



## Low Carb Side Salad Recipes

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

- BLT "Potato" Salad
- Broccoli Crunch Salad
- Broccoli Salad
- Crunchy Thai Salad II
- Freezer Coleslaw
- German Salad
- Grandma's German "Potato" Salad
- Helen's "Potato" Salad
- Marinated Tomatoes
- My Favorite Coleslaw
- UnPotato Salad

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

## BLT "POTATO" 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  
3 hard boiled eggs, chopped  
4 pieces bacon, cooked and crumbled

Place the cauliflower in a large casserole dish with one tablespoon of water. Cover and microwave on HIGH for 6-7 minutes, stirring after 3 minutes. Let stand 5 minutes.

Meanwhile, blend the mayonnaise, relish, mustard, parsley, salt, pepper and sweetener in a large bowl; set aside. When the cauliflower is ready, drain it well then add it to the mayonnaise mixture. To the same bowl, add the tomatoes, onion and eggs; toss gently until blended. Cover and chill at least 3 hours. Stir in the bacon just before serving.

Makes 8-10 servings



## BROCCOLI CRUNCH SALAD

1 pound fresh broccoli, chopped \*  
1/2 pound bacon  
4 ounces cheddar cheese, shredded  
1 cup mayonnaise  
2 tablespoons vinegar  
Sweetener equal to 2 tablespoons sugar

Chop and fry the bacon until crisp; drain on paper towels. Blend the mayonnaise, vinegar and sweetener in a large bowl; add the broccoli and bacon; chill well before serving.

Makes about 6-8 servings

\* You can substitute a 12-16 ounce bag of thawed and drained frozen broccoli florets.



## BROCCOLI SALAD

1 bunch fresh broccoli, finely chopped (about 1 pound)

1/2 cup red onion, finely chopped

3/4 cup mayonnaise

2 tablespoons white vinegar

Sweetener equal to 2 tablespoons sugar

12 ounces bacon, chopped and fried until crisp

1/4 cup sunflower kernels

Put the broccoli and onion in a large bowl. Mix the mayonnaise, vinegar and sweetener; pour over broccoli and mix well. Just before serving, stir in the bacon and sunflower kernels.

Makes 6-12 servings



## CRUNCHY THAI SALAD II

8 ounces fresh bean sprouts  
1 green or red pepper, julienned  
1 small carrot, julienned  
4 green onions, sliced  
1 pound napa cabbage, shredded

### Dressing:

1/3 cup oil  
Sweetener equal to 3 tablespoons sugar  
1/4 cup rice vinegar  
1 tablespoon lime juice (juice of 1 lime)  
1 tablespoon cilantro, chopped  
1/2 teaspoon salt  
1 tablespoon sesame oil  
1 tablespoon soy sauce  
1 small serrano chile, minced



Whisk together all of the dressing ingredients in a small bowl. Put all of the vegetables in a very large bowl; toss with the dressing and let it marinate for an hour or so in the refrigerator.

TIP: You will need to mix the salad in a very large bowl. However, once the dressing is added it will shrink considerably so you can store it in a much smaller container. Be sure to toss the salad again just before serving to mix in any dressing that has settled to the bottom of the bowl.

Makes about 8 servings

## **FREEZER COLESLAW**

1 medium cabbage, shredded (about 2 pounds)  
1 small green pepper, minced  
2 stalks celery, minced  
1 small carrot, shredded

Mix all of the ingredients in a large bowl with 1 teaspoon salt; let stand 1 hour. Meanwhile, prepare the brine.

Brine:

1 cup white vinegar  
Sweetener equal to 2 cups sugar  
1/4 cup water  
1 teaspoon mustard seed  
1 teaspoon celery seed

Bring all of the brine ingredients to a boil in a small pot; cool to lukewarm. Pour the brine over the slaw and mix well. Put the slaw in small plastic containers and freeze. Thaw before serving. If you want to serve this the same day it's made, chill first for several hours.

Makes about 20 servings



## GERMAN SALAD

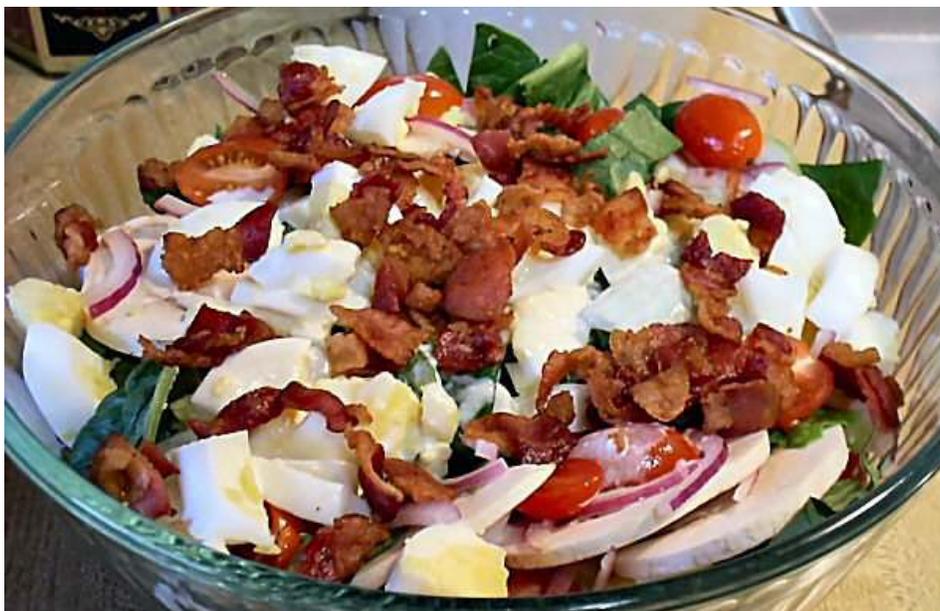
3 slices bacon, chopped  
2 tablespoons bacon grease  
2 tablespoons vinegar  
Sweetener equal to 2 tablespoons sugar  
3 tablespoons mayonnaise

1 head romaine lettuce, chopped  
2 hard boiled eggs, chopped  
1 small cucumber, sliced  
16 grape tomatoes, halved  
1 large mushroom, sliced thin  
1/4 cup red onion, sliced thin

Fry the bacon until crisp; drain on paper towels and reserve 2 tablespoons of the grease. Let the grease cool 5-10 minutes then add the vinegar, sweetener and mayonnaise; whisk well.

In a large bowl, toss the remaining ingredients and the bacon. Pour the dressing over the salad and toss to coat.

Makes about 4 very large servings



## GRANDMA'S GERMAN "POTATO" SALAD

16 ounces fresh or frozen cauliflower  
4 slices bacon, chopped and cooked until crisp  
1/4 cup sour cream  
1/4 cup mayonnaise  
2 green onions, finely sliced  
2 tablespoons fresh parsley  
1 tablespoon dill pickle juice (I use Clausen deli dills)  
Salt and Pepper, to taste

Cook the cauliflower until tender; drain well and chop in bite-size pieces. In a medium bowl, mix the sour cream, mayonnaise, green onions, parsley, pickle juice, salt and pepper. Stir in the cauliflower until well coated. Add the bacon and mix in. Serve warm or cold.

Makes 6 servings



## HELEN'S "POTATO" SALAD

16 ounce bag frozen cauliflower  
4 hard boiled eggs, chopped  
2 stalks celery, chopped  
3 green onions  
3 tablespoons yellow mustard  
1/2 cup mayonnaise  
2 tablespoons dill pickle relish  
1/8 teaspoon celery seed  
1/4 teaspoon pepper, or to taste  
1/2 teaspoon salt, or to taste  
Pinch dill, optional

Cook the cauliflower until soft but not mushy; drain well. Cool, then cut in bite-size pieces. In a large bowl, mix the mustard with the mayonnaise. Add all of the remaining ingredients and mix well. Chill at least 2 hours before serving.

Makes 6-8 servings



## MARINATED TOMATOES

Sweetener equal to 1 tablespoon sugar

1 1/2 teaspoons garlic salt

1 1/2 teaspoons Seasoning Salt

1/2 teaspoon pepper

3/4 cup oil

1/2 cup red wine vinegar

3 green onions, chopped

3 tablespoons fresh parsley, chopped

1 pound grape tomatoes, halved lengthwise

Whisk together the first 6 ingredients; toss with green onions, parsley and tomatoes. Marinate at room temperature up to 2 hours, stirring occasionally.

Makes about 8 servings



## MY FAVORITE COLESLAW

1/2 medium cabbage, finely shredded (about 1 pound) \*  
1 small piece of carrot, shredded  
1 cup mayonnaise  
Sweetener equal to 1/4 cup sugar  
2 tablespoons white vinegar  
1/4 teaspoon celery seed  
1/8 teaspoon pepper  
1/2 teaspoon salt

Mix the mayonnaise, sweetener, vinegar and seasonings in a large bowl. Mix in the cabbage and carrot, stirring to coat well. Chill several hours before serving, stirring occasionally.

TIP: It may not look like the dressing will be enough to coat that much cabbage. It will be plenty, as you will see after it has chilled a few hours.

\* Or buy a pre-shredded coleslaw mix and omit the carrot \*

Makes about 10 servings



## UNPOTATO SALAD

Small to medium fresh cauliflower  
2 stalks celery, chopped  
1 cup red onion, chopped  
1 cup mayonnaise  
2 tablespoons cider vinegar  
1 teaspoon salt  
Sweetener equal to 1 teaspoon sugar  
1/4 teaspoon pepper  
4 hard boiled eggs

Cut the cauliflower into bite-size pieces and place in a large casserole dish. Add 1 tablespoon water; cover and microwave on HIGH about 6-7 minutes, stirring after half the time. Let stand, covered, 5 minutes. Drain the cauliflower and return it to the casserole dish. Chill the cauliflower until it is lukewarm before adding the celery and onion.

In a small bowl, mix all of the remaining ingredients except the eggs; pour over cauliflower and mix well. Cut the eggs into large chunks; gently stir into the salad. Chill well before serving.

Makes 10 servings

