



Keto Salad Cup

These fresh and flavorful **Keto Salad Cups** are a light, protein-packed option perfect for low-carb lunches or appetizers. Made with creamy tuna salad, crisp bacon, and hard-boiled eggs, all nestled in Bibb lettuce cups with juicy tomato slices—they're as delicious as they are nutritious.

Ingredients

- 4 large eggs
- 4 strips bacon
- 1/3 cup olive oil or avocado oil mayonnaise
- 2 tablespoons sour cream
- 1/4 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 1 stalk celery, thinly sliced
- Two 5-ounce cans tuna in olive oil (reserve 2 tablespoons oil, drain the rest)
- 2 scallions, sliced
- Kosher salt and freshly ground black pepper, to taste
- 1 medium tomato, halved and sliced into 8 wedges
- 16 Bibb lettuce leaves

Instructions

1. Boil the Eggs

Place eggs in a medium pot and cover with 1 inch of water. Bring to a boil, remove from heat, cover, and let sit for 8 minutes. Drain and place eggs in ice water to cool. Peel and chop once cooled.

2. Cook the Bacon

In a large nonstick skillet, cook bacon over medium heat until golden and crispy, about 4 minutes per side. Transfer to a paper towel-lined plate. Once cooled, crumble into bite-sized pieces.

3. Make the Dressing

In a medium bowl, whisk together mayonnaise, sour cream, lemon zest, lemon juice, sliced celery, reserved tuna oil, 3/4 of the scallions, 1/4 teaspoon salt, and a few grinds of black pepper.

4. Prepare the Tuna Mixture

Add the drained tuna, 3/4 of the crumbled bacon, and 3/4 of the chopped eggs to the dressing. Gently fold together—avoid overmixing. Taste and adjust salt and pepper if needed.

5. Assemble the Cups

Sprinkle tomato slices with a little salt and pepper. Double up Bibb lettuce leaves to form sturdy cups. Fill each with a scoop of the tuna mixture and tuck a tomato slice into each one.

6. Garnish and Serve

Top each lettuce cup with the reserved scallions, bacon, and chopped egg. Serve chilled or at room temperature.

