

Paleo Waldorf Salad Lettuce Wraps

If you're not on the Paleo diet, feel free to trade out the lettuce wrap for a tortilla, egg wrap, cheese wrap, or any other wrap type.

Start to Finish Time: 25 mins

Servings: 4

Yield: 8 wraps (4 cups salad)

By [BHG Test Kitchen](#) / Updated on April 20, 2020

Ingredients

- 1 cup thin bite-size strips apple
- 1 cup chopped celery
- ¾ cup chopped cauliflower florets
- ½ cup seedless red grapes, halved or quartered
- ½ cup chopped walnuts, toasted
- ½ cup Paleo Mayonnaise
- 1 tablespoon cider vinegar
- 1 tablespoon honey
- ¾ teaspoon sea salt
- ½ teaspoon celery seeds
- ¼ teaspoon black pepper
- 8 bibb lettuce leaves



Paleo Mayonnaise Ingredients

1 pasteurized egg	1 tablespoon lemon juice	½ teaspoon cayenne pepper or 1/4 tsp. white pepper
½ teaspoon sea salt	½ teaspoon dry mustard	1 cup avocado or walnut oil, or extra-light tasting olive oil

Directions

1. In a large bowl combine the first five ingredients (through walnuts). For dressing, in a small bowl stir together Paleo Mayonnaise, vinegar, honey, salt, celery seeds, and pepper.
2. Pour dressing over apple mixture; toss gently to coat. Apple filling can be made up to 1 hour in advance. To serve, spoon apple filling onto lettuce leaves and roll up.

Paleo Mayonnaise

1. In a wide-mouth pint jar or 2-cup liquid measuring cup combine the first five ingredients (through cayenne pepper). Slowly add oil. If necessary, let stand until the oil separates from egg mixture.
2. Using an immersion blender, hold blender against bottom of jar and blend 20 to 30 seconds. When mixture is nearly combined and thickened, move blender up and down while blending to incorporate any remaining oil. (Or in a medium bowl whisk together the first five ingredients [through cayenne pepper]. Slowly add oil in a thin, steady stream, whisking constantly until combined and thickened.)
3. Cover jar or transfer mayonnaise to an airtight container. Store in the refrigerator 3 to 5 days.