

Sub in a Tub - A Low-Carb Italian Deli Bowl You'll Crave

Sub in a Tub - All the Flavor, None of the Bread ???



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Ready

INGREDIENTS

4 slices provolone cheese, sliced into strips
4 slices deli ham, chopped
... red onion, thinly sliced
1 cup shredded lettuce (iceberg or romaine)
1/2 avocado, diced
... cup banana peppers, sliced
... cup pickles, sliced
1 small tomato, chopped or sliced (layered at the bottom)
Dressing:
1 tbsp olive oil
1 tbsp red wine vinegar
Pinch of oregano
Salt & pepper to taste

DIRECTIONS

1. Layer the Base:: Start with the tomato slices at the bottom of your bowl to help catch all the dressing. Pile on the shredded lettuce, creating a fluffy bed.
2. Add the Good Stuff:: Top the lettuce with:
3. Sliced ham and provolone
4. Thinly sliced onion
5. Chopped avocado
6. Sliced banana peppers and pickles
7. You can arrange in sections or toss everything together for a chopped salad style.
8. Dress It Right:: Drizzle on olive oil and red wine vinegar, then sprinkle with oregano, salt, and black pepper. Want extra flavor? Add a tiny squeeze of Dijon mustard or a splash of Italian dressing.
9. Serve:: Enjoy immediately, or pack it in a container for a grab-and-go lunch. It travels well - just keep dressing on the side if making ahead.

TIPS FOR SUCCESS

Use deli-fresh ingredients - the flavor difference is huge.
Toss in some pepperoncini or thinly sliced cucumbers.
Chop your ingredients small for a more "forkable" salad experience.
Double the batch for a meal prep win - store undressed and add vinegar/oil when ready.

More recipes: ChefManiac.com

Original recipe: <https://chefmaniac.com/sub-in-a-tub-a-low-carb-italian-deli-bowl-youll-crave/>