NOTE: MOST INGREDIENTS IN THESE RECIPES CAN BE BOUGHT IN GOOD HEALTH FOOD SHOPS, SUPERMARKETS. IF YOU HAVE TROUBLE GETTING WHAT YOU WANT, EXCHANGE INGREDIENTS USING THE CARB COUNTER PROVIDED.

SALADS AND DRESSINGS

Blue Cheese Salad Dressing  
1 Carbs Per Serving: 1g total  
Effort: Easy  
Ingredients:  
1 tablespoon sour cream  
2 teaspoons heavy cream  
1 teaspoon blue cheese  
1 teaspoon powdered ranch dressing mix.

How to Prepare:  
Mix all together and chill before serving.

NOTES: Counts for ranch dressing mix not included in totals.

BLT Salad  
Carbs Per Serving: 7g total  
Effort: Easy  
Ingredients:  
7 slices bacon - cooked crisp, drained and crumbled  
1 cup chopped lettuce  
1/8 cup chopped onion  
1 cup chopped onion  
1/2 medium tomato - chopped  
1 tablespoon mayonnaise

How to Prepare:  
Stir mayo into lettuce, onion and tomato until evenly coated. Toss in bacon.

Beef Salad  
Unknown Carbs Per Serving: no counts provided  
Effort: Easy  
Ingredients:  
Cold Roast beef - shredded or coarsely chopped boiled eggs  
Chopped onion  1/2 medium tomato - chopped  
Mayo

How to Prepare:  
Mix in desired amounts keeping track of the carbs you add. Let chill. Yummy on Wasa or maybe even with pork rinds for dipping!

Bacon & Egg Salad  
Carbs Per Serving: 23g total  
Effort: Easy  
Ingredients:  
8 eggs  
1 cup mayonnaise  
1/4 pound bacon - crisp, drained and crumbled  
1 cup chopped onion  
1/2 medium tomato - chopped  
1/4 cup hot pepper cheese - (or 1 once)

How to Prepare:  
Boil the eggs, until hard and dice them. Fry the bacon and crumble it. Mix all ingredients in a bowl.  
NOTES:  
Carbs for avocado based on 14.85 for 1 3/8 cup - adjust accordingly. Carbs for lettuce base on 2 for 1 cup - adjust accordingly Carbs for hot pepper cheese not included in above total - adjust accordingly

Bacon Cheeseburger Salad  
Carbs Per Serving: 7g total  
Effort: Easy  
Ingredients:  
3 ounces lean ground beef crumbled, cooked and drained  
4 slices bacon - cooked crisp, drained and crumbled  
1 cup chopped lettuce  
1/8 cup chopped onion  
1/2 medium tomato - chopped  
1 tablespoon mayonnaise  
1/4 cup cheddar cheese - (or 1 once)

How to Prepare:  
Stir mayo into lettuce, onion and tomato until evenly coated. Toss in beef, bacon and cheese.

Basics:  
Meat, Egg or Carbs Per Serving: 7g total  
Effort: Easy  
Ingredients:  
1/4 pound chicken, beef, or ham - cooked and cut according to preference OR 1/2 ounces tofu, firm drained very well OR 6 large eggs  
2 tablespoons mayonnaise  
1 tablespoon yellow mustard  
1/4 cup chopped onion  
1/4 cup chopped celery  
2 tablespoons capers - drained  
3 tablespoons dill pickle -

How to Prepare:  
Note: chop meats to desired chunkiness after cooking. Leftovers work great! In a large bowl, mix desired main ingredient with remaining ingredients.
Season to taste with salt and pepper. I like to add a little horseradish sauce to the ham or roast beef salad for some zip.

For egg salad: Mix everything but the eggs well. Chop eggs to desired chunkiness and fold into mixed ingredients. Add a few drops of tabasco sauce if desired. A squeeze of lemon also goes well.

For eggless salad: Mix everything but the tofu Squish tofu with your hands or with a fork until it breaks apart. Fold in with remaining ingredients. Eggless salad should sit for at least an hour, refrigerated, before serving. Lemon or a few drops soy sauce work great in tofu based salads.

**personal note** Process meats find in a food processor for more of a ‘spread’ consistency. Don’t process with the remaining ingredients until you get the meat down almost to the size you want. The spreads work very well on lettuce leaves for roll-ups The chunky version works great over lettuce for a salad meal.

NOTES: Counts for tofu and eggs not included in totals... tofu is 10 carbs, eggs 3.6.

**Black & Blue Salad**

| CarbsPerServing:20 | Prep Time:15 |

**Ingredients:**
- 2 heads of butterhead lettuce
- 6 oz. Of cold leftover steak, thinly sliced
- 8 cherry tomatoes, sliced in half
- 6 oz. Bleu cheese
- 10 tbs heavy cream
- 2 tbs mayonnaise
- 1 tbs vinegar (optional)

**How to Prepare:**
Beat the heavy cream and mayonnaise together in a small mixing bowl. Crumble half the bleu cheese into the mixture (reserving the other half for a garnish) and stir a few times. Add a drizzle of the vinegar if it is too thick. Chill for at least two hours. (The longer it chills, the more intense the flavor becomes.)

Slice the butterhead lettuce in wedges (or tear into pieces if you prefer) and place on four salad plates. Pour the bleu cheese dressing over the lettuce. Arrange strips of the cold steak (cold filet is outrageously good in this dish!) and four cherry tomato halves over the lettuce. Sprinkle the reserved bleu cheese on top. Give each plate a grind of fresh pepper and serve immediately.

**Blue Cheese Dip/Dressing**

| CarbsPerServing:8g total |

**Ingredients:**
- 4 ounces bleu cheese, crumbled
- 4 ounces sour cream
- 4 ounces mayonnaise
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder

**How to Prepare:**
Mix ingredients and refrigerate ½ hour before serving.

**Great Blue Cheese Dressing**

| CarbsPerServing:18g total |

**Ingredients:**
- 16 ounces mayonnaise
- 1 container sour cream – (1 oz) (1 to 16)
- 12 ounces blue cheese – crumbled
- 1 dash vinegar
- finely chopped onion

**How to Prepare:**
Combine all the above ingredients for a great blue cheese dressing that will really make salads more fulfilling. Enjoy.

NOTES: Carbs for sour cream, garlic powder and onion not included - adjust accordingly.

**Blue Cheese Dressing 2**

| Serves:10 | CarbsPerServing:8g total | Effort:Easy |

**Ingredients:**
- 4 ounces blue cheese – such as Roquefort
- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 1/4 cup chives – minced
- 1 dash hot pepper sauce

**How to Prepare:**
In a small bowl, break up the cheese with a fork and mash it lightly, leaving some small chunks. Add everything else but the chives and mix together thoroughly. Stir in the chives. Cover the bowl tightly and store in the refrigerator up to a week.

**Broccoli & Bacon Salad**

| Serves:8-10 | Prep Time:15 Minutes | Effort:Difficult |

**Ingredients:**
- 2 Heads Broccoli
- Hellman’s Mayo (to taste)
- Hidden Valley Ranch Dressing (to taste)
- 1 Jar Real Bacon Bits
- 1/4 Package Cracker Barrel Sharp Cheddar Cheese
- 1/4 Small Vidalia Onion
- Salt & Pepper

**How to Prepare:**
Pull broccoli from stems and steam. Broccoli should still be crispy.
Refrigerate when done. Shred the cheddar cheese and set aside. After broccoli cools, add mayo, ranch, bacon bits, onion, cheese, salt and pepper. Mix together and refrigerate until ready to serve. YUMMY!

**Broccoli, Olives, & Egg Salad**

* Serves: 4
* Prep Time: 10 minutes
* Effort: Easy

**Ingredients:**
- Fresh broccoli florets
- Boiled eggs
- Green olives
- Red Onion
- Mayonnaise
- Black Pepper
- Paprika
- Salt

**How to Prepare:**
Quantities of everything according to taste. I would use 1 bunch broccoli, 3 eggs chopped in large pieces, ¼ cup olives, ½ large red onion chopped. The rest of the ingredients really depend on your preferences, but black pepper really makes this salad. Mix everything together and coat well with mayo. Chill and serve.

**Bruschetta Style Tomato Turkey Salad**

* Serves: 1 or 2
* Prep Time: 10 minutes
* Effort: Easy

**Ingredients:**
- 1 cup ground turkey
- 1 cup mixed lettuce
- 1 tomato
- 4 or 5 kalamata olives
- salt
- pepper
- 1 or 2 T olive oil
- 1 tsp crushed garlic
- 1 tsp basil paste (or a few leaves of finely chopped fresh basil)

**How to Prepare:**
Dice the tomato and place in a small bowl. Add chopped olives, olive oil, garlic, basil, and salt and pepper to taste. Brown the turkey mince in a saucepan. Add the tomato mix to the turkey and mix together. Serve over a bed of mixed lettuce. So EASY!!! Tastes as good as Italian restaurant food.

**Cauliflower-Broccoli Salad – THE BEST!**

* Serves: plenty - 16 or so
* Prep Time: a tedious ½ hour
* Effort: Average

**Ingredients:**
- 1 lg head cauliflower
- 1 lg bunch broccoli
- 1 sm onion (or 4 green ones)
- 1 pkg froz peas (or pea pods)
- 2 cups mayo
- 1 cup sour cream
- 1 tsp garlic powder

**How to Prepare:**
Mix mayo, sour cream and garlic powder in a small bowl. Break cauliflower and broccoli into bite sized florets. Add onion. Toss sauce with broccoli, cauliflower and onion. Add peas last (if using pods, cut into ¼ inch pieces. Refrigerate at least 4 hours or overnight.

**Cheesy Herb Dressing**

* Carbs Per Serving: 8g total
* Effort: Easy

**Ingredients:**
- ½ cup yogurt
- 1 tablespoon oil
- 1 tablespoon Parmesan cheese – grated
- ¼ teaspoon basil – dry
- 1 ½ teaspoons lemon juice
- ¼ teaspoon garlic powder

**How to Prepare:**
Combine all ingredients and mix well. Chill overnight.

**Cheesy Thousand Island Dressing**

* Carbs Per Serving: 35g total
* Effort: Easy

**Ingredients:**
- 1 cup cottage cheese
- ¼ cup ketchup
- 1 teaspoon paprika
- ¼ teaspoon salt
- 1 tablespoon relish
- 8 teaspoon pepper
- 2 tablespoons celery – finely diced
- 2 tablespoons onion – finely diced
- 2 tablespoons olive oil

**How to Prepare:**
In a blender combine cheese, ketchup, oil and spices. Blend till smooth. Stir in rest of ingredients. Chill several hours.

**Chicken Bacon Club Salad**

* Serves: 4-6
* Prep Time: 30 minutes
* Effort: Easy

**Ingredients:**
- 4 boneless skinless chicken breasts
- 1 Cup Mayo
- 6 slices bacon
- 2Cups shredded cheddar cheese

**How to Prepare:**
Cook bacon until crisp, then crumble. Cube chicken breast and cook thoroughly. Mix all ingredients together. Spread into a 8” cake pan. Bake for about 15 minutes. Serve on top of a bed of lettuce. Top with black olives if you like. Very yummy!

**Yummy Chicken Taco Salad**

* Carbs Per Serving: no counts provided
Effort: Easy

**Ingredients:**
- **Taco Salad:**
  - 4 chicken breast - boil, then shred with fork
  - Olive Oil
  - Cumin
  - 1 Can Rotel tomatoes with green chilis
  - 1 Large yellow onion - diced
  - 1 Head Iceberg lettuce
  - 1 Can black olives
  - Shredded cheddar cheese
  - Sour Cream
  - Guacamole (optional)
  - Homemade Salsa:
    - 1 large can peeled tomatoes
    - 1 small bunch cilantro
    - garlic salt

  **How to Prepare:**
  - In a large skillet, pour about 2 Tbsp olive oil and turn up to med/high heat. Sautee about ¼ of the onions. Add the shredded chicken, cumin and chili powder and Rotel. Simmer for approximately 20 minutes, stirring occasionally.
  - Meanwhile, shred lettuce and place in bowls. When Chicken mixture is done, place a heaping on top of the lettuce and cover with cheese, olives, sour cream, the remaining onions.

  Combine salsa ingredients in blender. Add to salad. this will be used as your dressing. Enjoy!

  **Old Fashioned Cole Slaw**
  - Serves: 8 Servings. Carbs Per Serving: 6 grams carb 2 grams fiber (ECC=4)
  - Prep Time: <20 minutes Effort: Easy
  - Ingredients:
    - 2/3 cup vinegar
    - ½ cup whipping cream
    - 2 large eggs, lightly beaten
    - ¼-1/2 cup Splenda
    - Pinch of salt
    - 1 ½ tablespoons butter cut into pieces
    - 1 (2-pound) head cabbage, shredded

  - How to Prepare:
    - Combine first 5 ingredients in a small, heavy saucepan; cook over low heat, stirring constantly with a wire whisk, 8 to 10 minutes or until thickened (mixture will appear curdled until it thickens).
    - Remove from heat. Add butter, stirring until it melts. Pour over cabbage; toss gently to coat. Cover and chill.

    You can add ¼ cup chopped walnuts and only raise the carb count by ¾ gram. If you’re on maintenance, ¼ cup dried, chopped cranberries and the walnuts brings you in at a little under 10 grams.

  **Cool Taco Salad**
  - Carbs Per Serving:?
  - Prep Time: 15 min Effort: Easy
  - Ingredients:
    - 1 lb ground beef
    - 1 can diced tomatoes
    - 1 package taco seasoning (follow directions for taco seasoning)
    - ½ cup sour cream
    - ½ cup salsa
    - as much lettuce you need for the salad
    - vegetables to your liking for the salad

  - How to Prepare:
    - Add ground beef and diced tomatoes to skilet after browning meat add taco seasoning (follow water requirements on back of seasoning package) after meat is cooked drain set aside.

    Combine lettuce and your choice of vegetables your salad bowl add meat to top sprinkle with shredded cheese and add sour cream and salsa for your dressing.

  **Cranberry Salad**
  - Serves: 8 Carbs Per Serving: 6.125g Effort: Easy
  - Ingredients:
    - 1 can crushed unsweetened pineapple – (9-oz.) juice packed
    - 1 sugar-free cherry gelatin – (.3-oz.)
    - 1 tablespoon lemon juice
    - ¼ cup artificial sweetener
    - 1 cup fresh cranberries – chopped fine
    - 1 small orange – peeled, quartered and chopped small
    - 1 cup celery – chopped
    - ¼ cup pecans – or other nuts, optional

  - How to Prepare:
    - Drain pineapple and save juice. Set pineapple aside for later use.
    - 2. Combine pineapple juice with water to equal 2 cups liquid. Prepare gelatin according to package label using juice-water mixture for the liquid.
    - 3. Once gelatin is dissolved, stir in lemon juice. Chill until partially set.
    - 4. In a separate bowl, combine the pineapple, sugar substitute, cranberries, orange, celery and nuts. Add this mixture to the partially set gelatin and stir until blended.
    - 5. Pour into large mold or individual molds. Chill until firm.

  Do not use fresh or frozen pineapple in this recipe! It will not allow the gelatin to jell.

  **NOTES:** Carbs for pineapple not included in above total - adjust
Creamy Italian Dressing 1
CarbsPerServing:46g total
Effort:Easy

Ingredients:
¾ cup yogurt – plain
2 tablespoons heavy cream
¼ cup mayonnaise
1 tablespoon red wine vinegar
½ teaspoon oregano – dry
1/8 teaspoon garlic powder
pepper – to taste

How to Prepare:
Combine all and mix well. Chill several hours or overnight.

NOTES : Counts for stevia not included in totals.

Dijon Vinaigrette
CarbsPerServing:5g total
Effort:Easy

Ingredients:
3 tablespoons red wine vinegar
2 tablespoons water
1 tablespoon olive oil
1 teaspoon Dijon mustard
1/4 tablespoon garlic powder

How to Prepare:
Combine all in a bowl. Blend well with a whisk. Chill overnight to blend flavors.

Easy Cole Slaw
Serves:1
CarbsPerServing:3 to 5
Prep Time:10 minutes
Effort:Easy

Ingredients:
raw cabbage (shredded)
mayonnaise
white distilled vinegar
salt & pepper (to taste)

How to Prepare:
Per 1 cup of shredded cabbage mix the following:
2 tablespoons of mayonnaise
2 teaspoons of vinegar
salt & pepper to taste

Easy Egg Plant Salad
CarbsPerServing:15g total
Effort:Easy

Ingredients:
1 large eggplant – cut ¼” pieces
1 large onion – cut ¼” pieces, (red, white, yellow, spanish)
1 can pitted black olives – diced small
small jar spanish olives diced into small pieces
¼ cup cider vinegar – more to taste
1 quart tomato sauce – whatever low carb brand you use

How to Prepare:
Mix all chopped ingredients and add the vinegar. Toss well to mix the vinegar with the mixed veggies. Let set a few minutes and toss again. Add the tomato sauce and mix again. Add red pepper and black to taste (1/2 tsp red is hot).

Mix one more time before placing in a 4 qt. Corningware pot. Bake in the oven at 325°F for about 1 hour (1 ¼ hours is mushy)

Let cool to room temperature, toss and refrigerate before serving (sandwich spread, appetizer, main course with chicken,pork or beef).

Suggestions: prep time on the above recipe is about 15 minutes, has a very unique taste that satisfies the appetite.

NOTES : Counts for black and spanish olives not included in totals.

French Dressing 2
CarbsPerServing:9g total
Effort:Easy

Ingredients:
¼ cup salad oil
1/3 cup red wine vinegar
1 tablespoon lemon juice
1 teaspoon worcestershire sauce
½ teaspoon salt1/4 package artificial sweetener – to taste
¾ teaspoon dry mustard
¼ teaspoon pepper
1 clove garlic – minced

How to Prepare:
Put everything in a jar with screw on lid and shake well.

Makes about 1 cup
french dressing
Serves:4 to 6 servings
CarbsPerServing:very low
Prep Time:5 minutes
Effort:Easy

Ingredients:
¼ cup walden farms ketchup
¼ cup oil(canola or vegetable)
¼ cup white vinegar
1 packet equal 1 teaspoon lemon juice
dash of pepper

How to Prepare:
stir all ingredients until combined

Broccoli and Bacon Salad
Serves:10,10
CarbsPerServing:57g total
Effort:Easy

Ingredients:
How to Prepare:
Mix together: mayo, sweetener and vinegar, let stand 20 min. Mix again and pour over remaining ingredients. Mix well and sprinkle bacon over top. Let sit all day and stir before serving.

Cajun Chicken Caesar Salad

Ingredients:
1 large chicken breast  cajun spice or cayenne pepper to taste 2 tablespoons Hot Sauce 2 cups romaine lettuce
2 tablespoons caesar dressing 1 tablespoon olive oil 1 tablespoon vinegar
1/8 teaspoon dried oregano ½ teaspoon splenda – or your choice salt and pepper to taste

How to Prepare:
Sprinkle spices on chicken breast. May be grill on the BBQ (my favourite), baked, fried, etc. Cut in to 1 inch cubes and toss with hot sauce. Set aside.

Mix lettuce, dressing and cheese. Put on a plate and top with chicken. Top with additional parmesan cheese if desired.

I like mine really hot and spicy so I use cayenne Cajun spice will make it a little milder.

NOTES : Counts for cajun spice and caesar dressing not included in totals.

Chunky Tomato Salad

Ingredients:
2 cups fresh tomatoes – cut in ½” cubes ¾ cup scallions – sliced 1 cup mushrooms – sliced 1 tablespoon olive oil 1 tablespoon vinegar
1/8 teaspoon dried oregano ½ teaspoon splenda – or your choice salt and pepper to taste

How to Prepare:
Combine veggies. In small bowl mix rest of ingredients. Add to veggies. Toss gently till spices are evenly spread thru out. Chill overnight.

Cottage Cheese Casserole

Ingredients:
3 eggs – slightly beaten 3 cups cottage cheese - small curd small diced onion black pepper to taste

How to Prepare:
Mix all ingredients and pour into a casserole dish. Bake at 350 degrees for 45-50 minutes, or until firm and pulls away from the sides of the pan. Serve warm.

Cranberry Relish

Ingredients:
1 cup dark rum 1 teaspoon lemon rind – grated ¼ cup artificial sweetener % to 1 cup/2 cup walnuts – chopped, pecans or almonds 4 ups cranberries – raw fresh or frozen

How to Prepare:
Put Splenda and rum in saucepan, heat to boiling. Add cranberries & lemon zest, bring back to boil & immediately lower heat so the mixture is on a low, rolling boil, just above a simmer. Cover and cook for 10 minutes, stirring occasionally. Add chopped nuts, mixing in thoroughly let cook 1-2 min, then remove from heat, cover and let cool completely. The rum & lemon zest add tremendous richness & complexity to the sauce. But, if you want to forego the rum, just substitute an equal amount of water.

Double Cranberry Salad

Ingredients:
2 ½ cups Diet Iced Botanicals(Cranberry-Raspberry) – zero carbs 1 large package Cranberry Jell-O ( about 8 Carbs???) ¼ cup chopped celery 1/2 cup chopped pecans 1 ½ cups cottage cheese

How to Prepare:
Bring Botanicals to boil. Stir in Jell-0 until dissolved.Chill until partially set (thickened –but not solid Pour ¼ in 8x8x2 inch glass pan. Stir ¼ cup celery & ¼ cup nuts into pan–add additional celery & nuts to remaining Jell-O. Chill 8x8 pan & remaining Jell-0 mixture---until Jell-0 is firm. Mix together cottage cheese & Mayo---place on top of 8x8 layer of Jell-0. Take remaining Jell-0 (if it is firm...
warm slightly in microwave & pour over cottage cheese. Chill until firm. Cut into 8 servings.

NOTES: Carbs for Cranberry Jello not included in above total – adjust accordingly.

**Fancy Pea Salad**

**Carbs Per Serving:** 78g total

**Effort:** Easy

**Ingredients:**
- 2 cups peas, canned – fancy
- 1 cup celery – chopped
- bite-sized: cup mayonnaise
- ⅛ cup Parmesan cheese
- 1 ½ cups finely chopped onion
- 2 cups lettuce – cut
- 10 slices bacon – cooked and crumbled

**How to Prepare:**
Toss peas, onion, celery, and lettuce with mayonnaise in a serving bowl. Sprinkle bacon on top. Sprinkle with Parmesan cheese. Cover; refrigerate overnight.

Little peas, celery, and bacon add crunch and color to this salad. It’s a very nice change of pace for a picnic or potluck. Note that you can use frozen peas, if you prefer. You can use whatever variety of lettuce suits your taste. Serves 4-6.

**French dressing**

**Serves:** 4 to 6 servings

**Carbs Per Serving:** very low

**Prep Time:** 5 minutes

**Effort:** Easy

**Ingredients:**
- ½ cup walden farms ketchup
- ¼ cup oil (canola or vegetable)
- ¼ cup white vinegar
- 1 packet equal
- 1 teaspoon lemon juice
- dash of pepper

**How to Prepare:**
Stir all ingredients until combined

**Garlic and Pepper Bleu Cheese**

**Serves:** 6ish

**Carbs Per Serving:** 1-2 per serving

**Prep Time:** 5 mins

**Effort:** Easy

**Ingredients:**
- ½ Cup Sour Cream
- ½ Cup Mayo
- 4oz Bleu Cheese
- Crumbled
- 1 tsp Garlic Powder or Minced fresh cloves
- ½ tsp black pepper or ground peppercorns

**How to Prepare:**
Mix all ingredients in a tupperware bowl and enjoy.. I think its better to let it sit in the fridge for a few hours so the cheese really gets in there good and the flavors combine a little.. This will hold in the fridge for 5 days to a week so if you don’t think you can use it in that time the ingredients and make a smaller batch. This is also SUPER CHUNKY so if you want it less chunky reduce the amount of cheese.

**Ginger Salad Dressing**

**Serves:** 6

**Carbs Per Serving:** 1.83g

**Effort:** Easy

**Ingredients:**
- ¼ cup chopped onion
- ¼ cup peanut oil
- 2 tablespoons rice wine vinegar
- 2 tablespoons water
- 1 tablespoon ginger root – chopped
- 1 tablespoon chopped celery
- 1 teaspoon soy sauce
- 1 ½ teaspoons tomato paste
- 1 ½ teaspoons splenda
- 1 teaspoon lemon juice
- 1 Dash salt and pepper

**How to Prepare:**
Combine all ingredients in blender container or wok bowl of food processor fitted with steel knife; process until almost smooth. May be kept refrigerated up to one week.

**Greek Salad**

**Serves:** 10

**Carbs Per Serving:** no counts provided

**Effort:** Easy

**Ingredients:**
- 1 head lettuce torn into bite sized pieces
- 1 jar marinated artichoke hearts
- ¼ small tomato choppe (optional)
- A few black olives (optional)
- 4 oz feta cheese depending on how much you – (4 to 8 like it)
- 6 oz chopped ham
- 1 large tomato
- 1 medium cucumber
- ½ red onion
- balsamic vinegar – to taste
- 2 cups lettuce
- large tomato
- black pepper – to taste
- Ken’s Steakhouse Greek Dressing

**How to Prepare:**
Mix all of the ingredients including the dressing and let sit for 10 minutes before serving. This salad is AWESOME!!! I have made it for years for parties and at home and it has become a staple in our family.

**Grilled Chicken Salad**

**Carbs Per Serving:** 31g total

**Effort:** Easy

**Ingredients:**
- ¼ cup soy sauce
- ¼ cup olive oil
- 2 pounds skinless boneless chicken breast – cut in bite size chunks
- garlic powder – to taste
- 1 medium cucumber
- ¼ red onion
- balsamic vinegar – to taste
- 2 cups lettuce
- large tomato
- black pepper – to taste
How to Prepare:
Heat oil in non-stick fry pan. Sauté chicken with garlic powder until just starting to turn a golden brown. Add soy sauce. Simmer on low heat for about 5 to 10 minutes. The oil will float a little to the top. That’s okay.

Make salad with the remaining items. Sprinkle with black pepper. NO SALT! That’s what the soy sauce is for.

When salad is ready, pour the hot mixture of chicken, oil and soy onto the salad. Add balsamic vinegar to taste and toss. The lettuce will wilt a little. You will love it!

'Honey' Mustard!

Prep Time:Less than one minute! Effort:Easy

Ingredients:
1 Tbs. Dijion Mustard
1 Tbs. Spicy Brown Mustard
2 Tbs. Heavy Whipping Cream
1 Packet Splenda

How to Prepare:
Mix all ingredients and serve! Originally, I thought this up as a dip for chicken, but it also makes the BEST salad dressing. If you’ve been missing honey mustard dressing (It’s my personal favorite!) suffer no more!

Hot Chinese Chicken Salad

Carbs Per Serving: no counts provided
Effort: Easy

Ingredients:
For two large salads: 2 chicken breast – cooked with desired seasoning
2 large bowls of lettuce
Tomatoes (optional)
Crumbled bacon (optional)
Hot peppers (optional)
Slivered almonds (optional)
Desired shredded cheese (I like cheddar)
Dressing (the best part):
½ cup oil
1/3 cup apple cider vinegar
1 TB soy sauce (low sodium)
2 packets Equal – Splenda
1 Dash ginger
1 Dash pepper
1 Dash garlic salt

How to Prepare:
Bring ingredients of dressing to a boil in a pan and stir with wisk. Once all ingredients are well-blended, pour over salads.

Hot German Turnip Salad

Carbs Per Serving: 4g total
Effort: Easy

Ingredients:
1 cup mayonnaise
3 Tablespoons white wine
2 teaspoons vinegar
¼ cup bacon grease
¼ teaspoon fresh dill
2 packages artificial sweetener – sweet n low
½ teaspoon salt
1/8 teaspoon pepper
bacon strips – crushed
2 teaspoons onion

How to Prepare:
Whisk all ingredients together. Makes about 2 cups. Use about ¼ to ½ cup per large turnip, sliced until soft. Add crushed bacon and 2 tablespoons onion sautéed in bacon grease.

Italian Cauliflower Salad

Serves: 6
Carbs Per Serving: 23g total
Effort: Easy

Ingredients:
3 cups cauliflower
2 tablespoons diced green bell pepper
2 tablespoons diced onion
¼ cup water
3 tablespoons Italian salad dressing
1/8 teaspoon oregano – dry
1/8 teaspoon garlic powder

How to Prepare:
Combine all ingredients in pan. Cover and cook over medium heat, stirring once in a while till ‘flower is tender crisp, about 10 mins. Chill thoroughly.

Italian Mushroom Salad

Carbs Per Serving: 11g total
Effort: Easy

Ingredients:
3 tablespoons Italian salad dressing
1 tablespoon Parmesan cheese
2 cups sliced mushrooms thinly sliced

How to Prepare:
Mix dressing and cheese. Stir in the mushrooms. Chill several hours.

Kentucky Derby Salad

Carbs Per Serving: no counts provided
Ingredients:
Boston or Iceberg lettuce, apple cider vinegar
4 strips bacon, onions, brown sugar, twin
sesame oil

How to Prepare:
Fry bacon very crisp, shred lettuce, dice or slice the onions warm 3-4 tablespoons sesame oil, crunch up bacon, put on lettuce and onions, twin brown sugar to taste, vinegar to taste.

Lemon Dressing
CarbsPerServing:13g total
Effort: Easy
Ingredients:
2 teaspoons salt, 4 teaspoons Splenda
1 dash pepper, 1 dash Paprika
1/3 cups salad oil
8 tablespoons vinegar, 8 teaspoons lemon juice
1 teaspoon grated lemon, rind - zest

How to Prepare:
Combine all ingredients in a jar with a tight fitting lid and shake until well blended. Refrigerate.

Lime and Cilantro Vinaigrette
CarbsPerServing:7g total
Effort: Easy
Ingredients:
2 tablespoons red wine vinegar, 2 tablespoons lime juice
1/4 teaspoon black pepper, 1/4 cup cilantro leaves, whole
1 clove garlic, 1 tablespoon egg substitute, liquid - (or 1 egg yolk)
2 teaspoons prepared mustard, 1/2 cup oil
1 pinch salt

How to Prepare:
Put everything but half the cilantro and all of the oil in a blender. Process until smooth. With the blender running, slowly pour in the oil until it's well blended. Chop the remaining cilantro very fine and stir into the dressing. The cilantro taste is very strong. Start with just 2T if you like. The vinaigrette is an excellent marinade for ribs or fish. If you like a stronger lime flavor (for marinades) add 1T lime zest to the blender as well.

Low Carb Version Waldorf Salad
CarbsPerServing:90g total
Effort: Easy
Ingredients:
2 cups jicama - peeled and cubed, 2 tablespoons lemon juice
1/2 cup strawberries - cut into 1/4s, 1/4 cup celery - sliced
1/4 cup mayonnaise - more or less to taste, 2 packets splenda
3 tablespoons slivered almonds
2 tablespoons blue cheese crumbled (optional)
4 cups romaine lettuce - shredded

How to Prepare:
Toss Jicama cubes with lemon juice and let sit 5 minutes. Mix in remaining ingredients. Refrigerate 30 minutes or more before serving. Divide lettuce among 4 plates and spoon 1/4 of the salad over the top of each.

Men Like It Salad (And Women Too!)
CarbsPerServing:21g total
Effort: Easy
Ingredients:
8 ounces cream cheese, 1/2 cup chopped pecans
1 cup diced celery, 1 small can crushed pineapple, 1 pkg. lime gelatin
1/4 cup lime juice, 1 1/4 cup hot water
1 pinch salt

How to Prepare:

NOTES: Counts for crushed pineapple and lime gelatin not included in totals.

Mexican Egg Salad
CarbsPerServing:17g total
Effort: Easy
Ingredients:
1/8 teaspoon cayenne pepper
6 large eggs - boiled, 1 small red pepper
3 ounces green chili peppers - 1 3 ounce can, chopped 2 tablespoons mayonnaise
2 tablespoons mayonnaise
1/8 teaspoon cayenne pepper

How to Prepare:
We served it on roasted red peppers on the grill and it was awesome.

Mock Potato Salad
CarbsPerServing:18g total
Effort: Easy
Ingredients:
1 head cauliflower - cooked and chopped, 2 eggs - boiled and chopped
mock tuna/spam/ham mac. salad
Serves: 4
Carbs Per Serving: 3
Prep Time: 15 min.
Effort: Easy

**Ingredients:**
8 boiled eggs diced
1/4 c. celery
1/4 c. onion
1/4 c. mayo
add 1 can tuna
diced spam
or diced ham
mustard to taste
salt

How to Prepare:
Serve chilled

Monaco Salad
Serves: 1 – count for entire recipe
Prep Time: Just chopping
Effort: Easy

**Ingredients:**
2 cups romaine lettuce, chopped
2 cups bok choy, chopped
1/4 cup endive, chopped
1/4 cup spinach, stems removed and chopped
1/4 cup red cabbage, chopped
1/4 cup cucumbers, peeled and sliced
1/4 cup celery, sliced
1/4 cup mushrooms, sliced
1/4 cup carrot shreds (I use jicama!)

How to Prepare:
Toss everything together. The book suggests a poppyseed dressing, but I have not found one that was low-carb/low-sugar, so I usually use a good Italian and it’s fine

Salad
Carbs Per Serving: no counts provided
Effort: Easy

**Ingredients:**
1 cauliflower, head
1 cucumber – cut into bite-sized pieces
grape tomatoes
1 thick sliced ham (from deli) – diced
1 thick sliced turkey (from deli) – diced
Mayonnaise
Salt
Pepper

How to Prepare:
Cook the cauliflower until tender – drain and cut into bite sized pieces. Add the cucumber, tomatoes, ham & turkey. Mix with mayonnaise and add salt & pepper. Chill.

Mushroom and Olive Salad
Carbs Per Serving: 55g total
Effort: Easy

**Ingredients:**
1/4 cup kalamata olives
1/4 cup green olives
1/4 cup black olives
1/4 cup banana peppers – rings
2 ounces pimientos – (small jar)
1/4 cup mushrooms – cut into 1/2 cup Italian salad dressing bottled
3 tablespoons lemon juice
1 teaspoon black pepper – freshly ground
2 cloves garlic – smashed
1/4 teaspoon salt

How to Prepare:
Use whole, pitted olives or olive halves (not slices) depending on how you want to use the mix. Banana peppers can be mild or hot – your choice. Drain and rinse all ingredients. Bring water, salt and lemon juice to a boil. Add mushrooms and boil for 3 minutes. Drain well. Warm salad dressing, garlic and pepper to a low simmer, then remove from heat and let cool while you assemble the rest. In a gallon size zipper bag, place olives, mushrooms, pimento and peppers. When dressing has cooled slightly, pour into bag and seal. Marinate 2-3 days, turning bag occasionally. Drain or use with the dressing over salads.

Mushroom Salad 2
Carbs Per Serving: 25g total
Effort: Easy

**Ingredients:**
2 cups pickled mushrooms or in brine
3 ounces sour cream
black pepper
onion – chopped

How to Prepare:
Cut pickled (or in brine) mushrooms, add chopped onion and mix with sour cream. Flavour with pepper.

NOTES: Carbs for onion not included in above – adjust accordingly (1 tablespoon = .9)

Oriental Salad Dressing – Single Serving
Serves: 1, 9
Carbs Per Serving: 0
Prep Time: 5 minutes or less
Effort: Easy
**Oriental Salad for Company**  
**Serves:** 2  
**Effort:** Easy  
**CarbsPerServing:** 30g total

**Ingredients:**  
- 1 TBSP Sesame Seed Oil  
- 2 TBSP Canola Oil  
- 1 tsp Sesame Seeds  
- 1 tsp Splenda  
- 1 TBSP apple cider vinegar  
- Salt & pepper to taste

**How to Prepare:**  
Mix all ingredients in a ¼ cup measuring cup.

**Construction Salad Dressing**  
**Serves:** 10  
**Effort:** Easy  
**CarbsPerServing:** 17g total

**Ingredients:**  
- ½ pound cabbage – (1/2 to 1) finely shredded  
- 2 cups red cabbage – finely shredded  
- green onions – sliced thin  
- toasted sesame seeds  
- 3 tablespoons sesame oil – (3 to 4)  
- 6 tablespoons red wine vinegar  
- 1 packet artificial sweetener  
- pepper

**How to Prepare:**  
Prepare above salad greens, onions & sesame seeds and layer in a glass bowl. Cover and chill. Make dressing.  
Mix all dressing ingredients and let stand at room temp for 30 minutes just before serving, add dressing and toss.

Enjoy!

**Outback Steakhouse® Caesar Salad Dressing**  
**Serves:** 10  
**Effort:** Easy  
**CarbsPerServing:** 17g total

**Ingredients:**  
- 1 cup mayonnaise  
- ¼ cup egg substitute  
- ¼ cup grated parmesan cheese  
- 2 tablespoons water  
- 2 tablespoons olive oil  
- 1 ⅛ tablespoons lemon juice  
- 1 tablespoon anchovy paste  
- 2 cloves garlic – pressed  
- 1 ½ tablespoons sugar  
- ¼ teaspoon coarsely ground pepper  
- ¼ teaspoon salt  
- ¼ teaspoon dried parsley – crushed fine

**How to Prepare:**  
Combine all ingredients in a medium bowl. Use an electric mixer to beat ingredients for about 1 minute.  
2. Cover bowl and chill for several hours so that flavors can develop. Makes approximately 2 cups.

This dressing keeps for weeks and weeks in the fridge in a covered container (if it’s even around that long).

**Peanut Cole Slaw**  
**Serves:** 2  
**Effort:** Easy  
**CarbsPerServing:** 26g total

**Ingredients:**  
- 1 Medium Head Cabbage  
- ½ Cup peanuts – I use spanish salted  
- 1 Cup Sour Cream  
- ½ Cup mayonnaise  
- Sweetener

**How to Prepare:**  
In food processor chop cabbage semi fine. Remove and process peanuts until coarsely (be careful not to process too long or you’ll have peanut butter). Mix the sour cream, mayo and sweetner to taste, then mix with cabbage and peanuts. Let set a few hours in the fridge to blend flavors.

I usually save a few peanuts whole and add when I serve.

NOTES : Counts for sweetener not included in totals.

**Pecan and Gorgonzola Salad**  
**Serves:** 2  
**Effort:** Easy  
**CarbsPerServing:** no counts provided

**Ingredients:**  
- Bibb or leaf lettuce  
- gorgonzola cheese  
- pecan pieces (toasted in butter or stove top. Be careful because pecans will burn before butter. Make sure to toast them for full effect)  
- olive oil/balsamic vinegar  
- season with salt and pepper to taste

**How to Prepare:**  
There’s something about the combination of these flavors that’s out of this world. For those with a few carbs to spare, throw in a bit of chopped-up pear. If I’m having a sweet or a salty craving, this salad will almost always take care of it. (Left over flank steak also beefs up this dish). Bon appetit!

**Pepper/Parmesan/Ranch Salad Dressing**  
**Serves:** 2  
**Effort:** Easy  
**CarbsPerServing:** 2g total

**Ingredients:**  
- 2 tablespoons sour cream  
- 1 tablespoon parmesan cheese – finely grated  
- 2 teaspoons heavy cream  
- 1 teaspoon ranch dressing  
- fresh ground pepper to taste

**How to Prepare:**  
Mix all together and chill before serving

NOTES : Counts for ranch dressing not included in totals.

**Philly Cheese Steak Salad**  
**Serves:** 2
CarbsPerServing:no counts provided                  Effort:Easy
Ingredients:
4 thin breakfast or chip steaks – cut into strips Olive Oil
Onion Green pepper4 slices Provolone cheese
Lettuce Tomato Mayo

How to Prepare:
Brown onion and green pepper in a little bit of oil in skillet. Add steak strips and cook until done.

Add slices of Provolone cheese and cook a few seconds until melted.
Serve on a bed of lettuce. Top with sliced tomatoes and mayo.

Pineapple Slaw
Serves:4
CarbsPerServing:8.5g                  Effort:Easy
Ingredients:
2 cups cabbage - finely shredded
¼ cup crushed pineapple in juice - drained
¼ cup green peppers - finely diced
2 tablespoons mayonnaise - (more if you like)
2 tablespoons onion - finely dicedStevia - to equal 1 teaspoon sugar
¼ teaspoon celery seed salt - to taste pepper - to taste

How to Prepare:

NOTES : Stevia not included in counts

Quick Fixin’ Taco Salad
CarbsPerServing:7g total                  Effort:Easy
Ingredients:
1 Can Herfords brand Shredded Roast Beef – Or equivalent (Libby’s)1
Cup shredded cheddar cheese 3 Tablespoons sour cream
2 Cups Iceberg Lettuce 2 Tablespoons black olives
3 Tablespoons low carb salsa

How to Prepare:
Drain gravy juice from can, Heat the Roast Beef (microwave works great). Place Roast beef over lettuce and top with:
cheese, sour cream, black olives and salsa.

NOTES : Makes two good size servings at approximately 4/5 carbs per serving.
Counts for Herford’s Shredded Beef and low-carb salsa not included.

Ranch Dressing w/Blue Cheese Variation
CarbsPerServing:19g total                  Effort:Easy
Ingredients:
¾ cup sour cream ¼ cup mayonnaise
¼ cup heavy cream ¼ teaspoon salt
¼ teaspoon black pepper 1 teaspoon garlic powder1 teaspoon onion powder
1 teaspoon dried parsley 2 tablespoons red wine vinegar
3 ounces gorgonzola cheese – crumbled 1 tablespoon red wine vinegar

How to Prepare:
For ranch dressing: combine first 9 ingredients and whisk well. Add more cream if a thinner consistency is desired. For Blue cheese: combine first 9 ingredients with extra vinegar and 1 oz of the cheese. Blend until smooth, then stir in the remaining crumbles blue cheese.

Yield: 1 ¼ cups

Ranch Dressing 2
Serves:10
CarbsPerServing:13g total                  Effort:Easy
Ingredients:
1 cup mayonnaise 1/4 cup heavy cream
1 cup water 1 tablespoon vinegar
1 tablespoon dried chives 2 teaspoons garlic powder1 tablespoon dried parsley
¾ teaspoon paprika 1 dash cayenne pepper
1 teaspoon celery salt ¼ teaspoon black pepper
1 teaspoon onion powder

How to Prepare:
Mix everything well and keep refrigerated. Makes about 2 ¼ cups.

Restaurant Style Slaw
Serves:10
CarbsPerServing:60g total                  Effort:Easy
Ingredients:
8 cups cabbage - finely chopped, not shredded ¼ cup chopped carrot - finely chopped
1/3 cup Splenda ¼ teaspoon salt
1/8 teaspoon white pepper1/4 cup half and half ¼ cup mayonnaise
¼ cup buttermilk - or heavy cream to reduce carbs 1 ¼ tablespoons white vinegar
2 ¼ tablespoons lemon juice

How to Prepare:
This is not my own recipe
*Note...I work full time so rather than shred all the veggies I just bought the stuff that’s already shredded in the bag.

Be sure cabbage and carrots are chopped up into very fine pieces (about the size of rice.) If you have no food processor, cabbage and carrots may be “chopped”, by adding small pieces of them to your blender with cold water and hitting the “grate” or med-low setting. Be sure to drain very well before proceeding. Combine Splenda, salt, pepper, half-and-half, mayonnaise, buttermilk (or cream), vinegar, and lemon juice in a large bowl and beat until smooth. Add the cabbage and carrots and mix well. Cover and refrigerate for at least 2 hours before serving.

When served, this will taste just like the creamy sweet slaw served in restaurants like KFC, Lee’s, and many BBQ places.

**Sante Fe Beef and Hot Pepper Salad**
Serves: 8  
Carbs Per Serving: 6.5g  
Effort: Easy

**Ingredients:**
- **Dressing:**  
  - ½ cup salsa – thick and chunky
  - ½ cup sour cream
  - ¼ teaspoon chili powder

- **Salad:**  
  - 8 ounces pitted ripe olives
  - 8 ounces deli roast beef – julienned
  - 4 ounces hot pepper cheese (Alpine Lace makes one)
  - 2 medium tomatoes – cut into thin wedges
  - 2 thin onion slices – separated into rings

**How to Prepare:**
1. Stir together salsa, sour cream and chili powder in a small bowl. Mix well.
2. Combine all salad ingredients in large bowl, toss lightly. Serve with dressing.

**Seasme (Tahini) Dressing**  
Serves: 4ish  
Carbs Per Serving: 1-2 per serving  
Prep Time: 5 mins  
Effort: Easy

**Ingredients:**
- ¼ cup Tahini
- ¼ cup water
- 2 tbsp lemon juice
- ¼ clove garlic, crushed

**How to Prepare:**
Blend all ingredients until smooth. Yields ¼ cup dressing... if you want it thinner you can decrease the amount of water... This is nutty and tart a great substitute for oriental style dressing.

**Sesame Slaw**  
Carbs Per Serving: 93g total  
Effort: Easy

**Ingredients:**
- ¼ cup sesame seeds
- ¼ cup slivered almonds
- 2 tablespoons butter
- 1 head cabbage head – napa – shredded
- 4 spring onion – chopped
- 4 ounces olive oil
- 8 packages artificial sweetener
- 2 teaspoons salt
- ¼ teaspoon pepper

**How to Prepare:**
Saute sesame seeds and almonds in butter. Add this to cabbage and spring onions. Refrigerate. Mix dressing and pour over salad. Serves 8-10

**Seven Layer Salad**  
Carbs Per Serving: no counts provided  
Effort: Easy

**Ingredients:**
- lettuce
- sliced boiled eggs
- chopped onion
- sliced olives
- crumbled bacon
- mayo
- grated cheese

**How to Prepare:**
Layer. Make in single serving size or family size. Can be made ahead and refrigerated.

**Shrimp Curry Salad**  
Serves: 2  
Carbs Per Serving: 3.5g  
Effort: Easy

**Ingredients:**
- Salad:
  - 1/3 head lettuce
  - 4 radishes - chopped
  - 3 green onion – finely chopped (green peppers are also good on this salad)
  - 2 tablespoons butter

- Dressing:
  - ¼ pound cooked shrimp – small
  - 1 clove garlic
  - pepper
  - 3 tablespoons mayonnaise
  - 1 teaspoon curry powder

**How to Prepare:**
Put about 2 Tbl Butter and ¼ Lb. Small cooked shrimp in medium glass bowl with lid. Microwave 1 minute till butter is melted and shrimp is medium hot. Stir in 1 clove garlic and a small amount of pepper. In separate small bowl combine 3 large Tbls of Mayonnaise (I used Best Foods) and 1 tsp Curry powder.

Pour juice from shrimp in with mayonnaise and combine. Put shrimp on salad. Pour dressing on salad.
Shrimp Egg Salad  CarbsPerServing:3g total
Effort:Easy
Ingredients:
2 eggs – hard boiled  2 tablespoons mayonnaise
1 cup shrimp – frozen, cocktail
How to Prepare:
Chop boiled eggs into bowl add mayonnaise and mix well. Dump frozen shrimp into boiling water for 1 min then drain. Add shrimp to egg salad. Mix and chill

This is good on Atkins bread, a bed of chopped spinach, or just by itself.

Zesty Shrimp Salad  Serves:3
CarbsPerServing:4.5  Prep Time:20 mins  Effort:Easy
Ingredients:
1 lb shrimp  1 small head of lettuce
¼ medium cucumber  1 cup green bell pepper/1 cup Zesty Italian light done right  Kraft salad dressing
How to Prepare:
Bring one quart of water to a boil and drop shrimp in boiling water for 5 to 7 minutes. When shrimp cools peel and mix the salad dressing with the shrimp. All other ingredients prepare them in bite size pieces add the shrimp and toss. This is great to take for lunch. Keep shrimp separate from your greens and toss when you are ready to eat.

Side Salad 2  CarbsPerServing:11g total
Effort:Easy
Ingredients:
¼ pound salami – hard, cut ½” thick  ½ pound mozzarella cheese – cubed
1 cup grape tomatoes – halved  1/8 cup fresh basil – chopped fine
¼ cup olive oil – light  salt and pepper to taste
How to Prepare:
Toss together. Serve with diet flat bread grilled with olive oil and garlic salt.

NOTES : Counts for grape tomatoes not included in totals.

Simple Colorful Salad  CarbsPerServing:40g total
Effort:Easy
Ingredients:
12 cherry tomatoes – cut in half
1 large cucumber – wash and slice about ¼” slices
1 small red onion – cut into thin slices and separate into rings
6 green olives – w/pimento cut into ¼s (optional) 1 lemon – cut in ¼ and slice very thin – make sure peel is clean
2 tablespoons fresh parsley – chopped (2 to 3)
2 tablespoons bottled Italian or Caesar dressing  salt and pepper to taste
How to Prepare:
Toss everything together and let marinate in the refrigerator for an hour before serving. By itself or this is also excellent spooned over some lettuce, cabbage or fresh spinach.

NOTES : Counts for dressing not included in totals.

Spicy Steak Salad  CarbsPerServing:34g total
Effort:Easy
Ingredients:
1 pound round steak  2 tablespoons lime juice
4 tablespoons oil  1 clove garlic – crushed
1 teaspoon crushed red pepper – flakes
¼ teaspoon salt  ¼ teaspoon pepper
6 cups romaine lettuce – shredded  4 tablespoons bottled Italian dressing
1 small tomato – diced  ¼ onion – cut into thin rings
1 medium cucumber – sliced thin, don’t peel 8 black olives
2 medium radishes – sliced thin
How to Prepare:
Mix lime juice, oil, garlic and seasonings. Place in a large zipper bag w/meat. Let marinate overnight, turning occasionally. When ready to serve, heat Foreman grill and cook for 6 minutes. (You may need to cut steak in ¼ or smaller). If using a skillet, preheat skillet – you want it to sizzle when you put the steak in! Cook over high heat for 4 minutes per side.
Toss lettuce with dressing and place in 4 plates. Top with the vegetables.
Slice steak thinly and place on top of salad.

NOTES : Counts for Italian dressing not included.

Spinach Salad with Peanut Salad Dressing  Serves:6,10
CarbsPerServing:5.17g  Effort:Easy
Ingredients:
1/3 cup unsalted peanuts, dry-roasted
5 cherry tomatoes – (5 to 10)
2 tablespoons rice wine vinegar ½ teaspoon salt
1/8 teaspoon cayenne pepper – or half this for less spicyness
6 tablespoons peanut oil

How to Prepare:
In a jar, shake together vinegar, salt, soy sauce & cayenne pepper until salt dissolves. Add oil & shake again to combine ingredients. Pour over salad when ready to serve and toss well.

Spinach Salad
Serves:4
Prep Time:10 minutes
Effort:Easy

Ingredients:
1 Bunch of Spinach
1 cup bean sprouts
1 ½ tbls Renees Gourmet Dressing
Cucumber Dill flavour

How to Prepare:
Wash and Chop spinach into bite size pieces, chop mushrooms, add bean sprouts, Fry bacon till crisp, crumble and add. Mix in dressing and serve.

Spinach Salad w/Hot Bacon Dressing
Serves:10
Prep Time:10 minutes
Effort:Easy

Ingredients:
4 Bacon Strips
¾ cup splenda
¼ teaspoon Salt
1 egg – beaten1/8 cup Vinegar
½ cup Water
1 bag Fresh Spinach Leaves
2 eggs

How to Prepare:
Fry bacon until crisp. Reserve drippings and drain bacon on paper towel, crumble and set aside.

In small saucepan combine splenda, salt and not-starch. Add egg and vinegar; mix well. Add water and reserved drippings and bring to boil. Reduce heat; simmer stirring constantly for 2-3 minutes. Cool just until dressing reaches desired thickness. Put crumbled bacon on top of spinach leaves in large bowl and toss with dressing.

NOTES : Counts for not-starch and spinach leaves not included in totals.

Spring Mix Salad
Prep Time:10 minutes
Effort:Easy

Ingredients:
Good sized handful of spring greens lettuce mix.
Hidden valley ranch dressing package mixed with sour cream instead of mayo (much better that way). Mix a little water and/or cream to get a more fluid consistency.1 Safeway Select brand Chicken, Parmesan, Mushroom, and Spinach Sausage, sauteed whole (slice when cooked), or any brand that has no carbs/sugar.
A small sprinkling of Planter’s mixed salted nuts instead of croutons (more natural and yummier than store bought croutons).

How to Prepare:
Toss all ingredients in a salad bowl with a tablespoon or two of your dressing, and you’ll have the most amazing brunch, lunch or dinner. Add a sprinkling of garlic powder and pepper for extra zip).

NOTES : Counts for salad dressing not included in totals.

Strawberry Feta Salad
Prep Time:10 minutes
Effort:Easy

Ingredients:
1 medium cucumber
1 large tomato
2 green onions
2 teaspoons splenda

How to Prepare:
Dice vegetables – slice green onion, combine in a small bowl, sprinkle dressing and splenda over all and add salt and pepper if desired. Gently stir to mix and coat all, and refrigerate for at least 2 hours or overnight.

Suggestions: This is always better the next day. This recipe serves 2-3, and is awesome with a steak or chicken breast. The marinade is good on the meat as well.

NOTES : Counts for salad dressing not included in totals.
Effort: Easy

Ingredients:

How to Prepare:
Mix Strawberries (sliced) with Feta cheese, Lettuce, and Poppyseed dressing. Delicious in the summertime.

Sweet and Crunchy Chicken Salad

Serves: 4+, 1
Carbs Per Serving: see note on recipe
Prep Time: n/a
Effort: Easy

Ingredients:
- 8 ounces cooked chicken breast half – diced small
- 1 ounce slivered almonds
- ½ cup jicama – diced small
- ½ cup diced celery
- ¼ cup diced onion
- 4 tablespoons mayonnaise
- 2 packets splenda packets
- 1 each salt and pepper – to taste

How to Prepare:
Put jicama and 2T water in a baggie with 1 packet splenda and let sit at room temperature for 1 hour, turning bag occasionally to marinate.

When ready to make, mix all ingredients well including liquid from jicama. Refrigerate at least 2-3 hours to blend flavors.

*note: ¼ cup of diced strawberries can be used instead, but don’t add them until ready to serve and fold in gently.

**Start with ½ pack of splenda/sweetener added to the salad mixture and taste before adding more. You may not like it as sweet as I do.

**Nutritional information is for entire recipe. I get 3-4 servings, so divide the information provided by the number of servings you get.

Per serving: 990 Calories (kcal); 76g Total Fat; (66% calories from fat); 63g Protein; 23g Carbohydrate; 8g fiber; 174mg Cholesterol; 4768mg Sodium

Sweet Orange Dressing/Marinade

Carbs Per Serving: 11g total
Effort: Easy

Ingredients:
- ½ cup oil – grapeseed or olive or vegetable
- 3 packets sweetener
- 2 tablespoons grated orange peel
- 4 tablespoons red wine vinegar
- 1 teaspoon orange extract
- 2 tablespoons chopped parsley
- 1 tablespoon red bell pepper – diced very fine
- 1 tablespoon green bell pepper – diced very fine

How to Prepare:
Put the vinegar, sweetener, extract, and 1T orange peel into a blender and blend. Slowly blend in the oil. Stir in the remaining ingredients. Refrigerate, tightly covered. This is a good marinade for chicken, fish or pork and makes and excellent dressing for spinach salad.

Sweet Spinach, Shrimp and Strawberry Salad

Serves: 4
Carbs Per Serving: Per Serving: 175 Calories; 3g Fat (14.9% calories from fat); 27g Protein; 10g Carbohydrate; 3g Dietary Fiber; 227mg Cholesterol; 293mg Sodium.
Prep Time: 15 minutes
Effort: Easy

Ingredients:
- 4 ounces spinach leaves
- 4 ounces baby lettuce leaves
- 1 cup sliced strawberries -- *reserve about ¼ cup
- ½ cup jicama slices *cut into matchstick pieces
- 1 pound boiled shrimp, jumbo – peeled and chilled
- 1 tablespoon balsamic vinegar
- 6 ounces plain yogurt -- *s/f vanilla, not plain
- ¼ cup sliced red onion

How to Prepare:
Cut lettuce and spinach however you like and place on 4 plates. Divide jicama, onion, shrimp and strawberries on top. In a blender or food processor, blend reserved strawberries, yogurt and balsamic vinegar. Drizzle over the salads.

*IF you use plain yogurt, add ½ tsp vanilla extract and 1 packet sweetener to the dressing mix when you blend it.

Taco Mexican Salad

Serves: 1
Carbs Per Serving: no counts provided
Effort: Easy

Ingredients:

How to Prepare:
Take a certain amount of hamburger meat, it depends on how many people are eating, cook it up in a pan and add low carb taco seasoning to the hamburger meat. While cooking, cut up one red onion into small pieces or however you like. Chop up one tomato into little squares. Slice up some lettuce. When hamburger meat is brown and cooked then dish it in a bowl, add your tomatoes, onions, and lettuce. Mix it all up and don’t forget the cheese. Add sour cream. It’s the greatest.

Taco Salad Dressing

Carbs Per Serving: 5g total
Effort: Easy

Ingredients:
2 tablespoons vegetable oil
2 tablespoons white vinegar
1 tablespoon artificial sweetener
2 tablespoons La Victoria red taco sauce
1/8 teaspoon worcestershire sauce
2 tablespoons white onion – finely minced
1/4 cup mayonnaise

How to Prepare:
Mix all together with a wire whip. This is very good, tastes like it has catsup in it.

NOTES: Counts for taco sauce not included in totals.

Best Ever Taco Salad
Serves: 4 - nutritional information is per serving based on 4 servings per recipe.
CarbsPerServing: Per serving: 618 Calories (kcal); 47g Total Fat; (68% calories from fat); 36g Protein; 13g Carbohydrate; 4g fiber; 149mg Cholesterol; 520mg Sodium
Prep Time: 30 minutes
Effort: Easy

Ingredients:
1 pound lean ground beef
1 tablespoon chili powder
1 teaspoon garlic powder
1 teaspoon ground oregano
1 teaspoon ground cumin
1 cup water
6 cups shredded lettuce
1/2 cup diced onion
1/2 cup diced tomato
1/2 cup diced avocado
4 tablespoons sour cream
4 tablespoons salsa
2 tablespoons heavy cream

How to Prepare:
Combine salsa, sour cream and heavy cream and refrigerate.
Saute ground beef, chorizo, chili powder, garlic powder, oregano and cumin until browned. Add water, reduce heat, cover and simmer for 10-15 minutes, stirring occasionally. Remove lid and continue to simmer until water is almost all gone. Taste for seasoning and add salt and pepper if needed.
Place lettuce in a gallon sized zipper bag and pour sour cream mixture over it. Seal and shake to coat lettuce with dressing. Divide lettuce among 4 plates and then divide remaining ingredients (including cooked mixture) evenly.

Tapenade
Serves: 4
Carbs Per Serving: 2.5
Prep Time: 10 minutes
Effort: Average

Ingredients:
1/4 cup kalamata olives
1 tsp capers
1/4 cup extra virgin olive oil
1 tbsp balsamic vinegar

Equipment Needed:
Chef’s knife
cutting board
mortar & pestle
small bowl
measuring cups and spoons1/4 to 1/2 tsp oregano
1/4 to 1/2 tsp rosemary
1 clove garlic
1/8 tsp black or white pepper

How to Prepare:
Hints: The vinaigrette should run slightly from the tapenade after it sits for a few seconds. Tapenade may be prepared a day in advance. Experiment with other herbs and types of acids to complement other foods such as fish or cold meats. Wine or cider vinegar may be substituted to reduce the carbohydrate by 0.5 g per serving.

Instructions: Chop olives until pieces are 1/8” or less. Crush capers and garlic with knife blade and mince fine. Grind oregano and rosemary with mortar and pestle until powdered. Combine all ingredients in small bowl. Cover and chill for 2 hours. Serve over cold asparagus or thin sliced tomato or other cold cooked vegetables.

Tart and Tangy Blue Cheese Dressing
Carbs Per Serving: 10g total

Effort: Easy

Ingredients:
1/4 cup mayonnaise
1/4 cup sour cream
1/4 cup heavy cream
1 teaspoon spike or mrs dash seasoning – 1-2 tspl teaspoon salt – if using Mrs Dash
3 tablespoons malt vinegar – or red wine vinegar
1/4 cup blue cheese, crumbled – salemville or gorgonzola

How to Prepare:
Reserve 1/2 of the crumbled blue cheese. Put everything else in a blender and blend until smooth. Adjust for seasoning adding more salt, vinegar or spike as needed. Stir in remaining blue cheese. Let sit refrigerated at least 2 hours (overnight is better) before using to allow flavors to blend.
Yield: 1 1/3 cups

Store in the refrigerator, tightly covered.

NOTES: Salemville Amish blue cheese is a very good mild/medium flavored cheese. Gorgonzola is stronger and bolder. You can use a combination of both. You may prefer to use the stronger cheese in the blend and have the crumbles be milder.

**Thousand Island Salad Dressing**

<table>
<thead>
<tr>
<th>CarbsPerServing:</th>
<th>lg total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
<tr>
<td><strong>Ingredients:</strong></td>
<td></td>
</tr>
<tr>
<td>1 tablespoon mayonnaise</td>
<td>2 teaspoons sugar free ketchup</td>
</tr>
<tr>
<td>2 teaspoons apple cider vinegar</td>
<td>1/2 teaspoon worcestershire sauce</td>
</tr>
<tr>
<td>1 Dash garlic powder</td>
<td>2 teaspoons sweet relish</td>
</tr>
</tbody>
</table>

How to Prepare:
Mix all together and chill before serving.

NOTES: Counts for sugar free ketchup and sweet relish not included in totals.

**Tuna and Egg Salad**

<table>
<thead>
<tr>
<th>CarbsPerServing:</th>
<th>no counts provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
<tr>
<td><strong>Ingredients:</strong></td>
<td></td>
</tr>
<tr>
<td>Tuna</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Tomato (optional)</td>
</tr>
<tr>
<td>Hard boiled egg</td>
<td></td>
</tr>
</tbody>
</table>

How to Prepare:
Mix tuna and mayo. Serve on a bed of lettuce and tomato. Add sliced hard boiled egg. Top with some shredded cheddar cheese.

**Tuna & Goat Cheese Salad**

<table>
<thead>
<tr>
<th>CarbsPerServing:</th>
<th>no counts provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
<tr>
<td><strong>Ingredients:</strong></td>
<td></td>
</tr>
<tr>
<td>¼ cup tuna, canned – (1/2 can)</td>
<td></td>
</tr>
<tr>
<td>¼ cup crumbled goat cheese (can buy at grocery store)</td>
<td>2 cups lettuce</td>
</tr>
<tr>
<td>2 tablespoons caesar dressing</td>
<td></td>
</tr>
</tbody>
</table>

How to Prepare:
Mix all ingredients! Only 210 calories, 13 grams of fat, 22 grams of protein and 4 grams of carbs...delicious!

**Zippy Tuna Salad**

<table>
<thead>
<tr>
<th>CarbsPerServing:</th>
<th>no counts provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
<tr>
<td><strong>Ingredients:</strong></td>
<td></td>
</tr>
<tr>
<td>2 cans of tuna packed in vegetable oil</td>
<td>Minced onion as desired</td>
</tr>
<tr>
<td>Minced celery as desired</td>
<td>Cheddar Cheese as desired</td>
</tr>
<tr>
<td>Mayo as desired</td>
<td>2 tbsp Balsamic Vinegar</td>
</tr>
</tbody>
</table>

How to Prepare:
Mix until all ingredients are well mixed, and tuna is the consistency that you like. Add the balsamic. Mix until balsamic is evenly spread throughout the tuna, or until all the tuna has a slight brown tint to it from the balsamic.

Put fork into tuna, lift fork to mouth, enjoy.

**Waldorf Salad 2**

<table>
<thead>
<tr>
<th>CarbsPerServing:</th>
<th>33g total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serves:</td>
<td>2,7</td>
</tr>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
<tr>
<td><strong>Ingredients:</strong></td>
<td></td>
</tr>
<tr>
<td>1 large red apple</td>
<td>¼ cup chopped walnuts</td>
</tr>
<tr>
<td>1 cup celery - or 3 stalks</td>
<td>¼ cup mayonnaise</td>
</tr>
<tr>
<td>Artificial sweetener to taste</td>
<td></td>
</tr>
</tbody>
</table>

How to Prepare:
Chop apples and celery in ¼” chunks. Mix apples, celery, mayonnaise, and walnuts together. Add sweetener to taste. About ¼ of the salad makes the perfect snack.

NOTES: Counts for artificial sweetener not included in totals.

**Warm Spinach Salad with Bacon & Pine Nuts**

<table>
<thead>
<tr>
<th>CarbsPerServing:</th>
<th>8.5g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serves:</td>
<td>2,7</td>
</tr>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
<tr>
<td><strong>Ingredients:</strong></td>
<td></td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
<td>4 slices bacon - cut into ¼” pieces</td>
</tr>
<tr>
<td>2 tablespoons pine nuts</td>
<td></td>
</tr>
<tr>
<td>2 cloves garlic – small, minced</td>
<td>1 pound spinach leaves - trimmed</td>
</tr>
<tr>
<td>1 tablespoon balsamic vinegar</td>
<td>1 tablespoon grated parmesan cheese</td>
</tr>
</tbody>
</table>

How to Prepare:
Heat 1 Tbsp oil in a heavy skillet over med-hi heat until hot but not smoking. Add the bacon and sautee, stirring occasionally, for 4 minutes, or until browned. Turn heat to Med., add the pine nuts,
The texture of the pine nuts mellows the saltiness of the bacon and the tanginess of the vinegar.

**Wilted Salad**

Carbs Per Serving: 1g total  
Effort: Easy

**Ingredients:**
- 4 cups salad greens  
- 2 tablespoons bacon drippings  
- ½ teaspoon salt  
- ¼ teaspoon dry mustard  
- 1 teaspoon Splenda  
- 1 tablespoon vinegar

**How to Prepare:**
Mix all dressing ingredients in saucepan and heat to sizzling. Pour over salad greens.

**NOTES:** Counts for salad greens not included in totals.

---

## APPETIZERS AND SNACKS

### Avocado, cheese, and flavoured tuna

Serves: However much you choose, 10, 5  
Carbs Per Serving: Not sure  
Effort: Easy

**Ingredients:**
- 1 cucumber  
- 1 small tin of flavoured tuna  
- 1 avocado  
- Block cheese (your choice depends on your preference)

**How to Prepare:**
Quite easy, I just thought it up the other day and I haven't tried it yet but it sort of gives a substitute instead of using cracker biscuits. Slice the cucumber to reasonable thickness. Put a slice of cheese on the cucumber. Then some avocado then finally some flavoured tuna on top. Great snack

### Chicken Wings (ZERO CARBS)

Serves: 2, 10  
Carbs Per Serving: 0  
Effort: Easy

**Ingredients:**
- 3 lbs. chicken wings  
- 6 T. Hot Sauce  
- 1 Stick Butter  
- 2 qts. cooking oil  
- Lawry's Seasoned Salt

**How to Prepare:**

SAUCE: Combine melted butter and hot sauce in a large bowl, mix well. Add wings and coat evenly.

This recipe is for mild wings- add extra hot sauce for more heat.

Serve with bleu cheese and celery.

### Bacon and Cheese Stuffed Mushrooms

Serves: Depends on # of mushrooms  
Carbs Per Serving: About 2 per mushroom  
Effort: Easy

**Ingredients:**
- 8 oz cream cheese, softened  
- 5 or 6 slices of bacon, fried crisp  
- 1 small onion, chopped - or less  
- 15-20 large mushrooms

**How to Prepare:**
Preheat oven to 350. Take the stems out of your mushrooms, reserving 4 or 5. Clean your mushrooms well and set aside.

Chop your onion well, and chop up the reserved stems. Fry your bacon till crisp, reserving the grease. Cook your onion and stems until tender in the bacon grease. Drain the grease and add onions/stems to the softened cream cheese. Crumble your bacon in the cheese mixture. Combine well. Scoop some into each mushroom cap. Bake for about 10-15 minutes on baking sheet with edges, then broil to brown the tops. YUMMY! Great refrigerated and reheated in oven the next day!

### Bacon roll-ups

Serves: 1 serving  
Carbs Per Serving: About 6 carbs (?)  
Effort: Easy

**Ingredients:**
- 4 large lettuce leaf's  
- 4 slices bacon  
- 1/4 tomatoe, diced  
- 4 oz cream cheese

**How to Prepare:**
Fry up your bacon, dice up your tomatoe, take the lettuce leaf's and smear 1 oz of cream cheese on each leaf. Crumble the bacon and place
on each leaf, spread the tomatoes on each slice and roll-up.

**Baked Salmon**

*Serves: two, Prep Time: 15 minutes*

**Effort: Easy**

**Ingredients:**
- 1 pound of salmon
- 1/2 cup mayonase
- 1/2 tsp paprika
- 1/2 tsp cayenne pepper
- 1 tbls dried minced onion
- 1 tsp chopped garlic
- 1/4 tsp kosher salt
- 1/4 tsp ground pepper
- 1/2 tsp powdered mustard

**How to Prepare:**

Mix all ingredients in a bowl and let set in the frig for 1 hour. This lets all the flavors intensify.

Place the salmon on a sheet of aluminum foil skin side down, take the mixture and cover the salmon completely. Rap the foil so it is sealed and leaves a pouch for the salmon to steam.

Place in a preheated (350) and let cook for approximately 35-45 minutes, depending on the thickness of the salmon.

---

**Banana Cream Pudding**

*Serves: make 4 cups, serves 4,10,10,9,8 CarbsPerServing:4 Prep Time:15 min Effort:Easy*

**How to Prepare:**

In a medium size bowl combine gelatin, pudding mix, and cream. Mix with electric mixer. Then add ricotta cheese & water. Mix. Then gradually add in cream cheese. Eat right away if you choose or let sit in fridge for 15 min for a cool treat!

---

**beef veggie**

*Serves: 6 CarbsPerServing: approximately 7 per serving Prep Time: 20 minutes Effort: Easy*

**Ingredients:**
- 2 tablespoons olive oil
- 1 large onion
- 1.5 lbs. stew beef
- 2 tablespoons beef base or 6 beef cubes
- 2 cloves garlic
- 4 cups water
- 2 cups chopped celery
- 1/2 cup chopped carrots
- 1 cup chopped cabbage
- 1 small can diced tomato

**How to Prepare:**

Heat oil on medium heat, cooked garlic and onion till tender. Set aside. Add more olive oil and brown beef. Drain. Add water, beef base, and remaining ingredients. Additionally, you can add green bell pepper and chopped spinach for a taste that will set your soul free! Enjoy! Cook on low for 1-1.5 hours.

---

**Bites of Heaven**

*Serves: 1,2 CarbsPerServing: Depends on serving- very low Prep Time: Seconds Effort: Easy*

**Ingredients:**
- Salami slices
- Cream Cheese or Cheddar Almond Accents* (salad topping by Sunkist- any flavor)

**How to Prepare:**

Spread cream cheese on a salami slice, top with a few Almond Accents (any flavor), fold like a taco and sit down to watch your favorite movie with a little plate of these. You can also substitute cream cheese for cheddar, or use both!

---

**Bite-Size Crustless Quiche**

*CarbsPerServing: trace Prep Time: ten minutes Effort: Easy*

**Ingredients:**
- 1 tbs butter or margarine
- 1/2 C. finely chopped red bell pepper
- 1/4 C. chopped green onions (white and green parts)
- 3 large eggs
- 2 oz cheddar cheese coarsely grated (1/2 Cup)
- 1/4 tsp. salt
- 1/8 tsp ground black pepper

**How to Prepare:**

1-Preheat oven to 425. Grease one tray of 24 mini-muffin pan cups. In a small saucepan melt butter over moderate heat. Add bell pepper and onions; saute' until soft, about five minutes. Remove the pan from the heat and let the mixture cool slightly.

2-In medium size bowl, combine eggs, cheese, salt and pepper. Stir in the bell peppers and onions. Spoon about a tablespoon of the mixture into each muffin cup (The mixture will fill 18-22 cups.)

3-Bake until centers are set, 8-10 minutes. Let the quiche cool for...
1 minute. using a knife, loosen the quiches around the edges and remove from the cups. Arrange them on platter and serve.

**Bacon Lettuce & Tomato Treats**  
Serves: 6-8  
CarbsPerServing: 2  
**Effort: Easy**

**Prep Time:** 30 minutes  
**Ingredients:**
- 1 pound bacon
- 2 cups mayonnaise
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 24 large cherry tomatoes
- Leaf lettuce

**How to Prepare:**
Cook up bacon crisp  
Drain on paper towels  
Crumble bacon finely.  
Mix bacon, mayonnaise, salt, and pepper all together. Refrigerate for 4 to 6 hours allowing flavors to blend and mixture to become firm.  
Slice cherry tomatoes in half. Lightly scoop out fruit.  
Cover platter with lettuce leaves.  
Working quickly, scoop mixture into cherry tomato cavity; place on platter.

**Bologna Wrap**  
Serves: 1,10  
CarbsPerServing: 1  
**Effort: Easy**

**Prep Time:** a little over a minute  
**Ingredients:**
- 1 slice bologna
- 1 sliver cream cheese
- 2 pimento olives

**How to Prepare:**
Slice the 2 olives in half. Lay bologna on plate, put cream cheese across middle of bologna, and line olive halves on top of cream cheese. Roll up, and enjoy.

**Cheese and Sausage Balls**  
Serves: 6  
CarbsPerServing: 2 per serving  
**Effort: Easy**

**Prep Time:** 5 minutes  
**Ingredients:**
- 1 cup of Atkins Bake mix or other low carb. bake mix
- 1/4 lb. of pork sausage cup shredded cheddar cheese
- 3 tbsp. heavy cream
- Hot Sauce to taste

**How to Prepare:**
Preheat oven to 350 degrees. Combine bake mix, sausage, cheese and cream. Form into 1 inch balls and place on a greased baking sheet. Bake for 20-25 minutes until lightly brown.

**Cheese Ball in Ham Rolls**  
Serves: lots  
CarbsPerServing: less than 1 if you choose no carb ham  
**Effort: Easy**

**Prep Time:** 10 min.

**Ingredients:**
- Cheese ball Spread: 8 oz. cream cheese, softened
- 1 pkg. thin sliced smoked beef (in the cheap little bags)
- 1/2 tsp. garlic salt
- 2-3 green onions chopped
- 1 tsp. worcestershire sauce
- Sandwich sliced ham (check for carb counts)

**How to Prepare:**
Mix up cheese ball mixture. Spread in piece of ham and roll. I keep the mix on hand in the fridge and roll more ham as needed. This is great for taking lunch or a quick snack to go.

**Cheese Nachos**  
Serves: 1  
CarbsPerServing: 3  
**Effort: Easy**

**Prep Time:** 5 min

**Ingredients:**
- 1 controlled carb tortilla
- shredded cheese (hard cheese is best, because most have 0 to very low carbs)
- pinch of salt to taste

**How to Prepare:**
cut the tortilla into 8 parts (like a pizza). Deep fry until golden brown. Drain and add salt. Arrange on baking dish add cheese and bake 2-3 minutes until cheese melts. You can add any low carb toppings, or enjoy as is... This is sooo good!

**Cheese Puffs**  
Serves: I got 90 puffs from this recipe, 8,10  
CarbsPerServing: 16 grams total recipe  
**Effort: Easy**

**Prep Time:** About 10 minutes prep, <1 hr baking

**Ingredients:**
- 1 bag pork rinds, plain
- 2 eggs
- 1 c half & half
- 5 oz cheese* - cut up or grated
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1 tsp mustard powder*

**How to Prepare:**
Heat oven to 350.  
In a food processor, grind the pork rinds. Add the eggs, onion, garlic and mustard powders and cheese. Blend well until cheese is broken down. Add the half & half. This will make a stiff, moist dough.
Drop by small spoonfuls (about the size of a quarter) onto a lined and sprayed cookie sheet, approx 3/4" apart. Bake until browned around edges and lightly browned on top, approx. 18 min. (You can kick up the heat a little, just keep an eye on the first batch for a time)

*You can use any mixture of cheeses (NOT sliced sandwich cheese). Sharp cheddar would give a stronger cheese flavor.

** You may also choose to add a few dashes of cayenne powder for an extra kick!

Hint: To control portion servings of chunk cheese, I cut the entire brick into slices before serving any of it (8oz=8 slices, 16oz=16 slices)

**Cherry Tomatoes Stuffed**

Serves: 4 Servings, 9 Carbs Per Serving: 3g Prep Time: 20 Minutes Effort: Easy

**Ingredients:**
- 16 Large Cherry Tomatoes
- 1 6oz Can Albacore Tuna
- 1 Stalk Celery - chopped fine
- 1/2 small onion - chopped fine
- 6 TBSP Real Mayonnaise

**How to Prepare:**
Slice top off each cherry tomato and core out insides. Discard the insides of the tomatoes. In a bowl, mix the tuna, mayonnaise, celery and onion. Using a spoon, fill each cherry tomato with tuna mix.

**CRAB DIP**

Serves: 8, Carbs Per Serving: 4
Prep Time: 15 MINUTES Effort: Easy

**Ingredients:**
- 1 CAN OR CONTAINER OF FRESH CRAB MEAT (HIGHER QUALITY IS BETTER)
- 1 PKG CREAM CHEESE
- 2 TBSP LEMON JUICE
- 4 CLOVES GARLIC DICED
- 2 TBSP OLD BAY SEASONING
- 1 BUNCH DICED GREEN ONION

**How to Prepare:**
PUT ALL INGREDIENTS INTO A MICROWAVE SAFE BOWL OR CROCK POT. HEAT. MIX. SERVE. BETTER WHEN KEPT WARM.

**cream cheese sushi**

Serves: 2-4 Carbs Per Serving: about 3 Prep Time: 10 mins Effort: Easy

**Ingredients:**
- 8 slices dried beef
- 8 oz softened cream cheese
- green onions (to taste)
- sweetener (to taste)

**How to Prepare:**
Rinse dried beef under warm water and pat dry. Mix cream cheese, chopped green onion, and sweetener. Spread liberally on dried beef and roll. Chill. Slice each roll into 4 little "sushi" pieces. Arrange on plate and garnish w/green onions.

**Crunchy Cheesy Chips**

Serves: you and you only Carbs Per Serving: none Prep Time: seconds Effort: Easy

**Ingredients:**
- 1 inch cubed cheese pieces most any variety

**How to Prepare:**
Arrange several pieces on a small microwaveable plate and nuke for approx 1 min, 20 seconds, on high. Time will vary depending on cheese type and oven. Cheese will flatten out, bubble and then turn crispy...yummmmmmm

**Deep Fried Mushrooms**

Serves: Depends on how many mushrooms you use. Carbs Per Serving: 2.3 grams per half cup Prep Time: 15 minutes Effort: Easy

**Ingredients:**
- Original Flavored Pork Skins
- Eggs
- Whole Fresh Mushrooms

**How to Prepare:**
Crush Pork Skins until fine and powdery. Add pepper to taste. Don't add salt, as the pork skins tend to have enough. Coat whole mushrooms in egg and drop in the bowl of crushed pork skins. Deep fry until golden brown

**Dreamy Creamy Deviled Eggs**

Serves: 6 Prep Time: 1 hour Effort: Easy
**Ingredients:**

- 12 eggs
- heavy mayo
- canned baby shrimp, green or black olive slices for garnish
- paprika
- sea salt
- pepper

**How to Prepare:**
Place eggs in a large saucepan and add cold water until covered by 1". You can add salt to the water if you like. As the water starts to heat up, stir the eggs ... this will help the yolk harden in the center of the egg. Let eggs boil for 10 minutes. Take off the heat and drain ... place eggs in ice water to cool, replacing ice as it melts. Shell eggs and cut in half. Scoop out yolks into a mixing bowl. Place egg white "face" down on an absorbent paper towel. Using a fork, break up all yolks. Add heavy mayo until creamy. Add salt & pepper to taste. Using a whirr mixer (single bladed hand mixer), blend until all the lumps are gone. I use a pastry shooter to fill the egg whites with the deviled mixture. Top with baby shrimp, green or black olive rings. Whatever garnish looks good to you --or-- sprinkle with paprika.

**Easy Pizza Rolls**

Serves: your choice!

**Carbs Per Serving:** depends on toppings, serving size, etc.

**Prep Time:** 5 minutes

**Effort:** Easy

**Ingredients:**

- shredded Italian cheese (mozzarella, Italian blend, etc.)
- pizza sauce (low carb, Ragu pizza quick is great)
- pepperoni
- olives
- onions
- other pizza toppings of your choice

**How to Prepare:**
Sprinkle the cheese into a small pan and cook until edges are lightly brown and cheese has a "lacy" appearance. Top with a LITTLE (a little goes a long way!) pizza sauce and toppings of your choice. Remove from pan, roll together and ENJOY!! SOOO good & SOOO easy!

**Easy Pizza**

Serves: 1

Carbs Per Serving: eggs are 1 carb each. Other carbs vary according to your toppings.

**Prep Time:** just a few minutes

**Effort:** Easy

**Ingredients:**

1) 2 eggs, beaten
2) Pizza sauce
3) Pizza toppings of your choice
4) Pizza cheese

**How to Prepare:**
You need a frying pan that can also go under the broiler. Beat eggs, adding any seasonings that you would like in your "crust". I add basil and garlic powder. Pour eggs into frying pan and cook like an omelet. When the egg is solid, add pizza sauce and toppings. Place under the broiler until cheese is melted. This tastes just like real pizza!

**Finger Food**

Serves: 3

**Carbs Per Serving:** zero carbs.

**Prep Time:** none - right out of can

**Effort:** Easy

**Ingredients:**

- Whole Baby Corn in a can

**How to Prepare:**
Usually found in the Chinese section in the food store. It is virtually free with only 3g carb. Dietary fiber 4g. Sugar is zero. Add to soups and salads also.

**Fried Jicama Chips**

Serves: One

**Carbs Per Serving:** 6

**Prep Time:** 10 minutes or less

**Effort:** Easy

**Ingredients:**

- 1/2 of a medium Jicama
- Seasonings of choice
- Peanut Oil (or other oil suitable for high heat frying)

**How to Prepare:**
Peel and rinse 1/2 of one globe of jicama. Slice paper thin, using one of those "as seen on TV" type vegetable slicers if you can. They give you the thinnest slices. Otherwise use a very sharp knife and slice carefully and thinly. Blot excess moisture from slices. Use enough oil to cover bottom of large skillet and to cover the slices about 1/4" deep should do it. Heat oil, but do NOT OVERHEAT. Add jicama slices in a single layer. You won't get them all done in one batch. Fry each batch until you have browning around the edges, then remove to paper towels to drain while the next batch fries. The chips shrink considerably. While still warm sprinkle them with pepper, salt, low carb seasonings, parmesan cheese, whatever you like, but lightly.

If you make the slices thin enough and fry carefully these chips come out so delicate and crunchy. Really too delicate for dipping unless you just use a thin Ranch dip or something.
Frying Pan Pizza
Serves: depends on size of pan used
Carbs Per Serving: depends on ingredients used
Prep Time: 5 minutes
Effort: Easy
Ingredients:
- Mozzarella cheese
- Pepperoni
- Mushrooms
- Bottled Salsa or Tomato Sauce
- Garlic Powder
- Onion Powder
- Oregano
- Grated Parmesan cheese (optional)

How to Prepare:
Line bottom of non-stick frying pan with pepperoni (or meat of choice). Heat through and blot grease. Sprinkle desired amount of mozzarella cheese, salsa or tomato sauce, and seasonings. Heat through until Mozzarella melts its way to the bottom and browns. Slide onto plate and enjoy!

Garlic and Olive Spread
Serves: 4
Carbs Per Serving: 3
Prep Time: 3 minutes
Effort: Easy
Ingredients:
- 8 oz. cream cheese
- 12-15 green olives with pimentos
- Diced garlic

How to Prepare:
mix all ingredients to taste

Garlic-Pepper Parmesan Crisps
Serves: 12
Carbs Per Serving: 1.6g/serving; 19.2g total recipe
Prep Time: 5 minutes
Effort: Easy
Ingredients:
- 12 ounces freshly grated Parmigiano-Reggiano cheese
- 2 teaspoons minced fresh garlic
- 1 teaspoon freshly ground pepper

How to Prepare:
Combine all ingredients in a small bowl, stirring well. Sprinkle cheese mixture into a 1 1/2" round cookie cutter on a nonstick cookie sheet. Repeat procedure with cheese mixture, placing 16 circles on each sheet. Bake at 350 degrees for 9 to 10 minutes or until golden. Cool slightly on baking sheets. Remove to wire racks to cool completely. Repeat procedure 5 times with remaining cheese mixture. Yields 96 crisps.

Hot Wings
Serves: 3-4
Carbs Per Serving: About 1 carb per wing, plus your dressing and celery (depends on you)
Prep Time: 1 hour or so
Effort: Easy
Ingredients:
- 1 bag frozen chicken wing pieces, defrosted
- 1 bottle Texas Pete® Buffalo Style Chicken Wing Sauce
- 1/2 stick butter
- Ranch or Bleu Cheese dressing
- Celery
- Oil for deep frying
- Salt and pepper

How to Prepare:
Heat your oil in either a deep pot or a fryer to 375. Salt and pepper your wings and fry in batches (usually 5-6 pieces) until the skin is crispy and well browned (about 12 minutes). Remove from oil and drain on cookie cooling rack. Repeat until all wings are cooked. Meanwhile, in a saucepan, melt the butter and pour in 1/2 jar of the wing sauce. When the wings are finished, place them in a large bowl and toss with the sauce. Serve w/celery and ranch or bleu cheese dressing.

Ice Cream Cookies
Carbs Per Serving: 20 TOTAL over estimated for sweetener choice
Prep Time: 5 mins 1 hour to freeze
Effort: Easy
Ingredients:
- 1 cup heavy cream
- 3 drops Stevia or 3 splenda packets
- 2 tbsp Natural Peanutbutter
- 4 oz Softened Cream Cheese
- 1 tbsp Atkins Choc Syrup (optional)

How to Prepare:
Whip cream & Sweetener with a hand beater until its like cool whip texture. Add all the other ingredients and beat until well mixed. taste for sweetness adjust if you want.

Using a spoon put big globs on a non stick cookie sheet or in an ice cube tray and freeze until firm pry them off cookie sheet and store frozen in a plastic bag.
They are pretty hard to get out of an ice tray i have to use a knife to get em out..lol but they come off the cookie sheets real easy..and taste like peanut butter cup ice cream! makes 20ish cookies

Im sure this would work with other flavors as well I know some folks have problems with Peanut butter

Italian Omelette
Serves: varies, 8
Effort: Average
Ingredients:
- eggs
- mild or hot Italian sausage (watch the carbs)
butter mozzarella cheese
peppers of choice (red, yellow, green)
parmesan cheese

How to Prepare:
Brown sausage until no longer pink inside. Drain on paper towels.
Crumble up or cut into slices. Cook peppers in same pan until
tender. Set aside. Beat eggs up. Add butter to hot pan. Pour eggs
in. Cook one side until you can flip the omelette over. Immediately
add sausage, peppers & cheese to one side of omelette. Flip other
side over top of those ingredients. Take pan off heat, put lid on
pan to let cheese melt. Put on plate. Sprinkle lightly with parmesan
cheese. Enjoy!

**Italian Sausage Stuffed Mushrooms**
Serves: 6-8,
Carbs Per Serving: 3 grams per mushroom
Prep Time: 30 minutes

**Effort:** Easy

**Ingredients:**
- 18 to 20 large whole mushrooms
- 2 1/2 links Italian Sausage (hot or mild, skin removed)
- 3 cloves minced garlic
- 1/4 cup crushed Pork Rinds
- 1 egg
- 1/4 c. grated Parmesan Cheese

How to Prepare:
Remove stems from mushrooms, chop 1/2 the stems. Brown sausage,
onion, garlic and chopped stems in oil. Drain well. Cool. Mix with
crushed Pork Rinds, egg and Parmesan Cheese. Spoon filling into
mushrooms. Bake at 350 degrees for 15 to 20 minutes. Garnish with
Parmesan Cheese.

**NOTE:** After browning sausage, we use a chopper to chop meat fine
(resembling taco meat) to make for easier stuffing. We prefer to
leave the onion out for personal taste...you make the call.

**Ketchup or catsup-quick and easy**
Serves: 10 @ 2 tbls
Carbs Per Serving: 5gms
Prep Time: 5 mins

**Effort:** Easy

**Ingredients:**
- 1 small can of tomato paste
- 2/3 of a can of water
- 1/3 can of plain vinegar
- salt to taste
- Splenda 1 or 2 to taste
- other seasonings can include garlic powder onion powder allspice (use extra for a bbq sauce.) pepper hot sauce

How to Prepare:
simply mix up all your ingredients well in a bowl. Cover and store
in the refrigerator. It may get "gel like", just give it a stir. I keep a
batch for 3-4 days. It's great on burgers or in meatloaf.
Take it easy though, tomato stills has sugar carbs.

**Lacy Cheese Rounds**
Serves: 22 (2 per person)
Carbs Per Serving: 0
Prep Time: 5 minutes

**Effort:** Easy

**Ingredients:**
- 1 package (8-ounce chunk) Monterey Jack or Colby or Cheddar Cheese

How to Prepare:
Preheat oven to 375*. Cut cheese chunk (5 1/2 x 2 inches) into
1/4-inch slices; cut each slice in half to make squares. Place
cheese squares 2 inches apart on cookie sheet (stoneware works
best). Bake 16-18 minutes or until cheese is lacy in appearance and
edges are lightly browned. Cool cheese rounds 1 minute until cheese
stops sizzling. Remove to cooling rack and continue baking cheese
squares until all are baked. These are great crackers for eating
alone or with a dip !!!

**Nutty Seed Snack**
Carbs Per Serving: 102g total

**Effort:** Easy

**Ingredients:**
- 1 1/2 cup almonds -- roasted & salted
- 3/4 cup pumpkin seeds, roasted -- roasted & salted
- 1/4 cup cashews -- roasted & salted
- 1/2 cup soy nuts -- roasted & salted
- 3/4 cup coconut -- unsweetened
- 4 tablespoons ThickenThin not/Sugar -- (per TBSP 4.4 g carbs 4.4gfiber, 0.1 g protein)
- 2 tablespoons Splenda
- 1/8 teaspoon salt
- 1 teaspoon cinnamon

How to Prepare:
Dissolve the splenda tablets in water & add the oil & vanilla. Mix
all of the dry ingredients. Mix everything together thoroughly.
Transfer to a large roasting pan with sides. Bake @ 325 degrees for
about 30 minutes--stir occasionally.
Cool & store in air tight container.

Makes 6 cups

NOTES : Counts for ThickenThin not/Sugar and soy nuts not included in totals.

Parmesan Chips  Serves:3-4 servings
CarbsPerServing:0 carbs  Prep Time:0 prep time- cook time-15-30 minutes
Effort:Easy
Ingredients:
1 cup Parmesan cheese no other ingredients

How to Prepare:
Put 1-1/2 tablespoon mounds onto a dry frying pan on stove at medium heat (place a pretty good way apart) spread out mounds to be thin and flat- may need to change to high heat -just see how it goes- let cheese brown around the edges (after about 2-3 minutes) then slip fork underneath and flip- brown other side the same- should be crispy like a chip-may need to pat dry with papertowel. will make 3-4 batches

Fried Artichoke recipe in "Appetizer and Snacks" goes good with these chips

Peanut Butter Protein Bars  Serves:10
CarbsPerServing:10g total
Effort:Easy
Ingredients:
3 tablespoons sugarfree peanut butter
2 tablespoons butter
4 ounces cream cheese 1/4 cup artificial sweetener -- splenda
1 teaspoon vanilla
2 1/2 scoops vanilla protein powder (mine is 0 carbs)

How to Prepare:
Melt peanut butter, butter and cream cheese in microwave. Mix in Splenda and vanilla. Make sure everything is mixed well before adding protein powder. Add protein powder, 1/2 scoop at a time. You will need to use your hands towards the end. Press into a small casserole and chill until firm.

Makes 6 good size bars.

NOTES : Counts for peanut butter and protein powder not included in totals.

Pepperoni Chips  Serves:10,10,10,3,10,10
CarbsPerServing:no counts provided
Effort:Easy
Ingredients:
How to Prepare:
Place pepperoni slices on a paper towel on a plate, and nuke for about a minute- to a minute and a half, usually it will stop sizzling sound when it is done.
Let them sit a minute or two until they dry and get crispy.
Great alone, or with cream cheese, dipping, etc...

Pickle Rolls
CarbsPerServing:19g total
Effort:Easy
Ingredients:
8 ounces cream cheese -- softened
5 dill pickles -- (5 to 7)
(I suggest the regrigerated ones) 6 Slices Deli Ham (sliced just thick enough to -- (6 to 7) spread the cream cheese on).

How to Prepare:
Spread the softened cream cheese onto one slice of ham. Lay the pickle at one end of the sliced ham. Roll it up. You may need to push some cream cheese into each end when its completely rolled.
Place roll on a plate with the seam down. Repeat this until you run out of cream cheese. Regrierate for a few hours or long enough for the cream cheese to harden. Using sharp knife and seam down, slice the roll into 1/4 inch slices. You will want to lay each round slice on a platter. This is so easy and looks great. I have served this as a holiday treat for years. Everyone loves them.

NOTES : Counts for ham not included.

Pico De Gallo
CarbsPerServing:23g total
Effort:Easy
Ingredients:
3 serrano peppers
3 roma tomatoes
3 green onions
1 tsp minced garlic

How to Prepare:
Remove seed from peppers, chop all ingredients into very small pieces, mix together. Can add a dash of salt if you like. Letting this sit for a day or two in the frig enhances the flavor. I prefer the serranos over jalapenos because the serranos "heat" isn't as intense, but if you like it hot try more pepper or jalapeno.

Pigs in a Blanket 1
CarbsPerServing:no counts provided
Effort:Easy
Ingredients:
1 package carbolite bread mix
(maybe the keto yeast bread would work - but I prefer carbo-lite ingredients to make bread)
40 little smokie sausages
40 strips cheese approx 1" long by 1/4" wide
40 strips thin jalapeno 1" long by 1/4" wide (optional)

How to Prepare:
Make bread in bread dough according to package directions either by hand or in bread machine. As soon as it's done mixing, remove and put in an oiled bowl and let rest for 20 minutes. Cut dough into 4 equal pieces, working with 1 at a time and keeping the others covered to keep from drying out. Cut dough section into 10 pieces and flatten with the heel of your hand until it's about 2"x2" square. Place a little smokie, a cheese strip and a jalapeno strip (if using) in the center and roll the dough around it, pinching the seams to seal (dampen your fingers with water if needed). Place seam side down on a cookie sheet that has been sprayed with butter flavored cooking spray. Once all the pigs are made, spray the tops with the cooking spray and place in a warm, draft free place (like an oven) to rise for 1 hour. If you notice any coming apart, pinch the seams again or else the cheese will run out as they bake.


Pork Rinds (Nachos)
Serves:2,10,10,10 CarbsPerServing:5
Prep Time:3 minutes Effort:Easy
Ingredients:
Pork Rinds Green Onions
Cheddar Cheese Sour Cream Salsa

How to Prepare:
On a microwavable plate, spread pork rinds. Top with grated cheddar cheese. Microwave for about 20 seconds or so (until cheese melts into pork rinds). Use sour cream and/or salsa for dipping.

Potato Skins
Serves:1,10,10,10,10,10,10 CarbsPerServing:depends on how much cheese/sour cream
Prep Time:5 minutes Effort:Easy
Ingredients:
shredded cheese of your choice (I recommend colby-jack or cheddar)
bacon bits
sour cream

How to Prepare:
Sprinkle the cheese into a small pan and cook until lightly brown on the edges and "lacy" in the midde (drain off extra oil if you can). Top with bacon bits and cook about 30 seconds longer. Remove from heat, top with sour cream and enjoy!
These taste so much like a real potato skin if you let the cheese get pretty crispy on the bottom!
Please E-mail me @ rreed21527@aol.com if you loved these or if you have a recipe to share with me! :)

Quick Avocado Dip
Serves:one
Prep Time:1 minute Effort:Easy
Ingredients:
1/2 Haas Cal. Avocado 1 tbsp Hellmans Mayo
1 tbsp salsa (your choice heat)1 tbsp cream cheese
1 tsp shelled sunflower seeds

How to Prepare:
Mash all together and serve with 5 or 6 pork rinds. Very quick and easy and tasty.

Quick Tuna Dip
Prep Time:10 minutes Effort:Easy
Ingredients:
2 cans tuna 8 oz cream cheese, softened
1 tsp lemon juice 2 tsp horseradish1/4 tsp salt
1 tsp onion powder 1/4 tsp liquid smoke

How to Prepare:
Mix all ingredients together and form into a ball. Refrigerate.

Serve with celery, cheese slices, or low carb crackers.

Ramuki
Serves:2
CarbsPerServing:no counts provided Effort:Easy
Ingredients:
1 package fresh chicken livers1 slices thin sliced bacon

How to Prepare:
Make livers easier to handle by dropping into boiling water. Quickly remove and cool. This step can be skipped if you don’t mind handling raw liver.

If livers are large, cut in half. Wrap 1/2 slice of bacon around
each piece of liver and secure with round toothpick.

**Roast Beef Roll Ups**  
CarbsPerServing: no counts provided  
Effort: Easy  
Ingredients:  
2 slices thin sliced deli roast beef (I buy Boars Head Seasoned  
Roast Beef at my grocery store) mustard  

How to Prepare:  
Place roast beef slices flat with one edge of one slice overlapping  
the other slice, spread about a teaspoon of deli mustard on roast  
beef and then sprinkle with cheese. Roll up and place in hot skillet  
coated with cooking spray. Brown on each side (careful this only  
takes a couple of minutes).

Place on plate and munch away. I have this in the afternoon with my  
low carb veggie.

**Roasted Olives in Feta Cheese**  
CarbsPerServing: 50g total  
Effort: Easy  
Ingredients:  
1 cup green olives -- pimento stuffed  
1 cup black olives -- Pitted  
3 tablespoons Italian salad dressing  
1/2 teaspoon pepper -- Coarse ground  
1/2 pound Feta cheese -- drained and crumbled  
24 ounces Cream Cheese  
1/2 teaspoon garlic -- Chopped  

How to Prepare:  
Drain olives and toss with Italian salad dressing. Place olives in  
baking dish and roast for 25 minutes at 350 (med. hot oven) or until  
slightly charred. Cool and chop. In large bowl, mix and beat pepper,  
feta, cream cheese, garlic. Fold in olives. Line round, flat dish or  
pan with plastic wrap (I used a round Tupperware container) and  
firmly press cheese mixture into the dish. Smooth into a large  
cheese round. Fold ends of plastic wrap over all. Refrigerate for at  
least 4 hours, or until firm. Invert on plate, remove wrap and serve  
with wasa crackers or pepperoni chips. You can also cut into four  
wedges and wrap each and give as gifts.

Makes 4 cups.

**Roasted Turnips and Caviar**  
CarbsPerServing: no counts provided  
Effort: Easy  
Ingredients:  
4 small turnips -- peeled and sliced to make about 20 slices  
olive oil  
salt and pepper  
sour cream  
caviar  

How to Prepare:  
Preheat oven to 400° F. Dip the turnip slices in the olive oil. Place  
on baking sheet and season lightly with salt and pepper. Bake until  
golden brown on bottom (about 15 minutes).

Turn over and continue baking until second sides are golden brown.

Top with a little sour cream, then a dab of caviar.

**Salami Tacos**  
Serves: 7  
CarbsPerServing: no counts provided  
Effort: Easy  
Ingredients:  
Genoa Salami  
Cream Cheese  
Green Onion (cut up)  

How to Prepare:  
Place a heaping amount of cream cheese in the middle of a piece of  
salami topped with green onion. Now...fold in half !!!

***This is wonderful as an appetizer or simply a snack***

**Salami Wraps**  
CarbsPerServing: no counts provided  
Effort: Easy  
Ingredients:  
Thin-sliced hard salami  
Cream Cheese  
Cumin  
Green onions  
Asparagus Spears (canned or blanched)  

How to Prepare:  
Mix cream cheese and cumin to taste. Spread on slices of salami and  
wrap around either a green onion spear or an asparagus spear. (Gets  
better if the cumin can absorb into the cream cheese overnight)

These snacks were a favorite at parties before Atkins... they just  
happen to work on it, too. Also, something crunchy to bite into...no  
spoon or fork required.

**salmon croquettes**  
Serves: 12 patties or more, 7  
CarbsPerServing: < 1 per patty  
Prep Time: 5 min.  
Effort: Easy  
Ingredients:  
1-15 oz. can pink salmon, drained  
1 egg  
2 Tbs. soy flour  
1/4 C green onion, minced
How to Prepare:

Sausage Balls
Serves: 60 balls
Carbs Per Serving: about 1/2 gram each ball (depends on your sausage and number of balls)
Prep Time: 15 min. mix time, 1 hr forming and baking
Effort: Easy
Ingredients:
How to Prepare:
Prepare the Cheese Puff recipe and move into a bowl. Brown and crumble the sausage. Add the sausage to the cheese mixture and fold in well. Form 1" balls and place on lined, sprayed baking sheet. Bake at 350 approximately 20 minutes.

Add the cayenne! Definite kick and flavor boost there.

SEAFOOD COCKTAIL SAUCE
Serves: MAKES APPROX. 3 CUPS (ACCORDING TO HOW THICK YOU COOK IT DOWN.)
Carbs Per Serving: 7 CARBS PER 1/4 CUP (ENOUGH TO DIP QUITE A FEW SHRIMP IN!)
Prep Time: HALF HOUR OR SO
Effort: Easy
Ingredients:
How to Prepare:
SHRED HORSERADISH RADISH IN BLENDER WITH SOME WATER ADDED. CHOP FINE, POUR OUT AND DRAIN IN FINE SIEVE (I USED A STRAINER) BLEND 3 TOMATO PRODUCTS TO PUREE POUR ALL INGREDIENTS INTO 3 QUART HEAVY SAUCEPAN, COOK OVER LOW HEAT, STIRRING AS NEEDED TO KEEP FROM STICKING, UNTIL DESIRED THICKNESS. PUT IN CANNING JARS AND SEALS OR OTHER CONTAINERS AND KEEP IN FRIDGE.

Seafood Stuffed Mushrooms
Serves: 4, 8, 8, 9
Carbs Per Serving: 2
Prep Time: 10 min
Effort: Easy
Ingredients:
canned crab meat (2 cans) 1/3 cup real mayo
1 pkg large mushrooms 2 tblspn red hot garlic chili sauce
2 tblspn olive oil pinch basil
How to Prepare:
mix mushroom stems and all ingredients into bowl. Place all mushroom caps on foil and drizzle w/ olive oil. Fill caps with mix and grill 15 minutes. Awesome!!! We love them

Smokey Bacon Cheddar Cheese Balls
Serves: varies - nutritional info is for entire recipe, 10
Carbs Per Serving: Per serving: 3477 Calories (kcal); 319g Total Fat; (81% calories from fat); 129g Protein; 28g Carbohydrate; 9g fiber; 842mg Cholesterol; 5020mg Sodium
Prep Time: 30 minutes
Effort: Easy
Ingredients:
16 ounces cream cheese 2 cups shredded cheddar cheese -- sharp or extra sharp
1/2 cup crumbled blue cheese 1/2 tablespoon liquid smoke flavoring
1/2 cup sliced green onions -- thinly sliced green only 8 slices bacon -- crisply cooked, patted dry and crumbled 1 tablespoon bacon fat 1/2 cup sunkist Bacon Cheddar Almond Accents
How to Prepare:
Bring cream cheese and blue cheese to room temperature. In a food processor combine cheeses and bacon fat well. If it seems too stiff*, add 2-3 drops cream to thin it out some. Add the remaining ingredient (except almonds) and pulse to blend. Try not to break the bacon and onions up too much.
Form cheese mixture into either 60 marble sized balls oe 2-3 cheese logs or balls and refrigerate until solid again (about 30 minutes). For mini-balls, pulse almonds in a food processor until almost
ground then place 1/2 of the mixture in a baggie and shake 5-6 of the mini balls at a time to coat.
If making larger cheese balls or logs, crush almonds slightly to break up a bit then roll chilled cheese balls or logs to coat lightly.

Spinach Cups  
Serves: 8  
Carbs Per Serving: 15g total  
Effort: Easy

**Ingredients:**
- 2 egg whites -- slightly beaten
- 2 ounces chopped pimientos
- 2 whole green onions -- thinly sliced
- 1 teaspoon salt-free vegetable seasoning
- 1 tablespoon grated parmesan cheese
- 10 1/2 ounces spinach, frozen -- defrosted and squeezed dry, chopped
- 1 tablespoon grated parmesan cheese

How to Prepare:
2. Combine egg whites, pimientos, green onions, vegetable seasoning, pepper and 1 Tbs Parmesan cheese. Mix thoroughly with fork.
3. Add chopped spinach and blend.
4. Fill muffin tins 2/3 full with mixture. Sprinkle with 1 Tbs Parmesan cheese.
5. Bake in preheated 375f oven for 10-12 minutes.

Stadium Dip and Smoked Sausage  
Carbs Per Serving: 23g total  
Effort: Easy

**Ingredients:**
- 16 ounces smoked sausage -- halved lengthwise, sliced in thick bite size pieces
- 2 tablespoons dijon mustard
- 3 tablespoons horseradish
- 2 cups shredded cheddar cheese
- 1/2 cup mayonnaise

How to Prepare:
Stir-fry sausage in large non-stick skillet approximately 3 to 5 minutes. Mix remaining ingredients in microwave safe bowl. Microwave on medium power 1 minute. Stir, heat another minute or more if necessary.

Strawberry Yogurt  
Carbs Per Serving: 12  
Effort: Easy

**Ingredients:**
- 1 cup cottage cheese  
- 2 tbs. heavy cream  
- 3 tbs. splenda (vary amt. to taste)  
- 3 strawberries (fresh or frozen)

How to Prepare:
Combine all ingredients in blender and blend until smooth.

String Cheese Melt  
Carbs Per Serving: no counts provided  
Effort: Easy

**Ingredients:**

How to Prepare:
Peel back plastic wrap but keep cheese in wrapper. Zap string cheese in microwave for 15-20 seconds. Warm Pizza Cheese! Orange cheddar cheese is not packed the same way as string cheese too!

Stuffed Green Pepper Cups  
Serves: 2  
Carbs Per Serving: 13g total  
Effort: Easy

**Ingredients:**
- 1 Green Pepper  
- cooked chicken breast or canned chicken
- 1 stalk celery  
- 1/4 cup chopped onion
- 1/4 cup mayonnaise -- to 1/2 salt and pepper to taste

How to Prepare:
Cut off the top of the pepper. Pull out the seeds. Slice the pepper in half length wise. Mix the chicken, sliced celery and chopped onion together with the mayonnaise. Scoop into pepper shells. This will serve two. Nice for a quick and easy lunch.

Stuffed Jalopenas  
Serves: 20-30 jalopena halves  
Prep Time: 45 min. but well worth it.  
Effort: Easy

**Ingredients:**
- 8 oz. cream cheese, softened  
- 1/2 tsp. garlic salt  
- 1/2 c. finely shredded colby cheese  
- 10-15 jalopena peppers, fresh
- 1 lb. bacon, cut in half lengths

How to Prepare:
Mix cheeses and garlic and set aside. Using gloves, cut jalopenas in 1/2 longwise and remove seeds. Fill with cheese mixture. Wrap with
bacon half. Place on a cookie sheet. Bake in a 350 degree preheated oven for about 25 minutes or until bacon is crispy cooked.

**Stuffed mushroom**  
Serves: 1  
Prep Time: 5 mins  
Effort: Easy  
**Ingredients:**  
large Mushroom  
chives  
lbs cream cheese  
cheese bacon  
tomato  
parsley

How to Prepare:  
In bowl mix cream cheese, chives, cut up tomato, parsley. Then place on top of mushroom, then on top of cream cheese mix, add grated cheese, then on top of cheese add cut up bacon. Place in med oven for 20 mins.  
Tastes like pizza with out base.

**Stuffed Olives**  
Carbs Per Serving: no counts provided  
Effort: Easy  
**Ingredients:**

How to Prepare:  
Use the lowest carb sour cream at the store, and add less than half a packet of Lipton's onion soup mix. Then take large olives and fill with the mixture. 3 olives fills you up and tastes great. You can also dip your pork rinds in it.

**Stuffed Tomatoes**  
Carbs Per Serving: 16g total  
Effort: Easy  
**Ingredients:**  
2 tomatoes  
1 can tuna fish  
1/4 cup mayonnaise -- (1/4 to 1/2)  
1/4 cup onion  
1 stalk celery -- sliced  
pepper

How to Prepare:  
Cut off the tops of the tomatoes. Scoop out the seeds and insides of the tomatoes with a spoon. Mix tuna with mayonnaise, onion and celery. Scoop mixture into tomato cups. Garnish with pepper.

**Quick and Easy Sweet Pickles**  
Carbs Per Serving: 47g total  
Effort: Easy  
**Ingredients:**  
One jar whole dill pickles (no garlic variety)  
3/4 cup cider vinegar  
1 1/2 cups Splenda

How to Prepare:  
Drain pickles well, rinse in cool water and drain again. Cover with cool water a second time and allow to sit for 15 minutes.  
Remove from water and drain well.  
Cut each pickle into 1/4” chunks (I use already SLICED pickles), and place back in cleaned pickle jar.  
Combine vinegar and Splenda (I use equivalent in LIQUID Splenda, but I can't remember exactly how much).  
Bring vinegar and Splenda to a boil. Remove from stovetop and cool 5 minutes.  
Pour over pickles in jar and seal tight. Allow pickles to refrigerate a minimum of 48 hours.  
Approximately 2 carbs per whole pickle.

**Tangy Deviled Eggs**  
Serves: 4 Servings, 8, 10  
Carbs Per Serving: 2.1g per serving  
Prep Time: 30 Minutes  
Effort: Average  
**Ingredients:**  
4 Jumbo Eggs - Hard Boiled  
4 TBS Real Mayonaise  
2 TBS Stone Ground Mustand  
2 TBS Sweet Dill Relish  
Paprika

How to Prepare:  
Peel hard boiled eggs and cut each in half lengthwise. Remove yolks and place in food processor. Add mayonaise, mustard and sweet dill relish. Blend until smooth. Using a spoon, place dollops of the mixture back into the egg halves. Sprinkle with Paprika for color on top of the yolk mixture.

**Toasted Spiced Walnuts**  
Serves: (8) 1/4 cup servings  
Carbs Per Serving: 4  
Prep Time: 15 mintues  
Effort: Easy  
**Ingredients:**  
2 cups walnuts  
1 tablespoon Splenda  
1 teaspoon sea salt  
1/2 teaspoon garlic powder  
1/2 teaspoon ground cumin  
1 tablespoon walnut oil

How to Prepare:  
Plunge walnuts into a pot of boiling water, turn off pot and let stand 2 minutes. Drain, spread walnuts on a baking sheet and toast in a 400°F oven for 10 minutes.  
Measure seasonings in a small bowl and stir to combine. Heat oil in a skillet. Add toasted nuts and toss 1 minute. Add seasoning and toss until nuts are coated. cool on a paper towel.

**Tofu Pizza**  
Serves: 10  
Carbs Per Serving: no counts provided  
Effort: Easy  
**Ingredients:**  
In blender mix:  
1/2 block firm tofu
1 egg 1 tsp. crushed rosemary salt to taste
1 Tbs. protein powder 1/4 cup parmesan cheese

How to Prepare:
Spread in a round 9" cake pan.

Top with:
chopped tomatoes chopped peppers

Drizzle pesto sauce over this, then add grated mozzarella black olives bacon bits

Sprinkle parmesan cheese on top.

Preheat oven to 425 and bake for 20 min. Cool 5 min. then serve. 1 serving.

Tuna Stuffin' CarbsPerServing:8g total
Effort:Easy

Ingredients:
1 package cream cheese -- softened 1 can tuna -- drained
1/2 teaspoon onion powder 1/2 teaspoon lemon juice

How to Prepare:
Mix all together and let set a few hours for flavors to meld.
Use to stuff celery or cucumber boats or onto of Wasa crackers.

turkey puff's Serves:?,10 CarbsPerServing:?
Effort:Easy

Prep Time:? Effort:Easy

Ingredients:
1/2 LB TURKEY, COOKED AND SHREDDED
4-6 OZ CREAM CHEESE 1/4 CUP CHEDDAR CHEESE SHREDDED
SALT AND PEPPER TO TASTE

How to Prepare:
COOK AND SHRED TURKEY, MELT CREAM CHEESE FOR ABOUT 45 SEC IN MIC,
MIX ALL TOGETHER AND ROLL INTO ABOUT 4 INCH BALLS. ENJOY, WORKS GREAT WITH SHREDDED CHIX TOO!

Yummy Walnut-Cheese Crackers Serves:8,8,5,9 CarbsPerServing:25g total
Effort:Easy

Ingredients:
6 ounces walnuts -- approx 1 3/4 cup, chopped 1 cup grated cheddar cheese
1/2 cup parmesan cheese 2 eggs salt/pepper to taste

How to Prepare:
Beat the eggs in a large mixing bowl. Add all other ingredients, stirring until well coated. Spread evenly on a baking stone or cookie pan. I spread mine thin, so they’ll be more crisp like a cracker. But, you could spread it thicker if you wanted more of a bread type texture. Bake for 10-12 minutes at 375 until very bubbly. Let cool then cut. Makes about 18 2X4 crackers, at 1.5 carbs each. Keep refrigerated. Pop one or two in the toaster oven to "crisp up", then enjoy with your favorite topping.

These "crackers" are very low carb and taste great with toppings like tuna or egg salad, or just by themselves! I eat them almost every day, and they really satisfy my cracker/bread cravings.

Yummy Meatballs Serves:Makes about 60 meatballs.
CarbsPerServing:No counts, but very small amounts.
Prep Time:15 mins to prep, but takes a bit to cook them all.
Effort:Average

Ingredients:
2 lbs lean or extra-lean ground beef. 1 lb lean ground pork
4 eggs 1 tsp salt
1 lbs pepper250 g fresh grated romano cheese. 100 g fresh grated parmesan cheese.
6 cloves garlic (crushed). olive oil.

How to Prepare:
Combine all ingredients in a bowl (use your hands, it's fun). Fry your meatballs in olive oil. Eat hot or cold.

Zuccini Pizza Serves:1,-----Select------,10
CarbsPerServing:2 Prep Time:5 minutes
Effort:Easy

Ingredients:
1 small zucchini PeppernoniMozzerella cheese Salsa

How to Prepare:
Slice a baby zucchini length wise into 3 or 4 slices, top with pepperoni, cheese and salsa. Heat in the microwave for about 2 minutes or until cheese starts to melt. Remove and enjoy

BEVERAGES
**low carb frappachino**  
Serves: 2  
CarbsPerServing: don't know exactly but you only have whipping cream and coffee can't be much  
Prep Time: 10 min  
Effort: Easy  
**Ingredients:**  
any flavored coffee whipping cream ice and splenda blender  

How to Prepare:  
make some flavored coffee brew it very strong more than you normally would to drink. let cool put about a cup in a blender add heavy whipping cream until it looks like a light caramel color add about a cup of ice and blend well. sweeten to taste with splenda in a bowl put about 1/4 cup of heavy whipping and 1 pkt of splenda whip till stiff, pour blended coffee into tall glass and top with whipped cream.  

**Something Strawberry**  
Serves: 2  
CarbsPerServing: Very Low  
Prep Time: 10 minutes  
Effort: Easy  
**Ingredients:**  
1 Cup 1% milk  
1/4 Cup of Splenda  
6 Strawberries diced  
1 Glass of Ice  
1 small squirt fat free strawberry syrup  

How to Prepare:  
Blend in blender until ice is crushed and smooth. ENJOY!

**Italian Cream Soda**  
Serves: 1  
CarbsPerServing: 1 gram  
Prep Time: About 2 min.  
Effort: Easy  
**Ingredients:**  
One Tall Glass Full of Ice  
1 Table Spoon Cream or Half and Half  
One Can Club Soda Chilled if You Want  
Your Choice Torani Sugar Free Syrup  

How to Prepare:  
Put ice into glass. Mix cream and syrup in small glass before pouring into tall glass. Pour cream mixture into glass, then add club soda, mix. Ta-daa, now you have a very grubbinesque soda.

**Soy Steamer**  
Serves: 1, 10, 9  
CarbsPerServing: <2  
Prep Time: 1 minute  
Effort: Easy  
**Ingredients:**  
1 Cup Plain, Unsweetened Soy Milk  
1 Packet Splenda  

How to Prepare:  
Heat the soymilk in the microwave until hot, add splenda.

**Easiest Eggnog!**  
Serves: Variable  
CarbsPerServing: Negligible  
Prep Time: 5 minutes  
Effort: Easy  
**Ingredients:**  
Keto Shake mix (French Vanilla)  
Heavy Whipping Cream  
Water  
Ice  
Nutmeg  
Cinnamon  
Splenda  

How to Prepare:  
Combine heavy whipping cream, water and ice. Blend low, add Shake mix, nutmeg, cinnamon, and Splenda to taste. For reward add a Tablespoon of Brandy!

**Aspartame-free Cherry Soda**  
Serves: About 8 8-ounce servings, 9  
CarbsPerServing: Zero!  
Prep Time: 5 min.  
Effort: Easy  
**Ingredients:**  
2-liter bottle Club Soda  
1 tbsp. Cherry Extract  
1/4 c. bulk Splenda  
-OR-  
9 packets Splenda  

How to Prepare:  
I prefer this to commercial sugar-free soda because I avoid aspartane. Mix the Splenda and cherry extract together in a measuring cup until dissolved, adding a splash of the club soda if necessary. If you add soda, this will foam a lot until mixing is complete. Pour the mixture slowly back into the 2-liter bottle.

**Italian Soda**  
Serves: 1, 10  
CarbsPerServing: 1 gram  
Prep Time: 1 minute  
Effort: Easy  
**Ingredients:**  
6 parts club soda  
1 part Davinci's sugar free flavored syrup of your choice  
heavy cream  
Crushed ice
How to Prepare:
Fill glass with crushed ice. Add club soda. Then add syrup and cream. Stir with a straw and enjoy a sweet, sophisticated-looking drink!

**Berry berry Smoothy**
Serves: 2, 8  
Prep Time: 2 min  
Effort: Easy

**Ingredients:**
- 1 cup of any frozen fruit
- 1 cup of Ice as much as u want of whip cream

How to Prepare:
Blend in a Blenda

**Morning Java Coffee Drink**
Serves: One, 10  
Prep Time: 3 Minutes  
Effort: Easy

**Ingredients:**
- 1 cup of coffee
- 2 tbls Davinci or Torani syrup of choice
- 2 tbls half and half or cream
- Splenda (optional)

Blender

How to Prepare:
Blend cup of coffee with syrup, cream and splenda if you like it a bit sweeter. Blend quick (10 sec) Pour in coffee mug. Will have a frothy top Just like a fancy coffee shop drink. Nice alternative to boring 'ol coffee :-)

**whipped tea**
Serves: 1  
Prep Time: 10 minutes  
Effort: Easy

**Ingredients:**
- 1 cup any flavor
- 1 pack splenda
- 1 cup heavy cream

How to Prepare:
make and let cool 1 cup of tea add splenda. whip cream until peaks form and slowly add tea. peaks will not hold but add a thickening to the beverage.

**Peppermint Patty Tea**
Serves: 1, 5  
Prep Time: 5 minutes

**Ingredients:**
- 1 Cup water
- 1 Peppermint Tea bag
- 1-2 Tbl. Atkins Chocolate syrup (to taste)
- 1-2 Packet(s) Artificial Sweetner (to taste)

How to Prepare:
Boil the water. Please tea bag in boiled water and steep for a minute or two. Add Chocolate syrup and sweetner to taste. Enjoy. This recipe has NO CARBS and is a GREAT substitute on a cold winter night!

**Easy Eggnog**
Serves: 2, 8  
Prep Time: 1 min.  
Effort: Easy

**Ingredients:**
- 1 c. egg substitute
- 1/3 c. Heavy cream
- 6-7 pckts. artfcl. swtnr.
- nutmeg to taste

How to Prepare:
Mix egg sub., swtnr., and nutmeg. Add heavy cream. Stir. Note: Egg substitute is pasteurized and is safe to consume

**Kahlua and Creme Coffee**
Serves: 1, 10, 10, 10  
Prep Time: 5 minutes

**Ingredients:**
- Kahlua decaf coffee
- 2 tbs. cream
- 1 packet of Splenda

How to Prepare:
Prepare coffee. Add cream and Splenda to a mug and pour in coffee. Add Chocolate Redi-Whip to taste.

**Lemonade Iced Tea**
Serves: varies  
Prep Time: 2 min.

**Ingredients:**
- 10 regular or decaf tea bags
- 1 gallon of water
- 1 packet of unsweetened lemonade Kool-Aid (or flavor of your choice)
- Sweetener of choice to taste

How to Prepare:
Brew up a gallon of tea. Add the Kool-Aid & sweetener. Serve iced. I have used different Kool-Aid flavors such as orange & tropical punch and they were good as well.

**Cinnamon Tea**
Serves: 1  
Prep Time: 2 min.

**Effort: Easy**
**Ingredients:**
8 oz. of water      decaf coffee crystals  cinnamon

**How to Prepare:**
heat 8 oz. of water add desired amount of cinnamon then add a sprinkle of decaf coffee crystals

**Low-Carb Chai Tea**
Serves:6,8
CarbsPerServing:<1 for the entire pot
Prep Time:as long as it takes to boil water  Effort:Easy

**Ingredients:**
5 cups water  1/2 cup heavy cream (unsweetened)
1 scoop Atkins vanilla shake mix  4 decaffeinated tea bags  tsp. cinnamon
1/2 tsp. ginger  1/2 tsp. allspice
3/4 tsp. nutmeg  1-1/2 tsp. vanilla extract

**How to Prepare:**
Mix shake mix with 1 cup of water and set aside. In a saucepan/pot, mix all other ingredients, and bring to a boil. Once mixture has come to a FULL boil turn the heat off and briskly mix in the shake mix/water. Cover with a lid and let steep for 5 mins. Make sure that you strain this before drinking, the spices don't melt. You can adjust the spices to taste. And include other spices, such as anise, cardamon, and lemon or orange zest.

**Cool and Fruity Summer Spritzer**
Serves:1
CarbsPerServing:4  Effort:Easy

**Ingredients:**
tall glass of crushed ice
8oz Crystal Clear brand wild cherry sparkling water (sweetened with sucralose and ace-k)
1 slices lemon (frozen) and juice from 1/2 small lemon
1 slice lime (frozen) and juice from 1/2 lime
4 fresh raspberries (frozen)

**How to Prepare:**
Put raspberries, lime and lemon slices in the bottom of glass and top with crushed ice. Add lime and lemon juice then fill with sparkling water. Stir gently. For more color, add a sprig of mint:)

**Vanilla Cream Coke**
Serves:1,10,10,10
CarbsPerServing:n/a  Prep Time:1 minute  Effort:Easy

**Ingredients:**
1 can diet coke  1-2 tsp. sugar free
vanilla syrup  2 tsp. whipping cream

**How to Prepare:**
Pour in glass over ice. mix well. Tastes like a coke float!

**Easy Pina Colada Drink/Dessert**
CarbsPerServing
Effort:Easy

**Ingredients:**
2 pineapple sugar free popsicles  1/4 cup cream 1/2 teaspoon coconut extract
rum -- or rum extract to taste

**How to Prepare:**
Remove popsicles from the stick, break into pieces and place in glass. Pour cream and extracts/rum over popsicle and stir until mixture is completely combined. This will be the consistency of a frozen pina colada.
NOTES: No count provided. The popsicles I use are 3 carbs per. variations include any other sugar free popsicle and the coconut extract and rum. Strawberry popsicles make a wonderful strawberry daiquiri.

**Brandy Mocha Cino**
CarbsPerServing
Effort:Easy

**Ingredients:**
2 scoops chocolate keto shake mix  1 cup cold brewed decaf coffee
1 cup chopped ice  2 tablespoons heavy cream
1 tablespoon ground flax seed -- optional  1 capful of Brandy Extract
1 package artificial sweetener -- optional

**How to Prepare:**
Blend.
Café Mocha

Serves: 10

CarbsPerServing: 7 total recipe

Effort: Easy

Ingredients:
- 1/3 cup heavy cream
- 2/3 cup water
- 1/2 teaspoon vanilla extract — optional
- 2 teaspoons unsweetened cocoa powder
- 1 cup decaffeinated coffee
- 2 splenda packets

How to Prepare:
Brew 1 cup of decaf coffee. While it is brewing, heat water and cocoa in a pan. Whisk until smooth and until it just starts to bubble. Pour coffee in an extra large mug. Pour hot cocoa on top. Add Splenda and vanilla and stir well.

Campfire Kooler

Effort: Easy

Ingredients:
- 1 cup cold water
- 1 cup crushed/slightly broken up ice cubes
- 1 tsp raspberry KetoKooler (powdered mix)
- 2-4 tbs 1/2 and 1/2...according to your taste!

How to Prepare:
Put all in the blender and blend away:
Tastes like a raspberry flavored Dairy Queene Mister Misty Float!

Cranberry Damsel

Serves: 3, 10, 10, 10

CarbsPerServing: no counts provided

Effort: Easy

Ingredients:
- 2 ounces sugar free cranberry-flavored sparkling water
- 1/4 teaspoon Cranberry Blast Kool Aid drink mix — unsweetened, powdered
- 1 ounce white rum
- 2 ounces mandarin orange-flavored sparkling water
- 1/4 teaspoon orange extract
- 1 dash lemon juice
- 1 packet artificial sweetener (to taste) — (1 to 2)

How to Prepare:
Combine all ingredients in a shaker with crushed ice. Shake and serve with the ice in large stemmed glasses. (If you don't have a shaker, combine all ingredients in a blender with ice cubes and process on "pulse" until the ice cubes are crushed.

Electric Lemonade

CarbsPerServing: no counts provided

Effort: Easy

Ingredients:
- Blender almost full of crushed ice
- 3/4 tub container of Crystal Light Lemonade powder
- 6 oz. Vodka

How to Prepare:
Mix in blender until slushee consistency. Enjoy...be careful, they're so good they sneak up on you.

Fruity Smoothie

CarbsPerServing: 7 total recipe, excluding milk and egg protein and peach slices

Effort: Easy

Ingredients:
- 3 tablespoons Naturade Milk and Egg protein
- 3 tablespoons ricotta cheese
- 8 ounces water
- 3 packets splenda packets
- 1/2 teaspoon vanilla extract
- 4 each frozen strawberries, unsweetened
- 4 slices frozen peach slices, unsweetened

How to Prepare:
Put everything in a blender and blend on high until smooth and thick.

Gin Rickey

CarbsPerServing: 1 total recipe

Effort: Easy

Ingredients:
- 1 1/2 ounces gin
- 1 tablespoon fresh lime juice — (juice of 1/2 lime)
- 6 ounces club soda — (or to fill)

How to Prepare:
Fill a highball glass with ice. Add gin and lime juice. Fill with club soda and stir. Garnish with a wedge of lime.

Hot Chocolate 1

CarbsPerServing: 13 total recipe

Effort: Easy

Ingredients:
- 2 tablespoons unsweetened cocoa
- 2 tablespoons water
- 2 teaspoons vanilla
- 5 packages artificial sweetener

How to Prepare:
Combine cocoa, sugar substitute, and water. Mix well, and cook over medium heat stirring constantly until it boils. Stir in vanilla. Store in refrigerator.

ICED CAPPUCCINO

CarbsPerServing: 4 total recipe

Add 1 tbsp. of mixture to 5 oz. heavy cream and 3 oz. water, heated.
Effort: Easy
Ingredients:
1 teaspoon instant coffee, decaffeinated -- (1 to 1 1/2)
-- (depending how strong you like it to taste)
4 tablespoons heavy cream 1 teaspoon vanilla
4 ice cubes 3/4 cup cold water 2 teaspoons artificial sweetener

How to Prepare:
Put everything into a blender and frappe, until ice is broken into
tiny particles, and mixture is foamy.

Just Like Apple Cider CarbsPerServing: no counts provided
Effort: Easy
Ingredients:
Lipton Soothing Moments Herbal Tea bags in Cinnamon Apple
Splenda to taste

How to Prepare:
Prepare tea as directed on box. Add Splenda to taste. Enjoy!
For one cup, use one bag. For more, read box.
Tastes just like warm apple cider!

Low Carb Bailey's CarbsPerServing: 2 total recipe excluding syrup
Effort: Easy
Ingredients:
1 shot rum 1 shot low carb chocolate syrup
2 shots heavy cream

How to Prepare:
Place the rum, chocolate syrup and heavy cream in a blender and mix.
Pour over ice. It really tastes like Bailey's.

Lowcarb Pina Colada CarbsPerServing: no counts provided
Effort: Easy
Ingredients:
1 Scoop Designer French Vanilla Protein Powder 1 Tablespoon DaVinci's Sugar Free Vanilla Syrup
1 teaspoon pineapple extract 1/2 teaspoon coconut extract
6 ice cubes

How to Prepare:
Mix in the blender till it is smooth and creamy. For those festive
times you can add a shot of Rum. Enjoy!

McDonald's Shamrock Shake CarbsPerServing: 4 total recipe excluding syrup
Effort: Easy
Ingredients:
1/2 cup light cream 1/2 cup water
1/2 teaspoon peppermint extract 1 tablespoon DaVinci's Vanilla syrup
(0 carbs)
3 drops green food coloring

How to Prepare:
Put into blender with a couple ice cubes....omg it's just like the
real one!!!

Orange Cooler CarbsPerServing: 10 total recipe
Effort: Easy
Ingredients:
1 package sugar free orange jello 2 egg whites -- beaten stiff
2 teaspoons lemon rind -- grated 1 teaspoon orange extract 2 packages artificial sweetener
4 strawberries 4 ice cube 4 lemon slices

How to Prepare:
Prepare gelatin according to package directions and cool. Beat in
stiff egg whites with wire whisk. Add lemon rind, orange extract,
and sweetener. Place in blender. Add strawberries and ice cubes.
Blend at medium speed for 30 seconds. Pour into glasses and garnish
with lemon slices.

Pina Colada (Alcoholic) CarbsPerServing: no counts provided
Effort: Easy
Ingredients:
1/2 cup ice 1 teaspoon pineapple extract 1 ounce DaVinci Gourmet Natural Coconut
Syrup 1 ounce white rum

How to Prepare:
Combine all ingredients in a blender and blend on high speed until
smooth and frothy.

CAKES AND PIES
3 Minute Chocolate Cake  
Serves:2  
Carbs Per Serving: 5.5g  
Carbs 2g Fiber 1g Sugar  
Prep Time:3 minutes  
Effort:EASY

**Ingredients:**  
1/4 C Soy Flour  
1 T Cocoa Powder  
1/4 t Baking Powder  
5 Packets Splenda  
2 T Melted Butter  
1 T Water  
1 Egg

How to Prepare:  
In 2-Cup Pyrex baking dish blend well left column (flour, cocoa, baking powder, splenda). Add water, melted butter and egg. Blend thoroughly with fork. Cover with plastic wrap (To vent, cut small slit in center of plastic wrap). Microwave on high 1 minute or until knife comes out clean. Cool a bit; eat warm with whipped cream or cool completely to ice.

Lemon Cream Pie  
Serves:4  
Carbs Per Serving: about 7  
Prep Time:30 mins to make, 3 hours chill  
Effort:Average

**Ingredients:**  
Crust:  
1/2 C ground nuts (macadamias or walnuts)  
2 packets Splenda  
1/4 C bake mix  
3 T melted butter  
Filling:  
1/2 Pint (8 fl oz) heavy cream  
1 package sugar-free Lemon Jell-o  
3/4 C water  
1 packet Splenda

How to Prepare:  
Crust:  
Chop nuts in a food processor, or by hand. Try to get as fine a grind as possible without turning them to butter. Combine nuts, bake mix, and Splenda in a bowl. Add in melted butter and blend until you have a crumbly mixture that will hold its shape if pressed together (you may not need the entire 3 T of butter).  
Grease a pie dish (7-8" works best), and pour in crust mixture. Press firmly into the bottom and sides of the pan, coming up the side about 2". Bake this in a 300 F Degree preheated oven for about 10-14 minutes, until it just barely begins to darken (careful - don’t overbake). Remove from oven and cool.

Filling:  
Heat 3/4 C water in a small saucepan. When boiling, add the package of Jell-o. Stir to dissolve completely, then take off heat. Chill until the Jell-o liquid is cold, but not starting to set (about 20 mins in the refrigerator).  
Pour 3/4 C of heavy cream into a chilled bowl (the other 1/4 C will be whipped for a topping, but this is to be done just before serving). Beat until very stiff peaks form. Add the chilled Jell-o liquid to the whipped cream. Beat for a few seconds, just enough to fully mix. Pour the filling into the cooled pie crust and spread to form an even top. Place in the refrigerator and chill for at least 3 hours.

Just before serving, beat the remaining 1/4 C of heavy cream, adding Splenda to taste. Cut the pie into pieces and serve with a dollop of whipped cream.

Pumpkin Squares  
Serves:16,10  
Carbs Per Serving: 3.44g  
Prep Time:10 minutes prep plus 25 minutes bake time  
Effort:EASY

**Ingredients:**  
1 cup Atkins or Keto Pancake/Waffle Mix  
1 cup Splenda  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
2 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1 teaspoon ground cloves  
If you do not have these 3 spices, you can substitute (1) tablespoon of Pumpkin pie spice.  
1/4 cup chopped nuts(optional)  
1/2 vegetable oil  
1 cup canned pumpkin  
2 large eggs  
Optional Cream cheese topping  
4 oz. softened cream cheese  
2 Tablespoons Splenda  
1/2 teaspoon vanilla flavoring

How to Prepare:  
Preheat oven to 350 degrees. Mix eggs, oil and sugar together well. Add pumpkin and stir again. Add remaining ingredients and blend for about 1 minute. This batter can be beaten by hand if preferred. Pour into a slightly sprayed and dusted 9x9 square pan. Bake for 22 -25 minutes or until toothpick inserted comes out clean. Allow to cool completely! For the optional topping, mix cream cheese, splenda, and

**Chocolate Walnut Cake with Chocolate Fudge Frosting**

Serves: 12

- CarbsPerServing: 8.45 g (2.62 g effective carbs)
- Prep Time: 40 minutes
- Effort: Easy

**Ingredients:**
- ½ lb. walnuts
- ½ c. Cake-Ability
- ¼ c. cocoa
- ¾ c. Splenda, granular form
- 2 t. vanilla extract
- ¼ c. canola oil, divided
- 2 T. + 1 c. water, divided
- 3 eggs
- 3 oz. Steel's Gourmet Chocolate Fudge Sauce

**How to Prepare:**

Preheat oven to 350°F. Grease a 8 or 9-inch round baking pan.

In Vita-Mixer grind walnuts to fine. Pour into mixing bowl and add Cake-Ability, cocoa, Splenda, vanilla extract, ¼ c. canola oil and 2 T. water and mix until blended. In a bowl combine eggs with remaining water and canola oil and beat briefly. Slowly pour into mixer bowl slowly while it is on mixing at medium speed. Blend until smooth. Pour into prepared baking pan and bake for 25 minutes, or until knife inserted in center of cake comes out clean.

Remove from oven. Allow cake to cool completely in the pan, then remove and put on plate. Frost top of cake with Steel's Gourmet Chocolate Fudge Sauce.

**Impossible Coconut Pie**

Serves: 8 generous servings

- CarbsPerServing: not available
- Prep Time: 15 min. or so
- Effort: Easy

**Ingredients:**
- 4 large eggs
- 1 cup heavy cream
- 1 cup water
- 3 tsp. vanilla
- 4 T. butter
- 1/2 C. almond flour
- 3/4 C. Splenda
- 1 C. coconut (unsweetened)

**How to Prepare:**

Place all ingredients into a large bowl. Blend until well combined. Pour into a greased (I used Pam), 9" pie dish and bake at 350 degrees for approx. 1 hour or until set well. Tastes amazingly like rice pudding! Really nice :)

**Unbelievable Pecan Pie**

Serves: 8 decent size servings.

- CarbsPerServing: not sure, but none (effective) in syrup, very few in the rest. Not good at math.
- Prep Time: less than half an hour.
- Effort: Easy

**Ingredients:**
- 1 1/2 cups almond flour, 1/2 stick melted butter, for crust
- 3 beaten eggs, 1 cup Splenda, 1 tsp. vanilla, 2 tbls. melted butter, 1 cup STEEL'S SUGAR FREE COUNTRY SYRUP, 1 1/2 cups pecans.

**How to Prepare:**

For crust..add almond flour to butter, mix. Press into 8 or 9" pie plate. Refrigerate. Beat eggs, add Splenda. Beat. Then add vanilla, butter and syrup. Mix well, then add pecans. Bake at 350° for about 45 minutes.

**Apple Cake**

Serves: 16 slices

- CarbsPerServing: 6g (3g fiber)
- Effort: Easy

**Ingredients:**
- 1 cup boiling water (240ml)
- 2 apple-flavored herbal tea bags - optional
- 1 apple
- 2 tablespoons lemon juice (30ml)
- 1/2 teaspoon ground cinnamon
- 2 teaspoons sugar equivalent
- 1/2 cup Wise CHOice Cake-ability Baking Aid (50g)
- 1/2 cup ground pecans (225g or about 2 cups)
- pinch salt
- 3/4 cup sugar equivalent (equivalent to 150g)
- 3 eggs
- 3 tablespoons oil (45ml)
- 2 teaspoons allspice or apple pie spice
- 1/4 cup walnut pieces (30g) - optional

**How to Prepare:**


2. Peel apple, slice thin, and then cut part into thin slices, the rest into a small dice. Sprinkle with lemon juice, cinnamon, and sweetener.

3. Grease tube pan and arrange apple slices in an attractive
pattern.
Optional: if the pan is microwave safe, partly cook the apple slices--
this will help them stay in place when batter is added.

4. Also cook the diced apple briefly in microwave or on stove
to make the apple pieces tender.

5. Mix (or grind) together, breaking up any lumps: CBA, ground nuts,
sweetener equal (if dry -- or add liquid sweetener in Step 3), pinch
salt.
The finer the nuts are ground, the finer the cake.


7. Stir liquid and dry ingredients together until thoroughly wet--no
need to beat!

8. Immediately pour into prepared pan. Swirl in apple pieces and
optional walnuts. Microwave (around 7 minutes), preferably raised above the
floor of the oven (an upside-down glass pie plate works well), or bake at
350°F (175°C) -- loaf pans 40-50 minutes, round pans 25-35 minutes,
cupcakes/muffins 15-25 minutes -- or until center springs back.

9. Invert to serve.

NOTES:
- Use any combination of fruit and spices.
- Save the fruit carbs and get the fruit flavor from a commercial flavoring.
- Use apple or spice herb tea instead of water.

**Fluffy Cream Cheese Frosting**
Serves:15
CarbsPerServing:1.2 Prep Time:0 Effort:Easy

**Ingredients:**
- 1 pound softened cream cheese
- 2 tbl xanthan gum
- 1/2 stick softened butter
- 1/2 tsp liquiq splenda

**How to Prepare:**
beat cream cheese & butter together, sprinkle on xanthan gum very slowley as you are beating it. Spread on cake...especially my zucchini cake recipe.

**Yellow Angel Food Cake**
Serves:3
CarbsPerServing:30g carbs total Effort:Easy

**Ingredients:**
- 1/4 cup soy flour
- 2/3 cup artificial sweetener
- 4 egg yolks
- 6 egg whites
- 1 teaspoon cream of tartar
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 3 tablespoons water

**How to Prepare:**
Preheat oven to 300f. Spray a bundt pan with cooking spray very well. Whip egg whites with cream of tartar until stiff peaks form. In another bowl mix the other ingredients with just enough water to form a batter. Fold batter in the egg whites then pour into pan. Bake on 275 for 1 & 1/2 hours. Don't let it get too brown.

**Suisse Buttercream Frosting**
CarbsPerServing:28g carbs total

**Ingredients:**
- 1 cup egg substitute
- 3/4 cup artificial sweetener
- 1/4 teaspoon cream of tartar
- 1 teaspoon vanilla extract
- 1 1/2 cups unsalted butter -- softened

**How to Prepare:**
In a large bowl, beat softened butter until creamy. Beat the egg substitute and cream of tartar on high speed, gradually adding Splenda as you beat, until you have soft peaks. Add the meringue in large dollops to the butter and beat until smooth and creamy. Add paste colouring to your liking.

**Strawberry Pie**

**How to Prepare:**
Wash fresh strawberries, slice, add splenda and vanilla to your likings, and let marinade. Beat 2 or 3 eggs whites with a little cream of tartar, splenda and a dash of vanilla. Beat until stiff peaks form. Line a pie plate with butter and place egg whites in pan to form a crust. Cook on very low heat-300 until golden.
brown. Let crust cool completely in oven. Pour strawberry mixture in crust
and make whipped cream with a little splenda and vanilla. Pour over or pipe
onto pie. It's really yummy.

**Sponge Cake w/Lemony Cream Cheese Frosting**

*CarbsPerServing:35g carbs total*

<table>
<thead>
<tr>
<th>Effort:Easy</th>
</tr>
</thead>
</table>

**Ingredients:**

- 5 jumbo eggs -- separated
- 7 packets sweetener
- 2 teaspoons grated lemon peel
- 4 tablespoons Atkins Bake Mix
- 3 ounces cream cheese -- room temperature
- 1/2 teaspoon vanilla

- 1 dash cream of tartar
- 2 tablespoons vanilla extract
- 2 tablespoons lemon juice
- 4 tablespoons heavy cream
- 3 tablespoons heavy cream
- 1/2 cup chopped walnuts
- 1/2 cup artificial sweetener
- 4 teaspoons liquid saccharin

How to Prepare:

Preheat oven to 325f. Spray a 9" square cake pan with butter flavor cooking spray.

Beat egg whites until stiff with cream of tartar. In another bowl, beat
remaining cake ingredients until smooth. Pour over beaten whites and gently
fold in, being careful not to break the whites down too much. Bake in a 325f oven
for approx 30 minutes or until browned all over on top and puffy. Remove from
oven and let cool to room temperature. (cake will fall in the center). To make
frosting, beat room temp butter and cream cheese until smooth. Add
remaining ingredients and beat well. Spread over cooled cake.

**Spice & Nut Cake**

*CarbsPerServing:79g carbs total*

| Effort:Easy |

**Ingredients:**

**Cake**

- 1 1/2 cups zero carb soy protein isolate
- 1/4 cup wheat gluten
- 1/4 cup flax meal
- 4 teaspoons baking soda
- 2 tablespoons cinnamon
- 1/2 cup oil
- 2 eggs -- unbeaten
- 2 tablespoons heavy cream
- 1/2 cup artificial sweetener
- 4 teaspoons liquid saccharin

**Cream Cheese Frosting**

- 8 ounces cream cheese -- softened
- 1/2 cup artificial sweetener
- 2 tablespoons vanilla extract

- 1 stick butter -- softened
- 4 teaspoons liquid saccharin
- 1 teaspoon cinnamon

How to Prepare:

Preheat oven to 350.

Mix all cake ingredients together by hand, this comes out very thick, gloppy
& sticky.

In a extra large cake pan (if you dont have a large pan use 2 or 3 smaller pans),
place parchment paper and spray with Pam, put mixture into pan and spread
out so it is no more than 1/3" thick (if it is too think it doesn't taste right) it will
puff up to over 1/2 thick.

Bake at 3504 for 25-40 minutes (depending on altitude) until knife comes
out clear. Cut into 1" square pieces (this is very rich), makes about 25-30
servings.

Frost with Cream cheese frosting.

Frosting: cream all frosting ingredients together, add more sweetner or extract to
your taste, and spread on top of warm cake and allow to cool.

**Quick Pie Crust**

*CarbsPerServing:8g carbs total*

| Effort:Easy |

**Ingredients:**

- 1/4 cup Atkins Bake Mix
- 1/2 cup pecan meal
- 1/4 cup unsweetened coconut meal
- 1/4 cup butter -- melted

How to Prepare:

Combine ingredients and mix well. Press into pie
plate. Bake at 350degrees F for 10 minutes.
Fill with your favorite filling. Mine is
sugar free lemon jello with 8 oz of cream cheese
blended in.**NOTES**: Counts for pecan meal not included in totals

**POUND CAKE**

*CarbsPerServing:44g carbs total*

| Effort:Easy |

**Ingredients:**

- 1/3 cup oat flour
- 1/2 cup atkins bake mix
- 1/2 cup macadamia meal --
or 1/4 cup ground fine
- 3 eggs -- jumbo *see Note*

(at about 1.5oz) -- 7g

3g
1/4 cup heavy cream
2 tablespoons vanilla extract
10 splenda tablets -- tablets .5g *see note
1/2 teaspoon stevia -- 0g - *see note
1/2 teaspoon saccharin -- liquid *see note
1 stick butter -- melted
1/2 cup sour cream
1 tablespoon baking powder

How to Prepare:
1. Melt butter and beat in eggs, cream, vanilla and sweeteners. (***I’m guessing this totals about 1 cup sugar equivalent if you use another sweetener other than the splenda, stevia, saccharin combo – add the carbs to the totals, please Be in sour cream and mix until smooth, then add dry ingredients and beat for 2 hours Pour into a greased large loaf pan and bake for 45 minutes to 1 hour (very dense – give it time to cook even if the top gets really brown). Let cool before inverting on a plate. This is a very moist, cake like finished product.

2. *Notes: I would try this and beat the egg whites separately with 1/4 tsp cream of tartar, then fold them into the batter once it’s time to pour into the pan. It rose quite a bit, but fell in the center and the beaten whites may help lighten it up.

3. Glaze if desired: Mix 2T softened cream cheese, 2T cream and 2T sour cream with 2 pkt sweetener and 1/2 tsp vanilla extract until smooth. Drizzle over cooled cake NOTES: Counts for stevia, splenda tablets and macadamia meal not included in totals

**PIE CRUST**

CarbsPerServing:15g carbs total Effort:Easy

Ingredients:
1 1/4 cups protein powder 1 teaspoon artificial sweetener 1 teaspoon xanthan gum 1/2 teaspoon salt substitute 1/2 cup oil -- (I used canola) 4 tablespoons heavy cream

How to Prepare:
Mix the above ingredients right in your pie tin. Press out and bake as normal (I backed empty shell, in which case you want to “prick” the bottom with a fork first. It only took a little over 5 minutes at 450 degrees) I think it will bake faster than a regular flour crust, so be sure to watch it.

**Peanut Butter Cupcakes**

Serves:6,5 CarbsPerServing:3.8g Effort:Easy

Ingredients:
8 ounces Cream Cheese 1 egg 1 1/2 teaspoons Vanilla 1/4 cup peanut butter4 splenda packets -- (4 to 5) cupcake baking cups/papers 1 dash sugar free chocolate and/or caramel espresso syrup (Optional)

How to Prepare:
Mix all ingredients together well (approximately 5 minutes). Distribute evenly into 6 cupcakes. Bake at 325° for 40-50 minutes until golden brown. Let cool completely, and keep refrigerated.

**Its So Good Tiramisu**

Serves:1 CarbsPerServing:34g carbs total Effort:Easy

Ingredients:
16 ounces mascarpone cheese -- bel-gio-oso brand is best 3 Eggs 2 shots decaf espresso or strong coffee teaspoon vanilla 1/2 cup artificial sweetener -- equal is ok, it’s no bake OPTIONAL – about 24 vanilla wafers -- keeblers has the lowest carbs

How to Prepare:
Separate the egg yolks from the whites. In one bowl, beat egg yolks, sweetener, 1 TBSP espresso, and vanilla for 2-3 minutes. Add this mixture to the marscapone cheese and beat until smooth, but do not over-beat! In another bowl, beat the egg whites until stiff peaks form. Gently fold the egg whites into the marscapone mixture.
If you want a crust, line the bottom of a pie or bread pan with the wafers and drizzle espresso over them lightly. If not, just put the mixture into the pie or bread pan, sprinkle cocoa powder or cinnamon on top if desired. Refrigerate for 3-4 hours. This will knock your socks off!!! Your friends who eat sugar will clean the plate, too, and it’s very simple to make.

NOTES: Counts for espresso not included in totals.

**Low Carb Icing**

CarbsPerServing:no counts provided Effort:Easy

Ingredients:
Low-carb Cakey Brownies
CarbsPerServing:38g carbs total  Effort:Easy
Ingredients:
2 ounces unsweetened baking chocolate
1/2 cup butter -- (1 stick) 1/2 cup splenda -- to taste
2 eggs1/3 cup atkins bake mix 1/8 teaspoon salt
1 teaspoon vanilla extract -- sugar free

How to Prepare:
Carefully melt chocolate with butter together - do not let chocolate boil or burn! Pour into mixing bowl. Add Splenda gradually (taste to desired sweetness) and beat well. Add eggs and beat well. Add bake mix and salt and beat well. Add Vanilla and mix in. Pour into greased 8" X 8" pan (you will need to spread it evenly into the pan) and bake at 325 degrees for 20-25 minutes. Check for doneness with a toothpick and if clean, remove from oven. If slightly underdone they will be more chewy. Let cool in the pan and cut into 16 pieces.

Light'n Fruity Pie
CarbsPerServing:57g carbs total  Effort:Easy
Ingredients:
1 sugar free jello (any flavor) -- (3oz.) 2/3 cup boiling water
2 Cups ice cubes 8 ounces Cool Whip

How to Prepare:
(1) Dissolve sf jello completely in boiling water stirring about 3 mins. Add ice cubes and stir until sf jello is thickened about 2 to 3 mins. Remove any unmelted ice.
(2) Using wire whisk, blend in Cool Whip then whip until smooth.
(3) Fold in a cup of strawberries if desired and spoon into a 9 inch pie plate. Chill 3 hours or overnight.

Key Lime Pie 2
CarbsPerServing:4g carbs total  Effort:Easy
Ingredients:
1 box gelatin powder with aspartame --(sugar free Jell-O) prepared1 tablespoon Cool Whip

How to Prepare:
Pour prepared Jell-O into blender. Add cool whip and blend for 3 minutes. Pour into 4 wine glasses and let jell.

It is great! Make others like peaches and cream, strawberry short cake, orange cream pie etc.

Chocolate French Silk Pie
Serves:8,10  CarbsPerServing:5g  Effort:Easy
Ingredients:
1 cup heavy cream -- whipped 3 tablespoons unsweetened cocoa
3/4 cup artificial sweetener1 teaspoon vanilla 8 ounces cream cheese

How to Prepare:
Mix until velvety smooth, refrigerate. 8 servings

Flourless Chocolate Cake
Serves:2  CarbsPerServing:63g carbs total  Effort:Easy
Ingredients:
4 ounces unsweetened baking chocolate squares
1/2 cup butter 1/2 cup unsweetened cocoa powder
3 large eggs1/4 cup Splenda 30 drops Sweet 'n' Low
3 tablespoons coffee -- strong, liqueur or extract

How to Prepare:
Preheat oven to 325. Butter an 8 inch cake pan. Line the bottom of the pan with parchment paper or wax paper. Butter the paper. Lightly dust pan with flour. You can use any flour her or sifted bake mix. Hang out excess dusting.
Melt chocolate squares and butter in microwave. Mix Cocoa, Splenda eggs and Sweet 'n' Low. Add the coffee/liqueur/extract whichever you choose. Whisk in the chocolate mixture. Now it will have a cookie dough type consistency. Spread it into the pan and bake for 35 minutes or until a tester
comes out clean. Cool in the pan for 1 hour.

Turn out, peel off the paper and refrigerate until cold.

Now you can make a Grenache from sugar-free chocolate chips, or make from 1 oz chocolate and cream and sweetener or you can make raspberry sauce or use raspberry syrup over this. Be creative. Serve with whipped cream perhaps. But remember to add the carbs for toppings.

NOTES: Counts for Sweet ‘n’ Low not included in totals.

**Flax Brownie-Cake**

<table>
<thead>
<tr>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup flax meal</td>
</tr>
<tr>
<td>2 eggs</td>
</tr>
<tr>
<td>1 tablespoon vanilla</td>
</tr>
</tbody>
</table>

**How to Prepare:**
Mix everything in a mixing bowl until well mixed. Pour contents evenly over baking sheet. Bake at about 375 for 10–15 min.

**Desperation Coffee Cake**

<table>
<thead>
<tr>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Dr. Atkins almond brownie Advantage bars</td>
</tr>
<tr>
<td>1/4 cup unsalted butter -- softened</td>
</tr>
<tr>
<td>1 tablespoon artificial sweetener</td>
</tr>
<tr>
<td>1 cup atkins bake mix</td>
</tr>
<tr>
<td>1 teaspoon baking powder</td>
</tr>
<tr>
<td>1/2 cup canola oil</td>
</tr>
<tr>
<td>2 ounces macadamia nuts -- chopped</td>
</tr>
</tbody>
</table>

**How to Prepare:**
Crumble Advantage bars completely with knives or pastry cutter and press into bottom of buttered 9x9 pan. Cream butter and 2/3 cup Splenda. Add eggs and try to incorporate – this will look a little funny but don’t sweat it. Add coffee and oil and stir briefly. Now it really looks gross, but keep going! In a separate bowl, sift together the bake and shake mixes with salt and baking powder. Add to liquid mix, stir by hand just till it comes together, and spread over Advantage bar crust. Sprinkle chopped nuts and additional Splenda over the top. Bake at 375 about 30–35 minutes until a toothpick, blah, blash. (350 in a glass pan)

NOTES: Counts for Advantage Bars and Shake Mix not included – adjust accordingly.

**Cream Cheese Icing**

<table>
<thead>
<tr>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup cream cheese</td>
</tr>
<tr>
<td>1/4 cup artificial sweetener -- add more to taste</td>
</tr>
</tbody>
</table>

**Cream Cheese Frosting**

<table>
<thead>
<tr>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 ounces cream cheese</td>
</tr>
<tr>
<td>1/4 cup artificial sweetener -- to taste</td>
</tr>
</tbody>
</table>

**Chocolate Mousse Cake**

<table>
<thead>
<tr>
<th>Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Bar Carbolite Dark Chocolate (1.75 oz)</td>
</tr>
<tr>
<td>1/4 cup butter</td>
</tr>
<tr>
<td>2 tablespoons half and half</td>
</tr>
</tbody>
</table>

**How to Prepare:**
Preheat oven to 350 degrees. In heavy saucepan over low heat, add chocolate, butter, splenda, half and half, and vanilla. Stir frequently until melted and smooth. In medium bowl lightly beat egg. Slowly beat warm chocolate mixture into egg until blended. Pour batter into small baking dish. Bake for 45 minutes or until toothpick inserted 1 inch from edge comes out clean. Enjoy!
NOTES: Counts for carbolite dark chocolate not included in totals.

**Cafe Au Lait Pie**
Carbs Per Serving: 90g carbs total Effort: Easy

**Ingredients:**
- 1/2 cup coffee -- strong
- 1/2 can condensed milk, sweetened -- Eagle Brand
- 1 cup whipping cream
- meringue pie shell
- pecans

**How to Prepare:**
Blend coffee into condensed milk. Whip cream; fold into coffee mixture. Pour into meringue shell; garnish with pecans.

Chill or freeze until firm.

This pie is so rich, so easy, and so good! If you prefer, you can serve the filling in parfait dishes, topped with pecans, rather than in a pie. You can also add 1/4 cup of chopped pecans to the filling.

NOTES: Counts for meringue pie shell and pecans not included in totals.

**Angel Food Cake**
Carbs Per Serving: 28g carbs total Effort: Easy

**Ingredients:**
- 1 cup protein powder -- vanilla, sifted
- 2 teaspoons baking powder -- sifted
- 1/8 teaspoon salt -- sifted
- 1/2 teaspoon cream of tartar
- 5 large eggs -- separated
- 2 teaspoons vanilla extract
- 1 tablespoon lemon peel -- finely grated
- 1 teaspoon lemon extract
- 1/2 cup heavy cream
- 1/4 cup water
- 10 packages artificial sweetener -- (glaze:)
- 2 ounces heavy cream
- 2 tablespoons butter
- 1 teaspoon vanilla extract -- or lemon extract
- 3 ounces cream cheese

**How to Prepare:**
Preheat oven to 300°F. Spray a bundt pan with cooking spray very well.

Sift protein powder, baking powder and salt and set aside.

In a large bowl, beat egg whites with cream of tartar until stiff.

In another bowl, beat egg yolks, artificial sweetener, extracts and lemon peel. Beat in water and cream, then beat in dry ingredients. Fold into whites very carefully until stiff.

Fold into whites very carefully, then spoon into prepared bundt pan.

Bake for 45 minutes, then let cool 10 minutes before inverting and removing (this is the tricky part - just do your best.

For the frosting: Beat the cream, butter, cream cheese and extracts well. If this is too thick, add more cream, 1 T at a time. Drizzle over cooled cake.

I found this to make 12-15 servings in a standard bundt pan.

**Amazing Tiramisu**
Serves: 12, 10, 1 Carbs Per Serving: 10g

**Effort: Easy**

**Ingredients:**
- 5 egg yolks
- 16 ounces marscapone cheese -- (Bel-Gio-Oso brand is best. Some of the other brands don't set up as well)
- 1/8 cup artificial sweetener -- or equivalent, sweeten to taste.
- 2 teaspoons vanilla
- 1/8 cup espresso coffee -- or extremely strong coffee (can be decaf)
- 24 vanilla wafer cookies -- (Keeblers brand has fewest carbs)
- 2 teaspoons cocoa powder -- (optional - cinnamon or little peels of unsweetened chocolate make good garnishes as well)
- Whipping cream -- (also optional)

**How to Prepare:**
Brew the espresso or very strong coffee. Pour in a cup.

Put in the freezer to cool. Mix together the eggs, sugar, mascarpone cheese and vanilla, until very smooth. Side aside. Line the bottom of a 12" springform pan with one layer of vanilla wafers (about 24) so the coffee is cool. Spoon the coffee onto the wafers, just enough to flavor them but not make them disintegrating (a very fine line). Spoon the cheese mixture onto the wafers, smooth with the back of a metal spoon. Refrigerate for 4 hours. When ready to serve, top the tiramisu with a thin layer of cocoa powder.

Serve with whipped cream and serve. Serves 12.

Also try mixing in a bit of the espresso into the cheese mixture.

NOTES: My friends had no idea it was sugar-free, this is a MUST try!!!

**Keto Chocolate Cake w/vanilla icing**
Serves: 20

**Carbs Per Serving: 5g**

**Effort: Easy**

**Ingredients:**
- Cake:
  - 8 x 8 cake pan
  - cup butter or Betta Butta
  - cup half-n-half or heavy cream
  - 22 oz of water
  - 1 Keto Bread
  - 1 Keto Cookie and Brownie
- Icing:
  - 1 package (8 oz.) of Cream Cheese
  - 1 tbsp of Vanilla Extract
  - 4 packages of Splenda
  - brand sweetener

**How to Prepare:**
Cake Directions: Preheat oven to 350. Grease cake pan. Mix dry ingredients. Then mix liquid ingredients. Combine and mix thoroughly but quickly then pour into greased 8 x 8 cake pan. Cook for 50-60 minutes until well done. Allow 1 hour time to cool, then spread on icing. (below) Cut into 20 pieces.

Icing Directions: Mix all ingredients in mixing bowl and mash together mixing well. May heat in microwave for 30 sec for more effective mixing. Spread on cake.
LC Cool 'n Easy Pie  CarbsPerServing:no counts provided  Effort:Easy

**Ingredients:**

**FILLING**
- 1 pkg. (4 serv. size) sugar free jello, any red flavor
- 2/3 c. boiling water
- 1/2 c. cold water
- ice cubes
- 1 to 1-1/2 c. whipping cream
- 2-3 packets artificial sweetener

**PIE SHELL**
- 1 c. ground walnuts (or nut of choice)
- 3 T. butter, melted
- 2 packets artificial sweetener

**How to Prepare:**

**PREPARE PIE SHELL:** Melt butter in small bowl. Add ground nuts and sweetener. Mix well. Press firmly into bottom and up sides of 8” pie plate. Refrigerate until firm.

**PREPARE FILLING:** Whip cream and sweetener on high speed of mixer until whipped. (You want 8 oz. of whipped cream.) Set aside. Stir boiling water into jello in large bowl. Stir at least 2 minutes until jello is completely dissolved. Mix cold water and ice to measure 1 cup. Add to jello, stirring until slightly thickened. Remove any remaining ice. Stir in whipped cream with wire whisk until smooth. Refrigerate 15-20 minutes or until mixture is very thick and will mound. Spoon into nut crust. Refrigerate 4 hours or overnight. Garnish with additional whipped cream and chopped nuts if desired. Store leftover pie in refrigerator. Serves 8.

**DESSERTS**

**New York Cheese Cake**  Serves:12  Prep Time:20 prep/ 1 hr cook 8 hrs chill  Effort:Easy

**Ingredients:**

**Crumb Crust**
- 1 1/2 cups Crushed Low Carb Cinnamon Nutrageous Granola (by expert foods) Net 3 carbs per 1/2 cup.
- 5 Tbsp. Butter
- 1/3 cup Splenda
- 1/8 tsp salt

**Filling**
- 2 lbs cream cheese
- 1 c. splenda
- 1 tsp Vanilla extract
- 1 tsp Lemon juice
- 4 eggs

**How to Prepare:**

**Crust**
For the crust, stir together crust ingredients and press onto the bottom of the spring pan and 1 inch up the sides of a buttered 24 cm.spring pan. Fill immediately or chill up to 2 hours.

Preheat the oven to 325 degrees.  
Filling: use your mixer on the lowest speed. beat the cream cheese no more than 30 seconds stop the bowl and scrape the beaters. Add the sugar in a stream, mixing no more than 30 seconds. Stop and scrape. Add Vanilla, lemon juice and one egg at a time mix only until each egg is absorbed no more than 30 seconds at a time. Stop and scrape after each addition.

Wrap aluminum foil around the bottom of the springform pan so that is at least 1 inch up the sides place the pan in a roasting pan and pour warm water into the pan to a depth of 1/2 inch.

Bake for 60 minutes or until lightly colored and firm except for the very center.  Remove from the pan of hot water. Remove the foil and cool completely on a rack. Wrap the cheese cake in plastic or foil and chill overnight before unmolding.

**Root Beer Float**  Serves:1  CarbsPerServing:1  Effort:Easy

**Ingredients:**
- 1 4oz cup Atkins Vanilla Ice Cream
- 12 oz can A&W Diet Root Beer

**How to Prepare:**
Open Ice Cream and place in tall glass, pour in Root Beer, enjoy.
Butterscotch Peanut Butter Pudding Mousse  Serves: 6  CarbsPerServing: 4-6  Prep Time: 5 minutes  Effort: Easy

Ingredients:
3 oz. cream cheese, softened  3 Tbsp. SF peanut butter  ¼ cup heavy cream
1 cup water  1 package instant SF butterscotch pudding

How to Prepare:
Mix cream cheese & peanut butter together until smooth. Add cream, water and dry pudding mix. Mix until smooth. (Could be made with chocolate pudding also).

Add cream, water and dry pudding mix. Mix until smooth. (Could be made with chocolate pudding also).

Raspberry Pudding  Serves: 1  CarbsPerServing: 5  Prep Time: 2 minutes  Effort: Easy

Ingredients:
4 oz. cream cheese  1 Tbs. Davinci Sugar-free Vanilla Syrup  1 Tbs. sugar free Raspberry jelly

How to Prepare:
Soften cream cheese for 30 seconds in microwave. Remove and add syrup and jelly; stir.

versatile pie  Serves: 6  CarbsPerServing: not sure but not more than 10  Prep Time: 10  Effort: Easy

Ingredients:
crust: 1 ½ cups pecan meal/1/2 stick of butter 6 pkgs of sugar substitute. mix and press into a pie plate. Use a foil pan to press into a glass plate bake 10 min at 350. flavoring of choice 2 8oz pkgs of cream cheese softened 12 oz of cool whip 9 pkgs of sugar substitute. whip together. flavoring of choice. put into crust and cool. then slice and freeze. at serving thinly slice 1 strawberry heat one min in microwave and sprinkle with sugar sub. and put on top of apiece of pie. This pie works for peanut butter (1/2C) works for lemon, vanilla, coconut.

Blondies  Serves: 12  CarbsPerServing: 32g total  Prep Time: 10 min  Effort: Easy

Ingredients:
8 tbs butter  1 cup sweetner
2 tsp vanilla  2 eggs  1 tsp almond extract
1 tbs lemon juice  1/2 cup atkins bake mix

How to Prepare:
mix softened butter, sweetner, and vanilla add eggs one at a time add almond ex. and lemon juice. Stir in bake mix pour in greased pan and bake at 350 for 30 min. also makes a dozen mini muffins (bake 20 mins for mini muffins)

Easy 1 Carb Jello/Mousse Dessert  Serves: 9  CarbsPerServing: 1.2  Prep Time: 10 minutes  Effort: Easy

Ingredients:
1 Envelope Unflavored Gelatine  1/4 Cup of Splenda
1/4 SF Cup of Vanilla Syrup  8 Ounce Cream Cheese
One Small Box of SF Lime Jello  One Small Box of SF Strawberry Jello

There are about 6 carbs in the splenda and 4 carbs in the cream cheese. The entire dessert comes to 10 carbs.

How to Prepare:
First make up your lime jello and start cooling in the fridge. In another bowl mix your cream cheese, splenda & vanilla syrup. In a saucepan boil your water and add non flavored gelatine. Pour the non flavored gelatine into your cream cheese mixture ... mix well and pour all of these ingredients into your lime jello. Let cool in refrigerator for at least 2 hours. Then make your strawberry jello ...... let cool and pour it on top of your lime/cream cheese mixture ...... let cool in refrigerator.

Easy Chocolate Mousse  Serves: 6-8  CarbsPerServing: look on the 2 ingredients:)  Prep Time: 10 mins or less  Effort: Easy

Ingredients:
1 package sugar free chocolate pudding mix (get brand with the lowest carbs) 1 pint HEAVY whipping cream (keep it as cold as possible)

How to Prepare:
Get a large metal mixing bowl and fill it with one layer of ice
Put a 2nd smaller metal mixing bowl in in the ice bowl and let it
get super cold

Put pudding mix in smaller bowl, and slowly add whipping cream to it, beating with an electric mixer until its all added in. The longer you mix it, the smoother and moussier (?) it becomes.

I have done it with super-cold whipping cream and a refrigerated mixing bowl and it works, but for the best effect use the ice bowl method. Portion it into small tea cups or whatever (it should make 6-8 servings) and top with a dollop of sugar-free cool whip if you want, just before eating.

Delicious!

**Chocolate Macadamia Nut Cheesecake**

<table>
<thead>
<tr>
<th>Serves:</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time:</td>
<td>10-15 mins--minus time for cream cheese to soften</td>
</tr>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
</tbody>
</table>

**Ingredients:**
- 1 8 oz pk cream cheese
- 1 egg
- 1 cup sour cream
- 1/3 cup (each) of 3 artificial sweeteners
- 1/2 cup macadamia nuts unsalted
- 4 ozs. pre-melted unsweetened chocolate.
- Pam spray.

**How to Prepare:**
Cream cheese needs to be softened (set out about 2 hrs). Add sour cream, sweeteners, egg and pre-melted chocolate in medium bowl and blend with hand mixer. Add softened cream cheese. Blend well. Add nuts. Pour into pie pan that has been sprayed with Pam spray. Cook in 325 degree oven for 1/2 hr. Turn off the oven and let set in oven for 45 mins. Take out and cool in refrigerator.

**Gellair**

<table>
<thead>
<tr>
<th>Serves:</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time:</td>
<td>10 min not counting set time</td>
</tr>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
</tbody>
</table>

**Ingredients:**
- 4 oz cream cheese @ room temperature
- 2 packets of sugar free, flavored gelatin
- 2 cups boiling water
- 6 ice cubes
- 2 packets sweetener (optional)

**How to Prepare:**
Mix gelatin into boiling water until dissolved. Add ice cubes to gelatin and stir to dissolve. Place mixture in freezer until gelatin is semi-set (15 #8211; 30 minutes, depends on your freezer).

Mix sweetener into cream cheese or simply stir cheese until smooth if no sweetener is used. You may want to warm cheese in microwave but be careful not to start cooking it.

Remove gelatin from freezer and whip with mixer on high until frothy. Gelatin should be set enough to hold air bubbles you#8217;re introducing. Add cream cheese and continue to whip until fully blended.

Place in refrigerator until set. Result is an airy, somewhat creamy gel with strong flavoring.

**Fresh Fruit Ice Cream**

<table>
<thead>
<tr>
<th>Serves:</th>
<th>2,10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time:</td>
<td>One Minute</td>
</tr>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
</tbody>
</table>

**Ingredients:**
- 1 Cup Frozen Berries
- 1/3-1/2 Cup Cream
- 1/4 Teaspoon Vanilla Sweetener (as you like)

**How to Prepare:**
Blend all ingredients in a food processor or blender till smooth. Voila!! Delicious ice cream!

**Lemon Icebox**

<table>
<thead>
<tr>
<th>Serves:</th>
<th>4-8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time:</td>
<td>10 minutes not counting fridge time</td>
</tr>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
</tbody>
</table>

**Ingredients:**
- 8 oz. cream cheese (I use 0-1 carb kind) room temp
- 4 tbs lemon juice
- 1/2 cup Splenda
- 1/2 cup whipped cream

**How to Prepare:**
Combine the cream cheese, lemon juice and splenda. Whip until smooth fold in the whipped cream gently smooth into a pie tin or bowl. Refrigerate for about an hour until firm. Enjoy!

**Hazelnut Muffins**

<table>
<thead>
<tr>
<th>Serves:</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep Time:</td>
<td>10 Minutes</td>
</tr>
<tr>
<td>Effort:</td>
<td>Easy</td>
</tr>
</tbody>
</table>

**Ingredients:**
- 1 Cup Atkins Bake Mix
- 1/2 Cup Flax Seed Meal
- 1/2 Cup Splenda
- 1 Tsp Cinnamon
- 2 Eggs
- 1/4 Cup of Heavy Cream
- 1/4 Cup of Water
- 1/4 Cup of SF Hazelnut Syrup
- 2 Tbsp. Vegetable Oil
How to Prepare:
Combine all dry ingredients in a mixing bowl and stir. Then, add remaining ingredients and blend gently. Spoon into greased muffin pan and bake in preheated oven at 325 for 20 minutes or until golden brown.

dead by chocolate

Serves:4,1,10,4  Carbs Per Serving: 8
Prep Time: 5 minutes  Effort: Easy

Ingredients:
1 box of sugar free instant chocolate pudding
Cool Whip (as topping, if desired)
2 1/2 pints of heavy whipping cream

How to Prepare:
Blend the pudding mix with the heavy whipping cream until thick. I separate this dessert into 4 containers and enjoy it throughout the week. I like to add a big spoonful of Cool Whip to each container right before eating. This recipe can be made with all sugar free, instant puddings. Butterscotch is my second favorite!

Chocolate Ganache

Serves: Makes about 1 cup, 10  Carbs Per Serving: 8 gms (total 1 cup)  Prep Time: 5 minutes  Effort: Easy

Ingredients:
4 oz. Heavy Cream  1/2 Cup Sugar Substitute*
1 Tablespoon Butter  2 Teaspoon Vanilla Extract
1/4 Cup Cocoa  *This recipe was tested using DiabeticSweet Sugar Substitute. Use of Splenda will have higher carb counts
Other flavored extracts may also be used. No counts for extract.
Recipe can easily be doubled

How to Prepare:
Place cream, sugar substitute and cocoa into a medium saucepan. Place over medium-high heat and whisk to combine ingredients. Stir constantly for about 3-5 minutes being careful not to burn. Remove from heat and add extract and butter. Stir. Allow to cool. Mixture will thicken as it cool. Mixture will be of a medium fudge consistency when placed in fridge—this makes a great filling for cookies or frosting brownies.

Easy Peanut Butter Balls!

Serves: varies  Carbs Per Serving: 4
Prep Time: 10 minutes  Effort: Easy

Ingredients:
2 scoops of Vanilla Shake Mix  2 tablespoons of Natural Peanut Butter
3 drops of Stevia or 1 packet of Splenda/a

How to Prepare:
1. Mix all ingredients in a bowl.
2. Roll into any size desired.
3. Freeze for at least 1 hr.
4. Enjoy!

French Silk

Serves: 4, 1  Carbs Per Serving: Per Serving <6
Prep Time: 30 minutes, 1-2 hr chill time  Effort: Easy

Ingredients:
3/4 c butter, softened  1/2 c Splenda (12 g)
2 oz unsweetened baking chocolate (8 g)  1 tsp vanilla (3 g)
3/4 c refrigerated or frozen egg product, thawed

How to Prepare:
Cream butter and Splenda together until light and fluffy. Melt chocolate and let cool. Slowly fold in 1/4 c of the egg product, beating 5 minutes on medium speed, then add 1/4 c again, beating 5 minutes, then again with the remaining egg product. Add the cooled chocolate, beating on high 5 minutes. Stir in vanilla. Beat well with mixer until smooth. Chill 1-2 hours minimum. Top with whipped cream, if desired.

Carb Count: Recipe Total 23 g

Mock Strawberry Shortcake

Serves: depends on serving size, 10
Prep Time: 15 min  Effort: Easy

Ingredients:
1-2 Boxes SF FF Vanilla Pudding mix
Frozen, No sugar added whole strawberries
Heavy whipping cream
1 Can of real whipped cream
4-5 packets of splenda
water

How to Prepare:
Thaw strawberries. Put in sealable bowl with a little water and splenda to taste. Shake well to mix water with juice of strawberries. refrigerate for at least 1/2 hour. Empty dry pudding into bowl. slowly add whipping cream while beating with electric mixer. Keep adding until pudding is the consistency of thick custard. Refrigerate until ready to use. Add some pudding/custard in
bowl and top with strawberries. Top strawberries with whipped cream and spoon a little juice from strawberries over whole dessert. This soooooo yummy and rich. It is a family low carb favorite.  

**Pumpkin roll**  
Serves:1,1,1       Prep Time:30 minutes       Effort:Average  

**Ingredients:**  
3 eggs            2 packets sweetnlow            2/3 cup pumpkin  
1/2 t. ginger            1T. cinnamon            1T. baking powder  
1T. baking soda  
Filling:            4 oz. cream cheese            2T. butter  
2 packets sweetnlow            1t. vanilla            1T. heavy cream  

**How to Prepare:**  
Bake for 15 minutes at 350.  
Beat eggs for 5 minutes. Add remaining ingredients and mix. Spread onto a well greased sided cookie sheet. The layer of batter will be very thin. Remove and let cool. Turn out on a couple of papertowels doubled. (I used an egg turner to loosen from the pan)Roll up in the papertowels. Lay aside.  

Beat cream cheese and butter until smooth. Add remaining ingredients and beat until blended.  

Unroll the log and spread on the filling. Roll back up without the papertowels. Refrigerate for at least a half an hour. Start at the end and cut into app. 1/2 " sections as much as you want at that particular time. Will look like a pinwheel.  

Vary by adding adding pecans. (sprinkle over batter before baking).  

**Creamy Nutty Gelatin**  
Serves:4       CarbsPerServing:7  
Prep Time:5 minutes       Effort:Easy  

**Ingredients:**  
2 packages of Sugar-Free Gelatin (I used Strawberry-Banana)  
3 Cups Water  
1 Cup Heavy Cream  
1 Cup Nuts (I used Walnuts - but you can substitute your favorite)  

**How to Prepare:**  
Prepare gelatin as instructed on package, substituting 1 cup of water for 1 cup of cream. Add nuts and chill.  

For an extra treat, try whipping some cream and adding a dollop on top.  

**Chocoholic Fix**  
Serves:one       CarbsPerServing:5  
Prep Time:3 minutes       Effort:Easy  

**Ingredients:**  
one chocolate Endulge bar            two tablespoons Kroger nut toppingKroger brand whipped cream in a can - two tablespoons, or as much as you can afford in carbs.  

**How to Prepare:**  
Break Endulge bar into a custard cup, microwave until melted.  
Blend nut topping into melted chocolate and top with whipped cream.  

**Chocolate Mousse**  
Serves:4 (1/2 cup each),10,10  
CarbsPerServing:5gm       Prep Time:About 15 active time, 1 hr chill time       Effort:Easy  

**Ingredients:**  
1 envelope unflavored gelatin            2 tablespoons unsweetened cocoa  
2 eggs, separated            2 cups half & half divided  
5 packets sugar substitute            1 1/2 teaspoons vanilla  

**How to Prepare:**  
In medium-size saucepan, mix gelatin and cocoa. In separate bowl, beat egg yolks with 1 cup half&half. Blend into gelatin mixture. Let stand 1 minute to soften gelatin. Stir over low heat until gelatin is completely dissolved, about 5 minutes. Add remaining half&half, sweetener and vanilla. Pour into large bowl and chill, stirring occasionally, until mixture mounds slightly when dropped from spoon. In separate large bowl, beat egg whites until soft peaks form; gradually add gelatin mixture and beat until doubled in volume, about 5 minutes. Chill until mixture is slightly thickened. Turn into dessert dishes or 1-quart bowl and chill until set.  

**White Chocolate Strawberry Mousse**  
Serves:4,5,10,10  
Prep Time:10 minutes       Effort:Easy  

**Ingredients:**  
4 TBS Cream Cheese, room temp            5 large Strawberries  
1 cup Whipping Cream 1 cup Water            1 pkg Jello SF Instant White Chocolate Pudding mix  

**How to Prepare:**  
Beat the strawberries and Cream Cheese together until smooth and creamy. Add the water and whipping cream and beat for 2 minutes
until blended. Add the Jello Instant Pudding mix and beat until well mixed. Place in fridge for 5-10 minutes until set. Tastes creamy and rich and decadent!

**Chocolate & Banana Cream Cheese Bites**  
Prep Time:10 minutes  
Effort:Easy  
CarbsPerServing:Unknown

**Ingredients:**  
8 oz. cream cheese  
1/2 ripe banana  
1 1/2 tbsp. water  
6 packets Splenda  
1 1/2 tsp. unsweetened cocoa  
1/4 tsp. banana flavored extract (optional)

**How to Prepare:**  
Beat banana into cream cheese with 2 packs Splenda, 1/2 tsp. of the unsweetened cocoa and banana flavored extract if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

**Chocolate & Peanut Butter Cream Cheese Bites**  
Serves:8  
Prep Time:10 minutes  
Effort:Easy  
CarbsPerServing:Unknown

**Ingredients:**  
8 oz. cream cheese  
2 tsp. sugar-free peanut butter  
1 1/2 tbsp. water  
6 packets Splenda  
1 1/2 tsp. unsweetened cocoa  
1/4 tsp. almond flavored extract (optional)

**How to Prepare:**  
Beat peanut butter into cream cheese with 2 packs Splenda, 1/2 tsp. of the unsweetened cocoa and almond flavored extract if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

**Lemon Coconut Cream Cheese Bites**  
Prep Time:10 minutes  
Effort:Easy  
CarbsPerServing:Unknown

**Ingredients:**  
8 oz. cream cheese  
2 tsp. sugar-free lemon flavored jello  
1 1/2 tbsp. water  
6 packets Splenda  
1/4 cup shredded coconut  
1/4 tsp. lemon extract (optional)

**How to Prepare:**  
Dissolve gelatin in water and beat into cream cheese with 2 packs Splenda and lemon flavored extract if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

**Chocolate & Orange Cream Cheese Bites**  
Prep Time:10 minutes  
Effort:Easy  
CarbsPerServing:Unknown

**Ingredients:**  
8 oz. cream cheese  
2 tsp. sugar-free orange flavored jello  
1 1/2 tbsp. water  
6 packets Splenda  
1 1/2 tsp. unsweetened cocoa  
1/4 tsp. vanilla or orange flavored extract (optional)

**How to Prepare:**  
Dissolve gelatin in water and beat into cream cheese with 2 packs Splenda and 1/2 tsp. of the unsweetened cocoa and extract, if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

**Chocolate & Raspberry Cream Cheese Bites**  
Prep Time:10 minutes  
Effort:Easy  
CarbsPerServing:Unknown

**Ingredients:**  
8 oz. cream cheese  
2 tsp. sugar-free raspberry flavored jello  
1 1/2 tbsp. water  
6 packets Splenda  
1 1/2 tsp. unsweetened cocoa  
1/4 tsp. strawberry flavored extract (optional)

**How to Prepare:**  
Dissolve gelatin in water and beat into cream cheese with 2 packs Splenda and 1/2 tsp. of the unsweetened cocoa and strawberry.
flavored extract, if using. Refrigerate mixture until firm. Slightly dampen hands and pinch off a marble sized piece of the cheese mixture and roll into a ball. Do this with the rest of the cheese. Freeze for 30 minutes in a single layer on wax paper. Mix remaining Splenda and cocoa. Place in a gallon sized zipper bag and add frozen cream cheese balls. Shake gently to coat. Store in refrigerator in a single layer to prevent sticking.

**Easy Lime Panna Cotta (Italian Cream Custard)**

*Serves: 6*  
*Carbs Per Serving: 6*  
*Prep Time: 15 min*  
*Effort: Easy*

**Ingredients:**
- 1 packet gelatin
- 1 cup water
- 1/2 tsp Almond Extract
- 2 cups heavy cream
- 1 Tablespoon lime juice
- 2 Tablespoons grated lime peel (optional)

**How to Prepare:**
Although panna cotta translates as "cooked cream," in fact, you heat the heavy cream only long enough to dissolve the gelatin.

1. Set out six 6-oz dessert cups. (Can use dessert molds, but cups are easier.)
2. In a 1/4 cup measuring cup, add the 3 Tablespoons of water and sprinkle the packet of gelatin over the top. Mix. In 5-7 minutes, the gelatin will be softened.
3. In a medium saucepan, combine heavy cream, 1/4 cup water, sugar substitute, lime juice, and optional grated lime peel. Stir occasionally until starts to steam - do not boil!
4. Remove from heat, stir in the gelatin mixture, and mix well.
5. Divide mixture among the six dessert cups or molds.
6. Chill until firm (about one hour). Serve with optional lime peel garnish.

**Crepes and Cream**

*Serves: 6*  
*Carbs Per Serving: 7*  
*Prep Time: 5 minutes*  
*Effort: Easy*

**Ingredients:**
- 6 Ready made Crepes
- Redi-Whip
- Cream Cheese
- Nuts (optional)

**How to Prepare:**
Spread cream cheese over a Crepe and top with Redi-Whip and nuts if desired.

**Nut Logs**

*Serves: 10 - 15*  
*Carbs Per Serving: entire recipe is about 28 carbs, 2.5 carbs per glob*  
*Prep Time: 15 mins*  
*Effort: Easy*

**Ingredients:**
- 1 8 oz package of cream cheese
- 1 cup slice almonds
- 1/2 tsp of Cinnamon
- 5 Splenda packets

**How to Prepare:**
Lay almonds slices on a cookie sheet and toast in a 350 degree oven for 5-7 mins. Remove and let cool. combine almonds, cinnamon and splenda in a bowl and mix well. Using a melon baller or small spoon take a glob of cream cheese and roll it in the dry mix, pressing the almonds in until they stick and glob is completely covered... store in refrigerator in a tight container or covered in plastic wrap.. 1 pack of cheese makes about 10-15 snacks depending on how big you make em.. You could also make a large nut log for the holidays by adding the sweetner and cinnamon to the cream cheese and just covering the whole lump in the nuts and then just slice it to serve it!

**Peanut Butter Fluff**

*Serves: 1, 10, 10, 10, 10, 10, 9*  
*Carbs Per Serving: 3-5*  
*Effort: Easy*

**Ingredients:**
- Two tbs chunky peanut butter
- Whipped cream (as much as desired)

**How to Prepare:**
Blend well. Grab a spoon and enjoy!

**Sherbert (Ice Cream)**

*Carbs Per Serving: very low carbs*  
*Effort: Easy*

**Ingredients:**
- Heavy Cream
- Artificial sweetener packets
- Kool-Aid

**How to Prepare:**
First whip the cream to peaks. Then add kool-aid and sweetener to taste.

What taste extremely good is something called "Ice blue raspberry lemonade" and watermelon cherry combinations. Freeze. May need to thaw in refrigerator or a few seconds in the microwave after a couple days.

**100% great sweet party snack balls**

*Serves: Makes 18-22, 10*  
*Carbs Per Serving: 5-1.5 depending*  
*Prep Time: 5 minutes*  
*Effort: Easy*

**Ingredients:**
- 4 oz cream cheese
- 2 oz almonds
- 2 packets art. sweetener
2 Tb heavy cream

How to Prepare:
1. Mix cream cheese, art. sweetener, and cream together good.
2. Mix in almonds.
3. Wet hands.
4. Break off marble size amount and roll into balls.
5. Refrigerate.

Suspiros
Serves: 5, 9, 10
CarbsPerServing: 0
Prep Time: 30 min
Effort: Easy
Ingredients:
4 Egg whites
1 1/2 cup of splenda

How to Prepare:
This is a Venezuelan recipe
Beat the egg whites for about 6 minutes in hi, add the splenda really slow.
In a non stick pan put little pieces of that mix and bake at 180°C until they are golden brown

California Clouds
Serves: 10 pieces, 10
CarbsPerServing: unspecified
Prep Time: 10 min
Effort: Easy
Ingredients:
1/2 Cube Cream Cheese (softened)
1/2 Cube Butter (softened)
1/4 Cup Blueberries
5 Packets Splenda
1 tsp Vanilla extract
1 tsp Davinchi Syrup (any flavor)

How to Prepare:
Mix all ingredients in bowl till creamy, drop by teaspoons on large platter lined with parchment paper. Freeze and eat.

BROWN BROWNIES
Serves: 10
Prep Time: 45 minutes
Effort: Easy
Ingredients:
1 Box of Dark Brown Sugar
2 2/3 Cup of Flour
1/2 Teaspoon Salt
semi-sweet chocolate chips
1/4 Teaspoon Vanila
3 Eggs
2/3 Cup Wesson Oil
1 tsp baking powder
1 6 oz. pkg. semi-sweet chocolate chips
1/4 Teaspoon Vanila

How to Prepare:
Grease pan and flour and bake for 30-35 minutes at 350

Jello Fluff
Serves: 10-12
Prep Time: 5 minutes
Effort: Easy
Ingredients:
8 oz. sour cream
8 oz. cream cheeses pkg. sugar free jello

How to Prepare:
Mix ingredients together and serve. Can use any flavor of jello and top with fruit. Example: Strawberry kiwi jello with strawberries on top. Or Lemon jello, topped with limes.

Quick and Easy Ice Cream Flavors
Serves:?
CarbsPerServing: Depends on flavor and ingredients used
Prep Time: Also depends on ingredients used
Effort: Easy
Ingredients:
Cool Whip
Flavored Cream Cheese

How to Prepare:
Use mixer to blend container of cool whip with container of flavored cream cheese. Freeze and serve.
Some of my favorite flavors: Strawberry - strawberry cream cheese and a few fresh strawberries finely chopped. HoneyNut Chocolate - honeynut cream cheese, one low carb chocolate bar chopped fine and a few pecans chopped fine.
Try your own flavors! Enjoy!

Dairy-Free Chocolate Pudding
Serves: 4 Servings
Prep Time: 10 Minutes
Effort: Easy
Ingredients:
2 small avacados
1/3 cup organic cocoa
3/4 cup sugar-free maple syrup (Cozy Cottage brand)...

How to Prepare:
Peel and cut up avacados. Place in food processor and blend until smooth. Add cocoa and blend well. Add maple syrup and blend until mixture is smooth and completely mixed.

Pink Lemonade Shake
CarbsPerServing: 7g total
Effort: Easy
Ingredients:
3 tablespoons lemon juice
1 tablespoon lecithin -- granules
10 ounces water -- ice cold
1 cup crushed ice
1/2 cup protein powder -- vanilla
1 packet artificial sweetener
1 drop red food coloring
2 ounces heavy cream -- ice cold

How to Prepare:
Put everything in blender and blend until thick and creamy. You can partially freeze this for an ice cream type treat. Lemon juice is to taste - I like it tart. :)

**Mockolate Danish**  
**Carbs Per Serving:** 3g total  
**Effort:** Easy

**Ingredients:**
- 2 ounces cream cheese  
- 1 egg  
- 2 Splenda packets -- if needed  
- the keto cocoa is sweet enough  
- 1/2 tablespoons keto cocoa  
- 3 tablespoons protein powder -- whey, or ground almonds or both

**How to Prepare:**
Put cream cheese in microwave for 30 seconds. Then put in all the rest. Stir with a whisk until well blended. Put in microwave for 1 minute. This is like chocolate sponge pudding with thick custard in the middle!

**NOTES:** Counts for Davinci’s vanilla syrup not included in totals.

**Yummy Blizzard Dairy Queen Recipe**  
**Serves:** 10  
**Carbs Per Serving:** 9g carbs total  
**Effort:** Easy

**Ingredients:**
- 1/3 cup cream  
- 1 handful low-carb chocolate kisses  
- 1 teaspoon unsweetened cocoa  
- 1/2 teaspoon vanilla  
- 5 packages artificial sweetener  
- 10 slightly softened ice cubes or less

**How to Prepare:**
Blend all of the above for about 60 seconds. I used a Vita-Mix. Depending on your mixer, you may need more of less time. If the ice cubes (make sure they are a TINY bit slushy) aren’t blended yet, try using the reverse option on your blender for a few seconds.

**Almost Maple Walnut Ice Cream**  
**Serves:** 10, 10, 10  
**Carbs Per Serving:** no counts provided  
**Effort:** Easy

**Ingredients:**
- 1 Cup Plain Yogurt  
- 1/8 Cup Howard’s Low Carb Maple Syrup  
- 1/8 Cup Chopped Walnuts

**How to Prepare:**
Mix ingredients together and put in freezer, stirring every 15 minutes until ice cream like. Enjoy!

**Tofu Creme Brulee**  
**Carbs Per Serving:** 6g carbs total  
**Effort:** Easy

**Ingredients:**
- 1/3 cup heavy cream  
- 2 ounces tofu -- prefer silken, soft  
- 1 Tablespoon splenda  
- 1/4 teaspoon vanilla extract  
- 1 dash cinnamon  
- 1 large egg yolk

**How to Prepare:**
Microwave directions:  
In a blender mix all ingredients well until smooth. Pour into a 10oz glass ramiken and place into a larger glass bowl. Fill to about 1/2 way up the ramiken with hot water and microwave on 50% powder for 7 minutes or until set. Let sit at room temperature for 15 minutes before eating.

**Swedish Cream**  
**Carbs Per Serving:** 58g carbs total  
**Effort:** Easy

**Ingredients:**
- 1 cup Splenda  
- 1 unflavored gelatin (envelope)  
- 2 cups heavy whipping cream  
- 1 teaspoon vanilla extract  
- 2 cups sour cream

**How to Prepare:**
Combine Splenda and gelatin in a sauce pan. Add cream. Heat on medium for 5 minutes stirring CONSTANTLY, until hot but NOT boiling. Sugar and gelatin must be completely dissolved. If it gets too hot or cooks too long, it will be tough. Cool 10 minutes. Combine sour cream and vanilla and stir into the warm mixture. Ladle into a medium-sized bowl or molds. Refrigerate 2 hours or until set. If placed in molds, unmold Swedish cream by running a knife around the edges and turning out. Serve alone or with fresh berries mixed with Splenda.

**Strawberry-Watermelon Whip**  
**Per Serving:** no counts provided  
**Effort:** Easy

**Ingredients:**
- 1 Individual tub of Crystal Light Strawberry-Watermelon Whipping Cream (amount depends on how much you need - remember whipping cream whips up to more than you pour in!)

**How to Prepare:**
Pour whipping cream in a deep bowl. Add Crystal Light sparingly at first. Whip with a mixer tasting periodically. Depending on your taste, you can add a lot of the mix or a lot of the cream depending. This will keep in the refrig. for a while. This is wonderful to dip strawberries or blueberries in! I end up eating it out of the container by itself!
### Strawberry Shortcake

**CarbsPerServing:** 48g carbs total  
**Effort:** Easy

**Ingredients:**
- 2/3 cups just whites -- egg
- white powder
- 2 cups artificial sweetener
- 2 cups water

**How to Prepare:**
Blend egg white and water until soft peaks form. Blend in Splenda. Put the mixture evenly into two 8” cake pans sprayed with cooking spray. Do not spread up the sides, just mound it in the middle of the pans as if you were pouring cake batter into the pans. Bake at 275 degrees for one hour. After the “cake” is finished cooking, remove from pans. Frost the bottom layer with whipped cream. Put the other layer on top and frost with remaining whipped cream. Decorate with berries. Served this to guests and they did not know it was not really strawberry shortcake. It is pretty and very tasty! You can’t go wrong with this one.

**NOTES:** Counts for just whites not included in totals.

---

### Strawberry Custard

**CarbsPerServing:** 5.2g carbs total  
**Effort:** Easy

**Ingredients:**
- 2 cups heavy cream
- 4 each egg yolk
- 1 teaspoon vanilla extract
- 8 packets artificial sweetener
- 1/2 cup strawberries -- diced
- 1 teaspoon lemon extract -- optional - brings out the fresh flavor
- 2 packets artificial sweetener
- 2 tablespoons s/f strawberry syrup -- optional - use if available and omit extra 2 pkts sweetener

**How to Prepare:**
Sprinkle diced strawberries with 2 pkts sweetener (or strawberry syrup) and toss gently. Let sit while you proceed. Put the remaining ingredients in a blender. Process to blend yolks well. Pour into a saucepan and heat over med/low heat, stirring constantly, until it comes to a simmer. Simmer, stirring, for 4 minutes or until it thickens. Remove from heat and gently stir in strawberries and any liquid that has accumulated with them. Serve warm or cold. This makes about 6 decent sized servings.

**NOTES:** Counts for strawberry syrup not included in totals.

---

### Strawberry Crepes

**Effort:** Easy

**Ingredients:**
- 3 egg
- 1 Tablespoon water
- 2 packets artificial sweetener
- 1/4 teaspoon vanilla
- 1/4 cup cottage cheese -- or ricotta
- strawberry jam

**How to Prepare:**
Beat eggs with water, sweetener and vanilla. Cook like crepes (2 ea.). Spread jam and cheese onto crepes and fold in half. Optional: top with sweetened sour cream and strawberries.

**NOTES:** Counts for strawberry jam not included in totals.

---

### Sinfully Rich Fudge

**Serves:** 24,1,1  
**CarbsPerServing:** 1.8g

**Effort:** Easy

**Ingredients:**
- 1 ounce paraffin wax -- canning
- 2 tablespoons sugar free peanut butter -- I like crunchy
- 1 cup heavy cream
- 1 package sugar free instant pudding mix

**How to Prepare:**
Mix Sugar Free Pudding, Heavy Cream, and Peanut Butter in a saucepan over med heat. At same time in double broiler Melt Paraffin Wax. Once Peanut Butter and Wax have melted, add wax to mixture while mixing (electric) on med power. Place in a 7 x 7 square baking pan. Refrigerate, ready to eat when hard.

**Serves:** 24 squares

---

### Sinful White Chocolate Mousse

**Serves:** 4,7  
**CarbsPerServing:** 9.25g

**Effort:** Easy

**Ingredients:**
- 2 cups heavy cream
- 1 package sugar free jello brand White Chocolate pudding mix -- small package

**How to Prepare:**
So easy to make! Pour whipping cream in mixing bowl, dump in dry pudding mix. Beat till very thick and fluffy. Divide into 4 servings. This is also excellent with chocolate fudge and butterscotch. Even half a serving is very satisfying.

---

### Simple Fruit Ice Cream 2

**CarbsPerServing:** 16g carbs total  
**Effort:** Easy

**Ingredients:**
- 1 cup frozen unsweetened strawberries
- raspberries, mangoes, blueberries, etc.
- 1/4 cup heavy whipping cream
- 1 teaspoon liquid stevia -- to taste

**How to Prepare:**
Place ingredients in blender. Blend till smooth, soft serve consistency. Eat and enjoy. Does not refreeze well. It will be hard as a rock if you refreeze.

**Butter Pecan Pudding**

**Carbs Per Serving:** no counts provided  
**Effort:** Easy

**Ingredients:**
- 12 oz. 1/3 less fat cream cheese -- softened
- 1/2 cup heavy whipping cream
- 1 teaspoon Sugar Free Jell-O Butterscotch Pudding
- 1 tablespoon Sugar Free Caramel syrup
- 1/4 cup pecan pieces broken up small
- 1 tablespoon Divinci sugar
- 2 packets Splenda
- 1/2 cup heavy whipping cream
- 1 teaspoon Sugar Free Jell-O Butterscotch Pudding

**How to Prepare:**
Whip softened cream cheese until smooth. Add pudding, splenda, syrups and while in the fridge—just beat by hand some before serving.** You can also try using chocolate pudding with other nuts of your choice—just use chocolate and maybe a little vanilla syrup. Makes two cups—really sweet so 1/2 cup serving may be too much!

**Sherbert**

**Carbs Per Serving:** 5g carbs total  
**Effort:** Easy

**Ingredients:**
- 1 package sugar free jello -- raspberry or orange
- 3/4 cup heavy cream -- whipped

**How to Prepare:**

**Chocolate Torte**

**Carbs Per Serving:** 64g carbs total  
**Effort:** Easy

**Ingredients:**
- 4 eggs -- extra large
- 3/4 cup artificial sweetener
- 1 cup pecans
- 1 teaspoon vanilla extract
- 2 tablespoons flour
- 2 1/2 teaspoons baking powder
- 3 tablespoons cocoa powder

**How to Prepare:**
BLEND (in blender) eggs and sweetener for 45 seconds. Add other ingredients IN THE ORDER LISTED. Blend 2 minutes. POUR into greased 9” round pan. Bake at 350 for 20 minutes or until toothpick comes out clean.

**Rich Chocolate Pudding**

**Carbs Per Serving:** 27g carbs total  
**Effort:** Easy

**Ingredients:**
- 1 envelope unflavored gelatine
- 1/4 cup cold water
- 2 tablespoons butter
- 3/4 cup heavy cream
- 12 packages artificial sweetener
- 3 tablespoon unsweetened cocoa powder
- 1 teaspoon vanilla extract

**How to Prepare:**
sprinkle the gelatine over the water and let sit for a few minutes then microwave for about 40 seconds on high then stir in butter and let sit for another 2 min. In a blender mix the cream, equal, cocoa and vanilla until smooth. Add the gelatine and butter mixture while still blending, continue to blend until completely smooth. Pour into a bowl and chill until set.

**Rhubarb Fool**

**Carbs Per Serving:** 26g carbs total  
**Effort:** Easy

**Ingredients:**
- 1 pound rhubarb -- washed
- 1/4 cup water
- 4 packages artificial sweetener -- to taste
- 1 cup heavy cream

**How to Prepare:**
In a medium saucepan bring water to boil. Add Rhubarb, turn heat to low, cover and simmer for 15 - 20 minutes until rhubarb is soft. Cool and refrigerate until cold. Stir in sweetener. Whip cream Fold rhubarb into whip cream.

**Refreshing Lemon Cream**

**Carbs Per Serving:** 12g carbs total  
**Effort:** Easy

**Ingredients:**
- 1 cup heavy cream
- 2 tablespoons lemon juice
- 2 tablespoons artificial sweetener -- to taste

**How to Prepare:**
Whip cream until frothy and beginning to form soft peaks (not stiff). Add lemon juice and sweetener and continue beating until fully mixed. Adjust sweetener based on personal preference for sweet/sour flavor. Place in muffin cups for individual servings or directly in freezer safe tupperware container. Freeze until solid. If using muffin cups, serve directly from freezer as an ice cream. If using tupperware, place frozen mixture in a food processor and blend until softened. Serve.

**Raspberry Delight**

**Carbs Per Serving:** no counts provided  
**Effort:** Easy

**Ingredients:**
- 1 pint heavy cream
- 2 bricks of cream cheese
sweetener to taste 1 teaspoon vanilla
1 container Chrystal Light - Raspberry Ice

How to Prepare:
Add all ingredients, except Chrystal Light, together and whip until firm. Add Chrystal light and continue beating until mixed. Serve as is or top with fresh Raspberries, crushed and sweetened with preferred sweetener. This recipe can be halved.

Quickie Ice Cream CarbsPerServing:6g carbs total Effort:Easy
Ingredients:
1/2 cup heavy cream  
1/3 cup water
2 packages artificial sweetener  
1/2 teaspoon vanilla
1/2 teaspoon syrup of your choice (or extract)

How to Prepare:
Place ingredients in a small ziploc and seal well. Place inside a gallon sized ziploc with ice and salt. Set bag on a towel beside you on the couch and flip and juggle the bag around for about 15 minutes, until set.

NOTES : Counts for syrup or extracts not included in totals.

Puddin' Toppin' CarbsPerServing:13g carbs total Effort:Easy
Ingredients:
16 ounces heavy cream  no. box sugar free pudding any flavor

How to Prepare:
Blend together until nearly stiff. Refrigerate or use immediately, density does not change during refrigeration. Great alone or as a topping/frosting on your favorite dessert. NOTES : Counts for pudding not included in totals. Small box of Vanilla Pudding adds 24 carbs, Chocolate adds 28 carbs.

Popcicles CarbsPerServing:0 Effort:Easy
Ingredients:
2 cups water 1 package jello any flavor

How to Prepare:
Heat water in microwave until it boils, then add the jello. Stir until dissolved. Pour in ice cube trays and place in freezer. In an hour place toothpicks in each cube. Let freeze for a few hours.

Peach Melba Jell-o CarbsPerServing:25g carbs total Effort:Easy
Ingredients:
1 package s/f peach jell-o gelatin  
1 package s/f raspberry jell-o gelatin
2 cups boiling water  
1 cup cold water  
1 cup heavy cream -- whipped to soft peaks
1 small peach -- sliced thin  
1/2 cup raspberries -- fresh

How to Prepare:
This is an adaptation of a high carb recipe - but it works great:) Dissolve peach flav. jello in one cup of boiling water; mix. Add cold water. Chill until SLIGHTLY thickened. Dissolve raspberry jello in remaining one cup of boiling water. Spoon in whipped cream, stirring until smooth. Pour into serving bowl, chill to firm, but not set. Arrange peach slices and raspberries on ice cream mixture in bowl. Spoon peach jello over fruit. Chill for at least 3 hours.

PINEAPPLE SLAW CarbsPerServing:8.5g Effort:Easy
Ingredients:
2 cups cabbage -- finely shredded  
1/2 cup crushed pineapple -- drained
1/4 cup green peppers -- finely diced  
2 tablespoons mayonnaise -- (more if you like)
2 tablespoons onion -- finely diced Stevia -- to equal 1 teaspoon sugar
1/4 teaspoon celery seed  
salt -- to taste  
pepper -- to taste

How to Prepare:
Serves 4.
NOTES : Stevia not included in counts

Nookie Pudding CarbsPerServing:25g carbs total Effort:Easy
Ingredients:
8 ounces cream cheese -- softened  
1 cup heavy cream
3 teaspoons vanilla  
8 packages artificial sweetener -- to taste
1 teaspoon unsweetened cocoa powder

How to Prepare:
Whip the cream cheese and 1/2 cup whipping cream in mixer. Add vanilla, artificial sweetener, cocoa, and remaining 1/2 cup of whipping cream. Blend until thick and creamy.

Mint Chocolate Freezer Ice Cream Cups CarbsPerServing:no counts provided Effort:Easy
Ingredients:
1 cup whipping cream 1 teaspoon mint extract 3 teaspoons Carnation Fat Free Hot Cocoa mix

How to Prepare:
Whip cream until frothy, but before it forms stiff peaks. Add extract and cocoa mix until blended. Spoon into paper cupcake cups and place in bottom of freezer ready tupperware container. Seal container and freeze until solid. No sweetener needed, plenty in the cocoa mix. Take cups out of freezer and serve.

May also substitute almond extract for chocolate almond cups or experiment with other extracts (I recommend Splenda sweetener) and sugar free drink mixes/jello mixes for fruit flavors.

**Induction sweet surprise!**

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>CarbsPerServing: 3g carbs total</th>
<th>Effort: Easy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup sour cream</td>
<td>1 packet artificial sweetener</td>
<td>2 tablespoons lecithin -- granules - Lewis Lab type</td>
</tr>
</tbody>
</table>

How to Prepare:
Mix all and let set 1 minute, top with favorite nuts. I like walnuts. That's all, unbelievable... This recipe is so low in carbs as you can see and it is amazing to think it's the Equal that turns this into a delicious pudding.

**Hot Chocolate Coconut Pudding**

<table>
<thead>
<tr>
<th>Serves: 1</th>
<th>CarbsPerServing: 11g carbs total</th>
</tr>
</thead>
</table>

How to Prepare:
Put all the ingredients in a small bowl and stir them together. Nuke in the microwave on full power for 1 minute then stir again. This makes 1 serving.

**Fruit Whip**

<table>
<thead>
<tr>
<th>CarbsPerServing: 23g carbs total</th>
<th>Effort: Easy</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 boxes sugar free jello</td>
<td>(any desired flavors)</td>
</tr>
<tr>
<td>16 ounces cottage cheese</td>
<td>cup heavy cream</td>
</tr>
</tbody>
</table>

How to Prepare:
Beat heavy cream till soft peaks. Set aside. Beat cottage cheese to break curds to tiny pieces. Add the two boxes of jello and beat till mixed. Add the whipped heavy cream. Chill.

**Fruit Fluff**

<table>
<thead>
<tr>
<th>CarbsPerServing: 13g carbs total</th>
<th>Effort: Easy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pint Heavy Cream</td>
<td>box sugar free jello -- any kind</td>
</tr>
</tbody>
</table>

How to Prepare:
Make Jello Like on Box, Whip Heavy Cream And Jello Together and Put in ice box for 3 to 4 hours NOTES : Counts for jello not included in totals.

**Frozen Pudding Dessert**

<table>
<thead>
<tr>
<th>Serves: 30</th>
<th>CarbsPerServing: 1.2g</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 ounces cream cheese -- softened</td>
<td>1 1/2 cups heavy cream</td>
</tr>
<tr>
<td>1/2 package sugar free instant pudding mix -- vanilla</td>
<td>4 splenda packets</td>
</tr>
<tr>
<td>2 cups fruit flavored extract</td>
<td></td>
</tr>
</tbody>
</table>

How to Prepare:
Whip together and spoon into cake decorating bag with large tip, or use a baggie and cut one corner off the bag. Make plops about cookies size on wax paper lined cookie sheet. Freeze then transfer to container and keep in freezer.

Makes 30.
NOTES : Counts for fruit flavored extract not included in totals.

**Flax Pudding**

<table>
<thead>
<tr>
<th>CarbsPerServing: 6g carbs total</th>
<th>Effort: Easy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 egg</td>
<td>1/4 cup whole milk ricotta cheese</td>
</tr>
<tr>
<td>2 tablespoons flax meal</td>
<td>dash nutmeg</td>
</tr>
<tr>
<td>2 tablespoons DaVinci</td>
<td>French Vanilla syrup</td>
</tr>
<tr>
<td>water</td>
<td>2 tablespoons heavy cream</td>
</tr>
</tbody>
</table>

How to Prepare:
In microwavable cereal bowl, beat one egg with fork. With fork, beat in ricotta.

When well blended, add flax meal, nutmeg, salt sub, and syrup. Add water one tablespoon at a time to desired consistency (I used 2 and it turned out well).

Nuke on high 2 minutes. Stir and top with desired amount of butter and heavy cream.
Espresso Cream Dream

**CarbsPerServing:** no counts provided  
**Effort:** Easy

**Ingredients:**
- For the base: 2 shots espresso (decaf is OK!) -- (2 to 3)
- 2 packets sweetener
- For the topping: Whipped cream or -- better yet, clotted cream
- sweetener -- if the cream's not sweetened 4 raspberries -- (4 to 5)

**How to Prepare:**
Mix sweetener into espresso. Stir in 2 ice cubes to cool it and make it a bit more palatable! Put in freezer. Every 30 minutes or so, stir with a fork and break up the ice that's forming. After about 2 hours of this, it'll end up a fine grainy slush. For the topping, smoosh up the raspberries and mix the sweetener into the cream. Top generously.

---

Egg Custard 2

**CarbsPerServing:** 13g carbs total  
**Effort:** Easy

**Ingredients:**
- 5 eggs
- 1/2 pint heavy cream
- 1/2 pint water
- 4 teaspoons artificial sweetener -- splenda (4 to 6)
- 1 teaspoon vanilla
- cinnamon or nutmeg

**How to Prepare:**
place first 5 ingredients in blender and whip for 3-4 minutes. Pour into a glass baking dish or individual oven safe dessert bowls, sprinkle with cinnamon or nutmeg or both. Bake @ 350 for 40-45 minutes or until set. Chill 1 hour and serve.

**NOTES:** Counts for cinnamon or nutmeg not included in totals.

---

Custard for Pudding or Ice Cream

**CarbsPerServing:** 14g carbs total  
**Effort:** Easy

**Ingredients:**
- 2 cups heavy cream
- 2 egg yolks
- cocoa and splenda to taste
- (or other flavorings/sweeteners)

**How to Prepare:**
Whisk together over med heat until boiling. Remove from stove, beat with beater, and add xanthan gum by the 1/2 tsp, shaking it in gently while beating until it thickeens. YUM! This can also be chilled overnight and then put into ice cream maker to make a yummy ice cream with no milk.

**NOTES:** Counts for cocoa and splenda not included in totals.

---

Cream Cheese & Peanut Butter Thingies

**CarbsPerServing:** 56g carbs total  
**Effort:** Easy

**Ingredients:**
- 8 ounces cream cheese
- 1 pint heavy cream
- 2 tablespoons sugar free peanut butter
- 1 package sugar free instant pudding mix -- chocolate

**How to Prepare:**
Cream the cream cheese then add other ingredients (works better if you follow the order) Spoon onto a cookie sheet (parchment paper) I spoon into a ziploc and cut off the corner and use it as a pastry bag. They come out like hersey kisses.

---

Créme Brûlée

**Serves:** 10,10  
**CarbsPerServing:** 14g carbs total  
**Effort:** Easy

**Ingredients:**
- 2 cups heavy cream
- 4 egg yolks
- Stevia or Splenda to taste

**How to Prepare:**
just a teeny bit (***the real recipe only calls for 3 t sugar, so this is not a sweet pudding) Heat cream over med-low heat (you do not want to scorch or boil any of this!) Beat egg YOLKS for several minutes until foamy lemony looking. Add the artificial sweetener & beat that in, Add half of the hot cream to the yolks and beat in Add back to cream in pan TURN heat DOWN and cook till thickened (should take up to five minutes) remembering not to let this boil.

---

Cinnamon Bread Pudding

**PerServing:** 6g carbs total  
**Effort:** Easy

**Ingredients:**
- 2 Slices Cheeters Brand Cinnamon Bread
- 1 Large Egg
- 3/4 cup Heavy Cream Pumpkin Pie Spice (to taste)
- 1/2 teaspoon Splenda

**How to Prepare:**
Break up cinnamon bread into large custard cup.
Combine egg, cream, spice, and Splenda, pour over bread pieces. Place in refrigerator, for 1 hour at least. Microwave, for 2 minutes or until puffy, slightly over the top of dish.

NOTES: Counts for bread and pumpkin pie spice not included in totals.

**FISH MEALS**

**seafood chowder (NO CARBS)**
- Serves: 4-5
- Carbs Per Serving: 0
- Prep Time: 1/2 HOUR
- Effort: Easy

**Ingredients:**
- 2 quarts heavy cream
- butter/salt/pepper/haddock/clams/scallops with all juices. you can add any kind of seafood you like, Most has 0 carbs.

How to Prepare:
- Saute all seafood in pan with butter until done, add heavy cream, enjoy!!!! TIP- the longer it sets the better it tastes. add salt & pepper as you like.

**Tasty Tuna Burgers**
- Serves: 4
- Carbs Per Serving: 3.5
- Prep Time: 10
- Effort: Easy

**Ingredients:**
- 1-7 oz. cana tuna, drained
- 1/2 cup wheat bran
- 1/2 cup diced celery
- 2 tbsp minced onion
- 1/3 cup mayo
- 2 tbsp low carb ketchup
- 1 tsp lemon juice

How to Prepare:
- Mix all ingredients and form into 4 patties. Spray frying pan with pam and cook like a hamburger until browned on both sides.

Per burger: 153 calories, 3 g fat, 6.5 carb 3 g fiber, 3.5 net carb, 9 protein

**Lobster Imperial**
- Serves: 4
- Carbs Per Serving: 3
- Prep Time: 30 minutes prep, 15 cook
- Effort: Easy

**Ingredients:**
- 3 pounds Maine lobster meat, cooked
- 1 small bell pepper, finely diced (1/2 c=4.8g)
- 1 tablespoon chopped canned pimiento (about 1g)
- 1/3 tablespoon dry English mustard
- 1/2 tablespoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon white pepper
- 1 or 2 dashes cayenne pepper
- 2 eggs
- 1/2 teaspoon Worcestershire sauce (.5)
- paprika
- 1/2 cup mayonnaise (and extra for spreading)(about 4.5)

How to Prepare:
- Preparation:
  - Remove any bits of shell from the lobster meat and set aside. Combine the rest of the ingredients and mix. Fold in the lobster meat.
  - Divide among four small ramekins/gratin dishes or baking shells. Lightly spread a coating of mayonnaise on top and sprinkle with paprika. Bake in preheated oven at 350°F for 15 minutes or until the mayonnaise browns. Serve hot or cold.

**crawfish quiche**
- Serves: 6-8
- Carbs Per Serving: unknown
- Prep Time: 15 min.
- Effort: Average

**Ingredients:**
- 2 eggs
- 1/2 C mayo
- 1/2 C half & half
- 2 Tbs. soy flour
- salt & pepper
- 1 C grated cheddar (or other)
- 1/3 C green onion, chopped
- 6 oz. crawfish tails

How to Prepare:
- Blend left column ingredients with beater or blender. Stir in remaining ingredients (roughly chop tails). Pour into buttered pie dish. Bake at 350 for approx. 40 min.

**Tilapia with Flaxseed and Parmesan Crust**
- Serves: 2, 10, 7
- Carbs Per Serving: About 2 net carbs per serving, plus the health benefits and fiber of flaxseed.
- Prep Time: 15 minutes
- Effort: Easy

**Ingredients:**
- 2-5 oz Tilapia filets
- 2 T ground flaxseed (I run mine through a coffee grinder)
- 4 T butter
- 2 T olive oil
- 2 cloves garlic
- 2 T finely shredded Parmeseano Reggiano (or regular parmesan in a pinch)
- sea salt
- white pepper

How to Prepare:
- In oven and stovetop safe pan or dish, heat butter and olive oil over
medium high heat. Press 2 cloves garlic (or mince) and add to butter/oil. Saute until garlic is soft but not brown. Rinse and dry tilapia filets. Salt and pepper filets as you wish. Place filets in pan, spooning garlic butter oil mixture over them. Cover and cook over medium heat until fish flakes easily with a fork--about 4 minutes. In a small bowl, combine flaxseed, parmesan, and salt and pepper to taste. Cover tops of filets with flax mix, about 2 T on each. Spoon some of the butter/oil over topping to moisten. Place under broiler to brown for about 2 to 3 minutes. As pictured above, I like to serve with baby spinach and Newman's Own Light Italian Dressing (0 carbs for the dressing!). This is such a treat--it's kind of like a tilapia scampi. Enjoy!

**Fried Fish with Pork Rind**  
Serves: 2  
Carbs Per Serving: 16.365  
Prep Time: 20 min  
Effort: Easy

**Ingredients:**  
2 tilapia (cod, scrod, or sole will also work) fillets  
2/4 bag frito lay bakenette pork rinds  
1 tbsp bacon bits  
1 tbsp parmesan or romano cheese  
1 tbsp onion flakes  
1 tsp garlic powder  
salt and pepper to taste  
1 tsp old bay seasoning  
1 tsp cayenne or chili pepper  
6 slices cabot garlic and herb cheese (fried crispy)  
2 eggs  

**How to Prepare:**  
blend 3/4 bag bakenette pork rinds, 1 tbsp bacon bits, 1 tbsp parmesan or romano cheese, 1 tsp garlic powder or chopped garlic, 1 tbsp onion flakes, salt, pepper, old bay, cayenne or chili powder, and crushed fried cabot garlic and herb cheddar cheese (you can use any cheese, but I recommend this savory cheese from cabot, instructions below) in a food processor until you have a fine powder. Dip tilapia (my favorite, but cod, sole, or scrod works just as well) fillets in an egg wash (beaten eggs) and then coat thoroughly with "breading." Fry in a large iron frying pan in olive oil and butter (about 1 cm) until golden brown. This "breading" tastes just like bread crumbs only ten times better.

**Fried Cheese**  
Simply slice your favorite cheese fairly thin, throw it on a hot griddle with some butter, and cook to desired browning level. These are delicious dipped in ranch dressing.

**Tuna Melt Fast (ZERO CARBS)**  
Serves: 1, 1, 10, 10, 7  
Carbs Per Serving: 0  
Prep Time: Less than 5 min.  
Effort: Easy

**Ingredients:**  
1 can tuna (drained)  
Mayo (use as much as you like—I use 2 T)  
1-2 slices cheese (I like provolone or cheddar)

**How to Prepare:**  
Mix together drained tuna and mayo in a small oven-proof bowl. Top with cheese. Broil on Hi for 3 min. Variation: Use a slice of Atkins bread. I like this better than a tuna melt—who needs soggy bread anyway?

**Broiled Halibut**  
Serves: 4  
Carbs Per Serving: 6 (high est.)  
Prep Time: 15-20 minutes  
Effort: Easy

**Ingredients:**  
2 pounds of halibut, cut into pieces  
1 cup of chicken broth  
2 tablespoons of chopped parsley  
1 teaspoon of tarragon or dill  
1/2 cup of grated cheddar cheese  
1 egg white, beaten until foamy

**How to Prepare:**  
*Preheat oven to 400  
*Into an oven-safe dish, arrange halibut pieces  
*Pour in chicken broth; sprinkle fish with parsley and tarragon or dill.  
*Bake into preheated oven for 10 minutes; throw away excess liquid.  
*Preheat broiler.  
*In a bowl, fold grated cheese into beaten egg white.  
*Spread cheese mixture over halibut pieces.  
*Broil until golden.

**Salmon Delight**  
Serves: Two, 10, 9, 9  
Prep Time: 15 minutes  
Effort: Easy

**Ingredients:**  
1 pound of salmon  
1/2 mayonaise  
1/2 tsp paprika  
1/2 tsp cayenne pepper  
1 tbls dried minced onion  
1 tsp chopped garlic  
1/4 tsp kosher salt  
1/4 tsp ground pepper  
1/2 tsp powdered mustard

**How to Prepare:**
Mix all ingredients in a bowl and let set in the frig for 1 hour. This lets all the flavors intenseify. Place the salmon on a sheet of aluminum foil, skin side down, take the mixture and cover the salmon completely. Wrap the foil so it is sealed and leaves a pouch for the salmon to steam. Place in a preheated (350) and let cook for approximately 35-45 minutes, depending on the thickness of the salmon.

**Sante Fe Salmon**

*Serves:2-4 people,10 CarbsPerServing:1 can of Rotel has 4 carbs*

*Prep Time:15 min  Effort:EASY*

**Ingredients:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 Lemon</td>
<td>Pinch of Salt &amp; Pepper</td>
</tr>
<tr>
<td>1 1/2lbs. Fresh Salmon Fillet</td>
<td>1 can of Mexican Rotel</td>
</tr>
<tr>
<td>1/2 cup Mayo</td>
<td></td>
</tr>
</tbody>
</table>

**How to Prepare:**

Mix mayo and Rotel. Rub the Salmon with salt, pepper, and lemon. Coat both sides of Salmon with mixture and place in preheated skillet. Scope the rest of the mixture on top of the fish. Cook for 3-6 minutes on each side or until done and enjoy!!!!!

**Delicious Tuna Patties**

*Makes ~4 patties  Prep Time:10 minutes*

*Effort:EASY*

**Ingredients:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cans tuna fish</td>
<td>1/2 can fried onion (I use French's)</td>
</tr>
<tr>
<td>salt &amp; pepper to taste</td>
<td>(I like to use Jane's Crazy Mixed Up Salt)</td>
</tr>
<tr>
<td>1/2 stick celery finely chopped</td>
<td>soy sauce or Asian dressing (optional)</td>
</tr>
</tbody>
</table>

**How to Prepare:**

Mix ingredients, shape into patties and fry in pan with olive oil until browned. Drizzle with a little soy sauce or Asian dressing if desired.

**Tuna Pie**

*Serves:8,7 CarbsPerServing:3  Prep Time:10 minutes*

*Effort:EASY*

**Ingredients:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 C. Flour = 1C. Atkins Bake Mix</td>
<td>1 1/2 C. Grated Cheddar Cheese, divided</td>
</tr>
<tr>
<td>1 Tsp. salt</td>
<td>1 Tsp. paprika</td>
</tr>
<tr>
<td>1 stick butter, softened</td>
<td>2 6Oz. cans of Tuna packed in water, drained</td>
</tr>
<tr>
<td>3 eggs1 C. Sour cream</td>
<td>1/4 C. Mayonnaise</td>
</tr>
<tr>
<td>1/4 C. Green pepper, chopped</td>
<td>1 small onion, chopped fine</td>
</tr>
</tbody>
</table>

**How to Prepare:**

Preheat oven to 400 degrees. Butter a ten inch deep dish pie pan, and set aside. In a medium bowl, combine the flour, 1C. cheese, salt and paprika. Cut the butter in with pastry blender. Reserve one cup on mixture to put on top. Press the rest on to the bottom and up the sides of the pie pan. Arrange the drained tuna on top of the crust. Beat the eggs with a mixer until they are light and fluffy. Stir in the sour cream and the remaining half cup cheese, mayonnaise, green pepper and onion. Pour over tuna and sprinkle with the reserved crumb mixture. Bake for 35 to 40 minute. Let stand for 15 minutes before cutting and serving.

**Mussels!**

*Serves:1 CarbsPerServing:4  Prep Time:10 mins  Effort:EASY*

**Ingredients:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Pounds of Mussels</td>
<td>1 tbls spoon of butter</td>
</tr>
<tr>
<td>squeeze of lemon or lime</td>
<td>2 cloves of Garlic minced</td>
</tr>
</tbody>
</table>

**How to Prepare:**

Sort your Mussels, If a Mussle is wide open it is bad and must be tossed, a little open is ok.. if you squeeze it shut and it stays shut... To steam your mussels you just put a little water in a big pot and bring it to a boil dump in the mussels and cover for about 2-5 mins, they are done when they are wide open and white/solid looking on the inside. Remove mussels from heat and start pulling them from thier shells. remove any debris like seaweed or whatever that might be inside.. in a bowl melt the butter and garlic in the microwave for 45 secs pour over your mussels squeeze a little juice on em and ENJOY!!!!... you could also stick this on Spaghetti Squash im sure!

**Crab & Artichoke Cheese Puff**

*Serves:1 CarbsPerServing:4 net gr  Prep Time:5 min prep / bake time 20-25 Effort:EASY*

**Ingredients:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 6-oz can Lump White Crab Meat - drained/patted dry;</td>
<td>1 tsp garlic powder</td>
</tr>
<tr>
<td>1/2 cup Artichoke Hearts - chopped (I use canned/NOT marinated);</td>
<td>1/2 cup Sargento Pizza Double Cheese (mozzarella/cheddar);</td>
</tr>
<tr>
<td>1/2 cup grated Parmesan Cheese;</td>
<td>1/2 cup mayonnaise.</td>
</tr>
</tbody>
</table>

**How to Prepare:**

Spray a small bakeware bowl with Pam (non-stick spray). Add all...
ingredients & stir until well mixed.


Shrimp Dumplings
Serves: four
Prep Time: 20 min.
Effort: Easy

Ingredients:
One lb cooked shrimp; chopped. .2 chopped scallions. 2 slices chopped ginger root. . dash 5 Chinese spice powder. mix well Round Wonton Wrappers. good quality chicken broth seasoned with ginger a little garlic. chopped parsley.

How to Prepare:
to assemble; place a slight teaspoon on one moistened wrapper; seal with another. Steam dumplings until done in electric steamer. cool slightly add to prepared broth.

Ceviche
Serves: Depends on how much shrimp you use
Effort: Easy

Ingredients:
Shrimp (raw) cilantro onion tomatoe Lime juice (fresh)
salt pepper garlic Jalepenos (optional)

How to Prepare:
Peel and wash shrimp. dice all veggies and drop in same bowl with shrimp. Add lime juice and add seasoning- salt, pepper, garlic powder to taste. let sit for 10 to 15 minutes and when shrimp is pink, ready to eat!

Salmon Patties for People Who Don’t Like Fish
Serves: 4, 10
Carbs Per Serving: 3.0
Prep Time: 30 mins.
Effort: Average

Ingredients:
2 cans red salmon 1-1/2 c. finely crushed pork rinds (divided)
1 clove garlic, minced 2 large eggs 4 tbsp. Parmesan cheese
1/2 c. heavy whipping cream 1 tsp. Worcestershire sauce
2 tbsp. unsalted butter 2 tbsp. canola oil

How to Prepare:
Carefully flake the salmon into a bowl, discarding any small bones, cartilage and skin. Set aside.

In another bowl, combine the garlic, eggs, cheese, cream and Worcestershire sauce. Fold these ingredients into the salmon with a rubber spatula.

Fold in 1/2 cup of the crushed pork rinds. Place the remaining cup of pork rinds on a dinner plate.

Form the salmon mixture into 8 patties. Carefully coat them with the pork rinds. Refrigerate, loosely covered, for 1 hour.

Melt the butter with the oil in a 10-inch nonstick skillet over medium heat. Cook the salmon patties, four at a time, for 3 to 4 minutes per side, pressing down slightly on them with the back of the spatula and add more butter or oil to the skillet if necessary. Remove to paper towels to drain.

Serve with a mixture of mayonnaise and Dijon mustard for dipping.

shrimpcado delight
Serves: 1-2
Prep Time: approximately 15 minutes total
Effort: Easy

Ingredients:
shrimp, peeled, one serving (already cooked, detailed)
butter 1 1/2 - 2 tbls
garlic, about 3-4 cloves already oven roasted in garlic mushrooms
about 1/2 cup (desired amount)
Lemon juice to taste (1/2 fresh)
1 med avocado (cut into small bite size cubes
salt and pepper to taste

How to Prepare:
Saute the garlic and oily garlic with mushrooms for approximately 3-5 mins. Add shrimp til warmed through (3 mins) Add avocado at last so you dont over cook it, about 3-5 mins depending on you, keeping it's texture non mushy. Lemon squeezed over top, and salt and pepper to taste, stir fry until warm through and serve alone. Very filling and yummy

Mexican Shrimp II
Serves: 4-6, 10
Carbs Per Serving: unknown
Prep Time: 20 minutes if shrimp is peeled and cleaned
Effort: Easy

Ingredients:
1.5 lbs shrimp 2 tbl olive oil
1 tbl chopped garlic 2 regular cans of diced tomatoes with green chiles
2 cups mozzarella cheese

How to Prepare:
Fry shrimp with garlic in olive oil until shrimp turns pink. Drain cans of tomatoes and add to skillet. Bring to boil. Turn down heat and add cheese. Serve when cheese melts. Quick and easy!!
Salmon Patties
Serves: 10  Effort: Easy

**Ingredients:**
- 16 oz Can of Pink Salmon, drained
- 1 teaspoon of ground Black Pepper
- 1/2 cup of Dry Grated Parmesan Cheese
- 1 teaspoon of Dillweed, dried
- 1 Large Egg
- Peanut Oil for frying

**How to Prepare:**
Mix Salmon, Egg, Cheese, Dillweed and Black Pepper well. Form into 9 patties.

In Large non-stick skillet, add enough peanut oil to cover bottom and heat to a medium-high heat. Add Salmon patties and fry on each side till a golden brown.

Caution: While cooking Salmon Patties...they are known to pop and splatter grease everywhere. Cuss words generally follow.

**Nutrient Info for entire recipe:**
- Calories: 834
- Fat: 43
- Sat: 17
- Poly: 8
- Mono: 14
- Carbs: 4
- Fiber: 1
- Net Carbs: 3
- Protein: 101

Creamy Shrimp And Veggies
Serves: 2-4 depending on how hungry you are!

**Ingredients:**
- 1 pound shrimp cooked and peeled
- 1 Bag Frozen Birds Eye Red Peppers/Broccoli/Mushroom and Onion
- 1 tbsp Butter
- 1/3 Cup of Cream
- 1 tsp Garlic
- 1 tbsp Parmesan Cheese

**How to Prepare:**
Sautee Frozen Veggies in Butter until warm.
Add shrimp, cream, and garlic
Simmer on low-Med heat until veggies are done and mix is heated thru. top with Parmesan cheese and serve!

No carb Cheesy Shrimp Delight
Serves: Just me, 10, 10, 10

**Ingredients:**
- 8 Large peeled shrimp
- 2 Tbl butter
- 1/4 cup parmesan cheese
dash salt & pepper
- 1 tbl-garlic powder

**How to Prepare:**
First clean shimp well, melt butter in a sauce pan, add shrimp, salt pepper and garlic, stir fry until shrimp is pink add parmesan, and stir until melted. use a non stick pan. This is yummy with no carbs

Best Tuna Casserole
Serves: 4, 10

**Ingredients:**
- 2 packets Proslim pasta
- 1 cup celery -- chopped
- 1/3 cup onions -- chopped
- 1 (10 3/4 ounce) can cream of mushroom soup, condensed
- 3/4 cup heavy cream

**Prep Time:** 40 minutes
**Effort:** Easy

**Calories:** 435.4  **Carbs:** 14.5  **Dietary Fiber:** 2.1

**How to Prepare:**
Cook the pasta according to the directions on the package but remove after 5 minutes instead of 6. Drain and set aside. Meanwhile, preheat the oven to 375 degrees. Place the butter in the sauce pan and let melt. Add the celery and onions. Cook and stir over medium heat until tender. Stir in the condensed soup and cream. Then gently stir in the pasta, tuna and parmesan. Transfer the mixture to a 1 1/2-quart casserole dish. Bake for 25 minutes or until heated through.

Salmon Pate
Effort: Easy

**Ingredients:**
- 1 lge can salmon
- 1 pkg cream cheese (8 oz.)
- 3 T mayonnaise
- 1 T liquid smoke (or more)
- Sm. can of chopped Black Olives

**How to Prepare:**
Remove the larger bones from the salmon and blend with mayonnaise and softened cream cheese. Add the liquid smoke (we like a little more than 1 T) and blend. Stir in desired amount of chopped olives.

Fish Pate
Effort: Easy

**Ingredients:**
- Cod -- steamed, baked, broiled, or leftover -- minced finely
- celery -- chopped fine, to taste
- salt and pepper onion salt
- any other seasoning you might like
- mayonnaise -- just enough to make stick together, or to taste
How to Prepare:
The restaurant served it with breadsticks and crackers. I usually
serve it with celery sticks--unless of course I eat it with a spoon
for lunch!

NOTES : Carbs for celery not included (2.2 per diced 1/2 cup)

Anise Shrimp with Zucchini Ribbon Noodles  Serves:10,9,8,5  CarbsPerServing:3 total recipe excluding zucchini noodles and anise  Effort:Easy

Ingredients:
1/4 cup butter  1 teaspoon dried parsley -- flakes
2 cloves garlic -- crushed.. I used garlic salt to tasted instead..
lower carbs  1 teaspoon dried anise
1/4 teaspoon ground pepper  12 jumbo shrimp

How to Prepare:
Melt butter in skillet, add parsley, garlic, anise & pepper. Melt &
set aside. Clean shrimp, place between paper towels to dry. Just before
you are ready to serve dinner, reheat butter mixture, add shrimp, cooking
for 2 minutes on either side.

Asparagus with Salmon Sauce  Serves:5,4,4  CarbsPerServing:no counts provided  Effort:Easy

Ingredients:
1 1/2 Cups Heavy Cream  1 pound fresh salmon2 tablespoons salmon cream cheese
Asparagus

How to Prepare:
Cook Salmon until barely done.
Put Cream in pan and heat, add cream cheese, cook until melted. Add
flaked (or chunked fish) Heat through and sauce has thickened. Pour
over cooked Asparagus.

Bacon-Wrapped Scallops  Serves:9,8  CarbsPerServing:12 total recipe  Effort:Easy

Ingredients:
1 pound sea scallops -- bay scallops are too small1/2 pound bacon --
(1/2 to 3/4)

How to Prepare:
Preheat oven to 450*. Rinse your scallops in cold water. Cut your
bacon into three sections. Wrap a piece of bacon around each
scallop. Secure bacon together with a toothpick. Place on a baking
sheet. Bake until your bacon is brown and crispy (Not too cri
spy though)

Baked Mustard/Mayo Fried Fish  CarbsPerServing:4 total recipe  Effort:Easy

Ingredients:
4 fish fillets -- (4 to 6)  1/4 cup mustard
1 cup mayonnaise1/2 large bag plain pork skins -- smash with rolling pin
fresh ground pepper

How to Prepare:
Mix mayonnaise and mustard together to make a sauce. Cover fillets
with sauce, then coat each side of the fillet with the smashed up
pork skins. Put these in the oven on 350 and bake for approximately
15 to 20 minutes. Season to taste with fresh pepper.
Enjoy! May use with poultry too! Adjust cooking time accordingly.

Basil-Tomato Tuna Steaks  CarbsPerServing:7 total recipe  Effort:Easy

Ingredients:
1 tablespoon olive oil -- or canola oil  4 tuna steak -- or salmon
1/2 teaspoon salt  1/8 teaspoon pepper1/3 cup fresh basil leaves -- loosely packed
1 medium tomato -- chopped  1/4 cup shredded mozzarella cheese

How to Prepare:
In a large nonstick skillet, heat oil over medium heat. Add
the tuna steaks; cook for 3 minutes on each side or until fish
flakes easily with a fork. Transfer to a broiler pan. Sprinkle
fish with salt and pepper. Cover with basil leaves. Top with
tomato and cheese. Broil 4-6 in. from heat for 2 minutes or
until the cheese is melted.

Cedar Plank Salmon  Serves:10,10,10,8  CarbsPerServing:0 total  Effort:Easy

Ingredients:
1 large salmon fillet -- with skin salt/pepperhot pepper oil
cedar planks

How to Prepare:
For the cedar planks: I buy a 8' plank that is 8" wide and 1" thick.
You MUST buy "Untreated Cedar" planking. Have the lumber yard cut
the plank into 10"-12" pieces.

Soak one of the cedar plank pieces in water for at least 2 hours (do
this in anything but your kitchen sink!)

Place the salmon fillet skin side down on the plank, brush liberally with hot pepper oil, then salt and pepper to taste.

Place the plank on a hot grill and reduce heat to medium. Grill for about 15-20 minutes (depending on thickness of fillets and how well done you like it). DO NOT FLIP/TURN THE FISH!

Cheesy Salmon Loaf
Serves: 9  CarbsPerServing: 6 total recipe excluding shredded cheese  
Effort: Easy  
Ingredients:
- 1 can salmon
- 1 egg -- beaten
- 1/2 cup heavy cream
- 1/2 teaspoon salt
- 2 tablespoons melted butter
- 1 tablespoon lemon juice
- 1 1/2 cup shredded cheese

How to Prepare: 
Combine all ingredients and put into greased breadpan. Bake at 350 F for 30 minutes.

Cajun Fish
CarbsPerServing: 44 total recipe  
Effort: Easy  
Ingredients:
- 1 1/2 pounds flounder fillets -- or other white fish
- 14 1/2 ounces tomato sauce
- 1/2 small green bell pepper -- sliced thin
- 2 cloves garlic -- minced
- 1/2 cup onion -- sliced thin
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 pinch cayenne pepper
- 1 each salt and pepper -- to season fillets

How to Prepare: 
Heat oil in a large skillet and saute garlic, bell pepper and onion until limp and very fragrant. Remove veggies and add fillets. Let saute for 2 minutes, then turn. Add veggies and remaining ingredients over fish, cover and reduce heat to low and let simmer for 15 minutes.

Cheesy Salmon Loaf
Serves: 9  CarbsPerServing: 6 total recipe excluding shredded cheese  
Effort: Easy  
Ingredients:
- 1 can salmon
- 1 egg -- beaten
- 1/2 cup heavy cream
- 1/2 teaspoon salt
- 2 tablespoons melted butter
- 1 tablespoon lemon juice
- 1 1/2 cup shredded cheese

How to Prepare: 
Combine all ingredients and put into greased breadpan. Bake at 350 F for 30 minutes.

Chili Fried Prawns
CarbsPerServing: 12 total recipe  
Effort: Easy  
Ingredients:
- 1 red chili pepper
- 150 grams shrimp -- (150 to 200)
- 1/2 lemon -- juiced
- 2 cloves garlic -- chopped
- 2 tablespoons Butter
- Salad to serve with extra-virgin olive oil to dress

How to Prepare: 
Chop the chili and fry gently in butter for a minute or two. Add the prawns and garlic and cook on a high heat for 3-4 minutes until prawns are cooked. Add lemon juice and cook for a further 30-60 secs.

Clams Cassino
Serves: 10  CarbsPerServing: 12 total recipe  
Effort: Easy  
Ingredients:
- 1/4 pound bacon -- fried, drained and crumbled
- 1 can clam, canned -- drained, minced or chopped
- 1/2 cup shredded sharp cheddar cheese
- 2 tablespoons lemon juice
- 1 dash garlic powder
- 1 dash parsley flakes

How to Prepare: 
mix above ingredients. form into small balls and press into clam shells. sprinkle top w/ paprika. bake 350 for about 20 minutes.

Crab and Salmon Cakes
Serves: 5  CarbsPerServing: 5 total recipe  
Effort: Easy  
Ingredients:
- 6 ounces salmon fillet -- skinned, cut into strips
- 1/4 cup heavy cream
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound lump crabmeat1/4 cup tomatoes -- seeded, finely diced or rotel tomatoes with green chili
- 2 tablespoons fresh chives -- chopped
- 2 tablespoons fresh parsley -- chopped
- 1 tablespoon olive oil
How to Prepare:  
In food processor, pulse salmon strips until finely chopped.
With machine running, slowly add cream, salt, and pepper; process until smooth.
Transfer to a medium bowl; stir in crabmeat, tomato, chives, and parsley until well blended.
Shape and flatten into 8 3-inch round cakes.
In large non-stick skillet, heat oil over medium-high heat. Fry 2-4 minutes per side to brown. Drain on paper towel.
Makes 4 servings.

Crispy Snapper and Shrimp Balls  
Ingredients:
- 1 pound red snapper -- fillets
- 1 pound shrimp -- peeled and cleaned
- 1/2 cup finely chopped green onions
- 1 clove garlic
- 1/2 cup protein powder -- plain flavor/may need more or less
- 1/4 cup heavy cream
- 1 large egg
- 1/2 teaspoon salt and pepper -- each
- oil for frying

How to Prepare:  
In a food processor, finely chop everything except the oil and protein powder. Stir in powder until the mixture can be formed into firm balls(your choice on size- large marble to golf ball size). Heat oil to 350 in a deep fryer. Fry balls for approximately 5-6 minutes or until nicely browned. Drain well on paper towels.

Oriental type dipping sauce: 2tablespoons dijon mustard, 1/4 cup mayonnaise, 2 tablespoons soy sauce, 1 tsp hot pepper sauce(more or less to taste).

Curry Shrimp  
Ingredients:
- 2 large onions -- sliced
- 1 1/2 pounds shrimp
- 2 tablespoons olive oil
- salt and pepper -- to taste
- 2 tomatoes -- ripe, peeled, seeded and chopped
- 1 red bell pepper -- or yellow, chopped
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh cilantro
- 1 tablespoon fresh lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground red pepper -- to taste

How to Prepare:  
This is very spicy, like curry you would get in London. You can eat it like a "stew" and serve it to your spouse over rice if he/she is not also on the diet. BTW, I got this out of Joy of Cooking, pg 515. Slow-cooked onions and shrimp stock make this curry rich and flavorful.

Place onions in a large, heavy saucepan or large, deep skillet: Cover and cook over med-low heat, stirring every 10 minutes, until the onions begin to brown and almost stick to the pan, about 30 min. Meanwhile, peel shrimp Simmer the shells in just enough water to cover for 10 min. Strain and measure 1 c. stock (save rest for thinning it out later) To the onions add olive oil salt and pepper Increase heat to med and cook, stirring occasionally, until the onions are deep brown and very tender, almost falling apart. Add the shrimp stock along with all other ingredients except shrimp. Bring to a boil over mid-high heat. Reduce the heat to med-low and cook, stirring occasionally, until the tomatoes break up and the mixutre is very saucelike. Taste-adjust seasonings. Stir in the shrimp and cook until pink and firm, 3-4 minutes. Garnish with cilantro

Deep Fried Fish  
Ingredients:
- 1. Select a type of fish you enjoy. I use Red Snapper.
- 2. Debone it thoroughly.
- 3. Cut into small chunks.
- 4. Soak small chunks in beaten eggs.
- 5. Roll fish in grated parmesan cheese.
- 6. Deep fry until done. (with Red Snapper it's about 8 minutes)

Delicious Seafood casserole  
Ingredients:
- 1/2 pound lobster meat
- 1/2 pound crab meat
- 1/2 pound sea scallops
- 1/2 pound jumbo shrimp
- 1/4 cup heavy cream
- 1 tablespoon old Bay Seafood seasonings
- salt/pepper
- dry sherry
- 1/4 cup mayonnaise
- 1/4 cup flax meal
- parm cheese
- fresh lemon juice
How to Prepare:
- chop up the lobster meat and scallops to about 1/4 inch in size,
de-shell the crab and de-vein the shrimp. saute the scallops
in butter and salt/pepper until translucent...add to the rest of the seafood
into a large bowl. Add enough mayonnaise (approx 1/4 cup)
to the seafood mixture to just make it a little wet. add a approx.
1 TBS of seafood seasoning and the juice of one lemon to the seafood
mixture as well....sprinkle 1/4 of flaxmeal and 1/4 of heavy cream, along w/
a squirt of dry sherry to taste...mix all of this together
in a large bowl. put the mixture in a large casserole dish
so that it sits approx. 2 inches deep. sprinkle the casserole
with parmesan cheese and a little paprika to taste.
bake at 400 for approx 35 minutes or until golden....delicioso!

Deviled Crab
Carbs Per Serving: 5 total recipe
Effort: Easy

Ingredients:
- 1 pound crab meat -- backfin or lump blue (2)
- 2 eggs
- 2/3 cup mayonnaise
- 1 tablespoon prepared mustard
- 2 teaspoons pepper
- Old Bay Seasoning (add to your taste like about 3 tbsp)

How to Prepare:
- Preheat oven to 350 degrees, lightly grease a glass pie plate or 8x8 pan
- Put crab meat in a large bowl and check carefully for cartilage. Be
careful not to break up the lumps.
- Set aside In another bowl, mix mayonnaise, melted butter, eggs,
salt, pepper and Old Bay. Stir this together until well blended.
- Pour the mayonnaise mixture over top of the crab meat. With a rubber
spatula carefully fold this into the crab meat, till well
distributed.
- Again, being careful not to break up the lumps.
- When you have well mixed the crab and mayonnaise mixture, transfer
to a lightly greased glass pie plate or 8x8 glass baking dish.
- Bake until golden and bubbly.
- This is wonderful as an appetizer or a main dish. If main dish,
serve with a nice side salad. Enjoy!

Dover Sole Rolls
Carbs Per Serving: 6 total recipe excluding crab
Effort: Easy

Ingredients:
- 12 dover sole fillet
- 1 pound cooked shrimp -- salad size
- 1 can lump crab meat
- 3 tablespoons butter
- 1/2 cup green onion -- chopped
- 1 clove garlic -- or more to taste
- 1/2 cup parmesan cheese
- 1 dash black pepper -- to taste
- 1 dash salt

How to Prepare:
- Heat oven to 375 degrees.
- Lay the sole in a baking dish and sprinkle with salt --
let sit while preparing the filling.
- In a skillet, melt butter and saute onions & garlic until soft.
- Add shrimp and crab meat and heat through. Add black pepper to
taste. While that is heating, drain any liquid off the fish
fillets.
- Add parmesan cheese to the shrimp/crab mixture and stir until melted.
- Then drop tablespoon-size portions of the shrimp mixture onto the
fish fillets and roll up (you can secure with a toothpick, but
I just arrange it so that the "seam" is at the bottom.)
- Arrange the fillets in the baking dish as far apart from one
another as possible. If there is any shrimp mixture left after
filling all the fillets, spread it over the top of the fish
rolls. Then, if you wish, sprinkle a little more parmesan
over the top. (I also added a little paprika for color.)
- Bake uncovered for 35-40 minutes or until fish is flaky.

Easy Shellfish Stew
Carbs Per Serving: no counts provided
Effort: Easy

Ingredients:
Start with a can of chicken broth. Throw in your favorite shellfish
(crab,
shrimp, clams, oysters, etc), a can of mushrooms, a handful of
chopped dill,
some coarsly ground black pepper and about 3 Tablespoons of butter.
Simmer
till everything is cooked and the flavors have blended. Pour in a
pint of
heavy cream. Bring to a simmer, remove from heat and serve.
You can knock this out in about 15 minutes and it's great on a cold
day.

EASY SHRIMP SCAMPI
Carbs Per Serving: 2 total recipe
Effort: Easy

Ingredients:
- 1 pound Cooked Shrimp - Defrosted
3 ounces Butter
2 teaspoons garlic -- chopped - to taste
2 handfuls Pork Rinds

How to Prepare:
Whiz the pork rinds in a food processor until the consistency of breadcrumbs. Set aside.

Remove the tail shells from the shrimp. Set aside.

Place the butter and garlic in a pan suitable for frying/baking and saute the garlic until its starts turning clear - be careful not to burn it or it will taste bitter. Add the shrimp and saute on medium heat for about 5 minutes.

Top the shrimp with the crushed pork rinds. Place the pan under the broiler for 3 or 4 minutes or until the pork rinds get crisp and brown(er).

Very rich and very filling. Pork rinds actually add to the flavor instead of overpowereding it. Great for a quick mid-week supper.

### English Tuna Burgers

**Effort:** Easy  

**Carbs Per Serving:** 3 total recipe excluding chopped spices

**Ingredients:**
- 2 185g Tuna in oil
- 2 ounces cheddar cheese -- finely grated
- 2 teaspoons soy sauce
- 2 egg yolks
- 2 tablespoons spring onions -- chopped
coriander/oregano/basil - whatever works for you -

How to Prepare:
Drain tuna and flake into a bowl, add all ingredients and mix well. Either leave for a couple of hours (really brings out flavours) or preheat oven to medium-high heat, lightly grease a baking tray and using fngers either pat and roll mixture into two equal patties or make little bite-sized balls. Place on baking tray an inch or so apart. Bake for approx 20 mins until browned and sizzling. Serve hot with salad or refridgerate - a perfect cold protein snack. Substitute tuna for salmon, crabmeat, minced prawn...Mmm!

### Fish batter for Deep frying

**Effort:** Easy  

**Carbs Per Serving:** 1 total recipe excluding soy powder

**Ingredients:**
- 2/3 cup soy powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 tablespoon vinegar
- 2/3 cup water

How to Prepare:
Cut fish into 2 x 1 1/2 in. pieces. Pat dry with paper towels. Mix powder and salt. Set aside. Mix baking soda and vinegar. Stir vinegar mixture and water into powder mixture, beat until smooth. Dip fish into batter, allow excess to drip off into bowl. Fry for about 3 minutes. Drain on paper towel. The recipe says this will coat a pound of cod or other lean fish fillets.

### Fish with Cucumber Sauce

**Effort:** Easy  

**Carbs Per Serving:** 6 total recipe

**Ingredients:**
- 2/3 cup cucumber -- chopped and seeded
- 1/2 cup radishes -- chopped
- 1 teaspoon vegetable oil
- 2 tablespoons tarragon vinegar
- 1/4 teaspoon dried tarragon
- salt and pepper -- to taste
- 4 tilapia fillets ( 6 ounces each )
- 2 tablespoons butter

How to Prepare:
Combine first six ingredients in a small bowl; mix well. Let stand at room temperature while preparing fish. Saute tilapia ( also known as St. Peters Fish) in butter in a large skillet over medium heat for two to three minutes on each side or until fish flakes easily. Transfer to serving plate. Spoon cucumber mixture over each serving. Serves four.

### Four Seasons Crab Cakes

**Effort:** Easy  

**Carbs Per Serving:** 11 total recipe excluding lemon juice

**Ingredients:**
- 2 pounds lump crabmeat
- 1/2 pound cod fillets -- fresh
- 1/2 cup heavy cream -- (1/2 to 1)
- 1 Tablespoon Dijon mustard
- 2 teaspoons sesame oil
- 2 Tablespoons parsley -- finely chopped
- 2 Tablespoons chives -- finely chopped
- 2 Tablespoons basil -- juliened
- Salt and pepper to taste
- Juice of 1/2 lemon
- Olive oil for sauteing

How to Prepare:
Pick through crabmeat, removing all shells but being careful not to break up the large lumps too much. In a food processor, grind codfish until pureed. Add 1/2 cup of heavy cream and puree until incorporated. Then add more cream if needed. The mixture should be smooth and shiny, yet firm enough to hold its shape.
Place this mousse in a metal bowl and add the other ingredients, except for the olive oil. Take a small portion of the crab-cake mixture and sauté in hot olive oil until golden brown. Taste to adjust seasoning.

Form the rest of the crab cakes and sauté in hot olive oil until golden on both sides. Finish by baking in a 450-degree oven for 4-5 minutes. Serves six to eight.

**Fried Sea Scallops**

**Ingredients:**
1 pound sea scallops -- fresh
HOT pork rinds -- crushed
salt -- to taste (optional)

**How to Prepare:**
Heat oil in skillet. Crush the pork rinds into a fine powder. Add the salt. I do it in a large zip lock baggie. Add the scallops to the baggie and coat really well with the pork rinds. Fry them until they are good and crispy.

**Halibut Steaks**

**Ingredients:**
3 tablespoons lemon juice
1/2 teaspoon paprika
2 teaspoons butter
1 green pepper -- cut into 6 strips

**How to Prepare:**
Combine first three ingredients, marinade halibut in it for at least one hour. Cook chopped onion in butter until just soft.

Preheat oven to 450. Place steaks in greased glass baking dish and top with cooked onion and pepper strips. Bake for 10 minutes, or until fish flakes easily.

**Indian Style Tuna Kebabs**

**Ingredients:**
1 can tuna in brine
2 ounces cheddar cheese -- mild
1/2 teaspoon salt
1/2 teaspoon cumin seed
fresh corriander
1 egg -- beaten
1 egg -- beaten for coating

**How to Prepare:**
add all ingredients into a bowl and mix well once all ingredients are mixed into a dough take a handful and roll into a ball then flatten like a burger
Once firmly into shape coat with egg by dipping the kebab into the egg mixture turn over and then straight into the frying pan.
make sure the pan is coated with 3 tblspns of oil (any).
Once side is cooked then turn until golden brown.
Once cooked as they cook very quickly serve with salad and sour cream and onion dip.
makes about 7-8 kebabs

**Salmon Dinner**

**Ingredients:**
1 salmon steak -- (chopped up)
1 tomato -- small
2 ounces feta cheese
1/2 teaspoon garlic salt -- (approx.)
1 tablespoon oil

**How to Prepare:**
Fry up the chopped salmon with all the flavourings.... then add the diced tomatoes and feta and lemon juice..... and voila!!

**Marinade for Fish**

**Ingredients:**
I made this with Salmon and it was to die for.
Rub fish with black pepper. For marinade mix olive oil, a little sesame oil, and a little soy or teriyaki sauce.
Let fish sit in the marinade at least 30 min and up to two days.
To grill, add a little bit of oil to the pan and heat very hot until starts to smoke. Add fish and grill a 1-2 minutes per side. Longer if you like you fish well done.

**Mexican Shrimp**

**Ingredients:**
18 ounces shrimp -- uncooked, peeled
2 cloves garlic -- minced
1 tablespoon oil
1/2 cup salsa
1 cup shredded cheddar cheese

How to Prepare:
Cook shrimp and garlic in oil for about four minutes, or until just opaque.
Stir in salsa and remove from heat. Stir in cilantro.
Divide into four oven-proof bowls and sprinkle evenly with cheese.
Place under broiler for 2-3 minutes, or until cheese is brown and bubbly.

Oh So Good Salmon
Carbs Per Serving: no counts provided  Effort: Easy

Ingredients:
A nice size salmon filet w/the skin
Adobo seasoning
Garlic powder
2 pats of butter -- (2 to 3)

How to Prepare:
Place salmon filet on aluminum foil (spray foil with non stick spray). Season filet with adobo and garlic and place butter pats on top. Pop in the broiler until cooked (usually around 10 mins or so).

Orange Roughy
Carbs Per Serving: 13 total recipe  Effort: Easy

Ingredients:
4 Orange Roughy Fillets
1/2 cup chopped Pecans
2 tablespoons Olive Oil
2 tablespoons lemon juice -- fresh or bottled
2 tablespoons Butter

How to Prepare:
Brush fillets lightly with Olive Oil. Take the oiled fillets and press onto the chopped pecans. Place in a heated skillet with the remaining oil and cook approximately 3 - 5 minutes on each side.
Remove the fillets and place in the oven to keep warm.
Place the the remaining pecans, lemon and butter in the frying pan where the fillets were to make a sauce. Stir the mixture until the pecans are toasted. Add more butter if you wish. Pour sauce over fillets and enjoy.

Oven-Fried Fish
Serves: 7  Carbs Per Serving: 28 total recipe  Effort: Easy

Ingredients:
2 pounds firm fish -- cut into serving size pieces
1 egg -- beaten
1/2 cup flax seed -- 1 cup ground -- 1/2 cup seeds should grind to 1 cup
1 tablespoon salt
1 teaspoon onion powder
1 teaspoon chili powder

How to Prepare:
Add salt to beaten egg, mix well. Mix ground flax seeds, onion powder and chill powder. Dip fish into egg, then roll in dry ingredients. Place in foil-lined baking dish. Pour melted butter over fish. Place pan on shelf near top of oven. Bake 10-12 minutes at 500 F.

Parmesan Crusted Sole
Carbs Per Serving: no counts provided  Effort: Easy

Ingredients:
2 fillets sole or flounder
salt
pepper
garlic powder
onion powder
6 tablespoons grated parmesan cheese
2 tablespoons butter

How to Prepare:
Preheat the broiler. Spray a pan lined with aluminum foil with Pam or brush with olive oil.
Rinse the fish in cold water and cut away any parts with bones. Lay the fish on the pan. Drizzle with lemon juice. Sprinkle salt, pepper, garlic powder and onion powder to taste. Sprinkle each fillet with 3 tablespoons grated parmesan cheese (or more to taste). Using a knife, place small pieces of butter on the fish (not too close together).

Pecan Crusted Roughy
Carbs Per Serving: no counts provided  Effort: Easy

Ingredients:
10 ounces orange roughy fillets -- or any mild fish -- 2 fillets
4 tablespoons mayonnaise
2 tablespoons ground pecan meal
McCormack's Old Bay Style Seafood seasoning

How to Prepare:
Preheat the oven to 400 degrees. Spray a baking dish with Pam, or brush with a light coating of oil. Place the fillets in the pan, and sprinkle with a little of the seafood seasoning, then turn over and season the other side as well. Spread each fillet with 2 T mayo (or slightly less to taste, but it should be a fairly thick coating), and sprinkle with 1 T. pecan meal.
Bake for approximately 15-20 minutes, or until fish turns opaque and flakes.

Quick & Easy Shrimp Alfredo
Serves: 10,10  Carbs Per Serving: 14 total recipe  Effort: Easy
**Remoulade**

CarbsPerServing:15 total recipe  
Effort:Easy

**Ingredients:**
- 1/3 cup mayonnaise
- 1/4 cup dijon mustard
- 1/4 cup vegetable oil
- 1 tablespoon lemon juice
- 1 tablespoon horseradish -- prepared, white
- 2 tablespoons minced fresh parsley
- 1 1/2 teaspoons tarragon -- minced, fresh
- 1/2 teaspoon minced garlic
- 1/2 teaspoon anchovy paste
- 1 tablespoon paprika -- sweet
- Salt and pepper
- Liquid hot pepper sauce

**How to Prepare:**
Combine mayo, mustard, oil, lemon juice & horseradish. Blend well. Stir in parsley, tarragon, gherkins, capers, garlic, anchovy paste & paprika. Season with salt, pepper & hot pepper sauce. transfer to covered container, and refrigerate for 2 hours.

Keeps 4-5 days.

(Great over Salmon) Makes 1 1/4 cup

**Rich Tuna Salad**

CarbsPerServing:11 total recipe  
Effort:Easy

**Ingredients:**
- 6 ounces tuna in water, canned
- 4 ounces cream cheese
- 1/4 cup mayonnaise
- 2 stalks celery -- chopped fine
- 2 tablespoons onion -- chopped fine
- 1 medium dill pickle -- chopped fine
- 2 tablespoons parsley -- minced-if desired
- 1/2 teaspoon salt and pepper -- each

**How to Prepare:**
Bring cream cheese to room temp to soften then mix all ingredients together well. This is a very rich take on tuna salad and I love this if I haven't had enough fat and calories for the day - just spread 1-2T in a lettuce leaf for a "quick fix" that's satisfying:) You could also stir in 1/4 cup shredded cheddar cheese if you like.

**Salmon & Spinach Roulade**

CarbsPerServing:20 total recipe  
Effort:Easy

**Ingredients:**
- 8 ounces spinach
- 4 eggs
- 400 grams salmon
- 4 tablespoons mayonnaise
- 1 small onion

**How to Prepare:**
Spinach - fresh or frozen, cook and squeeze out moisture then finely chop.
Beat in 4 egg yolks. Whisk the egg whites and fold into the mixture.
Place in a swiss roll tin (flat baking tray) lines with non stick baking paper.
Bake at 200c 400f for approx 12 minutes. Turn out and allow to cool.
Mix 400 gms of salmon, cooked fresh or tinned, with 4 tablespoons of mayonnaise and 1 small onion chopped finely. Spread along the roulade and roll up like a swiss roll. Place back in oven for 15 to 20 minutes.

**SALMON BALL**

CarbsPerServing:25 total recipe  
Effort:Easy

**Ingredients:**
- 1 can salmon (red or pink is more attractive)
- 2 tablespoons horseradish -- mounted, squeezed
- 8 ounces cream cheese -- softened
- Salt -- to taste
- 1/2 cup nuts -- chopped

**How to Prepare:**
Blend all ingredients except nuts (use a food processor if you want a smoother texture); chill. Roll in nuts before serving.

Here's an excellent variation on the traditional cheese ball. It’s quick and easy to prepare, so providing an elegant–tasting appetizer for dinner guests doesn't have to be a chore--the only other thing you need is a box of crackers. Note that red or pink salmon lends an attractive color. You can omit the nuts, if you prefer. The ball keeps 2 to 3 days. Serves 4-6.

**Salmon Fritters**

CarbsPerServing:4 total recipe  
Effort:Easy

**Ingredients:**
- 1 can pink salmon -- ( pink is cheaper then red and works great in this recipe)
1 1/2 cup finely crushed pork rinds (make sure after the pork rinds are crushed they make 1 1/2 cups chop in food processor for best results)
1 clove garlic -- chopped fine
1 egg
2 tablespoons parmesan cheese
1/4 cup heavy cream
1 teaspoon worcestershire sauce
Canola oil for frying

How to Prepare:
Mix together well the ingredients and form 1 inch balls and deep fry till crispy brown all over.

Salmon Puffs
Carbs Per Serving: 7 total recipe
Effort: Easy

Ingredients:
- 14 1/2 ounces salmon, canned -- drain; pick out bones and skin
- 1 large egg
- 1 teaspoon tabasco sauce
- 3 tablespoons protein powder
- 1/2 teaspoon salt and pepper
- 1/4 cup celery -- diced fine
- 1/4 cup onion -- diced fine
- 2 ounces cream cheese -- cut into cubes
- oil for frying

How to Prepare:
Mix everything well and shape into balls (you may need to add more protein powder if they're too wet to hold their shape, or a little cream if too dry). Deep fry at 350F for 3-4 minutes or until golden brown. Drain well on paper towels.

Salmon with lemon pepper and cumin crust
Carbs Per Serving: no counts provided
Effort: Easy

Ingredients:
- salmon filet or steak
- cumin seeds -- freshly ground
- freshly squeezed lemon juice
- ground pepper -- five spice blend
- sea salt
- bay leaves (2-3 depending on size)
- butter

How to Prepare:
Preheat oven to 375 degrees.
- place salmon in a baking dish and brush on melted butter.
- Sprinkle salmon with lemon, salt, pepper and cumin until completely covered.
- Place two to three bay leaves on top and bake at 375 for 35-40 min.

This is an awesome way to prepare fresh salmon! It's quick and easy too.
The cumin combined with the lemon and pepper gives the salmon a unique taste that's both tart and spicy. I've found though that with this recipe, the longer you bake the salmon, the more cumin lemon flavour you get. (For those of you who prefer very moist seafood, try roasting the cumin before adding it to your salmon.)

Salsa Tuna
Carbs Per Serving: no counts provided
Effort: Easy

Ingredients:
- 2 cans tuna in spring water
- 1 dollop of sour cream to taste
- 1 jar salsa (mild -- medium or hot)

How to Prepare:
Mix together and serve over bed of lettuce or use as a dip for celery or pork rinds or just eat it out of the bowl MMMM tastes like hot shrimp!!

Seafood and Sausage Snack/Spread
Carbs Per Serving: 3 total recipe
Effort: Easy

Ingredients:
- 1 can tuna
- 4 sausage links
- 200 g shrimp -- peeled
- 3 tablespoons mayonnaise

How to Prepare:
Cook sausage. Let cool and cut into bite size pieces. Mix all ingredients in a bowl. Add seasoning to taste. Makes a great snack or spread. Enjoy!

Seafood in Cream Sauce
Carbs Per Serving: 14 total recipe
Effort: Easy

Ingredients:
- 4 tablespoons butter
- 1/2 pint heavy cream
- 4 cloves garlic
- 2 teaspoons lemon pepper
- salt -- to taste
- 1/4 cup parmesan cheese
- seafood of choice

How to Prepare:
In a small saucepan heat about a half of stick of real butter. Simmer until all melted. Then add about a half of a pint of heavy whipping cream. Bring to a low boil then reduce heat to simmer. Add 4 cloves of garlic and then 2 tsp. of lemon pepper and salt to taste. Add 1/4 cup of parmesan cheese to liquid to thicken. Once the consistency has thickened add your favorite seafood...i.e; chopped clams, real crabmeat, lobster or shrimp. Continue to heat thoroughly through your seafood then top with fresh parsley!
Tuna Loaf  
Ingredients:  
1 can tuna  
1/2 cup finely crushed pork rinds  
2 tablespoons butter  
1 egg -- slightly beaten (2 eggs would make it a bit firmer)  
salt and pepper -- to taste  
1/4 cup heavy cream  
1/4 cup warm water  

Topping:  
4 ounces cream cheese  
1 tablespoon Caeser Dressing (Cardini's is the BEST! no carbs)  
1 1/2 tablespoons heavy cream  

How to Prepare:  
Mix ingredients, Bake in buttered pyrex dish at 350 for 25-30 minutes until set. (With only one egg, it doesn't set very firmly.) Top with cream cheese, softened with salad dressing and cream to spreading consistency.

Tuna with Roasted Pepper Sauce  
Ingredients:  
SAUCE:  
1/2 cup roasted red peppers -- 1/2 - 3/4, drained  
2 teaspoons garlic -- fresh, finely chopped  
1/8 teaspoon pepper  
1/3 cup sour cream  
1 1/2 teaspoons dried dill weed  
1/4 teaspoon salt  
TUNA:  
2 thick tuna steaks -- (1")  
1 tablespoon Olive Oil  
1 teaspoon paprika  
1 1/2 teaspoons chili powder  

How to Prepare:  
Prepare grill, heat until coals are ash white. Cut each tuna steak into 2 pieces. Combine oil, paprik & chili powder in small bowl. Brush onto both sides of tuna. Place tune on grill. Grill, turning once, until fish flakes easily with fork (8-12 mins). Meanwhile, combine all sauce ingredients EXCEPT sour cream in 5 cup blender or food processor fitted with metal blade. Blend at high speed until smooth (30 seconds). Pour pepper mixture into 1 qt saucepan. Stir in sour cream with wire whisk. Cook over med heat until heated thru, 1-2 minutes. Spoon sauce onto serving plates, top with tuna.

Tuna/Zucchini Bake  
Ingredients:  
Zucchini layer  
1 cup zucchini -- shredded  
1 tablespoon butter  
1/4 teaspoon salt  
2 Tablespoons parmesan cheese  
Tuna layer  
6 ounces canned tuna  
1 egg -- beaten  
1/2 teaspoon garlic powder  
1/2 teaspoon oregano  
1/2 teaspoon paprika  
1/2 cup shredded cheddar cheese

How to Prepare:  
Mix zucchini layer ingredients and microwave for 60 seconds. Drain excess moisture from zucchini mixture. Spray a cake pan with Pam and spread zucchini mixture into the pan. Mix tuna layer ingredients. Spread tuna mixture over zucchini. Sprinkle top w/ parmesan cheese, if desired. Bake at 400 degrees for 20 minutes or until tuna is firm and brown on top.

Spicy Salmon Steaks!  
Ingredients:  
4 Salmon steaks  
1 tsp garlic minced.(use powdered if fresh is not available)  
1 tsp Ginger minced.(use powdered if fresh is not available)  
1 tsp ground cumin  
1 tsp ground chili  
1/4 c lemon juice  
3-4 tbsp soy flour (add a pinch of the cumin chilli and salt)

How to Prepare:  
Hot oil for frying (deep fryer is best)

Mix all ingredients (except flour) in bowl. Marinate salmon steaks for at least 30 minutes turning every 5-10 minutes. After at least 30 minutes coat each salmon steak in the flour mixture completely and drop carefully into hot oil. (make sure there is enough oil to cover the steaks. Fry until brown and cooked. Remove from oil and put on paper towel to soak excess oil. Serve with salad or vegetables.

PORK MEALS

Slow Cooked Pork, Cabbage and Onions  
Serves: 4-6 easily, 7
CarbsPerServing:Per entire recipe: 1453 Calories (kcal); 54g Total Fat; (32% calories from fat); 174g Protein; 75g Carbohydrate; 3lg fiber; 496mg Cholesterol; 3857mg Sodium
Prep Time:varies
Effort:EASY
Ingredients:
3 pounds lean pork shoulder -- cut into bite-sized pieces
1 large head of cabbage -- cut into chunks
1 large onion -- cut into 1" pieces
1 teaspoon salt
1/2 teaspoon black pepper
3 each whole cloves
1/8 teaspoon nutmeg
6 ounces diet rite or other diet cola
1 teaspoon caraway seeds
6 ounces beef broth
How to Prepare:
Preheat oven to 300f.

In an oven proof pan with a tight fitting lid, sauté onion in bacon grease until slightly translucent. Add pork cubes and sauté for 5-6 minutes or until they change colors. Then add the cabbage and remaining ingredients. Bring to a simmer, cover tightly with lid. Place in oven and let cook for 3-4 hours.

You can strain the juices out and reduce them and serve with the dish or just use a slotted spoon and serve as-is. Serve in a bowl with a dollop of sour cream on top.

Chorizo 2
Serves:Nutritional info for entire recipe.
Divide by number of servings you get.,10
CarbsPerServing:Per serving: 638 Calories (kcal); 44g Total Fat; (62% calories from fat); 52g Protein; 8g Carbohydrate; 4g fiber; 165mg Cholesterol; 1356mg Sodium
Effort:EASY
Ingredients:
1 pound lean pork shoulder -- or tenderloin
1 tablespoon hot chili powder -- or mild
1/2 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon ground cumin
1 teaspoon ground oregano
2 tablespoons olive oil
2 tablespoons water
1 teaspoon red pepper flakes
1/2 teaspoon garlic powder
How to Prepare:
Roughly chop pork then process in pulses in a food processor until very fine. Add remaining ingredients and pulse to blend thoroughly. You want almost a pate/paste consistancy. Refrigerate covered overnight to allow flavors to blend. Form into patties or crumbles and fry until cooked through. Cook thoroughly.

Sausage Balls
CarbsPerServing:5g carbs total
Effort:EASY
Ingredients:
1 pound sausage
1 cup cheese -- or more if needed
How to Prepare:
I form this into balls and bake at 400 until done. They are wonderful as snacks.

Kale and Sausage
CarbsPerServing:no counts provided
Effort:EASY
Ingredients:
1 tube of pork sausage
1 bunch kale1/2 stick butter
How to Prepare:
Make patties out of the bulk pork sausage and startfrying. Wash the kale in vinegar water; shake off excess moisture. Cut the kale every 1/2 inch crossways with a scissors into about one inch of boiling water in a large kettle. (It cooks down quite a bit; I also add butter when I cook it.) Fry the pork slowly because the kale takes about 45 minutes of simmering to get tender. Either mix with pork or serve them side-by-side. A delicious way to eat your greens. (If you cut the kale thin enough it's almost the texture of fettucini.)Enjoy.

Italian Sausage and Greens
Serves:4
CarbsPerServing:16.25g
Effort:EASY
Ingredients:
1 tablespoon extra virgin olive oil
1 pound Italian sausage -- sweet or hot
3/4 pound mushroom
Minced garlic (to your taste -- we like it with a lot of garlic)
3/4 pound mushroom
Minced garlic (to your taste -- we like it with a lot of garlic)
1/2 pound kale (or mustard greens or collards or turnip greens or escarole)
3/4 pound mushroom
Minced garlic (to your taste -- we like it with a lot of garlic)
Dried red pepper flakes (also to taste) -- salt and pepper
2 cups chicken stock -- or water
How to Prepare:
Cut sausage into bite size or smaller pieces, brown in olive oil. Trim and slice mushrooms. When sausage is done, remove from pan and set aside. Put mushrooms in pan. While mushrooms are cooking trim leaves from their stems and chop into 6 inch long pieces. Roll leaves up and slice into thin strips. Brown chopped up stems, then add garlic, dried red pepper and green leaves. Cover and cook a few minutes Add sausage and liquid and cook until greens are done.

Spinach Stuffed Pork Chops
Serves:10,10,10
CarbsPerServing:12g carbs total
Effort:EASY
Ingredients:
1/4 cup chopped onion
1 box frozen spinach -- thawed and squeezed
2 cloves garlic -- minced
How to Prepare:

How to Prepare:

Sauté onion and garlic in butter until soft. Add spinach and 2 tbsp water. Mix well and heat through. Stuff this mixture into the pocket of the pork chop. Close pocket with toothpicks. Heat olive oil in skillet, add chops and brown on both sides. Transfer to baking dish, adding 1/2 cup water. Bake for 1.5 hours or until chops are tender.

NOTES: Counts allow for 1 cup spinach, or 6 carbs - adjust accordingly.

**Savory Rosemary Pork**

Serves: 8, 8  
Carbs Per Serving: 6g carbs total  
Effort: Easy

**Ingredients:**

- 4 pork cutlets -- thinly sliced
- 1 clove garlic -- to taste
- 2 teaspoons rosemary -- to taste
- salt -- to taste
- 2 large mushrooms
- 1/2 cup sour cream
- 1/3 cup heavy cream
- 1/4 cup butter
- olive oil

How to Prepare:

1) Sauté pork and mushrooms and seasonings in olive oil over medium heat until lightly browned.
2) Turn heat to low, add cream and sour cream stir continuously until warm. Do not let this boil.

**Paprika Pork Chops**

Carbs Per Serving: 21g carbs total  
Effort: Easy

**Ingredients:**

- 4 pork chops
- 3 tablespoons paprika -- (3 to 4)
- salt and pepper
- 1 tablespoon Mrs. Dash
- 1/2 cup sour cream
- 1/2 cup heavy cream
- 3 egg yolks
- 3 slices bacon -- diced
- 1/4 cup butter

How to Prepare:

Sauté the bacon in skillet until golden brown, remove. Sauté pork chops on both sides in bacon fat. When chops are browned on both sides, remove. To the pan add salt and pepper, paprika, Mrs. Dash, and water. Scrape the pan drippings to release into mixture. Allow to reduce by 1/3 over low heat, just below a boil. Beat egg yolks, add a bit of the mixture into the egg yolks and whisk......do not allow yolks to scramble......then add to mixture. Remove from heat...whisk in butter and sour cream. Add chops to reheat.

Serve with low carb Atkins noodles (egg whites beaten, salt, and egg yolks folded in.......spread on a greased cookie sheet and baked for 10 min 350 degrees, then sliced into strips when cool.

NOTES: Counts for Mrs. Dash not included - adjust accordingly.

**Smothered Pork Loin Chops**

Serves: 4, 9, 10  
Carbs Per Serving: 5.5g carbs total  
Effort: Easy

**Ingredients:**

- 1 thick cut pork loin chops -- (4 1/2")
- 1 tablespoon flour
- 1 tablespoon butter
- meat tenderizer
- fresh cracked pepper
- 1/2 cup chicken stock
- shallot -- minced
- 1 tablespoon parsley
- 4 tablespoons olive oil

How to Prepare:

Season pork with tenderizer and pepper. In a fry pan heat 1 T olive oil and sauté the shallot till tender. Add butter to pan and combine flour to make a roux, cook for 3 minutes to remove flour taste. Add in chicken stock and cook till thickened slightly. In a separate pan add 3 T olive oil and fry the pork till cooked through. Add mushrooms to the sauce and cook till tender, add the cream and reduce the sauce till thick and bubbly. Toss in the parsley and serve over the pork loins. Serves 4

HINT: After cooking the pork, drain off as much oil as possible and add the pan drippings to the finished sauce.

**Juicy Pork Tenderloin**

Carbs Per Serving: 12g carbs total  
Effort: Easy

**Ingredients:**

- 2 pounds pork tenderloin
- 1/4 cup vermouth
- 2 cloves garlic -- minced
- 1 teaspoon worcestershire
- 1/2 teaspoon red pepper
- 1 tablespoon sugar free ketchup
- 2 teaspoons rosemary -- fresh, finely chopped

How to Prepare:

Cut tenderloin into 2 strips, lengthwise. Mix marinade and rub into meat. Refrigerate for 2-4 hours. Place on roasting rack in pan. Roast for 35-45 mins or until juices run clear. Let stand 10 minutes, cut into slices and pour pan juices over meat.
4-6 servings

NOTES: Carbs for sugar free ketchup not included in above total – adjust accordingly

Pork Casserole  
Serves: 4, 10  
Carbs Per Serving: 8.75g  
Effort: Easy

**Ingredients:**
- 12 ounces fresh mushrooms  
- 1/4 cup chopped onion  
- 3 tablespoons butter  
- 1 pound pork browned and drained  
- 1 package frozen spinach -- thawed  
- 1 pinch seasoning  
- 3/4 cup heavy cream  
- 2 eggs  
- 1 cup Swiss cheese

**How to Prepare:**
Preheat oven to 375 and grease casserole dish with butter. In a bowl, combine cream, egg, and the egg yolks. Pour cream/egg mixture over everything else, browned and simmering. Bake 30 minutes.

Servings: 4

Crock Pot Pork Chili Verde  
Carbs Per Serving: 46g carbs total  
Effort: Easy

**Ingredients:**
- 2 pounds pork -- 2 to 3 (boneless country-style pork ribs or pork stew meat)  
- 1 medium onion -- diced  
- 16 ounces green salsa (salsa verde)  
- 2 teaspoons chili powder -- or more if needed  
- 1 teaspoon cumin -- (1 to 2)  
- 2 cloves garlic -- minced, or more if needed

**How to Prepare:**
If possible, rub the pork with the chili powder and cumin and let marinate overnight. This isn’t critical, but it does make sure the meat gets well seasoned before cooking. Place pork in crock pot; add seasonings if above step was not performed. Then toss in garlic and onion, top with the green salsa. Turn crock pot on Low and let cook for 8 hours. Enjoy with shredded cheese, sour cream, etc.

Snow Capped Broccoli 'N' Ham  
Serves: 4  
Carbs Per Serving: depends what you add to this  
Prep Time: fast  
Effort: Average

**Ingredients:**
- 1 10 ounce package frozen or fresh broccoli (can put cauliflower to or )  
- 10 ounces fully cooked ham, chopped (about 2 cups)  
- 1/4 cup chopped onion  
- 3/4 cup salad dressing or mayonnaise  
- 3 egg whites  
- 1 teaspoon dry mustard  
- 2 tablespoons of parmesan or moseralo cheese  
- 1 add mushrooms

**How to Prepare:**
run hot water over broccoli just until thawed. drain and put in square casserole dish or divide in 4 10 ounce custard cups. combine chopped ham, onion and 1/4 cup of the salad dressing or mayonnaise. Spoon ham mixture over broccoli in custard cups or casserole dish. For egg topping, in a small mixer bowl beat egg whites till stiff and peaks form, stir together the remaining salad dressing and dry mustard. Fold salad dressing mixture into beaten egg whites. Spoon egg mixture over ham mixture in custard cups or casserole dish. Sprinkle the cheese on top. Bake in a 350 oven for 18 min or till topping is golden.

Pork Steaks and Cabbage  
Serves: 10  
Carbs Per Serving: no counts provided  
Effort: Easy

**Ingredients:**
- Pork steaks  
- Garlic salt  
- Cabbage -- cut in small pieces, about 1 cup raw for every 6 ounces of pork.  
- Bacon -- 3 or 4 pieces

**How to Prepare:**
Wash pork steak and sprinkle with garlic salt. Saute the cabbage with the bacon, then layer the cabbage/bacon mixture with the pork in a crock pot. There is no need to add water, and the juice will be awesome. until very tender.

Pork Tenderloin Slices  
Serves: 5  
Carbs Per Serving: 4g carbs total  
Effort: Easy

**Ingredients:**
- 1 Pork Tenderloin -- french cut into 1/4 inch slices  
- 1 egg  
- 1/4 cup atkins bake mix4 tablespoons vegetable oil -- (4 to 5)

**Sauces to taste**

**How to Prepare:**
Pound Pork tenderloin slices with a meat hammer until thin. Heat the oil in a heavy
skillet over Medium high heat. Dredge each slice in egg and then coat with Bake Mix. Places slices in hot oil until golden brown. Remove to paper plate to drain.

Serve with sauces such as the Adkins Cherry Raspberry Sauce or Ranch dressing to dip in.

**Pigs in a Blanket**

Serves:5
Carbs Per Serving: 12g carbs total
Effort: Easy

**Ingredients:**
- 1/3 cup atkins bake mix
- 1/8 cup artificial sweetener -- splenda
- 2 eggs
- 1/4 cup half and half
- 1 dash nutmeg
- 1 pinch salt
- 6 sausage links
- 1 tablespoon sweet dairy whey
- 1/2 cup shredded or chopped
- 1/4 cup cup milk -- for cooking
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder

How to Prepare:
mix all ingredients. make 6 silver dollar size pancakes, butter and sprinkle with splenda. Then wrap around a cooked sausage link.

**Leftover Pork Stirfry (easy)**

Serves:5
Carbs Per Serving: 11g carbs total
Effort: Easy

**Ingredients:**
- 12 ounces cooked pork -- shredded or chopped
- 2 tablespoons soy sauce
- 1/4 cup oil -- for cooking
- 1/2 cup water
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder

How to Prepare:
Stir fry pork in hot oil for 2 minutes, then add remaining ingredients. Cover and reduce heat - let steam 5-7 minutes, stirring every 2 minutes to prevent burning and sticking.

**Simple Pork Chops**

Serves:5
Carbs Per Serving: 10g carbs total
Effort: Easy

**Ingredients:**
- 4 boneless por chops about 1 1/2 in. thick
- 1 cups sauerkraut -- I used the kind in the bag (1 to 1 1/2)
- 1/2 cup Atkins Pancake Syrup

How to Prepare:
Place the pork chops in a baking dish. Surround them with the sauerkraut. Make sure there is enough fluid so that they have a chance to absorb the moisture. If there is not enough, they will be dry. Take the pancake syrup and pour it over the dish. Try to even it out. If you need more, you can use it because it is zero carbs. Bake at 350-375 degrees for an hour. Check to make sure pork is done. It has sort of a sweet and sour taste, and the chops were moist and tender.

**NOTES:** Counts for syrup not included in totals.

**Creamy Mushroom Pork Chop**

Serves:5
Carbs Per Serving: 11g carbs total
Effort: Easy

**Ingredients:**
- 1 tablespoon Butter
- 4 pork chops -- (4 to 6), bone in
- Garlic Salt
- Black Pepper
- 1 Jar Ragu Parmesan Alfredo Sauce -- (16 oz.)
- 8 ounces button mushrooms -- whole
- 1 Pinch Dried Thyme

How to Prepare:
Melt butter in large skillet. Season chops on both sides with garlic salt and pepper, and brown in butter. Transfer chops to slow cooker. Remove skillet from heat and stir alfredo sauce into drippings. Slice mushrooms and scatter over chops in slow cooker. Pour alfredo sauce over all. Sprinkle with dried thyme. Simmer on medium low heat about two hours or until chops are fork tender. **NOTES:** Counts for Alfredo sauce and garlic salt not included in totals.

**Stuffed Mushrooms III**

Serves:5
Carbs Per Serving: 21g carbs total
Effort: Easy

**Ingredients:**
- 20 large fresh mushrooms
- 1/2 pound sausage
- 2 green onion -- with 1/2 stem
- 1 block Philadelphia cream cheese

How to Prepare:
stem mushrooms, fry cut up stems with sausage, add chopped onion to sausage mixture, cook till done. Add cream cheese and stir till mixed well. Fill mushrooms with mixture and bake in 350 degree oven 15-20 min or golden brown.

**bacon wrapped pork chops**

Serves:4,10
Carbs Per Serving: 1.5
Prep Time: 15 minutes                  Effort: Easy

**Ingredients:**
4 pork chops, sliced onion, sliced green pepper, bacon salt & pepper, crushed red pepper (optional)

**How to Prepare:**
Season pork with salt, pepper, and red pepper. Place on each chop, 1 slice of onion and green pepper wrap bacon around chop (toothpick will hold bacon to meat) bake in oven for 25-30 min at 375 degrees

---

**Creamy Maple Pork Chops**
Serves: 3-4, 2
Carbs Per Serving: Varies depending on s/f syrup and sweetner (approx. 20 carbs total)
Prep Time: 10 minutes                  Effort: Easy

**Ingredients:**
10-12 Thin Sliced Pork Chops
2-Tbsp Butter
8 oz cream cheese
4 oz heavy cream
1/2 to 1-cup Splenda (to taste)
1/4 cup Sugar Free (Atkins) Pancake Syrup (or Dvinci Maple flavored syrup)

**How to Prepare:**
In an electric skillet (or frying pan) lightly brown the pork chops to seal in juices (about 10 seconds each side). Then in a bowl mix together the cream cheese, heavy cream, S/F Syrup and splendas. Add this mixture to the skillet with pork chop and turn heat to medium and simmer until pork chops are cooked and sauce is warmed. THAT’S IT!!!

---

**Great SpareRibs**
Carbs Per Serving: no counts provided                  Effort: Easy

**Ingredients:**
no itemized ingredients
provided

**How to Prepare:**
Pepper slab of ribs, put in shallow pan, cover with white distilled vinegar, cover with foil & bake on 350 until done, have grill hot and put on grill & cook until brown as you like. Baste with Mixture of vinegar, salt & little lemon juice. Serve with a nice salad.

---

**Pork and Green Bean Stir-Fry**
Serves: 4, 6
Carbs Per Serving: 6g
Effort: Easy

**Ingredients:**
1 pound pork tenderloin -- or boneless pork loin
2 tablespoons vegetable oil
4 cloves garlic -- minced
10 ounces green beans -- frozen, or 3/4 pound fresh
2 teaspoons artificial sweetener
2 teaspoons soy sauce
1/2 teaspoon red pepper flakes
1 teaspoon fresh ginger -- shredded
1 teaspoon sesame oil
1 teaspoon rice wine vinegar

**How to Prepare:**
Cut meat into 1/2 inch slices. Heat oil in large skillet. Add garlic, stirfry until lightly browned. Add pork and cook until lightly browned. Add green beans. Stirfry until beans and pork are done, about 8 mins. Push meat and beans to side of pan, add splenda, soy sauce, red pepper, and ginger. stir until blended. Add oil and vinegar. toss with meat and beans.

---

**Pizza Casserole**
Carbs Per Serving: no counts provided                  Effort: Easy

**Ingredients:**
2 packages sliced mushrooms
2 bell peppers -- chopped
1 small onion -- chopped - or chives
1 small can tomato sauce -- chopped olives
grilled chicken or turkey
pepperoniitalian sausage -- browned meat - in bite size pieces
whatever cheese you like -- shredded
bacon pieces
maybe a few pieces of pineapple

**How to Prepare:**
Spray the bottom of a baking pan with Pam. Arrange the mushroom slices to cover the bottom. Pour the tomato sauce over the mushrooms - won't be much so be sparing. Put on the rest of the ingredients in whatever order you like and top with cheese. Bake at 400 for about 20 minutes. Let sit for a few minutes. Cut and serve with nice salad.
The carbs vary depending on how much of what you use. Should be fairly easy to figure out. It makes about 6-8 good portions, along with a salad, and maybe low-carb tiramisu for dessert!!!

**Slow Cooker Country Spare Ribs**

Serves: 4
Carbs Per Serving: 10g per serving (2 ribs)
Prep Time: 15-20 min

**Ingredients:**
- 4 lbs Country Style Spare Ribs
- 2 Tbs Butter
- 1 Can Diet Coke or Diet Rite
- Lots of Lawry's Seasoned Salt
- 1 Can Diced Tomatoes (undrained)
- 1 Tbsp Molasses
- 1 Tbsp Minced Garlic
- 1 Tbsp Dried Minced Onion (or fresh onion - about 1/3 chopped)
- 1 Tbsp Hot Hungarian Paprika (if desired)

**How to Prepare:**
Mix all ingredients from second column in your crock pot. Next, heat up the butter in large skillet until very hot but not so the butter burns. Sear each piece of ribs (I do 4 at a time) on each side. I like to sear, but it is not necessary. Sprinkle Lawry's salt generously on both sides of each rib. Layer ribs in slow cooker and pour diet coke over the top. Turn cooker on low (1 or 2) and cook all day (about 7 hours). 1/2 hour before serving, season again if necessary and turn to high so liquid boils. Serve and enjoy!! Tip - if you cook these even longer and/or on higher heat remove the bones and you'll have a wonderful stew (add a bit of sour cream to the broth).

**Sausage Puffs**

Carbs Per Serving: 19g carbs total
Effort: Easy

**Ingredients:**
- 1 pound pork sausage -- hot, in roll
- 2 cups sharp cheddar cheese -- shredded
- 1 cup Atkins bake mix

**How to Prepare:**
Preheat oven to 350 degrees. Cover large cookie sheet with heavy duty tin foil. Mix all together and roll into 1" balls. Bake for 30-35 minutes. Makes approximately 60 balls. Remove from sheet and throw away foil. Voila the cookie sheet should be clean!

**Sausage Cabbage Au Gratin**

Carbs Per Serving: no counts provided
Effort: Easy

**Ingredients:**
- no itemized ingredients

**How to Prepare:**
In a large skillet, saute' five or six slices of diced bacon. Add a package of little smokies and cook through. Add one head of cabbage and saute' till wilted. Mix together 1/2 cup whipping cream, 1/2 cup Parmesan cheese, and 2 teaspoons of flour. Pour over the cabbage mixture and cover. Leave for 15 minutes till set.

**Mushroom topped Pork chops**

Serves: 10
Carbs Per Serving: 11g carbs total
Effort: Easy

**Ingredients:**
- 4 pork chops -- boneless, 3/4 in thick (4 to 6)
- 1 tablespoon butter
- 1 cup mushroom -- finely chopped
- 1 tablespoon butter
- 1/2 cup parsley -- finely chopped
- 1 egg
- 1 teaspoon salt
- 2 tablespoons grated cheddar cheese -- (2 to 3)

**How to Prepare:**

**Zucchini Lasagna**

Serves: 10, 10
Carbs Per Serving: 29g carbs total
Effort: Easy

**Ingredients:**
- 1/2 pound Italian sausage -- ground cooked till crumbly
- 3 zucchini -- medium, peeled, sliced, and boiled for 3 minutes
- 1/2 cup Ricotta cheese
- 2 cups Mozzarella cheese
- 1 cup low carb Spaghetti sauce -- (I use Classico Sun Dried Tomato 8 carbs)
- 1/4 cup Parmesan cheese

**How to Prepare:**
Spread a very thin layer of sauce on the bottom of a corning ware type dish. Then begin layering your lasagna with the ingredients from above. Sprinkle Parmesan cheese on top. Cover and bake for 30 minutes at 350. Then uncover for 15 minutes at 350. Let stand for 10 minutes. Then enjoy!!

NOTES: Counts for spaghetti sauce not included

**Sausage Stuffing**

**Ingredients:**
- 1 pound sausage -- seasoned
- 2 large onions -- finely chopped
- 3 stalks celery -- finely chopped
- 2 tablespoons butter -- (2 to 4)
- 1 head cabbage -- finely chopped
- 15 ounces chicken broth -- canned
- 3 eggs -- beaten

Seasonings

How to Prepare:
This has all the taste of real stuffing, without the bread. You won't miss the bread and can "stuff" yourself a much as you like. Saute your onion and celery in the butter. Add sausage, brown, crumbling the sausage finely. Let the oils and butter brown on the bottom of the pan to get that great carbonation flavor. Add seasonings you like such as thyme, oregano, pepper, salt, to taste. My sausage was pre seasoned, so I just added pepper. Add cabbage and continue cooking. Add chicken broth to moisten as dish starts to get dry. I ended up using a whole can. Cook until cabbage is cooked and tender. Put in 3-4 qt baking dish and add the eggs. Bake in 350 degree oven for 20-30 minutes.

**Pepper and onion porkchops**

**Ingredients:**
- 4 pork chops, center cut -- about 1 1/2 lbs.
- 1/4 teaspoon salt -- pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon dried thyme
- 2 green pepper
- 2 medium onions
- 2 tablespoons butter
- 1/3 cup beef broth

**How to Prepare:**
Combine spices and sprinkle over both sides of chops. Slice pepper and onions. Heat half butter in skillet, saute onions and peppers until soft, not brown. Remove from pan. Heat remaining butter and brown chops on both sides. Lower heat. Add broth, onions, and peppers. Cook over low about 20 mins or until chops are done.

**Red Cooked Pork**

**Ingredients:**
- 2 lbs very fatty cut of pork
- 6 scallions
- 1 head garlic
- 9 T. soy sauce
- a few slices small red chile
- 3 pacs splenda
- vegetables of choice (carrot, chinese radish, bamboo)

**How to Prepare:**
Place all of the ingredients except Splenda and vegetables in a large crock pot. If the cut of pork is large, cut it into a few chunks. Cook on high for about 3 hours. Then add Splenda and chopped vegetables. Cook another hour. Eat with sauteed greens.

P.S. Pork and Chicken can be cooked together. This can also be cooked on the stove, just reduce cooking time to 1 1/2 hours or so and make sure the liquid doesn't boil off.

**Citrus Skillet Pork Chops**

**Ingredients:**
- 1 Clove garlic, choped
- 1 tsp. paprika
- 1/4 tsp. ground coriander
- 1/8 tsp. freshly ground black pepper
- 4 center-cut loin pork chops (4 ozs each) 3/4" thick
- 3/4 cup reduced sodium chicken broth
- 1 tsp. fersh lemom juice

**How to Prepare:**
Combine first 5 ingredients, sprinkle both sides of chops.

in a large nonstick skillet combine broth and lemon juice. Mix well. Add Pork and simmer, covered, over low heat about 30 min. pour broth mixture from skillet into a glass measuring cup; cool slightly set aside.

Place chops in same skillet. Heat over med. heat turning once until browned and heated through about 2 to 3 min. remove chops cover with foil to keep warm.

Using a spoon, skim fat from sauce. Return broth to skillet. bring
Nitrate Free Pork Sausage

Ingredients:
- 2 pounds ground pork
- 2 teaspoons dry mustard
- 1/4 cup parsley -- finely minced
- 1/2 teaspoon salt -- or more to taste
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground sage
- 2 tablespoons cream
- 2 each eggs

How to Prepare:
Mix all ingredients well and refrigerate overnight to blend flavors. Divide into 12 balls and pat into patties. Fry 4 minutes on each side or until cooked through.

Southern Sausage Skillet

Ingredients:
- no itemized ingredients

How to Prepare:
Easy and fast...quantities determined by how many people you are cooking for! Polish sausage or kielbasa, onions, green beans...fresh, canned (drain first) or frozen (thaw first)...NOTE: French style do not work well here. Score the sausage so when you brown it in a skillet, the juices will flow. I do this even with the pre-cooked sausage). Add the onions and green beans, and sautee until they have taken in the flavor of the sausage without getting limp and overcooked. The juices from the sausage will prevent the green beans from sticking to the pan. This was a meal created in a moment of desperation and it turned out to be a new favorite!

Pork Chops with Blue Cheese Gravy

Ingredients:
- 2 tablespoons butter
- 4 thick cut pork chops
- 1/2 teaspoon ground black pepper, or to taste
- 1/2 teaspoon garlic powder, or to taste
- 1 cup heavy cream
- 2 ounces blue cheese, crumbled

How to Prepare:
Melt butter in a large skillet, over medium heat. Season the pork chops with black pepper and garlic powder. Fry the chops in butter until no longer pink and the juices run clear, about 20 to 25 minutes. Turn occasionally to brown evenly.

Remove chops to a plate and keep warm. Stir the whipping cream into the skillet, loosening any bits of meat stuck to the bottom. Stir in blue cheese. Cook, stirring constantly until sauce thickens, about 5 minutes. Pour sauce over warm pork chops.

Ham roll-up variation

Ingredients:
- no itemized ingredients

How to Prepare:
Spread softened cream cheese thinly on a slice of imported ham. Lay a green onion along one of the long sides. Roll up the ham, and slice into 1" pieces. Makes a fabulous appetizer and can be a very elegant presentation on a serving tray...your party guests will never know it's one of your "diet" foods!

Ham Steak with Onion Gravy

Ingredients:
- 1 ham steak -- 1.5 inches thick
- 2 cups sliced onions -- thinly sliced
- 1 cup sour cream
- 1/8 cup heavy cream
- 1/8 cup warm water

How to Prepare:
Pan cook ham steak on both sides. Remove from pan. Add onions to pan and cook until browned. Mix heavy cream with water. Add sour cream and heavy cream/water to pan heat through. Pour over ham steak.

Spicy Mushroom Pork Chops

Ingredients:
- 6 boneless pork chops
- 1/3 cup chopped onions
- 4.5 oz can mushrooms w/liquid
- 2 tbsp LC BBQ sauce of choice
- 1 tsp Louisiana Cajun Seasoning
- 2 tbs Mesquite Liquid Smoke
- salt and pepper to taste
How to Prepare:
Trim excess fat off of pork chops. In large non-stick pan put pork chops on medium heat. Pour liquid smoke over them. Sprinkle with cajun seasoning and salt and pepper. Cook until done about 1/2 way through. Turn pork chops over, cook about 5 more minutes. Add rest of ingredients to pan. Cook covered over medium high heat, stirring sauce around pork chops occasionally, making sure mushrooms and onion are in sauce. Cook for 15 more minutes, turning chops again 1/2 way through. Serve chops with sauce on top.

NOTE: Carb count does not include BBQ Sauce.

**Shaking Bake Mix for Pork Chops**

**Effort:** Easy  
**Serves:** 10 | 5 | 7  
**Carbs Per Serving:** 2g carbs total

**Ingredients:**
- 3/4 cup finely crushed pork rinds  
- 1/4 teaspoon paprika  
- 1/4 teaspoon onion powder  
- 1 splenda packet

How to Prepare:
Preheat oven to 400'. Place all ingredients in a large plastic bag. Lightly moisten pork chops with water and place in bag and shake. Arrange pork chops on a baking sheet and bake 45 minutes with a bone, and 20 minutes without a bone, or until you can tell yourself the pork is cooked. NOTES: Counts for natural peanut butter not included in totals.

**Queso Fundido**

**Effort:** Easy  
**Carbs Per Serving:** no counts provided

**Ingredients:**
- Chorizo (Mexican Sausage)
- Queso Chihuahua (Chihuahua Cheese)

How to Prepare:
Remove casing from sausage. Cook and drain fat. Place thin layer of cooked sausage on microwave safe dish. Top with sliced chihuahua cheese. Microwave for 1 minute or until cheese melts.

**Pork Taco**

**Effort:** Easy  
**Carbs Per Serving:** 3g carbs total

**Ingredients:**
- 1 pork chop (sliced into thin strips)
- 1 teaspoon olive oil
- 1/2 slice American Cheese
- 1 lowcarb tortilla
- 1 tablespoon salsa
- 1 tablespoon onion

How to Prepare:
Add Olive oil to a small frying pan. Add pork to the pan and stir fry until done. Warm tortilla in the oven until just warm. Put tortilla on a plate and add pork, sour cream, cheese, salsa and onion on tortilla and fold over. This taco is very tasty and quick to make. NOTES: Counts for low-carb tortilla not included - adjust accordingly.

**Pork Chops**

**Effort:** Easy  
**Carbs Per Serving:** 1g carbs total

**Ingredients:**
- 4 boneless pork chops -- (4 to 8)
- 2 eggs -- beaten
- pork rinds -- crushed to bread crumb consistency
- dash seasoned salt -- or two cooking oils

How to Prepare:
Pound the pork chops to flatten, dip in egg, then coat with the crushed pork rinds and fry in oil. Can sprinkle with seasoned salt while cooking. Next time I make these I am going to make mock mashed potatoes and gravy to go with. Yummm

**Jalapeno Stuffed Sausage**

**Effort:** Easy  
**Carbs Per Serving:** no counts provided

**Ingredients:**
- 1 can pickled jalapenos
- 1 pound pork sausage
- package cream cheese

How to Prepare:
I take the seed out of my jalapenos, but they can be left in. Slice jalapenos in half and add cream cheese. Wrap the jalapeno with the sausage, kind of like your coating it (actually you are...lol). Bake in a 300 degree oven for about 20-30 minutes or until sausage is cooked. It’s delicious.

**Horseradish Encrusted Pork Loin Chops**

**Effort:** Easy  
**Carbs Per Serving:** 19g carbs total

**Ingredients:**
6 pork loin chops (1" thick) 1/4 cup olive oil
1 tablespoon pepper 1 tablespoon rosemary 1 tablespoon thyme
1 cup finely crushed pork rinds
6 tablespoons prepared horseradish 3/4 stick butter -- (3/4 to 1)

How to Prepare:
Marinate pork chops in olive oil, rosemary, thyme & 1/2 tbls pepper overnight. Remove and cook chops for 5 min each side. Blend softened butter, horseradish, pork rinds & remaining pepper together. Place on pork chops and bake at 350 for 8-10 minutes or until topping is brown & chops are done.

Ham Hocks and Cabbage
Serves:10  CarbsPerServing:60g carbs total
Effort:Easy

Ingredients:
3 each ham hocks -- meaty 10 cups cabbage -- cut into chunks
1/2 teaspoon salt 1/2 teaspoon pepper -- or more to taste
1/2 cup diced onion 4 each sausage links -- cut
1/2 cup dried white wine -- (optional - remove 4g carbs if not using) 1/2 stick butter
1/2 teaspoon crushed red pepper -- flakes water to cover hocks

How to Prepare:
Put hocks in a large kettle and cover with water. Bring to a boil, reduce heat and simmer 20 minutes or until the meat starts falling off the bone. Remove the hocks and let cool. Add the remaining ingredients to the water and cover. (You want the cabbage covered at least 3/4 of the way with broth - so add more water if necessary to get this level. You can add 2 cans chicken broth at this time of you want this for soup). Simmer over low heat until cabbage is tender (about 20 minutes). When cooled enough, cut the meat off the hocks and add back to the pan of simmering cabbage. You can serve this drained or with the broth as a soup. I know this seems pretty high carb - but it makes a lot and it freezes well.

Pork Tenderloin a la King
Serves:4  CarbsPerServing:5
Prep Time: no more than 10 min  Effort: Easy

Ingredients:
3 Tablespoons Knorr brand french onion soup mix, or to taste
1 cup heavy cream 1 1/2 pounds pork tenderloin, cut into 1-inch pieces
1 8oz package mushrooms, trimmed and quartered

How to Prepare:
Preheat oven to 350 degrees. In a bowl, mix soup mix and cream. In a casserole sprayed with cooking spray (for easy clean up), combine pork and mushrooms. Pour cream mixture over pork and mix well to combine. Cover with foil and bake for 25-30 min or until cooked through. This is wonderful and you could probably try this with beef or chicken. Enjoy!!

Easy Cuban Pork
Effort: Easy

Ingredients:
Marinade:
1 cup fresh orange juice 1 cup fresh lemon juice
1 cup olive oil 6 garlic gloves - minced
2t cumin
For Pork:
5-7lb pork shoulder
2T liquid smoke 2T coarse salt

How to Prepare:
--Mix marinade ingredients together, and pour over pork shoulder.
--Cover and refrigerate 4 - 24 hours (the longer you marinate, the more flavour it will have)
--Preheat oven to 500 degrees
--Lay heavy duty foil on work surface.
--Place drained pork shoulder on foil.
--Cover pork with another piece of heavy duty foil and make a "packet" (it should all be tightly sealed).
--Place on rack in roasting pan and pour 2" water into pan. --Roast at 500 degrees for 30 minutes.
--Turn down oven temp to 350 and continue roasting for 30-35 min PER LB of roast.

The meat will fall apart when you are finished.

deep south ham & redeye gravy
Serves:4  CarbsPerServing:1gm
Prep Time:none  Effort:Easy

Ingredients:
1tbl butter 1 ham steak about 1 1/3lbs
1 cup strong coffee 1/4 teap. sugar 1/4 tea hot pepper sauce

How to Prepare:
place 10" skillet over med-high heat until hot. add butter, tilt it to coat bottom. add ham steak, cook 3 min. turn cook 2 min longer. remove ham; place on service platter and set aside. increase heat to high add coffee, sugar, pepper sauce. bring to boil continue boiling 2 to 3 min until reduced to 1/4 cup liquid, scraping bottom and sides spoon over meat

BEEF, LAMB AND VEAL MEALS

Crock Pot Ribs or Chops
Effort: Easy

Ingredients:
6 or 8 chops or ribs to fill crock pot 1/4 c. onion, chopped
1/2 c. celery, chopped 1 c. catsup
1/2 c. water 1/4 c. lemon juice 2 tbsp. brown sugar substitute
3 tbsp. Worcestershire sauce 2 tbsp. vinegar
1 tsp. mustard 1/2 tsp. salt 1/4 tsp. pepper

How to Prepare:
Mix all together and pour over meat in crock pot. Cook on low 6 - 8 hours

LAMB WRAPPED IN GRAPE LEAVES
Serves: 15+
CarbsPerServing: 3 - 5 (1 carb per wrapped leaf)

Ingredients:
1 whole leg of ground lamb *or extremely lean red meat*
1/2 cup of pine nuts
Amt of all spice (whole) to liking (minimal amt)
*you can choose to alter what you put in your lamb filler*
Water
lemon juice
tiny can of tomato sauce.

How to Prepare:
You have to estimate the amt of filling for the leaves because of the varying sizes. DO NOT overstuff the leaves.
Layer and tightly lay the wrapped grape leaves in your pot. Lemon juice and tomato in pot and THEN add just enough water to cover the grape leaves. You want then to make sure that you have a plate or something heavy to keep the grape leaves from floating around. If they float at all then they will unwrap and you wont have Lamb in Grape Leaves.
SIMMER ! NOT BOIL
Takes about 1 1/2 - 2 hours. Just test for the leaves to be cooked.
Carb count per leave minus the dietary fiber is .6 carbs.
Pine nuts are only 4 carbs per 1/2 cup. So they are not even measureable unless you eat the whole pot LOL.

It's Lasagna!!
CarbsPerServing: Total Carbs for entire dish: 25

How to Prepare:
Brown hamburger with onion and garlic. Add spaghetti sauce and simmer for at least 30 min. Layer in small casserole dish: Meat sauce, spaghetti squash, meat sauce, cottage cheese, mozz. cheese, parm. cheese, spaghetti squash, meat sauce, repeat cheeses. Bake at 350 until cheese has melted.

Fajita Burger
Serves: 1
CarbsPerServing: 5.2 per serving less .6 fiber

How to Prepare:
Mix ground beef with dry fajita seasoning mix. Form ground beef into patty. Pan broil burger to desired doneness. Top with shredded cheese, sour cream and salsa.

Meatloaf
Serves: 4
CarbsPerServing: 7

How to Prepare:
1-loaf pan
1-lb ground beef (or turkey or chicken)
1-med onion (chopped finely)
12-mushrooms (or around that; chopped finely, like onion/NOT sliced)
3-5 cloves of garlic (or less, if you're a wimp! crushed/chopped finely)
2-3 TBS chopped parsley/egg
1/2 cup chicken broth (or water)
1-cup bread crumbs (or substitute; I use Keto Crumbs but you could
also just use less broth and more mushrooms/onion)
1/2-cup olive oil (you can use more if you'd like)
1-tsp salt (or 1-TBS soy sauce)
1/2-tsp black pepper

How to Prepare:
I make a wonderful meatloaf that can pass for a meatball-flavored meal. You can slice it up and serve it with brown gravy and vegetables or top with melted mozzarella and marinara sauce or break it up into pieces and make into a beef stroganoff or however else you feel like being creative...It's a great thing to have around for lunches or dinners. You can even freeze slices and have whenever you feel like it. BTW—I think this is the best meatloaf I've ever had, not like the traditional at all.

First, pre-heat oven for 375-degrees. Next, saute all the mushrooms, onion, garlic, and parsley in a pan with the olive oil. Don't let it burn (garlic tastes yucky when burnt). When the onions are soft, remove from heat to let cool down. In a large bowl, add meat, egg, bread crumbs (or substitute), chicken broth (or water), salt (or soy sauce), and pepper. When the sauteed mixture has cooled enough, add it to the bowl and mix all ingredients (with very clean hands or proper mixer) until everything is well-combined. Now, put mixture into loaf pan (NO need to oil/grease pan as there is plenty of fat already in the mixture from the olive oil). Put into the oven and bake for 45-minutes. Voila! Now, you have a delicious, low-carb meatloaf (that tastes sort of like a meatball) that you can serve up all sorts of ways. Slice loaf into ten slices. There are about 3-gm of carbs per each slice (or 30-gm carbs/loaf). Enjoy!

Steak with Pate and Cheese  Serves:2     CarbsPerServing:2-4 (depending on pate and cheese)
Prep Time:15 mins                  Effort:Easy

Ingredients:
2 x thinly sliced Beefsteak
1-2oz Ardennes or Brussels pateThinly-sliced Cheddar or other mild cheese

How to Prepare:
Fry the steak until it's cooked as much as you want (I prefer well done) then remove from pan, spread a thin layer of pate over the cooked steak and top with cheese. Place under the grill until cheese bubbles. Yum. You can also fry some onion with the steak and put it between the pate and the cheese.

Ropas Viejas  Serves:4     CarbsPerServing:See note
Prep Time:5 hours                  Effort:Easy

Ingredients:
3-4 lb beef roast, cut up            1 med onion, sliced (10g)
1/2 red bell pepper, sliced(4g)            1 sm. can tomato paste (60g)***SEE NOTE BELOW***
1 can beef broth            1 tsp sweetener (1g)
2 DASHES Cinnamon            2-3 tsp cumin (1g)
Salt/Pepper to taste            oil or lard

How to Prepare:
***FIRST!! Don't panic about the number of carbs! MOST of them will remain in the crockpot in the sauce.
Get out your crock pot and heat it.
Prepare the tomato paste by mixing well with a small amount of water to tomato sauce consistency.
In a large skillet, heat the oil or lard, brown the meat. Place the meat, onion, bell pepper, tomato paste and seasonings in the crockpot. Cook until the meat is fork tender (usually about 4-5 hours).
Remove from sauce w/a slotted spoon, making sure to let as much of the sauce as possible drain. Place in a bowl or on a plate and pull to shreds with the back of a fork.
Serve on a locarb tortilla or on a bed of lettuce. Side with pico di gallo, sour cream, if you wish.

TOTAL RECIPE CARB COUNTS: 76g--remember, most is left in the crock pot!
You may choose to use tomato SAUCE instead of paste for a carb count of 8.8g/HALF cup

Red Chile Chimichangas  Serves:4     CarbsPerServing:8
Prep Time:15 minutes                  Effort:Average

Ingredients:
3c cooked beef or pork            (canned works)
1/2 c. beef broth            2T Atkins Ketato flakes
8" square spring roll wrappers            3 Tbs. chile powder
1tsp. salt            1Tbs. garlic powder            1 c. vegetable oil
**How to Prepare:**
Bring broth to a boil and add meat. (If you've used canned meat you may not need extra broth, there may be enough in the can.) Add salt, chile powder, and garlic powder and cook for a couple of minutes. Add the keto flakes and stir until thickened. Remove from heat and put 1/8 of mixture at the edge of a spring roll wrapper. Fold in sides and roll up like you would a tortilla. When you have 8 burritos, heat the oil in a small skillet and fry the burros, turning until browned on all sides. Drain on a paper towel covered plate and enjoy! 4 carbs per burro, with salad and sour cream you have a great 10 carb dinner!

**beef scrambler**

* Serves: As many as you want  
* Carbs Per Serving: depends on amounts used  
* Prep Time: 20 minutes  
* Effort: Easy  

**Ingredients:**
- ground beef
- Mozzarella cheese
- canned mushrooms
- seasoned salt
- italian seasoning

**How to Prepare:**
Brown the ground beef in a frying pan, then salt it and put the italian seasoning on. Depending on your tastes, you may have to repeat this a couple times. Put in as much mushrooms as you like, keeping in mind to check the can for carb listings. Wait until the meat and mushrooms have a "crisp" look, the sprinkle grated mozzarella over the top, let melt and you're done! Sometimes I make a couple small cheese chips too.

**Veggie Meatloaf**

* Serves: 6-8 depending on thickness of slices  
* Carbs Per Serving: 2-3 NET carbs per medium slice  
* Prep Time: Prep: 20 mins/Cook: 45* = 65 total  
* Effort: Easy  

**Ingredients:**
- 1 lb ground beef (80% lean)  
- 1 lb ground chicken  
- 1 large or extra large egg, beaten  
- 1 large red pepper, diced  
- 1 medium sweet onion, diced  
- 1 tbls minced garlic  
- 2 tbls of minced carrot  
- 1 medium celery stalk, diced  
- 1/4 cup shredded monteray or mozzarella cheese  
- 1/4 cup grated parmesian cheese  
- 1 tsp Beef Bouillion powder  
- cilantro or parsley, salt & pepper to taste

**How to Prepare:**
Mix meats and egg together.  
Saute all veggies (celery, pepper, onion, garlic, carrots) in a saucepan with 1 tbls of butter until softened.  
Cool mixture for about 10 minutes and then add to the meat. With clean hands, mix well until veggies are evenly distributed amongst the meat.  
Add all the rest of the ingredients except the shredded cheese. Make sure the mixture is well combined.  
In a loaf pan or in a regular roasting pan, shape meat to make a loaf. Add the shredded cheese to the top.  
Put aside to "rest". Preheat oven to 375 F. Put meatloaf into oven and cook for about 45 minutes - I use a thermometer to check - 170 F internal temp.

**Chili Relleno with or without chicken**

* Serves: 3 to 4  
* Carbs Per Serving: not sure  
* Prep Time: 20 minutes tops  
* Effort: Easy

**Ingredients:**
- 1 lb cheddar cheese grated  
- 1 lb monterey cheese grated  
- 3 (7 oz) cans diced green chilies  
- 5 beated eggs  
- 2 to 3 chicken breast cooked and diced (optional)  
- 1 tbls minced garlic  
- 1 tsp Beef Bouillion powder

**How to Prepare:**
Mix cheese cooked chicken and green chilies together in 9x13 inch baking dish pour eggs over and bake at 350 for 45 minutes

**Reuben Quesadilla**

* Serves: 8  
* Carbs Per Serving: 4 carb per serving  
* Prep Time: 30 minutes  
* Effort: Easy

**Ingredients:**
- Sliced Corned Beef  
- Sauerkraut Cheese  
- Caraway seed  
- Thousand Island dressing or Mayo  
- Two low carb Tortilla

**How to Prepare:**
Layer sliced Corned beef, drained Sauerkraut with caraway seed, drizzle of dressing and shredded cheese on a large Tortilla. Top with second Tortilla and more cheese. Bake in pizza pan 350 degrees for half hour. Cut into wedges.

**Green Chili & Jack Stuffed Meatloaf**

* Serves: 6-10  
* Carbs Per Serving: 2 or less  
* Prep Time: 15 min.  
* Effort: Easy

**Ingredients:**
- 2 lbs. Ground Beef  
- 2-3 cloves crushed Garlic  
- salt
Cumin            Chili powder *Optional
Filling:
Shredded Monterey Jack Cheese            Large can Green Chilis
Topping:
Sour Cream                Jack cheese
Green Chilis            Salt

How to Prepare:
Mix the egg and spices into the ground beef, then roll out into a flat square. Sprinkle cheese and the chilis saving a little for the top. Then roll the beef and pinch the edges so the jack and chilis won’t leak out while cooking. Place in a standard loaf pan. Then top with the rest of the cheese and chilis, sour cream and spices. Bake in oven at 400 degrees for about 45 min-1hr. This is beautiful when sliced and a fun twist on classic meatloaf.

**Beef with mushroom and onion sauce**

Serves: about 4 depending on how much meat you use.

CarbsPerServing: not sure best I can figure out, about 4
Prep Time: 5 minutes                Effort: Easy

**Ingredients:**
about 2 pounds of tenderized round or sirloin steak. I’ve also used boneless pork chops. one package dry onion soup mix one or two small cans of mushrooms, depending on your taste. salt and pepper or any seasoning you prefer

How to Prepare:
place your meat in a covered baking dish, sprinkle on the onion soup mix and cover with the mushrooms, juice and all. If you’re making a larger amount you may need to add a little water to make sure the soup mix is all soaked. Bake for 1 1/2 to 2 hours on 325. This absolutely delicious, the meat is so tender it falls apart.

**Gaelic Steak**

Serves: 1                  CarbsPerServing: .028
Prep Time: 5 mins                Effort: Easy

**Ingredients:**
1 ribeye steak 3/4" thick 1 Tablespoon butter
2 Tablespoons heavy cream 2 Tablespoons Irish Whisky salt & pepper to taste watercress

How to Prepare:
Heat butter in heavy skillet until very hot, but not burned. Season steak with salt & pepper and fry quickly both sides. Remove to a warmed platter. Pour cream and whisky into skillet. Stir into browned butter, heat to bubbling. Stir one minute, pour over steak and garnish with watercress.

**pepper jack cheese meatballs**

Serves: 6

CarbsPerServing: 4                Prep Time: 20 min.                Effort: Easy

**Ingredients:**
1 lb ground beef 1 lb ground turkey
1 tsp sage 3 eggs 1/4 c diced onion
1 c ketchup 1-1/2 c. graded pepper jack cheese

How to Prepare:
put everything together, mix well, make into balls with a spoon and palm of your hand, drop into a baking sheet and bake for 1/2 hr. on 350. Serve spec sauce, classic alfredo, roasted garlic parmesan or a jar of gravy over the top. yummmmmy!

**Mexican burger**

Serves: 1-multiply for quantities, 10

CarbsPerServing: 2                Prep Time: 15 min.                Effort: Easy

**Ingredients:**
1 ground beef patty 2-3 tbs fresh salsa (sold in deli dept.)
1 slice cheese (works best with pepper jack-can use any) sliced jalapenos salt/pepper

How to Prepare:
Cook ground beef to your specifications. Place cheese on top and melt. Salt and pepper to taste. Place salsa/jalapenos on top. Enjoy!!

**Italian hamburger**

Serves: 1-or multiply for quantities

CarbsPerServing: 3                Prep Time: 15 min.                Effort: Easy

**Ingredients:**
1 ground beef patty 1 slice onion
2 tbs. low carb tomato sauce 1 slice mozzarella cheese salt/pepper italian seasons/mrs. dash

How to Prepare:
Cook beef patty to your specifications. Turn heat to low. Place onion, tomato sauce, seasons, cheese on top of burger. Let stay on low heat until cheese has melted. Enjoy!!

**Pastrami, Swiss & Sauerkraut**

Serves: 4

CarbsPerServing: 5 (16 total in jar of sauerkraut)                Prep Time: 5 minutes                Effort: Easy

**Ingredients:**
1 lb pastrami, sliced 4 slices havarti cheese
1 (24oz) jar sauerkraut 3 Tbsp stone ground mustard 1/2 tsp caraway seeds

How to Prepare:
Cut pastrami into bite size pieces, toss in large bowl with mustard. Set aside. Drain sauerkraut in collander and rinse with hot water until brine odor is gone. Squeeze excess moisture out of sauerkraut, put in bowl and toss with caraway seeds. Arrange 1/4 of pastrami and 1/4 of sauerkraut side by side on plate, cover pastrami with slice of havarti, microwave for 1 to 2 minutes until hot and cheese melts.

Salisbury Steak with Mushroom and Onion Gravy

Serves: 4
Prep Time: 45 minutes total  
Effort: Easy

**Ingredients:**
- 4 Tbsp butter, divided
- 1 1/2 cup sliced mushrooms
- 1 lb ground beef
- 1 medium onion
- 1 egg
- 1/4 cup flax seed meal
- 1 Tbsp horseradish, or more to taste
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp Xanthan gum
- 1/2 tsp Worcestershire sauce
- 1/2 tsp Kitchen Bouquet (optional)
- 1/2 tsp salt
- 1/2 cup heavy cream
- 1/2 cup chicken broth/bouillon
- 1/2 tsp Xanthan gum

How to Prepare:

In a large skillet, melt 2 Tbsp butter. Thinly slice 2/3 of the onion. Saute the onion slices and mushrooms until tender. Remove to a plate and set aside.

Combine beef, flax seed meal, egg, 1/2 tsp each salt & pepper and the remaining 1/3 of onion, diced finely. Form into 4 patties. Melt 2 Tbsp butter in the skillet over medium heat, add patties to skillet and cook for 8 minutes per side, until no pink remains inside.

Remove cooked patties from skillet and set aside.

Whisk the Xanthan gum into the hot oil in the skillet until smooth & thickened. Gradually whisk in the chicken broth, bring to a simmer. Simmer 2 minutes, or until it’s thickened. Gradually whisk in the heavy cream. Season to taste. Use Kitchen Bouquet if desired to darken color. Heat over medium til it's simmering again. Add the onions, mushrooms & patties. Simmer on low for 10 minutes until heated through.

**Steak with sun-dried tomatoes & crab recipe**

Serves: serves 4  
Carbs Per Serving: 5 grams  
Effort: Easy

**Ingredients:**
- 2/3 cup soft cream cheese with herbs.
- 1 tbsp chopped oil pack sun-dried tomatoes.
- 2/3 cup imitation crab meat (about 4 OZ)
- 4 beef top loin steaks, cut 1 inch thick.
- 1 tsp cracked black pepper.
- 1 tbsp chopped fresh chives.

How to Prepare:


2. Trim fat from steaks. Sprinkle both sides of steaks with the cracked pepper.

3. Grill steaks to desired doneness, turning once halfway through grilling. (allow 8-12 minutes for med-rare and 12-15 for med-doneness). Top with cheese mixture just after turning.

4. Sprinkle with chives.

**Meatloaf-**

Serves: makes 2 large meatloafs with atleast 6 - 8 servings each, 10,10  
Carbs Per Serving: per atkins carb count - 36 net carbs total recipe  
Prep Time: 1 hour plus baking time  
Effort: Easy

**Ingredients:**
- 3 lbs hamberger
- 1 1/2 lbs pork sausage (I use Jimmy Dean)
- 4 cloves garlic minced
- 1 med onion chopped fine
- 1 stalk celery chopped fine
- 1 large carrot chopped fine
- 2 Tablespoons Butter
- 2 teaspoons salt
- 1 teaspoon pepper
- 2 Tbl sp Worcestershire sauce
- 1 cup pork rinds crushed fine
- 3 Tbl sp heavy cream
- 1/2 cup less 3 TBL SP water
- 3 large eggs scrambled
- 8 oz tomato sauce devided
- 1/3 cup dried Parsley

How to Prepare:

In a heavy skillet cook garlic, onion, celery and carrot in butter until tender. Stir in Worcestershire sauce, salt and pepper. Mix well and remove from heat to cool. In a small bowl mix crushed pork rinds, heavy cream and water. Allow to set for 5 minutes. In a large bowl mix hamberger and sausage well. In bowl with pork rind mixture add scrambled eggs, parsley and 4 oz tomato sauce. Mix well. To meat mixture add cooked vegetables - mix well then add pork rind mixture and mix really well. Meat will be very moist. Devide meat.
mixture in half and mold each into a meatloaf shape. (I have also made one portion into mini meatloaf balls for quick snack)Add meatloaf to well greased pan. One portion can also be frozen for next meal. Bake for 1 hour at 350 degrees then put other 4 oz of tomato sauce on meat loaf and bake additional 45 minutes or until done. Enjoy

**low carb meatloaf**

| Serves: 9 | CarbsPerServing: 5 to 10 approximate |
| Effort: Easy |

**Ingredients:**
- 2 lbs hamb.
- 3 slices boiled ham lunch meat or ham
- 1 can mushroom
- 1 pkg onion soup and mushroom
- 1 can green beans
- mozzarella cheese
- parmesan cheese
- 1 egg

How to Prepare:
I take my hamb and put the one egg in and half an envelope of lipton onion, mushroom soup. Add a little cream if need more moisture. but may not need to. Add can of drained mushrooms to hamb mix. and you can put a tad of chopped onion in to if you want. spread half hamb in square casserole dish. then put mozzarella cheese on top. then place ham or ham slices on top of this. then spread green beans over top of that. Then put rest of hamb on top and top this with parmesan fresh cheese or you can use mozzarela. Place in oven for 45 min to one hour at 350. I tryed this new recipe out on a potluck and they ate it all. (and none were low carb eaters LOL)

**gourmet burgers**

| Serves: 4 or 5 depending on size |
| CarbsPerServing: 3 to 4 |
| Effort: Easy |

**Ingredients:**
- 1 1/2 pounds ground sirloin
- course black pepper (placed on dish)
- 1 can beef broth
- 1/2 pk mushrooms (preferably portabella)
- Tbl fresh parsley
- 1 or 2 green onions sliced

How to Prepare:
Pat out meat to make 4 nice size burgers (1/2 in thick)
Place each burger on plate of pepper and pat on both sides
Heat iron skillet to almost smoking (turn on fan, could get alittle smoky)
Place burgers in hot pan and cook for about 3 or 4 minutes on each side.
Be careful not to burn, check to see if the burgers are nice and brown on the outside of each side.
Next, add the beef broth slowly (will get hot), then add the rest all at once. Add mushrooms and onions. Cook on medium until broth is cooked by half. Spoon broth over top of meat and turn meat over. Add parsley. Cook for about 4 minutes more. To serve, place meat on plate and spoon mixture over meat. Enjoy!!

**Baked Spaghetti**

| CarbsPerServing: 39g carbs total |
| Effort: Easy |

**Ingredients:**
- 2 cups cooked spaghetti squash -- (2 to 3)
- 1 pound lean ground beef -- cooked and drained
- 2 cups fresh mushrooms
- 1 small onion -- diced
- 2 cups your favorite lo carb spaghetti sauce -- or canned tomatoes
- 2 cups grated cheese

How to Prepare:
Saute; mushrooms and onion in 1 tbsp butter.
Combine all ingredients and top with cheese. Bake at 350 for 30 minutes.

**Bacon Cheeseburger Casserole**

| Serves: 8, 10, 3, 9 |
| CarbsPerServing: 5g carbs total |
| Effort: Easy |

**Ingredients:**
- 1 pound ground beef
- 1 egg
- 4 ounces shredded cheddar cheese
- 4 ounces shredded mozzarella cheese
- 3 slices bacon -- (3 to 5)
- garlic powder
- black pepper

How to Prepare:
Fry or broil bacon, remove from pan and place on towels to drain oil. Lightly brown beef. Drain well.
Preheat oven at 350 degrees. Mix all ingredients reserving mozzarella for top. Press mixture into a small casserole and top with mozzarella. Bake in the oven for approximately 30-35 minutes. Edges should be brown and topping (cheese should be melted and lightly browned in places.

**Famous Meats**

| CarbsPerServing: 4g carb total |
| Effort: Easy |

**Ingredients:**
1 pound burger meat  1 tablespoon barbecue sauce pinch salt  2 teaspoons worcestershire sauce

How to Prepare:
You mix it around for about 2 minutes at the most. Make them into little patties of meat and serve them with thousand island dressing. This recipe might not sound so good but believe me. Once you try it, it is delicious. This is no joke at all. Try it for yourself. It doesn't even have alot of carbs!

Lamb Patties

Carbs Per Serving: no counts provided  Effort: Easy

Ingredients:
454 grams minced lamb  salt and pepper  chopped mint or sugar free mint sauce
1 4x 1"x1/4" pieces feta cheese

How to Prepare:
Season the minced lamb with plenty of salt and pepper. Form into eight 2ozs patties all the same size. Place a teaspoon of sugar free mont sauce and a piece of feta on 4 of the patties. Place the other 4 on top and press around the edges to seal. Cook on a hot griddle, under a hot broiler or in a lightly oiled frying pan.

Salisbury Steak

Serves: 10, 10  Carbs Per Serving: 13g carbs total  Effort: Easy

Ingredients:
1 pound ground beef  1/3 cup dry bread crumbs*
1/2 teaspoon salt  1/4 teaspoon pepper
1 egg  1/4 cup sliced onion
10 1/2 ounces beef broth -- condensed
4 ounces mushroom stems and pieces -- drained  3/4 teaspoon Guar gum**

How to Prepare:
Mix ground beef, bread crumbs, salt & pepper and egg;shape into 4 oval patties, each about 3/4inch thick.Cook patties over medium heat, turning occasionally,until brown, about 10 minutes; drain. Add onion,broth & mushrooms. Heat toboiling; reduce heat. Cover & simmer until beef is done, about 10 minutes.

Remove patties; keep warm. Heat onion mixture to a boil. Sprinkle guar gum over mixture; stir in. Heat for a couple of minutes & gravy will start to thicken. If too thick add some water to desired consistency(I add 1/2 can of water to make more gravy & cut down on the salty taste).

Round Steak Rollups

Carbs Per Serving: 29g carbs total  Effort: Easy

Ingredients:
2 Round Steaks  16 ounces pork sausage -- any brand
2 large bell peppers -- sliced in thin strips  1 Medium onion -- sliced in thin strips
1/4 Cup pepper jack cheese  1 Cup pepper jack
Seasoning To Taste  Lemon Pepper To Taste

How to Prepare:
Preheat oven to 350 degrees. Put round steak on chopping board and pound it with any large utensil (Serving spoons work the best) Season each steak on both sides. Cover each steak with the 1/4 of the pork sausage, then add a palm full of peppers and onions and 1/8 cup of pepper jack to each. Roll the steak and put tooth picks into the steak to hold it shut. Bake in oven from 25 to 30 minutes, making sure that pork is cooked through. Make sure to take picks out, you can slice and serve with any sauce of choice, I prefer none.

NOTES : Counts for pepper jack cheese and seasonings not included in totals.

Roast Beef Melt

Carbs Per Serving: no counts provided  Effort: Easy

Ingredients:
2 slices leftover roast beef  2 green pepper slices -- cut in 2 inch pieces
3 mushrooms -- sliced  2 onion slice -- cut in 2 inch pieces
1 tablespoon butter  2 tablespoons LC Ranch Dressing
Mozzarella cheese to cover

How to Prepare:
The quantities are
approximate – add to your
liking. Place roast beef on a
heat proof plate or pan.
Sauté vegetables in butter
until tender-crisp and place
on top of beef. Spread
dressing over the
vegetables and top with
mozzarella cheese. Broil
until cheese is hot and
bubbly. This is a quick and
easy way to use up leftover
roast.

Roast Beef and Asparagus Wrap
Carbs Per Serving: no counts provided
Effort: Easy

Ingredients:
no itemized ingredients
no itemized ingredients

How to Prepare:
You will need: Cream
Cheese (I use cream
cheese
with chives), Low carb
tortilla, Roast beef, 3
asparagus spears grilled.
Place in oven on cookie
sheet and spray with olive
oil and sprinkle with
pepper. Bake for about 10
minutes. Spread cream
cheese on tortilla, add
asparagus and roast beef.
Wrap and enjoy!

Red Hot Sirloin
Serves: 2
Carbs Per Serving: trace
Effort: Easy

Ingredients:
1 pound Beef top sirloin
1/2 cup FRANK’S Red Hot 3 tablespoons butter -- (3 to
4)
Salt an Fresh cracked
pepper

How to Prepare:
Season the sirloin with salt
and pepper and grill till
desired
doneness. In a saucepan
over low heat melt butter
and hot sauce together until
mixture is hot and blended.
Pour directly over hot sirloin
and serve. Serves 2.

Ranch Hamburgers
Serves: 6
Carbs Per Serving: no counts provided
Effort: Easy

Ingredients:
1 pound Hamburger Meat
1 Package Hidden Valley
Ranch Dressing
1 Cup Cheese -- Shredded

How to Prepare:
Mix entire dressing package
and shredded cheese in
with hamburger and
make into hamburger
patties.
Really adds a lot of flavor to
the basic old hamburger.
No bad stuff either- the
ranch dressing has two
carbs.

Quick and Easy Meatballs
Carbs Per Serving: no counts provided
Effort: Easy

**Ingredients:**
1 pound ground beef
2 eggs
1 cup crushed pork rinds (about 1/3 of a bag)
2 tsp of Italian seasoning
2 tsp of Emeril Lagasse's original spice (BAMM!)
1/2 cup parmesan cheese

**How to Prepare:**
Mix all the ingredients together in bowl. Form into meatballs, and put on cookie sheet. Bake 30 min at 350 degrees. Here's a hint. Hunt's Light Spaghetti sauce has 8 carbs per 1/2 a cup. Have a couple meatballs with some spaghetti sauce, and top it with mozzarella cheese. Almost as good as a meatball sub!

---

**Pressure Cooker Swiss Pepper Steak**

**Carbs Per Serving:** 34g carbs total

**Effort:** Easy

**Ingredients:**
2 lbs round steak -- cut into serving size pieces
1 tbsp olive oil -- or more if needed
1 can beef broth -- (14.5oz)
1 tbsp dehydrated onion flakes
1/2 tsp salt and pepper
1 tsp garlic powder
1 tsp onion powder
3/4 cup sliced onion
2 medium green bell peppers -- cut into chunks

**How to Prepare:**
Salt and pepper the steak and brown in oil in the pressure cooker. Add remaining ingredients and close cooker, bringing pressure up to full, then reduce heat and cook under full pressure for 15 minutes. Turn off heat and let cooker sit for 15 minutes, then release remaining pressure and serve.

---

**Pot Roast Extraordinaire**

**Carbs Per Serving:** 13g carbs total

**Effort:** Easy

**Ingredients:**
2 1/2 lb pot roast -- (2 1/2 to 3)
1/8 tsp garlic powder
1/8 tsp ginger
1/8 tsp cilantro leaves, whole
1/8 tsp rosemary sprigs
8 twists ground pepper
1/4 tsp salt
3 allspice berries
3/4 cup water

**How to Prepare:**
Mix together all dry ingredients EXCEPT allspice berries in a small bowl.
Pour water into bottom of shallow baking pan (I use a shallow glass baking dish), place roast in pan. With your fingers, sprinkle the herb mix all over the top and sides of the roast, pressing into meat slightly. Use ALL the herb mix.

Drop the berries into the water.

Cover roast with lid, place in oven and bake for approximately one hour and 15 minutes. Serve with salad or vegetables. According to my DH, this makes the most moist and tasty pot roast he's ever eaten.

**NOTES:** Counts for ground pepper not included in totals. Pepper is 4.1 carbs per tablespoon.

---

**Portobello Mushroom Lasagne**

**Serves:** 10  
**CarbsPerServing:** no counts provided  
**Effort:** Easy

**Ingredients:**
- 1 pound ground beef
- 4 Italian sausage links -- (4 to 5) mild or hot
- 1 medium onion
- garlic salt to taste
- pepper to taste
- 6 large Portobello mushrooms
- 1 large container ricotta cheese
- 1 egg
- Lots of grated mozzarella cheese
- Canned spaghetti sauce (or make your own)

**How to Prepare:**
Preheat oven to 350 degrees. Remove sausage meat from casings. Brown sausage and ground beef with onions, adding garlic salt and pepper to taste. Wash mushrooms and scrape out the black gills. Beat egg into ricotta cheese. Spread a small amount of spaghetti sauce in a large baking dish or shallow roasting pan to prevent sticking. Generously pack each mushroom cap with ricotta mixture and place in the baking dish or roasting pan ricotta side up. Top each cap with a handful of the grated mozzarella. Then top each cap with a with a generous amount of the meat/onion mixture. Top each cap with another handful of mozzarella. Pour spaghetti sauce over the each cap and around the bottom of the pan. Top with the remaining mozzarella cheese. Bake at 350 for 30-35 degrees. Allow to cool for about 10 to 15 minutes.
Peppered Steak with Mushrooms
CarbsPerServing:6g carbs total
Effort:Easy

Ingredients:
4 Tri Tip Steaks (or Top Sirloin)
1/4 cup Table Grind Black Pepper (Very Course)
Olive Oil
1 package sliced Mushrooms
4 ounces Heavy Cream
1 shot Cognac

How to Prepare:
Spread pepper on a flat surface. Press the steaks firmly on each side coating the steaks with the pepper. Heat olive oil in a heavy frying pan and cook the steaks several minutes on each side. I use medium heat. Once steaks are done to your liking, (ie: rare, medium, or done.) remove the steaks from the frying pan and place in a warm oven to keep. Place the mushrooms in the frying pan to sauté. You may have to add a little more Olive Oil. Once the mushrooms are tender add the heavy cream and cognac. Let the sauce simmer and bubble stirring often. Pour the sauce over the steaks and serve.

Open Faced Roast Beef Sandwich
CarbsPerServing:6g carbs total
Effort:Easy

Ingredients:
1 loaf Better tasting protein bread -- (10g carbs) Cut into 8 slices
4 pks budding roast beef or deli beef -- check carbs! -- sliced thin
4 ounces muenster cheese -- cut into 8 slices
1/4 cup onion slices
2 tablespoons mayonnaise
1 tablespoon mustard
1 tablespoon horseradish sauce -- more or less to taste

How to Prepare:
Preheat oven to 350f. Spray a cookie sheet with cooking spray. Place the slices of bread on the sheet and bake for 10-15 minutes or until bread crisps up a bit. Mix mayo, mustard and horseradish. Spread on each slice of bread. Layer beef, onions and cheese on slices, and return to oven for approx 15 minutes or until hot and cheese is melted.
NOTES: Budding roast beef is 1g per package; protein bread is 10g per loaf (I'm adding in the egg white powder count at .5g per tablespoon). I added the protein bread to my MC as "better tasting protein bread"
and 10g carbs per loaf:) I added "budding meats" at 1g per package:

Counts for protein bread and budding roast beef not included in totals.

Old Fashioned Beef and Cabbage Casserole
Carbs Per Serving: 32g carbs total
Effort: Easy

Ingredients:
- 8 cups shredded cabbage
- 3 pounds ground beef, lean
- 1 cup ragu double cheddar sauce -- 12g carbs
- 1/2 cup embassa or herdez salsa -- 4g carbs

How to Prepare:
Brown ground beef and drain. Preheat oven to 350f.
Spray an 11x13 deep baking pan with cooking spray and spread the cabbage in the bottom. Salt and pepper to taste.
Mix the cream, sauce and salsa well.
Spoon the ground beef evenly over the cabbage and then pour the sauce over all, spreading as evenly as possible.
Bake, uncovered, for 40 minutes or until cabbage is tender-crisp.

NOTES: Counts for ragu cheese sauce and embassa not included in totals.

Monster Cheeseburger Pie
Carbs Per Serving: 123g carbs total
Effort: Easy

Ingredients:
Filling:
- 3 pounds lean ground beef
- 1 onion -- sliced
- 1 tablespoon Worcestershire sauce
- 1/2 cup soy sauce
- 6 ounces tomato paste
- 1 1/2 cups shredded cheddar cheese
- 2 eggs -- beaten with 1/4 cup water

Crust:
- 2 cups soy flour
- 1/2 cup lard
- 1/2 cup soy milk -- ready to drink

How to Prepare:
Cut lard into soy powder with pastry cutter until it forms pieces the size of small peas. Add soymilk a little at a time, mixing until a dough is formed (this is a VERY hard pastry to work with but it's worth it!). Roll out on floured (soy) surface to 1/4 inch thickness (or pat into 12"x2" pie pan) Fry hamburger. Drain. Add onion, sauces and tomato paste, and fry adding a little water if too thick. Add eggs & stir until combined. Fill
Mock Chili
CarbsPerServing:no counts provided
Effort:Easy
Ingredients:
1 pound ground beef
4 no carb smoked sausages
1/4 cup onion -- diced
1 small can tomatoessalt -- to taste
1 pinch chili powder cheddar cheese -- shredded

How to Prepare:
Sautee onion, then brown ground beef, slice sausage in bite size pieces and brown in frying pan. Then combine all ingredients in frying pan. Simmer about 10 minutes. Top with shredded cheese before serving.

Tasty Steak
Serves:10,4
CarbsPerServing:no counts provided
Effort:Easy
Ingredients:
no itemized ingredients

How to Prepare:
For the best steak EVER take any steak, fry in butter w/a dash of A-1, and pour on the parmesian cheese (on both sides) fry till done

Tacos Pioneros
Serves:10
CarbsPerServing:no counts provided
Effort:Easy
Ingredients:
Beef (lean cuts work best) -- chopped
slices of Bacon -- chopped
slices of Ham -- chopped
Onion -- chopped
Bell Pepper -- choppedDiced tomato
Worcestershire Sauce (spelling?) if desired
Powdered cummin and pepper
Shredded Cheese (The melting kind, Mexican Chihuahua cheese works best)

How to Prepare:
Start by heating up a large non-stick skillet and placing the bacon until somewhat brown but not quite done. Add the ham and beef and let it all cook on a medium fire with the seasonings. Add the vegetables, finish cooking and put it on a separate container. On the same skillet place a small portion of the meat and vegetables (enough for a single taco)
and add a generous amount of shredded cheese.
wait until the cheese melts and turns somewhat hard under the meat,
fold it in order to form a taco with the hardened melted cheese acting as a tortilla. Repeat the process over for the remainder of the meat and vegetables.

Swill
Serves:8
CarbsPerServing:39g carbs total
Effort:Easy

Ingredients:
1 pound pork -- ground
1 teaspoon coriander seed
1 teaspoon fennel seed
1 teaspoon mustard seed
1/2 jicama -- cubed2 stalks celery -- sliced thinly
1/2 green bell pepper -- cut in small pieces
salt
pepper
onion and or garlic if desired

How to Prepare:
Saute jicama cubes, celery slices and green pepper pieces (and onion/garlic if desired) in butter til tender; remove from pan

In same pan, brown ground pork; when half way browned, add coriander, fennel and mustard seeds; when pork is browned, add vegetables back in and continuing sauteing a few more minutes while you add salt and pepper to taste.

Voila! this was great served with a salad. (if you prefer, you can use ground beef or ground turkey, I'm sure either of those would be good too).

NOTES : Counts do not include onion and/or garlic

Stuffed Zucchini Bake
CarbsPerServing:35g carbs total
Effort:Easy

Ingredients:
4 medium zucchini -- wash and cut in 1/2 lengthwise
1 pound ground beef
1 clove garlic -- minced fine
1/2 cup onion -- diced1/2 cup mushroom -- diced
1/2 cup parmesan cheese -- or cheddar -your choice
1 each salt and pepper -- to taste

How to Prepare:
Preheat oven to 350f and spray a cookie sheet or casserole with cooking spray. Use a spoon and shell out the zucchini to make "boats". Leave the skin and about 1/4 inch or so of flesh intact. Chop pulp
In a skillet, add ground beef, onion, garlic, mushrooms and zucchini pulp. Cook through, stirring to break up meat. Lay the zucchini boats in prepared pan and spoon meat filling into them. Bake, covered, for 20 minutes. Uncover and sprinkle with cheese and bake until cheese melts.

**Pin Wheel Steaks stuffed with Spinach**

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>CarbsPerServing: no counts provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Pin Wheel Steaks,</td>
<td>stuffed with spinach &amp; feta</td>
</tr>
<tr>
<td>(purchase at grocery already stuffed, Brunos in our Area.)</td>
<td></td>
</tr>
<tr>
<td>Olive Oil for frying</td>
<td>Garlic Powder -- Sea Salt,</td>
</tr>
<tr>
<td>Black Pepper (to taste) watch salt</td>
<td>feta cheese is very salty.</td>
</tr>
<tr>
<td>4 oz. heavy cream</td>
<td>1/4 stick or more of butter</td>
</tr>
<tr>
<td>1 lg. can green beans</td>
<td></td>
</tr>
</tbody>
</table>

**How to Prepare:**

Sauté steaks in Olive Oil. Cover and simmer on low about 1 hour or until very tender. Turning gently. (They fall apart very easily) Remove steaks melt butter in skillet with meat drippings, add heavy cream, stir until blended. Stir in 1 can of drained green beans simmer covered for a few minutes serve green beans along with steak. Pour sauce over meat Serves 2. This is absolutely excellent.

**Stuffed Flank Steak**

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>CarbsPerServing: 10g carbs total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound flank steak -- (1 to 1/2)</td>
<td>Easy</td>
</tr>
<tr>
<td>1 cup ricotta cheese</td>
<td></td>
</tr>
<tr>
<td>fresh parsley -- diced</td>
<td></td>
</tr>
<tr>
<td>garlic powder -- to tastebone powder -- to taste</td>
<td></td>
</tr>
<tr>
<td>1/2 cup mozzarella cheese</td>
<td></td>
</tr>
<tr>
<td>1 cup fresh spinach -- washed and cleaned</td>
<td></td>
</tr>
</tbody>
</table>

**How to Prepare:**

Pound flank steak out to create a thin layer, sprinkle with meat tenderizer and let sit. Mix ricotta, parsley and spices. Spread on steak in a thin layer. Top with spinach leaves and sprinkle with mozzarella. Roll up tightly and tie up the ends (or pierce with Kabob holders).

Bake in 375 degree oven for about 30 - 45 minutes. Slice into rolls.

*Optional--serve with red sauce for topping. This gives it a manicotti type feel.

**NOTES:**

Counts for parsley, garlic powder and onion powder not included in totals.

**Steak Pizzaiola**

<table>
<thead>
<tr>
<th>Ingredients:</th>
<th>CarbsPerServing: 3g carbs total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 steak -- rib eye.. any size</td>
<td>Easy</td>
</tr>
<tr>
<td>2 teaspoons tomato paste Italian seasoning -- or</td>
<td></td>
</tr>
</tbody>
</table>
herbs as below
1 ounce mozzarella cheese
-- grated

How to Prepare:
Preheat broiler to as hot as you can get it.

Broil steak on top rack of oven (just about 2-3 inches from broiler) until brown on one side. Turn and broil second side.

When almost to your desired doneness, remove from broiler and spread with tomato paste. Sprinkle lightly with Italian seasoning (if you don't have it pre-mixed, just sprinkle on a dash of organo, basil, and rosemary), and top with cheese. Return to broiler until cheese is melted and beginning to brown.

This recipe is my version of the famous dish from Anna's Little Napoli in Savannah, GA. It's very close to the original, I think!
NOTES: Counts for Italian seasonings not included in totals.

Steak Marsala
CarbsPerServing:4g carbs total
Effort:Easy

Ingredients:
1 steak -- strip, chuck eye, or ribeye
1/4 c dry sherry -- or white wine
3 cloves garlic -- minced
3 tablespoons sour cream
2 tablespoons butter

How to Prepare:
Saute garlic in butter. Add seasoned steak. Cook to desired doneness. Remove steak. Add Sherry to pan...let it cook down a little...whisk in the sour cream. Serve sauce over the steak. Wonderful taste that is good enough for company. Everyone who has tried it, loves it! If you are making it for everyday, use the chuck eye steak. It's cheap and tasty.

STEAK AU POIVRE
CarbsPerServing:5g carbs total
Effort:Easy

Ingredients:
1 teaspoon whole black peppercorn
1 teaspoon whole white peppercorns
*tsp whole coriander seeds
*tsp whole allspice
4 beef tenderloin steaks -- top loin or sirloin -- 1" thickkoshersalt -- to taste
2 tablespoons butter
*tcup brandy
1 *cup beef stock

How to Prepare:
Combine all the peppercorns and seeds.
To crush: place them in a clean kitchen towel & smash them with a cleaver so the mixture is partly coarse and partly fine.
(You can also use a mortar & pestle or a coffee grinder --- just pulse till the correct consistency.)
With your hands, press the pepper mixture into both sides of the steaks and then sprinkle them with the salt.

Heat a large, heavy-based skillet (preferably cast iron) over medium-high heat for a few minutes.
Add the butter, and before it turns brown, add the steaks, making sure not to crowd the pan.
Cook them, turning often, for 6 to 8 minutes or until they are brown.
Set a steak on each of four dinner plates and keep them in a warm oven.

Pour the brandy into the pan and bring it to a boil. Scrape the bottom of the pan to remove the brown bits that cling to it.
Pour in the stock and bring to a boil. Let the mixture bubble steadily until it reduces to 1 cup.
Spoon the sauce over the steaks and serve at once.
I have also, on occasion, put a pat of butter on top once the sauce has been put on.

Great with a 'loaded' salad w/ bleu cheese dressing and mashed 'fauxtatoes'.

Cheesey Steak
Serves: 2, 10, 8
Carbs Per Serving: 6
Prep Time: 20 min.
Difficulty: Easy
Ingredients:
8 oz Beef for chicken fried steak
1/4 c onions -chopped
1 garlic clove chopped
1 Tbs. olive oil
1/2 c Ragu Double Cheddar Pasta Sauce

How to Prepare:
Sear steaks in oil 2 minutes per side in a hot skillet. Remove steaks, lower heat to medium, add onion and garlic to remaining oil in skillet. Saute until tender. Return steaks to skillet and top with cheese sauce. Heat throughly.

Delicious!!

Sausage, Cabbage and Mushroom Pie
Serves: 6-8, 5, 10, 10
Prep Time: 30 minutes
Difficulty: Easy
Ingredients:
1 lbs of Jimmy Dean Hot Sausage
8 oz fresh mushrooms, sauteed in butter
1 head of cabbage, shredded
1/2 oz sour cream

How to Prepare:
brown the sausage, drain, add the cabbage in the same pan and cook until slightly wilted. Mix sausage, cabbage, mushrooms, sour cream and seasonings to your taste. Bake at 350 for 20 to 30 minutes. I bake mine in 2 9" pie plates. As we use to bake this in pie shells.

**cheesesteak supreme**

**Ingredients:**
- frozen minute steaks
- chopped pepperoni
- shredded mozzarella and or deli american cheese
- canned mushrooms
- peppers
- onion
  (I use the Birds eye frozen pepper stir fry, it has red, green, yellow peppers & onion in it)

How to Prepare:
Crumble frozen minute steaks into a pan. Cook until no longer pink and take out of pan and drain well on paper towels. While steaks are draining add chopped pepperoni, mushrooms, peppers & onions to hot pan. When peppers are tender add steak back to pan. Mix everything together and sprinkle generously with cheese and let melt. This is VERY good so portion control is a must!

**Super Easy Stir-Fry**

**Ingredients:**
- 8oz Steak
- 3/4 Winter Mix Veggies (Broc & Caul) Thawed
- 2 tsps Worcestershire
- 1/2 tsp Garlic Powder
- Salt & Pepper

How to Prepare:
Cut Steak in to Bite sized strips... Brown in Wok or frying pan add Veggies, Wor. Sauce & Garlic. Heat until Veggies are done to desired tenderness. Add salt and Pepper to taste and Enjoy!

**Alfredo Beef and Broccoli Bake**

**Ingredients:**
- 1.5lbs lean ground beef
- 1 cup diced onion
- 1 can (4oz) sliced mushrooms; drained
- 1lb bag frozen broccoli flowerettes; thawed
- 1/2 bottle ragu alfredo sauce
- salt, pepper and garlic powder to taste
- extra parmesan cheese for the top

How to Prepare:
Brown ground beef with onions. Drain if needed. Add salt, pepper and garlic powder to taste then add the mushrooms and broccoli. Cover and let steam for about 5 minutes over medium heat, stirring occasionally. Raise heat to high, pour on alfredo sauce* and let simmer 2-3 minutes to heat through.
Top with a sprinkle of parmesan cheese and enjoy!

**Shepherds Pie**

**Ingredients:**
- 1.5 lbs. ground chuck
- 1.5 cups frozen french cut green beans
- 2 cups cauliflower florets
- 2 T. butter
- 1/8 cup heavy cream

How to Prepare:
Make mashed fauxtato topping by boiling cauliflower until soft. Drain thoroughly, then add butter, desired seasonings and heavy
cream. Whip until they become a "mashed potato-like" consistency.

Fry ground beef in a pan until done. Drain off grease and set aside.

Cook green beans until tender.

Layer green beans at the bottom of a small casserole dish. Next add ground beef, covering the green beans. Top with whipped cauliflower.

Bake at 400 for 15 minutes.

**Asian Lamb**

*Serves: 5*

**Effort:** Easy

**Ingredients:**
- 1/2 teaspoon cinnamon
- 1/2 teaspoon black pepper
- 2 teaspoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon dried onion -- minced
- 5 pounds leg of lamb -- (5 to 6)

**How to Prepare:**
Combine all ingredients except lamb. Rub mixture over outside of lamb. Place leg, fat side up, on a rack in a shallow pan. Roast at 400 degrees for 2 hours, or until done to your tastes.

**Cottage Pie**

*Serves: 3*

**Effort:** Easy

**Ingredients:**
- 1/2 pound ground beef -- or steak
- 1 teaspoon onion flakes
- 1/2 teaspoon garlic powder
- 1 teaspoon beef gravy powder
- 1/2 cup boiling water
- salt and pepper -- to taste

**Topping:**
- 3 medium cauliflower flowerets
- 1 stick butter
- 1/2 cup cheddar cheese -- grated
- salt and pepper -- to taste

**How to Prepare:**
Cook beef, garlic powder, and onion flakes in 1 tsp oil until meat is all brown. Add 1 cup boiling water to the beef gravy powder and stir into the meat mixture. Add salt/pepper as desired.
Meanwhile, cook the cauliflower in boiling water until very soft. Mash well with a potato masher, or whizz in a food blender until smooth. Mix in the butter and cheese and salt/pepper. Put the meat mixture into a small pie dish and top with the cauliflower mash. Bake for about 20 minutes at 350F. Add a little more grated cheese to the top and brown under a broiler.

**NOTES:** Counts for beef gravy powder not included in totals.

**Veal Steaks**

**Carbs Per Serving:** 17g carbs total

**Effort:** Easy

**Ingredients:**
- 2 tablespoons whole wheat flour
- 1/4 teaspoon pepper -- freshly ground
- 4 boneless veal loin steaks
(1 inch thick) -- (4oz) 
Vegetable cooking Spray 
1 teaspoon Olive Oil 
1/2 cup canned no-salt-added beef broth -- undiluted 
1 1/2 tablespoons Capers 
2 teaspoons Dijon Mustard 
1/2 cup sour cream 

How to Prepare:
1. Combine flour and pepper; dredge veal steaks in flour mixture. Coat large nonstick skillet w/cooking spray; add oil. Place over medium-high heat until hot. Add veal and cook 2 minutes on each side or until browned. Remove from skillet. Drain and pat dry with paper towels. Wipe drippings from skillet w/paper towel. Return veal to skillet.

2. Combine beef broth, capers and mustard; pour over veal. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until veal is tender. Transfer veal to serving platter and keep warm.

3. Bring broth mixture to a boil; cook, uncovered, over medium heat 5 minutes or until mixture is reduced by 1/2. Remove from heat; add sour cream, stirring until blended. Spoon over veal.

Famous Meats

CarbsPerServing:4g carb total 
Effort:Easy 
Ingredients:
1 pound burger meat 
1 tablespoon barbecue sauce
pinch salt
2 teaspoons worcestershire sauce

How to Prepare:
You mix it around for about 2 minutes at the most. make them into little pattys of meat and serve them with thousand island dressing. This recipe might not sound so good but believe me. Once you try it, it is delicious. This is no joke at all. Try it for yourself. It doesnt even have alot of carbs!

A Different Tostada

Serves:8 
CarbsPerServing:8.5 
Effort:Easy 
Ingredients:
8 each red cabbage leaf -- washed; raw
1 can black soy beans -- drained
2 tablespoons lard -- or shortening
1/4 cup chopped onion
1 pound ground beef
1 cup shredded lettuce
1/2 cup diced tomato
1 cup shredded cheddar cheese
1 Tablespoon chili powder -- divided
2 teaspoons cumin powder
-- divided
1 tablespoon dried oregano
-- divided
1 each salt and pepper -- to taste

How to Prepare:
In a food processor, process drained beans with
1/2 the seasonings until desired consistency is
reached. Heat lard in a skillet and fry
processed, seasoned beans over low heat for
about 7-8 minutes or until warmed
through and creamy
looking. Fry ground beef
with remaining seasonings
until cooked through.
Assemble tostadas: lay out
cabbage leaves (you need
firm leaves).
Spread with the refried
beans, then the meat,
onion, lettuce, tomato then
top with the cheese. This
makes 8 large tostadas
-you can also skip the
leaves and add a
layer of sour cream,
guacamole and salsa to
make a layer dip that's great
with pork rinds.

Burger Scramble Florentine
Serves:10
CarbsPerServing:27g carbs total
Effort:Easy

Ingredients:
1 1/2 pounds ground beef
1/2 onion -- diced small
10 ounces frozen spinach --
thawed and drained
8 ounces cream cheese1/2 cup heavy cream
1/2 cup shredded
parmesan cheese
salt and pepper -- to taste

How to Prepare:
Preheat oven to 350f. Spray
a large casserole with
cooking spray(lol -unless
you enjoy scrubbing;)).
Brown ground beef and
onion. Add spinach and
cook through until meat is
done. Soften cream cheese
and add in salt, pepper,
cream and parmesan
-blend
thoroughly. Mix with meat
mixture and spoon into
casserole. Bake, un
covered, for 30
minutes or until bubbly and
brown
ed on top.

Broccoli Beef with Fried Rice
Serves:2
CarbsPerServing:10.5g
Effort:Easy

Ingredients:
2 pieces flank steak or any
thin sliced beef -- about 1/2
pound
1/2 head broccoli
1/4 onion
1/2 head cauliflower
1 egg -- beaten
Olive oil
Soy sauce
Garlic Salt
1/4 cup water
How to Prepare:
Cut beef into strips
Stir fry in olive oil on
medium high heat, season
slightly with Garlic salt.
Add 1/4 cup water, 1/2 head
Broccoli (cut in small
pieces) and sliced onion.
Add and a splash of soy
sauce and cook on medium
heat until broccoli and
onion are cooked, I like
mine
still crunchy.
Cut the cauliflower florets
into tiny pieces (like rice)
Stir fry in olive oil, add a
splash of soy sauce and
garlic salt.
Add 1 egg and stir fry until
egg is cooked and
cauliflower
is just getting tender.
If it still tastes like
cauliflower add a little more
soy
sauce.
Pour the broccoli/beef
mixture over the "Fried Rice"
and
pretend you are in the
Chinese restaurent!
Makes enough for two
meals.

Country Fried Steak
Serves:10
CarbsPerServing:3g carbs total
Effort:Easy

Ingredients:
1 bag pork rinds and
crushed them till very fine
4 small boneless steaks
2 eggs
1/4 cup heavy cream -- or
more if needed

How to Prepare:
Whip eggs and heavy
cream together using fork.
Then dip steak into the
eggs/cream and roll in
crushed pork rinds.
Deep fry till done. Very
good!

Bleu Cheese Burgers
CarbsPerServing:4g carbs total
Effort:Easy

Ingredients:
1 1/2 pounds ground beef
1/2 tea spoon onion powder
1/2 tea spoon garlic powder
1/4 teaspoon salt
1/4 teaspoon pepper
2 ounces bleu cheese --
crumbled

How to Prepare:
1. Preheat grill. Combine
   ground beef, onion powder,
garlic powder, salt, pepper
   in a bowl; mix well.
2. Shape ground beef
mixture into 8 thin patties.
Place
on a surface lined with
waxed paper.
3. Divide blue cheese
among 4 patties. Top
cheese with
remaining patties. Press edges of patties together to completely enclose filling.

4. Place burgers on rack. Grill over medium-hot coals, turning once, until cooked through, about 15 minutes.

*vary the burger by using swiss or cheddar instead of blue cheese.

**Sloppy Joes**

CarbsPerServing: no counts provided

Effort: Easy

**Ingredients:**
- Minced beef (0 carbs so as much as you want)
- 1 can chopped tomatoes
- 1 1/2 tubes very low carb tomato paste -- less than 1 carb per tube
- 100 ml V8 juice
- Minced garlic
- Olive oil
- A little water (about 100 ml)
- 250 grams chopped mushrooms
- Spices: Italian herbs (1 tablespoon) -- onion powder, cumin, paprika, (1 tsp of each), a pinch of salt and pepper.

How to Prepare:
Brown the minced beef in one pan. In another large pan, fry the garlic in the olive oil. Then add the beef, the chopped tomatoes, the tomato paste, the V8 juice, the water, the chopped mushrooms and the spices. Bring to the boil and simmer for an hour.

Make the revolution rolls from the recipe room for the buns. (I add a little carbolite bake mix to them for a better texture).

Spoon the sauce onto the rolls and add some shredded cheese and top with another roll. Enjoy!!

You can also use the sauce as a spaghetti sauce on the mung bean vermicelli available from Chinese grocery stores.

**Black & Blue Burgers**

CarbsPerServing: 9g carbs total

Effort: Easy

**Ingredients:**
- 1 pound ground beef
- 1 egg
- 4 ounces bleu cheese -- crumbled
- 2 tablespoons vinegar -- malt - a must! 2 tablespoons white vinegar
- 4 tablespoons sour cream
- Pepper

How to Prepare:
This will generate a lot of
smoke so turn on the fans, open the kitchen windows, disconnect the smoke alarm, etc.

First, we'll make the blue cheese sauce. Combine the sour cream, a little pepper, and the vinegars into a bowl. Beat until mixed well. Then, when smooth, mix in the blue cheese. Return to the fridge while we make the burgers.

Mix the egg into the ground beef and form patties. Heat a skillet until SMOKIN' hot (Cast iron is best here). Sprinkle a liberal amount of pepper into the bottom. Then drop on the hamburger patties. Blacken the burgers - they should be dark and crusty on the outside while still a touch pink in the middle.

Now spoon the sauce onto the burgers and enjoy.

**Pork Tenderloin in Hearty Cream Sauce**

CarbsPerServing:21g carbs total  
Effort:Easy  
Ingredients:  
1 medium onion  
1 pound pork tenderloin -- cut in bite size pieces  
3 tablespoons minced garlic  
garlic powder and onion powder -- a shake or two -- optional  
1 stick butter -- to taste  
16 ounces chicken broth -- canned  
4 tablespoons heavy cream  

How to Prepare:  
1. Melt butter over medium heat  
2. Slice or dice onions and pork  
3. Sauté in pan with garlic until meat is lightly browned  
4. Deglaze pan by pouring in chicken broth and cook on high heat until liquid is reduced by 50%  
5. Add cream and reduce to desired thickness  
6. Add cracked pepper to taste.

**Benihana Steak**

CarbsPerServing:3g carbs total  
Effort:Easy  
Ingredients:  
1 teaspoon soybean oil  
5 ounces sirloin steak -- boneless  
2 large mushrooms -- sliced vertically  
1 tablespoon lemon juice  
1 pinch salt and pepper (optional)  

How to Prepare:  
1. Heat non-stick skillet (if electric set to 360 F). Add oil to heated skillet. Cut steak into bite-size cubes: place in skillet with mushrooms and lemon juice. Cook steak until done to taste. Season with salt and pepper if desired and serve.
Benihana Hibachi Steak

CarbsPerServing: 2g carbs total  
Effort: Easy  
Ingredients:  
1 teaspoon safflower oil  
7 ounces sirloin steak -- boneless, bite size pieces  
2 large mushrooms -- sliced vertically  
1 pinch salt and pepper (optional)

How to Prepare:  
Add oil to heated non-stick skillet (for electric skillet, set at 425F). Place steak in the skillet with mushrooms and cook until done. Season with salt and pepper if desired.

Chicken or Beef Strogonoff

CarbsPerServing: 27g carbs total  
Effort: Easy  
Ingredients:  
1 1/2 pounds chicken -- or beef cut into stir fry strips  
4 tablespoons butter -- divided  
1/2 onion -- sliced thin  
1 clove garlic -- finely chopped  
1/2 cup water  
1 chicken bouillon cubes -- or 2 medium container (pint?)  
dash mustard  
pepper  
dill seed -- optional

How to Prepare:  
In skillet melt 2 tablespoons butter and add onion and garlic (and sliced fresh mushrooms or canned if you like) . Brown on low heat (not to burn garlic) and cook until onion is carmelized. Remove from pan and set aside.  
In same skillet add 2 tablespoons butter and meat strips. Add pepper and dill seed. Cook until well browned and butter has cooked away. Then add 1-2 bouillion cubes (beef or chicken) and 1/2 cup water. Continue cooking until all moisture has gone and beef/chicken is coated nicely.  
Turn heat to low and add sour cream, 1 small squirt regular mustard. Add onions and garlic (and mushrooms if used) Stir well and heat through without boiling.

Beef Pull-A-Part

CarbsPerServing: 22g carbs total  
Effort: Easy  
Ingredients:  
4 lbs. chuck roast -- (4 to 6)  
3 pieces celery -- minced  
onion -- minced, small/medium
How to Prepare:
Cut the chuck roast into 1-2 inch cubes, place in crock pot. Add minced onion and celery. Pour soy sauce over meat. Cover. Cook on high for 1 hour, then turn heat down to low and cook for 11 hours. Shred cooked meat with a fork. This recipe is supposed to be for sandwiches, but it is just as tasty by itself!

Important -- leave the fat on the roast while cooking, discard while shredding the meat. This helps to keep the meat tender.

**Beef Patties w/Mushroom Gravy**

**Carbs Per Serving:** 14g carbs total

**Effort:** Easy

**Ingredients:**
- 1 1/2 pounds ground chuck
- or other lean ground beef
- 1/2 cup pork rinds -- crushed
- 1 each large egg
- 1 tablespoon worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 ounces canned mushrooms -- do not drain
- 1/2 cup heavy cream
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

How to Prepare:
In a large bowl, mix beef with pork rinds, egg, worcestershire, salt and pepper. Divide into 4 and form into patties. Fry for 4 minutes on each side to brown, then add the mushrooms and liquid. Reduce heat, cover and let simmer 15 minutes, turning patties after 10 minutes. If the liquid boils off, add another 1/4 cup water. Add the cream and remaining salt and pepper. Cover and simmer over very low heat an additional 10 minutes or longer - until patties are cooked through. Turn patties to coat with sauce, then pour any remaining sauce and mushrooms over to serve. Personal note: I find that a dash of nutmeg in the cream brings out the flavor better.

**Beef with Broccoli (simple)**

**Carbs Per Serving:** 36g carbs total

**Effort:** Easy

**Ingredients:**
- 1 pound beef round steak, R-T-C -- cut into bite-sized pieces
- 2 tablespoons soy sauce -- low sodium if prefered
- 1 bunch broccoli -- cut into 1" pieces and florettes
- 1 packet sweetener
1/4 cup oil -- more or less -- for cooking
1/2 cup water

How to Prepare:
Toss cut round steak with soy sauce and let sit 15 minutes.
Heat oil over med/high heat and quickly stir fry beef.
Remove from pan. Add broccoli, water and sweetene, cover and cook 5 minutes or until broccoli is just starting to turn tender, stirring occasionally.
Add beef back in and warm through before serving.

Beef Bar-B-Que
Serves:10
CarbsPerServing:15g carbs total
Effort:Easy

Ingredients:
3 pounds beef chuck roast
chopped onion
3 tablespoons artificial sweetener
2 teaspoons yellow mustard
pepper
2 tsp paprika2 cloves garlic -- minced
salt -- to 1 teaspoon -- personal preference
1/3 cup vinegar -- cider vinegar best
1 tablespoon worcestershire sauce
1 can tomato paste -- (1.6 ounce)
1 cup water

How to Prepare:
Put meat in crock-pot. Mix all other ingredients and pour over meat.
Turn crock pot on high and let it go for about 4 hours then reduce heat to low and cook another 6 hours or so. The longer the better.
Remove meat to a plate and let cool a bit. Then shred it using two forks. Return it to sauce.
Can be eaten immediately or refrigerated for later. (if meat does not shred easily then you need to cook it longer) NOTES : No carbs added for onion - you will need to add to carb total above depending on how much you use.

Bbq
CarbsPerServing:18g carbs total
Effort:Easy

Ingredients:
1 pound ground beef seasoning (salt, pepper, italian seasoning)
1/2 cup canned crushed tomatoes
1 tablespoon worcestershire sauce1 tablespoon lemon juice
1 tablespoon vinegar
3 tablespoons splenda

How to Prepare:
Brown hamburger with salt , pepper, Italian seasoning, Drain. Add the rest of the ingredients and simmer
uncovered for 20 minutes until liquid is gone.

**BEEF ITALIANO**

**Serves:** 2  
**CarbsPerServing:** 14.5g  
**Effort:** Easy

**Ingredients:**
- For Meat Patties:
  - 1 pound ground beef -- (Angus)
  - meat tenderizer
  - fresh cracked pepper
  - 1 egg yolk
  - 1/4 cup parmesan cheese -- shredded
- For Tomato Fresco:
  - 14 ounces tomatoes, canned -- 14 - 16, chopped
  - 1 clove garlic -- minced
  - 1 shallot -- minced
  - 1 jalapeno pepper -- minced
  - 1/2 teaspoon basil
  - 1/2 teaspoon oregano
  - 1/8 teaspoon fresh cracked pepper
  - 2 tablespoons olive oil
- Additional ingredients:
  - 2 slices mozzarella cheese -- extra thick cut
  - 4 tablespoons parmesan cheese -- shredded

**How to Prepare:**
Mix all lightly...do not overwork! Shape into 2 large thick patties. Set aside.

Heat oil in a saucepan, and saute the garlic, shallot and jalapeno -- until tender. Add tomatoes and all spices, cook over medium heat for 15 minutes.

Grill or fry patties until medium rare. Place them on a ovenproof pan and top with the mozzarella slices and broil until cheese is bubbly. Place patties on plates, and top each with half of the sauce...Sprinkle each with 2 T of cheese and serve. Serves 2

**Beef and Sausage Casserole**

**CarbsPerServing:** 15g carbs total  
**Effort:** Easy

**Ingredients:**
- 1 1/2 pounds Ground Beef
- 3/4 pound Pork Sausage -- (3/4 to 1)
- 1/2 cup red onion -- chopped
- 1/4 pound chopped mushrooms
- 3 cloves garlic -- crushed -- 3 to 4
- 1/4 teaspoon italian spices -- to tastel/2 cup shredded cheddar cheese
- 3 Eggs
- 6 ounces tomato sauce
- salt and pepper -- to taste
- 2 Italian sausage links

**How to Prepare:**
Lightly brown the Italian sausage. Mix 2/3 of the
tomato sauce with the rest of the ingredients (except the Italian sausage) in a large bowl.

Place half the mixture in a large (3x5x9 or larger) loaf pan. Layer the Italian sausage links lengthwise down the middle and cover with the remaining mixture. Spread the remaining tomato sauce over the top and bake at 350 until well done.

**Beef and Bean Entree**

CarbsPerServing: 25g carbs total
Effort: Easy

**Ingredients:**
- 1 pound lean ground beef
- 1 cup diced onion
- 1 can tomatoes with green chilies
- 1 can Trumpy's black eye peas -- 70g carbs; 18g fiber
- 1/2 cup shredded cheddar cheese
- Salt and pepper -- to taste

**How to Prepare:**
Brown ground beef and onions until cooked lightly. Drain well and add everything but the cheese. Reduce heat to low, cover and simmer 15 minutes.

Serve with cheese sprinkled over top.

**Beanie Weenie Stir Fry**

CarbsPerServing: no counts provided
Effort: Easy

**Ingredients:**
- Turkey, pork, or beef
- Onions and garlic to taste
- Frozen green beans: bluelake or other blunt cut style

**How to Prepare:**
Slice sausage on the diagonal. Meanwhile, defrost beans till almost thawed.
Sautee sausage with onions and garlic, adding beans when there are enough drippings that the beans won't stick. (You could also use olive oil or butter.) Sautee until sausage is cooked through and beans are warmed to your liking.

**BBQ Beef Kabobs**

CarbsPerServing: no counts provided
Effort: Easy

**Ingredients:**
- 1 pound top round steak
- 1 broccoli or cauliflower
- 1 large onion cut into wedges
- 1 large green pepper -- seeded and cut into
- 1 inch pieces
- 12 cherry tomatoes
- 12 bacon slices
- 12 fresh mushrooms
- Barbeque sauce
How to Prepare:
Pound meat tenderizer into steak. Cut steak into 1-1/2 inch pieces.
Thread carrot, onion, steak, green pepper, tomato and mushroom wrapped with bacon slice alternately on 6 (15 in.) skewers. Make sure carrot slice is the last item on each end to hold kabob together during grilling. Place on grill over medium hot coals. Grill, covered, 6 minutes on each side or to desired doneness. Baste frequently with Barbeque sauce.

**Basic and Easy Stove Top Beef w/Onion Mushroom Gravy**

**Carbs Per Serving:** 17g carbs total

**Effort:** Easy

**Ingredients:**
- 1 really big beef roast (4-5 lbs—or whatever will fit into your biggest pan)
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1/2 cup cooking oil
- 14 cups water
- 2 teaspoons guar gum
- 2 tablespoons dehydrated onion flakes
- 4 ounces sliced mushroom
- additional salt and pepper to taste

**How to Prepare:**
Mix salt, pepper and garlic powder and rub into roast. Let sit 10 minutes at room temp. Heat oil in a big pan. You want it hot—but not smoking. Put in roast and let brown well, over medium heat, for about 5 minutes per side or until really browned nicely. Once that's done, Raise heat to high and add water. Bring to a good boil, cover, reduce heat and simmer for 2 hours—turn roast every 1/2 hour so it doesn't dry out. Remove roast from water and raise heat. Add in mushrooms and dried onion and let boil for about 2 minutes. (There should be about 3 cups liquid at this point—you may want to skim off some of the fat on top). Mix guar gum with 1/2 cup cold water and whisk into the boiling gravy to thicken. Allow to boil for 2 minutes. Serve hot. **NOTES:** Counts for guar gum not included—adjust accordingly

**Crock Pot Meatballs**

**Carbs Per Serving:** 19g carbs total

**Effort:** Easy

**Ingredients:**
- 2 lbs ground beef
- 2 cups crushed pork rinds (measure before crushing)
- 2 large eggs
- 1/4 cup parmesan cheese—shredded
- 1/2 cup onion—finely
**Creamy Mushroom Steaks**

CarbsPerServing: 37g carbs total  
Effort: Easy

Ingredients:

- not itemized

How to Prepare:

Take 3 to 4 lb beef roast and brown in olive oil then place in crockpot with 2c. of diet caffeine free cola add about 1/2t. of garlic powder and 1/2t. of onion powder and 2 bay leaves. Cook on low in crockpot for about 5 hr. This is so easy and so moist and flavorful!!!! and also very low carb!!!!

**NOTES:** No counts provided.

---

**Crockpot Beef Roast**

CarbsPerServing: no counts provided  
Effort: Easy

Ingredients:

- not itemized

How to Prepare:

Take 3 to 4 lb beef roast and brown in olive oil then place in crockpot with 2c. of diet caffeine free cola add about 1/2t. of garlic powder and 1/2t. of onion powder and 2 bay leaves. Cook on low in crockpot for about 5 hr. This is so easy and so moist and flavorful!!!! and also very low carb!!!!

**NOTES:** No counts provided.

---

**Crockpot Corned Beef and Cabbage**

CarbsPerServing: 14g carbs total  
Effort: Easy

Ingredients:

- 3 beef brisket
- 1/2 cup water
- 1/2 cup chopped onion
- 2 cloves garlic -- minced
- 2 Bay leaves
- 1 Head cabbage -- cut into 8 wedges

How to Prepare:

Place corned beef in Crock pot. Add water, onion, garlic and bay leaves. Cover, and cook on Low for 10 to 12 hours (overnight is good). About 2 hours before its finished, add in the cabbage and let continue to cook.

**Note:** If you don't have a huge crock pot, remove the beef and put the cabbage in the liquid and let cook 2 hrs, then heat the beef in the oven wrapped tightly in foil.

---

**Crockpot Beef Roast**

CarbsPerServing: no counts provided  
Effort: Easy

Ingredients:

- not itemized

How to Prepare:

Take 3 to 4 lb beef roast and brown in olive oil then place in crockpot with 2c. of diet caffeine free cola add about 1/2t. of garlic powder and 1/2t. of onion powder and 2 bay leaves. Cook on low in crockpot for about 5 hr. This is so easy and so moist and flavorful!!!! and also very low carb!!!!

**NOTES:** No counts provided.

---

**Creamy Mushroom Steaks**

CarbsPerServing: 37g carbs total  
Effort: Easy

Ingredients:
2 pounds beef top loin steaks -- cut into 4 or 6 pieces
1 Tablespoon butter
1 each red bell pepper -- cut into strips
1 each green bell pepper -- cut into strips
Sauce
1/2 pound fresh mushrooms -- sliced 2 Tablespoons butter
3 tablespoons onion -- chopped
1 cup heavy cream
1 cup water
2 teaspoons soy sauce
1 each salt and pepper -- to taste

How to Prepare:
Saute sliced mushrooms in butter until slightly browned.
Add in onions and saute for 3 minutes.
Add remaining ingredients and let simmer, uncovered, until slightly thickened (you can whisk in 1-2 T soy flour that has been dissolved in 1/4 cup water if desired for a thicker sauce).
Fry steaks in remaining butter for 2 minutes each side. Remove and stir fry pepper strips for 2 minutes. Add steaks and sauce back in and simmer 10 minutes or until steaks are at desired doneness.

Corned Beef and Cabbage
CarbsPerServing: no counts provided
Effort: Easy

Ingredients:
You will need 2 cans of corn beef in the can. (I use Hormel brand.) 1 large head of cabbage 1/2 medium onion, celery seeds and salt and pepper to taste.

How to Prepare:
1) shred cabbage & cut onion.
2) place both cabbage and onion in pan with a little oil. Let it cook for a couple of minutes. (you can add a little water if needed)
3) add both cans of corn beef mixing with cabbage & onion. Again, allow it to cook for awhile then add tablespoon of celery seeds and salt and pepper to taste.

Coney Island Style Chili
Serves: 4
CarbsPerServing: 9.5g
Effort: Easy

Ingredients:
1 1/4 pounds ground beef
8 ounces tomato sauce
2 tablespoons tomato paste
3 tablespoons chili powder
-- or to tastel/4 cup poblano peppers -- minced (or 1 jalapeno
pepper)
salt if desired
fresh cracked pepper to
taste

How to Prepare:
Brown ground beef, add in
the poblano pepper, tomato
sauce and paste,
and chili powder and salt.
Simmer for 10-15 minutes.
Serves 4

I like to serve this over hot
dogs and top with cheddar
cheese and
broil till cheese melts.

Chili, Texas-Style
Serves:6
CarbsPerServing:9.3g
Effort:Easy

Ingredients:
2 teaspoons olive oil --
divided
3 pounds beef chuck -- cut
into 1/2-inch cubes
2 1/2 teaspoons salt --
divided
1 cup chopped onions --
finely chopped
1 cup chopped green bell
peppers
2 teaspoons chopped
jalapenos -- finely chopped5 cloves garlic -- crushed
2 tablespoons Chili Powder
2 teaspoons cumin
2 teaspoons oregano
1 teaspoon ground red
pepper
5 tablespoons tomato
paste
Lime wedges and sour
cream -- for garnish

How to Prepare:
1. Heat 1 teaspoon oil in a
large skillet. Sprinkle beef
with 1/2 teaspoon salt.
Brown meat over
medium-high heat in two
batches; transfer to Dutch
oven. Pour drippings into
one-quart measure; add
enough water to make 4
cups.

2. Heat remaining oil in
same skillet. Add onions,
peppers, jalapeno and
garlic; cook 4 to 5 minutes,
until softened. Stir in
remaining salt and spices;
cook 1 minute. Stir in
tomato paste; cook 1
minute, then add 1 cup
water mixture. Bring to a
boil; scrape up any brown
bits and stir into beef. Add
remaining water; bring to a
boil.

3. Cover and simmer over
low heat 1 1/2 hours.
Increase heat to medium;
uncover and cook 30
minutes more.

4. Garnish with lime and
sour cream, if desired.
Makes 6 servings.

Source: www.lhj.com
NOTES : Counts for lime wedges and sour cream not included in totals.

Chili Lovers Low Carbohydrate Chili With Beans
CarbsPerServing:58g carbs total
Effort:Easy

Ingredients:
1 pound ground chuck
1 pound chuck roast cubed
1 medium onion -- chopped
1 medium green pepper -- chopped
1 habanero chile -- seeds and membrane removed, chopped fine
1 jalapeno pepper -- seeds and membrane removed, chopped fine
1 teaspoon chopped garlic
1 can beef broth -- (15 oz)
1 can Delmonte stewed tomatoes -- (14.5 oz)
2 tablespoons chili powder -- mild
1 teaspoon hot ground Chile
1 tablespoon ground cumin
1 teaspoon Mexican oregano
1 teaspoon Nature's Seasoning (salt and pepper)
1 tablespoon garlic pepper
1/2 cup wheat bran
1 can Westbrae Organic Soy Beans -- (15 oz)
1/2 oz unsweetened baking chocolate -- not semi-sweet
1 tablespoon mole.
(Optional)

How to Prepare:
Lightly Brown together first seven (7) ingredients on high heat, breaking up ground chuck.

Reduce to simmer and add everything else but beans, chocolate and mole. Simmer covered 1 1/2 hours. Add beans, chocolate and mole. Simmer very low, uncovered, 1/2 hour longer, stirring often. Enjoy! Serves 4 to 6.

NOTES : Counts for stewed tomatoes, hot ground chili, Mexican oregano, garlic pepper, and soy beans not included in totals.

Chili-Cheese Dog Bake
Serves:6
CarbsPerServing:8.2g
Effort:Easy

Ingredients:
10 each oscar Meyer Weiners -- 1 pack
2/3 cup Kroger frozen chopped onions
1 can kroger chili no beans -- 1 can
1 cup kroger mexican cheese blend -- shredded kind
3 each large eggs -- separate out yolks
1/4 cup protein powder -- unflavored
1/2 teaspoon salt and pepper -- each
1/2 teaspoon chili powder
1 dash cream of tartar
1 dash artificial sweetener--
How to Prepare:
Spray a 3 quart casserole dish with cooking spray.
Preheat oven to 350°F.
Cut weiners into 1" pieces and mix with the onions and chili then pour into the casserole dish.
Sprinkle 1/2 the cheese over the top.
Beat the egg whites and cream of tartar until stiff. In another bowl, mix remaining ingredients except cheese. Should make a thick batter. If it's too thick, add another 1-2T water and beat in. Fold into whites, then fold in cheese. Pour over top of chili mixture. Place on a cookie sheet to catch spills and bake at 350 for 30 minutes or until nicely browned.
Makes about 6 servings.
Cheesey Bacon Meatloaf
Carbs Per Serving: 7g carbs total
Effort: Easy

Ingredients:
- 1 1/2 Pounds Lean Ground Beef
- 4 Strips Bacon
- 2 Eggs
- 1/2 Medium Onion -- chopped
- 1/4 Cup Pork Rinds -- finely crushed
- 1/2 Cup Cheddar Cheese -- shredded
- Salt and Pepper to taste

How to Prepare:
Preheat oven to 400 degrees. Cook the bacon until it is about three quarters done (not yet crispy), then chop it into small pieces. Combine the ground beef, bacon, eggs, onion, pork rinds, and salt and pepper in a large bowl and mix well. Place in loaf pan and bake, uncovered, for 40 minutes. Add the cheddar cheese and bake until melted, about 5 more minutes. Enjoy!

Cheese Steak with Cheese and Mushrooms
Carbs Per Serving: no counts provided
Effort: Easy

Ingredients:
- not itemized
- not itemized

How to Prepare:
2-1/2 pounds ground chuck, salt and peppered to your desire. Roll 4 large meatballs/ reserving enough meat to make 4 small flat patties to make toppers for. With your meatballs, create and form a "bowl" (not making them too shallow, but deep enough for your filling. Add to the center "bowl": grated cheese and mushrooms and onion powder. (to make it Mexican style, add crushed red pepper or your favorite stuffing mixture) Next, place your topper (flat patty) on top of your mixture, making sure the patty is small enough to lay on top/inside, so you can bring the sides of the bowl up and
blend into the topper to
seal. Note: If you are having
a problem with sealing
them, use egg white. Place
the meat bowl in a heavy
pre-heated skillet, cover
with lid, and cook until
browned on both sides,
being very careful not to
break the bowl. Place
browned patties in shallow
pan and cook in the oven for
30 min. 8400 degrees.
Serve with a salad and
Enjoy! It's worth the work.
This delicious cheese
steak can be made in
advance and the filling can
be altered to your favorite
stuffing allowance.

Cheese Burger w/an Unbun

CarbsPerServing:no counts provided
Effort:Easy

Ingredients:
4 oz Ground chuck beef
80%lean 20% fat
1 oz shredded Cheddar
Cheese1 tsp Ketchup
1 lo carb tortilla

How to Prepare:
Stir Fry ground chuck well
until fully cooked. Lay in
lo-carb tortilla, and sprinkle
so that it's heavily laden with
cheese. Drizzle ketchup on
top of the cheese, fold up
bottom, then fold sides in.
Eat like a burititto!

You can also stir fry some
mushrooms and onions,
and substitute Swiss
cheese, for the cheddar.
Voila a Swiss Burger. Add
Bacon to the original
cheese burger recipe, voila,
a bacon cheese burger! So
many different variations to
this.

CHEESEBURGER QUICHE

Serves:10, CarbsPerServing:15g carbs total
Effort:Easy

Ingredients:
3/4 pound ground beef
1/3 cup chopped onion
2 eggs -- beaten
1/2 cup mayonnaise
1/4 cup water1/4 cup heavy cream
6 ounces cheddar cheese
-- grated
4 ounces mushrooms
salt and pepper

How to Prepare:
Brown ground beef & onion,
drain grease. Add
mushrooms & cook
through.
Mix eggs, mayonnaise,
cream, cheese & salt &
pepper, and pour over
ground beef in a pie pan.
Bake on 350 for 40-45
minutes. Let stand 10
minutes.

Canned Beef and Pork

CarbsPerServing:no counts provided
Effort:Easy
**Ingredients:**
round steak
lean boneless pork

**How to Prepare:**
You can buy round steak and lean boneless pork on sale. Cut in bite size chunks and can for a quick meal or camping. Fill qt. jars almost full, add NO water, pressure in cooker as per directions. Mine is 10 lb. pressure for 90 min.

You can also do chicken. Cut and stuff, bone and all, in qt. jar and pressure at 10 lbs pressure for 75 min.

**California Style Pot Roast**
CarbsPerServing:28g carbs total
Effort:Easy

**Ingredients:**
4 pounds Beef roast
2 tablespoons Flour
1 teaspoon Salt
1/2 teaspoon Pepper
3 tablespoons Oil
1 Onion -- chopped fine
1 tablespoon worcestershire sauce
1 cup Water
3 packages artificial sweetener

**How to Prepare:**
Sprinkle flour, salt and pepper all over roast. Brown in oil in skillet; add remaining ingredients. Cover. Simmer about 4 hours over low heat. *Note: Peel and slice turnips and add about 1/2 way through the cooking time for "potatoes" on the side:

**Cabbage Rolls**
CarbsPerServing:28g carbs total
Effort:Easy

**Ingredients:**
10 large cabbage leaves
1 pound ground beef
1/4 cup flax meal
1/2 cup crushed pork rinds
1 large can chopped tomatoes -- drained well
1 small onion -- chopped fine
1 teaspoon salt

**How to Prepare:**
Cook cabbage leaves for two minutes in just enough water to cover. Drain off water. Mix remaining ingredients together. Place 1/10th of mixture in cabbage leaf and roll up. Wrap rolls in foil and bake at 300 degrees for 40 minutes.

**Pepper Steak**
CarbsPerServing:no counts provided
Effort:Easy

**Ingredients:**
1/4 cup soy sauce
1 clove garlic
1/2 teaspoon ginger
1 thin slices beef -- cut from steaks (enough for 4 people) green onion or regular onion -- sliced
2 celery stalks sliced
red or green peppers sliced
1 tablespoon cornstarch --
1 c. water

How to Prepare:
Combine soy sauce, garlic, and ginger with beef, set aside.
Heat oil, add beef, simmer 40 minutes on low, or until tender.
Add onion, peppers, & Celery. Cook until tender.
Mix cornstarch and water. Add to meat. Heat until sauce is thick

**Italian Beef (with Au Jus)**

- **Carbs Per Serving:** 18g carbs total
- **Effort:** Easy

**Ingredients:**
- 5 pounds rump roast, trimmed -- (5-7lb)
- 2 beef bouillon cubes -- (2 to 3)
- 2 cups water -- (2 to 3)
- 3 teaspoons Italian seasoning
- 1/2 teaspoon Tabasco sauce
- 1 clove garlic -- minced
- 1/2 cup chopped green bell pepper
- 2 tablespoons Worcestershire sauce
- 3 pepperoncini peppers -- (3 to 4)
- 1/4 cup pepperoncini brine
- Salt and pepper to taste

How to Prepare:
Slow cook in a crock pot all day or until fork tender. Pull apart and serve. Makes a wonderful sandwich on carb legal bread. Good by itself or on a salad (cold).

**NOTES:** Counts for brine not included in totals

**Haystack**

- **Carbs Per Serving:** no counts provided
- **Effort:** Easy

**Ingredients:**
- Hamburger patty
- Salad whatever topping you like on your salad dressing

How to Prepare:
I make my with Hamburger patty, melted with cheese on top and then pile on the salad. Throw on chopped egg, sprouts, broccoli and dressing. Then eat it all together,

**Ground beef stir fry**

- **Carbs Per Serving:** 33g carbs total
- **Effort:** Easy

**Ingredients:**
- 1 pound ground beef -- lean
- 1/2 cup chopped onion
- 2 tablespoons soy sauce -- low sodium if desired
- 2 cups zucchini slices
- 1 cup diced tomato -- large dice
- Packet sweetener
- 1/2 cup water
- 1/2 teaspoon salt and
pepper -- each
1/2 teaspoon ground ginger

How to Prepare:
Mix ground beef, onion, soya sauce and salt together. Peel and slice zucchini. Dice tomatoes. Heat oil on high. Stir fry ground beef mixture until browned, about 7-8 minutes. Add zucchini and water, stir well, then cover. Cook 5 minutes, stirring occasionally. Add tomatoes and sweetener, cook 2 or 3 minutes more or until tomatoes just warm through and start to wilt.

Grilled Balsamic & Soy Marinated Flank Steak
Serves:10
CarbsPerServing:21g carbs total
Effort:Easy
Ingredients:
1/2 small onion -- roughly chopped
3 cloves garlic -- roughly chopped
1/4 cup olive oil
1/4 cup balsamic vinegar
1/4 cup soy sauce
tablespoon dijon mustard
1 tablespoon rosemary
1 teaspoon salt
1/2 teaspoon freshly cracked black pepper
1 1/2 pounds flank steak

How to Prepare:
Combine all ingredients except steak in a mixing bowl. Whisk until well combined. Place steak in ziplock bag or casserole dish, and pour marinade over. Marinate in refrigerator for a minimum of 30 minutes, up to 2 days.

Grill over hot coals, brushing with extra marinade throughout. Grill until golden and cooked to desired doneness, about 6-8 minutes per side (medium rare). Slice thinly to serve. Makes 4 servings.

Ground Beef and Savoy Cabbage Casserole
CarbsPerServing:36g carbs total
Effort:Easy
Ingredients:
3 small heads savoy cabbage -- chopped
1 1/2 pounds lean ground beef
1 large onion -- chopped
1/2 can tomato sauce
garlic powder -- to taste
1 can chicken broth
1 can beef broth

How to Prepare:
saute ground beef and onion until no longer pink, add garlic powder, tomato sauce and cabbage, saute until cabbage is slightly wilted about 10 min.
add both cans of broth, bring to a boil, reduce heat and simmer about 1 hr. or until cabbage in done and liquid has reduced.
German Beef Rolls

CarbsPerServing: no counts provided
Effort: Easy

Ingredients:
no itemized ingredients

How to Prepare:
Thinly sliced beef (I often use 'sandwich steak' or inside round) size per roll roughly 5"x11"
Spread with mustard
Layer on one strip of bacon (I cut it in half) chopped onion (optional)
and thinly sliced dill pickles.
Roll up and secure with skewers or toothpicks.

In a frying pan at least 1.5" deep, brown the meat on all sides. Then, 1 bay leaf, 6-10 pepper corns and Bovril (beef broth) (concentrated double strength)
to come 1/2 way up the sides of the pan. Cover and simmer for 1.5 hours and add water if it gets too dry.

I make it the day before, and then just have to simmer when I get home from work.

Special Rib Roast (Prime Rib)

CarbsPerServing: 10g carbs total
Effort: Easy

Ingredients:
10 pounds rock salt -- (3 3-4 lb boxes)
1 beef prime rib, roasted -- (three-bone choice standing; about 5-6 lbs)
3 tablespoons Worcestershire sauce 1/2 teaspoons paprika pepper

How to Prepare:
Preheat over to 500 degrees. Pour a small amount of rock salt in a large roasting pan until bottom is evenly covered, and then spray a fine mist of water over salt with a hand-held sprayer until salt is moist and sticky. Place prime rib in the pan. Mix Worcestershire sauce and the paprika in a small bowl and pour carefully over prime rib. Using your hands, rub the mixture all over the meat. Season meat with pepper. Cover meat completely with remaining rock salt (there may be some extra left over) and spray entire surface of salt with water until moist and sticky. Place in oven and bake for 15 minutes a pound (roast will be medium rare inside) Remove from oven, let meat stand for 5 min then
carefully break salt away with a kitchen mallet and remove. Brush any remaining rock salt off and slice.

**Flank Steak with Spinach Cheese**

*Carbs Per Serving: 3g carbs total*
*Effort: Easy*

**Ingredients:**
- Flank Steak
- 1 bunch Spinach
- 1/2 cup parmesan cheese
- 1 clove garlic
- 1/4 cup olive oil
- Prosciutto -- (thinly sliced ham)

How to Prepare:
* Flatten flank steak with rolling pin. Sprinkle salt and pepper over steak. In skillet, place rinsed spinach in and wilt completely. Put Parmesan cheese, garlic (minced), olive oil, and wilted spinach in a food processor and mix into a paste. Separate the prosciutto and put on top of flank steak covering completely, and generously spread spinach mixture of the prosciutto.*

* Roll steak and put on a 9x13 cookie sheet. Brush steak with olive oil to seal in juices and ENJOY !!!!!

** Bake at 375 for 35-40 minutes.**  
**NOTES:** Counts allow for 1 cup spinach .. adjust accordingly.

**Eggplant Meatball Stack**

*Carbs Per Serving: 33g carbs total*
*Effort: Easy*

**Ingredients:**
- 1 medium eggplant -- cut into 6 sliced lengthwise
- 1/2 cup protein powder -- unflavored
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 cup oil for frying
- 1/2 pound ground pork
- 1/2 pound ground beef
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning -- dried blend
- 1 cup tomato based pasta sauce
- 1/2 cup water
- 1/4 cup Parmesan cheese -- shredded

How to Prepare:
Make meatballs by: mixing pork, beef, salt, pepper, garlic powder, and Italian seasonings. Mix well by hand and form into 18 balls. Put balls into a large skillet over medium heat and cook, turning...
occasionally to brown on all sides, for 20 minutes. Mix pasta sauce and water and pour over meatballs. Cover and simmer 10 minutes. Meanwhile, mix protein powder with salt, pepper and garlic powder. Dredge eggplant in the mixture, then fry in hot oil until just tender—turn only once. Drain on paper towels.

To serve: lay 1 eggplant slice down and top with 3 meatballs, cut in 1/2. Spoon a little sauce over it and sprinkle on some Parmesan cheese. If having trouble making meatballs stick together, may need to add a tablespoon or 2 of protein powder.)

**Easy Corned Beef**

Carbs Per Serving: 2g carbs total  
Effort: Easy  
**Ingredients:**  
1 can corned beef 4 eggs  

**How to Prepare:**  
Combine corned beef and eggs and mix it all together. Then put a bit of oil in the pan (Enough to coat the bottom) Pour it in and fry it all up. I love this meal because it's quick and filling!

**Minnesota Stuffed Green Peppers**

Carbs Per Serving: 109g carbs total  
Effort: Easy  
**Ingredients:**  
2 pounds lean ground beef 2 eggs 1/4 pound wild rice 1 can Campbell's family sized tomato soup 3 large green peppers salt, pepper, onion, garlic, to taste  

**How to Prepare:**  
Cook wild rice for approx. 1 hour. Mix hamburger, rice, eggs seasonings in a large bowl. Mold mixture into 6 large meatballs. Brown meatballs in a skillet. Core and halve peppers and arrange in a large bowl. Put browned meatballs in pepper halves. Pour tomato soup over them (add one cup water if desired. Cook in microwave for 30+ minutes on half power. Serve by breaking up dry meatballs and pouring sauce over them.  
NOTES: Counts for soup and spices not included in totals.

**Mexican Meatloaf**

Carbs Per Serving: 15g carbs total  
Effort: Easy  
**Ingredients:**  
1 pounds ground beef -- (1
to 2) 3 tablespoons hot Salsa or Picante sauce
2 tablespoons chili powder
2 tablespoons ground red pepper
1 tablespoon ground cumin
2 teaspoons black pepper
2 teaspoons salt
1 egg
1 cup shredded monterey jack cheese -- or pepper jack

How to Prepare:
Preheat oven to 400 degrees. Mix all ingredients together in a large bowl until evenly distributed. Any Mexican spices may be substituted for the chili powder, red pepper and cumin. Shape into loaf in a 13"x9" baking pan or in a loaf pan. Bake at 400 for about an hour, or until fully cooked. Pour off any fat that drains out. Garnish with shredded cheddar cheese and sour cream, and serve with salsa.
NOTES : Counts for salsa not included

Meaty Cheesy Cajun Balls
Carbs Per Serving: 7g carbs total
Effort: Easy
Ingredients:
1 1/2 pounds lean ground beef
1 egg
Cheddar cheese -- cubed and frozen
1 tablespoon cajun spice
salt -- to taste
pepper -- to taste

How to Prepare:
Mix ingredients in large bowl. Form mixed meat into golfball size meatballs. Then Carefully push frozen cheddar cubes into meatballs. Leave the opening where the cheese went in open so the cheese won't leak out when they're in the oven. Sprinkle with a little more cajun spice just for fun. Then bake at 400 degrees for aprox 30 minutes.
NOTES : Counts for cheddar cheese not included in totals.

Meat Paprika
Carbs Per Serving: no counts provided
Effort: Easy
Ingredients:
1 pkg grnd meat-browned
can of consomme
garlic powder to tastelots of paprika
chopped onions- remember to remember where you are on the diet and add amount accordingly

How to Prepare:
I kind of threw this together and by gum my husband liked it! when consomme has cooked down add sour cream and stir til heated.
**Meatloaf, for people who like meatloaf**

Serves: 10  
Carbs Per Serving: 10g carbs total  
Effort: Easy

**Ingredients:**
- 1 pound ground beef
- 1 pound ground pork
- 1 pound pork sausage -- bob evans, no sugar
- 2 eggs
- 1/4 cup heavy cream -- to moisten
- 1 cup cheddar cheese, shredded -- or mozzarella
- 1 teaspoon chili powder -- or 2 bacon strips

**How to Prepare:**
- Mix one pound ground beef, one pound ground pork, one pound ground sausage, (i use bob evans sausage, no sugar).
- Add two eggs, apx. 1/4 to 1/2 cup cream to moisten, 1 cup shredded cheese (cheddar or mozzarella, or your favorite), add apx. one or two teaspoons chilli powder, mix throughly, put in loaf pan, lay strips of bacon on top.
- Bake at 350, apx one hour or till done. Slice and eat.

**Meatloaf for Meatloaf-haters**

Carbs Per Serving: 8g carbs total  
Effort: Easy

**Ingredients:**
- 1 pound ground beef
- 2 tablespoons worcestershire sauce -- 2 - 3
- 1/8 cup heavy cream -- 1/8 -- 1/4
- 1 cup shredded cheddar cheese
- 3 slices thinly sliced ham -- (3 to 4)
- salt and pepper seasoning (Lawry's or steak seasoning)
- wax paper

**How to Prepare:**
- Lay out a piece of wax paper about 18 inches long.
- Take a pound of hamburger, mix it up with some worcestershire sauce, one egg and some heavy whipping cream. Add salt and pepper to taste. (Guesstimate on these ... the meat should be nice and gooey.)
- Place the mixture on the wax paper and pound/shape the meat until you have a flat rectangle that's about half to 3/4 inch thick.
- Now, lay some slices of ham across the rectangle until the hamburger is covered. Pour about a cup or so of cheese over that, or until the ham is semi-covered.
Lift one end of the wax paper and start rolling the rectangle of meat into a roll (kind of like a big meat hoho!) Pinch the ends of the roll so everything stays inside. Sprinkle whatever seasoning you like on top.

Bake at 350 on a shallow baking sheet for 50 minutes. Just before it's done, sprinkle with cheese across the top.

TIP: You could add finely chopped veggies to the roll for added flavor/carbs.

**Meatball Stoganoff**
Carbs Per Serving: 13g carbs total  
Effort: Easy

**Ingredients:**
- Meatballs:
  1 package meat loaf mix
  (Beef/Pork/Veal combination from the butcher)
  1 package lipton onion soup mix (half package works just fine too; less carbs
  1 large egg
  2 tablespoons heavy cream
  1 cloves minced garlic -- (1 to 2) 1 tablespoon parsley
  Salt and pepper to taste
- Gravy:
  1 package Schilling Homestyle gravy mix
  1/2 cup sour cream
  1 tablespoon worcestershire sauce
  1 cup sliced mushrooms
  Salt and pepper to taste

**How to Prepare:**
Meatballs: Combine all meatball ingredients in a large bowl. Mix lightly with fingers, do not overwork. Form into 1 inch balls and place on baking sheet. Bake at 350 for 20 minutes. The last minute, turn on broiler to brown meatballs.
Gravy: Boil gravy mix as directed. Add mushrooms and gently cook for a minute or two. Mix in sour cream and worcestershire sauce. Arrange meatballs in casserole dish and pour gravy on top. Best is made a day ahead and reheated.
NOTES: Counts for onion soup mix and gravy mix not included in totals.

**Marinated Skirt Steak with Grilled Asparagus**
Carbs Per Serving: 6g carbs total  
Effort: Easy

**Ingredients:**
- 1 skirt steak
- 1/2 cup olive oil
- 3 cloves chopped garlic
- 4 basil leaves -- chopped
- 1 tablespoon thyme -- chopped
monteral seasoning

How to Prepare:
Use all the ingredients above to marinate overnight, grill 10 to 15 minutes on each side, cut like a London broil.

Marinate the asparagus with olive oil, garlic, and kosher salt. Grill on low till tender, keep rotating.

Make Me Stuffed Peppers
Carbs Per Serving: 24g carbs total
Effort: Easy

Ingredients:
1 pound ground beef
2 large green peppers
1/4 cup chopped onion
1/2 cup chopped tomato
cup shredded cheddar cheese
salt and pepper to taste
oil for frying

How to Prepare:
Core and deseed the peppers. Boil in salted water for 5 minutes (for firmer peppers, don't boil). Rub the insides with a generous amount of salt. Brown the onion and beef in the oil, and the tomato and cheese to the pan. Spoom the beef mixture into the peppers, and place the peppers standing up in a small casserole dish. Cook at 350 for 20-25 minutes. Eat and enjoy!

Low Carb Weiner Schnitzel
Carbs Per Serving: no counts provided
Effort: Easy

Ingredients:
Veal Cutlets
1 bag Pork Rinds
2 Eggs
3 tablespoons oil -- (3 to 4)

How to Prepare:
Beat the eggs in a bowl. Crush the pork rinds real good in a bag and pour into a separate bowl. Heat the oil in a pan. Dip the cutlets first in the beaten eggs and then into the crushed pork rinds getting them fully coated.

Fry cutlets in the oil until nicely browned and serve. Top with a fried egg to make it even better. Not like Mom used to make but not bad if you're hankering for some quick German grub!
Auf Wiedersehn

Low-Carb Manicotti
Carbs Per Serving: 20g carbs total
Effort: Easy

Ingredients:
1 pound ground turkey -- or beef
1 jar pasta sauce (I used Classico Tomato & -- it was lowest in carbs)
Pesto
1 tablespoon dried onions
How to Prepare:
Brown ground turkey or beef & onion in large skillet. Add sauce, stir and simmer over low heat. Meanwhile, wash cabbage leaves, then dunk each one in boiling water for 30 seconds, followed by ice water for 30 seconds. Lay flat to dry. Mix ricotta, 1/3 c. parmesan, seasoning and eggs. Stir well. Cut cabbage leaves into uniform size by cutting off some of the thick stalk ends. Put 1/8 of cheese mixture onto thick end of each leaf, then roll up. Place in greased 9 x 12 casserole dish. Repeat with remaining cabbage leaves. Spoon turkey or beef sauce over top of cabbage rolls, sprinkle with remaining parmesan, cover tightly with foil, and bake at 350° for 1 hour.

NOTES: Counts for cabbage, pesto, and pasta sauce not included in totals.

Low-Carb Lasagna
Carbs Per Serving: 58g carbs total
Effort: Easy

**Ingredients:**
30 ounces ricotta cheese
Mozzarella Cheese
Parmesan Cheese
3 eggs
2 1/2 pounds ground beef
salt and pepper
garlic powder
15 ounces tomato sauce --
1 15 oz can - hunts, no sugar
spices

How to Prepare:
Take ricotta put in bowl. Add some mozzarella if you want to and add 3 eggs mix well and put aside. Brown ground beef. Add salt, pepper, garlic powder and tomato sauce. Taste cause you might need more spices. Lightly grease a 10x13 pan with butter. Put 1/2 of the meat mixture layered on the bottom. Layer all of the cheese mixture over that, then the remaining meat mixture on the top. Sprinkle top with mozzarella/parm mixture. Actually...I left this top layer of cheese off to try and have less carbs and it was great. Bake 350 degrees till bubbly...usually about 40-50 minutes.
London Broil
CarbsPerServing:no counts provided
Effort:Easy
Ingredients:
1 london broil
seasoningspesto sauce -- your favorite
(I got mine fresh ready
made at Sam's Club)

How to Prepare:
Season a London broil with
salt, pepper (lots) and garlic
and bake at 350 until done
the way you like it.
When done, slice at an
angle. To your serving,
spread with about 2
tablespoons of pesto sauce
(2 grams per quarter cup is
listed on mine - check yours
and apply accordingly).
This is delicious -- and
believe it or not, I don't miss
the pasta I
used to put this sauce on!

Eggplant Casserole
CarbsPerServing:48g carbs total
Effort:Easy
Ingredients:
4 cups eggplant -- sliced
thin
10 ounces provolone
cheese -- sliced
8 ounces mozzarella
cheese -- shredded
1 pound lean ground beef
1/2 cup chopped onion3 cloves garlic -- sliced
1 cup mushrooms -- sliced
1/2 cup celery -- chopped
1 teaspoon italian
seasoning
16 ounces Newman's
Sockarooni sauce

How to Prepare:
Preheat oven to 350
degrees.
Take one pound of lean
ground beef, add to a frying
pan. Add mushrooms,
garlic, onion, celery and
about 1 tsp of Italian
seasonings.
Fry this until the meat is no
longer pink.
Peel eggplant and slice it
very thin. Grease bottom
and sides of a 9x13
glass baking dish with olive
oil on bottom and sides.
Layer half of the
eggplant on bottom of pan.
Sprinkles eggplant with
some of the Italian
seasoning.
Layer half of the meat
mixture, half of the sauce
and half of the
provolone. Repeat layering
with remaining eggplant,
meat, sauce and
provolone.
Spread mozzarella over the
top of the casserole, cover
with foil and
bake for approx. 30 min. or
until done, taking foil off last
Leftover Roast Beef (or chicken) Casserole

Carbs Per Serving: 29g carbs total
Effort: Easy

Ingredients:
- 2 cups cooked, diced beef roast
- 2 medium turnips, peeled and sliced thin
- 1/2 medium onion, sliced thin
- 1 cup sliced mushrooms
- 1/2 cup cream
- 1/2 stick butter
- 1/2 cup havarti cheese, grated
- 1 each salt and pepper, to taste

How to Prepare:
Preheat oven to 350f and sprinkle casserole with cooking spray.
Melt butter in microwave.
Add cream and microwave 1 minute.
Place 1/2 of turnip slices in the casserole, followed by 1/2 the roast and 1/2 of each veggie.
Repeat layer and finish by pouring cream and butter over all and sprinkling on cheese. Cover with foil and bake for 30 minutes.
Uncover and bake 10-15 minutes or until browned on top.

POULTRY MEALS

Lombardi Chicken

Serves: 4
Carbs Per Serving: 6
Effort: Easy

Ingredients:
- 1 lb (4-6) skinless, boneless breast
- 3 to 4 Tablespoons All purpose flour
- 3 Tablespoons Butter
- 1 cup sliced fresh Mushrooms
- 1/2 cup dry Marsala Wine (cooking kind, usually with vinegars)
- 1/3 cup chicken broth
- 1/3 cup shredded mozzarella
- 1/2 cup grated Parmesan
- 1/4 cup thinly sliced green onions

How to Prepare:
Place each piece of chicken breast between two pieces of clear plastic wrap; pound with flat side of meat mallet until 1/8 inch thick. Remove plastic wrap. Coat chicken lightly with flour.

In a 12 inch skillet, melt 1 tablespoon of the butter over medium heat; add half of the chicken pieces. Cook for 2 min. on each side.
Transfer to a 2 quart rectangular baking dish. Repeat with another 1 tablespoon of the butter and remaining chicken pieces; transfer to the dish.
Melt remaining butter in the skillet. Add mushrooms. Cook and stir until tender; add wine, broth, and dash of salt and pepper. Bring to boiling; boil gently until mixture is reduced to 1/2 cup including mushrooms (about 5 min.) Pour over the chicken.
Combine mozzarella and Parmesan cheeses and green onion; sprinkle over the chicken. Bake, uncovered, in 375 oven for 20 min.
Parmesan Chicken Breasts
Serves: 3
Carbs Per Serving: 1
Prep Time: 5 minutes
Effort: Easy

Ingredients:
- 1 pound chicken breasts
- 1/2 cup mayonnaise
- 1/4 cup parmesan cheese
- 1 teaspoon oregano

How to Prepare:
Mix the mayonnaise, parmesan cheese, and oregano. Spoon over chicken breasts in an oven-proof glass or ceramic pyrex baking dish or a 9" round pie plate. Bake uncovered 1 hour at 375 degrees.

Lemon Sauce Chicken
Serves: 4
Carbs Per Serving: 1.6
Prep Time: 10 minutes
Effort: Easy

Ingredients:
- 4 chicken breasts
- 6 TBS mayonnaise
- 2 TBS lemon juice
- 1 TBS vinegar
- 1 tsp salt
- 1 tsp pepper

How to Prepare:
Mix mayonnaise, lemon juice, vinegar, salt, and pepper in a bowl. Place chicken in a casserole dish and spoon the mixture over chicken. Bake in a 350 degree oven for 1 hour, until bubbly and lightly browned.

Chicken Breasts Alfredo
Carbs Per Serving: 6 grams
Prep Time: 5 minutes
Effort: Easy

Ingredients:
- Any amount of chicken breasts
- Garlic powder
- Seasoned salt
- Olive oil to drizzle on chicken
- 1 jar of Ragu Alfredo sauce
- Toppings:
  - Fresh shredded parmesan cheese
  - Mozzarella cheese

How to Prepare:
Very easy and delicious! Heat oven to 375 degrees. Drizzle chicken breasts with a little olive oil. Season with garlic powder, seasoned salt, or your preferred seasonings. Bake for approx. 1 hr. Pour some Alfredo sauce in baking dish and cook for additional 15-20 mins. Then top with as much cheese you want, melt if you want...it's awesome! Great with fresh spinach.

Chicken Mozarella
Serves: 2
Carbs Per Serving: 8 total recipe
Prep Time: 15 minutes, bake time 22-25 minutes
Effort: Easy

Ingredients:
- 2 Chicken breasts (or the number needed to serve number of people)
- 1/2 cup grated parmesan
- 1 egg, beaten
- 4 oz mozzarella, shredded
- 1 tsp Italian seasoning
- Bacon

How to Prepare:
Mix the parmesan with the Italian seasoning. Coat the chicken breasts with egg and dredge in the parmesan. Saute in a little olive oil until browned. Remove from skillet. Place onto a cookie cooling rack which has been placed on a LINED cookie sheet. Put a slice of bacon on each piece (or two-whatever it takes to cover surface of chicken)...on top of that, the mozzarella. Bake until the chicken is done through. Enjoy!

The way to test for doneness: press with a fork, the thickest part of the breast...it should press just slightly and bounce back up. The amount it should press is to be compared to the amount the end of your nose presses when pressed gently with your finger.

STEAK/HAMBURGER DONENESS:
GENTLY....
1. Press the space between your upper lip and nose (relaxed-don't tense it). This is RARE.
2. Press the side of your nostril. This is MED RARE.
3. Press the end of your nose. This is MEDIUM (also perfect for chicken breasts---no dry, cardboard chicken this way!)
4. Press the bridge of your nose (where the cartilage meets the bone). This is WELL DONE.

Transfer the idea of how much these areas press down to your meat and it will be exactly as you want it.

Italian Garlic Chicken Legs
Serves: 3
Carbs Per Serving: 5-6
Prep Time: 10 minutes
Effort: Easy

Ingredients:
Roasted Garlic
Vinagrette

6 chicken legs (thawed)
Butter
Garlic salt
Water

How to Prepare:
Pre-heat oven to 400 degrees. Put butter in bottom of shallow baking pan. Rub butter all over chicken. Sprinkle plentiful amounts of lemon pepper on chicken and less garlic salt on chicken. Do this on both sides. Take 1/2 cup of water and mix with 3 tbsp of dressing. Pour in pan. When done pouring in pan brush a plentiful amount of dressing on to chicken in both sides. Cover with foil with pierced openings. Cook for 40-50 minutes...

Oven Fried Chicken

Serves: serve 2 pcs. of chicken per person

Prep Time: 15 minutes
Effort: Easy

Ingredients:
cut up chicken
grated parm
Keto crumbs
oil

How to Prepare:
pour oil in a bowl. Rinse and pat dry chicken. Dip and coat chicken in oil then roll in parm and keto crumbs mixture or roll in just the parm. Roll in just the crumbs.
bake at 400 degrees for 1 hour and 45 minutes. Comes out so tender and juicy!!

Cheese Death

Serves: 1
Carbs Per Serving: Trace

Prep Time: 1 hour
Effort: Average

Ingredients:
1/3 cup olive oil
1 package Parmesan cheese (DiGiorno works well)
1/3 cup heavy cream or heavy whipping cream
As much Oregano as you like
Splash of Lemon Juice
1/2 to full stick of butter
1-2 Boneless Skinless breast of chicken
Patience

How to Prepare:
I put together this recipe after getting bored with all the usual foods of the diet. When making this recipe it is important to transcend the limitations of measurements.

Put the olive oil in a large frying pan on medium heat. Watch the oil change consistency slightly. Place your thawed chicken in the pan and adjust temperature to keep chicken chatting nicely in the oil. Spring Oregano on top. Cook chicken so as to only turn once. I let the white get to about half-way through the chicken, then flip. Apply liberal oregano sprinklings on other side. After the chicken is firm, take out of pan and set aside. Add lemon juice in and stir in oil. Next add in the heavy cream and butter. Warm until mixed. Gently add in parmesan cheese, stirring and making sure to get a nice smooth consistency. Add more cheese as necessary to get a nice thick sauce. Add more oregano.

Awesome Chicken Salad

Serves: 4?
Carbs Per Serving: 1?

Prep Time: 5 min
Effort: Easy

Ingredients:
Chicken (2 cans)
Mayo
Hard boiled eggs (2-3)
Onion powder
Optional:
bacon bits
tomato
cheddar (very small cube)
favorite mustard (a little goes a long way)
packet or 2 splendaRelish (dill is usually lo-carb)
Salt
Pepper
Tarragon
Celery flakes

How to Prepare:
Mix chicken, eggs, spices, and any optional ingredients, then add enough mayo to make nice consistancy. I like it as is but you can spread on a leaf of lettuce if desired. Most ingredients 0 carbs.

Atkins Baked Chicken

Serves: 2-4 people (depending on how many drums you can eat!)
Carbs Per Serving: 3-4 (to be safe)
Prep Time: 5 minute
Effort: Average

Ingredients:
3-4 chicken drumsticks
1 egg, beaten
1/4 cup Atkins bake mix (or other low-carb friendly baking mix)
2 tbsp Adobo (Goya preferred)
**for Italian style chicken, substitute 1/8 cup of grated parmesan/romano cheese w/ Italian seasonings for 1 tbsp of Adobo**
salt and pepper

How to Prepare:
Heat oven to 350. For best results, use glass bottom baking dish (if not available, cookie/baking sheets are fine too). No need to spray or butter.

Prepare chicken drumsticks (thaw, etc, if they have been in the
freezer). Prepare two bowls, one w/ the beaten egg, the other with
the Atkins mix -- which includes the bake mix, adobo seasonings and
liberal amounts of salt and pepper (to taste). (To those making
Italian-style, grate your parmesan/romano cheese into the bake mix,
and add liberal amounts of Italian seasonings and adobo). Mix baking
mix around till everything is well-blended. Dip chicken into egg
batter, cover well. Take the egg-battered chicken and dip into bake
mix, cover well. Take covered chicken drum and place into baking
dish. Repeat for as many drums as needed. When completed, place into
pre-heated oven. Baked for about 40-45 minutes.

**Middle Eastern Chicken**

*Serves:* 4  
*Carbs Per Serving:* About 5 g for whole recipe  
*Prep Time:* About 1 hour  
*Effort:* Easy

**Ingredients:**
- 4 chicken breasts  
- 1/2 C olive oil  
- 2 tbl mixed spices (from any mid east store)  
- 1 small onion, chopped  
- 1 tsp cumin powder  
- 1/4 tsp ground cinnamon

How to Prepare:

In a baking pan (9*13) put onion, spices, and olive oil, and mix
with hand well. start bringing the chicken breasts and dipping them
in the mixture and arranging them in the pan. cover with foil and
bake at 350 for 45-60 min. check for doneness, when done, take foil
off, put in broiler for a couple of minutes. let sit for 10 minutes,
and enjoy!!! Goes great with creamed spinach on the side. also great
on salads. Carb count is minimal
and all I can think of is the onion that has carbs. :)

**AWESOME EASY CHICKEN WINGS (ZERO CARBS)**

*Serves:* 2  
*Carbs Per Serving:* 0

**Prep Time:** 20 min.  
*Effort:* Easy

**Ingredients:**
- 3 lbs. chicken wings  
- 6 T. Hot Sauce  
- 1 Stick Butter  
- 2 qts. cooking oil  
- Lawry's Seasoned Salt

How to Prepare:

WINGS: Cut whole wings at joints and discard tips. Sprinkle wings
liberally with Lawry’s Seasoned Salt. Deep fry until golden brown
and crispy. Drain on paper towels.

SAUCE: Combine melted butter and hot sauce in a large bowl, mix
well. Add wings and coat evenly.

This recipe is for mild wings-add extra hot sauce for more heat.

Goes great with a fresh salad!

**40 cloves and a chicken**

*Serves:* 1  
*Carbs Per Serving:* 0

**Prep Time:** 1/2 hour  
*Effort:* Easy

**Ingredients:**
- 1 whole chicken (broiler/fryer) cut into 8 pieces  
- 1/2 cup plus 2 tablespoons olive oil  
- 10 sprigs fresh thyme  
- 40 peeled cloves garlic  
- Salt and pepper

How to Prepare:

Preheat oven to 350F.  
Season chicken with salt and pepper. Toss with
2 tablespoons olive oil and brown on both sides in a wide fry pan
or skillet over high heat.  
Remove from heat and transfer to a shallow casserole dish. Add oil,
thyme, and garlic cloves. Cover and bake for
1-1/2 hours.  
Remove chicken from the oven, let rest for 5 to 10 minutes, carve,
and serve.

**Stuffed Pepperoni Chicken**

*Serves:* 4-6, 8, 10  
*Carbs Per Serving:* 2-3 carbs per serving

**Prep Time:** 30 - 45 minutes  
*Effort:* Average

**Ingredients:**
- 6 boneless chicken breasts  
- 1 pkg. Pepperoni pizza slices  
- 1/8 oz. pkg. grated Mozarella  
- 1/4 cup white cooking wine  
- 1 tbsp. minced garlic  
- Italian seasoning to taste  
- Salt to taste

How to Prepare:

Put olive oil, wine, mushrooms in sautee pan, sautee until mushrooms
are done, add garlic, diced tomatoes, italian seasoning and salt,
let simmer while you do the chicken. Next, take chicken breast, turn
underside up, heat with a little tenderizing mallet to flatten a
little. Place pepperoni on chicken until covered, then put grated
mozzarella on top. Roll from top end up to creat a stuffed pepperoni
chicken, place 2-3 wooden toothpicks in to hold in place. Put into
baking dish. Continue until done with all chicken. Pour sauce on top of the chicken, put into oven at 350 degrees for 45 min - 1 hour.

**Chicken Fajita Rollups**  
Serves: varies  
Carbs Per Serving: as little as 2, depending on how much sauce, sour cream and peppers and onions are used  
Prep Time: 10 min. for chicken, 5 min. to prepare  
Effort: Easy

**Ingredients:**  
- Bnls chicken breast  
- Mccormick mexican seasoning  
- sour cream  
- shredded cheese  
- peppers  
- onions  
- romaine lettuce  
- olive oil

**How to Prepare:**  
Cut chicken into small slices, saute in fry pan with a little oil and mexican seasoning, saute peppers and onions with oil or whatever you like, spread sour cream, taco sauce, cheese, peppers and onions, chicken onto lettuce leaf and roll up. It's delicious.

**Ranch Stuffed Chicken**  
Serves: 4, 8  
Carbs Per Serving: 2-3  
Prep Time: 10 min  
Effort: Easy

**Ingredients:**  
- 4 Chicken Breasts  
- 4 slices of ham  
- 4 oz. cream cheese  
- 4 oz. mozzarella cheese (or cheese sticks)  
- sprinkle of dry hidden valley ranch

**How to Prepare:**  
Defrost chicken breasts until you can cut through the center, cut until almost to the edge, then open up (will look like a sub roll almost) and put ham slice, then spread cream cheese on ham. place mozz. on top and fold together. Sprinkle ranch dressing on top. Bake at 350 for approx. 45 minutes

**Spicey Chicken**  
Serves: 2, 10  
Carbs Per Serving: 1 gram  
Prep Time: 5 mins  
Effort: Easy

**Ingredients:**  
- 2 Boneless, Skinless Chicken Breasts/Tenders  
- 1 Tbsp Frank's Hot Sauce  
- Lemon-Pepper  
- Cayanne Pepper  
- 1/2 Tbsp canola oil  
- Garlic powder  
- Parsley  
- Oregano

**How to Prepare:**  
Heat frying pan and oil. Cube chicken breasts into squares and add to hot oil. Add hot sauce and dashes of herbs and spices to taste.

**chunky chicken**  
Serves: 4-5  
Carbs Per Serving: about 5  
Prep Time: 20 - 25 minutes  
Effort: Easy

**Ingredients:**  
- chicken breast  
- rotel  
- seasoning  
- shredded cheddar cheese

**How to Prepare:**  
Pre-heat oven to 375. on a cookie sheet or casserole dish, lay out chicken. season as you like, drain rotel and spoon over chicken. close to doneness sprinkle on cheese and put back into oven for about 3 minutes until melted.

**Cheesy Pepperoni Chicken**  
Serves: 1  
Carbs Per Serving: 4 gm  
Prep Time: about 10 mins  
Effort: Easy

**Ingredients:**  
- 1 boneless chicken breast  
- 4 pepperoni slices  
- 1/4 c. Ragu Alfredo Sauce  
- shredded parmesan cheese

**How to Prepare:**  
Brown the chicken breasts in olive oil until almost cooked through. drain on paper towel and put into baking dish. Add slices of pepperoni and shredded parm cheese on top of each breast. Bake at 350 until chicken is cooked through and cheese is bubbly. Warm up the Ragu Alfredo sauce in microwave and pour over baked chicken.
Chicken Chilaquiles  Serves:8  CarbsPerServing:4
Prep Time:1-2 hours  Effort:Average

**Ingredients:**
1 whole chicken, cooked/deboned  5 tortillas cut into strips
1 cup shredded cheddar cheese  1/2 cup Monterey jack
1/2 cup sour cream  1 clove garlic, chopped2 serrano chilis, seeded
2 lg tomatoes  1/4 cup onion
1 teasp. oregano, chopped  1/4 cup cilantro, chopped
1 cup (or more) chicken stock  1 tblsp olive oil

**How to Prepare:**
Boil chicken in water, remove when cooked, debone and cut into lg pieces.

Cut tortillas into strips and deep fry till golden, drain, set aside.

In large saute pan, heat olive oil and add tomatoes, chilis, onion, garlic, 1/2 cilantro and the oregano. Saute till all is cooked and little juice remains. Do not burn. Add the chicken stock and cook longer to meld flavors. Place all in blender and puree. Return to the saute pan and simmer with more stock into a nice thick sauce. Set aside.

In layers, place the tortilla strips, chicken, cheeses into a 9x13 pan. Add the sour cream in dollops, the cheeses and remaining cilantro. Cover with the sauce and top with more of the shredded cheeses. Bake at 350 till hot, bubbly and the cheese on top is lightly browned.

Lemon-Pepper Chicken  Serves:3-4  CarbsPerServing:Not sure, but not many.
Prep Time:45 minutes over all, but worth it.  Effort:Easy

**Ingredients:**
2 Tablespoons Lemon-Pepper seasoning.2 Tablespoons Italian Seasoning. 2 Tablespoons Garlic Powder.4 Tablespoons Butter.3-4 Boneless, skinless chicken breasts.

**How to Prepare:**
Melt butter in skillet over medium heat. Sprinkle both sides of chicken with the Lemon-Pepper,Garlic Powder, and Italian Seasonings. Place in pan and cook for about 15 min on each side or until cooked through.

Chicken Alfredo with Parsley  Serves:3,1,10,7,10,10  CarbsPerServing:less than 7 total  Prep Time:15 minutes
Effort:Easy

**Ingredients:**
3 Chicken Breast  3 Green Onions
2/3 Cup Chopped Mushrooms  2 Tbs Cream cheese
1/4 Cup Heavy Cream  1 Tbs Butter
1 tsp Minced Garlic  2 Tbs Finaly Chopped Parsley  1 Tbs Olive oil

**How to Prepare:**
Chop chicken breast into 1 inch cubes. Chop Green Onions finely. Heat skillet/wok with Olive oil. Stir fry Chicken first till brown and add onion and mushrooms.

Add Cream Cheese, Cream , Butter to a Sauce pan on low heat. "DO NOT BOIL". Stir until combined. Add Garlic, Parsley Salt & Pepper to Taste. You may have to add more cream to your liking. Combine Sauce in skillet with chicken and give a quick toss.

Spicy Chicken Strips  Serves:1-2,10,8  CarbsPerServing:2-3
Prep Time:10 min  Effort:Easy

**Ingredients:**
1 pkg. chicken breast cut into strips 5 tbsp hot sauce
1/2 cup oil 3 tsp basil
1 tsp pepper 2 oz cheddar cheese

**How to Prepare:**
combine all ingredients into frying pan.
fry till chicken is done.

Grilled Bacon Wrapped Chicken  Serves:2-3  CarbsPerServing:0
Effort:Easy

**Ingredients:**
1 lb Boneless chicken breast  bacon - about 6 slices
butcher stringgarlic powder  black pepper

**How to Prepare:**
Season chicken with pepper and garlic and let sit for at least an hour. Wrap bacon around chicken and secure with butcher string. Grill over medium coals for about 20 minutes until chicken is done and bacon is crispy.

**Smothered Chicken**

**Serves:** 9, 10, 10, 10  
**Effort:** Easy

**Ingredients:**
- 4 chicken breasts
- 1 lg onion
- 1 pkg mushrooms
- black pepper
- 4-6 oz cheese (swiss, provolone, cheddar or mozzarella)
- 4 slices bacon
- 2 tbsp white wine

**How to Prepare:**
I got this idea from Bennigan’s, they make smothered steak too, but I never tried it. Fry the bacon in a large skillet. While the bacon is frying, slice the onion and mushrooms. When bacon is desired crispness, remove it from the pan. If there is too much grease, pour some off, there should be enough to coat the bottom of the pan. Add onions and mushrooms to the grease. Butterfly the chicken and/or pound thin to make like cutlets. Push the onions and mushrooms aside and place the chicken in the pan. Season to taste and sautee until done, flipping half way through, about 5 minutes each side, depending how thin. Add the white wine to deglaze. When done, scoop up all the onions and mushrooms and place on top of pieces of chicken. Break up bacon and place that on top. Then top each piece with cheese. Place a lid over to melt the cheese for a minute or two.

**Chicken Cacitorre with Faux Pasta**

**Serves:** 3-4, 10  
**Carbs Per Serving:** around 35 Total  
**Prep Time:** 30 mins  
**Effort:** Easy

**Ingredients:**
- 1 pound chicken breast cut into bit sized pieces
- 1 can of diced tomatoes medium can
- 1/2 a Spaghetti Squash
- 1 small can or half cup of chopped mushrooms 2 tblsps of Olive oil
- 1 tsp Italian seasoning
- Garlic and onion to taste
- salt and pepper to taste
- Parm Cheese for sprinkling!

**How to Prepare:**
Saute chicken chunks in oil add tomatoes, mushrooms and and seasonings once chicken is cooked thru. While that’s cooking Microwave half of a Spaghetti squash for 10 mins. Microwave cut side down and poke a few holes in the skin. When that is done use a fork and scrape the sides to make your spaghetti! Add it to the chicken and toamto mix and simmer it for 10 mins so the sauce really gets in the squash... top with your fav Italian Cheese and Enjoy

**Reuben Chicken**

**Serves:** 4-6, 10, 10  
**Carbs Per Serving:** UNKNOWN BUT LOW  
**Prep Time:** 10 MINUTES AND THEN 45 TO BAKE  
**Effort:** Easy

**Ingredients:**
- 4-6 BONELESS, SKINLESS CHICKEN BREASTS
- SAUERKRAUT
- SWISS CHEESE
- THOUSAND ISLAND DRESSING

**How to Prepare:**
PLACE RAW CHICKEN BREASTS IN BAKING DISH, SPREAD DRAINED SAUERKRAUT OVER RAW CHICKEN, COVER WITH THIN SLICES OF SWISS CHEESE, THEN SPREAD DRESSING OVER THE CHEESE. BAKE AT 350 DEGREES FOR ABOUT 45 MINUTES OR UNTIL DONE.

**Chicken mushroom cheesy bacon bake**

**Serves:** 4, 10  
**Carbs Per Serving:** approx. 5 gms  
**Prep Time:** 20 minutes  
**Effort:** Average

**Ingredients:**
- 4 chicken breasts
- 1 can condensed cream of mushroom soup
- 1/4 cup water
- 1 small white onion
- 1 pkg whole baby portabella mushrooms
- 2 cloves garlic
- 4 slices of bacon
- 1 cup shredded white cheddar cheese
- olive oil
- salt
- pepper
- garlic powder

**How to Prepare:**
Rinse chicken breasts and place into a baking dish. Sprinkle with salt, pepper, and garlic powder.
Add about 2 tbsp of oil to a frying pan on medium heat and add chopped garlic cloves. Sauté, but do not brown the garlic. Add mushrooms and brown. Set pan aside to cool to room temperature.

Mix soup with 1/4 cup of water and whisk. Add sautéed mushrooms to the soup mixture. Spoon 2 tbsp over each breast and spread evenly over entire breast.

Place 2 sliced raw onion rings over each breast and cover each breast with a slice of raw bacon (cutting each slice in half makes it easier to cover the entire breast).

Place into 400 degree oven until meat is no longer pink and bacon is browned and slightly crisp. About 45 minutes. Remove dish from oven and cover each breast with 1/4 cup of cheese. Place under broiler until cheese bubbles and is slightly browned.

Enjoy!

**Chicken broccoli casserole**

**Serves:** 8, 10, ----Select-----  
**Effort:** Easy

**Ingredients:**
- 2 tbsp butter
- 1/4 c crushed pork rinds (you can sub bake mix or soy flour)
- 4 or 5 chicken breasts
- 1 tbsp olive oil
- 8 oz cream cheese
- 5 eggs
- 1/2 c sour cream
- 1/4 c cream
- garlic powder
- black pepper

**How to Prepare:** I never measure anything, so these amounts are estimates, vary them as you wish. Chop up chicken and broccoli in chunks and sauté in olive oil in a non-stick skillet. Set aside to cool. Mix in mixer the cream cheese, cream, sour cream, and eggs. Add a little garlic powder, parmesan and black pepper. Rub casserole dish with butter and coat with about 1/2 the pork rinds. Fold the cheese in to the mixture. You can use any kind of cheese, or a mixture, Swiss and cheddar are good. Fold in the chicken and broccoli. Pour in the casserole dish. Top with remaining pork rinds and parmesan. Bake about 45 minutes, or until golden brown.

**Simple Curry Chicken Salad**

**Serves:** depends  
**CarbsPerServing:** approx 2-3  
**Prep Time:** 20 minutes tops  
**Effort:** Easy

**Ingredients:**
- boneless/skinless chicken tenders (I use about 6)
- approx 1/4-1/2 cup of mayo (will vary depending on amount of chicken)
- 1 TBSP of full fat sour cream
- 1 TBSP prepared mustard
- 1 TBSP Blue cheese dressing
- salt
- pepper
- curry powder to taste

**How to Prepare:** Boil chicken. Shred chicken, (easy to do with food processor) add all other ingredients and mix well.

**Sesame Garlic Thai Chicken and Veggies**

**Serves:** 2-3, 10  
**CarbsPerServing:** 15 total  
**Prep Time:** 20 mins  
**Effort:** Easy

**Ingredients:**
- 4 Chicken Breasts
- Half Bag frozen Broccoli
- 1 small can or 1 cup fresh mushrooms sliced
- 1 tbsls of olive oil
- 1/2 cup of coconut milk
- 2 tbsls of Tahini (ground seasme seeds)
- 1 tbsls of Garlic
- Salt and pepper

**How to Prepare:** Cut Chicken into bite size pieces, brown in olive oil add veggies to pan till cooked. In a small cup or bowl mix Coconut milk, tahini, garlic and salt pepper until smooth and mixed pour into pan over chicken and veggies and toss until they are all covered simmer for 5 minutes and serve... This is really garlicky and GOOD.

If you are unfamiliar with tahini you can usually find tahini in the section with the Olives and Weird peppers and stuff or with the thai stuff in the store... Tahini is AWESOME it is Sesame butter add a splenda to it to make a great low carb peanut butter substitute.

**Chicken Enchilada Stuff**

**Serves:** 2, 7, 10  
**CarbsPerServing:** 9-10  
**Prep Time:** 20 minutes  
**Effort:** Easy

**Ingredients:**
- 1 large chicken breast, diced
- 1 T chopped onion
- 4 oz cream cheese
- 1 T heavy cream
- 4 oz cream cheese
- 1 T cheese Whiz pimento flavor

- 1/4 green pepper, chopped
- salt, pepper, onion powder, nutmeg to taste
- 2 cloves garlic, sliced or crushed
- jalapeno pepper, chopped (optional)
### Enchiladas

- 2 eggs
- 2 T heavy cream
- ¼ t salt
- 1 t baking powder
- 1 sachet sweetener
- 2 t oil

**How to Prepare:**

Saute chicken in olive oil/butter mix until almost done. Add onion, green pepper and spices and sauté until vegetables are cooked. Sauce directions: Mix together in blender adding just enough water to get a sauce consistency.

When chicken/vegetables are cooked through, add sauce and heart through. Remove from heat and keep warm.

Enchilada directions: Whisk all together and using a bit at a time cook crepe fashion in hot pan. This recipe made 4 good sized crepes.

Fill each crepe with ¼ c chicken mixture and roll crepe and put seam side down in baking dish. When all are rolled, cover with any extra sauce and grated cheese. Bake for about 15 minutes until cheese is melted.

---

### Pecan crusted chicken

**Ingredients:**

- crushed pecans
- eggs
- boneless skinless chicken breasts

**How to Prepare:**

Take the chicken breasts and roll it in the egg wash, then cover it ALL OVER in the crushed pecans. Put it in a pan and cook it up! (Medium heat) IT IS HEAVENLY!

---

### Chicken Fingers

**Ingredients:**

- Chicken tenders
- 2 eggs (scrambled with cream-uncooked)
- sesame seeds
- dehydrated minced onion
- oil

**How to Prepare:**

Mix minced onion and sesame seeds in a bowl. Scramble eggs and cream in another bowl. Dip chicken tenders in egg and then sesame/onion mixture and fry in oil.

---

### Pan Glazed Balsamic Chicken

**Ingredients:**

- 1 lb boneless chicken breast
- salt
- freshly ground black pepper
- olive oil
- 1/2 cup good quality balsamic vinegar
- 1/4 pine nuts
- 1 tbs Dijon mustard

**How to Prepare:**

Heat olive oil in non stick skillet on med high. Brown chicken for 3 minutes, turn and brown for 3 more minutes. Remove chicken, sprinkle with salt and pepper and cover to keep warm. In same skillet, add the vinegar and pine nuts. Let cook on med high about 30 seconds or until liquid is reduced to half. Add mustard and mix to form a smooth glaze. Return chicken, cook for 2 minutes and serve.

This dish is great served with roasted squash and red peppers.

---

### Easy Mexican Chicken

**Ingredients:**

- 8 chicken pieces (bone in and skin on)
- 1 stick margerine
- garlic salt and pepper to taste
- 2 cans diced tomatoes (undrained)
- 2 pkg. taco seasoning
- 1 can chopped green chili’s
- 1 cup shredded cheddar cheese

**How to Prepare:**

Melt margerine in frying pan. Season chicken with garlic salt and pepper. Fry chicken in margerine till browned. Reduce heat, cover pan, and let simmer for 20 min. In large bowl, mix the diced tomatoes, taco seasoning, and chili’s well. Pour over chicken. Cover pan, and let chicken simmer in sauce 25 min. or until chicken cooked through. Uncover and to top with cheddar cheese. Serve warm.

---

### Parmesan Crusted Chicken Tenders
Ingredients:

2 pounds Chicken Tenders
1 cup Heavy Cream
2 teaspoons Garlic Powder
2 teaspoons Ground Black Pepper
1 can Parmesan Cheese, the powder kind
2-3 teaspoons each: Garlic Powder & Ground Black Pepper

Marinade
2 Tablespoons Prepared Ranch Dressing
2 teaspoons Onion Powder
2 teaspoons Ground Black Pepper
Peanut oil for pan frying

How to Prepare:
Mix marinade ingredients and marinate at least 6 hours or overnight.
Combine the Parmesan breading and coat each chicken tender really well.
Add enough oil to pan fry the breaded chicken tenders. Med-High heat.
Cook the batches of tenders till they are a nice crunchy golden brown.

SouthWestern Chicken Rolls

Ingredients:

4 large boneless skinless chicken breast
1/4 tsp salt
4 oz. Monterey Jack cheese with jalapeno peppers
1/3 c. packaged plain bread crumbs
2-3 tbs. all purpose flour
1 large egg
1 tbs. milk
1/4 c. vegetable oil

How to Prepare:
1~Preheat oven to 400. Place the chicken breast between sheets of wax paper or plastic wrap; using a mallat, pound each piece until it's about a 1/4 inch thick. Sprinkle the chicken breast with salt.
2~Cut cheese into 4 strips. Place 1 strip of cheese in the center of each chicken breast. Fold the sides of the chicken over the cheese to enclose completely. Secure with wooden toothpicks, if necessary.
3~On two separate sheets of wax paper, place bread crumbs and 2 tbs. of flour. In a pie plate, combine eggs and milk. Coat the chicken rolls first with the flour, then with the egg mixture, then with the bread crumbs.
4~In an oven safe skillet, heat oil over moderate heat. Cook the chicken rolls until lightly browned on all sides, 5 minutes. Place the skillet in the oven and bake until the chicken feels firm to the touch, 15 to 20 minutes. Remove the toothpicks. Serve with salsa if desired.

Chicken, peas, pecans and grapes Salad

Ingredients:

3 cups cooked chicken, diced
1/2 cup red grapes, halved
1 cup frozen peas
1/4 cup red onion, chopped
1/4 cup mayo
salt and pepper to taste

How to Prepare:
mix ingredients and serve on romaine leaves.

Rotel Chicken

Ingredients:

2 Boneless/Skinless Chicken Breasts
1 can Rotel

Cheddar/Mozzarella Cheese
Salt/Pepper to taste

Foil

How to Prepare:
Season Chicken with Salt and pepper to taste. Place chicken in foil and pour Rotel over chicken. Bake at 350 until chicken is done, about 30-45 minutes. Chicken should be white in the center. Drain the juice and sprinkle cheese on top. Place back in the oven with the foil open to melt the cheese. No mess to clean up, just throw away the foil and enjoy!

Fried Chicken Breast

Ingredients:

4 Large boneless, skinless chicken breasts with rib meat
1 Cup of Parmesan Cheese
3 Eggs
1 TBsp of heavy cream
Olive Oil

How to Prepare:
Pour generous amount of olive oil (about 1/2 inch deep) in a large non-stick skillet and heat on med-high. Beat three eggs and cream together in a shallow bowl. Pour cheese on a plate for battering your chicken. Wash and pat dry your chicken. Pepper to taste. Dip chicken in the mixture and place in the oil. Cook until golden brown, about 4 minutes. Drain on paper towel and serve immediately.
chicken one at a time in the egg mixture (get both sides coated well). Roll in cheese. Place chicken in hot oil and fry; turning chicken several times until golden brown and done. There's just trace amounts of carbs in all the ingredients so eat and enjoy!

You'll Love These Wings  
CarbsPerServing: 34g total  
Effort: Easy

Ingredients:
- 5 pounds chicken wings -- fresh or frozen
- 1/2 cup soy sauce
- 1 cup Atkins Pancake Syrup
- 2 splenda packets -- or equal
- 2 cloves garlic -- crushed, or 3 tbsp powder
- 1/2 teaspoon salt
- 2 tablespoons Atkins Vanilla Syrup
- 1/4 cup ketchup -- omit if in induction
- 1/2 teaspoon salt

How to Prepare:
Mix marinade and pour over wings and marinate 48 hours. Broil wings 5 mins on each side or until blackened patches appear on wings. These are sticky-finger-lickin'-good! My kids LOVE these and I never seem to make enough!

NOTES: Counts for syrups not included in totals

Turkey Meatballs with Spinach, Bacon & Cream Sauce  
CarbsPerServing: 11g total  
Effort: Easy

Ingredients:
- 1 pound turkey
- 1 egg
- 1/2 teaspoon rosemary
- 1/2 teaspoon oregano
- 1/4 teaspoon cayenne
- 1/4 teaspoon garlic salt
- 2 cups spinach
- 2 slices bacon -- cooked and crumbled
- 1 cup heavy cream
- 2 tablespoons parmesan cheese

How to Prepare:
Mix turkey, pork rinds, eggs, rosemary, oregano, cayenne and garlic salt. Cook meatballs. In separate pan, wilt spinach in 1/4 cup of water. Drain and add bacon. Add cream and parmesan and reduce. When reduced pour over meatballs. This is good with some tabasco sauce!

NOTES: Counts for pork rinds not included - adjust accordingly

Turkey Crispies  
CarbsPerServing: 5g total  
Effort: Easy

Ingredients:
- 2 cups Shredded roast turkey breast
- 1 ounce sliced almonds
- 2 tablespoons olive oil

How to Prepare:
Saute shredded turkey meat until beginning to brown on edges, add almonds. Stir until mixed thoroughly and hot throughout.

Remove and drain slightly. Eat warm or save some in refrigerator. Also good on salad and very filling.

Turkey and Cheese Roll-up  
CarbsPerServing: no counts provided  
Effort: Easy

Ingredients:
How to Prepare:
Lay the turkey slice flat on the paper towel, put the swiss cheese slice on top of the turkey, spread the cream cheese on top of the swiss cheese, cut the asparagus spears into thirds and lay them horizontally on top of the cream cheese. Then at one end of the layer start rolling until you're able to hold the roll in one hand, then place the paper towel around the roll-up, eat, and go.

You can substitute the turkey and swiss with your favorite meat and cheese. Boar's Head brand is my favorite deli meat and cheese: it's low on sodium, has no preservatives, and offers varieties like peppered Turkey, Virginia baked ham, and jalapeno mozzarella cheese.

Tomatillo-Chicken
Serves: 3
CarbsPerServing: 44g total

Effort: Easy

Ingredients:
Pico de Gallo:
1 jalapeno chile pepper -- diced
1 medium onion -- diced
1 diced tomato
1/3 cup chopped cilantro

Sauce:
2 cups light sour cream
1 can Herdez green tomatillo sauce (in the Ethnic Foods aisle)

Enchiladas:
6 chicken breast halves -- grilled or boiled, with cumin and fajita seasonings
2/3 cup heavy cream
3 cups shredded monterey jack cheese
2 cans green tomatillo sauce

How to Prepare:
Dice chicken. Pour 1/3 cup of heavy whipping cream in the bottom of a glass casserole dish. Layer 1/2 of the chicken on top. Sprinkle 1 cup of shredded monterey jack cheese on top of chicken. Repeat cream, chicken and cheese layer. Pour 2 cans of Herdez green tomatillo sauce on top of all. Sprinkle 1 cup of shredded monterey jack cheese on top. Cover with foil and bake at 350 degrees for 40 minutes or until cheese is bubbly. Serve with sour cream/tomatillo sauce and pico de gallo.

NOTES : Counts for tomatillo sauce, cumin and
The Perfect Roast Chicken

Serves: 10,10

CarbsPerServing: no counts provided

Effort: Easy

Ingredients:
- 1 3 pound whole chicken -- (3 to 4)
- 2 tablespoons unsalted butter
- salt and pepper to taste

How to Prepare:
- Place empty pan in oven and preheat to 375 degrees.
- Melt butter and brush entire chicken skin with it.

Season according to your taste.

Place chicken in v-rack so that one wing is down and one wing is up. Put rack in roasting pan in oven.

After 20 minutes, turn chicken over so that the other wing is facing up. Return chicken to oven. After another 20 minutes, turn chicken so that the breast is up and return to the oven to finish cooking.

Check chicken for doneness after 30 minutes. If chicken is done, remove from oven and let rest for 15 minutes. Carve and enjoy.

This chicken is worth the extra effort as the breast meat is perfectly juicy and the skin is crisp and brown.

Thai Turkey Bundles and Dipping Sauce

Serves: 12

CarbsPerServing: 32g total

Effort: Average

Ingredients:
- 1 egg -- beaten
- 1/2 cup waterchestnuts -- chopped
- 1/3 cup crushed pork rinds -- or grated parmesan cheese
- 1 green onion -- finely chopped
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 2 teaspoons ginger root -- fresh, grated
- 1/2 teaspoon artificial sweetener
- 1/4 teaspoon salt
- 1/4 teaspoon chili oil -- OR a dash of ground hot pepper
- 24 ounces ground turkey -- raw
- 12 whole lettuce leaves -- iceberg lettuce or savoy cabbage

Dipping Sauce:
- 1/4 cup lemon juice
- 3 tablespoons fish sauce (nam pla or nuoc mam)
- 1 tablespoon chopped cilantro
- 1/2 teaspoon artificial sweetener
- 1/2 teaspoon salt
- 1/2 teaspoon chili oil -- OR a dash of ground hot pepper
- 1/2 teaspoon dark sesame oil
- Optional: 1 T water if sauce

Optional: 1 T water if sauce
is too strong

How to Prepare:
Combine first 11 ingredients and mix with hands. Shape into 12 4 x 1-1/2 x 3/4" logs. Grill, broil, or pan fry until juices run clear, turning once. Serve with leaves, garnishes, and dipping sauce. At table, each log is to be wrapped in leaf along with garnishes of choice, and dipped. Warning: this is messy but lots of fun!

Garnish as desired: fresh cilantro sprigs, bean sprouts, shredded red and green bell pepper, shredded carrots (count those carbs!)

Dipping Sauce: Mix all together.

NOTES : Counts for chili oil, and fish sauce not included in totals.

**Cilantro Cream Chicken**

Effort: Easy
Serves: 9, 10, 10, 6
Carbs Per Serving: 64g total

**Ingredients:**
4 chicken breasts
3 ounces cream cheese
3/4 cup heavy whipping cream
1 lime -- juiced
McCormick's Rotisserie Chicken Seasoning (to taste)
salt and pepper to taste
3 tablespoons butter
1/2 cup chopped cilantro

**How to Prepare:**
Brown chicken in butter. Season with spices while cooking and browning. Remove chicken when browned. Add cream cheese in cubes to skillet with butter and drippings from chicken. Add whipping cream. Add lime juice and cilantro. On medium heat melt and stir all ingredients. Put chicken back in sauce mixture --- cover and cook on low for about 10 or 15 more minutes.

Note - instead of the McCormick's seasoning I just use some garlic powder along with the salt and pepper. Still delicious.

NOTES : Counts for coconut extract not included in totals.

**Tarragon Chicken with Cream Sauce**

Effort: Easy
Serves: 1, 10, 8
Carbs Per Serving: 6g

**Ingredients:**
1 chicken breast
1 tablespoon dried tarragon
1/2 cup heavy cream
salt & pepper to taste
1 tablespoon butter

**How to Prepare:**
Place chicken breast between two layers of plastic wrap and pound until flattened. Sprinkle the
Tarragon onto each side and sprinkle with salt & pepper to taste. Let sit for 15 minutes to develop flavors. In a regular skillet (not non-stick), melt butter. When hot, put in seasoned chicken breast and sear on medium-high heat. Turn after 2-3 minutes and cook until done, 5-7 minutes total. Remove chicken breast from skillet. Pour heavy cream into skillet, scraping up bits from the skillet bottom. Let simmer until thickened, 3-5 minutes. Add salt to taste. Pour over chicken to serve.

**Tangy Chicken (easy and fast)**

*Serves: 10, 10*  
*CarbsPerServing: no counts provided*  
*Effort: Easy*

**Ingredients:**
- 6 frozen chicken breasts
- 1 bottle Zesty Italian salad dressing

**How to Prepare:**
Take the frozen chicken breasts out in the morning and place in a bowl. Pour the salad dressing over the chicken breasts and cover. Refrigerate until you get home. Take chicken out and fry, bake or grill it. Great with a caesar.

**Szechwan Chicken and Vegetables**

*CarbsPerServing: 19g total*  
*Effort: Easy*

**Ingredients:**
- 3 tablespoons corn oil
- 1 teaspoon crushed red pepper
- 2 medium chicken breasts, no skin, no bone, R-T-C -- thinly shredded
- 1 stalk celery -- thinly sliced
- 1 small carrot -- thinly sliced
- 1 medium green bell pepper -- thinly juliened
- 1/2 teaspoon salt
- 1 tablespoon soy sauce
- 1 packet splenda packets
- 1/4 teaspoon tabasco sauce -- optional
- 1/3 cup chicken stock
- 1/4 teaspoon guar gum -- to thicken if needed

**How to Prepare:**
Heat wok or deep skillet over high heat with oil and pepper flakes for 10 seconds. Reduce heat to medium and stir fry chicken for 1 1/2 minutes. Add celery, carrot and bell pepper and stir fry for 1 minute. Add the remaining ingredients and stir fry for 1-2 more minutes or until slightly thickened.

**Stuffed Chicken Breasts**

*Serves: 10*  
*CarbsPerServing: 2.3g*

**Effort: Easy**

**Ingredients:**
- 1 pkg. bratwurst -- Johnsonville Fresh
- 10 chicken breasts -- skinless and boneless
- 14 ounces chicken meat -- skinless
- 2 tablespoons jalapeno peppers -- finely chopped
- 1 cup yellow onion -- chopped
- 1 tablespoon garlic -- chopped
- 2 eggs
- 1 teaspoon dried oregano
- 1 teaspoon black pepper
1/2 teaspoon chili powder

How to Prepare:
Remove sausage from casing and brown in skillet. Drain and preserve. Place chicken breasts on work surface and pound even. Process chicken meat in food processor until almost paste. Add remaining ingredients to processor and mix until well chopped, not pureed. Season inside of each chicken breast with salt and pepper. Place approximately 2 tablespoons of filling on breast and fold over, fasten with toothpicks. Place in a roasting pan, seam sides down. Roast at 400°F for 20-25 minutes or until internal temperature reaches 160°F.

**Stuffed Chicken Alfredo**
Serves: 10, 10
CarbsPerServing: no counts provided
Effort: Easy

**Ingredients:**
- 4 boneless skinless chicken breast and pound flat with a meat mallet. Lay a piece of ham on the flattened breast, them swiss cheese or cheese of choice. Roll up, and wrap with a piece of bacon. Secure with a toothpick. Spray pan with non stick spray and lay in pan. Cover with alfredo sauce. Bake for 1 hour 30 minutes. Serve with broccoli.

**Spinach-Stuffed Chicken**
CarbsPerServing: 39g total
Effort: Easy

**Ingredients:**
- 20 ounces frozen chopped spinach -- thawed and squeezed dry
- 1 cup shredded Swiss cheese -- (4 oz.)
- 3/4 cup ricotta cheese
- 1/3 cup grated Parmesan cheese
- 3 tablespoons finely chopped onion
- 1 clove garlic -- minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground nutmeg
- 6 bone-in chicken breast halves
- 2 tablespoons olive or vegetable oil
- 1 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon thyme
- Additional paprika -- 'optional'

How to Prepare:
Combine the first 9 ingredients; gently stuff 1/2 cupfull under the skin of each chicken breast. Place in a greased 15-in. x 10-in. x 1-in. baking pan. Combine the next 4 ingredients; brush over chicken. Sprinkle with additional paprika if desired.
Spicy Thai Peanut Chicken

Carbs Per Serving: 25g total  
Effort: Easy

**Ingredients:**

- 1/4 cup Peanut butter
- 2 tablespoons chopped peanuts
- 2 tablespoons soy sauce
- 1 tablespoon instant minced onion
- 1 tablespoon minced parsley
- 1 garlic clove -- crushed and minced
- Red Pepper sauce to taste
- 1/8 teaspoon ground ginger
- 4 whole chicken breast -- halved, skinned, boned
- 2 tablespoons soy sauce
- 2 tablespoons Sugar Twin Brown
- 1 tablespoon melted butter
- 1 can chicken broth
- 1/4 cup heavy cream

**How to Prepare:**

Mix peanut butter, peanuts, 2 tbs soy sauce, onion, garlic, parsley, peppersauce (4 red pepper flakes if you like kick) and ginger. Spread paste on chicken breasts and roll. Secure with toothpick. Place in slow cooker. Mix remaining soy sauce, sugar twin brown, butter and broth and pour over chicken. Cover and cook for 4 to 5 hours on low. Remove chicken mix in cream and cook sauce on high for 15 minutes or until thickened and creamy. Serve over cabbage noodles.

**NOTES:** Counts for instant minced onion, red pepper sauce, and brown Sugar Twin not included in totals.

Spiced Breaded Chicken Strips

Carbs Per Serving: no counts provided  
Effort: Easy

**Ingredients:**

- Combine 1/4 cup flour substitute (soy flour) with 1 1/2 teaspoons "Season-All" spices; 1/2 teaspoon "Lemon Pepper"; 1/2 teaspoon "Paprika" and 1/2 teaspoon salt (adjust seasoning to taste). Cut 500g chicken fillets into strips and lightly coat with seasoned "flour". Allow chicken to rest while heating oil (enough to cover chicken strips) in a pan. Fry the chicken and serve (if you can wait long enough).

I'm in Australia and the brand of "Season-All" I use is McCormick (also comes in "Season-All Spicy" & "Season-All Garlic"). The MasterFoods one doesn't taste as good.

Be careful not to coat the chicken too much with the seasoned "flour" as it can be too strong for the meat if
there is too much.
I'm not 100% sure of the
spice amounts as I usually
just throw it together without
measuring.

**Spiced Chicken Strips**

**Ingredients:**

How to Prepare:
Debone chicken, and slice
it into pieces no more than
two fingers thick. Boil the
chicken strips in oil or
water, over medium heat,
stirring constantly (if
pressed for time or
patience, fresh precooked
or microwaved chicken will
work almost as well). Drain
the oil--into a can or another
pan, not the drains! Melt
butter in the pan, enough to
cover the bottom thoroughly.
Place the chicken strips into
the pan, stirring every 2-3
minutes. Add finely
chopped onions, parsley,
garlic powder, salt and
black pepper--or other
spices--to taste. Stir every
couple of minutes until the
chicken is browned; remove
from heat and serve. The
carbohydrate content will
vary depending upon the
spices and amounts used.
Caution!: Cut several
pieces of chicken in half, to
be sure it's cooked all the
way through--if it's cooked,
the meat should be white.

**Sour Cream Chicken**

**Ingredients:**

6 chicken breasts
2 cups sour cream
3 cloves fresh garlic -- (3 to
4)
2 tablespoons
worcestershire sauce
2 tablespoons lemon juicelsalt and pepper -- to taste
1 slice bread (optional)
melter butter
paprika

How to Prepare:
Blend sour cream, garlic,
lemon juice, worcestershire
sauce, salt and pepper
together and pour over
chicken breasts. cover and
marinate in fridge overnight.
Remove chicken breasts
and put in baking pan,
sprayed with Pam. If
desired, grind up 1 slice
bread in food processor
and lightly sprinkle on top of
chicken. Drizzle with a little
melted butter. Shake a little
paprika on for color. Bake
350 for 45 min.

**Sausage, Mushroom and Cream Cheese Chicken Casserole**

**Ingredients:**

4 large chicken breast
halves
pounded even but not too thin
salt, pepper and garlic powder to season chicken
2 tablespoons olive oil
1/2 pound pork sausage
-- roll type breakfast sausage
4 ounces cream cheese -- softened
1 cup shredded cheddar cheese -- divided
8 ounces button mushroom
-- fresh, sliced or quartered
2 tablespoons chopped parsley -- (2 to 3), optional

How to Prepare:
Season chicken and brown for 3 minutes on each side in hot oil. Set aside and then crumble and cook the sausage. Drain well and let cool slightly. Preheat oven to 350f. Spray a casserole or baking pan with cooking spray and place mushrooms in the bottom.
In a bowl, mix the sausage, cream cheese, 1/2 the shredded cheese and parsley well. Spoon and smooth over the mushrooms and place the chicken on top. Cover and bake for 30 minutes, remove cover, sprinkle over remaining cheese and parsley and bake an additional 15 minutes or until the cheese is melted and browned and the chicken is completely cooked.

Saudi Satay CarbsPerServing:88g total Effort:Easy

Ingredients:
1 tablespoon curry powder
1 teaspoon coriander seed
1 teaspoon salt
1/2 teaspoon ground ginger
1/4 teaspoon ground red pepper
1 tablespoon grated onion
1 clove garlic -- large, crushed (or 1T powder)
3 tablespoons apple juice -- I used pineapple
1/2 cup olive oil
1/4 cup soy sauce
1/4 cup honey -- optional
skewers -- if wooden, soak in warm water
4 boneless/skinless chicken breasts

How to Prepare:
Cut chicken into small pieces. In a medium sized bowl, combine ingredients and mix.
Add chicken, stir to coat. Marinate at ROOM temperature for 30 minutes. (then I've marinated in the fridge for up to 4 hours)
Place chicken on a broiler pan or grill (I really suggest the grill).
Cook for approx. 10 minutes.

NOTES : Carbs are in the
marinade, and not all will be consumed.

Quick and Easy Chicken in Lemon & Butter Sauce

CarbsPerServing:no counts provided Effort:Easy

**Ingredients:**
- 1 pound chicken -- either boneless breasts or tenderloins
- 3 tablespoons butter -- (3 to 4)
- lemon juice -- to taste

**How to Prepare:**
Melt butter in skillet. Place thawed chicken pieces in pan, cook at medium heat. Cook time depends on the type of chicken you're using. Add lemon juice to taste, and serve! Note: Worcestershire Sauce or Teriyaki and Soy Sauce can substitute for the Lemon Juice.

Pepper-Lime Chicken

CarbsPerServing:10g total Effort:Easy

**Ingredients:**
- 2 pounds meaty chicken pieces
- 1/2 teaspoon lime peel -- shredded
- 1/4 cup lime juice
- 1 tablespoon olive oil
- 2 cloves garlic -- minced
- 1 teaspoon ground pepper
- 1 teaspoon thyme -- crushed
- 1/4 teaspoon salt

**How to Prepare:**
Rinse chicken, pat dry. Place chicken pieces, skin side down, on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat about 20 minutes or until lightly browned. Meanwhile, for lime glaze, in a bowl stir together lime peel, lime juice, oil, garlic, salt, black pepper, and thyme. Brush chicken with lime glaze. Turn chicken and brush with more glaze. Broil for 5 to 15 minutes until no longer pink, brushing often with glaze.

Orange Baked Chicken Breasts

CarbsPerServing:1g total Effort:Easy

**Ingredients:**
- 6 chicken breast -- boneless and skinless
- 1/2 cup water
- 1 teaspoon orange extract
- 1 teaspoon No-Salt
- 1/4 teaspoon dry mustard
- 1/4 cup brown sugar twin

**How to Prepare:**
Spray glass baking dish with Pam. Put chicken breasts on bottom. Mix remaining ingredients well and pour over. Bake at 350 degrees for 35-40 minutes.

Onion-Chicken with Lemon juice

CarbsPerServing:no counts provided Effort:Easy

**Ingredients:**

**How to Prepare:**
Use an electric fry skillet or large frypan and add as much olive oil or vegetable oil as you like. Fry split chicken breasts (or any part of the chicken) with NO BREADING and slice 1/4" thick slices of onion over it as it fries. Add lemon juice and Liquid Smoke (I use about 4-8 tablespoons of lemon juice and LOTS of Liquid Smoke) over chicken and onion mixture. COVER. Fry for apx. 1/2 hr on medium, then uncover and fry on medium until chicken is browned and onions are nice and done. The lemon juice and Liquid Smoke really give it a zingy taste and the onions are yum.

KFC Twister Variation

CarbsPerServing:no counts provided Effort:Easy

**Ingredients:**

**How to Prepare:**
Boneless/Skinless chicken tenders battered in soy flour and fried in oil until "crunchy" golden brown. (add your favorite seasonings to the soy flour before breading).

Wrap chicken, shredded lettuce, and diced tomatoes with low carb ranch dressing in a low carb tortilla and enjoy.

Salsa Chicken

CarbsPerServing:no counts provided Effort:Easy

**Ingredients:**
- 4 chicken breasts
- equal parts salsa and sour cream

**How to Prepare:**
You can use any type of salsa -- of course the lower the carbs the better and with this recipe chunkier works better. Because of the sour cream you also may want the salsa to be spicier than usual (we use medium instead of mild). Brown the chicken breasts in pan with a small amount of oil. Then add the sour cream and salsa, stir well. Cover and simmer for about 10-15 min. That's it.

**Italian Chicken 2**

**CarbsPerServing:** 27g total  
**Effort:** Easy

**Ingredients:**
- 2 pounds chicken breast
- 1 large tomato -- chopped
- 1 onion -- chopped
- 1/2 cup Italian salad dressing

**How to Prepare:**
Cut chicken breast's in half, add salad dressing to pan sauté chicken in salad dressing. Half way through cooking put in tomatoes and onions. Cook till onions are translucent. Put in casserole dish into the oven at 350 degrees. Top with any flavor shredded cheese you like I used monterey jack. Bake covered 15 minutes then remove cover and cook another 10 min.

**CHEESY TOMATO GARLIC CHICKEN BREASTS**

**CarbsPerServing:** no counts provided  
**Effort:** Easy

**Ingredients:**
- Colby cheese (or any kind of cheese you wish)
- Fresh tomatoes - sliced into rounds
- Boneless chicken breasts
- Garlic powder
- Butter

**How to Prepare:**
Spread your butter over your chicken breasts and sprinkle the garlic over the breasts. Cover with aluminium foil and cook in your oven at 400 degrees until done. Make sure they are just done and not overly done! Take off the aluminium foil and cover each chicken breast with slices of cheese till the breast is covered then place the tomato slices on top of cheese usually two. Slices is all that will fit. Bake a little longer until cheese is melted about ten minutes longer. Remove and serve. I do not have the counts on this recipe....just made it up myself, but the only carbs would be in the tomatoes which would only be about 6-7 carbs for a whole tomato so the slices would only be a few carbs.

I enjoyed this recipe ... I hope you do too.

**Chicken tikka masala**

**Serves:** 4  
**CarbsPerServing:** 9  
**Effort:** Easy

**Ingredients:**
- **Marinade:** 1 cup plain yogurt  
  2 Tablespoons lemon juice  
  2 teaspoons each: ground cumin, ground red pepper, freshly ground black pepper  
  1 teaspoon each: cinnamon, salt  
  1 piece (1/2 inch long) ginger root, minced (I used 1 tsp ground ginger)  
  1 1/2 pounds boneless, skinless chicken breasts, cut into 1 inch cubes
- **Sauce:** 1 tablespoon unsalted butter  
  2 cloves garlic, minced  
  1 jalapeno chili, minced  
  2 teaspoons ground coriander  
  1 teaspoon each: ground cumin, paprika, garam masala  
  1/2 teaspoon salt  
  1 can (8 oz) tomato sauce  
  1 cup whipping cream  
  1/4 cup chopped fresh cilantro

**How to Prepare:**
1. For marinade, combine yogurt, lemon juice, cumin, red pepper, black pepper, cinnamon, salt and ginger in medium bowl or food-safe plastic bag. Stir in chicken and marinate in refrigerator for 1 hour.  
2. For sauce, melt butter in large deep skillet over medium heat. Add garlic and jalapeno and cook 1 minute. Stir in coriander, cumin, paprika, garam masala and salt. Stir in tomato sauce and simmer 15 minutes. Stir in cream and simmer until sauce thickens, about 5 minutes. Add chopped cilantro.  
3. Meanwhile, heat grill to medium high (or heat broiler). Thread chicken on skewers and discard marinade. Grill or broil chicken until cooked through, about 8 minutes. Remove chicken from skewers and add to sauce. Simmer about 5 minutes.

**Honey Mustard Wannabe Strips**

**CarbsPerServing:** 29g total  
**Effort:** Easy

**Ingredients:**
- 1 1/2 pounds boneless chicken -- breast, meat only
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon salt -- table
- 1/2 teaspoon black pepper
- 1 tablespoon oil -- olive, salad or cooking sauce
1/2 cup Splenda
1 cup yellow mustard -- French's

How to Prepare:
The beginning step is to turn those chicken breasts into something resembling strips. Not only is this process easy as all hell, it's quite emotionally satisfying as well. Take the breasts, one at a time, rinse them in water, and place them in a heavy duty freezer bag. Then place the bag with the breast in it on a sturdy counter or table and bang away at it with a hammer. That's right, with a hammer. Make sure, even hits, and hammer the breast out until it's about 1/4 inch thick. If some hapless soul wanders into the kitchen to ask what the heck you're doing, give them a maniacal stare and sort of growl, "I'm making chicken!"

Now that you've hammered the chicken out to 1/4 inch thick, remove it from the bag and cut it into strips, lengthwise. You can make your strips as wide or as thin as you want. The world's your oyster, baby. Once you've cut them into strips, roll them in the parmesan cheese and spices, until you have a fine coating.

Now, starting with a hot pan, fry the strips on medium high heat in the olive oil, for about eight minutes on each side, or until the chicken is easily pierced with a fork and the juices run clear. Once the strips are done, lay them on a bed of paper towels and read them a story while they drain of grease. That's it kidlets!

Use the sauce for dipping, and force your family members to bow before your low carbohydrate mastery!

Grilled Brie Chicken

Ingredients:
- Grilled a frozen boneless, skinless chicken breast on the grill.
- Grilling it frozen keeps it juicy. When it is almost done, make a slit in the breast and add a slice of brie cheese. Cook long enough for the cheese to melt. Top with mushrooms that you saute in butter.
- DELISH! My children love this one too. You can also add a slice of cooked bacon around the chicken as the cheese is melting. Also use other types of cheese if you don't like brie.

Ginger Glazed Chicken

Ingredients:
- 1 tablespoon fresh ginger -- grated
- 2 cloves garlic -- minced
- 1 tablespoon brown Sugar Twin 1/8 teaspoon salt substitute
- 4 boneless skinless chicken breast
- 1/4 cup low sodium chicken broth

How to Prepare:
Preheat oven to 375. Combine first four ingredients in a bowl and mix thoroughly. Rub mixture on both sides of chicken. Place in glass baking dish. Add chicken broth to dish and bake 30-35 minutes until chicken is no longer pink.

NOTES: Counts for brown sugar twin not included.

Garlic Parmesan Chicken

Ingredients:
- Chicken Breast (as many or as few as you need)
- Butter
- Crushed Garlic (I use the jar kind from Christopher Ranch - 1 carb per tsp.)
- Shredded parmesan
- 1 egg
- Toothpicks

How to Prepare:
Beat egg and set aside. Pound chicken until about 1/4 to 1/8 inch thick. Put one tablespoon of butter and one teaspoon of crushed garlic in the center of the breast. Roll the breast up keeping the butter and garlic in the middle and secure with toothpicks. Dip chicken in egg and then in parmesan to coat outside. Cook at 350 for about 20 minutes or until done.

Garlic Chicken with Creamy Pesto Sauce

Ingredients:
- 2 Boneless skinless chicken breasts -- pounded thin (2 to 3)
- salt to taste
- garlic powder to taste
- 3 tablespoons pesto sauce -- (3 to 4)
- 1/2 cup heavy cream
- 2 tablespoons Olive Oil
How to Prepare:
Sprinkle chicken with salt and garlic powder on both sides to your desired taste. Brown chicken in frying pan then put approximately one tablespoon of Pesto on each piece of chicken and spread around to cover. Add Heavy Cream and an additional tablespoon of Pesto to pan and stir with whisk. Heat until sauce starts to thicken. I like to add a little Arrowroot or Not-Starch to help thicken. Serve chicken breasts with sauce on top and over your fresh cooked vegetables. Delicious!

Fried Chicken Wings - Asian Style  
CarbsPerServing:no counts provided
Effort:Easy
Ingredients:
Marinade:
1 tablespoon grated onion
1/2 tablespoon ground ginger
1/2 tablespoon ground or minced garlic
1 tablespoon white vinegar
1 teaspoon soy sauce
Salt by estimate
Coating:
1 tablespoon arrowroot (or any other cornstarch substitute)
1 tablespoon cream cheese

How to Prepare:
Marinate the chicken wings in the above marinade for 4 - 8 hours (or overnight to really mix in the flavors) in the refrigerator. Drain and combine wings with the cream cheese & arrowroot mixture -- just toss it all together and mix well (tip: use your hands). Then deep fry in very hot oil till browned on the outside. Drain on paper towel and enjoy with a tall cool drink.

Cooking time varies but this should not be overcooked -- just till the inside is no longer pink. Generally if the outside is evenly browned to a rich golden brown, these are done. For best results keep the skin on.

Creamy Alfredo-ey Chicken w/Broccoli  
CarbsPerServing:16g total
Effort:Easy
Ingredients:
2 tablespoons butter
1 clove garlic -- chopped
2 tablespoons dry vermouth -- or dry white wine
1 pint heavy cream
parmesan cheese -- or regaggio, shredded
broccoli -- cooked and chopped
chicken breast

How to Prepare:
In saucepan melt butter with garlic. Add vermouth or wine and slightly reduce. Add cream and stir often, keeping mixture just under the boiling point. As mixture begins to thicken, add shredded parmesan cheese or regaggio. Keep stirring until mixture thickens. Add broccoli. Remove from heat and let stand a few minutes--serve over chicken breast.

For variation, add mushrooms to the sauce when adding the broccoli!
The sauce also tastes great with seafood (i.e. small shrimp or scallops). The sauce tastes great, is very low carb and very filling!

Cream Cheese Stuffed Cornish Hens  
CarbsPerServing:5g total
Effort:Easy
Ingredients:
2 Cornish Game Hens
Salt, pepper, and nutmeg -- to taste
4 Ounces Cream Cheese2 Heads Garlic
2 Tablespoons Butter

How to Prepare:
Rinse hens, pat dry; reserve giblets for another use. Sprinkle hens with salt, pepper and nutmeg. Mix garlic with cream cheese and butter. Place half of mixture inside each hen, and some under skin as well. Place hens, breast side up oven dish, and cover with aluminum foil. Set oven to 450 degrees. Bake until hens are tender and light brown, about 1 1/4 hours. Remove cover; bake about 10 more minutes, until brown. Serve with cooking juices over hens.

Cream Cheese & Onion Chicken  
CarbsPerServing:16g total
Effort:Easy
**Chinese Pepper Chicken**

Carbs Per Serving: 37g total  
Effort: Easy  
Ingredients:  
- 2 tablespoons soy sauce  
- 1 tablespoon cider vinegar  
- 1 tablespoon water  
- 1 splenda packet  
- 2 teaspoons sesame oil – or vegetable oil  
- 1/2 teaspoon Frank’s hot sauce  
- 3 pounds chicken – (3 to 3 1/2) broiler/fryer cut up  
- 2 tablespoons vegetable oil  
- 1 teaspoon ginger root – finely chopped  
- 2 cloves garlic – finely chopped  
- 3 tablespoons green onion – sliced  
- 1 1/2 cups mushrooms  
- 3 bell peppers – cut into 1-inch pieces  

How to Prepare:  
Mix soy sauce, vinegar, water, sesame oil and pepper sauce in shallow glass or plastic dish or heavy resealable bag. Add chicken; turn to coat with marinade. Cover dish or seal bag and refrigerate, turning chicken occasionally, at least 1 hour but no longer than 24 hours. Remove chicken from marinade; reserve marinade. Heat vegetable oil in 12-inch nonstick skillet or Dutch oven over medium heat. Cook chicken in oil about 15 minutes, turning occasionally, until brown on all sides. Cover and cook over low heat about 20 minutes or until juice is no longer pink when centers thickest pieces are cut. Remove chicken from skillet, keep warm. Drain all but 1 tsp drippings from skillet. Heat drippings and marinade in skillet over medium-high heat. Stir in gingerroot, garlic and onions. Cook and stir about 30 seconds or until garlic is light golden brown. Stir in mushrooms and bell peppers. Cook about 5 minutes, stirring occasionally, until bell peppers are crisp-tender. Serve with chicken.

**Chinese Chicken**

Carbs Per Serving: 7g total  
Effort: Easy  
Ingredients:  
- 1/2 small red bell pepper – chopped  
- 2 tbs white vinegar  
- red pepper flakes – to taste  
- 1 package artificial sweetener  
- 2 chicken breast – boneless, skinless  
- Shredded lettuce  
- Mung bean sprouts  

How to Prepare:  
Puree red pepper with vinegar in blender. Pour into saucepan. Add red pepper. Bring to a boil. Reduce heat and simmer three minutes. Remove from heat and let cool. Once cool, add sweetener. Cut chicken breasts into strip and stir fry until brown. Cover with sauce. Serve on bed of shredded lettuce and mung bean sprouts.

**Chicken with Cheesy Mushrooms**

Serves: 10  
Carbs Per Serving: 27g total  
Effort: Easy  
Ingredients:  
- 4 boneless skinless chicken breasts  
- 1 pound fresh mushroom – sliced  
- 2 tablespoons butter  
- 1/2 cup sour cream/1/4 teaspoon salt  
- ground pepper  
- 1/2 cup grated parmesan cheese  
- Parsley Flakes  

How to Prepare:
Place thawed chicken breasts in a 9X13 baking pan that has been sprayed with non-stick cooking spray. Bake in 425 oven for 30-45 min. until done. During the last 10 minutes of baking saute mushrooms in butter in a heavy skillet for 4 min. Stir in sour cream, salt and pepper. Heat until bubbly. Spread mushroom mixture on top of chicken breasts. Sprinkle top with cheese and parsley and bake for an additional 10 min.

**Chicken Stroganoff**  
Carbs Per Serving: 27g total  
Effort: Easy  
Ingredients:  
- 1 1/2 pounds chicken -- or beef cut into stir fry strips  
- 4 tablespoons butter -- divided  
- 1/2 onion -- sliced thin  
- 1 clove garlic -- finely chopped  
- 1/2 cup water  
- 1 chicken bouillon cubes -- or 2  
- 1 pint sour cream -- 1 medium container (pint?)  
- dash mustard  
- pepper  
- dill seed -- optional  

How to Prepare:  
In skillet melt 2 tablespoons butter and add onion and garlic (and sliced fresh mushrooms or canned if you like). Brown on low heat (not to burn garlic) and cook until onion is carmelized. Remove from pan and set aside.  
In same skillet add 2 tablespoons butter and meat strips. Add pepper and dill seed. Cook until well browned and butter has cooked away. Then add 1-2 boullion cubes (beef or chicken) and 1/2 cup water. Continue cooking until all moisture has gone and beef/chicken is coated nicely.  
Turn heat to low and add sour cream, 1 small squirt regular mustard. Add onions and garlic (and mushrooms if used)  
Stir well and heat through without boiling.

**Chicken Satay**  
Carbs Per Serving: 21g total  
Effort: Easy  
Ingredients:  
- ---marinade---  
  - 2 tablespoons tamari soy sauce  
  - 1 teaspoon garlic -- minced  
  - 1 tablespoon sherry  
  - 2 teaspoons splenda -- granular  
  - 1/4 cup water  
- 1 1/2 pounds chicken breast -- sliced 1/2" thick---sauce---  
  - 4 tablespoons peanut butter -- fresh  
  - 3 tablespoons hot water  
  - 1 tablespoon tamari soy sauce  
  - 1 tablespoon sesame oil  
  - 1 teaspoon garlic -- minced  
  - 1 teaspoon ginger -- minced  
  - 1 teaspoon lime juice  

How to Prepare:  
Place thawed chicken in marinade and refrigerate for 2 hours or overnight. Skewer onto bamboo skewers and place on grill (indoor or outdoor). Baste with peanut sauce towards end of cooking time--be sure sauce doesn't burn. Microwave and remaining sauce to warm for dipping.

**Chicken Pepperoni**  
Carbs Per Serving: 106g total  
Effort: Easy  
Ingredients:  
- 1/4 cup extra virgin olive oil  
- 20 boneless chicken tenders  
- 1 cup red pepper -- sliced thin  
- 1 cup green pepper -- sliced thin  
- 1 cup mushrooms -- sliced  
- 8 artichoke hearts -- chopped  
- 16 pepperoni slices -- (1/4 pound)  
- 2 cups chicken stock  
- 1 cup No sugar marinara  
- 1/4 cup locatelli cheese  
- 1/4 cup dry white wine (optional)  
- 1 teaspoon garlic powder  
- 1 teaspoon onion powder  
- 1/2 teaspoon black pepper  
- 1 tablespoon butter  

How to Prepare:  
1. Heat olive oil in saute pan and add chicken & peppers. Saute for
2-3 minutes and turn chicken over for 2-3 more minutes.

2. Add mushrooms, artichoke hearts and pepperoni and continue to sauté for 5 more minutes.

3. Add chicken stock, marinara, cheese, wine, powders and black pepper. Simmer for 5 additional minutes.

4. Before serving, add tablespoon of butter rolled in flour (to coat), stir. Serve in a bowl.

**Chicken Parmesan Goodness**  
CarbsPerServing: no counts provided  
Effort: Easy

**Ingredients:**  
- 2 Chicken Breasts  
- 1 can diced tomatoes (my kind has Italian seasonings in it)  
- 2 tablespoons minced garlic  
- Olive Oil  
- Mozzarella Cheese  
- Parmesan Cheese  
- Italian Spices

**How to Prepare:**  
Put a few tablespoons of olive oil in a frying pan and fry up the garlic in it. Smell it, it's yummy. Pound the chicken breasts (very cathartic) until they are thinner, but not itty bitty. Put the chicken in the pan, browning it well on both sides, making sure the garlic gets on both sides of the breasts. When they are brown, dump the can of tomatoes in the pan and keep cooking until the breasts are done in the middle (5 or 10 more minutes?) - and plop more Italian spices on top, especially if the tomatoes didn't have any. Then put a handful of shredded mozzarella cheese on each breast and cover the pan for a few minutes to steam the cheese into goey submission. Take the chicken out and put on the dish, then pour the tomato mixture over the chicken. Then put tons of Parmesan cheese on top of it. It's so simple and good it'll make your momma cry.

**Chicken 'Nachos'**  
CarbsPerServing: no counts provided  
Effort: Easy

**Ingredients:**  
- Grilled/Baked Chicken Strips (not breaded)  
- Shredded Cheese  
- Salsa  
- Sour Cream  
- Black Olives

**How to Prepare:**  
Place cooked chicken strips on a plate. Add shredded cheese and black olives. Heat in microwave until cheese melts. Add about a Tablespoon of Salsa and 1 or 2 Tablespoons of Sour Cream (I use 2).

**Chicken Mushroom Dijon**  
CarbsPerServing: 12g total  
Effort: Easy

**Ingredients:**  
- 4 chicken breast halves -- skinned & boned  
- 1 teaspoon Lemon Pepper  
- 1/4 teaspoon onion powder  
- 1 cup Heavy cream  
- 1 tablespoon Dijon mustard  
- 1 cup mushrooms  
- 2 tablespoons Butter

**How to Prepare:**  
Sprinkle both sides of chicken with lemon-pepper seasoning and onion powder. In a skillet cook chicken in margarine or butter over medium heat for 8 to 10 minutes, or till tender and no longer pink, turning once.

In a small mixing bowl mix together sour cream, cream and mustard. Pour mushrooms over chicken, pour mustard mixture over chicken and mushrooms.

Stir until sauce thickens and mushrooms and chicken are well coated.

**Chicken Medallions**  
CarbsPerServing: 2g total  
Effort: Easy

**Ingredients:**  
- 1 boneless skinless chicken breast  
- 1 stalk rosemary -- strip leaves off, discard stick (1 to 2)  
- 8 basil leaves -- (8 to 10) --(dried herbs can be used but fresh is better)  
- salt/pepper  
- butter or olive oil for frying  
- optional: garlic and/or onion powder

**How to Prepare:**
1. Chop rosemary and basil together very fine. Push to one side of cutting board.

2. Place chicken breast on cutting board. Hold down with palm of hand and slice into medallions carefully with sharp knife (knife should be held horizontally and pass under the hand holding it down).

3. Salt and pepper medallions (also garlic/onion powder if desired).

4. Dredge medallions in chopped herbs. Shake off excess, but be sure some sticks.

5. Fry in butter or olive oil over medium heat, 3-4 minutes per side (don't overcook, but be sure it is cooked through).

6. Serve w/ side vegetable and salad.

**Chicken Kiev**

CarbsPerServing: 6g total
Effort: Easy

**Ingredients:**
- 4 large chicken breast -- boneless
- 1/4 cup atkins bake mix -- optional
- 1 egg -- beaten

**Garlic Butter:**
- 1/4 cup butter -- softened
- 1 tablespoon parsley
- 1/8 teaspoon garlic powder -- (or 1 clove garlic minced, but this raises carb count a little)

**"Bread" crumbs:**
- 1 1/2 ounces plain pork rinds
- 2 tablespoons parmesan cheese
- 1 teaspoon oregano
- 1 teaspoon parsley
- 1 pinch garlic powder

How to Prepare:
1. Mix garlic butter ingredients (butter, parsley, and garlic powder) in a small bowl. Chill in freezer for 15 minutes.
2. Crush pork rinds finely (the finer they are, the more they resemble bread crumbs). Combine crushed pork rinds with other "bread" crumbs ingredients (parmesan cheese, oregano, parsley, and garlic powder).
3. Flatten chicken breasts, either by rolling between sheets of wax paper or pounding with a tenderizer mallet.
4. Remove garlic butter from freezer. Place a piece of garlic butter (shaped into a small "stick") in center of each flattened chicken breast (divide garlic butter evenly between chicken breasts).
5. Roll up chicken breasts with garlic butter in the center.
6. Dredge rolled up chicken breasts in Atkins bake mix. Dip in or brush with egg and roll in "bread" crumbs.
7. Use toothpicks to hold rolled chicken breasts together. Either fry the chicken until cooked or place seam-side down on a buttered baking sheet (with sides) and bake uncovered at 425 for 40 minutes.

**Chicken in Basil Cream**

Serves: 10
CarbsPerServing: 16g total
Effort: Easy

**Ingredients:**
- 1/4 cup butter -- melted
- 1/4 cup parmesan cheese -- could use pork rinds (recipe called for dry bread crumbs)
- 4 boneless breasts (about one pound)
- 3 tablespoons butter
- 1/2 cup chicken broth
- 1 cup whipping cream
- 4 ounces pimientos -- chopped
- 1/4 cup fresh basil -- minced
- 1/8 teaspoon pepper

How to Prepare:
Dip breasts in melted butter then in parmesan or crushed pork rinds, cook in skillet on both sides till juices run clear, about ten minutes. Set aside and keep warm. Add broth to skillet, bring to boil, scraping bottom of pan to loosen browned bits. Stir in cream and pimientos; boil and stir one minute.

Reduce heat. Add Parmesan cheese, basil and pepper. Stir till heated through, pour over chicken.
Chicken Florentine Capitan
Serves: 4
CarbsPerServing: no counts provided
Effort: Easy
Ingredients:
1 pkg. boneless chicken breast (cut into bite size pieces)
1 cut sliced mushrooms
1 onion (I like vidalia onions)
1 pkg. frozen chopped spinach (thawed and water squeezed out)
8 ounces shredded mozzarella cheese (I use Italian 6 cheese mix)
grated parmesan or romano
garlic powder
salt & pepper, to taste
Italian seasoning (optional)

How to Prepare:
Sautee and season with garlic powder, salt & pepper, chicken &
chopped onion in olive oil, until cooked, but not browned. When
almost done add mushrooms. Continue sauteeing until mushrooms are
tender. Put in 9" x 9" casserole. Cover with spinach, then cover
that with mozzarella, sprinkle with grated parmesan. Broil until top
is golden brown.

Chicken Devan
CarbsPerServing: no counts provided
Effort: Easy
Ingredients:

How to Prepare:
Get a deep casserole dish for cooking in the oven. Cut up some
skinless and boneless chicken into chicken tender slices. Place them
in the bottom of the dish. Next cut up a broccoli head into smaller
broccoli heads. Place a layer of broccoli on top of the chicken.
Next take one can of cream of mushroom soup and spread it evenly
over the broccoli. Then spread a layer of mozzarella cheese on top of
the musroom soup. Repeat again with another layer of broccoli heads,
cream of mushroom soup then cheese. Bake in the oven for 30 minutes
at 350 degrees F. You will know that the chicken is done when the
cheese on top is brown.

Chicken Cream Cheese Bacon Loaf
Serves: 10
CarbsPerServing: 14g total
Effort: Easy
Ingredients:
1 pound Bacon
8 ounces Cream Cheese Chicken tenderloins -- Boneless (amounts will
vary)
1 tablespoon Garlic Powder -- (yes Tablespoon trust me)

How to Prepare:
Softten cream cheese in microwave for 45 seconds, mix in garlic
powder well. Line loaf pan with bacon stirps, sideways, so ends hang
over pan. Pound out chicken tenderloins slightly, place layer of
chicken in pan on bacon, spread with entire cream cheese mixture, add
another layer of pounded chicken. Fold bacon up around chicken and
cream cheese, shaping a loaf. Use remaining bacon on top, and tuck
in sides. Bake at 350 for about an hour, done when bacon is crisp.
This tastes incredible.

Chicken Cordon Bleu
CarbsPerServing: 15g total
Effort: Easy
Ingredients:
4 boneless skinless chicken breast
4 ham slices
Swiss cheese
Paprika

How to Prepare:
Place chicken breasts between two sheets of waxed paper or plastic
wrap. Using meat mallet, pound chicken breasts until very thin
(about 1/4" thickness) Place slice of ham, then cheese on each
piece. Roll up and secure with toothpicks, or tie with string.
Sprinkle with paprika.

Place in glass baking pan and place in a preheated 350* oven for
40-45 min.

Chicken Broccoli Casserole
CarbsPerServing: 21g total
Effort: Easy
**Ingredients:**

1 pound chicken, Boiled and deboned. -- (1 to 5)
8 broccoli flowerets
1 cup mayonnaise
1/2 cup sour cream
1/2 cup chicken stock
12 ounces cheddar cheese
3 tablespoons french fried onions
3 tablespoons bacon bits
1 1/2 teaspoons curry powder

How to Prepare:
Boil and debone chicken. Boil broccoli and drain. Mix mayonnaise, sour cream, chicken stock, and curry powder. Arrange shredded chicken on bottom of casserole dish, then broccoli. Pour mayonnaise mixture over chicken and broccoli. Layer cheddar cheese and then onions and bacon. Bake in a 350 degree oven for 25 minutes. Allow to cool for five minutes and then serve.

**Chicken Breasts w/Dijon Mushroom Sauce**
Serves: 4  
Carbs Per Serving: 2.5g  
Effort: Easy

**Ingredients:**

4 boneless chicken breasts
salt and pepper to taste
3 tablespoons butter
1 tablespoon minced garlic
4 ounces mushroom pieces -- do not drain
2 tablespoons dijon mustard
1/4 cup water

How to Prepare:
Season meat. Mix dijon mustard with water. Melt butter in skillet and add garlic. Saute for 30 seconds. Add chicken breast (or other meat) and let cook for 5-6 minutes. Turn, add remaining ingredients to pan and cover. Simmer over low heat for 10 minutes or until meat is cooked through. Remove meat and raise heat. Let sauce reduce slightly—pour over meat to serve.

(can use fish, shrimp, or beef in place of chicken—adjust cooking times)

**Lombardi Chicken**
Serves: 4  
Carbs Per Serving: 6  
Effort: Easy

**Ingredients:**

1 lb. (4-6) skinless, boneless breast
3 to 4 Tablespoons All purpose flour
3 Tablespoons Butter
1 cup sliced fresh Mushrooms
1/2 cup dry Marsala Wine (cooking kind, usually with vinegars)
1/3 cup chicken broth
1/3 cup shredded mozzarella
1/2 cup grated Parmesan
1/4 cup thinly sliced green onions

How to Prepare:
Place each piece of chicken breast between two pieces of clear plastic wrap; pound with flat side of meat mallet until 1/8 inch thick. Remove plastic wrap. Coat chicken lightly with flour.

In a 12 inch skillet, melt 1 tablespoon of the butter over medium heat; add half of the chicken pieces. Cook for 2 min. on each side. Transfer to a 2 quart rectangular baking dish. Repeat with another 1 tablespoon of the butter and remaining chicken pieces; transfer to the dish.

Melt remaining butter in the skillet. Add mushrooms. Cook and stir until tender; add wine, broth, and dash of salt and pepper. Bring to boiling; boil gently until mixture is reduced to 1/2 cup including mushrooms (about 5 min.) Pour over the chicken.

Combine mozzarella and Parmesan cheeses and green onion; sprinkle over the chicken. Bake, uncovered, in 375 oven for 20 min.

**Chicken Breasts Stuffed w/Blue Cheese Filling**
Carbs Per Serving: 6g total  
Effort: Easy

**Ingredients:**

**Filling:**
3 ounces cream cheese
1 ounce crumbled blue cheese
1 ounce butter
1 teaspoon dried basil
For the chicken:
4 boneless skinless chicken breast halves
1 tablespoon Mrs Dash
1/2 teaspoon garlic powder -- salt, pepper,
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon Italian seasoning
4 tablespoons olive oil

How to Prepare:
For filling: Beat ingredients until smooth and place on a piece of plastic wrap. Form into a log about the thickness of a quarter and wrap tightly in plastic. Freeze at least 30 minutes.

In each breast, using a very sharp knife, cut a "pocket" into the flesh almost all the way through the chicken. Rub each breast with the spice mixture and then rub with 1T oil (prevents drying). Preheat the foreman grill. Cook each breast for 4 minutes or until just almost cooked. Remove and let cool a few minutes to be able to handle it. Remove the cheese log from the freezer, remove plastic and cut into 8 equal sized disks. Insert 2 disks into each chicken breast pocket and return to the grill for 3-4 minutes or until chicken is cooked through. Serve immediately (I like this on a bed of fresh spinach).

**Chicken Paprika**
Carbs Per Serving: no counts provided
Effort: Easy

**Ingredients:**
4 boneless chicken breasts
1 can cream of mushroom soup
8 ounces sour cream paprika
red pepper flakes
olive oil

How to Prepare:
Fry up chicken in olive oil till almost cooked. Add sour cream and soup. Do not add milk to soup. If the sauce seems a bit thick, add a little water. Add paprika and red pepper flakes to taste. Cook until chicken is no longer pink in middle.

**Chicken - Bacon Stir Fry**
Carbs Per Serving: 6g total
Effort: Easy

**Ingredients:**
1 large chicken breast
1/2 pound bacon
1/3 cup onion1/4 cup mushroom -- canned or fresh, chopped
Soy sauce

How to Prepare:
Cut bacon and chicken into bite sized pieces. Fry bacon until not quite crisp (do not drain). Add chicken and other ingredients and stir fry until chicken is browned and cooked through and veggies are done. Add soy sauce to taste. You can add other veggies, too, just count the carbs.

**Chicken Breasts with Rosemary, Lemon & Garlic**
Carbs Per Serving: 5g total
Effort: Easy

**Ingredients:**
2 boneless skinless chicken breast
1/2 lemon
2 cloves garlic -- crushed
1 sprig fresh rosemary2 tablespoons olive oil
sprinkling of salt and pepper
sprinkling of Italian Seasonings

How to Prepare:
Using a sharp knife, butterfly each breast. Put each breast between plastic wrap and pound with a mallet till thin. Loosen the rosemary from the sprig and chop coarsely. Season the breasts with salt, pepper, Italian Seasonings, rosemary and the crushed garlic. Let them marinate while you prepare the vegetables for the saute. When you start the veggies, heat the oil in a large skillet and gently place the chicken breasts over med-high heat to brown. After you turn them, squeeze lemon juice over.

Served alongside Sautéed Broccoli, Mushrooms and Zucchini - recipe found in the Veggies Category.

NOTES: Counts for Italian Seasonings not included in totals.
**Chicken Marsala**

CarbsPerServing: 20g total  
Effort: Easy  
**Ingredients:**  
2 cooked chicken breast halves -- (2 to 3) cubed  
2 cups heavy whipping cream  
1/4 cup chicken broth  
3 ounces Marsala Wine  
2 tablespoons butter  
2 tablespoons olive oil  
2 cloves garlic -- thinly sliced, optional  
4 mushroom -- sliced, optional  
1/2 teaspoon nutmeg  

How to Prepare:  
Cook chicken until desired tenderness in some olive oil (keep in mind that the chicken will continue to cook a little bit after the sauce has been added. Add mushrooms, thinly sliced garlic and nutmeg. Cook until garlic and mushrooms just begin to soften.  
Add marsala wine. Leave in for about three seconds and then add chicken broth and simmer for about 2 minutes.  
Stir in cream and simmer until reduced to desired thickness.  

Presto! Chicken Marsala. YUM!  
You can play around with the chicken broth to cream ratio to find out which way you like your sauce. Be careful with the Marsala wine, though, because it’s 3 grams of carbs per ounce.

**Chicken Bullseyes**  
Serves: 4  
CarbsPerServing: 0 per piece (depending on cheese and ham used)  
Prep Time: 1/2 hour  
Effort: Average  
**Ingredients:**  
4 boneless chicken breast's  
4 slices hormel ham sliced thick at deli  
4 slices american cheese toothpicks  

How to Prepare:  
pound chicken with meat tenderizer. place 1 slice of ham and cheese in center of each piece of chicken. Roll chicken end to end flip on side and stick with toothpick to hold. (they will look like a bullseye if rolled correctly). Bake @ 350 for 35-40 min.

**Breads and Pastries**

**Chocolate Chip Muffins**  
Serves: 24  
CarbsPerServing: 3.6 g each, excluding choc chips as counts vary by brand  
Prep Time: 10 minutes  
Effort: Easy  
**Ingredients:**  
12 oz box Atkins Brownie mix  
3/4 cup oil  
3 eggs  
1 1/2 cups water  
1 cup Atkins Pancake Mix  
1/2 cup sugar free choc chips  

How to Prepare:  
Beat together eggs, oil, water. Add brownie mix, beat on low for 1 minute. Add pancake mix, beat on medium for 2 minutes. Add chocolate chips and mix well. Divide into 24 paper lined muffin cups. Bake at 400 for 25-30 minutes. Tastes better than Atkins Choc Choc chip muffins and makes twice as many!

**High-rise... Lo-carb Bread**  
CarbsPerServing: 84 total  
Effort: Average  
**Ingredients:**  
1 1/8 cups water  
3 Tbsp olive oil  
1 teaspoon salt  
3/4 cup wheat gluten flour  
1/4 cup oat flour  
1/4 cup flax seed meal  
1/4 cup wheat bran  
1 cup soy flour  
1 Tbsp artificial sweetener
1 teaspoon sugar
1 package quick dry yeast

How to Prepare:
IMPORTANT: This is a SINGLE RISE bread.
You can knead the dough by hand (about 10 minutes) or...
place the ingredients (in the same order as listed above) in a bread
machine.
In the bread machine:
Set to Dough setting and stop it after the kneading cycle is
completed. Do not let it rise in the breadmachine.
Remove dough and place in a long narrow oiled bread pan (15" & two
8"), roll it over.
Cover with a clean light cloth and let rise for about an hour or
until at least double, or triple in size.
DO NOT PUNCH DOWN.. (single rise only).
Bake in preheated 375o oven for 40- 45 min

Awesome Mover Muffin
Serves: 8 muffins
CarbsPerServing: 5 carbs each
Prep Time: 5 min
Effort: Easy

Ingredients:
1 scoop choc protein powder
1/4 c oat bran
1 c bran
1/2 c cream1 large egg
1/2 c Splenda
1 tsp vanilla extract

How to Prepare:
Combine all ingredients. Makes 8 muffins. Bake about 15 minutes.
These are short but so tasty, better than a real muffin.

Strawberry Whipped Cream Crepes
Serves: 6, 10
CarbsPerServing: Total 4.68 Fiber 1.27 Atkins 3.41
Prep Time: 10 minutes
Effort: Easy

Ingredients:
Crepes:
2 eggs
1/3 cup heavy cream
1/3 cup water
2 Tbsp. butter, melted
1/4 tsp. salt
1 dropper stevia extract
3 Tbsp. soy protein powderCream:
1/2 cup heavy cream (or more if you like lots of cream!)
1/2-1 tsp. vanilla
1/2-1 dropper stevia extract
1 1/2 cups strawberries, sliced

How to Prepare:
To make cream: beat cream until stiff, add vanilla and stevia to
taste.
To make crepes: whisk together
eggs, cream, water, butter, salt, and stevia until well-mixed. Add
protein powder and whisk until smooth.
Heat frying pan to medium hot, melt a little butter in pan, and pour
in 1/6 of crepe batter, tilting pan this way and that so that batter
spreads out. Cook until top is dry and full of air holes, then turn
and cook
briefly on second side. Remove to plate and set aside while cook
remaining crepes.
To assemble: Place crepe on plate with good side down. Spread with
cream. Top with 1/4 cup
strawberries, and fold top of crepe over cream and strawberries. Top
crepe with dollop of whipped cream
and slice of strawberry.

Pizza Crust - Finally a Winner !!!!
Serves: 1 large pizza pan/ 8 slices approx, 10
CarbsPerServing: whole pizza crust only - under 10 carbs
Prep Time: 20 minutes
Effort: Easy

Ingredients:
1 1/2 c. vanilla
protein powder
1/2 c. soy flour
2 envelopes dry italian salad
dressing (most are 1 c)
like good seasons etc...

2 envelopes sweetener
1 c. water
1/3 c. olive oil
3 T. heavy cream (3 c)
1 egg (1 c)
1 T basil
1 t cayenne powder
1 T salt
pepper to taste

How to Prepare:
in food processor, add flour, protein powder, italian seasoning pkgs, salt and pepper, sweetener and spices. pulse then add water, olive oil, cream, and egg. chill dough slightly, and i roll it out under plastic wrap to avoid sticking...
place on oiled pizza pan, and continue to press out even thinner... 400 degrees 10-15 minutes... do not overcook!

**note** after sampling many pizza crust recipes for low carb. i find the addition of the dry salad dressing a nice change.. it virtually eliminates any unpleasant soy flavour... top with low-carb pizza sauce, pepperoni, mushrooms and mozerella and or other low-carb toppings and rebake till cheese melts.

---

**I Can't Believe It's Low Carb Cornbread**

Serves: 9, 10, 10
CarbsPerServing: 6.77 grams
Prep Time: 5 minutes plus 25 minutes baking
Effort: Easy

**Ingredients:**
1/2 cup yellow (SR) corn meal
1/4 cup soy flour (will not taste it in the bread)
1/3 cup Keto or Atkins Pancake / Waffle Mix
1/2 teaspoon baking powder
1/4 teaspoon salt2 packs of Splenda(optional)
3/4 cup grated parmesan cheese (the canned type)
1/2 cup heavy cream
1 cup of water
1 large egg
1/4 cup vegetable oil

How to Prepare:
Preheat oven to 375 degrees. Mix cream and water to make one and a half cups. Add dry ingredients together. Add egg, oil and cream. Beat until well corporated. Pour into a well greased 9x9 square pan. This is the size I used. Guess you could use muffin tins just be sure to divide total carbs by number of muffins made. Bake for about 20-25 minutes or until toothpick inserted comes out clean. Less baking time is required for muffins—maybe about 15-20 minutes. This is so good.

**Cheese Bread(and it's great!)**

Serves: n/a, CarbsPerServing: 1 carb per piece
Prep Time: Less than 20 minutes
Effort: Easy

**Ingredients:**
1 c. soy flour
1 teaspoon baking powder
1/2 teaspoon salt1 1/2 cups shredded cheddar (sharp is best)
1 slightly beaten egg
1/4 cup cream

How to Prepare:
Sift dry ingredients. Stir in cheese. Combine egg with cream and add to dry ingredients. Mix very well.
Roll to 8x8 square and cut in 1" cubes. Place on greased baking sheet and sprinkle lightly with salt. Bake at 350 degrees for 10 minutes.

Bottoms will be crunchy, tops lightly golden.

These are surprisingly good. I cut them in half and buttered them. Yum!

Might also work for pizza crust if you spread the dough in a pan and
bake it first. It's too soggy if you pile everything on the 'raw' dough.

But the bread cubes are terrific. If there's a soy taste it's pretty minimal!

**Almond Breakfast Bread Pudding**  
Serves: 2, 1  
Carbs Per Serving: 419 Calories (kcal); 41g Total Fat; (82% calories from fat); 10g Protein; 9g Carbohydrate; 4g fiber; 165mg Cholesterol; 159mg Sodium  
Prep Time: quick!  
Effort: Easy  
**Ingredients:**  
- 2 ounces almonds -- ground  
- 1 large egg -- slightly beaten  
- 1 tablespoon flax seed meal  
- 2 tablespoons butter -- melted  
- 4 tablespoons heavy cream  
- 2 each splenda packets  
- 1 dash cinnamon  

How to Prepare:  
Mix almonds, flax, egg, 1T butter, 2T cream, cinnamon to taste and 1 packet splenda until it makes a paste.  
Pour into a small, microwave safe bowl and microwave for approx 1 minute and 20 seconds (1100 watt oven) or until the center puffs up.  
Remove and immediately top with remaining butter, cream, splenda and cinnamon to taste.  
*note using 1/2 & 1/2 instead of cream reduces calories to 356 and does not change carb count.

**Yummy Chocolate Pancakes**  
Serves: Depends on how big you make your pancakes, I made 3 medium sized ones.  
Carbs Per Serving: 7 carbs  
Prep Time: 15 minutes  
Effort: Easy  
**Ingredients:**  
- 1 egg (.6 carb)  
- 1 packet Splenda (1 carb)  
- 1 scoop Atkins Bake Mix (3 carb)  
- 1 scoop Atkins Chocolate Shake Mix (1 carb)  
- 1 Cup Water  
- 2 Oz Cream Cheese (1.4 carb)  

How to Prepare:  
Combine all ingredients (I used hand blender) till well mixed. Cook like traditional pancakes.

**Cream Puffs without filling**  
Serves: 1, 10, 10, 1  
Carbs Per Serving: 0  
Prep Time: 1 hour  
Effort: Easy  
**Ingredients:**  
- 1/4 cup butter  
- 1/2 cup water  
- dash salt  
- dash baking soda  
- 1/2 cup soy protein powder  
- 2 eggs  

How to Prepare:  
Makes 12 to 15 puffs.  
Preheat oven 375 degrees.  
Generously grease cookie sheet.  

In a 2 qt. saucepan, melt butter and water, add salt, bring to a boil.  
Add protein powder and baking soda. Place on heat till it forms a hard sticky ball. Add eggs. Mix with mixer on high 5 - 10 minutes.  
Drop 1 1/2" drops on greased cookie sheet. Bake at 375 for 35 to 45 minutes.
Let cool, remove from pan.

Serve as a roll, or stuff with meat salad, or stuff with artificially sweetened whipped cream, or artificially sweetened and flavored cream cheese, or even pudding, and if you want, top with some artificially sweetened sauce.

(My favorite is to serve with roast beef, replacing Yorkshire pudding, To Die For!!)

---

**Mock Danish 2**

Serves:7,3,1,8,9  
CarbsPerServing:no counts provided  
Effort:Easy  

**Ingredients:**  
3 ounces cream cheese  
1 egg  
2 tablespoons splenda — or sugar free davinci syrup, any flavor

How to Prepare:  
any desired flavorings  
(cinnamon, vanilla, pumpkin pie spice, lemon juice, etc.  
A good combination is 1 tsp of lemon juice and 1 tsp vanilla).

Microwave cream cheese to soften, then mix all ingredients with a mixer until smooth. Microwave mixture until firm at the outside and soft/runny in the middle (1:20 at 80% power in my microwave).

I sometimes stir in 1/4 cup of frozen blueberries right before I microwave it.

(Note - I certainly didn't invent this, but newbies ask about it frequently, so it ought to be here. This the version I make, but many people tweak the ratio of cream cheese to eggs up or down).

---

**Easy Doughnuggets**

CarbsPerServing:13g carbs total  
Effort:Easy  

**Ingredients:**  
1 cup protein powder -- vanilla  
1/2 cup atkins Bake Mix  
3 each splenda packets  
3/4 cup water  
1 large egg  
2 teaspoons vanilla extract  
4 tablespoons ricotta cheese  
1/2 teaspoon ground cinnamon  
1 each oil for frying

How to Prepare:  
Beat the egg and add the ricotta, cinnamon and splenda. Mix into the dry ingredients to make a rough dough(not runny, not cookie dough thick - in between). Heat 1" of oil in a non-stick skillet until hot, but not smoking. Pinch off about 2T of the dough and
pat into rounds that are about 1" thick and the size of a small egg. Gently place into oil and fry on one side until golden brown (about 3 minutes) carefully turn and cook another 4-5 minutes on the other side. Remove to paper towels to drain briefly. Eat as is or make a mixture of splenda and cinnamon and shake the still warm nuggets in it to coat or make a glaze with cream cheese, splenda and cream and ice them. These are >1g carbs each without the protein powder counts and based on 16 doughnuts per recipe - adjust and add in according to the powder you use and number of doughnuts you get from it!

Yield: 16 nuggets

Creme Puffs
CarbsPerServing: 10g carbs total
Effort: Easy
Ingredients:
Atkins Diet Revolution Roll
3 eggs -- separated
1/4 teaspoon cream of tartar
3 tablespoons cottage cheese
3 packages artificial sweetener
Filling
1/2 cup heavy cream
2 packages artificial sweetener
1 teaspoon cocoa powder

How to Prepare:
Atkins Diet Revolution Roll:
Preheat oven to 300 degrees.
Separate eggs. Beat the whites with the cream of tartar till stiff peaks form. You can check this by inverting the bowl and if the whites don't slip, it's ready.
In a small bowl stir together the rest of the ingredients. Fold carefully into the whites using a rubber spatula.
Spray Pam on a nonstick cookie sheet. Place the mixture carefully onto the cookie sheet, gently mounding one tbsp. full on top of the other until each "roll" is about 2 inches high. Repeat this until you have 6 piles.
Bake for one hour. Cool.

Filling:
Whip the cream till frothy and add splenda and cocoa. This will be enough filling for about 24 puffs.
Carefully cut a roll in half and spread with the cream mixture.
You'll feel like you're in heaven! and not on a diet at
**Cream Cheese Pastry**  
Serves: 5  
Carbs Per Serving: 21g carbs total  
Effort: Easy

**Ingredients:**  
**Pastry:**  
3 eggs -- room temp  
reserve 1/2 yolk for filling  
1/4 teaspoon cream of tartar  
1/4 cup artificial sweetener  
-- heat stable like splenda  
1 teaspoon cinnamon  
3 tablespoons ricotta cheese  
**Filling:**  
4 ounces cream cheese  
1/2 egg yolk reserved from Pastry  
1/4 cup artificial sweetener  
1/4 teaspoon vanilla

**How to Prepare:**  
Pastry: Separate eggs carefully, reserving 1/2 yolk for the filling.  
Whip whites till very stiff with cream of tartar.  
Mix the remaining yolks, cinnamon, cheese and sweetener until smooth.  
Fold yolk mixture into beaten whites and portion into 6 mounds on a buttered cookie sheet, make an indentation in the top of each roll to hold filling.  

Filling: Microwave cream cheese until soft enough to stir into a smooth pasty consistency. Add remaining ingredients to cream cheese and stir until smooth. Fill each roll on the cookie sheet with filling. Bake 40 minutes in a 300 degree oven. Bake until golden.

---

**You'll Never Need Another Bread Recipe**  
Serves: 10  
Carbs Per Serving: 13g carbs total  
Effort: Easy

**Ingredients:**  
1 cup 100% soy protein isolate (0)  
2 teaspoons baking powder  
6 large eggs  
2 tablespoons oil/4 tablespoons water  
4 tablespoons coconut milk  
-- or heavy cream  
4 splenda packets  
1 teaspoon cinnamon -- or herb of choice

**How to Prepare:**  
Splenda and cinnamon are the two ingredients you can mess around with depending on the flavor you want. I added spike seasoning to mine instead of the cinnamon, but kept the Splenda (like sweet
herb bread).
Preheat oven to 350 and spray a loaf pan with non-stick spray. Mix all ingredients until smooth. Pour into loaf pan and bake about 15-20 minutes or until middle tests done. Cool 5 min in pan. Then remove from pan and finish cooling.
NOTES: Counts for soy protein isolate not included in totals.

Whole Wheat and Seed Bread (bread machine-Sugar Busters!)
Serves: 1
CarbsPerServing: 214g carbs total
Effort: Easy
Ingredients:
2 cups whole wheat flour
1/2 cup unprocessed wheat bran
1/4 cup flax seeds -- roughly ground - just enough to break the hulls
2 tablespoons sunflower seeds
1 tablespoon pumpkin seeds, roasted
1/2 teaspoon salt
1 package yeast -- rapid rise
1/2 teaspoon Sweet 'n Low sweetener
2 tablespoons olive oil
1 1/4 cups warm water

How to Prepare:
Place ingredients in machine in order recommended by manufacturer. Hold out flax, pumpkin and sunflower seeds until almost the end of the kneading/mixing cycle.
Add those in when there are 2 minutes left for mixing before the first rise. Bake on small loaf/medium white crust setting.

Unbelievable French Toast
Serves: 8
CarbsPerServing: 6g carbs total
Effort: Easy
Ingredients:
1/2 a 3-oz bag UNFLAVORED pork rinds
2 eggs
1/4 cup heavy cream
3 splenda packets
1/2 teaspoon cinnamon
1/2 teaspoon vanilla

How to Prepare:
Crumble pork rinds until the resemble fine bread crumbs.
Beat eggs well then mix with the remaining ingredients and beat again. Add crushed pork rinds to the egg/cream mixture and allow to sit for 5 minutes. Mix will thicken to a "gloppy" phase.
Meanwhile, heat skillet or griddle with butter or oil, and when hot, fry pancakes until golden brown on both
sides. Serve with lots of butter and low-carb syrup.

If you don't tell someone who eats them, they will never have a CLUE that these delicious french toast pancakes are made with pork rinds. THESE ARE UNBELIEVABLE!! You WILL be surprised at how delicious these are!

**Tortillas (flat bread)**

Serves: 8

Carbs Per Serving: 3g carbs total

Effort: Easy

**Ingredients:**
- 1 egg -- beaten
- 2 tablespoon regular pork rinds ~ crushed very fine -- (2 to 3)
- 1 tablespoon heavy cream -- I used half and half
- 1 tablespoon water
- 1 1/2 cups shredded cheddar cheese -- (1.5 to 2)
- Mrs. Dash to season (I use both garlic -- and Tomato and Basil)

How to Prepare:
Mix all ingredients well, and let set approximately 5 minutes to thicken. Heat griddle. No butter or oil is needed. Spoon a big dollop onto griddle, and spread out evenly and thin, then sprinkle with Mrs. Dash, or your choice of seasonings. Brown well on each side. These make wonderful soft shells for taco or quesadillas.

NOTES : Counts for pork rinds and Mrs. dash not included in totals.

**Sticky Nut Buns**

Serves: 12

Carbs Per Serving: 4.2g

Effort: Easy

**Ingredients:**
- 3 tablespoons butter
- 4 tablespoons ricotta cheese
- 4 tablespoons cream cheese
- 2 eggs
- 1/4 cup almonds -- ground into 1/2 cup almond flour
- 1/2 cup atkins bake mix
- 1/2 cup protein powder -- plain
- 1/2 cup vanilla protein powder
- 1/2 cup artificial sweetener1 tablespoon baking powder
- 1 tablespoon cinnamon
- 1 tablespoon vanilla
- 1 cup water (start w/3/4 cup and see how much -- (more or less) you need)
- 2 tablespoons artificial sweetener -- 1/4 cup chopped

**Base:**
- 1/4 cup pecans
- 12 thin pats butter
How to Prepare:
Preheat oven to 350f.
Spray a muffin tin w/cooking spray. Place 1 pat of butter in each, followed by equal amounts of the **Base Splenda and pecans.
In a large bowl, cream the butter, cream cheese and ricotta well. Add eggs and blend again. Add splenda and beta again. Add remaining ingredients and beat well. This should be a very thick pancake type batter.
Spoon into prepared muffin tin and bake at 350 for approx 40 minutes or until nicely browned on top. **These don't get that gooey butter/sugar run off that you get with traditional sugar. You might even be able to skip the splenda in the tins:)

Makes 12
NOTES: Counts for Vanilla Protein Powder not included - adjust accordingly

Sausage and cheese muffins
CarbsPerServing: 26g carbs total
Effort: Easy

Ingredients:
1 pound sausage
6 eggs -- separated
1 cup atkins bake mix
1 teaspoon salt
1/2 cup mayonnaise
1/2 cup sour cream
4 ounces shredded cheddar cheese -- or cheese of choice

How to Prepare:
Pre-heat oven to 375. Pam spray muffin tin. (you can use papers, but I hate the way they stick to muffin!!)
Whip egg whites until stiff. Gently fold whites into batter. Mix carefully (so as not to break down whites completely) Spoon into muffin tins and bake for about 30 mins.

Quick Bacon Bread
Serves: 7
CarbsPerServing: 42g carbs total
Effort: Easy

Ingredients:
2/3 cup soy flour
1/2 cup protein powder
2 large eggs
1 teaspoon baking powder
1/2 cup heavy cream
1/4 cup club soda
1 teaspoon artificial sweetener
1/2 cup bacon bits

How to Prepare:
Mix ingredients thoroughly.
Pour into sprayed loaf pan.
Bake at 375 degrees for 25 min. This bread is very light and moist. Enjoy!

**Original Atkins Rolls**

**Serves:** 10  
**Carbs Per Serving:** 4g carbs total  
**Effort:** Easy

**Ingredients:**
- 4 eggs -- room temp  
- 1/4 cup ricotta cheese  
- 1/4 teaspoon cream of tartar  
- parmesan cheese -- little or a lot -- whatever

**How to Prepare:**
Set oven to 300  
Separate CAREFULLY your eggs.  
Beat your whites until stiff peaks form, add cream of tartar, keep beating till really stiff.  
Mix yolks, and cheeses together, add a little of your white to the yolk mixture.  
Slowly fold in your yolk mixture, trying not to break the whites down, streaky is okay.  
Pour in 6 globs on a greasy cookie sheet or in a greased muffin top pan.  
Bake for 35-40  
Great as a sandwich holder, weird alone  
I use two of these for a burger instead of slicing in half, I just can't get good volume.

**Modified Basic Protein Bread**

**Serves:** 1  
**Carbs Per Serving:** 21g carbs total  
**Effort:** Easy

**Ingredients:**
- 3 eggs -- separated  
- 2 tablespoons sour cream  
- 2 tablespoons butter -- melted  
- 1/2 cup soy flour  
- 1 tablespoon baking powder

**How to Prepare:**
Preheat ove to 350. Butter a glass loaf pan (Glass is the best, I have tried the other kind but they don't work as good)  
Measure out Soy Flour and baking powder. Stir good with wire wisk. Set aside. Put your egg whites in a separate bowl from yolks.  
Mix the yolks, sour cream, and melted butter and beat real good. (Make sure butter is not to hot when you pour in egg and sour cream).  
Beat your egg whites until stiff but not dry. Add egg yolk mixture and dry mixture and beat til just mixed good, scrapping sides of bowl. Pour into
bread pan. Bake at 350
Degrees, for 20 to 25
minutes. This bread does
not rose to
much if any. I usually triple
the recipe and put in 3 pans
and freeze 2
and keep the other in refrig.
Eat with lots of real good
butter.
Note: I only eat this with my
breakfast except
sometimes I have a piece
with
dinner. I just don't like eggs
with out bread. This taste
like corn bread
to me.

**Keto Potato Bread**

**CarbsPerServing:** 3.5g per slice  
**Effort:** Easy  
**Ingredients:**
- 8" loaf pan  
- 1 cup of butter or Betta Butta  
- 1/2 cup of water  
- 2 tbsp of half-n-half or heavy cream  
- 1 Keto Bread Mix  
- 1 Keto Ketato Mix

**How to Prepare:**
Directions: Preheat oven to 350. Grease loaf pan. Mix 1 can of Keto Bread mix with 6 heaping tablespoons of Keto Ketato Mix. Combine water, butter and cream and mix with dry ingredients thoroughly and quickly as excessive mixing will reduce rising effect. Pour into loaf pan and bake for 30-35 minutes until golden brown.

**Keto Pizza Crust**

**CarbsPerServing:** 6g carbs per slice  
**Effort:** Easy  
**Ingredients:**
- Standard 12 * pizza pan  
- Shredded whole milk mozzarella cheese  
- 1/2 cup water stick butter  
- 1/2 cup tomato sauce  
- 1 can of Keto Bread Mix (1 cup)

**How to Prepare:**
Directions: Preheat oven to 350. Place 1 cup of Keto Bread mix in a bowl. Melt * stick of butter and add in with * cup of water. Mix ingredients well to a paste. Grease pizza pan and add mix, spreading with a spoon to the outer edge. (spreading is quite easy as you can make the edges thicker to simulate crust) Cook for 15 minutes until slightly brown. Remove from oven and add tomato sauce and cheese. Bake until cheese is melted and crust is golden brown. Cut into 8 slices. Enjoy!

**Ketogenics Bread Cubes**

**CarbsPerServing:** no counts provided  
**Effort:** Easy
**Ingredients:**
ketogenics bread mix
no other ingredients

**How to Prepare:**
Again with the ketogenics low carb bread mix. (this stuff is great!!)
Follow instructions on bag, but set machine on DOUGH setting.
When cycle finishes, remove dough and roll out onto wax paper, sprinkled lightly with soy flour. Roll out into a pretty flat roll (like pizza dough) cut into strips (About 1 1/2 to 2 inches). Place on a sprayed cookie sheet, brush with melted butter or olive oil, and bake at 400 until golden (about 15-20 minutes). Let bread cool. Cut cooled bread into 1/2 inch cubes, enough for 10 cups of bread cubes. Place on cookie sheet and bake at 325 for 20 minutes or until toasted. Set aside. **You can bake the bread in the machine as per instructions, but the texture comes out MUCH better if done as above.

**KETO CINNAMON BREAD**
Carbs Per Serving: no counts provided
Effort: Easy

**How to Prepare:**
Directions: Preheat oven to 350. Grease loaf pan. Mix 1 can of Keto Bread mix with splenda, and cinnamon. Combine water, butter and vanilla extract and mix with dry ingredients thoroughly and quickly as excessive mixing will reduce rising effect. Pour into loaf pan and bake for 30-35 minutes until golden brown.

**HUSH PUPPIES**
Carbs Per Serving: no counts provided
Effort: Easy

**How to Prepare:**
3 Tablespoons Keto Ketato Mix (2 gms carbs)
1/2 ounce Hot water
1 1/2 Tablespoons Heavy Cream
2 shakes garlic powder
1 teaspoon parmesan cheese
salt and pepper
Oil for frying
Combine all ingredients well. Mixture will be heavy like cookie dough. Heat oil for frying. Form into small (1/2" - 3/4") balls and drop into hot oil - a few at a time. Only takes about 20 seconds to cook. Remove with slotted spoon and drain. Enjoy!

**Fluffy Cinnamon Muffins**

*Serves: 10,8*  
*CarbsPerServing: 14g carbs total*  
*Effort: Easy*

**Ingredients:**
- 4 eggs  
- 1/2 teaspoon cream of tartar  
- 1/4 cup cottage cheese  
- 2 tablespoons soy flour -- or atkins bake mix, both work  
- 1 tablespoon artificial sweetener  
- 1/2 teaspoon cinnamon  
- 1 tablespoon artificial sweetener  
- 1/2 teaspoon cinnamon  
- 4 tablespoons butter -- softened

**How to Prepare:**  
Spray a muffin tin with cooking spray. Preheat oven to 300. Beat egg whites with cream of tartar until stiff. Set aside. Mix cottage cheese, egg yolks, 1T splenda and 1/2tsp cinnamon until well blended (can use blender if desired). Add soy flour / baking mix & blend well. Gently fold into egg whites and spoon into muffin tins makes 8-10. Bake at 300f until lightly browned and springs back when touched -about 25 minutes.

Mix butter, splenda and cinnamon well. When muffins are done and cooled slightly, spread the butter mixture over each one. You could make a cream cheese frosting (cream cheese, splenda, vanilla and some cream -beaten well) and bake this in a small loaf pan (4x8?) and have a cinnamon coffee cake out of it:)

**CRACKERS**

*CarbsPerServing: 52g carbs total*  
*Effort: Easy*

**Ingredients:**
- 1/2 cup protein powder  
- 1/2 cup soy flour  
- 1/4 cup flax seed -- (already ground)  
- 1/4 cup sesame seeds -- (already ground)  
- 1/2 cup sesame seeds -- whole  
- 1 teaspoon salt  
- 1/2 teaspoon baking powder  
- 1/4 cup butter  
- 1/4 cup half and half  
- water -- a little less than 1/4 cup  
- 1 egg

**How to Prepare:**
Mix the dry ingredients in a bowl, cut in butter 'til mixture is crumbly.
Add half&half and egg and mix to make a stiff dough, adding water as needed. Goal here is to make it pliable but not too sticky.

Knead dough and then roll out very thin (between 1/8"-1/4"). Cut into squares or rounds and place on lightly greased cookie sheets.
Prick crackers with fork and bake at 400 degrees for 10 minutes or until lightly browned.

This made 48 2" round crackers

**Cauliflower and cheese**
Serves:6
Carbs Per Serving: 288 Calories; 26g Fat (79.0% calories from fat); 9g Protein; 7g Carbohydrate; 3g Dietary Fiber; 90mg Cholesterol; 934mg Sodium.
Prep Time:30 minutes
Effort:Easy

**Ingredients:**
1 large cauliflower, head
1 cup heavy cream
3 ounces cream cheese -- diced small
1 cup shredded cheddar cheese
2 teaspoons dijon mustard
1 each salt and pepper -- to taste

**How to Prepare:**
Clean cauliflower and chop into small pieces. Boil in salted water for 5 minutes or until it starts to soften. Drain very well without mashing.
Heat cream in a small non-stick saucepan. Once the cream starts to simmer slightly, whisk in mustard and small diced cream cheese. Whisk until cheese melts, then whisk in the cheddar, salt and pepper.
Once it's melted and thickened, toss with the cauliflower, spoon into a microwave safe casserole and microwave on high, uncovered, for 3-4 minutes until bubbly and the cauliflower is tender. Serve immediately.

**Mashed Turnips with Boursin**
Serves:2 portions
Carbs Per Serving:about 3
Prep Time:about 10 min.
Effort:Easy

**Ingredients:**
Turnip, cubed 1 each
Olive Oil 1 tsp
Salt & Pepper to taste
Butter 1 Tbsp
Devon Cream (optional) 1 Tbsp
Boursin (garlic spread) 1 Tbsp

**How to Prepare:**
1. Bring water, olive oil, and salt to a boil. Add turnips and boil until they can be pierced by a knife.
2. Drain off as much water as possible, put turnips back in pot over medium heat, and carefully cook to evaporate water.
3. Add butter, cream, and boursin and mash well. You will notice the turnip is watery, but if you evaporated it well, it shouldn't be too much so that it makes the mashed turnips watery.
4. Season with as much salt and pepper as you like and serve. The better it is seasoned, the better it tastes, so don't skimp.

**Turnips and Onions**
Carbs Per Serving:unknown
Effort:Easy

**Ingredients:**
5 turnips peeled and sliced thin
1/4 white onion sliced thin
3/4 stick (6T) butter, melted
3/4 c heavy cream
3/4 c chicken broth
1/8 t nutmeg
1/8 t sage
1/8 t garlic powder
1 t salt
1/4 t pepper
Brussel Sprouts w/ Bacon, Shallots & Garlic

How to Prepare:

1. Fill a medium-sized pot with water and salt and bring to a boil over high heat.
2. While water comes to a boil, put bacon and olive oil in a medium saute pan and slowly render until slightly crisp.
3. Meanwhile, remove any loose leaves from sprouts, trim ends, and score an X on the bottoms. Blanch in boiling water for 2-4 minutes (depending on size) until they can be pierced with a knife without much resistance.
4. Prepare a bowl with ice and cold water. Remove blanched sprouts from boiling water and put in ice bath to stop cooking (1-2 min.). Drain and cut into quarters. Set aside.
5. Add shallots and garlic to bacon. Continue cooking over low heat until softened, 4-5 min.
6. Raise the heat to medium and add brussel sprouts and stir well. Cook for about 5 minutes. Be careful not to overcook.
7. Season with salt & pepper and serve.

Roasted Rosemary Veggies

How to Prepare:

Slice all veggies and place in pan. Coat with olive oil and seasonings and stir. Roast in oven at 450 degrees for 30 minutes.

Zucchini Stew

How to Prepare:

in a large sauce pan brown bacon and onion bacon should start to render but not be fully cooked. do not drain fat add tomatoes with juice then add all other ingredients and cook on low heat for about two hours. Enjoy.

Lo-Carb Spinach Souffle

Serves: 6, 10, 7, 10
CarbsPerServing: 3.5g each serving
Prep Time: 15 minutes
Effort: Easy
Ingredients:
1 16-oz pkg frozen spinach (cooked & squeeze-drained)
1/2 c. sour cream
1 egg
1 c. shredded parmesan cheese
clove garlic (minced)
salt & pepper
cayenne pepper (if preferred)

How to Prepare:
Boil spinach according to directions on package. Drain and squeeze spinach well. In large bowl, add spinach, sour cream, egg, garlic, 1/2 c. of the cheese, and salt and pepper. Place in 9x13 glass dish and top with remaining cheese. Bake at 350 degrees for 25-30 minutes. Let cool 10 minutes before serving. Great with any meat entree' or served alone.

Spinach Alfredo
Serves: 6
Prep Time: 15 minutes
Effort: Easy
Nutritional info for entire recipe
Carbs: 77
Calories (kcal): 572
Total Fat: (71% calories from fat): 28g
Protein: 28g
Carbohydrate: 14g
Fiber: 12g
Cholesterol: 132mg
Sodium: 5429mg

Ingredients:
16 ounces frozen spinach -- thaw and squeeze as much water out as possible.
1 tablespoon olive oil
1 clove garlic -- minced fine
1/2 cup alfredo sauce -- bottled
2 ounces cream cheese -- diced small
1 each salt and pepper
1 dash nutmeg

How to Prepare:
Heat oil and garlic in a pan. Add spinach and sauté, stirring often, for about 6 minutes. Add the alfredo sauce and cream cheese, stir well then cover. Let cook over very low heat for 5 minutes until it's heated through. Add a dash of nutmeg, then salt and pepper to taste.

Red Swiss Chard with Bacon
Serves: 3 or 4
Prep Time: 20 - 30 minutes
Effort: Easy

Ingredients:
10 or so stalkes of red Swiss chard
1 small onion
1 tsp balsamic vinegar
3 or 4 slices of bacon
black pepper to taste

How to Prepare:
Chop the bacon into small pieces and render in a skillet over low heat. When nearly crisp add diced onion and black pepper. Gather and chop the chard stalks into 1/2" long pieces and the leaves into 1/2" wide strips. When the onion is translucent add chard. Cook the chard until tender stirring several times. Add vinegar and toss. Serve hot.

Mock Potato Casserole
Serves: 2
Prep Time: 20 min
Effort: Easy

Ingredients:
16 oz frozen cauliflower
2 tbs butter
4 oz cream cheese
1 lb bacon cooked and crumbled
8 oz shredded cheddar
ting of green onions chopped?

How to Prepare:
steam or boil cauliflower until totally tender. mash and add butter and cream cheese. add remaining ingredients, and place in a casserole dish and bake at 350 degrees for about 30-45 min until bubbly.

Free Baby Corn
Serves: 3
Prep Time: open can
Effort: Easy

Ingredients:
Whole Baby Corn in a can. One Can
How to Prepare:
Usually found in the Chinese section in the food store. It's
virtually free with Carb. 3g for 6 cobs. Fiber 4g for 6 cobs. Sugar
0. Add to soups or salads or heat it up
and add butter salt and pepper.

**Spicy Cauliflower for One**

**Serves:** 1,6

CarbsPerServing:Per serving: 147 Calories (kcal); 10g Total
Fat; (58% calories from fat); 9g Protein; 9g Carbohydrate; 5g
fiber; 30mg Cholesterol

**Prep Time:** 5–10 minutes
**Effort:** Easy

**Ingredients:**
1 cup cooked cauliflower florets
2 tablespoons rotel diced tomatoes w/green chilies
4 tablespoons shredded cheddar cheese
1 each salt and pepper -- to taste

How to Prepare:
Use leftover steamed cauliflower or frozen cauliflower that has been
cooked until just tender. Give it a rough chop and add to a
non-stick skillet w/the rotel tomatoes. Saute for a few minutes to
heat through, add salt and pepper to taste then dump into a bowl and
sprinkle cheese on top. If it doesn't melt, pop in into the
microwave for 20 seconds.

**Spinach elegant**

**Serves:** 8 to 10

Carbs Per Serving: not much carbs dependent on the sour cream you
use
**Prep Time:** 15 min
**Effort:** Easy

**Ingredients:**
spinnach about two bags
sour cream
baccon
cheese
marjoram
garlic
butter
salt
pepper

How to Prepare:
Place spinach in caserole dish, add marjoram, garlic, salt and pepper
and butter for flavoring. Add baccon on top.
bake until warm and baccon drippings soak through.
add a thin layer of sour cream and lots of cheese on top of the sour
cream to cover entire dish. place back in oven to melt cheese on
top. ( I prefer to fully cook baccon to a crispin a pan after the
drippings soak through the spinach.)

**broccoli salad**

**Serves:** varies,8,7

Carbs Per Serving: varies
**Prep Time:** This take time, but is worth it.
**Effort:** Average

**Ingredients:**
raw broccoli florets
low carb dressing of choice (I like Kraft caesar vinaigrette with
parmesan)
baccon bits (I use Oscar Mayer real bacon bits)
shredded or cubed cheddar cheese

How to Prepare:
Rinse broccoli florets well. Put in big bowl. Add cheese, how much
depends on how cheesy you like it, same with the bacon bits &
dressing, add the amount you like. Mix well. Refrigerate for at
least an hour before eating.

**Low Fat Zucchini Lasagna**

**Serves:** 6

Carbs Per Serving: 23
**Prep Time:** This take time, but is worth it.
**Effort:** Average

**Ingredients:**
1/2 c onion, chopped
2 cloves garlic, chopped
3 tbsp parsley
1 tbsp olive oil
1/2 tsp oregano
1/2 tsp basil
1/2 tsp thyme
1/2 tsp pepper3 c canned tomatoes
3/4 c tomato paste
1 c tomato sauce
3 c mushrooms, chopped
3 medium Zucchini
8 oz Lite mozzarella, grated
8 oz lowfat ricotta cheese
3 tbsp parmesan, grated

How to Prepare:
Saute onion, garlic, parsley, and herbs in oil until onions are tender.

Add chopped tomatoes, tomato paste and sauce. Cook for 1/2 hour on medium heat, stirring often. Add the chopped mushrooms at the end.

Slice zucchini lengthwise, about 8 slices each.

In an 8 inch baking dish, layer ingredients beginning with a layer of sauce, then zucchini, then ricotta, more sauce, zucchini, mozzarella, sauce, etc. Top with parmesan cheese.

Bake at 375 degrees for 35 minutes. Let lasagna rest 10 minutes at room temperature before slicing.

This dish does not slice easily. You will do better to use a spoon to scoop it out. I served it to a vegetarian friend one evening and he returned for thirds.

**Stuffed Peppers w/ Tofu**

Serves: 4
CarbsPerServing: 10
Prep Time: 30 minutes
Effort: Average

**Ingredients:**
1/2 lb. ground beef
4 bell peppers (any color)
1 package firm tofu - chopped in 1/2 inch cubes
chopped onion1 can tomatoes - diced
1 can tomato sauce
1/2 cup cheddar cheese - grated
salt and pepper

**How to Prepare:**
Brown ground beef and onion. Drain and add tomatoes and tomato sauce. Warm through. Mix in cheddar cheese and tofu. Add salt and pepper. Sit aside and clean bell peppers. Cut tops off of peppers, remove seeds and wash out. Fill peppers with hamburger mixture. Sit tops back on peppers. Cook at 350 degrees for 45 minutes.

**Veggie Saute**

Serves: One to Two People
CarbsPerServing: 3 carbs per serving
Prep Time: 10-15 minutes
Effort: Easy

**Ingredients:**
Two tablespoons of olive oil
One tablespoon of fresh garlic
2 cups of fresh spinach
1/2 cup of chopped onion
1 1/2 cups of fresh mushrooms
One cup of chopped black olives
Salt, pepper to taste

**How to Prepare:**
Heat up olive oil and garlic in a skillet over medium heat
Add onions and mushrooms first
After a few minutes, add olives
Fold in Fresh spinach
Add seasonings
Saute until veggies are cooked

**BBQ Bacon Asparagus**

Serves: As many as you want
CarbsPerServing: 0
Prep Time: 1 hour
Effort: Easy

**Ingredients:**
Bacon
Asparagus
Garlic Salt
Olive Oil
Toothpicks

How to Prepare:
Put olive oil in a bowl with garlic salt
Wrap uncooked bacon around uncooked asparagus and secure with
toothpick (about half a bacon strip per asparagus stick.) Brush with
olive oil mixture and cook on BBQ. Brush with olive oil now and then
as cooking.

Grilled Portobello Mushrooms
Serves: 3
CarbsPerServing: 12 total recipe with 2 from fiber
Prep Time: 5 minutes
Effort: Easy

Ingredients:
6 oz Portobello Mushrooms, sliced
1/2 cup Olive Oil
3 TBS Lemon Juice
3 or 4 Garlic Cloves, minced 1/2 tsp Salt
1/4 tsp Pepper
Dash of Worcestershire Sauce

How to Prepare:
In a glass bowl combine all the ingredients, toss in the mushrooms.
Let marinate for at least 30-60 minutes, stirring every now and
then. Grill for 2-3 minutes on each side.

FRIED SQUASH CASSEROLE
Serves: 2, 10
CarbsPerServing: 10
Prep Time: 20 MINUTES
Effort: Easy

Ingredients:
2 CUPS SQUASH CROOKED NECK)–(DICED)
1 TOMATOE (DICED)
1 SMALL ONION (DICED)
1/2 STICK OF BUTTER
2 CUPS SHARP SHREDDED CHEESE

How to Prepare:
PLACE THE HALF STICK OF BUTTER IN SKILLET AND LET MELT. ADD THE
Diced SQUASH AND DICED ONION AND COOK UNTIL ALMOST DONE. THEN ADD
DICED TOMATOE COVER AND LET COOK UNTIL SQUASH IS TENDER. THEN ADD
CHEESE AND LET MELT. ENJOY

Cauliflower Bake
Serves: 4, 10, 10
CarbsPerServing: 6
Effort: Easy

Ingredients:
1 lb bag frozen cauliflower
1/2 cup diced onion
1 cup diced mushrooms
2 T butter
1/4 cup cream
1/4 cup mayo
1/2 cup cheddar cheese

How to Prepare:
Take a bag of frozen cauliflower and cook as the package directs.
Drain very well and give it a rough chop.
Saute mushrooms and onion in butter until soft.
Mix remaining ingredients and stir everything together.
Bake covered at 350f, for 25 minutes, then uncover and let cook
another 10 minutes or until browned.

Shoe string
CarbsPerServing: depends
Prep Time: not too long
Effort: Average

Ingredients:
shredded cabbage. (I prefer the angel hair kind – packaged in the
produce aisle.) Oil for deep frying

How to Prepare:
Deep fry cabbage until golden brown. Drain on paper towel. Salt to
taste. Makes a good substitute for shoe string potatoes. Nice on top of a steak!

**Eggplant Parmesan Pizza Thingies**

Serves: 1  Prep Time: 1 hour  
**Effort:** Average  
**Ingredients:**  
eggplant, sliced in 1/2" thick slices  
egg  
heavy cream  
parmesan cheese  
spaghetti/marinara sauce  
shredded italian blend cheese, or mozzarella  

How to Prepare:  
I didn't put any measurements on the ingredients because it just depends on how much eggplant you're fixing. I usually just do one eggplant at a time, which makes two meals for me - I usually get about 10 slices out of one of them.

After you slice the eggplant, salt it and put it between paper towels to absorb the bitter juices. Let it sit like this for about an hour. Blot off the juices. Then beat your egg, and mix it with the heavy cream. For one eggplant, I use 1 egg, and about 1/4 cup of cream. Heat some oil for frying in a skillet. Put some parmesan cheese in a small bowl. Dip the eggplant first in the egg/cream mixture, then in the parmesan cheese, then put it into the heated oil. You'll want to use a medium temperature, maybe a little less than medium, or else your parmesan cheese will get browned/burned before the eggplant is cooked.

After you've fried all the eggplant pieces, and drained them on paper towels to absorb the excess grease, place the individual slices on a cookie sheet. Top them with a scant spoonful of spaghetti sauce (this is where the "bad carbs" are, so go as lightly as you can, unless you're using low carb spaghetti sauce), and then the shredded cheese. Stick the pan under the broiler in your oven just until the cheese is melted and I like mine a little browned.

**Broccoli Casserole**

Serves: 4  
**Prep Time:** 5-10 minutes  
**Carbs Per Serving:** 26 total carbs, subtract 13 grams of fiber = 3.1 carbs  
**Effort:** Average  
**Ingredients:**  
1 7 ounce can of mushrooms, drained, 1 10 ounce package broccoli, 2 eggs beaten, 1/2 cup Dukes mayonaise, 1 cup shredded cheddar cheese, salt and pepper to taste  

How to Prepare:  
Cook broccoli according to package directions, remember to salt water. Drain broccoli well. I drain on paper towels after draining in colander. Mix broccoli, beaten eggs, drained mushrooms, Dukes and shredded cheese. Pour into greased casserole dish or pie plate, bake at 350 for 25-30 minutes.

**Creamed Cabbage with Ginger and Chilies**

Serves: 10  
**Effort:** Average  
**Ingredients:**  
6 Quarter-size pieces crystallized ginger 6 dried small hot red chilies 2 large heads savoy cabbage (about 3 pounds total), thinly sliced crosswise 1 1/2 cups whipping cream 3 tablespoons butter 1 tablespoon white wine vinegar 2 tablespoons grated orange peel (optional) 1 cup thinly sliced fresh basil leaves  

How to Prepare:  
Combine ginger and chilies in medium metal bowl. Pour enough boiling water over to cover. Let stand 15 minutes. Drain, reserving 1/4 cup soaking liquid. Transfer ginger, chilies and reserved soaking liquid to blender. Puree until smooth. Cook cabbage in large pot of boiling salted water 2 minutes. Drain, rinse under cold water until cool. Drain well. Boil whipping cream, butter, and vinegar in large pot until slightly thickened, about 3 minutes. Mix in chili puree. Add cabbage and orange peel; toss until heated through. Mix in basil. Season with salt and pepper.

**Spaghetti Squash alla Carbonara**

Serves: 6, 10, 7, 7, 10, 10  
**Carbs Per Serving:** 9g (1g is fiber)  
**Prep Time:** 45-60 minutes
**Effort:** Easy  
**Ingredients:**  
1 large spaghetti squash (4 lb)  
1/2 lb bacon, cut crosswise into 1/4 inch pieces  
1/4 cup dry white wine  
1 cup heavy cream  
2 egg yolks  
1/2 cup Parmigiano Reggiano cheese (worth the extra cost to get the real stuff!)  
1/4 cup fresh Italian Parsley (flat-leaf), finely chopped  
black pepper to taste  

**How to Prepare:**  
Pierce the spaghetti squash multiple times with a fork. Bake in a 400 degree oven for 45-60 minutes, until tender.

While squash is baking, fry bacon until crisp. Drain fat and set aside on paper towels to drain.

Add the wine to the pan and cook for 3-4 minutes on medium until reduced in volume by about half. Reduce heat to low.

Beat together egg yolks and cream, then slowly stir into wine mixture. Cook on medium-low until sauce begins to thicken (warning: make sure temperature is not too high or you will end up with scrambled eggs).

Once the sauce coats the back of a wooden spoon, return the bacon to the pan and add the parsley. Cook for 1-2 minutes to heat through.

Cut the spaghetti squash in half, scoop out seeds, then pull strands out with a fork into a large serving dish.

Pour sauce over hot squash. Sprinkle parmesan over all and toss well.

Add freshly ground pepper to taste.

---

**Chinese Stir-Fried Asparagus**  
**Serves:** 6 as a side dish, 9  
**CarbsPerServing:** 3-4  
**Prep Time:** 20 minutes  
**Effort:** Easy  
**Ingredients:**  
A medium bundle of asparagus  
1/4 pound pork loin  
An entire head of garlic  
salt  
MSG  
small red chile (optional)  
lard  

**How to Prepare:**  
Prep: Cut off the tough ends of the asparagus, or peel the lower portions. Cut the asparagus into bite size pieces. Wash them in a bowl of water. Slice the pork into very thin small strips (much easier to do if the pork is slightly frozen). Peel all the garlic cloves and slice thickly.

Cook: Heat the wok. Add at least 3 T. lard. Throw the garlic in and stir-fry til slightly browned. Throw in the pork and cook until color changes, the garlic will also hopefully be very browned at this point. Throw in the chile and about 1/2 teaspoon salt, stir briefly. Throw in the asparagus, add 1/4-1/2 teaspoon MSG, stir-fry a few mintues. Put in about 3/4 cup water, cover and cook until asparagus is just tender. Add more salt to taste. Serve. Be sure to eat the garlic also!

---

**Ante Pasta**  
**CarbsPerServing:** no counts provided  
**Effort:** Easy  
**Ingredients:**  
chop finely - 3 tomatoes, 2 gr. peppers, onion to taste, 4 med to lg mushrooms, and garlic cloves to taste. Toss with olive oil and a little salt. Add tobasco or jalepenos if you like it spicy, and a few red pepper flakes. Wrap in lettuce leaves for a crunchy treat that is healthy and low carb.

---

**Artichoke and Spinach Frittata**  
**CarbsPerServing:** 18 total recipe  
**Effort:** Easy  
**Ingredients:**  
6 ounces marinated artichoke heart  
1 cup chopped onion  
1 cup grated parmesan cheese
1 teaspoon minced garlic
1/2 teaspoon oregano
4 eggs
1 teaspoon salt
1/2 teaspoon pepper
10 ounces frozen chopped spinach -- thawed

How to Prepare:
Preheat oven to 350. Spray a 9" pie pan with vegetable oil. Drain oil from artichokes into a small skillet. Add onion and garlic. Cook until onion is tender. In a mixing bowl, beat eggs until foamy. Dice artichokes and add to eggs, along with cooked onion and remaining ingredients. Stir well. Pour into prepared pie pan and bake 25 minutes. May be made the night before and refrigerated. Serves 6.

Asparagus stir-fry
Carbs Per Serving: 29 total recipe
Effort: Easy

Ingredients:
1 pound asparagus -- fresh spears
1 can bamboo shoots
1 can waterchestnuts -- sliced
2 stalks celery -- sliced 1/2" thick
1 cup fresh mushrooms -- sliced
4 tablespoons oil -- for cooking
1 each salt and pepper -- to taste

How to Prepare:
Cut all vegetables about the same thickness to promote even cooking. Heat oil in wok or large skillet. Stir fry asparagus for about 2 minutes. Reduce heat to medium, cover and cook for 5 more minutes, stirring occasionally to prevent burning. Add all the other ingredients and raise heat to med/high, stir fry 3 - 5 minutes, making sure to stir often.

Bacon Flavored Asparagus
Carbs Per Serving: no counts provided
Effort: Easy

Ingredients:
Asparagus
REAL Bacon Bits
Extra Virgin Olive Oil
Butter
Pepper

How to Prepare:
Simply melt a little butter in a large frying pan. Add a little bit of olive oil and heat. Add asparagus and sprinkle REAL bacon bits over top. Cover and let simmer for about 5-8 minutes, turning asparagus twice. Pepper to taste - serve warm.

Bacon-Stuffed Cherry Tomatoes
Carbs Per Serving: 18 total recipe
Effort: Easy

Ingredients:
1 pound bacon
1/4 cup mayonnaise
1/4 cup green onions
1 pint cherry tomato

How to Prepare:
Cook bacon until very crisp. Crumble up bacon and mix with mayonnaise (add more if you need it) and green onions. Cut off top and scoop out inside of cherry tomatoes. (Trick to make tomatoes stand still cut a small sliver off the bottom). Fill with bacon mixture. Better when they sit a while so the flavors meld and they taste like a little BLT without the L!

The carb count for a cherry tomato is .8 per tomato with .2 fiber, but you are scooping out the guts so it should be less. So under 1 carb per treat. I used to serve them for parties and never had any left. Enjoy.

>From Dawn:
I make this too but instead of mayonnaise, I use a package of cream cheese. I cut the tomatoes in half, scoop out the insides, sprinkle them with salt and pepper and let them drain cut side down on paper towels. You have to whip the cream cheese until light & fluffy (use a bit of heavy cream to thin out the mixture) and then mix in the onion and bacon. I use a pastry bag to fill the cups to give a nice finishing touch. If you use a bag, then you have to make sure the onion and bacon are chopped fine so they can pass through the pastry tip. Or, you can fill them with a teaspoon.
Baked Cheese-Zucchini
CarbsPerServing:16 total recipe
Effort:Easy
Ingredients:
2 medium Zucchini -- sliced very thin
1 Egg
1 tablespoon prepared mustard
1/8 teaspoon Ground white pepper
1/8 teaspoon Ground nutmeg
1 Green onion -- sliced thin
1/2 cup Swiss cheese -- grated

How to Prepare:
Put the zucchini in a colander or on towels to drain off the moisture. Combine the remaining ingredients.
Add the zucchini and mix well. Pour into a lightly oiled 2-quart casserole. Bake at 350 F for 40 to 45 minutes.

Baked Eggplant Hashbrowns
CarbsPerServing:31 total recipe
Effort:Easy
Ingredients:
1 small eggplant
salt
pepper
oregano
2 cloves garlic
2 tablespoons ricotta cheese

How to Prepare:
Peel skins off of eggplant and cut the flesh into 1 inch pieces.
Sprinkle with salt/pepper/oregano (to taste) and then sprinkle minced garlic over the top of the eggplant.
Pull off little piece of the ricotta and put on top of the whole mix.
Bake until golden brown at 400 deg. You can also broil for 2 minutes to make them crispy.
I was liberal with the salt which made them taste great! Use all spices to taste though.
This is for those people who miss the greasy hashbrows from diners and pancake places.

Roasted Cauliflower
Serves:Makes 2 to 4 servings.
CarbsPerServing:No carb count
Prep Time:5 minutes
Effort:Easy
Ingredients:
1 medium head cauliflower
2 tablespoons olive oil
½ teaspoon coarse salt
¼ teaspoon coarsely ground black pepper
2 cloves garlic (pressed)

How to Prepare:
Preheat oven to 400ºF. Rinse cauliflower; cut into medium size flowerets. In a large bowl or resealable plastic bag, mix together flowerets, olive oil, salt, pepper and garlic. Spread in a single layer in a non-stick baking dish or rimmed baking sheet. Bake approximately 20 to 25 minutes, or until cauliflower is browned or caramelized on edges and tender. Serve warm or at room temperature.

Baked Turnip 'Taters
Serves:5,7
CarbsPerServing:26 total recipe
Effort:Easy
Ingredients:
3 small turnips -- tennis-ball sized
3 tablespoons butter -- melted
2 tablespoons sour cream
2 eggs -- beaten
1/4 cup grated parmesan cheese
salt and pepper -- to taste

How to Prepare:
Peel turnips, making sure to remove the tough top bits; place in a saucepan.
Cover with water and bring to a boil. Cover with pan lid, lower heat and simmer for about an hour until tender. Drain then cut into chunks small enough to fit in your food processor. Place chunked veggies, butter, and sour cream in a food processor and puree. Add beaten eggs and cheese and
whIRR some more until ingredients are well-mixed (it won't take long). Pour into casserole dish and bake for about 20 minutes at 350F until it's a little brown on top and edges (or you can nuke it for about 7-10 minutes). You might want to experiment the first couple of times you make it to see how brown you like the top. You can sprinkle a little more cheese on the top before baking, if you like. Makes 4 servings.

(You can also cube the turnips ahead of time then simmer and it doesn't take so long to cook, but some turnips are so hard to cut when raw that I've given up on that technique and just boil them whole.)

Optional: add a garlic clove to the cooking veggies and puree along with everything else; adds .25 carbs to each serving.

Other options: 1/4 tsp dill, crumbled bacon, etc.

Fluffier than other mashed-potato substitutes, because of the egg baked in.

**Benihana Vegetable Delight**

CarbsPerServing:19 total recipe  
Effort:Easy  
**Ingredients:**  
1 ounce cauliflower -- fresh, boiled  
5 slices mushroom  
1 ounce sliced zucchini  
1 ounce snap beans -- fresh, boiled  
salt and pepper (optional)  
1 teaspoon oil  
1 ounce carrot -- fresh, cooked  
2 ounces sliced onion  
1 ounce broccoli -- fresh, boiled  
1 teaspoon white wine  
1/4 lime  
1 teaspoon butter -- optional

How to Prepare:  
Coat one side of a square foot of damp rice paper with oil and butter. Combine ingredients with 2 teaspoons water. Place in paper and wrap tightly. Cook seven minutes (turning once) in heated non-stick skillet until paper expands. For electric skillet, start at 300 F and raise temperature to 360F. Place paper on plate and cut open with scissors. Use caution air inside paper is very hot. Makes one serving.

**Better Fake Mashed Potatoes**

Serves:10,10,10  
CarbsPerServing:7 total recipe  
Effort:Easy  
**Ingredients:**  
1 head cauliflower  
8 tablespoons butter  
1 teaspoon pepper -- up to 1 tablespoon

How to Prepare:  
Cook 1 head of cauliflower until very soft. MASH all the water out of it through a screen mesh colander (If you skip this step you get cauliflower soup)...

Add 1 stick butter and considerable pepper (min 1 teaspoon up to a tablespoon - careful it goes from perfect to HOT very fast). Whip with mixer or in food processor, re-heat if necessary.

I have served this at parties and no one has known they were not real.

**Brittish Brussels Sprouts**

Serves:8  
CarbsPerServing:8 total recipe  
Effort:Easy  
**Ingredients:**  
1 cups brussels sprouts -- boiled (cut off bottoms and trim off extra leaves) - 1 to 2 cups  
1 cup Gruyere cheese -- shredded
slice bacon -- several

How to Prepare:
Cook the bacon in a large frying pan--brown it well so it will crumble easily. In the same pan, brown the brussels sprouts in the bacon fat. Don't actually get them brown, but sort of glaze them so they are tender and have acquired some of the yummy bacon drippings. Put them into a baking dish. Put 3/4 cup of the gruyere and the crumbled bacon on top. Stir gently (the sprouts might come apart). Top with the rest of the cheese. Serve hot.

**Broccoli au Gratin for 1**
Serves: 10, 10, 10
CarbsPerServing: 13 total recipe
Effort: Easy

**Ingredients:**
1 1/2 cups broccoli, frozen
1 tablespoon Butter
2 tablespoons Sour Cream
1 ounce cheddar cheese -- shredded

How to Prepare:
Microwave broccoli until done, drain. Add remaining ingredients & microwave. Stir until thoroughly mixed

**Broccoli Bacon Salad**
CarbsPerServing: 36 total recipe
Effort: Easy

**Ingredients:**
8 slices bacon -- fried and cooled
1 bunch broccoli -- broken up 1/2 cup mayonnaise
1 tablespoon vinegar
2 tablespoons artificial sweetener

How to Prepare:
Mix mayonnaise, sugar, and vinegar, and pour over broccoli. Break up bacon into salad and stir.

**Broccoli Casserole**
Serves: 10, 10
CarbsPerServing: 26 total recipe excluding mushrooms
Effort: Easy

**Ingredients:**
10 ounces frozen broccoli -- cooked, 10-15 ounces
1 cup mayonnaise
1 can cream of mushroom soup -- or cream of chicken
2 eggs
1 1/2 cups shredded cheddar cheese
mushrooms or bacon (optional)

How to Prepare:
Preheat oven to 350 and grease 9x9 glass dish. Beat eggs, soup, mayo and shredded cheddar cheese in bowl until well mixed. Add cooked broccoli (and mushrooms & bacon if you desire). Pour mixture into glass dish and bake about 45 minutes or until top is browned.

**Broccoli w/Cheese Meringue**
Serves: 10, 10
CarbsPerServing: no counts provided
Effort: Easy

**Ingredients:**

How to Prepare:
Steam broccoli til nearly done (tender but not mushy). Put it in a baking dish & salt to taste. You may want to put a little butter on it too if you want to.

In a small-to-medium mixing bowl, beat 2 egg whites with a mixer til it forms soft peaks. Fold in about 1/4 to 1/2 cup mayonnaise (depends how much broccoli you're using) and 1-2 cups grated cheddar and/or swiss cheese. Mix that together gently (don't want those egg whites to break down altogether) & spread it over the cooked broccoli in a baking dish. Bake uncovered in a preheated 400 degree oven until lightly golden brown (depends on how hot your oven really is -- usually about 5 to 10 minutes).

If you're fixing this for a lot of broccoli (like for 6 people) you may want to use 3 egg whites.

Tip: room temperature eggs yield the most egg whites when you separate them from the yolks & beat up the highest.
Brussels Sprouts in Lemon Sauce
CarbsPerServing:56 total recipe
Effort:Easy
Ingredients:
20 ounces brussels sprout -- 2 10 oz frozen packages
1/4 cup butter
2/3 cup mayonnaise
2 tablespoons lemon juice1/2 teaspoon celery salt
2 tablespoons parmesan cheese -- grated
1/4 cup almonds -- sliced

How to Prepare:
Cook Brussels sprouts according to package directions, omitting salt; drain.
Place Brussels sprouts in a shallow 2-quart casserole and keep warm.
Melt butter in saucepan; add mayonnaise, lemon juice, and celery salt.
Beat with a wire whisk until smooth; cook over medium heat until hot, stirring constantly (do not boil).
Pour sauce over Brussels sprouts; sprinkle with cheese and almonds.
Serves 6.

Buttery Green Beans with Tofu julienne
CarbsPerServing:31 total recipe
Effort:Easy
Ingredients:
2 cup green beans
1 6"x6" tofu block
4 tablespoons sliced almonds3 tablespoons butter
1/2 teaspoon salt (or measure salt to taste)

How to Prepare:
Slice tofu cube into julienne strips. Set aside.
Sprinkle sliced almonds onto a cookie sheet and heat in a 275 degree oven until lightly crisp and golden.
Steam green beans until al dente.
In a bowl, toss green beans with almonds, tofu, butter and salt.
Enjoy!

Sorry, no exact carb count on this, but be assured it is very low!
Also, this recipe is very forgiving, so be free with you moderations on this if you're serving more than two people. Untoasted almonds are also great with this warm veggie mixture.

Zucchini Hashbrown Cakes
Serves:12,5,10
CarbsPerServing:Total 1.94 Fiber 0.74 Atkins 1.2
Prep Time:10 minutes
Effort:Easy
Ingredients:
2 medium unpeeled zucchini, shredded (1 cup grated)
1 small onion, grated
1 egg
3 Tbs soy powder
1 cup cheddar cheese, shredded
salt and pepper to taste butter for frying

How to Prepare:
In a bowl, combine zucchini, onion and egg. Add soy powder one tablespoon at a time, until the mixture holds together. Stir in cheese, salt and pepper. In skillet or griddle over medium heat, melt butter. Drop batter by ¼ cupfuls into skillet and flatten. Cook until crispy and brown, turn and cook the other side.

Cabbage 'Macaroni' and Cheese
CarbsPerServing:24 total recipe
Effort:Easy
Ingredients:
3 cups cooked cabbage
10 ounces cheddar cheese -- I like extra sharp2 tablespoons heavy cream

How to Prepare:
Separate cabbage leaves individually, cut into 1 inch cubes. Put in pan of cold water and boil until tender but slightly undercooked. Grate 10 oz of cheddar cheese. Use 8X8 inch square pan. Place 2 tbsps of heavy cream in the bottom of the pan. Layer cabbage and cheese like you would a lasagna making sure top layer is cheese. Bake in 350 degree oven for 10-15 minutes or until cheese is melted. Enjoy! This recipe makes 6 1/2 cup servings.
Cabbage Stir Fry
Serves: 10  
CarbsPerServing: 40 total recipe  
Effort: Easy

**Ingredients:**
- 8 cups shredded cabbage  
- 1/2 cup sliced onions  
- 2 tablespoons soy sauce  
- 2 tablespoons olive oil  
- 2 teaspoons sesame seeds  
- 1 each salt and pepper to taste  
- 2 each dried red chili pepper -optional  
- 2 tablespoons butter

**How to Prepare:**
Heat wok or deep skillet/dutch oven with the oil. Add in onions and stir fry over high heat for about 30 seconds. Add in cabbage and stir fry for 2 minutes or until cabbage is all starting to wilt. Add red pepper(if using) and soy sauce. Stir fry another minute. Remove from heat and stir in butter, salt, pepper and sesame seeds.

CAULIFLOWER BAKE
Serves: 10  
CarbsPerServing: 14 total recipe  
Effort: Easy

**Ingredients:**
- 1/2 head cauliflower  
- 8 ounces cream cheese  
- 1/2 cup heavy cream  
- 2 tablespoons butter  
- 1/2 teaspoon salt  
- 1/4 teaspoon pepper  
- 1 cup cheddar cheese -- shredded (optional)

**How to Prepare:**
Cut the cauliflower into small pieces and boil till tender. Place the cream cheese and cream into a blender and blend. Place the cauliflower into the blender one piece at a time until smooth. Add butter salt and pepper. Transfer to a baking dish and top with cheese (if desired) and bake at 400 for 15 minutes till cheese is bubbly. Serves 4

Cauliflower Casserole
Serves: 7, 10  
CarbsPerServing: 55 total recipe  
Effort: Easy

**Ingredients:**
- 5 cups cauliflower  
- 2 cups sour cream  
- 1 1/2 cups grated cheddar cheese  
- 6 green onions -- chopped (separate white and green)  
- 5 1/2 teaspoons salt  
- 1/2 teaspoon pepper  
- 6 slices bacon -- cooked crisp and crumbled

**How to Prepare:**
Cook cauliflower until tender but firm, chop into pieces about the size of hashbrowns. Mix in sour cream, 1 cup of the cheddar, white part of the green onions, salt and pepper. Stir in cauliflower. Place in greased baking dish and sprinkle rest of cheddar on top. Bake at 350* for 20 minutes or until heated through. Crumble bacon on top and sprinkle on the tops of the green onion. reheats well in the micro, but doesn't freeze well. recipe can be doubled, serves 10

Cheese Sauce for Vegetables
CarbsPerServing: 2 total recipe  
Effort: Easy

**Ingredients:**
- 1 tablespoon butter  
- 3 tablespoons heavy cream  
- 1/3 cup shredded cheddar cheese -- or any flavor

**How to Prepare:**
Melt it slowly while stirring in a small non-stick saucepan until heated through. Add fresh ground pepper if you'd like.
**Colorful Grilled Marinated Vegetables/Foreman Grill**

Carbs Per Serving: 11 total recipe excluding salad dressing  
Effort: Easy

**Ingredients:**
- 1 bunch asparagus spears -- trimmed to about 8"  
- 1 bunch green onions, whole -- trim to about 8"  
- 1 large red bell pepper -- clean and slice into long thin strips  
- 1/2 cup any brand Italian salad dressing  
- 1 clove garlic -- crushed  
- 1/2 teaspoon pepper -- fresh cracked is best

**How to Prepare:**
Mix dressing, pepper, garlic and Italian seasoning well. Pour into a gallon-sized ziplock bag.

 Blanch the asparagus in boiling water for 3 minutes or until it turns darker green. Drain well and put into the baggie of marinade along with the onions and pepper. Let marinate at room temperature for 1 hour, turning bag as needed to get an even coating. After an hour, drain the marinade off.

 Preheat foreman grill. Place veggies in a single layer across the grill -- fit as many as you can on in the 1st batch. Close lid and grill for 4 minutes. The onions should remain tender/crisp. If you desire them to be softer, cook another 2 minutes, but don't get them too soft.

 Arrange on a platter and drizzle with a little melted butter if desired.

**Cottage Cheese, Broccoli Casserole**

Serves: 10  
Carbs Per Serving: 48 total recipe  
Effort: Easy

**Ingredients:**
- 2 cups Cottage Cheese  
- 3 Eggs  
- 8 ounces shredded cheddar cheese  
- 20 ounces Frozen Broccoli -- partially thawed  
- Salt and Pepper to taste

**How to Prepare:**
Preheat oven to 350 F. Combine ingredients and place into a casserole or baking dish.

 Bake uncovered for 60 mins.

**Delicious Yellow Squash Casserole**

Carbs Per Serving: 36 total recipe excluding cheese  
Effort: Easy

**Ingredients:**
- 4 yellow squash -- (4 to 6)  
- 1 large tomatoes  
- 1 large white onion  
- 3 strips bacon -- (3 to 4)  
- 1/2 block sharp cheddar cheese (enough to cover top of casserole)

**How to Prepare:**
(note: scale quantities to your casserole dish)

 In 9 by 13" casserole dish, begin by slicing the squash into 1/4" slices. Add enough to cover the bottom of the dish about 2 slices deep.

 Next, slice the white onion and layer on top of the squash. Do the same with the sliced tomato. Finish by placing a slice of cheddar on top of each tomato, then topping off the dish with the raw bacon slices.

 Bake in a 350 degree oven for about 1 hour or until the bacon on top is done.

 (important - don't add any liquid to the recipe. The veggies will generate plenty of juice on their own.)

**DUM GOBHI (Cauliflower steamed with herbs and spices)**

Carbs Per Serving: 33 total recipe excluding turmeric and garam masala  
Effort: Easy

**Ingredients:**
- 1 pound cauliflower
1/2 teaspoon chili powder
1/4 teaspoon turmeric
2 teaspoons grated ginger root
1/3 cup chopped tomatoes1 green chile -- chopped
1 tablespoon nonfat plain yogurt
2 tablespoons chopped cilantro -- (2 to 3)
1/2 teaspoon garam masala

How to Prepare:
Wash, drain, and cut cauliflower into 1 inch flowerets, including stem.
Combine chili powder, ginger, tomato, green chili, turmeric with the yogurt in a small bowl. Spray with pam, use nonstick pan, use a little water, whatever you do to nonstick yourself. Put Cauliflower into pan then pour spices over the top. Cover pan tightly and cook over LOW heat for 10-15 minutes (Cauliflower will steam in the spicy mixture). Stir in half the cilantro leaves, increase heat to medium, and cook with lid off, for another 5-6 minutes, to drive off excess moisture. turn off heat and sprinkle with garam masala and remaining cilantro. Make sure all liquid is driven off.

Fake Mashed Potatoes
CarbsPerServing:17 total recipe
Effort:Easy
Ingredients:
1/2 cauliflower, head
1 ounce butter
2 ounces cream cheese1 teaspoon dried onions -- ground white pepper -- salt

How to Prepare:
Cook the cauliflower, until very tender. Dry it and put in food processor. Add the remaining ingredients and process, until you get a smooth paste. If the result is too thin, put back in pot and cook, while stirring, until the texture is ok.

Fantabulous Creamed Spinach
Serves:4
CarbsPerServing:6.5g tot - 3.25g fiber = 3.25g digestible carbs
Effort:Easy
Ingredients:
1 package (10 oz) frozen chopped spinach, thawed
1 cup chopped mushrooms
1/2 cup chopped onion
2 Tbsp. butter
2 Tbsp. heavy cream
2 Tbsp. cream cheese
2 Tbsp. mayonnaise
1 tsp. Thicken/Thin not StarchVege Sal (or Salt) & Pepper
Optional: 2 slices bacon, cooked and crumbled

How to Prepare:
Saute onion in butter until translucent in a medium skillet. Add mushrooms and saute until both onions and mushrooms are soft and cooked.
Add in thawed chopped spinach and mix well with mushrooms and onions.
Add cream, cream cheese, and mayo. Stir in until everything is melted and/or incorporated. Add salt and pepper to taste. Sprinkle Thicken/Thin not Starch over entire pan and stir in until the liquids thicken. (Optional: sprinkle 2 slices of crumbled bacon over everything.) Serve hot.

Notes:The Thicken/Thin Not Starch is optional, but it makes things really nice and creamy. Guar/Xanthan gum could also be used for this (although I do not know what amount).

If you don't use Thicken/Thin, it won't change the digestible carbs because it is all fiber. If you add bacon, it adds a bit more protein and fat, but no carbs.

Flavored Mushrooms
CarbsPerServing:3 total recipe
Effort:Easy
Ingredients:
1/2 cup sliced mushrooms
1 teaspoon butter1 teaspoon basil
1/2 teaspoon garlic salt

How to Prepare:
French Fries
CarbsPerServing:8 total recipe
Effort:Easy
Ingredients:
6 ounces daikon -- radish
1 Egg
Crushed Pork Rinds

How to Prepare:
Slice the radish like you would French Fries.
Beat egg in a bowl and coat the fries
Put fries in a bag filled with crushed Pork Rinds and shake
Put fries in pan containing 1/4 inch hot oil
Cook until golden brown and crispy

These are wonderful, you will never miss potato fries again and they total to only 8 carbs

Fried Cabbage 1
Serves:10
CarbsPerServing:32 total recipe
Effort:Easy
Ingredients:
1/2 cabbage head -- julienned
3 slices bacon
Garlic -- to taste
1/2 cup chopped onion

How to Prepare:
Cook bacon in large skillet. Remove and chop. In same skillet, cook garlic and onion in bacon grease. When both begin to brown, add bacon and cabbage and fry, stirring often until warmed through. You want the cabbage to remain crispy, not soggy.

This is the only way I will eat cabbage. Great for veggie haters!

Garlicky Brussels Sprouts
CarbsPerServing:27 total recipe
Effort:Easy
Ingredients:
1/2 cup water
3 tablespoons butter
1 tablespoon minced garlic
1 teaspoon ground ginger
Dash salt and pepper -- each
10 ounces brussels sprouts -- fresh or frozen

How to Prepare:
Cut sprouts into 1/2 or 1/4s through the stem end. Bring everything except sprouts to a simmer in a large saucepan. Add the sprouts, cover and simmer over med heat for 10 minutes or until tender. Uncover and let simmer until most of the liquid is gone - may take 3-4 minutes.

Green Bean Casserole
Serves:10 CarbsPerServing:35 total recipe excluding cheese
Effort:Easy
Ingredients:
2 cans green beans, canned -- french cut
4 ounces mushroom stems and pieces -- drained
1/2 medium yellow onion -- sliced thin, separated into rings
2 stalks celery -- sliced small
2 tablespoons butter/1/2 cup heavy cream
1/4 cup mayonnaise
1 cup assorted cheeses cut into small -- jack, pepper jack, cream -your choice) diced
3/4 teaspoon salt -- or 1/2 lite, and 1/4 reg
1/2 teaspoon pepper
1/2 teaspoon garlic powder

How to Prepare:
Melt the butter in a skillet and sautee the onions, celery and mushrooms until soft (about 7-8 minutes). Mix the mayonnaise and cream. Mix everything together in a casserole and bake at 350f, covered, for 30 minutes. Uncover and brown if desired.

Green Bean Parmesan
CarbsPerServing:29 total recipe excluding garlic powder and parmesan
Effort:Easy
Ingredients:
1 pound green beans -- fresh
1/4 cup melted butter/garlic powder -- to taste
Parmesan cheese -- to taste
How to Prepare:
Par-boil green beans rapidly for 10-15 minutes. Drain water. Put beans in 13x9 casserole dish. Toss with butter, garlic and cheese. Bake for 10 minutes at 400 degrees. Good! Beans are still slightly crunchy! You can do this with fresh asparagus too!

Green Beans a la Cheese
CarbsPerServing:20 total recipe
Effort:Easy
Ingredients:
2 cans green beans, canned -- french cut
2 cups grated cheese
Paprika

How to Prepare:
Drain green beans; mix in 1 c. cheese; place in microwave safe dish. Sprinkle top with rest of the cheese and paprika. Nuke for about 2 1/2 to 3 minutes on high.

Broccoli Onion Swiss Quiche
CarbsPerServing:30 total recipe
Effort:Easy
Ingredients:
3 cups chopped broccoli -- cooked, drained, cooling
1/2 cup chopped onion -- favorite color
3 tablespoons butter -- (or less)
1 1/2 tablespoons soy flour
3/4 teaspoon salt
pepper and nutmeg to taste (pinch)
3 eggs
1/2 cup heavy cream
with enough water to equal 2/3 cup liquid
4 slices cooked bacon -- crumbled or cut in small pieces
2 ounces shredded swiss cheese

How to Prepare:
9" pie plate sprayed with non-stick spray
375 degrees, 25 minutes
1. Set aside cooked broccoli
2. Saute onions gently in butter, when tender add soy flour and cook a couple more minutes.
3. Whisk together eggs, cream & water. Blend in salt and spices.
4. Combine egg mix, prepared vegetables and cheese.
5. Pour into prepared pie plate.
6. Bake until puffed and browned.

Personal notes: Next time I will increase the 2 oz cheese to 4 oz because I want the swiss flavor more pronounced. Also I think this would make a great appetizer if baked in a 7 x 11" chilled and cut into small squares, served cold or reheated. Very pretty if topped with small strips of pimento or red bell pepper laced through a slice of black olive?

Hash Browns
CarbsPerServing:11 total recipe
Effort:Easy
Ingredients:
2 cups cabbage -- thinly sliced
salt and pepper -- to taste
1 green onion -- chopped
1 egg

How to Prepare:
Shred cabbage very thin add S & P, the green onion and egg. Mix well. Fry in oil in non stick frying pan. Makes 2 patties.

Holiday Mashed Potato Casserole
CarbsPerServing:12 total recipe excluding cauliflower
Effort:Easy
Ingredients:
2 packages frozen cauliflower
1/2 cup butter
1 bunch green onions -- (4 or 5)
1/4 heavy cream -- 1/4 to 1/28 ounces cream cheese -- at room temp
1 cup grated Parmesan cheese
Salt and pepper to taste
How to Prepare:
Place the cauliflower in a large saucepan and cover with lightly salted cold water. Bring to a boil, reduce heat to medium and simmer for 15 to 20 minutes or until tender when pierced with a fork. Drain thoroughly; transfer to a large mixer bowl.

Preheat oven to 350 degrees. While cauliflower is cooking, in a medium skillet over medium low heat, melt butter. Add green onions and sauté until tender. Add 1/4 cup milk, cream cheese and Parmesan cheese; stir until cheeses are melted. Add the melted cheese mixture to cauliflower and beat with electric mixer until fluffy. Season to taste. If mixture seems too stiff, add a little more milk. Pour into a 9 X 13 inch casserole dish and bake at 350 degrees for about 30 minutes. Mixture should be nicely browned on top and slightly bubbly.

**Italian Zucchini Pie**
Serves:10,10,10,10
CarbsPerServing:44 total recipe
Effort:Easy

**Ingredients:**
4 cups sliced zucchini -- unpeeled, thinly sliced
1 cup onions -- coarsely chopped
2 cloves garlic -- crushed
1/2 cup butter
1/2 cup chopped fresh parsley
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon basil
1/4 teaspoon oregano
8 ounces shredded mozzarella cheese
1/2 cup grated parmesan cheese
2 eggs -- well beaten
4 tomato slices -- (4 to 5)

How to Prepare:
Preheat oven to 375. In a skillet, cook onion til golden, throw in garlic and cook two more minutes. Throw in zucchini and cook til tender. Stir in parsley and all seasonings. In a large bowl, blend eggs with cheeses, stir in vegetable mixture. Butter an 11-inch quiche or glass pie plate and pour mixture in evenly. Layer the tomato slices over and sprinkle a little bit of parmesan over. Bake for 18 to 20 minutes.

**Ultimate Low-Carb Mashed**
Serves:4
CarbsPerServing:Per Serving: 97 Calories; 7g Fat (59.3% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 20mg Cholesterol; 357mg Sodium.
Prep Time:20 minutes
Effort:Easy

**Ingredients:**
1 cup turnips -- diced, measure uncooked
16 ounces frozen cauliflower -- thawed before cooking
1 clove garlic -- peeled and halved
1/2 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons soft butter
2 tablespoons heavy cream

How to Prepare:
Bring 4 cups water to a boil. Add diced turnips and garlic. Boil for 5 minutes, then add thawed cauliflower and boil for 10 minutes or until all veggies are fork tender. Drain well and use a spoon to smoosh out as much water through the colander as possible. Put into a bowl and add cream, butter, salt and pepper. Using a stick mixer (like the Thunder Stick or Braun kind), puree until smooth and well blended. Serve immediately. You can do this in a blender or food processor, but I like the stick mixer for control.

**Macaroni and Cheese**
Serves:10,10,9,8,10,3
CarbsPerServing:17 total recipe
Effort:Easy

**Ingredients:**
12 ounces firm tofu
8 ounces sharp Cheddar cheese -- grated
2 eggs -- beaten
1/4 cup cream/4 teaspoon onion powder
1 dash cayenne
1/4 teaspoon garlic powder
1/4 teaspoon dry mustard

How to Prepare:
Drain tofu well (I let mine sit in the colander for awhile and then squished even more liquid out of it with my hand).

Mix all ingredients together mashing the tofu well (but leaving a few chunky pieces),

Place in a buttered casserole dish. Sprinkle with Parmesan & a little paprika. Bake at 350 for 30-40 minutes. The top should be golden brown. (its the crispy brown parts that really give it the flavor)

Marinated Garden Tomatoes
CarbsPerServing:45 total recipe
Effort:Easy

Ingredients:
6 large tomatoes -- cut into wedges
1/2 cup green onions -- thinly sliced
1/3 cup olive oil -- or canola
1/4 cup red wine vinegar
1/4 cup minced fresh parsley
2 garlic cloves -- minced
1 teaspoon salt
1 tablespoon fresh thyme -- or 1 teaspoon dried
1/4 teaspoon coarsely ground pepper

How to Prepare:
Place tomatoes and onions in a shallow serving bowl. In a bowl, combine the remaining ingredients; pour over tomatoes. Cover and refrigerate for at least 2 hours or overnight. Yield: 10 servings or 3/4 cup

Mashed Cauliflower and Broccoli

CarbsPerServing:40 total recipe
Effort:Easy

Ingredients:
..

How to Prepare:
Steam cauliflower and broccoli, when softened put in a food processor with sour cream, half and half, salt, and a little pepper. Blend together and serve. It has a similar consistency to mashed potatoes, it is delicious! And adds fiber to your meal.

Mushroom Pie
CarbsPerServing:42 total recipe
Effort:Easy

Ingredients:
200 grams mushrooms -- chopped fresh
1 large onion -- chopped
salt
pepper
3 tablespoons mushroom soup
750 grams cream cheese -- (5% fat)
3 eggs

How to Prepare:
Fry the onion with the mushrooms. Add salt and pepper and the mushroom soup. Then when it is all blended together with all the aroma and taste, you pour to a pan and stir with the cheese and eggs. That's it! You put in the oven for about 45 min. at 250 degrees. Bon appetit!!! (-:

Noodles Romanoff Atkins style
CarbsPerServing:35 total recipe
Effort:Easy

Ingredients:
1 head cabbage -- sliced into noodles
1 pound cream cheese -- softened
8 ounces sour cream
2 tablespoons butter -- melted
1/2 cup scallions -- chopped (green onions)
1 clove garlic -- crushed
1/4 teaspoon black pepper
1/4 cup TVP -- (or omit for topping)
1/2 cup grated Parmesan cheese

How to Prepare:
Cook until barely tender. Drain. Mix together cream cheese, sour cream, and butter. Stir into cabbage. Add scallions, garlic, and pepper, and turn into buttered baking dish. Combine TVP (crumbs) and
Parmesan cheese and sprinkle over top of noodle mixture. Bake at 350 degrees for 30 minutes.

**Note: If you have leftover protein bread that has dries, pulse in the food processor for crumbs and use in place of the TVP.

**Parmesan Onions**

CarbsPerServing: 12 total recipe  
Effort: Easy

**Ingredients:**
1 medium white onion  
2 cloves minced garlic  
butter  
teaspoon balsamic vinegar  
Parmesan cheese  
Black pepper

**How to Prepare:**
Slice onion into rings. Melt butter in pan, and saute garlic for about a minute. Add onions. Sprinkle with vinegar. Cook until soft, then sprinkle with cheese and pepper (to taste). Allow cheese to melt, then serve.

**PEPPER-VODKA-SOAKED CHERRY TOMATOES WITH SEASONED SEA SALT**

CarbsPerServing: 17 total recipe  
Effort: Easy

**Ingredients:**
1 pint cherry tomatoes -- vine-ripened  
1/2 cup vodka -- pepper-flavored  
3 tablespoons sea salt -- coarse or fine  
1 tablespoon lemon pepper

**How to Prepare:**
Store-bought seasoned salt can also be used in the following recipe. Can be prepared in 45 minutes or less but requires additional unattended time.

Poke 5 or 6 holes with a wooden pick or skewer in each tomato and put in a shallow bowl. Pour vodka over tomatoes and let stand, covered, tossing occasionally, 1 to 2 hours, or until soaked to desired taste. In a small bowl stir together salt and pepper. Serve tomatoes with seasoned salt for dipping using toothpicks. Makes 2 cups.

If you can’t find the pepper vodka, to use red pepper flakes mixed into the vodka.

**Portobello’s and Cheese**

CarbsPerServing: 20 total recipe  
Effort: Easy

**Ingredients:**
2 portobello mushrooms -- (2 to 3)  
cooking wine -- red, or balsamic vinegar  
olive oil  
2 slices provolone cheese

**How to Prepare:**
Using skillet w/ about a capfull of olive oil, and medium heat, place portobello caps in skillet, and add the wine/ vinegar, and give the mushrooms time to absorb the liquid. Then repeat, and slice the mushrooms into 3/4 inch slices. When still hot, top with sliced provolone.

**Proscuitto and Spinach**

Serves: 10  
CarbsPerServing: no counts provided  
Effort: Easy

**Ingredients:**

**How to Prepare:**
Heat up a frying pan over medium heat (about 5 on an electric stove top). Melt about 2 tablespoons of butter in the pan. Peel and chop one clove of garlic, and fry it in the pan, just until it’s light brown. Add 8 slices of prosciutto, cut into smaller pieces. Fry the prosciutto for about 3-5 minutes; you’re not trying to make it crisp, just flavor the butter. Add 12 ounces of chopped spinach, toss all of it together in the pan, cover the pan. Let it cook until the spinach is cooked (it’s better if the spinach is not over cooked), about 3-5 minutes. Delicious and fast!

**Vegetable medly**

Serves: 2-3  
CarbsPerServing: very low
Ingredients:
4 slices Bacon chopped
1 onions chopped
2 peppers chopped
1 large zucchini chopped
clove Garlic crushed
1 teaspoon salt
none

How to Prepare:
dice bacon and brown in fry pan. add onion and peppers and saute till lightly browned, add zucchini, garlic and salt and continue till zucchini is tender and cooked thru. Great side dish or add chicken, sausage etc. it is quite versatile. try other seasonings as well for variety.

Puffy Asparagus & Ham Bake
CarbsPerServing:53 total recipe
Effort:Easy
Ingredients:
1 pound fresh asparagus -- cooked and drained
6 slices ham
4 ounces mushrooms -- sliced
3/4 cup mayonnaise
1 tablespoon lemon juice
2 egg whites
1 dash salt

How to Prepare:
Spray bottom of baking dish with Pam. Place ham on bottom, top with asparagus, then mushrooms. Combine mayo with lemon juice. Beat egg whites with salt until stiff, fold in mayo mixture. Spoon over mushrooms. Broil at least 6 inches from heat for 5 minutes, or until puffed and brown. You can also bake at 425 degrees for 3-5 minutes, watching carefully.

Salmon-Stuffed Mushrooms
Serves:10
CarbsPerServing:15 total recipe
Effort:Easy
Ingredients:
8 ounces mushroom -- fresh
1 tablespoon butter
1 clove garlic -- pressed
2 tablespoons onion -- minced
1/2 cup salmon -- smoked, canned, or crumbled salmon burger
1/2 teaspoon parsley -- flakes
1/4 teaspoon pepper
1/8 teaspoon marjoram
1 tablespoon lemon juice

How to Prepare:
Saute in 1 Tbs. butter until tender but not brown: finely chopped mushroom stems, onion, and garlic. Remove from heat and add: salmon, parsley, pepper, marjoram, lemon juice; mix thoroughly. Press a teaspoonful of mixture into each mushroom button. Cook under broiler 3 to 5 minutes until mushroom buttons turn dark, but aren't browned. Serve hot on small crackers or by themselves. Makes about 24 stuffed mushrooms.

Sauteed Broccoli Florets, Zucchini and Mushrooms
Serves:10
CarbsPerServing:11 total recipe excluding broccoli, lemon juice and italian seasonings
Effort:Easy
Ingredients:
1 1/2 zucchini -- sliced and chopped
1/2 cup sliced mushrooms -- I large handful - I estimated 1/2 cup for nutritional counting
2 stalks broccoli florets
(I save the stalks to make Appletree Salad later in the week, YUM!)
clove garlic -- crushed
salt and pepper
sprinkling of Italian Seasonings
1 squeeze of lemon
2 tablespoons olive oil

How to Prepare:
In a skillet, heat the olive oil and throw in all the veggies, sprinkle on the seasonings and cover with a lid so that the steam helps cook them too.
Temp should be med-high. Stir occasionally and when the broccoli is bright green throw in the garlic and cook for two more minutes. Before taking off heat, squeeze lemon juice over.

Slice three tomato slices for each plate, season with salt and pepper and drizzle balsamic and olive oil over. Exquisite!!

Serve with a lemon wedge alongside Chicken Breasts with Rosemary, Lemon & Garlic - recipe in the Chicken/Poultry/Eggs category here.

**Sauteed Garlic Spinach**

- CarbsPerServing: no counts provided
- Effort: Easy

**Ingredients:**
- Raw Spinach
- Sliced Garlic cloves
- Jane's Crazy Mix-Up Salt Seasonings
- Crack Black Pepper — (or seasonings of choice)
- Olive Oil or one of your choice

**How to Prepare:**

Heat about one tablespoon of olive oil in hot skillet (I use a wok). Throw as much spinach in pan as you would like (use your own judgement); then put sliced garlic cloves in (again, you as much as you would like -- I use about 3 large cloves). Season with the salt seasoning and cracked pepper.

Don’t blink! As soon as the spinach wilts (takes seconds, if pan is hot) take spinach out of pan. This is a very simple and delicious dish.

**SAVORY SPINACH BALLS**

- CarbsPerServing: no counts provided
- Effort: Easy

**Ingredients:**
- 2 pkg frozen chopped spinach -- cooked and drained
- 1 lg onion -- chopped fine
- 4 eggs -- beaten
- 3/4 c butter/1 tsp salt
- 1/2 tsp garlic salt
- 1/2 tsp thyme
- 1/2 c Parmesan cheese
- 2 c stuffing mix

**How to Prepare:**

Mix all ingredients in a large bowl; chill 1/2 hour.

Preheat oven to 350 degrees. Grease cookie sheets or line with parchment paper. Roll spinach mixture into small balls (rounded teaspoons or tablespoons). Bake 15 minutes.

This recipe is a handy make-ahead appetizer—you can prepare a batch, freeze the unbaked balls, and then bake as many as you need later. But, thanks to a shortcut ingredient (stuffing mix), these Spinach Balls are also quick and easy at the last minute. Makes about 4 dozen.

**Side Salad**

- CarbsPerServing: 11 total recipe excluding grape tomatoes
- Effort: Easy

**Ingredients:**
- 1/2 pound salami -- hard, cut 1/2" thick
- 1/2 pound mozzarella cheese -- cubed
- 1 cup grape tomatoes -- halved/8 cup fresh basil -- chopped fine
- 1/4 cup olive oil -- light
- salt and pepper to taste

**How to Prepare:**

Toss together serve with diet flat bread grilled with olive oil and garlic salt

**Smothered Mushrooms**

- CarbsPerServing: 58 total recipe
- Effort: Easy

**Ingredients:**
- 1 1/2 pounds fresh mushrooms -- fresh - I use white button
- 12 ounces bacon -- may sub ham
- 2 cups sour cream8 ounces cream cheese -- softened
1 can black pitted olives -- sliced

How to Prepare:
1. Wipe mushrooms clean, slice.  
2. Fry bacon until just not quite crisp, drain, cut into small pieces with kitchen shears  
3. In bacon fat or (equal amounts of real butter and worchestershire if your daily carb count can take it--the worchtershire gives it real ZIP) saute mushrooms on medium until tender, but not browned or crisp.  
4. In crockpot mix together sour cream and cream cheese.  
5. Toss in mushrooms, bacon and olives. Keep hot in crockpot, not boiling or heat in 1 1/2 qt casserole in 350 oven.  
Then call me and I will come right over to share it with you!

This isn't exactly carb 'cheap' and is so good you will have to limit your amount of servings. But everything is Atkins "legal". On a low-fat diet I always used to feel guilty making and serving this--one of my all time favorite potluck dishes!

**Spaghetti (Squash) Pie**

CarbsPerServing: 44 total recipe excluding tomato sauce  
Effort: Easy

**Ingredients:**
- 3 cups spaghetti squash -- cooked, strands  
- 1 egg -- beaten  
- 1/3 cup parmesan cheese  
- 1 tablespoon butter -- melted  
- 1 cup ricotta cheese  
- 1 egg -- beaten  
- 1/2 pound ground beef -- or bulk Italian Sausage  
- 1/2 cup chopped onion  
- 1/4 cup green pepper -- chopped  
- 2 small cans tomato sauce  
- 1 teaspoon garlic powder  
- 1/2 teaspoon dried oregano -- crushed  
- 1/2 teaspoon dried basil -- crushed  
- 1/2 teaspoon dried parsley -- crushed  
- 1/2 cup shredded mozzarella cheese

How to Prepare:
Mix squash, 1 egg Parmesan Cheese and butter well. Press evenly into a 9" pie plate to form crust. Mix Ricotta and 1 egg and spread evenly over squash mixture in pie plate.
In large skillet, brown meat with onion and green pepper. Drain off excess fat. Add tomato sauce and spices. Simmer a few minutes, then spoon over Ricotta mixture in pie plate.
Bake at 350 for approximately 15 minutes. Sprinkle mozzarella over top, then bake an additional 5 Ð 10 minutes to melt cheese and set crust. Let sit 5 Ð 10 minutes before cutting.  
-------
Wondering about spaghetti squash?  
It is a sorta football-shaped squash, fairly large and quite yellow in color. Cut it in half lengthwise (it is pretty hard to cut-be careful!) and scoop out the seeds in the middle.
To oven bake, place in a baking pan, cut side down, with 1" water. Bake at 350 for 20-30 minutes (until its somewhat soft). To microwave bake, place in glass pan, cut side down, with 1" water and nuke on med-high for at least 10 minutes (until somewhat soft).  
After cooking, use a fork to remove the pulp from the rind-it'll come out in spaghetti-like strands.  
The smallest one I've ever bought yielded 3 c. strands. Larger ones may yield 3 c. per half of the squash!

**Spanish 'Rice'**

CarbsPerServing: 39 total recipe  
Effort: Easy

**Ingredients:**
- 1 head cauliflower -- freshly ground  
- 1 bell pepper -- diced rough  
- 1/2 cup onion -- diced rough  
- olive oil  
- 14 1/2 ounces whole tomatoes -- canned  
- 1 tablespoon balsamic vinegar  
- 1 teaspoon worcestershire sauce -- 1 to 2  
- 1 teaspoon splenda -- 1 to 2
salt and pepper -- to taste
2 scallions - optional -- green only, chopped
garlic powder/salt - optional

How to Prepare:
1) In a small saucepan, add tomatoes, vinegar, worcestershire sauce, splenda, salt and pepper, and garlic, if using. Break up tomatoes with a wooden spoon. Simmer on medium low, covered for at least 30 minutes. Be careful not to let it cook down too much.
2) Chop up peppers and onion and saute in olive oil a large skillet over medium high heat, until the pepper and onion start to get a little charred.
3) While peppers and onions are cooking, remove outer leaves of cauliflower, and cut away at the base until you are left with a stalk stem to hold onto and all the green cut away. Use the stalk as a handle and grate the entire head of cauliflower on the largest hole. It should be in small, grainy rice like pieces.
4) Add a little more olive oil to the skillet, and the cauliflower. Stir, to make sure the cauliflower is coated and continue to cook until it's soft like rice, but not mushy. (You may want to cover skillet with a lid and steam it a bit if you're in a hurry)
5) Serve topped with tomato sauce and little chopped scallion (optional).

Spanish spinach omelet
CarbsPerServing:no counts provided
Effort:Easy
Ingredients:
1 box frozen chopped spinach
1 dashes of: Salt -- pepper, garlic salt or other preferred spices
olive oil
2 eggs

How to Prepare:
Thaw spinach and drain excess liquid.
Saute spinach in about 3 TBLS. of olive oil.
Add desired spices ( also very good with chopped onions and fresh garlic.)
Beat eggs in a bowl.
Add sauted spinach and mix with eggs.
Return to pan and fry on both sides till done. Yummy!

Easy Creamed Cabbage
Serves:2 large,10
CarbsPerServing:2 net carbs
Prep Time:20 minutes
Effort:Easy
Ingredients:
1/2 Head Cabbage - leaves seperated
3 oz Cream Cheese
1/3 Stick Butter3 Tablespoon heavy cream
1/4 Teaspoon Onion Powder
salt and pepper to taste

How to Prepare:
Steam cabbage until very tender. (You can do this in the microwave or steamer.) In medium pan on med low heat - melt butter - add cream and cream cheese, onion powder and salt and pepper. Stir until all is melted. Add steamed cabbage - mix well. Continue to cook until desired doneness. Serve hot.

Squash and Zucchini with onions
CarbsPerServing:31 total recipe
Effort:Easy
Ingredients:
2 yellow squash -- large, diced
2 zucchini -- large, diced
1 yellow onion -- shredded, or vidalia
(2 small will do as well)garlic salt
salt and pepper
lemon pepper

How to Prepare:
Grease the frying pan with a small pad of butter. Cooking spray or vegetable oil can be used if preferred.
In a large frying pan saute onions until limp. Add zucchiniis and
While cooking add 1 tsp garlic salt and one tsp of lemon pepper. Cook on med/high until soft but not mushy. Add salt and pepper to taste.

And viola! Simple and easy in 10 min!

**Stuffed Mushrooms with Goat cheese topping**

CarbsPerServing: 6 total recipe
Effort: Easy

**Ingredients:**
- 6 medium mushrooms -- white
- 6 large pork rinds (smashed to bread crumb consistency)
- 2 tablespoons butter
- 1/2 tablespoon olive oil
- 1 tablespoon red onion -- finely chopped
- 1/2 ounce goat cheese
- black pepper and garlic-salt to taste

How to Prepare:
- Preheat oven to 450 F
- Clean mushrooms, chop stems and set aside.
- Heat olive oil in small skillet.
- Add: smashed porkrinds, butter, chopped onions and mushroom stems.
- Cook until onion is soft.
- Season with enough garlic salt and black pepper to hide "pork" flavor.
- Spoon mixture into mushroom caps.
- Lightly brush tops with olive oil.
- Bake in glass pie plate or teflon cookie sheet, uncovered for approx. 10 minutes.
- Mushrooms should look slightly translucent.
- Add a nickel size drop of goat cheese to the top of each stuffed mushroom and bake 5 minutes longer.
- Makes appetisers for two!

**Summer Squash casserole**

CarbsPerServing: 6 total recipe excluding squash
Effort: Easy

**Ingredients:**
- 4 medium yellow squash -- sliced
- 1/4 cup sour cream
- 1 tablespoon butter
- 1 cup grated cheddar cheese -- divided
- 1 teaspoon paprika
- 1 egg yolk -- beaten
- 1 tablespoon chives -- chopped
- 4 slices bacon -- fried crisp
- 1/2 teaspoon salt

How to Prepare:
- Simmer squash, covered, in 1/4 c. water until tender. Drain well.
- In a saucepan, combine sour cream, butter, 1/2 c. cheese, salt and paprika. Stir over low heat until cheese is melted. Remove from heat and add egg yolk, chives, and bacon. Add squash. Place in buttered dish and top with remaining cheese. Bake at 350 degrees for 30-35 minutes.

**Turnips Au Gratin**

CarbsPerServing: 41 total recipe
Effort: Easy

**Ingredients:**
- 4 turnips -- washed peeled and thinly sliced
- 1 Small onion -- thinly sliced
- 2 tablespoons Olive Oil -- (2 to 3) 1 Cup grated cheddar cheese
- Salt to taste

How to Prepare:
- Place turnips and oil in skillet and saute until tender. Add onion and continue to saute until some are golden. Remove from stove and place turnips and onion into a baking dish. Add cheese over the top of the turnips and onion and bake at 350 til cheese is melted.

** Twice Baked Turnips**

CarbsPerServing: 33 total recipe
Effort: Easy

**Ingredients:**
Yum Yum Mashed Potatoes

Ingredients:
- 4 medium turnips
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup heavy cream
- 4 tablespoons butter
- 1/2 cup shredded sharp cheddar cheese or cream cheese

How to Prepare:
Preheat oven to 350f. Cut the stem end off each turnip and rub with oil. Wrap each tightly in foil and roast for 1 hour or until soft. Carefully scoop out most of the insides, leaving the 'shell' intact. Beat the insides with remaining ingredients until smooth. Put back in shells and bake, uncovered, for 20 minutes or until nicely browned on top (place in a small baking dish for best results - so they are touching).

(Too carby? Instead of cutting off the stem end, just cut in 1/2 across the equator and follow same directions - you get 8 - 1/2 turnip servings instead of 4!)

Garlic Mashed

Serves: 10

Ingredients:
- 1 head cauliflower
1/3 stick butter
1/2 pkg cream cheese
garlic salt to taste (we use about 1/2 lid full)

How to Prepare:
cut cauliflower from head and put in microwave safe bowl with a small amount of water. Cover with plastic wrap and cook on high until soft. (I usually cook at 5 min intervals for 15 min total). Lightly mash the cauliflower, then mix with a hand mixer until smooth, all the while adding the butter, cream cheese and garlic salt. Creamy and delicious!

SWEETS

Hard Candy
Serves: for days
CarbsPerServing: 0 carbs
Prep Time: 3 minutes
Effort: Easy
Ingredients:
Jell-O 1 large package
1/2 cup of water 8 gelatin packages

How to Prepare:
mix jello and gelatin in bowl add water will not mix well at all but do your best put on medium heat until melted. Take off heat. what I do is freeze it in the bowl I mixed it in until hard (5 min). Remove from bowl and cut into pieces. wait a few days it will get harder and harder...Lasts a long time and gets harder and harder from the air.. lasts for days

Coconut-Chocolate Fudge
Serves: 18 squares
CarbsPerServing: 4.5
Prep Time: less than 10 min.
Effort: Easy
Ingredients:
2 c. Splenda
3 tbs SF cocoa
1/2 c. butter or 4 c. heavy cream or 1/2n1/2
1/4 c. water 1 tsp vanilla
1/2 c. SF peanut butter
2-3 c. SF coconut

How to Prepare:
Mix Splenda, cocoa, butter, cream & water in sauce pan. Stirring constantly bring to rolling boil for 1 min. Remove from heat. add peanut butter & vanilla until melted. Stir in enough coconut until most of chocolate mixture is absorbed. Spread into PAM sprayed pan. Chill 2-3 hours.

Butterscotch Fudge
18 squares
CarbsPerServing: usable carbs about 1.9
Prep Time: 5 min.
Effort: Easy
Ingredients:
1 c. heavy cream
8 oz cream cheese
2 tbs Splenda or 3 pkts Equal
1/2 c. SF peanut butter
1 small box SF butterscotch pudding (I use Jello brand)

How to Prepare:
blend until very smooth heavy cream, cream cheese & sweetener. Add peanut butter until smooth. Add pudding mix until smooth. Pour into PAM sprayed 7x11 pan. Chill 2-3 hours.

Good Fudgie Chocolate Candy
Serves: 25 pieces
CarbsPerServing: 5 grams/piece
Prep Time: 10-15 mins
Effort: Easy
Ingredients:
20 pkts "Splenda"
1 pkg "cook to serve" sugar-free chocolate pudding
1 oz butter or margarine
1 can evaporated milk pkg (8 ozs) unsweetened baking chocolate, any brand

How to Prepare:
Melt baking chocolate in Microwave (about 7 mins @ 40% power) in medium sized bowl.

Combine other ingredients in saucepan and cook according to pudding
directions.

Pour cooked pudding into melted chocolate, mix thoroughly, then pour into glass pie plate.

Refrigerate. Gets really firm. Makes good dark chocolate candy!

Low Carb Chocolate Treats
Serves:24,10
CarbsPerServing:.33 grams of carbs each
Prep Time:30 minutes
Effort:Easy

Ingredients:
1 8oz pkg cream cheese softened1 large box sugar free jello1 oz
square unsweetened chocolate1 tbsp heavy cream1 pkg splenda1 tbsp
butter

How to Prepare:
Mix first two ingredients together in a mixer...Mix well. Form into
24 balls. chill for 1/2 hourMelt together chocolate, cream, butter
and splenda..Dip cream cheese balls in chocolate.Refrigerate for
another 20 minutes.

Chocolate No Bakes
Effort:Easy
Ingredients:
2 Tbs butter
1/3 cup chunky peanut butter
2 Tbs cocoa powder
10 packets Splenda
1/3 cup ricotta cheese
1 tsp vanilla
1 Tbs cream

How to Prepare:
On a very low heat, melt butter and peanut butter. Mix in cocoa
powder. Remove from heat. Add rest of ingredients and mix.
Lay wax paper on cookie sheet then spoon mixture onto wax paper.
(Usually makes 16) Refridgerate.

Lower Carb Fudge
Serves:6 by 9 pan or pyrex,8,8,10
CarbsPerServing:48 total carbs
Prep Time:fast
Effort:Easy

Ingredients:
1/4 c. margarine or butter
2 oz unsweetened chocolate
24 packets Equal 1 tsp vanilla
1 (8oz)pkg cream cheese,
1/2 chopped nuts optional

How to Prepare:
melt butter over low heat. Add chocolate and stir until melted.
Remove from heat and stir in sweetner and vanilla. combine chocolate
mixture with cream cheese(softened) ( don't use fat free) beat until
smooth. Stir in nuts and spread in lightly greased 8 inch square pan
.. Refrigerate until firm.

Gummi Jigglers
Serves:4,1
CarbsPerServing:0
Prep Time:15
Effort:Easy

Ingredients:
4 envelopes unflavored gelatin
14 Packets of saccharin 1/2 Cup Water-Cold
1/4 Packet of Kool-Aid Drink Mix Unsweetened

How to Prepare:
Add gelatin packets, Kool-Aid and saccharin together in a saucepan.
Mix together. Pour in the water and stir over medium heat until
melted. Pour the mixture into a shallow pan and place in the freezer
for 10 minutes. Remove from the freezer and use cookie cutters to
make jigglers!
Macadamia Nut Joys
Serves:6,10
CarbsPerServing:approx 6 (didnt take coconut carbs into this recipe)
Prep Time:20 minutes
Effort:Easy
Ingredients:
3 Ozs cream cheese softened
1/2 Cup unsweetened shredded Coconut
1-2 Tablespoons of Heavy Cream
1 Teaspoon Vanilla Extract
4-5 Packets of Splenda
12 Macadamia nuts For chocolate coating
2-Low Carb Dark Chocolate bars
1-Tablespoon of Heavy Cream

How to Prepare:
Using tin foil, make a little tray approx the size of 3 x 6 and give it a light coating of Pam or something similar.

Break up chocolate and add the cream and microwave for one min and stir to make sure its all melted. Take half of the melted choc and spread it on the bottom of the foil tray evenly. Place in freezer to get hard for about 10 minutes. While waiting, mix the softened cream cheese, coconut extract and Splenda and enough of the cream to make a workable dough. Take foil tray out and spread the "dough" mixture evenly over the top and place the Macadamia evenly so you can get 6 bars with 2 nuts each on them. Take remaining chocolate and spread evenly over the top. Place back into the freezer for about 2 hours and then cut into 6 equal portions. Store in freezer.

Just take and eat directly from the freezer!

Gummy Bears
CarbsPerServing:0g
Effort:Easy
Ingredients:
1 package sugar free jello -- any flavor
6 packages gelatin powder, unsweetened -- unflavored
1/2 cup water -- cold

How to Prepare:
In a small saucepan, mix flavored and unflavored gelatin. Stir it up. Pour cold water in, stir with spatula until you have a gloppy-chunky blob, not unlike play-doh. Turn heat on medium, melt blob. Stir obsessively until melted. Pour into miniature bear molds. Stick in freezer for 10 minutes to cool. If you don't have miniature bear molds, do this: take the rack out of your toaster oven and put it on the counter. Drape a big sheet of aluminum foil over it. Cram the aluminum foil down into the gaps, leaving striplike molds. Presto! Gummy tapeworms. Yummy.

Yummiest Chocolate Candy
Serves:1,1,10
CarbsPerServing:38g carbs total
Effort:Easy
Ingredients:
4 tablespoons butter
2 ounces unsweetened baking chocolate squares
2 tablespoons heavy cream
18 Splenda packets -- or equal
2 ounces nuts -- crushed (I used macadamias and walnuts

How to Prepare:
Melt butter and chocolate in microwave or on low heat on stove Stir in cream. Add vanilla flavoring. Stir in equal or Splenda. Add nuts (crushed). Drop by teaspoon onto foil or wax paper, or you could pour and cut to divide into servings.

TRUFFLES
Serves:4,3
CarbsPerServing:15g carbs total
Effort:Easy
Ingredients:
1 pkg Strawberry -- cherry, orange, or raspberry sugarfree jello
2 cups water
1 cup heavy whipping cream
8 ounces cream cheese
1 square Hershey's unsweetened baking chocolate
1 teaspoon vanilla extract
artificial sweetner to taste

How to Prepare:
Prepare jello as directed and chill to firm. In microwave or double broiler, melt chocolate square. Add cream cheese to soften. Stir. Remove from heat and add vanilla and sweetner until desired sweetness. Allow to cool. Whip cream until stiff peaks and add small amount of sweetner. Fold firm jello into chocolate mixture. Fold in whip cream. Chill. This recipe is really good without the jello too, but i find it to be incredibly rich and the jello just makes it taste yummier, like eating a box of chocolates!

Okay, so its not really truffles, but it tastes like them.
NOTES : Counts for jello and artificial sweetener not included in totals.

Peppermint Patties
CarbsPerServing:16g carbs total
Effort:Easy

Ingredients:
1 stick butter
1 ounce unsweetened baking chocolate
8 splenda packets2 teaspoons unsweetened cocoa powder -- (2 to 3)
1 teaspoon peppermint extract -- pure - to taste

How to Prepare:
Heat butter and chocolate in microwave until liquid form; try not to boil the mixture! Mix well then add the splenda 4 packages at a time. Mix well! Add the cocoa to make a thicker consistency. I usually use between 2 and 3 tablespoons. Then add the peppermint to taste. Start with a little...taste it and add more if you like! Put in muffin tin with papers, 1 tablespoon per paper. Any leftovers add evenly. Put in freezer for at least an hour! YUM!! The amount of carbs will vary on the amount of cocoa and peppermint you use. On average about 1.5 - 2 grams of carbs per
chocolate candy bar

CarbsPerServing: 10g carbs total
Effort: Easy

Ingredients:
1/2 stick butter
1 tablespoon cocoa powder
-- hershey's dutch2 packages artificial sweetener
1/3 cup walnuts -- broken in small pieces

How to Prepare:
Melt butter over low heat.
Add cocoa, sweetener and walnuts.
Mix well. Now you can put the whole thing in the foil, close and freeze for about 30 minutes. It's like a candy bar, crunchy and chocolaty. You can also freeze it in paper muffin cups for small portions.

CHOCOLATE NUT CLUSTERS

Serves: 9
CarbsPerServing: 6g carbs total
Effort: Easy

Ingredients:
1/2 oz unsweetened baking chocolate
1/4 cup walnuts -- (or pecans or Almonds)
1 tablespoon butter -- poster said 1 pat
2 packages artificial sweetener
2 cupcake papers

How to Prepare:
melt chocolate in microwave til melted, add butter and stir til melted and smooth then the Equal. mix in the nuts and coat all of the nuts. divide into the 2 papers and put into the freezer for 15 minutes til set eat and enjoy variation I add a tablespoon of cream after stirring the butter in and is cooled a little for a like milk chocolate taste. total carbs vary to nut choice

BISCUITS

Chocolate Chocolate Chip Cookies

Serves: Makes 36 cookies
CarbsPerServing: ~30 grams total
Prep Time: 1 hr
Effort: Easy

Ingredients:
.8 cups Atkins Bake Mix
2 Tbl. unsweetened chocolate
1 tsp baking powder
3/4 tsp salt
1 stick (1/2 cup) unsalted butter
1/2 cup sugar (splenda)
3 large eggs
1 lb bittersweet chocolate
(I used 1 bag of LowCarb Success sugar free semi-sweet chocolate chips plus 3 PureDelite dark)
How to Prepare:
Preheat oven to 350 degrees.
Stir together bake mix, cocoa and baking powders and salt.

In a double boiler, melt 3/4 of the chocolate and all the butter; stir until smooth.

Remove chocolate mixture from heat and stir in sugar. Mix eggs in one by one. Combine with dry ingredients and mix until just combined. At this point, I mixed in the additional chocolate chips, though you may want to save them to sprinkle on the dough before baking.

Chill dough, covered in fridge, for 10-60 minutes.

Drop rounded tablespoon measures of dough about 1 inch apart on greased cookie sheet. Stud cookies with additional chocolate, if you didn't mix it into the batter earlier.

Cook for 10 minutes. DO NOT OVERCOOK!!! Cookies will have a cake-like texture.

These are great for chocolate lovers. I got the recipe off Epicurious.com (originally from Gourmet magazine) and altered it slightly for us low-carb lovers.

Enjoy!

cream wafers
Serves: 60 halves or 30 sandwiches CarbsPerServing: Each cookie - 3g. Each sandwich w/ frosting - 7g.
Prep Time: none really Effort: Average

Ingredients:
Wafers -
1 cup butter
1/3 cup heavy whipping cream
2 cups all-purpose flour
Splenda (packets or bulk)
Creamy Butter Filling
Butter Filling - 1/2 cup soft butter
10 - 12 Splenda packets or 3/4 cup bulk Splenda.

How to Prepare:
OK - First, make sure the butter is somewhat soft. Mix butter, cream, and flour in a mixer until blended. Preheat oven to 375. Have a shallow bowl of Splenda near by. Roll dough into 3/4" balls and then roll in sugar. Place on an ungreased cookie sheet. Flatten with a flat bottomed glass dipped in Splenda. Prick each cookie 4 times with a fork. Bake for 7-9 minutes. Remove from pan promptly and let cool completely before frosting. These taste spectacular with or without the frosting.

Snickerdoodles II
Serves: 30 cookies CarbsPerServing: .53 per cookie
Effort: Easy

Ingredients:
1/4 cup Butter
1/4 cup shortening
3/4 cup DiabetiSweet or Splenda
1 egg
1 tsp vanilla
3/4 cup almond flour
1/2 cup Atkins bake mix
1 tsp cream of Tartar
1/2 tsp baking soda
1/8 tsp salt
1 TBL DiabetiSweet
1 tsp cinnamon

How to Prepare:
Preheat oven to 400. Mix all dry ingredients in a bowl, set aside. Cream butter, shortening, and sweetner in a large bowl. Add egg and vanilla, beat well. Add dry ingredients and mix well. In a small shallow bowl, mix DiabetiSweet and cinnamon. Using a teaspoon, roll teaspoon of dough into a ball then roll ball in cinnamon mixture then place on cookie sheet (use parchment paper if you have it). Bake for 7-9 minutes until golden brown. Let cool on cookie sheet before removing.

**Cream Cheese Sugar Cookies**
Serves: 3 dozen cookies

- CarbsPerServing: 2 carbs per cookie
- Prep Time: 10 minutes
- Effort: Easy

**Ingredients:**
- 1 cup Atkins Bake Mix
- 4 oz cream cheese
- 1 cup Splenda
- 1 tsp sf vanilla
- 1/4 tsp almond extract
- 1 cup butter
- 1 pinch salt
- 1 large egg (or 2 small)
- 1 tsp baking soda
- Chopped Almonds

How to Prepare:
Cream butter, cream cheese, eggs, vanilla, Splenda, almond extract, salt. Add Atkins bake mix until it is a consistancy that allows you to roll. Roll into small ball and flatten into cookie and sprinkle with chopped nuts. Bake at 365 (about 8 minutes). These do not brown on top, watch carefully. They are easily crumbled. I also use these crumbled up for cheese cake crust!

**Cinnamon Applesauce Bars**
Serves: 15

- CarbsPerServing: 11.5, appx 6 if oats omitted and use 4 C. almond flour instead
- Prep Time: 5-10 min.
- Effort: Easy

**Ingredients:**
- 2 C. almond flour (meal)
- 2 C. oats
- 1 C. unsweetened applesauce
- 1 large egg
- 1 t. cinnamon
- 1 t. baking soda
- 1 C. Splenda
- 2 T. sugar free pancake syrup

How to Prepare:
Slightly beat egg and mix in applesauce and syrup. Mix in Splenda then add almond flour, oats, baking soda and cinnamon. Press into the bottom of a 9x13 pan and bake at 350 for 20 minutes.

**KRAFT Super Easy Peanut Butter Squares**
Serves: 16, 10, 8

- CarbsPerServing: 3.2
- Prep Time: 5 minutes - 20 minutes baking
- Effort: Easy

**Ingredients:**
- 1/4 cup Splenda
- 1 Egg
- 1 cup Peanut Butter (KRAFT Smooth)

How to Prepare:
1. Mix together 1 cup of KRAFT Smooth Peanut Butter, 1/4 cup Splenda and an egg.2. Press into an 8 or 9 inch square pan. 3. Bake at 325F for 20 min. Do not over-bake!!! Makes 16 squares.

Total Grams of Carbs : 51
Total Calories: 1450
16 serves

Per Serve:
Total Grams of Carbs: 3.2
Total Calories: 90.5
Walnut Butter Cookies

Serves: 5
Carbs Per Serving: 20g total
Effort: Easy

Ingredients:
- 8 packages artificial sweetener -- to taste
- 1 serving cream cheese according to package
- 1 serving ricotta cheese according to package
- 1 ounce walnuts -- crushed
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 1/4 cup atkins bake mix
- 2 eggs
- 2 tablespoons butter

How to Prepare:
The bake mix and butter can be adjusted by using more or less of either according to your desired consistency of the batter.

Mix everything together and bake on a greased cookie sheet for 20-25 minutes or until browned (I usually flip them over halfway through so they don't get too done on the bottom). I set the oven (I cook them in a toaster oven) at 350.

The counts I'm giving you are approximate, not exact, but you can just add the carbs as you add the ingredients to the mix.

The cookies are a bit soft so they also make a good muffin mix if you have the tins. Enjoy.

NOTES: Counts for cream cheese and ricotta cheese not included.

Pecan Macaroons

Serves: 7
Carbs Per Serving: 27g total
Effort: Easy

Ingredients:
- 1 egg white
- 1/2 cup artificial sweetener
- 1 cup ground pecans

How to Prepare:
Beat egg whites until stiff peaks form. Add Splenda. Fold in pecans. Drop by tps. full onto greased cookie sheet. Bake at 375 until golden brown or about 8 - 10 minutes.

I usually triple this recipe. Original calls for 1/2 cup sugar. Very light and very good.

Meringue Cookies

Carbs Per Serving: 28g carbs total
Effort: Easy

Ingredients:
- 4 egg white
- dash salt
- dash cream of tartar
- 1 teaspoon vanilla
- 2 tablespoons good chocolate
- 1/2 cup nuts -- to 3/4 cup, chopped
- 1/2 cup unsweetened coconut meat -- finely shredded

How to Prepare:
you need to be home (and patient) for at least an hour to make these

Preheat oven to 275 butter cookie sheet well

Beat egg whites until stiff with dash of salt and dash of cream of tartar. Add vanilla (or another extract) in food processor grate chocolate Chop nuts. Mix chocolate, nuts and coconut, then fold into eggwhites. Make Tablespoonsful into cookie size drops on buttered cookie sheet--they will not
change shape
or spread or anything---
Bake at 275 for 30 minutes.
DO NOT OPEN OVEN FOR
ANY REASON NO MATTER
WHAT OR THESE WILL BE
RUINED!!!!!!! Turn oven off
leaving cookies inside for 2
(two) more hours WITHOUT
OPENING OVEN AT ALL!!!!!!

NOTES : Carbs for
chocolate not included in
above total - adjust
accordingly 15 carbs
included
for nuts.

Serving Ideas : there are
lots of great combinations,
and these are about 1 carb
per
cookie. you could add a half
a teaspoon of stevia to the
egg whites, but I try to cut out
sweet everywhere I can.
Addiction, you know.

2 T butterscotch chips and
cashews
2 T dark chocolate and
walnuts
2 T white chocolate and
macadamias
2 T milk chocolate and
pecans
sometimes it is hard to
have the chocolate around. I
try to buy tiny
quantities of good
(expensive) stuff at a local
health/premium food co-op.

Low Carb Sugar/Chocolate Cookies
Serves: 4, 4
CarbsPerServing: 11g carbs total
Effort: Easy

Ingredients:
1/2 Cup atkins bake mix --
or any low carb flour
substitute
1/2 teaspoon baking soda
1/4 teaspoon salt
1/8 cup artificial sweetener
-- 10-12 packets
1/2 Cup butter
1/3 Cup brown sugar twin
1/2 teaspoon vanilla extract
1 egg
1 teaspoon unsweetened
cocoa -- optional

How to Prepare:
Preheat Oven to 375.F deg.

Mix flour, salt, and baking
soda in one small bowl.
In another bowl, blend
together butter, sugars, and
extract until creamy with
electric mixer.

When creamy, add egg to
mix and beat again until
even more creamier.
Gradually add dry mix into
the
wet mix bowl and continue
to beat until dough like.

Optional: Add cocoa into
mix and beat well.

Plop onto greased (I use
Pam cookie sheet, flatten out if you want to and bake for 15-20 minutes. Take out when done and let sit for another 5 minutes. Makes about 12 2x2in cookies.

I got this recipe from the back of chocolate chip bag and switched some of the ingredient to its low carb equivalent. It tastes really good but it never hurts to add more sugar sometimes.

Linzertorte Bars

CarbsPerServing: 33g carbs total
Effort: Easy

Ingredients:
1 1/2 cups almond flour -- (or hazelnut or walnut flours)
3 tablespoons artificial sweetener -- splenda
1/2 cup artificial sweetener -- splenda
1 cup Zero Carb Carbolite Bake mix
1/2 teaspoon baking powder
1/2 teaspoon cinnamon
1/8 teaspoon ground cloves
1/8 teaspoon salt
3/4 cup butter -- room temp (12 T)
3/4 teaspoon vanilla extract
2 egg yolks
4 tablespoons preserves, apricot -- or raspberry or strawberry

How to Prepare:
Preheat oven to 350 degrees. Line a 9” square baking pan with aluminum foil. Butter the foil.

Stir together the Nut Flour and 3 T splenda. In a separate bowl, sift together Carbolite bake mix, baking powder, cinnamon, cloves and salt. Set both mixtures aside.

Combine the butter, 1/2 c. Splenda and the vanilla in a large bowl. Using and electric mixer set on high speed, beat until light and fluffy. Add the egg yolks and beat until fluffy. Reduce the speed to low and add the nut and flour mixtures and mix until just blended (it will be crumbly-ish)

Spread 1 3/4 c of the batter into the prepared pan. Top with a thin layer of preserves, leaving a 1/2 inch border. Spoon the remaining batter into a pastry bag fitted with a 1/4” plain tip. Pipe the batter in a lattice pattern atop the preserves. (I made little ropes of batter and laid them on top). Refrigerate for 20 min.

Bake until the preserves begin to bubble and the
crust is just firm to the touch, about 40 min. let cool in pan on wire rack.

Using the foil, lift the sheet from the pan. Peel back the foil sides. Cut into 20 squares. Sprinkle a little Splenda on top (lift you would powdered sugar). Makes 20 bars.

NOTES : Counts for bake mix and preserves not included in totals. I found apricot preserves at 6g per T - total 24g.

Lemon Bars
Serves:8,8
CarbsPerServing:42g carbs total

Effort:Easy

Ingredients:
Crust
1 cup Atkins Bake Mix --
(Sorry - soy flour would be too heavy...)
1 stick butter -- softened
1/4 cup artificial sweetener -- splenda

Filling:
3 eggs
1/2 cup artificial sweetener -- splenda
4 tablespoons lemon juice
1 tablespoon artificial sweetener -- splenda
3 ounces cream cheese
1 tablespoon lemon juice

How to Prepare:
Put these 3 things in a food processor and process in pulses until crumbly. Press into a 9X13X2 cake pan that has been sprayed with Pam. Bake in a preheated 350f oven for 15 minutes or until just browned. Let cool while you prepare the filling.

Beat these 3 ingredients together well. Pour over slightly cooled crust and put back in oven for 20 minutes or until set (depends on your oven - may take as long as 30 - watch carefully). This is not as thick as traditional lemon bars - but you *could* double the filling ingredients if you're bold!)

Allow to cool - then blend:

And drizzle over bars.
Makes 24 3”x1 1/2” bars(approx)

Freezer Cookies
CarbsPerServing:4g carbs total

Effort:Easy

Ingredients:
1/2 cup heavy cream
1 tablespoon sugar free pudding or mousse mix2 teaspoons artificial sweetener -- or less

How to Prepare:
Whip that cream nice a
fluffy, THEN add your
pudding mix (gets hard fast)
the splenda if needed
I used 1 tsp, freeze on a
cookie sheet on wax paper.

Same idea as other similar
recipes, but less carbs. No
bitter aftertaste
from the cocoa powder too.

14 big 'cookies'
NOTES : Carbs for pudding
or mousse mix not included
- adjust accordingly

**Cool Cookies**

Serves:10,10,8
CarbsPerServing:13g carbs total
Effort:Easy

**Ingredients:**
2 cups heavy whipping
cream1 serving sugar free
chocolate pudding

**How to Prepare:**
Whip whipping cream until
thick consistancy (sorta like
cool whip) blend in the
pudding mix drop on cookie
sheet by teaspoon, put in
freezer until frozen, then
store in a freezer bag

Makes about 50 "cookies"
NOTES : Carbs for pudding
not included in above total
due to unknown quantity -
adjust accordingly

**Chocolate Praline Bar**

Serves:8
CarbsPerServing:6g carbs total
Effort:Easy

**Ingredients:**
1 ounce unsweetened
baking chocolate -- or
semisweet
2 ounces Unsalted Butter
4 tablespoons Peanut
Butter1 tablespoon heavy cream
-- to taste, optional
Splenda to taste (optional if
using semisweetened)
4 ounces nuts -- ground or
finely chopped in grinder

**How to Prepare:**
Melt chocolate in Microwave
and stir, add butter and PB,
melt ans stir to combine.
Heat only util just melted.
Add cream and Splenda if
using. Grind nuts and stir
in.

Spread into large thin slab
on baking paper on a tray
and freeze for a couple of
hours. Cut into small
squares and store in bag or
box.. I get at least 40
squares less than 0.5g
each ! They are very rich so I
just find 1 or 2 a night are
enough to satisfy my sweet
craving. I eat them straight
from the freezer, they keep
their crispy that way.

Notes for UK dieters
(Sainsbury's Luxury
Continental Belgian Dark
has 24g for whole 100g bar). Waitrose’s only has 32g so it’s not bad and I find I do not need the Splenda with it. Lindt 85% Excellence is also good.

NOTES: Counts for Splenda not included in totals.

**CHOCOLATE CRUNCH BAR**

Serves: 1
Carbs Per Serving: 27 total recipe
Effort: Easy

**Ingredients:**
- 4 oz unsweetened chocolate
- 16 pkgs sugar twin
- 2 oz crushed pork rinds

**How to Prepare:**
melt chocolate in microwave
add sugar twin and microwave about 1 1/2 mins
add crushed pork rinds
pout into pan and let set up
cut into 1 inch squares
makes about 30 pieces

---

**EGGS AND BREAKFAST**

**Coconut Breakfast Bars**

Serves: 8 generous portions
Carbs Per Serving: Don’t know
Prep Time: 20 mins.
Effort: Easy

**Ingredients:**
- 4 large eggs
- 1 cup heavy cream
- 1 cup water
- 3 tsp. vanilla
- 2 scoops vanilla whey protein powder
- 1 cup almond flour (grind almonds in blender)
- 1 cup Splenda
- 1 cup unsweetened coconut

**How to Prepare:**
Place all ingredients into a large bowl. Stir until well combined.
Pour into a greased (I use Pam) 9x13 casserole. I sprinkle Splenda sweetened coconut on top, also.
Bake for approx. 1 hour at 350 degrees until golden brown.

**Yummy Yoghurt Muesli**

Serves: 1-2
Carbs Per Serving: 2g
Prep Time: 3 minutes
Effort: Easy

**Ingredients:**
- 3 TBL spoons strawberry yoghurt
- 1/3 cup of muesli

**How to Prepare:**
Put the muesli into a breakfast bowl and then scoop in the yoghurt and mix it all around until evenly distributed, and wa-la!

**Awesome Quiche Lorraine**

Serves: 12
Carbs Per Serving: 2g
Effort: Average

**Ingredients:**
- 2 tbs. butter
- 1/2 cup chopped yellow onion
- 1 cup sliced fresh button mushrooms
- 2 eggs
- 2 egg yolks
- 1 1/2 cups half-n-half
- 2 tbs. sour cream
- 1/2 pound bacon, cooked crisp, drained & crumbled
- 1/4 pound (1 cup) shredded swiss cheese
- 1 tsp. Dijon mustard
- 1/2 tsp. coarse salt
- 1/4 tsp. freshly ground pepper
- 1/8 tsp. cayenne pepper

**How to Prepare:**
Preheat oven to 350 degrees F. Lightly coat a quiche pan or a 1 1/2 quart baking dish with a nonstick vegetable spray. Set aside.

Melt butter in a medium skillet over medium heat. Add the onion and sauté' for 3 min., stirring occasionally. Add the mushrooms and cook for 3 min. or until softened, stirring occasionally. Set aside.

Combine the eggs, egg yolks, half-n-half and sour cream in a medium bowl. Whisk until well blended. Add the cooked onion mixture and the rest of the ingredients and blend well. Pour the mixture into the prepared pan. Bake for 40 to 45 minutes or until set in the center and golden brown on top. Cool at least 10 minutes before serving.

**Broc-shroom Quiche**

**Serves:** 4 - 6  
**Carbs Per Serving:** 22 total  
**Prep Time:** 10 min  
**Effort:** Easy  
**Ingredients:**  
1/2 cup diced onion  
1 cup of broccoli flowerets (cut up pretty small)  
1 cup minced fresh mushrooms  
1 tbsp olive oil  
5 eggs  
10 oz Half&Half  
1 and 1/2 cup shredded Swiss cheese

How to Prepare:  
Sauté left column in olive oil, (place in pie pan or glass oven ware sprayed with non stick spray – a 9x9 pyrex pan works real well and its easy to serve.)  
Beat eggs and add half and half and the cheese  
Season to taste, Pour on top of veggies and bake @ 350 40 minutes.  
Diced ham works well in this too.

**Meat Lovers Quiche (EASY & CRUSTLESS)**

**Serves:** 6-8 people  
**Carbs Per Serving:** 1-2 per slice  
**Prep Time:** 5 mins to make, 40 mins to cook  
**Effort:** Easy  
**Ingredients:**  
5 eggs  
1 cup heavy cream  
1/4 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. seasoning salt  
dash of oregano  
4 turkey sausage links (cut into pieces)  
3 pieces of bacon (cut into pieces)  
1/4 cup mushrooms  
1/4 cup of cheese (your choice)

How to Prepare:  
Mix eggs and heavy cream until blended. Add all ingredients except cheese in the bowl. Pour mixture into pie pan. I did spray mine with PAM! Crumble cheese over top! Bake at 350 degrees for about 40 mins!

**Scotch Eggs 2 die For**

**Serves:** 5  
**Carbs Per Serving:** 2  
**Prep Time:** 40 mins  
**Effort:** Easy  
**Ingredients:**  
1 tube of jimmy dean breakfast sausage (I like the HOT)  
5 peeled dry hard boiled eggs  
1/2 cup pork rind crushed to a powder  
1/2 cup shredded cheddar Cheese  
1/4 cup chopped Jalepenos or mild banana peppers (optional)  
1 tsp Garlic powder

How to Prepare:  
Mix all ingredients together like you would for a meatloaf, take 2 clumps of the meat mixture and press them out flat and thin about 1/4 inch.. Take your hard boiled egg and place it between the 2 patties and seal the egg inside and roll it like a meatball and make sure its sealed inside. Repeat with the rest of the eggs.. I find this is enough meat for 5 jumbo eggs you might be able to make 6 or 7 with smaller eggs.. Place "meatballs" in a baking pan and bake at 350 for 30 mins.. They might split while baking but thats ok still tastes the same.. Store in the fridge for a nice grab and go breakfast just microwave for 30 seconds to reheat! Also great topped with a spoon of Salsa! Try em youll love em!
French Toastless
Serves: 1
Prep Time: 10 minutes
Effort: Easy
Ingredients:
- 2-3 eggs
- 2-3 Tablespoons heavy cream
- dash salt
- 2 dashes cinammon
- 1/2 teaspoon vanilla

How to Prepare:
Blend or whisk well all the ingredients. Cook in a buttered skillet on medium to medium-high heat (I like it to turn out to be kind of dry) for 2-3 minutes each side. Serve with butter and/or low-carb syrup and/or a sprinkling of Splenda.

Breakfast Crepes
Serves: depends on pan size
Carbs Per Serving: about 4.5 total in the batter
Prep Time: 5-10 min
Effort: Easy
Ingredients:
- 3 Lg. Eggs
- 2T. Atkins Bake Mix
- 1/2t. Cinnamon
- 1/4t. Nutmeg
- 1/4t. Splenda
- 1T. Heavy Cream
- 1T. Water
- 2T. Butter
- Splash of Vannila

How to Prepare:
I found this recipe on atkinscenter.com but have made some changes, it was called 'Crepes with Curried Seafood Filling'. Mix all ingredients well. Making sure to get all the lumps out, till the batter is thin and smooth. Melt some of butter in fry pan of your choice, over medium heat. Add a small amount of batter, while turning the pan around to evenly coat the bottom. Cook until it is lightly browned, about 1 minute. Flip over to finish cooking other side. Yummy! Would also work without spices, Splenda, and vanilla, to use as tortilla. Please e-mail me with any questions. elliottpi30@hotmail.com

No-Crust Sausage Casserole
Serves: 4 to 6
Carbs Per Serving: Unknown, but very few
Prep Time: 20-25 minutes
Effort: Easy
Ingredients:
- 1 lb. ground sausage (browned)
- Sliced sharp cheddar cheese (approx. 4-6 oz.)
- Shredded sharp cheddar (approx 1 1/2 cups)
- 10 eggs beaten w/ 1/4 cup half & half
- 1/2 cup sour cream
- 1/2 teaspoon paprika
- 1/2 teaspoon dry mustard
- 1 teaspoon salt

How to Prepare:
Line bottom of 10 X 13 pan with sliced cheese. Mix sour cream with paprika, dry mustard, and salt. Spread over cheese. Crumble browned sausage evenly over sour cream mixture. Pour beaten eggs on top of sausage. Top with shredded cheese to taste. Bake at 325 for approx. 45 minutes for glass dish. (This recipe can be halved and baked in an 8 X 8 pan for 30 minutes if only serving 2 people.)

Pickled Eggs / Red Beet Eggs (PA Dutch)
Serves: varies
Carbs Per Serving: minimal
Prep Time: 30 mins
Effort: Easy
Ingredients:
- 2 cans of beets w/ juice (sliced, whole, etc)
- 5 packets (or more to taste, you can add more later) Splenda
- 1 C water
- 3/4 C cider vinegar
- 3 bay leaves
- 2 tsp mustard seed
- 1.5 tsp salt
- 1 tsp ground cinnamon
- 1 tsp whole allspice
- 1/2 tsp ground cloves
- 1/2 tsp ground allspice
- 1/2 tsp celery seed
- 1 doz small peeled and cooked hard cooked eggs
How to Prepare:
Put all ingredients except the eggs into a saucepan. Bring to a boil. Simmer for 10 minutes. COOL COMPLETELY. (If you don't and add the eggs, you will get a totally inedible egg). Refrigerate for two days. Then enjoy!

Note: I have left out ingredients I didn't have at various times. I've substituted Coleman's mustard powder for the seed, omitted allspice, celery seed, etc. And they've been fine.

If the solution after cooled tastes too vinegar like, add more splenda to cut the vinegar taste.

**Deviled Ham Stuffed Eggs**

Serves: 2-4  
Carbs Per Serving: don't know  
Prep Time: 20 mins  
Effort: Easy

**Ingredients:**
- 8 hard-cooked eggs
- 1/4 can deviled ham spread
- 1/4 c. finely chopped green onions
- 1/4 c. pickle relish
- 1/3 cup finely chopped celery
- 1/8 teaspoon mustard
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- paprika to taste

How to Prepare:
Slice eggs in half lengthwise; remove yolks and set whites aside. In a small bowl, mash yolks with a fork. Add the next eight ingredients; mix well. Stuff mixture into egg whites. Refrigerate until serving. Sprinkle with paprika.

**Pepperoni Cheese Bake**

Carbs Per Serving: don't know  
Prep Time: 20 mins  
Effort: Easy

**Ingredients:**
- 2 cups (8 oz.) shredded mozzarella cheese
- 1/2 cup diced pepperoni
- 5 eggs
- 3/4 cup cream
- 1/4 teaspoon dried basil

How to Prepare:
In a greased 9in pie plate, layer cheese and pepperoni. In a bowl, whisk the eggs, milk, and basil; pour over the cheese. Bake at 400 for 20-25 mins or until a knife inserted near the center comes out clean. Let stand for 10 mins before cutting.

**Super Scrambled Eggs**

Serves: 3-7  
Carbs Per Serving: 1  
Prep Time: 5 minutes  
Effort: Easy

**Ingredients:**
- 6 eggs
- 2 tablespoons butter
- 1/4 cup mushroom, sliced
- 1/4 cup onion, sliced thin
- rosemary
- thyme
- parsley
- oregano
- salt
- pepper

How to Prepare:
Heat pan, with butter. Saute onions until soft. Add mushrooms, stir and saute until cooked through. Scramble eggs in bowl, adding herbs and seasonings to taste. Add to pan, mixing with onions and mushrooms, scrambling until cooked through. Serve.

**Eggs 'Mockmuffin'**

Serves: 1-2 'muffins' per serving  
Carbs Per Serving: unsure
### Scrambled Eggs Muffins

**Prep Time:** 20 minutes  
**Effort:** Easy

**Ingredients:**
- 10-12 eggs scrambled  
- 1 lb. sausage, cooked and crumbled  
- Shredded Cheese  
- Sliced mushrooms  
- Green Onions, chopped

**How to Prepare:**
(I found this long ago, without an author). Preheat oven to 350 degrees. Spray a large 6-muffin pan with Pam. Mix cooked sausage with mushrooms and fill each muffin tin 2/3 full. Pour scrambled eggs to within quarter inch of rims of muffin tins. Top with shredded cheese and green onions. Bake in oven for 20-30 minutes. They are done when a toothpick comes out clean. Cool a few minutes, then pop out of muffin tin. Freezes well if they last that long. Reheat via microwave for 20-30 seconds.

### Jello-Cream Mold

**Serves:** 6-8  
**Effort:** Easy

**Ingredients:**
- 2 packages sugar-free jello  
- 1 8 oz. cream cheese  
- 1 cup heavy cream  
- 2 cups boiling water

**How to Prepare:**

### Eggs in Basket

**Serves:** 3, 6  
**Carbs Per Serving:** 4.5  
**Prep Time:** 10 minutes  
**Effort:** Easy

**Ingredients:**
- 6 Eggs  
- 6 Slices Virginia Ham  
- Butter as needed  
- 6 mushrooms chopped  
- 3 scallions chopped  
- 3 tbs sour cream

**How to Prepare:**
Saute mushroom and scallions in butter til tender. Add sourcreams and cook over medium heat til thickened. Coat muffin tin with butter and line with Virginia ham, place 1 tbls spoon of mushroom mixture over ham and break egg over mixture. Bake in 350 degree oven for approx 10 minutes.

### Green Eggs and Ham

**Serves:** 1  
**Carbs Per Serving:** 5-8  
**Prep Time:** 15 mins  
**Effort:** Easy

**Ingredients:**
- 2 eggs  
- 1/4 – 1/2 avacado  
- salt and peppers  
- slices of ham (or bacon)

**How to Prepare:**
Hard boil the eggs and mash or chop them up while still warm. Mix with the avacado to make a green egg salad. Add salt and pepper to taste. (You can also add a little cream.)

Lightly fry the slices of ham and serve with the egg salad.

I like to use the egg salad chilled and roll it up in slices of cold ham like a crepe.

The kids will love it!

### Swiss Canadian Bacon and Eggs

**Serves:** 4, 10, 5  
**Carbs Per Serving:** 4  
**Prep Time:** a few minutes  
**Effort:** Easy

**Ingredients:**
- 8 large eggs  
- 1/4 cup milk  
- 1/2 tea. salt  
- 1/4 tea. pepper  
- 1/3 cups finely chopped green onion, divided  
- 4 oz swiss cheese
How to Prepare:
preheat broiler.in medium mixing bowl whisk together eggs, milk, salt and pepper until well blended. Stir in all but 2 tbl onionsplace 12" skillet over med-low heat until hot. coat skillet with cooking spray, add egg mixture. cover tightly; cook 14 min or until almost set arrange bacon in pinwheel on top of egg mixture. top with cheese; place under broiler 2 min or until cheese is bubbly; top with remaining 2tbls onion. cut into 4 wedges serve immediately

Pancakes or Waffles – No Pork Rinds
Serves: Single but plenty!
Carbs Per Serving: 6.6 without cream; 10.6 with cream
Prep Time: 6 minutes
Effort: Easy
Ingredients:
1/2 cup Atkins Bake Mix;
1/4 cup FlaxSeed Meal (I used Bob's Red Mill w 0 net carbs);
1/4 cp Splenda (their website says the body does not recognize it as carbs);
1 egg- beaten;
3/4 cup water;
1/4 cup canola oil; 1/2 tsp soda;
1 tsp baking powder;
1/4 cup heavy whipping cream (optional- if used add 4 GR);
1 tsp vanilla extract;
1 tsp maple flavoring.
Substitute any other flavorings/extracts for your taste. ie: cinnamon, etc.

How to Prepare:
Heat griddle with oil or waffle iron. Whisk together all ingredients in a medium bowl adding the water small amounts at a time until you get the consistency needed. (After the batter sits for a few minutes, you might have to add a little more water.)

Spoon onto griddle or waffle iron. Cook until crisp.

Serve with butter, cinnamon and/or lo-carb syrup but remember to add any additional carbs from the syrup.

Crustless Quiche Lorraine
Serves: 6, 9, 5, 10
Carbs Per Serving: 5
Prep Time: 20 min
Effort: Average
Ingredients:
5 eggs -- beaten
1 1/2 cups half & half or heavy cream
5 green onion -- snipped with scissors or small chopped onion
¼ green pepper chopped
1/2 cup spinach frozen or fresh
1/4 teaspoon salt
1/8 teaspoon pepper
3/4 cup bacon fried & crumbled
1 1/2 cups cheese – your choose Cheddar, or Monterey, Swiss etc

How to Prepare:
Preheat oven to 350°
In lg. bowl beat eggs, add cream, mix. Add all other ingredients and mix well. Pour egg mixture into a greased 9” or 10” pie plate. Place pie plate into a large baking dish and pour HOT water into the dish around the pie plate to a depth of 1 inch. Bake quiche in the oven for 50 min. or until a knife inserted near center comes out clean. Remove from oven. Let stand for ten min.

Scrumptious lo carb omlette
Serves: 1, 9, 9
Carbs Per Serving: less than 4
Prep Time: 5 min
Effort: Easy
Ingredients:
jimmy dean pre cooked sausage patties (2)
2 eggbeaters
2 tbl. ricotta cheese
1/2 slice baby swiss
1 tbl butter
1 tbl maries chunky feta cheese salad dressing
1/2 cup fresh baby spinach

How to Prepare:
micro. saus per pkg instr.chop up and set aside.place butter in skillet and heat.pour eggbeaters into skillet and cook,add sausage, ricotta,spinach & swiss then fold into omlette.top with sauce & serve
Confetti Scrambled Eggs

Serves: 2, 7
Egg-in-a-pot

Serves: 1  Prep Time: 30 mins  Effort: Easy

Ingredients:
1 whole egg
heavy cream
0.5 oz ham, sliced in small strips
0.5 oz grated cheddar
top herbs to taste
salt
pepper
1 tsp olive oil

How to Prepare:
Grease an ovenproof ramekin with the olive oil. Carefully break the egg into the ramekin, taking care not to break the yoke. Add the ham and cheese and any herbs if you want. Top up with the heavy cream to about a third of an inch below the rim of the ramekin. Bake in a preheated oven of 350 degrees for about 20-25 minutes. Very good with celery sticks to dip in the egg!!!

Maple Syrup Sausages

Carbs Per Serving: no added carbs to regular sausage amount
Prep Time: about 30 seconds extra!  Effort: Easy

Ingredients:
Sausage Patties (turkey sausage is GREAT!)Sugar-Free Syrup

How to Prepare:
After cooking sausage patties simply put one small drop of SF syrup on each side & brown - they will sizzle a lot as the main ingredient is water. The flavor really cooks into the outer layer. This is a super way to add the flavor to your breakfast without having too much (cold) SF syrup. Yummy!

Sausage Gravy

Ingredients:
One roll of any breakfast sausage

Approx 1/4 cup of water

1/2 teaspoon guar gum if necessaryOne pint of heavy whipping cream
one egg

salt and pepper to taste

How to Prepare:
In a large skillet fry sausage until done. Do not remove any of the grease from frying. Turn down to low heat. In a separate bowl wisk heavy cream and one egg together. Add to the pan of sausage. Salt and pepper to taste. You may need to add a small amount of water if it becomes too thick. Serve over low carb biscuits or eggs. Entire recipe should be about 6-7 carbs or less and is wonderful.

BLT Ranch Omelet

Ingredients:
2 each large eggs
1 tablespoon water
2 tablespoons shredded cheddar cheese
3 slices bacon -- cooked crisp and crumbled
1/2 small tomato -- sliced thin
1/2 cup shredded lettuce
1 tablespoon mayonnaise
1 tablespoon salsa

How to Prepare:
Beat eggs with a fork and add water, beat again to mix. Add salt and pepper if desired and beat into egg.
Heat bacon drippings and pour egg mixture into small, non-stick pan.
Cook over low heat until set and no longer wet looking. Pile bacon, cheese, lettuce and tomato on one half and flip the other half over to cover. Remove from heat and cover pan for 30 seconds to melt cheese.
Mix salsa and mayo and spread over omelet.
*Lettuce can be placed on plate under omelet instead if desired.

**Breakfast BLT Roll-ups**

*Serves: 1, 8, 10, 8
Carbs Per Serving: (3g net carbs) 340 Calories (kcal); 3g Total Fat; (79% calories from fat); 14g Protein; 4g Carbohydrate; 1g fiber; 51mg Cholesterol; 565mg Sodium
*Prep Time: 5 minutes
*Effort: Easy

**Ingredients:**

- 4 each romaine lettuce leaves
- 1 tablespoon mayonnaise
- 3 slices bacon -- cooked crisp and crumbled
- 4 tablespoons shredded cheddar cheese
- 1/2 small roma tomato -- diced

How to Prepare:
Shred 2 of the romaine leaves. Mix shredded lettuce, mayo, cheese, bacon and tomato. Add a little salt and pepper to taste.
Fill remaining 2 romaine leaves w/mixture, fold and enjoy.

**Wonder Waffles**

*Serves: you get two waffles about 4x4 from it
Carbs Per Serving: 6.5 carbs
*Effort: Easy

**Ingredients:**

I got this from another sight and tried it, it is so good.
Haven't tried it with any zero carb syrup yet. Just butter or cream cheese
4 large eggs
2 Tbls. heavy cream
2 Tbls. water (0 carbs)
1 Tsp. vanilla extract
2 Pkt. Splenda (or 2 tsp. powdered Splenda)
2 or 3 ounces of crushed pork rinds
1/4 Tsp. ground cinnamon
3 Tbls. melted butter

How to Prepare:
Beat the eggs then add the cream, water, and vanilla extract and beat some more. Mix the Splenda with the cinnamon and then add that to the eggs. (Mixing the cinnamon with the Splenda before adding helps to keep the cinnamon from clumping up as much.) When well blended mix in the ground pork rinds.
Let the mixture sit for a couple of minutes until it thickens. Then stir and check the consistency. It should be quite thick, but not so thick to spoon easily. If too thick, add a little water. If too thin, add a little bit more pork rinds. Just before you're ready to put into waffle iron, stir in about 2/3 of the melted butter.

**Mock Danish (stovetop)**

*Serves: 1, 8, 8
*Prep Time: 10 minutes
*Effort: Easy

**Ingredients:**

- 3 oz cream cheese
- 1 egg, beaten
- 1/4 tsp vanilla extract
- dash of cinnamon
- 1 packet Splenda

How to Prepare:
Heat the cream cheese in a small saucepan at low-medium heat till it is melted and creamy, stirring constantly. Then, add the beaten egg, and begin whisking the mixture to really mix it well. It will
thicken as it cooks. Continue whisking it, to keep it smooth. When it starts to thicken, add the sweetener and seasonings. Let it cook until it is very thick, thicker than pudding. When it holds its shape on a spoon, it’s done. Chill and eat.

**Bacon cheese sandwich**

**Serves:** As many as you want, 4, 2  
**CarbsPerServing:** 6 per Atkins roll.  
**Effort:** Easy

**Ingredients:**  
Atkins new Diet Rev.Roll (.6c)  
Bacon (0c) Cheddar cheese (0c)

**How to Prepare:**  
fry a some bacon. Do not fry crisp. Take your "roll" lay bacon across top till covered. Then sprinkle cheddar cheese on top. Bake in oven till cheese is melted.

**Mediterranean Frittata**

**Serves:** 6, 10, 10  
**CarbsPerServing:** approx. 6  
**Prep Time:** 10 min  
**Effort:** Easy

**Ingredients:**  
8 pitted kalamata olives (black olives will do in a pinch)  
1 med. zucchini, cut into 1/2" cubes (about 2 cups)  
1 sweet red pepper, diced  
1/2 cup chopped onion  
1/4 cup olive oil  
9 large eggs, lightly beaten  
1/2 (4 ounce) package crumbled feta cheese  
1/3 cup thinly sliced fresh basil  
1/2 tsp salt  
1/2 tsp freshly ground pepper  
1/3 cup freshly grated Parmesan cheese  
basil sprigs for garnish

**How to Prepare:**  
Cook first 4 ingredients in hot oil in a 10" ovenproof skillet over med-high heat, stirring constantly, until vegetables are tender.  
Combine eggs and next 4 ingredients; pour into skillet over vegetables. Cover and cook over med-low heat 10 to 12 minutes or until almost set. Remove from heat, and sprinkle with Parmesan cheese.  
Broil 5 1/2" from heat (with electric oven door partially opened) 2 to 3 minutes or until golden. Cut frittata into wedges; garnish, if desired. Serve warm or at room temperature.

**BREAKFAST EGG CASSEROLE**

**Serves:** serves 9, 10, 9  
**CarbsPerServing:** whole recipe 10-15 (?!) depends on what all you use  
**Prep Time:** 5 mins prep, 20-30 cooking  
**Effort:** Easy

**Ingredients:**  
6-12 EGGS  
1/2 CUP CRUMPLED BACON  
SALT AND PEPPER TO TASTE  
GARLIC POWDER TO TASTE  
1/4 CUP HOT PEPPERS (OPTION)  
1/2 CUP BROCCOLI (OPTION)  
2 TBSP HEAVY CREAM

**How to Prepare:**  
IN A 9X13 PAN MIX ALL WITH A WHISK....BAKE AT 350 FOR 20-30 MINS DEPENDING ON HOW MANY EGGS..... WHEN DONE SET SLICES OF CHEESE TO MELT..... WHEN COOL SLICE INTO 9 SLICE AND FREEZE THE REST FOR ANOTHER DAY

**Sweet Induction Breakfast**

**CarbsPerServing:** 5g total  
**Effort:** Easy

**Ingredients:**  
1/2 tablespoon butter  
2 eggs  
2 packets artificial sweetener  
2 tablespoons cream cheese  
1 teaspoon heavy cream  
1/2 teaspoon vanilla

**How to Prepare:**  
Heat frying pan and allow butter to coat the bottom. Mix the 2 eggs with a packet of sweetener in a small bowl and pour into frying pan. DO NOT STIR EGGS--let them cook like an omelet.
In another small bowl mix the cream cheese, heavy cream, vanilla and a packet of sweetener.

When the eggs are cooked, you can let them cool before adding the cream mixture or let the mixture melt slightly onto the warm eggs. Gently spread the cream mixture to cover the eggs (like tomato sauce on a pizza). Using a spatula roll the egg "crepe" together like a jelly roll. Enjoy!! Makes a nice snack or dessert, too!

**Porridge (Cooked Oatmeal) Equivalent**

| CarbsPerServing: counts not provided |
| Effort: Easy |

**Ingredients:**
- 1 egg
- 2 teaspoons protein powder -- soy, unflavored
- half and half/4 cup powdered nuts (macadamia -- walnut, whatever)
- sweetner

**How to Prepare:**

As a note, just put the nuts into a blender and let it run enough to chop them into a coarse powder.

Mix the protein powder and the egg in a small mixing bowl. Add an equivalent volume of half and half, or cream. Mix. Put the bowl in the microwave and cook on high for 1 1/2 minutes. Mix again, and cook for 1 minute. Adjust the time so that the mixture is cooked and not runny. Mix again until it has the consistancy of porridge.

Mix in the nuts. Add sweetner to taste, and add half and half as typical on porridge. The result is pretty adequate with a slight eggy taste.

**Banana Nut Porridge**

| CarbsPerServing: 5g carbs total |
| Effort: Easy |

**Ingredients:**
- 2 Eggs
- 2 tablespoons water
- 2 tablespoons heavy cream
- 2 teaspoons sweetener
- 1 tablespoon psyllium husks
- 1 tablespoon butter
- 1/2 cap vanilla flavoring
- 1/2 cap banana flavoring
- 1 good shake cinnamon
- 1 light shake nutmeg

**How to Prepare:**

Beat all the ingredients, leaving 1 tbl cream and 1 tsp sweetener as topping.

Melt the butter in a skillet over medium heat, pour in the egg mixture. Fold about 3 or 4 times. When the eggs just set, remove from heat & then put into bowl.

Sprinkle the remaining sweetener & add cream over the top.

In OWL a tbl of chopped Walnuts is nice.

NOTES: Counts for psyllium, vanilla, banana, cinnamon and nutmeg not included in totals.

**Sweet Cinnamon Pancake**

| Serves: 10, 10 |

**CarbsPerServing: 5g carbs total**

| Effort: Easy |

**Ingredients:**
- 2 eggs
- 1 ounce cream cheese
- 2 splenda packets -- (2 to 3)
- 1 teaspoon heavy cream
- 1 teaspoon cinnamon -- (1 to 2)
- butter
How to Prepare:
Melt cream cheese in microwave. Mix in eggs, splenda, cream and cinnamon. Melt butter on a frying pan and pour mixture in. Fry on both sides until brown.

TIPS - Try to get the pancake as flat as possible and brown it well, this will "disguise" the eggy taste and texture.

Top with butter and low-carb syrup.

This is EXCELLENT for an easy sweet snack!

**FRENCH TOAST RECIPE**
Serves:2
CarbsPerServing:3g per slice
Effort:Easy

**Ingredients:**
- Two whole eggs
- tsp cinnamon
- 1 tbsp of Splenda granular or 1 packet of Splenda

How to Prepare:
Combine ingredients.
Preheat skillet over medium heat and add 2 tbsp of Life Services High Oleic Sunflower Oil.
Beat mixture thoroughly with a fork and dip sliced Keto Cinnamon Bread in batter and fry until golden brown. Enjoy with Keto Syrup and/or Betta Butta.

**Breakfast Bread**
CarbsPerServing:9g carbs total
Effort:Easy

**Ingredients:**
- 1/4 cup protein powder
- 1/2 cup carbo-lite bake mix
- 1/4 cup flax seeds -- ground into 1/2C meal
- 3 large eggs
- 1/2 cup sour cream
- 1/4 cup water
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 3 tablespoons melted butter

How to Prepare:
Preheat oven to 350f. Spray a standard 8" loaf pan (or an 8x8x2 cake pan) with cooking spray. Mix dry ingredients in a large bowl.
Beat eggs with a fork and blend in butter, water and sour cream.
Stir into dry ingredients until just blended.
Pour into prepared pan and bake: 30 minutes for square pan and 40 minutes for loaf pan.

This bread is semi-sweet because the carbo-lite bake mix has splenda in it. This bake mix is zero carb. 22g carbs; 11g fiber. The
flax seeds provide almost all the fiber and is a source of insoluble fiber as I understand it. I would subtract 9g from the loaf total carbs leaving a loaf w/ just 13g carbs total. May add some cinnamon and vanilla extract next time for a more sweet/homestyle taste:) This only rose to the top of the loaf pan, so it's not a big loaf. I'm also thinking that beating the whites and folding them in might increase the volume for the rise. If you try this, please let me know:)

Turkey Club Omelette
CarbsPerServing:9g total
Effort:Easy

Ingredients:
3 Eggs
1/4 cup cubed turkey breast meat
2 strips bacon -- cooked and chopped
2 tablespoons sour cream2 sprigs chives -- coarsely chopped
2 slices tomato slices -- chopped
1/4 cup hollandaise sauce

How to Prepare:
Prep all of your ingredients ahead of time. Cook the eggs on one side and flip to other side. Add ingredients and fold or roll. Add hollandaise sauce over the top of omelette. (Knorr's brand of hollandaise is by far the best tasting we've found).

Wagon Wheel Frittata
Serves:6
CarbsPerServing:5.33g
Effort:Easy

Ingredients:
1 tablespoon cooking oil
10 ounces frozen broccoli spears
1 tablespoon water
4 ounces button mushrooms -- drained
6 eggs2 tablespoons heavy cream
3 tablespoons water
1 1/2 teaspoons Italian seasoning -- crushed
6 thin tomato slices -- about 1 med tomato
1/4 cup grated Parmesan cheese

How to Prepare:
In a 10-inch omelet pan or skillet over medium heat, combine oil, broccoli, and water. Cover and cook just until broccoli can be broken apart with a fork, about 3 minutes. Take pan off the heat.

Arrange broccoli spears so stems point to center of pan. Set mushrooms, rounded sides up, between broccoli spears. In medium bowl, thoroughly blend eggs, milk, and seasoning. Pour over broccoli. Cover
and cook over medium heat until eggs are almost set. Remove from heat.

**Turkey and Ham Frittata**

Serves:4  
CarbsPerServing: 7g  
Effort: Average

**Ingredients:**
- 1 cup chopped cooked turkey
- 1 cup chopped ham
- 6 eggs
- 3 tablespoons oil
- 2 medium tomatoes -- chopped
- 1 cup button mushroom -- diced
- 4 shallots -- chopped
- 1/2 cup heavy cream
- salt and ground black pepper for seasoning

**How to Prepare:**
Put oil in large frying pan, add turkey, ham and mushrooms until mushrooms are tender. Add tomatoes and onions. Cook, stirring for 2 minutes.

In a bowl whisk together eggs, cream and seasoning, then pour into turkey and ham mixture in pan. Cook gently until mixture is firm - the top will not be quite set. Place pan under a hot griller to complete cooking the top for approx. 2 minutes.

Turn frittata on board and cut into wedges.

This recipe is great when you have all that leftover turkey and ham.

---

**SAUCES AND DIPS**

**Mom's baked Crab Dip mmmm.....**

CarbsPerServing: 2 carbs per 4 Tbsp  
Prep Time: 15 mins  
Effort: Easy

**Ingredients:**
- 2, 8 oz. pkgs cream cheese
- 1 lb. crab meat (does not have to be backfin)
- 1/2 pint sour cream (8 oz)
- 4 heaping tsps of mayo
- 1 tsp lemon juice
- 1 tsp worcestershire sauce
- 1 tsp mustard
- 3 shakes garlic powder
- 1c grated cheddar cheese (reserve 1/2 c for topping)

**How to Prepare:**
Butter casserole dish (2 1/2 qt) Mix all ingredients except cheddar cheese & crab. Beat until smooth. Fold in crab meat & 1/2 c of the cheddar cheese. Pour into baking dish. Sprinkle the reserved 1/2 c cheddar cheese on top. Bake at 350 for 35-40 mins. Serve with whatever you want to dip. This is great for entertaining.

**White BBQ Sauce**

Effort: Easy

**Ingredients:**
- 1 cup mayonnaise
- 1 cup cider vinegar
- 1 tablespoon lemon juice
- 1/2 tspn salt
1/4 tspn ground red pepper

How to Prepare:
Combine all ingredients in a plastic container. Refrigerate.

**Creamy Mushroom Sauce (like white gravy!)**
Serves:2-3  
CarbsPerServing:3-5  
Prep Time:45 minutes  
Effort:Easy  
**Ingredients:**  
1 box cream cheese  
1 carton heavy whipping cream  
2 cups sliced fresh mushrooms  
1/2 cup diced onion  
1 stick butter  
2-3 Grilled Chicken breasts

How to Prepare:  
Saute' onions and mushrooms in butter. Turn down heat very low, add cream cheese. When cheese is melted, add cream. Add grilled chicken breasts to mixture and simmer for 15 to 20 minutes, you can just use it for a gravy too.

**French Boursin Cheese Spread**
Serves:8  
CarbsPerServing:< 2  
Prep Time:5 minutes  
Effort:Easy  
**Ingredients:**  
1 stick unsalted butter, softened  
1 8 oz pkg cream cheese, softened  
2 cloves garlic  
1/4 tsp. dried oregano1/4 tsp. dried thyme  
1/4 tsp. dried marjoram  
1/4 tsp. dried dill  
1/4 tsp. dried basil  
1/4 tsp. ground pepper

How to Prepare:  
Combine the softened butter and cream cheese with garlic in a food processor and process until smooth. Add dried herbs and pepper and process until combined.

This is great with sliced cucumbers, blanched snow peas, celery and mushrooms.

**Brown Gravy**
Serves:6  
CarbsPerServing:.50  
Prep Time:5 minutes  
Effort:Easy  
**Ingredients:**  
1 can Campbell's Beef Broth double strength  
2 TBS Heavy Cream1/2 tsp onion powder  
1/2 tsp Xanthan Gum

How to Prepare:  
In a medium saucepan, heat both, cream, and onion powder to a slow boil. Slowly add Xanthan gum, stirring with a whisk. You may need to increase/decrease the Xanthan Gum to get the right consistency. If it is too thick, use water to thin it out, if it is not thick enough use a little more Xanthan Gum.

**My Low Carb Catsup**
Serves:20-30  
CarbsPerServing:3 grams per 1/4 cup  
Prep Time:35 minutes  
Effort:Easy  
**Ingredients:**  
2 oz cans low sodium tomato sauce  
1/2 cup cider vinegar  
1/2 cup splenda  
1 tsp ground pepper  
2 tbsp garlic powder2 tbsp onion powder  
1 tsp ground cinnamon  
1 pinch ground cloves  
1 pinch ground allspice  
1 pinch salt
How to Prepare:
Mix above ingredients and put in a small saucepan. Simmer on low until catsup is desired thickness. Store in a bottle or jar in the refrigerator.

Easiest Hollandaise Sauce
Prep Time: 5 minutes (tops!)
Effort: Easy
Ingredients:
3 egg yolks
dash of nutmeg
dash of cayenne
1 teaspoon (more/less to taste) lemon juice
2 sticks of salted butter

How to Prepare:
Put all ingredients but the butter in a blender. In a microwave safe dish, melt the butter to bubbling. Immediately start the blender and begin to add the butter in a very thin stream through the hole for the little removable insert. (Use your hand to cover all but the half inch square between your thumb and forefinger that you’re pouring through. It will pop up all over as it blends. Your palm will be covered when you finish, but that’s easier to wash than your counter and cabinets for four feet in every direction.) Have patience with this because the more slowly you add it, the better it will emulsify. It may take a full minute or two, but it’s better than madly whisking it in over a double boiler hoping all the while that it emulsifies at all. Three notes: Don’t add salt, the butter will add plenty! Fresh lemon juice makes a world of difference. You can play with adding a few drops of water to get a thinner consistency if you desire.

ULTRA HOT sauce
Serves: ALOT at least 10-20
Carbs Per Serving: less than one
Prep Time: 15 mins
Effort: Average
Ingredients:
3 oz Habanero or Scotch Bonnet peppers
3 large cloves of garlic
1 tblsp Franks Red hot sauce
1 tsp vinegar
1 tsp sea salt
4 tblsp Olive oil
rubber gloves

How to Prepare:
BE Careful.. THESE ARE THE HOTTEST PEPPER, If you get them on your skin or eyes youll be hurtin.. use latex gloves to protect your skin. Cut off the stems of the peppers and put them in a baking dish with the olive oil and peeled garlic cloves bake at 350 for 5-10 mins until peppers are soft, combine all the ingredients in a food processor or blender including the oil the peppers were roasted in and the whole peppers including the seeds Blend until its all chopped up and blended.. Transfer into a small container or bottle and enjoy.. WARNING this is the hottest of the Hot.. a small tab is enough for a whole plate of food.. Wash all utensils very well and throw gloves away.. DONT TOUCH YOUR FACE until everything is cleaned up.. trust me on this.. rofl

Easy Cocktail Sauce
Serves: As many as you need, 5
Carbs Per Serving: 5g
Prep Time: 1 min
Effort: Easy
Ingredients:
1/4 Cup Mayonaise
1/4 Cup Ketchup
1/4 Cup Mustard (regular yellow mustard)

How to Prepare:
Put these in a bowl and mix with a spoon. Since the ingredients are equal amounts you make as much or little as you need. No waste.

Deviled Ham & Cream Cheese Dip
Serves: 9-10
Carbs Per Serving: 0-
carbs in ham spread, 2 carbs per 2 Tbl. in Cream Cheese, -0- in Mayo
Prep Time: 10 min.
Effort: Easy
Ingredients:
1-8oz package cream cheese
1-4.25oz. can Underwood Deviled Ham 4-5 Tbs. Mayo

How to Prepare:
Have cream cheese at room temperature or nuke for a few seconds.
Then add the cream cheese to the canned ham spread. I skim the fat off the top of the ham. Add the mayo and mix with electric mixer until smooth. This is great to use as a dip with pork rinds or celery sticks. Can add more mayo if desired.

**Low Carb ‘Honey’ Mustard**

**Serves:** Makes one serving.  
**Carbs Per Serving:** About 3  
**Prep Time:** Less than one minute!  
**Effort:** Easy

**Ingredients:**  
1 Tbs Dijion Mustard  
1 Tbs Spicy Brown Mustard  
2 Tbs Heavy Whipping Cream  
1 Packet Splenda

**How to Prepare:**  
Mix all ingredients together and serve! This stuff is wonderful with chicken. It really does taste like the real thing! YUM! You’ll have to remind yourself you’re not cheating, lol.

**Crabmeat Dip**

**Serves:** 2-4 people  
**Carbs Per Serving:** 2 grams of carb for 3 oz serving  
**Prep Time:** 10 minutes  
**Effort:** Easy

**Ingredients:**  
Four ounces of fresh crabmeat  
One tablespoon of olive oil  
One small can of chopped black olives (or four tablespoons of chopped black olives)  
Six ounces of whipped cream cheese  
Salt, pepper and onion powder to taste  
Two dashes of Paprika  
Two tablespoon of fresh parmesan or romano cheese

**How to Prepare:**  
Add olive oil to small skillet on medium heat  
Stir in crabmeat and olives  
Saute for about 3-5 minutes  
Add seasoning except paprika  
Once the mixture is very hot, fold in the cream cheese. Keep on medium heat.  
Stir into a nice, hot dip-like consistency  
Sprinkle parmesan and romano cheese so it melts on top of the dip  
Serve hot with pork rinds or fresh low carb veggies

**House Dressing**

**Serves:** ??  
**Carbs Per Serving:** Not darn many!  
**Prep Time:** One minute or less  
**Effort:** Easy

**Ingredients:**  
Mayo  
White wine Dijon mustard  
Steak sauce of your choice  
That’s it!

**How to Prepare:**  
I usually make it 3 1/2 parts mayo to 2 parts mustard to 1 part steak sauce. Since the steak sauce has carbs, I’ve been cutting back. You can do it to taste! You won’t need much steak sauce. This is great for shrimp, Wasa crackers, chicken, veggies, anything!

**White Dipping Sauce for Shrimp, Veggies or Porkrinds**

**Carbs Per Serving:** 12g total  
**Effort:** Easy

**Ingredients:**  
1 1/2 cup mayonnaise  
1/4 cup prepared horseradish  
1 tablespoon lemon juice  
1 tablespoon worcestershire sauce  
1 teaspoon fresh parsley  
1/4 teaspoon hot sauce -- or red pepper  
1 clove garlic

**How to Prepare:**  
Mix all ingredients until smooth. Chill for 3 hours. This is best used to dip cocktail shrimp or veggies and dare I say pork rinds (ewwww) I have been told by several people in the chat room (that I gave the recipe too), that they love it. I am not a fan of horseradish sauce, but there is something about this dip that makes it so good. It is extremely low carb also! Enjoy!

**Bar-B-Q Sauce**

**Serves:** 10  
**Carbs Per Serving:** 32g total  
**Effort:** Easy
Ingredients:
1 bottle Diet Coke -- (20 oz)
6 ounces canned tomato paste
1/4 cup brown sugar twin
1/4 cup cider vinegar/1/4 cup chopped onions
Liquid Hickory smoked flavoring (to taste)
Garlic salt (to taste)

How to Prepare:
Mix all together in a pot and cook on Med low until mixture starts to thicken. Stirring Occasionally. When Mixture is "Thickened" Take off the stove and allow to cool. Use on Chicken, Pork or Beef (It's great on ribs). Refrigerate any unused portion.

NOTES : Counts for brown sugar twin, hickory smoke, and garlic salt not included in totals.

Tasty Sauce

CarbsPerServing:42g total
Effort:Easy

Ingredients:
6 ounces Tomato Paste
2 ounces white vinegar
4 ounces water
2 packages artificial sweetener
1/2 ounce olive oil
2 drops worcestershire sauce salt -- to taste
pepper -- to taste
1 clove -- powdered
marjoram -- powdered, to taste
garlic powder -- to taste
cayenne pepper -- to taste
MSG -- to taste
1 drops fresh lemon juice

How to Prepare:
Mix all thoroughly, refrigerate a few hours before use if possible.
Makes 12 oz, tried to get close to Heinz flavor (clove)

NOTES: Counts for spices with no measure not included.

SOUPS AND STEWS

Cajun Stew

Serves:A lot.
CarbsPerServing:Mostly from tomatoes (net 3 per 1/2 cup)
Prep Time:30 min
Effort:Easy

Ingredients:
2 large cans peeled crushed tomatoes
1/2 can tomato paste (small)
3/4 lb ground beef
8 hot italian sausages diced green pepper and onion
oregano, parsley and thyme
hot sauce
red pepper flakes
salt and pepper

How to Prepare:
Place tomatoes in tall pot (make sure you check the label for no sugar added, net carbs should be 3 for a 1/2 cup serving), add the tomato paste, spices and diced vegetables while browning the ground beef and sausages. Prick the skins of the sausages as they brown. When the meat has been browned, drain well, add to the stew pot. Simmer for about two hours until the meat is tender. Depending on seasoning, stew will be tangy but not too hot.

Grandma's Turkey Vegetable Soup

Serves:5
CarbsPerServing:? 
Prep Time:1/2 hour
Effort:Average

Ingredients:
2 Turkey Legs
2 quarts water
2 bay leaves
1/2 tsp Ginger
1/2 tsp Poultry Seasoning
1/4 tsp celery seed
Celery Bottom and center chopped fine
2 TBLS of Onion
1/2 bag frozen green beans
1 yellow squash
1 can tomato sauce
1 can stewed tomatoes

How to Prepare:
In large soup pot Boil Turkey legs in water bay leave ginger poultry seasoning and celery seed celery parts and onion for about 2 hours or until meat is falling off bone. Make sure no bones are left and put all meat back in pot. Add remaining ingredients and simmer for 1/2 hour and soup is on.

**Tasty egg drop soup**

Serves: 1

- CarbsPerServing: 1 carb
- Prep Time: about 5 mins (or more)
- Effort: Easy

**Ingredients:**
- 1 chicken, or beef bouillon cubes
- 1 egg
- 1 cup of water

How to Prepare:
1. Beat your egg into a separate cup before you start.
2. Put water in a bowl and add your bouillion cube.
3. When the mixture starts to boil (allow it to REALLY boil) add the egg with a fork and allow it to drizzle in the boiling water.
4. Turn the heat off (you may have to break apart the egg when done)
5. Let cool
6. Serve and enjoy

**Chicken soup - slow cookery**

Serves: 6 servings 1-1/2 c each

- CarbsPerServing: 5-6 carbs total
- Prep Time: 20 minutes max
- Effort: Easy

**Ingredients:**
- 6 - 8 chicken legs
- 3 cups of hand cut cabbage
- 1/3 green bell pepper
- 1 small onion
- 3 TBS of Pace Picante Sauce

*1/2 lime, cheese, avocado - Optional

How to Prepare:
place chicken at bottom of crock pot. Then pour cabbage and onion. At the top place the green pepper sliced and the sauce. Add at least 4 cups of water. (salt and pepper to taste)
Cook on high for about 1-1/2 hour and then low for another 1-1/2 hour. Check that chicken does not overcook. When ready serve and top each serving with diced mozzarella, lime or avocado.

Sooo good!

**Italian Soup**

Serves: Makes 2 cups/ 1 Serving, 10

- CarbsPerServing: 0 carbs
- Prep Time: less than 7 minutes
- Effort: Easy

**Ingredients:**
- Chicken or Vegetable Bouillon
- 2 eggs (whites only)
- Parmesan Cheese

How to Prepare:
Prepare Bouillon as directed on label. While bringing to a boil add 2 egg whites. Serve with a healthy portion on Parmesan cheese on top.

**Chili (no tomato) - Quick, Single Serving**

Serves: 1

- CarbsPerServing: 11 net
- Prep Time: 15 minutes
- Effort: Easy

**Ingredients:**
- 1/2# hamburger-fried & drained;
- 1/2 cup Great Value Pinto Beans (Walmart);
- TBSP chopped cilantro (optional);
- 2 chopped green onions;
- TBSP Chili Powder;
- small can mushrooms (including juice);
- Salt/pepper to taste.
Mushroom and Leek soup

Serves:8,8
CarbsPerServing:5.1 (40.86 for whole recipe)
Effort:Easy

Ingredients:
- 1 lb. mushrooms, sliced
- 1 bunch leeks, white part only, sliced (1 cup)
- 1 stick butter
- 1/4 cup whole grain soy flour
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 3 cans chicken broth
- 1 cup heavy cream

How to Prepare:
1. Saute mushrooms & leeks in butter in large saucepan or dutch oven until tender, about 5 minutes. Stir in flour, salt, pepper & 2 cans of chicken broth. Cook, stirring constantly until mixture comes to a boil. Lower heat; cover; simmer 20 minutes.
2. Remove from heat; cool slightly. Pour mixture, a little at a time, into container of electric blender; cover; puree. Pour into a large bowl. When all the soup is pureed, return to saucepan.
3. Add remaining can of chicken broth & the cream; heat until thoroughly hot.

SUN VALLEY STEW

Serves:3 to 4 depending on size of servings.
CarbsPerServing:???
Prep Time:15 minutes to prepare...20 to 30 minutes to cook.
Effort:Easy

Ingredients:
- 1/2# Beef Wieners
- 3 small or 2 medium zucchini
- 3 - 4 ripe tomatoes
- 1/2 Onion
- 1/2 Green Pepper, (opt)
- 1 to 2 cups water
Seasonings: 1 tsp. salt; 1/4 tsp. black pepper; 1/2 tsp. garlic powder; 1 clove garlic; 1/2 to 1 tsp oregano; 1/2 tsp basil; 1/2 tsp parsley

How to Prepare:
Slightly brown wieners. Add diced veggies and water and seasonings. Cook until tender. Adjust seasonings to taste...Sometimes I add a little parmesan cheese on top. Enjoy!

Creamy Broccoli Cheddar Soup

Serves:4 Servings,10,10,9,10,10
CarbsPerServing:5g Net Carbs Per Serving
Prep Time:20 Minutes
Effort:Easy

Ingredients:
- 2 Cups Fresh Broccoli
- 1 Pint (8 TBS) Heavy Cream
- 10 TBS Shredded Cheddar
- 1 Can Cream of Chicken Soup (Campbells is what I use)
- 1/2 Stick ButterSalt & Pepper to taste

How to Prepare:
Boil Broccoli in a large pot of water until very tender. Drain reserving 1/2 cup of water that the broccoli was cooked in. Return broccoli to pot. Add water, butter and soup. Stir well until the soup is mixed well. Use a hand potato masher and mash contents of the pot. Add cream and cheddar cheese. Over a medium heat, bring to a slow rolling boil. Remove from heat, add salt & pepper to taste.

Garden Beef Stew

CarbsPerServing:2.6
Prep Time:2 1/2 hours
Effort:Average

Ingredients:
- 2 tbsp. vegetable oil
- 1 1/2 pd. stew meat
- 2 tbsp tomato sauce
- 2 c. water
- 1 tsp. salt
- 2 tbsp. chopped onion
- 1/4 c. chopped green pepper
- 1/4 c. chopped eggplant
- 1/4 c. zucchini, cubed
- 1/2 c. spinach
How to Prepare:
Heat oil in heavy pot.
Add green pepper, eggplant, and zucchini. Simmer 10 min. Spoon in tomato sauce and spinach. Cook 7 more min.

**Chilled Melon Soup with Mint**

Serves:4  
CarbsPerServing:11.7  
Prep Time:10 minutes  
Effort:Easy

**Ingredients:**
One ripe cantaloupe  
One cup of water  
8 packets of Splenda  
4 sprigs fresh mint  
Juice of 1/2 a lime  
1 tsp. fresh lime zest  
4 Tbl. heavy cream

How to Prepare:
Add the water, splenda, mint leaves (reserving a few for garnish) lime juice and lime zest in a small saucepan and boil for ten minutes until syrupy. While it is reducing, seed the cantaloupe and scoop the flesh into a blender. Pour the syrup over the cantaloupe through a sieve to remove the mint leaves and lime zest. Pulse a few times to blend and then puree for a few seconds. Skim the foam off the top and then place in the refrigerator until well chilled, at least two hours. Serve in chilled bowls with a few mint leaves and a swirl of heavy cream for garnish.

**SIRLOIN STEW**

Serves:4  
CarbsPerServing:13.5g  
Effort:Easy

**Ingredients:**
2 pounds sirloin steak -- cut into large bite size pieces  
16 ounces fresh mushrooms -- quartered  
1 medium onion -- chopped  
1 clove garlic -- minced  
2 jalapeno pepper -- minced  
14 ounces tomatoes, canned -- diced with juice  
1 jar beef gravy (Heinz -- savory beef)  
meat tenderizer  
salt and fresh cracked pepper  
6 tablespoons olive oil

How to Prepare:
Shake meat tenderizer and pepper all over meat, pour over about 2 T of olive oil and mix all together. Set aside in fridge for at least 2 hours. In a dutch oven add 2 T olive oil and saute the celery for about 5 minutes, then add in the onion, garlic and jalapeno saute until soft. Set aside veggies and heat remaining olive oil and pan sear the beef until tender over a high heat. Add veggies to beef mixture, and also add the mushrooms, tomatoes w/juice and the the jar of beef gravy. Simmer for 15 minutes Salt and pepper to taste. Serves 4

NOTES : Counts for gravy not included in totals.
**Beef Bacon Soup**

Serves: 9,9  
CarbsPerServing: no counts provided  
Effort: Easy  

**Ingredients:**
- 1 teaspoon garlic  
- 1 teaspoon basil  
- 1/2 jar Hormel Real Bacon Pieces  
- 1/2 pound lean ground beef  
- 1 tablespoon dried chives  
- 3 cups beef broth  
- 1 cup heavy whipping cream  
- tabasco sauce to taste  
- sharp cheddar to taste  

**How to Prepare:**

Saute the garlic, basil, bacon, and hamburger together until hamburger is almost done. Add beef broth and chives, simmer for about 10 minutes after boiling. Add heavy cream slowly and stir occasionally while simmering until hot. Add tabasco to taste, sprinkle with cheddar and serve.

---

**Cabbage Soup**

CarbsPerServing: 64 total recipe  
Effort: Easy  

**Ingredients:**
- 1 medium cabbage head -- cut into 1/8ths  
- 1 can chicken broth -- Campbells or Swanson's type  
- 1 red onion -- chopped  
- salt and pepper -- to taste  
- 1 pound Ekrich smoked sausage -- Ekrich or similar, sliced

**How to Prepare:**

Cover with cabbage with water and cook until tender. Add one chicken broth, red onion and salt and pepper. Add the sausage to the soup and simmer until heated through. Even better the second day.

---

**Chicken and Vegetable Soup**

CarbsPerServing: 51 total recipe, excluding artichokes and bacon  
Effort: Easy  

**Ingredients:**
- 5 skinless boneless chicken breast -- cooked  
- 1 cup onions -- chopped  
- 1 cup celery -- chopped  
- Cooked chopped bacon as you like  
- 1 pint heavy whipping cream  
- 1 teaspoon minced garlic  
- 3 cans chicken broth -- (3 to 4)  
- 1 1/4 cup chopped cilantro  
- 1 can chopped artichoke hearts  
- 2 tablespoons capers -- or more  
- 2 cups kale -- cut in half, then sliced

**How to Prepare:**

This recipe is mostly low carb and can be varied according to your needs and taste. It is very meaty and rich. Try several different versions with different meat and vegetables. Adjust the heat as needed throughout the recipe to keep it simmering but don't let it dry and burnt.

It is best to prepare the meat first so you are ready when the time is right. I like to grill up several boneless and skinless chicken breasts and a few green onions for a smoky flavor as the main ingredient. Start with a large pot. Put in enough olive oil and/or butter to cover the bottom and heat. Next add chopped onion and celery stalks. Let this cook until translucent. Then add seasonings like dried or fresh rosemary and cilantro, and parsley. Then add some dried fennel seeds. Amounts as you wish.

Next add about as much chopped up and fried bacon as you desire. I like to buy the pre-cooked packages at the store. Let is cook over a medium heat. Add the meat (chicken in this case). Then put in about a cup of white or red wine. Next add two to four cans of chicken broth and let it simmer some more. Last, you can pour in a pint of heavy cream and stir it in. I like to chop up some fresh kale or other greens into bite sized pieces and throw them in last then turn off the heat. You can use Italian sausage instead of chicken and I've also tried chopped up lamb or beef with good results. Again, adjust to your own diet or taste. I've added a small amount of capers and a can of artichoke hearts (chop the artichoke hearts into big chunks).
Cream of Mushroom Soup
CarbsPerServing: 44 total recipe
Effort: Easy

Ingredients:
8 ounces mushroom -- white button, finely chopped
1/4 cup chopped onion -- finely chopped
2 stalks celery -- finely chopped
4 tablespoons butter
2 cups heavy cream
2 cans chicken stock
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper -- to taste

How to Prepare:
In a large saucepan, melt butter over medium heat. Add finely diced
veggies and saute, stirring occasionally, for about 5 minutes or
until they wilt. Add in the flour and stir well. Let cook, stirring, for about 1
minute, then pour in the chicken stock and cream, whisking
constantly. Bring to a simmer and cook about 5 minutes, whisking occasionally.
**This makes about 6 cups. If you're going to use it strictly as a
soup, cut the cream back to 1/2 cup and increase the chicken stock by
1 can.
**You can also increase the flour to 1 cup (an additional 11g carbs)
to get a thicker soup OR use 1T guar gum in place of the flour. If
you use the gum don't blend it in w/the cooked veggies. Mix with
cup stock before adding.
(can be used in recipes calling for canned soup, too)

Easy Chicken Noodle Soup
CarbsPerServing: 12 total excluding shiratake
noodles
Effort: Easy

Ingredients:
2 tablespoons butter
1/4 onion
2 stalks celery
5 baby carrots
14 1/2 ounces chicken broth -- 1 can
10 ounces canned chicken -- 1 can
Salt and Pepper to taste
teaspoon Wylers Shaker Instant Bouillon
Chicken Garlic and Herb flavor
or
1 chicken bouillon cube
1/2 package shiratake noodles

How to Prepare:
Chop onion, celery and carrots. Brown them in the butter for a few
min. Add the broth, chicken, noodles and seasoning. Bring to boil
and then turn down and simmer for a few min. I can get 4 or 5 good
size servings.

You can add green bean, zucchini as well.

Ground Beef Soup
CarbsPerServing: 78 total
Effort: Easy

Ingredients:
1 pound ground beef
1 cup diced onion
1 diced green bell pepper
8 cups beef stock
2 cups diced carrots -- i used 1 cup
1 cup diced celery
2 cups chopped tomatoes
1/4 cup minced fresh parsley
package broccoli, frozen -- cut into
florets
or 1 head cut into florets with stalks
peeled and diced
1 teaspoon dried oregano
1 teaspoon dried thyme
freshly ground black pepper to taste

How to Prepare:
In large non-stick skillet, saute ground beef over medium heat. Add
onions, garlic and bell pepper and continue sauteing until meat is tender and
vegetables have softened, about 5 minutes. Drain fat from pan and
set meat mixture aside.

In large soup pot or Dutch oven, heat beef stock over medium-high
heat until boiling. Add carrots and celery and cook until almost tender, about 5
minutes. Add tomatoes, broccoli, parsley, seasonings and reserved meat
mixture. Mix well. Simmer over low heat 10 minutes until all vegetables are tender. Taste and adjust seasonings.

**Low-carb Chicken Soup**

CarbsPerServing: 68 total  
Effort: Easy  
**Ingredients:**  
2 leeks -- washed and sliced to 1" slices  
3 turnips -- peeled, cut in chunks  
1 bell pepper -- cut in 1" pieces  
5 celery stalks -- cut in 1" pieces  
4 chicken breast -- cut in bite-size pieces  
32 ounces chicken broth -- I used a box variety  
2 cups water  
1 clove garlic  
1/4 teaspoon red pepper flakes  
1 teaspoon salt  
fresh ground pepper to taste  
1/2 teaspoon goya adobo seasoning  
1/4 teaspoon thyme  

How to Prepare:  
In large pot combine all ingredients and cook on low heat till turnips are tender.  
Serves 6 to 8 hearty bowls.

**Quick Sausage Soup**

CarbsPerServing: 29 total  
Effort: Easy  
**Ingredients:**  
1 pound ground pork sausage  
3 tablespoons butter  
1 1/2 tablespoons garlic -- crushed  
1 1/2 tablespoons minced onion  
1 can beef broth  
1 cup heavy cream  
1 can green beans -- drained  
1 cup carrots -- cooked  
pepper to taste  

How to Prepare:  
Brown ground pork sausage in skillet.  
In saucepan, melt butter. Add garlic and onions and brown in melted butter.  
Add sausage and remaining ingredients. Heat thoroughly. Serve and enjoy!

**Vegetable Soup**

CarbsPerServing: 18 total  
Effort: Easy  
**Ingredients:**  
leftover roast beef -- shredded or cut up  
- add au jus and water  
1/2 medium onion -- cut up  
1/2 green pepper -- cut up  
4 medium mushrooms -- cut up  
1 clove garlic -- chopped fine  
1 head cauliflower -- cut in florets  
1/2 cup celery -- finely chopped  
salt and pepper -- to taste  
cajun seasoning -- to taste  

How to Prepare:  
Simmer all ingred. in soup pot for several hours. Eat Hardy!!!  
Serves 6 - 8 generous servings

**Hearty Beef Stew**

CarbsPerServing: 60 carbs total  
Effort: Easy  
**Ingredients:**  
1 1/2 pounds beef stew meat  
14 1/2 ounces stewed tomatoes -- (1 can)  
14 1/2 ounces beef broth -- (1 can)  
1 cube beef bouillon  
1/2 teaspoon onion powder  
1/4 teaspoon garlic powder  
1 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon thyme  
1 large rutabaga -- (or two small turnips)  
2 medium zucchinis
How to Prepare:
Brown stew beef in olive oil on all sides in medium high pot. Add tomatoes, broth, spices and water to cover beef. Turn heat down and simmer for about 1 and 1/2 hours. Add cubed (about 1 inch) rutabagas and simmer for 30 minutes. Add diced zucchini and simmer for 30 more minutes. Add more liquid if necessary (to cover the veggies). Taste for seasonings.

Camper Stew
CarbsPerServing:no counts provided
Effort:Easy

Ingredients:
1 pound ground beef
1 can green beans, canned
1 packet onion soup mix
1 jar beef gravy

How to Prepare:
Brown and drain ground beef, add beans, soup mix, and gravy. Mix until completely combined. Simmer on medium/low for at least 15 minutes. Serve.

A very hearty and delicious stew that can be made with any of your favorite vegetables.

I HOPE YOU HAVE ENJOYED LOOKING THROUGH THESE RECIPES AND HAVE FOUND SOME THAT YOU ARE GOING TO EXPERIMENT WITH. GOOD LUCK WITH YOUR LOW CARB DIET.