

Easy Wedge Salad with Homemade Blue Cheese Dressing

This hearty salad can serve as a satisfying light main course on its own – or it can be paired with another low-carb entree, such as this [Garlic-Herb Roasted Chicken](#), and some steamed broccoli for a more well-rounded meal.

Tip: For best results, prepare the homemade blue cheese dressing the night before to give the flavors a chance to blend.

Dressing Ingredients:

2 T. avocado mayonnaise
2 oz. blue cheese, crumbles

2 T. Greek yogurt
2 T. full fat sour cream
1 t. garlic salt
Sea salt and black pepper, to taste
2-3 T. half & half (optional)

Ingredients:

1 large head iceberg lettuce, cut into 6 wedges
2 large avocados, diced
3 strips sugar-free bacon, cooked crispy and crumbled
3 hard-boiled eggs, peeled and chopped
1 large stalk celery, chopped
Sea salt and black pepper, to taste

Directions:

1. To make the blue cheese dressing, combine the avocado mayonnaise, blue cheese, Greek yogurt, sour cream, and garlic salt in a medium glass or other non-reactive bowl. Stir enough half & half into the blue cheese mixture to reach the desired consistency. Season with salt and black pepper, to taste, and stir to combine. Cover and refrigerate until ready to use.



natural
awakenings

Prep time: 20 minutes

Cook time: n/a

Serves: 6

Continue next page

Easy Wedge Salad with Homemade Blue Cheese Dressing

natural
awakenings

Directions (continued):

2. When ready to serve, place each wedge of iceberg lettuce onto individual chilled serving plates. Drizzle each wedge with some homemade blue cheese dressing, and then top each with an equal amount of avocado, crumbled bacon, chopped hard-boiled eggs, and chopped celery. Season with salt and black pepper, to taste, and serve immediately. Enjoy!

Carbs/Serving:*

Total carbs: 11.6 g

Fiber: 4.9 g

Net carbs: 7.0 g



"Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: 'Thank you!'" - Karen Salmansohn