

Low-Carb Winter Salad with Cranberries and Pumpkin

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving, about 140 g/ 5 oz): Total carbs: 8.1 g, Fiber: 2.1 g,

Net carbs: 5.9 g, Protein: 5.4 g, Fat: 23.6 g, Calories: 257 kcal,

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



Ingredients (makes 4 side servings)

Salad:

1/4 cup [homemade Sugar-Free Dried Cranberries](#) (27 g/ 1 oz)

200 g pumpkin such as Hokkaido, cubed (7.1 oz)

1 tbsp melted [ghee](#) or [extra virgin olive oil](#) (15 ml)

sea salt and pepper, to taste

1/2 cup crumbled soft goat's cheese or feta (75 g/ 2.7 oz)

1/4 cup crumbled [pecans](#) or [walnuts](#) (28 g/ 1 oz)

1 head soft lettuce (200 g/ 7.1 oz)

Dressing:

3 tbsp [extra virgin olive oil](#) (45 ml)

1/2 tsp [Dijon mustard](#) or yellow mustard

1 tsp balsamic vinegar

Instructions

1. To make this recipe you will need my [Sugar-Free Dried Cranberries](#). If you don't have time to make them, you can use baked cranberries instead (see tips in the post above).
2. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Peel and cut the pumpkin into bite sized cubes (no peeling needed if you use Hokkaido squash).
3. Place pumpkin in a single layer on a baking tray and drizzle with ghee (or olive oil) and season with salt and pepper. Bake for about 20 minutes. Remove from oven and let cool.
4. To make the dressing, in a small bowl mix the olive oil, mustard (Dijon or yellow) and balsamic vinegar.
5. To serve, tear the lettuce in a salad bowl and scatter the roasted pumpkin, goat's cheese (or feta), cranberries and roughly chopped pecans (or walnuts) over the top. (You can optionally dry roast the nuts on a hot pan for 1-2 minutes.)
6. Finish by drizzling the prepared dressing over the salad. This salad

is best served fresh but can be kept in the fridge for up to a day. This recipe is enough to make 4 side servings (try with [this Butter Blanketed Roast Turkey recipe](#)), or 2 regular servings.

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