

Homemade Keto Salad Dressing | Spicy Vegetarian Keto Salad

Are you looking for a delicious and healthy way to add some flavor to your keto diet? If so, then you need to try this homemade keto salad dressing. This dressing is made with all-natural ingredients and it is packed with flavor. It is also low in carbs and calories, making it a perfect choice for anyone following a ketogenic diet.

Ingredients:

- 1/2 cup olive oil
- 1/4 cup avocado oil
- 1/4 cup red wine vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper (optional)

Instructions:

1. In a medium bowl, whisk together all of the ingredients until well combined.

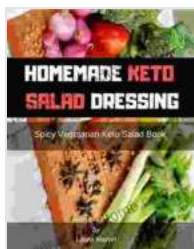
2. Store the dressing in a jar or container in the refrigerator for up to 2 weeks.
3. When you are ready to use the dressing, shake it well and then pour it over your favorite salad.

Tips:

- If you do not have red wine vinegar, you can substitute white wine vinegar or apple cider vinegar.
- If you do not have Dijon mustard, you can substitute yellow mustard.
- You can adjust the amount of cayenne pepper to taste.
- This dressing is also great on grilled chicken or fish.

Spicy Vegetarian Keto Salad

This spicy vegetarian keto salad is the perfect way to enjoy all of the flavors of a traditional salad without all of the carbs. This salad is made with fresh vegetables, avocado, and a spicy keto salad dressing. It is also low in calories and it is packed with nutrients.



HOMEMADE KETO SALAD DRESSING: Spicy

Vegetarian Keto Salad Book by Jeffery Dawson

★★★★☆ 4 out of 5

Language : English
File size : 2929 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 79 pages
Lending : Enabled



Ingredients:

- 1 head of romaine lettuce, chopped
- 1 bell pepper, chopped
- 1 cucumber, chopped
- 1/2 red onion, chopped
- 1/2 avocado, chopped
- 1/4 cup homemade keto salad dressing

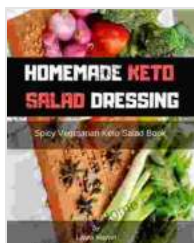
Instructions:

1. In a large bowl, combine all of the ingredients.
2. Toss to coat.
3. Serve immediately.

Tips:

- You can add other vegetables to this salad, such as tomatoes, carrots, or celery.
- You can also add some grilled chicken or fish to this salad for some extra protein.
- This salad is best served fresh, but it can be stored in the refrigerator for up to 3 days.

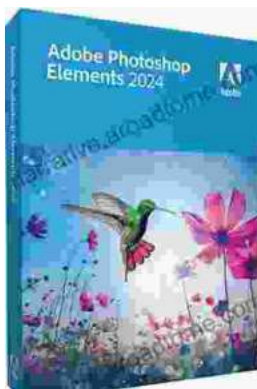
Whether you are looking for a delicious and healthy salad dressing or a quick and easy vegetarian keto salad, this recipe has you covered. So what are you waiting for? Give this homemade keto salad dressing and spicy vegetarian keto salad a try today!



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