



All In One Salad

Ingredients

Amount

Yellow Potatoes	2 medium ~ 8 oz each
Hard boiled eggs	2 large
Shredded Carrots	1 C
Chopped Parsley	1 C
Chopped Basil leaves	¼ C
Tarragon leaves	1/8 C
Thinly sliced celery	1.25 C
Primal Kitchen avocado Mayo	1 TBS
Cedar's Roasted red peppers Hummus	2 TBS
Juice of 2 large lemons	~2/3 C
Garlic powder	1 tsp
Onion powder	1 tsp
Mild Banana peppers slices/rings	2 oz ~ ¼ C
Braggs liquid aminos	1 TBS
Misty Knoll Skinless Chicken/ turkey breast	8 oz

Preparation:

- Wash and cut potatoes in ½ inch cubes. Place in a steamer and steam until cooked.
- Drain and allow to cool at room temperature.
- Cook 2 eggs for 10-12 minutes (Hard boiled), run cold water for 1-2 minutes. Peel and set aside to cool.
- Cut hard boiled eggs in small cubes.
- Bake Skinless chicken/turkey breast covered in ½ C water and spices as desired. Allow to cool and chop into small pieces.
- Use a Quisnart food processor shredder to shred carrots and add to a large mixing bowl.
- Slice celery into very thin slices (Quisnart may also be used) and add to the bowl.
- Finely chop all herbs and add to the bowl.
- In a Nutribullet cup, add fresh squeezed lemon juice, avocado mayo, hummus, liquid aminos and spices and blend well.
- Add Potatoes, eggs, chicken/turkey, carrots, celery and fresh herbs, mix well.
- Add dressing to the bowl and mix well. Refrigerate for 1 hour before serving.

Optional: Spoon salad into large lettuce leaves.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 192

% Daily Value *

Total Fat 6 g **9 %**

Saturated Fat 1 g **4 %**

Monounsaturated Fat 1g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 90mg **30 %**

Sodium 386 mg **16 %**

Potassium 540mg **15 %**

Total Carbohydrate 21g **7 %**

Dietary Fiber 3 g **10 %**

Sugars 2 g

Protein 14 g **28 %**

Vitamin A **93 %**

Vitamin C **70 %**

Calcium **5 %**

Iron **12 %**