup artificial sweetener ^{3}\!\!\!/ to 1 cup1/2 cup walnuts - chopped, pecans or almonds
          4 ups cranberries - raw fresh or frozen
          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???)
          % 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 \% in 8x8x2 inch glass pan. Stir \% cup celery &
             \% 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
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& 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 NOTES: Carbs for Cranberry Jello not included in above total - adjust accordingly

Fancy Pea Salad CarbsPerServing: 78g total

Effort:Easy

#### Ingredients:

1 ½ cups finely chopped onion

2 cups peas, canned - fancy 1 ½ cups finely 1 cup celery - chopped 2 cups lettuce - cut bite-sized1 cup mayonnaise 10 slices bacon -10 slices bacon - cooked and crumbled

¼ cup Parmesan cheese

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:

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

How to Prepare:

stir all ingredients until combined

#### Garlic and Pepper Bleu Cheese

Serves:6ish Prep Time: 5 mins

CarbsPerServing:1-2 per serving

Effort:Easy Ingredients:

½ Cup Sour Cream1/2 Cup Mayo4oz Bleu Cheese Crumbled1 tsp Garlic Powder or Minced fresh cloves1/2 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:

% cup peanut oil ¼ cup chopped onion

2 tablespoons rice wine vinegar 2 tablespoons water

1 tablespoon chopped celery1 tablespoon SOY Sauce

1 tablespoon ginger root - chopped 1 tablespoon c
1 % teaspoons tomato paste 1 % teaspoons splenda
1 teaspoon lemon juice 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 1 jar marinated artichoke hearts A few black olives (optional)4 oz feta cheese depending % small tomato choppe (optional) on how much you - (4 to 8 like it

6 oz chopped ham 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:

.. cup soy sauce % cup olive oil 2 pounds skinless

boneless chicken breast - cut in bite size chunks

garlic powder - to taste 2 cups lettucel large tomato

1 medium cucumber % red onion black pepper - to taste balsam balsamic vinegar - to taste

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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!
                                                             CarbsPerServing:About 3
                                Serves:One
                  Prep Time:Less than one minute!
                                                                    Effort: Easy
            Ingredients:
            1 Tbs. Dijion Mustard
            1 Tbs. Spicey Brown Mustard2 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 (option
                                                 Hot peppers (optional)
            Slivered almonds (optional)Desired shredded cheese(I like cheddar)
            Dressing (the best part):
            ½ cup oil
                                1/3 cup apple cider vinegar
            1 TB soy sauce (low sodium)
            2 packets Equal - Splenda
                                                 1 Dash ginger
                                  1 Dash garlic salt
            1 Dash pepper
               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 2 cm 1
            % teaspoon fresh dill2 packages artificial
                                                                     sweetener - sweet n low
            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
                                   3 tablespoons italian salad
            ¼ cup water
            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
                             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

```
Ingredients:
Boston or Iceberg lettuce apple cider 4 strips bacononions brown sugar twin
                                        apple cider vinegar
sesame oil
How to Prepare:
Fry bacon very crisp, shred lettuce, dice or slice the onions warm 3-4
tablespoons sesame oil, crunch up bacon, put on lettuce and onions, twin brown sugar to taste,
```

vinegar to taste. Lemon Dressing CarbsPerServing:13g total

Effort:Easy

Ingredients:

4 teaspoons Splenda

1 dash pepper 1 dash Paprikal 1/3 cups salad oil 8 tablespoons vinegar 8 teaspoons lemon juice

1 teaspoon grated lemon rind - zest

How to Prepare:

Combine all ingredients in a jar with a tight fitting lid and shake until well blended. Refrigerate.

### Lime and Cilantro Viniagrette

Effort:Easy

Ingredients:

2 tablespoons red wine vinegar

2 tablespoons rime justice of the perfect of the p 2 tablespoons lime juice 1 clove garlic1 tablespoon egg substitute, liquid - (or 1 egg yolk) ½ cup oil 2 teaspoons prepared mustard

1 pinch salt

How to Prepare:

Put everything but half the cilantro and all of the oil in a blender. Process until smooth. With the blender running, slowly pour in the oil until it's well blended. Chop the remaining cilantro very fine and stir into the dressing. The cilantro taste is very strong. Start with just 2T if you like. The vinaigrette is an excellent marinade for ribs or fish. If you like a stronger lime flavor(for marinades) add 1T lime zest to the blender as well.

### Low Carb Version Waldorf Salad

CarbsPerServing:90g total

CarbsPerServing:7g total

Effort:Easy

## Ingredients:

2 cups jicama - peeled and cubed 2 tablespoons lemon ju % cup strawberries - cut into %s % cup celery - sliced 2 tablespoons lemon juice  $\frac{1}{2}$  cup mayonnaise - more or less to taste2 packets splenda 3 tablespoons slivered almonds 2 tablespoons blue cheese crumbled(optional) 4 cups romaine lettuce - shredded

How to Prepare:

Toss Jicama cubes with lemon juice and let sit 5 minutes. Mix in remaining ingredients. Refrigerate 30 minutes or more before serving. Divide lettuce among 4 plates and spoon ¼ of the salad over the top of each.

#### Men Like It Salad (And Women Too!)

CarbsPerServing:21g total

Effort:Easy

#### Ingredients:

8 ounces cream cheese % cup chopped per 1 cup diced celery 1 small can crushed pineapple1 pkg.lime gelatin 1 % cup hot ½ cup chopped pecans 1 % cup hot water 1 pinch salt

How to Prepare:

Mash cream cheese. Blend in pineapple. Add nuts and celery. Dissolve gelatin in water. Cool. Mix with cream cheese mixture. Pour into mold or pan. Chill.

NOTES: Counts for crushed pineapple and lime gelatin not included in totals.

Mexican Egg Salad CarbsPerServing:17g total

Effort:Easy

#### Ingredients:

6 large eggs - boiled 3 ounces green chili 1 small red pepper 3 ounces green chili peppers - 1 3 ounce can, chopped2 tablespoons mayonnaise 1 teaspoon mus 1 teaspoon mustard 1/8 teaspoon cayenne pepper

How to Prepare:

We served it on roasted red peppers on the grill and it was awesome.

## Mock Potato Salad

CarbsPerServing:18g total

Effort:Easy

#### Ingredients:

1 head cauliflower - cooked and chopped 2 eggs - boiled and choppped

```
1 onion - chopped
                                        1 stalk celery - chopped
            1/3 cup mayonnaise1/2 teaspoon dry mustard
                                                                  ½ teaspoon seasoned
            rice vinegar - (1/2 to 1) salt and pepper - to taste fresh dill - optional sprinkled over
            fresh dill - optional,
                                               sprinkled over
            dill pickle - chopped,optional
               How to Prepare:
            Serve chilled
mock tuna/spam/ham mac.salad Serves:4
CarbsPerServing:3
                                              Prep Time:15 min.
                  Effort:Easy
            Ingredients:
                                          ¼c.celery
            8 boiled eggs diced
            %c.onion lc. mayo
                             diced spam
mustard to tast
            add 1 can tuna
            or diced ham
            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
            % cup endive, chopped % cup spinach, stems removed and chopped % cup red cabbage, chopped % cup cucumbers, peeled and sliced
            % cup red cabbage, chopped
% cup cucumbers, p
% cup celery, sliced
% cup mushrooms, sliced
            1/4 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) - dicedl thick sliced turkey (from deli) - diced
            Mayonaise Salt
            Pepper
            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:
            % cup mushrooms - cut into %sl cup italian salad dressing bottled
3 tablespoons lemon juice 1 teaspoon black pepper - freshly ground
2 cloves garlic - smashed 2 cups water
            ½ 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.
            NOTES: Carbs for onion not included in above - adjust accordingly (1 tablespoon = .9)
Oriental Salad Dressing- Single Serving
                                                            Serves:1,9
                  CarbsPerServing:0
                                                     Prep Time: 5 minutes or less
                  Effort: Easy
```

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