

Low Carb Potato Salad

Prep Time: 10 mins — Cook Time: 25 mins — Total Time: 35 mins

Course: Salad, Side Dish

Cuisine: American

Ingredients

- 1 pound cauliflower florets (chopped into 1/2 inch pieces)
- Kosher salt
- 1/2 cup olive oil mayonnaise (Sir Kensington's is a great brand!)
- 1 teaspoon yellow mustard
- 1 ½ teaspoon fresh dill
- Freshly ground black pepper (to taste)
- 1/4 cup finely chopped dill pickle
- 1 medium celery stalk (finely chopped)
- 1/4 cup chopped red onions
- 1 tablespoon pickle juice
- 6 hard boiled eggs (sliced)
- Paprika (for garnish)

Instructions

1. Place 1 inch of water in a large pot with 1 teaspoon salt and bring to a boil. Add the cauliflower and cook until tender, 8 to 10 minutes. Drain and set aside in a large bowl.
2. Meanwhile, in a small bowl, combine the mayonnaise, mustard, dill, pinch of salt and pepper. Set aside.
3. Chop 4 of the eggs and add to the bowl with the cauliflower. Slice the remaining two eggs for topping.
4. Add pickle, celery, 1/4 teaspoon salt, pepper, and red onion. Add the mayo mixture and pickle juice to the cauliflower and toss gently to evenly coat. Garnish with remaining sliced eggs and sprinkle with paprika.

Cheeseburger Salad Bowl

Prep Time: 10 mins — Cook Time: 10 mins — Total Time: 20 mins

Course: Salad, Lunch, Dinner

Cuisine: American

Ingredients

For the salad:

- 1 pound 93% lean ground beef
- ¼ teaspoon kosher salt
- Freshly ground black pepper (to taste)
- 4 cups chopped romaine lettuce
- 4 dill pickle spears (chopped)
- 1/2 small red onion (sliced into rings)
- 1/4 cup avocado (cubed)
- 1 cup cherry tomatoes (halved)
- 1/4 cup reduced-fat shredded cheddar cheese

For the dressing:

- 1/4 cup light mayonnaise
- 1 teaspoon mustard
- 1 teaspoon dill pickle juice
- 4 teaspoons ketchup (sugar free for Keto)
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika

Instructions

1. In a large bowl, combine beef, salt and pepper. With wet hand, gently form into 4 equal patties. Set aside.
2. In another large bowl, whisk together dressing ingredients. Set aside.
3. Cook hamburger patties on a grill to medium doneness, around 4-5 minutes per side. After flipping the patties, add the onion rings to the grill. Cook onion for the remaining 4-5 minutes, flipping halfway through. Allow patties to rest for 5-10 minutes then cut each patty into 16 bite-size pieces.
4. Add the lettuce, pickles, onion, avocado and tomato to the bowl. Divide the salad among 4 plates, top each with grilled onions, cheese, and 1 chopped patty. Drizzle with ¼ of the dressing.

Juicy Turkey Burgers with Zucchini

Prep Time: 10 mins — Cook Time: 10 mins — Total Time: 20 mins

Course: Lunch, Dinner

Cuisine: American

Ingredients

- 6 oz grated zucchini (when squeezed 4.25 oz - usually 1 medium zucchini)
- 1 pound 93% lean ground turkey
- 1/4 cup seasoned whole wheat or gluten-free breadcrumbs
- 1 clove garlic (grated)
- 1 tbsp grated red onion
- 1 tsp kosher salt and fresh pepper
- Oil spray

Instructions

1. Squeeze ALL the moisture from the zucchini with paper towels. In a large bowl, combine ground turkey, zucchini, breadcrumbs, garlic, onion, salt and pepper. Make 5 equal patties, 4 ounces each, not too thick so they cook in the center.
2. Stove: Heat a large nonstick skillet on high heat. When hot, lightly spray oil. Add burgers to the pan and reduce the heat to low. Cook on one side until browned, then flip. Flip over a few times to prevent burning and to make sure the burgers are cooked all the way through.

or
3. Grill: Clean grill well before cooking and spray with oil spray to prevent sticking. Cook the burgers on medium heat about 5 minutes on each side, or until no longer pink in the center.
4. Serve bun-less with baked sweet potato wedges or on a high-fiber bun with a side of veggies!

BBQ Ranch Sweet Potato Salad

Prep Time: 15 mins — Cook Time: 45 mins — Total Time: 60 mins

Course: Side Dish

Cuisine: American (Paleo & Whole30)

Ingredients

For the salad:

- 3 medium sweet potatoes peeled and cut into 1/2-1" chunks
- 1 Tbsp olive oil
- Sea salt and black pepper to taste
- 1/4 tsp smoked paprika
- 6 slices nitrate free, no sugar added bacon
- 1 red bell pepper diced
- 1 small onion finely diced
- 1 jalapeno pepper seeded and minced
- 3 Tbsp thinly sliced scallions

For the dressing:

- 1 medjool dates softened in hot water, if necessary
- 1 tbsp water
- 1/4 cup tomato paste
- 3 Tbsp apple cider vinegar
- 1 tsp spicy brown mustard
- 1/4 cup + 2 Tbsp homemade mayo or store-bought mayo (Primal Kitchen is a great brand!)
- 1 tsp garlic powder
- 1 1/2 tsp onion powder
- 1 tsp smoked paprika
- 2 tsp dried chives optional
- Salt and black pepper to taste
- Dash cayenne pepper for spice - optional

Instructions

1. For the BBQ ranch dressing: Soften the date if necessary, by soaking in hot water for a minute or two. Place all ingredients in a high-speed blender or food processor and blend until smooth. Remove dressing to a small bowl and set aside until ready to use.
2. For the salad: Cook bacon in a heavy skillet over high heat until crisp, stirring to evenly brown, and remove from skillet with slotted spoon to drain on paper towels, set aside.
3. Preheat your oven to 425 degrees F and line a large baking sheet with parchment paper
4. Toss the cubed sweet potatoes with 1 tbsp olive oil, sea salt, black pepper, and smoked paprika. Spread out in a single layer on the baking sheet without overlapping. Use an extra baking sheet if necessary.
5. Roast for 20 minutes, turn (or stir gently) then roast another 10-15 minutes or until soft and lightly browned.
6. Allow potatoes to cool on the baking sheet until they reach room temperature.

Summer BBQ Dishes

7. In a large bowl, toss the sweet potatoes with the bacon, bell pepper, onion, jalapeno and scallions.
8. Toss with the dressing (using as much or as little as you like - I used all of it) and serve immediately. Store leftovers tightly covered in the refrigerator for up to 3 days. Enjoy!

Grilled Chicken Sausage, Pepper, and Onion Kebabs

Prep Time: 10 mins — Cook Time: 10 mins — Total Time: 20 mins

Course: Lunch, Dinner

Cuisine: American

Ingredients

- 2 red peppers, cut into 1" cubes
- 2 yellow bell peppers, cut into 1" cubes
- 1 large red onion, halved then cubed
- 5 chicken sausages, any flavor, cut into 2" links

Instructions

1. Soak 10 wood skewers in water for 20 minutes. This ensures that the skewers will not burn on the grill!
2. Assemble the kabobs, alternate the sausage with onions and peppers.
3. Heat grill to medium high heat and place kabob on grill.
4. Grill each side for 4-5 minutes or until sausage is cooked to your liking.
5. Remove from grill and serve over a bed of greens.

Salmon with Avocado Salsa

Prep Time: 10 mins — Cook Time: 12 mins — Total Time: 22 mins

Course: Salad, Lunch, Dinner

Cuisine: American

Ingredients

For the salmon:

- 2 4-6 oz salmon fillets
- 2 tablespoons olive oil
- 1 clove garlic minced or crushed
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

For the salsa:

- 1 ripe avocado pitted and diced
- 1/2 cup tomato diced
- 2 tablespoons onion diced
- 2 tablespoons cilantro minced
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste

Instructions

1. Stir the olive oil, garlic, and spices in a small bowl. Brush or rub salmon with the spice mixture.
2. Heat a large heavy-duty (preferably non-stick) pan or grill medium-high heat. Add salmon to the pan and cook for 5-6 minutes per side. Remove from pan, top with avocado salsa and serve immediately. This salmon could also be cooked on a grill, on a baking sheet, in a pressure cooker, or in an air fryer.
3. To make the avocado salsa: Add the avocado, tomato, onion, and cilantro to a large mixing bowl. Drizzle with olive oil, fresh lime juice and a pinch of salt and pepper. Gently mix with a spoon until fully combined. Cover with plastic wrap until ready to serve.
4. To serve, top a salmon filet with avocado salsa.

Mango Red Pepper Salsa

Prep Time: 10 mins — Cook Time: 0 mins — Total Time: 10 mins

Course: Dip, Appetizer

Cuisine: American

Ingredients

- 2 ripe mangoes, peeled and diced
- 1 red pepper, diced
- Half red onion, chopped
- 3 tomatoes
- 3 tablespoons fresh cilantro leaves, chopped
- 3 tablespoons fresh lime juice
- Dash of cayenne pepper
- Salt and pepper to taste

Instructions

1. Combine all ingredients in a large mixing bowl.
2. Chill in the fridge for at least 1 hour. Overnight is best!
3. Serve as a dip with cucumber slices or use as a topping for grilled chicken/fish.

Tropical Fruit Salad

Prep Time: 10 mins — Cook Time: 0 mins — Total Time: 10 mins

Course: Dessert, Snack

Cuisine: American

Ingredients

- 1 papaya, peeled and diced 3/4-inch cubes (5 cups)
- 2 mangoes, peeled and diced 3/4-inch cubes (2 1/2 cups)
- 1 fresh pineapple, peeled and diced reserving the juice 3/4-inch cubes (4 cups)
- 2 large bananas, peeled and diced 3/4-inch cubes (2 cups)
- 1/4 cup grated unsweetened coconut, for garnish

Instructions

1. Combine the papaya, mangoes, and pineapple in a large bowl and add the juice from the pineapple.
2. Cover and refrigerate until chilled.
3. Just before serving, add the bananas and garnish with fresh coconut.

Note: Omit banana if your diet does not include high-starch foods. This recipe makes a large volume, so be sure to limit serving size to ½ cup and share with family or friends!

Garlic Roasted Radishes

Author: The Real Food Dietitians (<https://therealfoodrds.com/garlic-roasted-radishes/>)

Prep Time: 10 mins - Cook Time: 15 mins - Total Time: 25 mins

Yield: 4 servings

Course: Salad, Side Dish

Cuisine: American

Ingredients

- 1 lb. radishes, ends trimmed and halved
- 1 Tbsp. melted ghee or butter (may sub coconut oil or avocado oil)
- 1/2 tsp. sea salt
- 1/4 tsp. pepper
- 2–3 garlic cloves, finely minced
- 1/4 tsp. dried parsley, dried chives or dried dill

Instructions

1. Preheat oven to 425°F.
2. In a bowl, combine the radishes, melted ghee or butter, salt and pepper and toss until radishes are evenly coated. Save adding the minced garlic until just before the radishes are done roasting.
3. Spread radishes out in a large 9×13 inch baking dish. Don't over crowd.
4. Bake for 20-25 minutes, tossing every 10 or so minutes. Add the minced garlic and dried parsley and bake for an additional 5 minutes or until radishes are golden brown and cooked through.
5. Optional: Serve with a side of ranch for dipping or drizzling on top and garnish with parsley, dill or chives.

Nutrition:

Serving Size: (1/4 of recipe): Calories: 68, Sugar: 2 g, Sodium: 250 mg, Fat: 6 g, Carbohydrates: 4 g, Fiber: 1 g, Protein: 1 g

One-Bite Caprese Salad

Yield: Makes about 20 bites – Serving: 4 – Servings size: 5 bites

Prep Time: 10 min – Cook Time: 0 min – Total Time: 10 min

Course: Salad, Side Dish

Cuisine: Mediterranean

Ingredients:

- 20 toothpicks
- 1 pint (2 cups) Fresh Cherry Tomatoes
- 1 – 8 oz. package Fresh Mozzarella cheese, drained (Ciliegine size balls or use a log & cut into 0.5 in. x 0.5 in. cubes)
- 1 package Fresh Basil

Dressing:

- 2 tbsp extra virgin olive oil
- 2 tbsp cup balsamic vinegar
- 1 tsp salt
- 1 tsp pepper
- 1 tsp Italian seasoning

Assembly:

1. Drain water from the mozzarella cheese package.
2. Take 1 toothpick and pierce 1 tomato in the middle, then take half a leaf of basil pierce with toothpick, and then 1 mozzarella ball/cube.
3. Allow for at least ½ inch room at the end of the toothpick for grabbing. Align the caprese bites on a plate for serving.
4. Dressing: In a bowl, combine the olive oil, balsamic vinegar, salt, pepper, and Italian seasoning. Whisk all ingredients together.
5. Drizzle the dressing over the caprese bites or serve on the side for dipping.

Nutrition: Servings size (5 bites): 165 calories, 9g protein, 10g fat, 3.5 g carbs

Mediterranean “House” Salad

Servings: 4 – Serving Size: 1 cup

Prep Time: 10 min – Cook Time: 0 min – Total Time: 10 minutes

Course: Salad, Side Dish

Cuisine: Mediterranean

Ingredients:

- 4-6 oz package Feta cheese (low-fat, if optional)
- 1 pint (2 cups) Cherry Tomatoes
- 1 Cucumber
- 1 stalk Celery
- ¼ Red Onion
- 1 Green Bell Pepper
- ½ cup Kalamata or black olives

Dressing:

- ½ Lemon, juiced
- 2 tbsp Extra Virgin Olive Oil
- 1 tbsp Apple Cider vinegar
- Salt, Pepper, Oregano to taste

Instructions:

1. Wash, cut and chop all vegetables into bite size pieces or chunks.
2. Combine dressing ingredients in a bowl and whisk together.
3. Place all veggies in a serving bowl, top with crumbled feta cheese, and drizzle the salad with the dressing.