

# Recipe for

## CHICAGO-STYLE HOT DOG SALAD

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EQUIPMENT NEEDED Cutting board, knife, salad bowl, bowl, whisk

SERVES 4 ESTIMATED COST \$ 2.50 COST PER SERVING \$7.

### INGREDIENTS

- 1 cup cabbage, shredded
- 2 cups mixed greens
- ¼ cup white onion, diced
- ¼ cup pickles, diced
- 2 medium tomatoes, cut into wedges
- 4 ea hot peppers of choice (e.g. guerito or hot banana wax peppers)
- 3 ea cooked beef hot dogs, sliced

### For Dressing:

- 3 tbsp cooking oil (e.g. olive, grapeseed)
- 3 tbsp mustard
- 3 tbsp honey

### Garnish:

- ½ teaspoon poppy seeds (optional)

### METHOD OF PREPARATION

1. In a salad bowl, toss together cabbage and mixed greens.
2. Top with onions, pickles, tomatoes, hot peppers and cooked hot dogs.
3. Whisk together oil, mustard and honey in a bowl. Drizzle over the salad.
4. Top with poppy seeds and serve. Enjoy!

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### NUTRITION INFORMATION

Chicago-Style Hot Dog Salad		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	252.8 kcal	13 %
<b>Total Fat</b>	17 g	26 %
Saturated Fat	4.9 g	24 %
Trans Fat	0.6 g	
<b>Cholesterol</b>	19.6 mg	7 %
<b>Sodium</b>	830.1 mg	35 %
<b>Total Carbohydrate</b>	20.3 g	7 %
Dietary Fiber	2.7 g	11 %
Sugars	15.4 g	
<b>Protein</b>	6 g	12 %
Vitamin A	24 % • Vitamin C	51 %
Calcium	7 % • Iron	10 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
<a href="https://www.cronometer.com">Full Info at cronometer.com</a>		</>

### HEALTH BENEFITS

**Cabbage** is highly nutritious and rich in vitamin C, fiber, and vitamin K. What's more, some research suggests that it may support digestion, improve heart health, and decrease inflammation.

Switching a hot dog bun for the salad version makes this recipe more hydrating and keto friendly



### HEALTH BENEFITS

**Tomatoes** are anti-inflammatory, low in calories and provide important nutrients like vitamin C and potassium. They're also rich in antioxidants—one called lycopene, responsible for tomatoes' characteristic color.

#### Reference:

Blog: Tablespoon. Tbsp. Cheeky Kitchen. (2017, March 23). Chicago-Style Hot Dog Salad. *General Mills*. <https://www.tablespoon.com/recipes/chicago-style-hot-dog-salad/9e9b6cc5-79cc-4759-a0a3-c4e1983be366>

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