Types of Comfort Food Salads

Comfort food doesn’t always have to mean fattening casseroles and fried foods; you can take your comfort food favorites and turn them into delicious and healthy salads. Here are some different options to try out.

**Cheeseburger Salad**

This is the perfect salad when you are craving a cheeseburger, but you want it to be a little healthier and lower in carbs. Instead of putting the burger in a bun, you are going to put it in a salad, which also allows you to have a lot more veggies at the same time. Start with a bed of shredded lettuce and add small pieces of cooked hamburger. Add toppings as you normally would with your cheeseburger, such as relish instead of pickles, diced tomatoes, onions, bell peppers, mushrooms, and any others you like. Add some shredded cheese to the top instead of going with slices. You can even make a dressing similar to thousand island with Greek yogurt, mayonnaise, white vinegar, water, and ketchup.

**Bacon Ranch Pasta Salad**

If pasta salad is what you are after and you are craving bacon, this is a great compromise. Instead of big strips of fattening bacon, you are going to add little pieces for this delicious pasta salad. You want to cook your pasta first, which can be anything from pasta shells to macaroni. Once it is cooked, toss the pasta with olive oil, salt, and pepper. You can then add in your cooked bacon pieces, cherry tomatoes, cooked peas, cheddar cheese, and ranch seasoning mix. Combine it all together with a little mayo and olive oil to coat it.

**Spinach and Fruit Salad**

Spinach and fruit are the perfect combos for a yummy salad that is healthy and seasonal. Regardless of the season, you can find greens and apples available for a salad. In the summer, this might be lettuce with diced strawberries and a strawberry basil dressing. If you are making the salad in the fall, consider using spinach or kale as your greens, then adding some cranberries and apples on top. With this type of salad, it tastes great with feta cheese and maple Dijon vinaigrette.

When putting your comfort food salad together, think about foods or components used in comfort foods, then incorporate them into a healthy salad. Use your imagination and get creative, challenging yourself to try a different salad each time. You can also involve your kids in the planning process.