



Satisfying Salads



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Looking for a satisfying but light meal to re-energize you? Salads are a great option and can be a good way to use up leftovers as well!

You can mix and match your favorite greens, vegetables, fruits, lean proteins, seasonings, and sauces. Each ingredient adds different flavors, textures, and nutrients to the meal making it balanced, filling, and satisfying.



General Recipe

New to making salads? Follow the 5 simple steps below!

Step 1

Choose a green base
(mixed greens, spinach, etc.)

Step 2

Add a lean protein
(chicken, egg, bean, tofu, etc.)

Step 3

Add fresh fruit/veggies (cucumber, cauliflower, carrots peppers, peaches, etc.)

Step 4

Choose a filling fat
(avocado, cheese, hummus, etc.)

Step 5

Top with something crunchy
(nuts, seeds, croutons, etc.)

The following recipes contain less than 45 grams of carbohydrates per serving and are good for those on a carb-conscious diet.

NUTRITION TIPS:

- These recipes show that salads do not have to be boring! Salads should contain lots of protein, fun mix-ins, and healthy fats (see above).
- Be mindful of dressings. Follow the included dressing recipes so you avoid too much added sugar!

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15 minutes



4 servings

All-American Cobb Salad

Recipe adapted from
www.kitchen.kidneyfund.org

Ingredients

Salad

4 cups baby greens
 $\frac{2}{3}$ cups cherry tomatoes,
halved
2 large hard-boiled eggs,
peeled and chopped
 $\frac{2}{3}$ cup cooked chicken
breast, chopped
 $\frac{1}{8}$ avocado, peeled, pitted,
and diced

Dressing

$\frac{1}{8}$ cup olive oil
2 Tbsp balsamic vinegar
 $\frac{2}{3}$ tsp honey
 $\frac{2}{3}$ tsp fresh thyme,
chopped
Black pepper, to taste

Instructions

1. In a large bowl, toss together the greens, cherry tomatoes, eggs, chicken, and avocado.
2. In a small bowl, whisk together the oil, balsamic vinegar, honey, and thyme and season with pepper, Set aside.
3. Arrange the salads on the plates and drizzle with dressing. Serve and enjoy!



Nutrition Facts (Per Serving)

169 kcal, 6 g CHO, 2 g fiber, 11 g fat, 12 g pro,
105 mg Ph, 191 mg K, 89 mg Na

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15 minutes



4 servings

Mediterranean Greek Salad

Recipe adapted from
www.plantbasedkidneys.com

Ingredients

Salad

1 can low-sodium
garbanzo beans, rinsed
and drained
1 cup red bell pepper,
chopped
1 cup cucumber, chopped
¼ cup red onion, chopped
10 green olives, pitted,
chopped

Dressing

1 Tbsp olive oil
1 Tbsp red wine vinegar
½ Tbsp lemon juice
¼ tsp Dijon mustard
¼ tsp red pepper flakes
⅛ tsp garlic powder
Black pepper, to taste



Nutrition Facts (Per Serving)

208 kcal, 29 g CHO, 8 g fiber, 8 g fat, 8 g pro,
112 mg Ph, 284 mg K, 131 mg Na

Instructions

1. In a large bowl, add beans, chopped red peppers, cucumber, red onions, and olives.
2. In a small bowl, whisk together oil, red wine vinegar, lemon juice, dijon mustard, red pepper flakes, garlic powder, and black pepper.
3. Add dressing to the salad. Toss and enjoy!

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15 minutes



4 servings

Tex-Mex

Chopped Mexican Salad with Lime

Recipe adapted from
www.plantbasedkidneys.com

Ingredients

Salad

3 cups romaine lettuce, chopped
½ can low-sodium black beans, rinsed and drained
½ can corn, rinsed and drained
1 cup red bell pepper, chopped
1 avocado, peeled, pitted, and diced
⅛ cup cheese

Dressing

¼ cup lime juice
⅛ cup olive oil
¾ Tbsp honey
1 ½ cloves garlic, minced
½ tsp red pepper flakes



Nutrition Facts (Per Serving)

256 kcal, 29 g CHO, 10 g fiber, 14 g fat, 7 g pro,
128 mg Ph, 545 mg K, 112 mg Na

Instructions

1. Spread lettuce evenly in a large bowl. Arrange beans, corn, bell pepper, and avocado on top of lettuce.
2. In a small bowl, whisk together lime juice, olive oil, red pepper flakes, garlic, and honey.
3. Garnish with cheese, drizzle with dressing before serving, and enjoy!