

Healthy Non Vegetarian Salad Recipes for You



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Introduction

Why Meat Salads Make Such A Healthy Meal?

Salads featuring meat are light and nutritious, yet still substantial enough to give you sufficient nourishment through the afternoon. Find classic recipes and those with a twist, including exotic chicken salad and Fajita Salad etc.

These flavor-packed salads can be on the table in around 15-20 minutes.

We invite you to prepare many of the salads in this ebook in coming times. We encourage you to give these salad recipes a try. Just try a few that sound appealing and get cooking.

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Exotic Chicken Salad

Makes 10 Servings

INGREDIENTS:

- 1 honeydew melon
- 6 cups cubed, cooked chicken meat
- 2 cups chopped celery
- 2 cups seedless grapes
- 1 (8 ounce) can sliced water chestnuts
- 1/2 cup sour cream
- 1/2 cup plain yogurt
- 1 1/2 teaspoons curry powder
- salt and pepper to taste

DIRECTIONS:

Cut melon in half, and remove seeds. Cut into bite-size pieces.

Add chicken, celery, grapes and water chestnuts.

Wisk together sour cream, yogurt, and curry powder in a small bowl. Gently stir into salad. Season with salt and pepper to taste. Serve.

Calories: 244
Total Fat: 6.4g
Cholesterol: 69mg
Sodium: 94mg
Total Carbs: 22.6g
Dietary Fiber: 2.2g
Protein: 25g



Bacon Spinach Salad

Makes 4 servings

For a touch of sweetness and color, use raspberry vinegar in place of the white vinegar and sprinkle the salad with fresh raspberries.

INGREDIENTS

- 4 slices bacon, diced
- 1/4 cup white vinegar
- 4 teaspoons sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 bag (10 ounce) washed fresh spinach
- 5 medium green onions, chopped (1/3 cup)

DIRECTIONS

1. Cook bacon in 12-inch skillet over medium heat, stirring occasionally, until crisp. Stir in vinegar, sugar, salt and pepper. Heat through, stirring constantly, until sugar is dissolved; remove from heat.
2. Add Spinach and onions to bacon mixture. Toss 1 to 2 minutes or until spinach is wilted.

Calories 65 (Calories from Fat 25)
Fat 3g (Saturated 1g)
Cholesterol 5mg
Sodium 280mg
Carbohydrate 8g (Dietary Fiber 2g)
Protein 3g



Fajita Salad

Makes 4 servings

INGREDIENTS

- 3/4 pound lean top beef round steaks, cut into thin strips
- 2 tablespoons each ketchup and lime juice
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 4 cups shredded lettuce
- 1/2 cup each: diced seeded cucumbers, green bell pepper, red bell pepper, and seeded tomato
- 1/4 cup each: chopped fresh cilantro and thinly sliced scallion
- 1/4 cup fat-free French salad dressing
- 4 6-inch corn tortilla

DIRECTIONS

1. Place beef in a shallow dish. Combine next 4 ingredients; pour over beef and toss to coat. Refrigerate at least 30 minutes, or overnight, if desired.
2. Meanwhile, prepare salad: Arrange lettuce on a large serving platter or shallow salad bowl. In another bowl, combine remaining ingredients, except tortillas, and toss to coat. Spoon over lettuce, leaving a 1-inch border. Salad may be refrigerated if not serving right away.
3. Remove beef from refrigerator. Heat large nonstick skillet over high heat. Add beef and cook, stirring 3 to 5 minutes or just until cooked through; remove from heat. Warm tortillas according to package directions; cut each into thirds. Wrap 2 to 3 pieces of beef in each tortilla strip. Arrange decoratively on top of salad. Serve additional French dressing on side, if desired.

Calories 202 (32 calories from fat)

Fat 4g

Saturated Fat 1g

Cholesterol 48mg

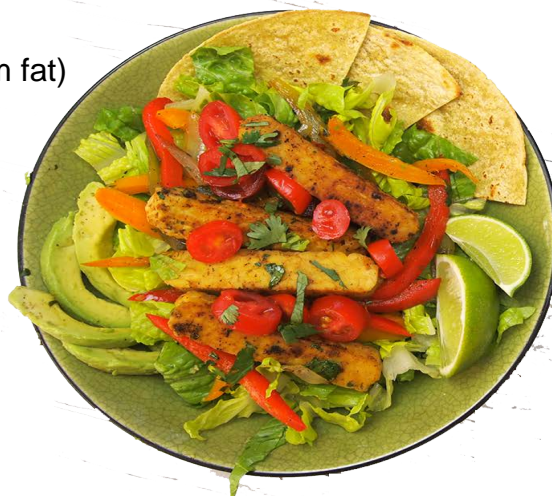
Sodium 223mg

Carbohydrate 20g

Dietary Fiber 3g

Sugars 5g

Protein 22g



Italian Tuna Salad Toss

Makes 6 servings

Serving Size 2 cups

- 1 (10-ounce) package salad greens
- 1 (14-ounce) can artichoke hearts, drained, quartered
- 1 (9-ounce) package tuna in water, drained, flaked
- 1/2 pound green beans, cooked, drained
- 1 cup sliced plum tomatoes
- 1 bottle (8 oz) Italian salad dressing - fat free

Place greens on serving platter. Arrange artichokes, tuna, beans, and tomatoes over greens. Top with dressing.

Calories 108(7 calories from fat)

Fat 1g

Saturated Fat 0g

Cholesterol 12mg

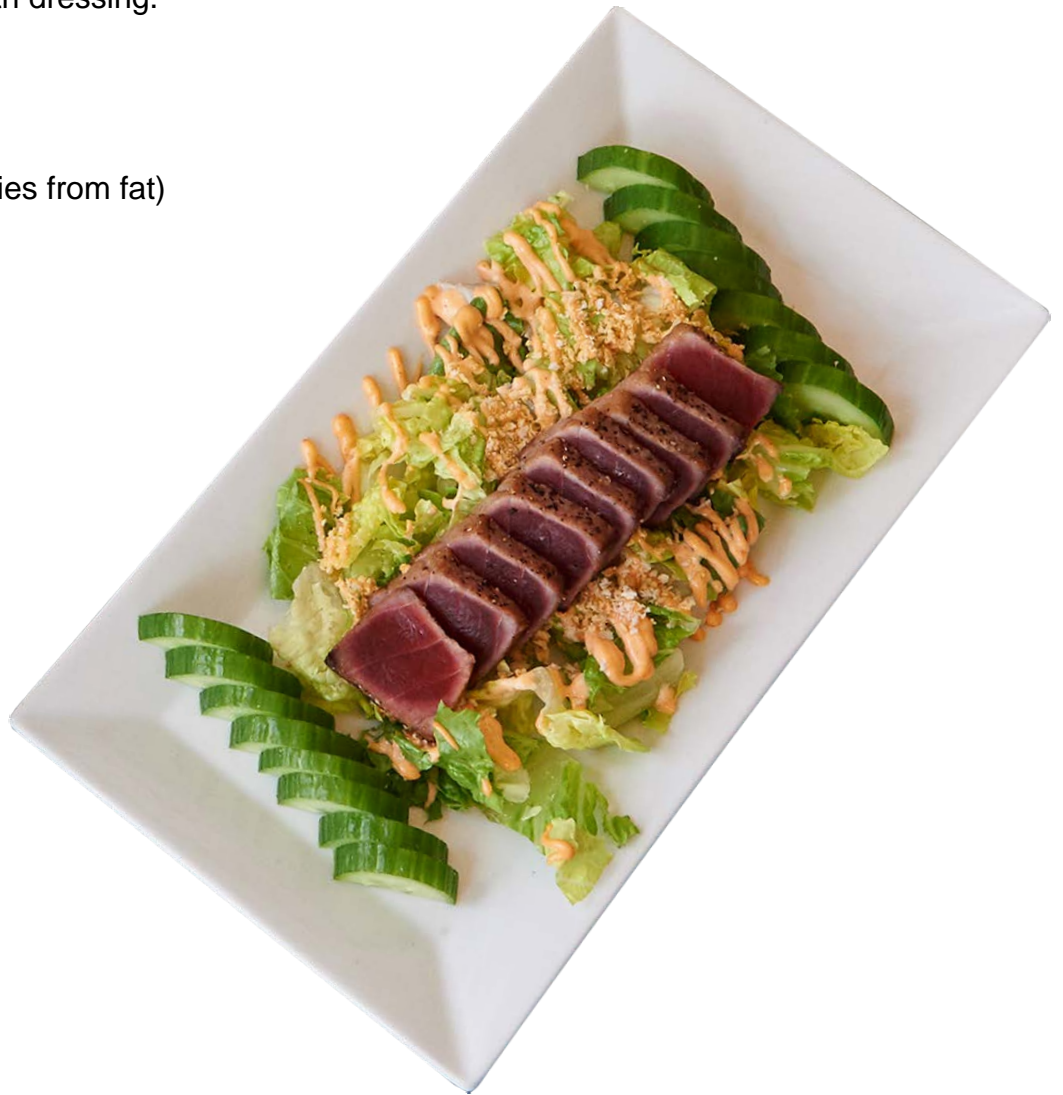
Sodium 674mg

Carbohydrate 13g

Dietary Fiber 3g

Sugars 8g

Protein 13g



What's Next?

We hope you enjoyed the meat salad recipes in this publication.

Remember These Great Reasons To Enjoy Meat Salad For Lunch

- A light lunch will keep you energized in the afternoon
- Keep your blood sugar levels even and keep your metabolism up
- Better cope with stress
- Consume less calories throughout the rest of the day
- Set a good example for loved ones and friends

So give some of these meat salad recipes a try. They are great as a complete meal or as a side dish.