



Low-Carb Roasted Strawberry & Goat Cheese Salad

Hands-on 20 minutes Overall 75 minutes



Nutritional values (per serving, 1 salad): Total carbs: 12.1 g, Fiber: 4.7 g, **Net carbs: 7.4 g,**

Protein: 28.1 g, Fat: 57.1 g, Calories: 679 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)

Ingredients (makes 2 servings)

1 cup strawberries, ideally fresh but frozen work too when thawed (144 g/ 5.1 oz)

2-3 packages goat's cheese rounds (150 g/ 5.3 oz)

1/2 cup [pork rinds](#), powdered (25 g/ 0.9 oz) - *you can make your own*

1/2 cup [pecans](#), raw or roasted (55 g/ 1.9 oz)

4 cups fresh lettuce, green, red or mixed (120 g/ 4.2 oz)

2 tbsp [extra virgin olive oil](#) (30 ml)

1 tbsp balsamic vinegar (15 ml) - *avoid sweet syrupy types of balsamic*

Optional: 1 tsp [bee pollen](#)

- Wash the lettuce and place in a salad spinner to dry or pat dry with a kitchen towel. Place in a serving bowl and add the pecans. You can use roasted or raw pecans. Roasting the pecans will add depth to both texture and flavour.
- Drizzle the salad with extra virgin olive oil.
- Add the strawberry and the strawberry juices. Optionally, sprinkle with the [bee pollen](#) to add a honey kick!
- Enjoy while still warm.

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Instructions

- Place the pork rinds into a blender and pulse briefly until crumbled or powdered.
- Cut each goat's cheese round in half widthwise and cover in the powdered pork rinds. You can brush some olive oil on the dry side to help them stick to the cheese.
- Place on a baking tray lined with parchment paper with the cut side up and put in the freezer for about an hour. This will prevent the cheese from melting when grilled.
- After an hour, place the tray under a grill preheated to 220 °C/ 430 °F (fan assisted), or 240 °C/ 465 °F (conventional) and cook for just about 5 minutes. The longer you leave it, the more likely it will start melting.
- Meanwhile, wash the strawberries and place them on a baking dish lined with parchment paper. Spray or drizzle with balsamic vinegar and transfer into the oven.
- Cook at 225 °C/ 450 °F for just 7-10 minutes. The strawberries will release its juices and mix with the vinegar creating a delicious caramelised vinaigrette.