



# Keto Maurice Salad

BY KETO KATZ



## Servings & Macros

Serving size: 1 salad  
Serves: 6 people  
Carbs: 6 g, Protein: 26 g, Fat: 43 g,  
Fiber: 1 g, Sugar Alcohol: 0,  
**Net Carb: 4 g**, Calories: 518 kcal

## This recipe takes time

Prep time: 20 min  
Cook time: none

## Let's Get Involved

**Instagram**  
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## Ingredients

### DRESSING:

- 1 c mayonnaise
- 2 tsp white vinegar
- 1 1/2 tsp lemon juice
- 1 tsp onion powder
- 2 tsp monkfruit
- 1/2 tsp dry mustard
- 1 1/2 tsp dijon mustard
- 2 tbsp fresh parsley
- 2 tbsp sweet relish
- salt to taste

### SALAD:

- 8 oz ham
- 8 oz turkey breast
- 8 oz swiss cheese
- 1/2 c slivered gherkin pickles
- Shredded romain lettuce, about 2 heads
- 1/4 c green pimento olives, sliced

## Instructions

1. Add all of the dressing ingredients to a bowl and mix well. Don't panic about the sweet relish, it's very low in carbs and this makes multiple servings!
2. In a large bowl, add all the salad ingredients. Next, add the dressing and mix it up before serving it. The dressing is thick but it will coat the salad ingredients nicely once you start tossing it all together. (if you do start to feel panicky, stop a minute to make yourself one of our keto kitty cocktails and calm yourself down).
3. And that's it! This is a dish with plenty of fat and protein so it's a one course meal!

