

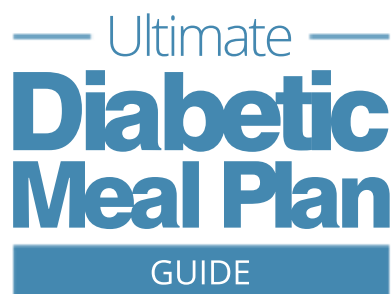
UNICITY



# 100 LOW-CARB RECIPES

## Content

Breakfast .....	3
Quick and Easy Dinners .....	14
Fish and Seafood .....	18
Chicken .....	27
Beef .....	36
Pork .....	41
Other Meats and Meals .....	47
Soups .....	51
Sides .....	57
Desserts .....	66



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# BREAKFAST RECIPES

## Breakfast Burrito<sub>2</sub>

### *Ingredients:*

- 1 Low Carb High Fiber tortilla
- 1 large egg
- 2 large egg whites
- 1/2 tomato (chopped)
- 1/2 cup spinach (chopped)
- 1/4 cup onion (chopped)
- 1-2 tablespoons feta cheese (or any cheese)

### *Directions:*

Heat olive oil in skillet on medium high. Scramble egg and egg white. Add in all other ingredients until cooked through. Then spoon into tortilla. Enjoy!

## Mushroom Spinach Omelet<sub>10</sub>

### *Ingredients:*

- 8 fl oz liquid egg substitute
- 1 Tbsp cheddar cheese
- 1 Tbsp parmesan cheese
- 1/4 tsp salt
- 1/8 ground black pepper
- 1/8 tsp garlic powder
- 1/8 tsp red pepper flakes
- 1 tsp olive oil
- 1/2 cup mushrooms, chopped
- 1 Tbsp onion, chopped
- 1/2 cup spinach, chopped

### *Directions:*

1. Whisk egg substitute, cheddar cheese, Parmesan cheese, salt, black pepper, garlic powder, and red pepper flakes together in a bowl.
2. Heat olive oil in a nonstick skillet over medium heat. Cook and stir mushrooms and onion until tender, 4-5 minutes.
3. Add spinach, cook until spinach wilts, 3-4 minutes.

4. Pour in egg mixture. Swirl pan around to evenly distribute egg mixture. Cook until egg is fully cooked and set in the middle, 5-10 minutes. Cut into wedges.

## Low-Carb Cranberry Muffins<sup>6</sup>

### *Ingredients:*

- 1 cup whole fresh cranberries
- 1.25 cup flax seed meal
- 1 tsp baking powder
- 3 Tbls cinnamon
- 1 tsp nutmeg
- 1/2 tsp salt
- 1/2 cup Splenda (or your sweetener of choice)
- 4 large eggs
- .25 cup olive oil
- .5 cup Da Vinci's Vanilla sugar free syrup
- 1 Tbls vanilla

### *Directions:*

1. Pre heat oven to 350.
2. Liberally butter the muffin tins, makes 12+ muffins. Do not use muffin liners they will stick.
3. Pour boiling water over cranberries and let sit for 5 minutes.
4. Mix wet ingredients and dry ingredients separately and then combine, minus the cranberries you don't use them yet.
5. Let mixture stand for about 10 minutes to thicken.
6. Fold in cranberries once thickened a little bit.
7. Fill each muffin cup up about 1/2 to 3/4 full.
8. Bake for about 17 minutes or until toothpick comes out clean.
9. These will keep for about a week in the refrigerator and 3 months in the freezer.

## Microwave Blueberry Muffin<sub>6</sub>

### *Ingredients:*

- 1 ounce frozen blueberries
- 1/4 cup ground flaxseed
- 1/2 tsp baking powder
- 2 Tbspsugar free pancake syrup
- 1/2 tsp orange zest
- 1 egg white
- 1/2 tsp nutmeg

### *Directions:*

Mix dry ingredients together thoroughly (I use a large measuring cup and just add other ingredients to the flax once I have measured it) and then add egg, syrup & zest. Pour into oversized coffee cup that you have sprayed (I use organic coconut oil spray) and put in microwave for 90 seconds. This will make a tall muffin. If you prefer a flatter muffin (more like a muffin top) use a small, shallow cereal bowl. Top with a little more sugar free pancake syrup if desired, and butter if you can spare the calories. For a really decadent version put a tablespoon of melted butter into the batter before cooking. Please comment if you make this recipe! Enjoy.

## Sausage “N” Cheese Bake<sub>1</sub>

### *Ingredients:*

- 1 pound pork sausage, cooked
- 6 eggs
- 1/2 teaspoon seasoning salt
- 1/4 teaspoon paprika
- 1/4 teaspoon lemon pepper
- 2 tablespoons minced onion, dried
- 1/2 teaspoon garlic granules
- 1/3 cup milk and egg protein
- 1 cup cheese, shredded(Cheddar, Colby, Monterey jack, or a blend)
- 1/4 cup almonds, ground

### *Directions:*

Place the cooked, crumbled sausage into a 9” x 13” baking dish, spreading it

evenly across the bottom. In a large mixing bowl, whisk the eggs and the seasonings. Add the remaining ingredients to the bowl and stir them well. Pour the egg and cheese mixture over the sausage and bake it for about 30 minutes at 375 F until it is golden brown and tests clean with a knife or toothpick inserted slightly off center. Serve warm.

***Nutritional Facts:***

Effective Carbohydrates: 2 g

Carbohydrates: 3 g

Fiber: 1 g

Protein: 19 g

Fat: 33 g

Calories: 384

Servings: 8

## **Cream Cheese Biscuit<sub>10</sub>**

***Ingredients:***

- 8 oz cream cheese
- 5 large eggs
- 2/3 tbsp dry yeast
- 1/2 cup ground golden flaxseed meal
- 1/2 cup protein powder
- 2 tbsps heavy cream
- 1 cup almond meal flour
- 2 tsp baking powder
- 2 tsps vinegar
- 2 cups shredded mozzarella cheese

***Directions:***

1. Preheat oven to 350 °F (175 °C).
2. Soften cream cheese in microwave for 20 seconds. Add yeast, cream, vinegar and 2 tablespoons warm water and mix.
3. Add eggs one at a time and mix well.
4. Add the dry ingredients and mix well.
5. Add the cheese and mix. Scoop into muffin pan.
6. Bake for 15 minutes.

## Greek Yogurt Pancakes<sub>2</sub>

### *Ingredients:*

- 6 oz plain, nonfat Greek yogurt
- 1 egg
- Scant ½ cup whole wheat flour
- 1 tsp baking soda
- Walden Farms syrup (I love blueberry, but they also have pancake syrup)

### *Directions:*

Stir yogurt until smooth and creamy. Crack egg over yogurt and stir to combine. In a separate bowl, mix together flour and baking soda. Pour yogurt/egg mixture into dry mixture. Stir till combined. Spoon batter onto sprayed griddle or pan. Flip when start bubbling on the surface. Will make 4 big pancakes or 8 little ones.

## Whole-Wheat Waffles<sub>2</sub>

### *Ingredients:*

- 2 large eggs
- 1 ¾ cup milk
- ¼ cup melted butter
- ½ teaspoon ground cinnamon
- ¼ teaspoon baking soda
- 1 ½ cup whole-wheat flour
- 2 teaspoons baking powder
- ⅛ teaspoon salt
- Warmed Walden Farms pancake syrup
- Fresh fruit

### *Directions:*

1. Preheat your waffle iron.
2. In a large mixing bowl whisk together the eggs, milk, oil, honey, cinnamon, and baking soda until well combined.
3. Add in the flour, baking powder, and salt and whisk together just until the large lumps disappear.

4. When the waffle iron is hot, dab it with a little butter and then ladle some batter onto the center of the iron. Follow the instructions that came with your waffle maker to know how long it should be cooked (mine takes about 3 - 4 minutes each).
5. Keep waffles warm until you finish cooking all of them. Top with pure maple syrup and fruit. Enjoy!

## Protein Waffles<sub>2</sub>

### *Ingredients:*

- 1/4 cup rolled oats
- 1 egg white
- 1 scoop Unicity Complete (1/2 scoop if in Canada)
- 2-3 Tbsp skim milk (or almond milk)
- 1 Stevia packet (or sweetener of your choice)
- 1 tsp vanilla extract
- 1/4 tsp baking soda
- 1/4 tsp salt

### *Directions:*

Add all ingredients to blender, blend up, and put into waffle iron. Top with fruit, natural peanut butter, cinnamon, or Walden Farms pancake syrup.

## Overnight Oats<sub>2</sub>

### *Ingredients:*

- 1/2 cup rolled oats
- 1/2 cup milk (any kind)
- 1 Tbsp flax seed (can add hemp or chia as well)
- 1 scoop Unicity Complete (1/2 scoop if in Canada)
- 2 Tbsp PB2 (or 1 Tbsp natural peanut butter)
- Any fruit to taste

### *Directions:*

Combine all ingredients (except fruit) into Mason jar. Mix up and place in refrigerator overnight. When ready to eat, cut up any fruit and enjoy!

## Muffin Tin Baked Eggs<sub>2</sub>

\*excellent when meal prepping for the week!!

### *Ingredients:*

- 12 eggs
- Any cut up veggies (suggestions: chopped spinach, tomatoes, and pepper)
- Olive oil
- Muffin tin

### *Directions:*

Preheat oven to 350. Add chopped veggies to pan with some olive oil and saute for about 4 minutes. While those are cooking, in a large bowl beat all 12 eggs. Add a tiny bit of water to add some fluff to eggs. Spray/lightly oil muffin tin because the eggs will stick! Scoot veggies into muffin tin and top off with egg mixture. Cook for 20 minutes.

## Avocado Egg Toast<sub>2</sub>

### *Ingredients:*

- 1 whole egg
- 2 egg whites
- 1/4 - 1/2 an avocado
- Whole wheat or rye bread
- Salt and pepper, to taste

### *Directions:*

Combine egg and egg whites to skillet and cook on medium heat until done. Mash up avocado and place onto toasted bread. Add eggs on top of avocado once cooked, and sprinkle with salt and pepper.

## Low-Carb Crustless Quiche<sub>6</sub>

### *Ingredients:*

- 1 cup (not packed), non-fat cottage cheese
- 2 cups egg substitute, liquid (Egg Beaters, or whites)
- 1/2 cup broccoli, cooked, chopped
- 1/2 cup ham, extra lean, (5% fat), diced
- 1/2 cup Cheddar or Colby Cheese, Low Fat, shredded

- Salt & Pepper, to taste
- Cooking Spray

**Directions:**

1. Preheat oven to 375.
2. Mix all ingredients in a large mixing bowl. Pour into a pie dish sprayed with Pam or other cooking spray. Place on cookie sheet in oven. Bake approximately 45 minutes or until center is just set.

Makes 6 servings.

**Variations:**

Substitute different meats, cheese, and veggies such as:

- turkey bacon, sausage
- reduced fat swiss, mozzarella, or feta
- spinach, peppers, onions, asparagus

## **Snickerdoodle Crepes<sup>12</sup>**

**Ingredients:****For the crepes:**

- 6 eggs
- 5 oz cream cheese, softened
- 1 tsp cinnamon
- 1 Tbsp granulated sugar substitute (Splenda, Swerve, Ideal, etc.)
- butter for frying

**For the filling:**

- 8 Tbsp butter, softened
- 1/3 cup granulated sugar substitute
- 1 Tbsp (or more) cinnamon

**Directions:**

1. Blend all of the crepe ingredients (except the butter) together in a blender or magic bullet until smooth. Let the batter rest for 5 minutes. Heat butter in a nonstick pan on medium heat until sizzling. Pour enough batter into the pan to form a 6 inch crepe. Cook for about 2 minutes, then flip and cook for an additional minute. Remove and stack on a warm plate. You should end up with about 8 crepes.

2. Meanwhile, mix your sweetener and cinnamon in a small bowl or baggie until combined. Stir half of the mixture into your softened butter until smooth.
3. To serve, spread 1 Tbsp of the butter mixture onto the center of your crepe. Roll up and sprinkle with about 1 tsp of additional sweetener/cinnamon mixture.

**Notes:**

Approx nutrition info per serving: 434 calories, 42g fat, 2g net carbs, 12g protein

## Kale and Feta Breakfast Casserole<sup>10</sup>

**Ingredients:**

- 6 oz kale
- 1 tbsp organic extra virgin coconut oil
- 4 oz feta cheese
- 12 large eggs

**Directions:**

1. Preheat oven to 375 °F (190 °C).
2. Wash the kale if needed and spin dry or dry with paper towels, then coarsely chop kale.
3. Heat oil over medium-high heat in a large frying pan. When oil is hot add the kale and cook while stirring until kale is wilted and starting to soften, about 3-5 minutes (red Russian kale will cook more quickly; darker green kale varieties will take longer to soften.)
4. Spray a 8"x10" casserole dish with olive oil or nonstick spray, then put barely-cooked kale in the bottom of the dish. Crumble feta cheese over the kale. Beat eggs with 1 teaspoon Spike Seasoning, salt, and fresh ground black pepper; then pour eggs over kale/feta (take a fork and gently stir so the veggies and cheese are well distributed in the eggs).
5. Bake the casserole 40-45 minutes, or until eggs are set and the top is starting to lightly brown. Serve hot. Good with a dollop of low-fat sour cream.
6. Note: leftover egg casserole will keep in the fridge for about a week. Reheat in the microwave for 1-2 minutes

## Low-Carb Bacon and Egg Quiche<sup>4</sup>

### *Ingredients:*

- 6 large eggs
- 1 cup heavy cream
- 1 cup grated cheddar cheese or 1 cup swiss cheese
- 1/2 cup crisp cooked bacon, crumbled
- salt and pepper

### *Directions:*

1. Preheat oven to 350°F.
2. Butter or spray quiche or pie pan with non-stick cooking spray.
3. Beat the eggs with the cream.
4. Add salt and pepper to taste.
5. Add the cheese and bacon, mix well.
6. Pour into the pan.
7. Bake for 40 minutes or until golden brown.



**QUICK AND EASY DINNER IDEAS**

## Chicken and Veggies<sub>2</sub>

### *Ingredients:*

- 3 oz chicken breast
- Red pepper
- Yellow pepper
- Zucchini
- Red onion
- Season to taste

### *Directions:*

Heat olive oil in skillet over medium heat. Toss chicken and veggies into skillet. Season with whatever sounds good to you – switch it up every time to keep things interesting. Try squeezing a lemon or lime onto it!

## Fajitas<sub>2</sub>

### *Ingredients:*

- 3 oz chicken breast
- Red pepper
- Green pepper
- Yellow onion
- Fajita season mix (I use the low sodium kind)
- Toppings: plain Greek yogurt, lime, cilantro
- Low carb high fiber tortilla

### *Directions:*

Heat olive oil in skillet over medium heat. Toss chicken and veggies into skillet. Sprinkle fajita seasoning mix over skillet. Scoop the mixture into low-carb, high-fiber tortilla. Add yogurt, lime juice and cilantro as desired.

## Turkey burger<sub>2</sub>

### *Ingredients:*

- 1 Lean turkey burger (suggested: buy a box of frozen 100% lean turkey burgers)
- 1 whole wheat bun (This will count as 2 servings from moderation list. You can use lettuce for the bun instead!)
- 1 slice of cheese (Pepper jack is a favourite on these burgers)
- Red onion

- Avocado slices
- Spinach or lettuce
- Mustard

***Directions:***

Defrost turkey burger beforehand. If don't have time, put in microwave for 30 seconds both sides. Then throw onto skillet on medium heat. Cook 3-5 minutes both sides. Once cooked, load up your burger and enjoy!

**BBQ pizza<sub>2</sub>*****Ingredients:***

- 1 small whole wheat pita bread (this is on the moderation list)
- Walden Farms BBQ sauce
- Red onion, chopped
- Cilantro, chopped
- Shredded mozzarella cheese
- Diced cooked chicken (optional)

***Directions:***

Preheat oven to 350. Spread Walden Farms BBQ sauce onto pita bread to cover completely. Add all other ingredients and top with shredded mozzarella cheese. Place in oven for 8-10 minutes or until the cheese has melted.

**Chicken Lettuce Tacos<sub>2</sub>*****Ingredients:***

- 3 oz chicken breast
- Taco seasoning (low sodium)
- Lettuce
- Tomatoes
- Shredded Mexican style cheese
- Salsa

***Directions:***

Heat olive oil on skillet over medium heat. Once warm, cook chicken about 3-5 times both sides. Sprinkle taco seasoning over chicken until well coated. Once cooked all the way through shred chicken and spoon into lettuce (like a wrap). Load with tomatoes, cheese, and salsa.



**DINNER OR LUNCH RECIPES**



## Garlic Parmesan Salmon and Asparagus<sub>2</sub>

### *Ingredients:*

- 6 oz portion of salmon
- 7 asparagus spears
- 1 T whipped light butter
- 1 T grated parmesan cheese
- 1 clove garlic pressed
- 2 tsp of lemon juice
- Ground black pepper to taste

### *Directions:*

1. Preheat oven to 375°F.
2. Cut a sheet of aluminum foil large enough for the asparagus and salmon
3. Arrange asparagus spears on foil and top with the salmon
4. Mixed the remaining ingredients in a bowl to make a paste
5. Smear the mixture on top of the salmon
6. Cut another piece of foil large enough to cover everything and fold up the sides
7. Place on a cookie sheet and bake for 30 minutes

## Lemon Salmon Kebabs<sub>2</sub>

### *Ingredients:*

- 1 pound of salmon
- 2 lemons
- 2 teaspoons salt
- 2 teaspoons pepper
- 2 teaspoons basil
- 8 wooden or metal skewers

### *Directions:*

1. First, preheat your grill to 350F.

2. Then prepare salmon, but cutting it into 1 inch cubes. \*Using a sharp knife for this part is important. I cut my salmon into cubes before filleting the scales off, but if you are comfortable, you can fillet it first.
3. Next, slice your lemons into small slices and set aside.
4. For each kebab, use 2 wooden skewers. Skewer 1 piece of salmon, then 1 lemon. Repeat 3 or 4 times. My 1 pound of salmon got 4 kebobs.
5. Season kebabs with salt, pepper, and basil.
6. Next, place a piece of tin foil on the grill and lightly spray with nonstick cooking spray. Then, place the skewers on top and let cook for 3-5 minutes on each side. All grills differ, so you'll want to be very cautious.

## Baked Salmon with Garlic and Dijon<sub>2</sub>

Serves 4

### ***Ingredients:***

- 1.5lbs salmon
- 2 Tbsp fresh parsley, finely chopped
- 2 large OR 3 small cloves of garlic, pressed
- 1/2 tsp salt
- 1/8 tsp freshly ground black pepper
- 1/8 cup mild olive oil
- 2 Tbsp fresh lemon juice
- Lemon slices

### ***Directions:***

1. Preheat the oven to 450 degrees and line a rimmed baking dish with foil.
2. In a small bowl, combine 2 Tbsp freshly chopped parsley, 2-3 cloves pressed garlic, 1.5 tsp Dijon, 1/2 tsp salt, 1/8 tsp pepper, 1/8 cup olive oil and 2 Tbsp fresh lemon juice. Mix well.
3. Cut salmon into even portions and lay them onto your lined baking dish skin side down.
4. Generously brush all sides of your salmon with the sauce and top with fresh lemon slices.
5. Bake at 450 degrees for 12-15 minutes or until just cooked through. Don't over-cook or your fish will dry. Voila!

## Mesquite Garlic Trout<sup>10</sup>

### *Ingredients:*

- 2 lb trout
- 1 tsp mesquite seasoning
- 4 tsps minced garlic
- 1 tsp salt

### *Directions:*

1. Pre-heat oven or outside grill to 450 °F (220 °C).
2. Cut the head and tail off of a gutted, cleaned trout.  
  
Place the minced garlic inside the open belly of the trout (add more than 4 teaspoons if preferred). Sprinkle mesquite seasoning and salt over the garlic and allow the belly to close naturally.
3. Place the trout onto a sheet of aluminum foil and wrap the foil loosely over the trout so that it is sealed, but in a tent fashion.
4. Place in the oven or grill for approximately 20 minutes.
5. Check to see if the meat flakes. Do not overcook.

## Hudson's Baked Tilapia<sup>1</sup>

### *Ingredients:*

- 4 (4 ounce) fillets tilapia
- salt and pepper to taste
- 1 tablespoon Cajun seasoning, or to taste
- 1 lemon, thinly sliced
- 1/4 cup mayonnaise
- 1/2 cup sour cream
- 1/8 teaspoon garlic powder
- 1 teaspoon fresh lemon juice
- 2 tablespoons chopped fresh dill

### *Directions:*

Preheat the oven to 350 degrees F. Lightly grease a 9x13 inch baking dish. Season the tilapia fillets with salt, pepper and Cajun seasoning on both sides. Arrange the seasoned fillets in a single layer in the baking dish. Place a layer of

Preheat the oven to 350 degrees F. Lightly grease a 9x13 inch baking dish. Season the tilapia fillets with salt, pepper and Cajun seasoning on both sides. Arrange the seasoned fillets in a single layer in the baking dish. Place a layer of lemon slices over the fish fillets. I usually use about 2 slices on each piece so that it covers most of the surface of the fish. Bake uncovered for 15 to 20 minutes in the preheated oven, or until fish flakes easily with a fork. While the fish is baking, mix together the mayonnaise, sour cream, garlic powder, lemon juice and dill in a small bowl. Serve with tilapia.

***Nutritional Facts:***

Calories 284  
Total Fat 18.6g  
Cholesterol 62mg  
Sodium 598mg  
Total Carbs 5.7g  
Dietary Fiber 1.5g  
Protein 24.6g  
Servings:4

**Potato-Horseradish-Crusted Mahi-Mahi*****Ingredients:***

- 1 cup precooked shredded potatoes
- 1 shallot, finely chopped
- 1 tablespoon prepared horseradish
- 1 teaspoon Dijon mustard
- 1/2 teaspoon garlic salt
- 1/4 teaspoon freshly ground pepper
- 1 1/4 pounds mahi-mahi, skin removed, cut into 4 portions
- 4 teaspoons reduced-fat mayonnaise
- 1 tablespoon canola oil
- 1 lemon, quartered

***Directions:***

1. Combine potatoes, shallot, horseradish, mustard, garlic salt and pepper in a medium bowl. Spread each portion of fish with 1 teaspoon mayonnaise, then top with one-fourth of the potato mixture, pressing the mixture onto the fish.

2. Heat oil in a large nonstick skillet over medium-high heat. Carefully place the fish in the pan potato-side down and cook until crispy and browned, 4 to 5 minutes. Gently turn the fish over, reduce the heat to medium and continue cooking until the fish flakes easily with a fork, 4 to 5 minutes more. Serve with lemon wedges.

***Nutritional Facts:***

205 calories  
6 g fat (1 g sat, 3 g mono)  
105 mg cholesterol  
9 g carbohydrate  
27 g protein  
1 g fiber  
311 mg sodium  
623 mg potassium.

**Nutrition bonus:**

Selenium (74% daily value)  
Potassium (18% dv).  
1/2 Carbohydrate Serving  
Exchanges: 1/2 starch,  
4 very lean meat

**Number of Servings:** 4**Blackened Fish with Salsa Verde (Low Carb)<sub>4</sub>*****Ingredients:***

- 4 catfish fillets, patted dry
- 1 tablespoon cajun seasoning
- 2 tablespoons canola oil
- 3/4 cup salsa verde
- 1/2 cup chopped fresh cilantro

***Directions:***

1. Sprinkle fish on both sides with Cajun seasoning.
2. Heat oil in a large nonstick skillet over medium high heat. Add half of the fillets and cook until lightly browned, about three minutes.
3. Turn and cook until just opaque, two to three minutes longer.
4. Transfer to plate and repeat with remaining fillets.
5. Meanwhile, combine salsa and cilantro. Serve the fish topped with this.

**Low Fat Asian Halibut in Foil<sub>5</sub>*****Ingredients:***

- 20 ounces halibut fillets (about 4)

- 1/2 cup carrot, julienned
- 1/2 cup zucchini, julienned
- 1/2 cup broccoli floret
- 1/4 cup onion, chopped
- 2 teaspoons fresh ginger, grated and peeled
- 2 tablespoons rice vinegar
- 2 teaspoons sesame oil

***Directions:***

1. Preheat oven to 450 degrees.
2. Tear off 4 sheets of foil wrap, 12 inches by 18 inches each. Place halibut fillets in center of foil sheets. Top with vegetables.
3. Combine ginger, vinegar and oil in a small bowl. Drizzle a little over each fish and vegetable mound.
4. Close the foil packets by bringing the sides up and folding the edge over twice, then sealing the ends in the same way. Leave enough room inside for air to circulate.
5. Place foil packets on a large cookie sheet and bake for 15-18 minutes (or you can cook it over a campfire!).

## Poached Pacific Sole with Capers and Chives<sup>4</sup>

***Ingredients:***

- 3/4 cup dry white wine (such as Sauvignon Blanc)
- 1 pound sole fillets, cut into spatula-size pieces
- 2 tablespoons olive oil
- kosher salt and pepper
- 2 tablespoons capers
- 2 tablespoons chopped chives

***Directions:***

1. Heat the wine in a large skillet over medium heat. Add the sole, drizzle with the oil, and season with 1/4 teaspoon salt and 1/8 teaspoon pepper.
2. Sprinkle the capers over the top and cook, covered, until just cooked through, opaque, and beginning to flake, about 4 minutes.
3. Sprinkle with the chives. Divide among plates, spooning the wine-and-caper sauce over the top.

## Low-Carb Parmesan Shrimp<sub>6</sub>

### *Ingredients:*

- 14 shrimp, medium (26 to 30 per pound count, peeled and de-veined)
- 1 tbsp extra virgin olive oil
- 1/2 clove garlic, minced
- 2 dashes lite salt
- 1/4 tsp creole seasoning
- 2 dashes fresh ground pepper
- 1/8 cup Panko breadcrumbs
- 1 tbsp shredded parmesan cheese
- 1 squirt butter flavored cooking spray

### *Directions:*

PREP TIME DOES NOT COUNT 30 MINUTES OF MARINADE NOR PEELING OF SHRIMP. You may use either fresh or thawed pre-peeled shrimp.

Put shrimp, garlic, olive oil, salt, pepper, and creole seasoning into a ziploc baggie. Gently flip bag in all directions until shrimp is well coated. Place in refrigerator for 30 minutes to 1 hour.

1. Preheat oven to 475 degrees.
2. Add bread crumbs and parmesan to baggie and gently turn to coat.
3. Arrange shrimp in single layer in ungreased 8x8 baking pan so that they're not touching. Spray quickly with butter flavored cooking spray.
4. Broil for approximately 10 minutes until done. Serve immediately. Garnish with lemon wedges if desired. (Lemon not included in nutritional info.)

## Grilled Mediterranean Ahi Tuna<sub>6</sub>

4 5oz Uncooked Fresh or Frozen (thawed) Ahi Tuna Steaks 1 inch thick

### *Ingredients:*

- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Salt - Kosher
- Lemon Juice from 1 wedge of lemon 1/2 tsp
- 1/4 tsp Cracked black pepper freshly ground
- 1/2 tsp finely chopped oregano or 1/4 tsp dried

- 1/4 tsp red pepper flakes or dash crushed dried
- 1 tsp finely chopped basil or 1/4 tsp dried
- Garlic, 1 clove minced fine

***Directions:***

1. Preheat Outside Grill on Medium High setting when you start your prep. Or start your charcoal grill about 30 minutes before you plan to grill tuna.
2. Pat tuna steaks with paper towels to remove excess moisture then place in a shallow dish.
3. Mix all spices with oil and lemon juice in a small bowl with a fork or whisk. Allow to rest for at least 5 minutes to blend together. Brush mixture on both sides of Tuna steaks and allow steaks to rest for another 5 minutes.
4. Grill steaks on hot grill 2-5 minutes on each side to attain desired doneness. For well done there should still be some pinkness to the center. Most prefer barely warm red centers. Be brave, you will be surprised at the flavorful moistness and un-fishyness of this Tuna!

**Number of Servings:** 4

## **Low-Carb Bang Bang Shrimp w/Asian Slaw(Gluten Free)<sub>12</sub>**

***Ingredients:*****For the slaw:**

- 6 cups shredded Napa cabbage
- 1/2 cup chopped scallions
- 1/4 cup chopped cilantro
- 1/4 cup sliced or slivered radishes

**For the sauce:**

- cup mayonnaise
- 1 Tbsp chopped roasted red peppers
- 1.5 Tbsp Sriracha hot sauce (my preference)
- 2 Tbsp granulated sugar substitute (my preference)
- 2 Tbsp unsweetened rice wine vinegar (my preference)
- 1 tsp fish sauce (my preference)
- 1/4 tsp garlic powder

**For the Shrimp:**

- 1 egg
- 1 tsp Sriracha hot sauce
- 1 lb extra large shrimp, peeled and de-veined, thawed
- 1/2 cup coconut flour
- 1/2 tsp salt
- 1/4 tsp cayenne pepper
- 1/2 tsp ground ginger (dried)
- 1/4 tsp garlic powder
- Avocado (or other) oil for frying

**Directions:**

For the best results you want to prepare your slaw and sauce first - then your shrimp is still crispy and hot, which makes a nice contrast when you serve it with the cold slaw and sauce.

**For the Slaw:**

Either use a pre-bagged mix and just toss some cilantro and scallions on there for an Asian flair - or combine all of the listed ingredients and arrange on a large plate or platter. Chill.

**For the Sauce:**

Combine all of the ingredients in the small cup of a magic bullet or blender. Blend until smooth. Chill until ready to serve.

**For the Shrimp:**

Beat the egg and Sriracha together in a small bowl. In another small bowl, combine the coconut flour, salt, cayenne, ginger, and garlic powder and stir. Rinse the shrimp and pat dry. Add the shrimp to the egg mixture and then toss to coat in the seasoned coconut flour. Heat oil (about 2 inches deep) in a heavy duty medium sized pan until it sizzles when you flick a (TINY) drop of water into it. To conserve oil, don't use a huge pan - even if it means you have to cook the shrimp in smaller batches of about 5 at a time. Cook the coated shrimp until golden brown and firm - if your oil is hot this should only take 2 minutes or so. Remove to a paper towel lined plate until all of the shrimp are cooked. Arrange the hot shrimp on the cold slaw and drizzle with the sauce. Serve immediately.

**Notes:**

Approximate nutrition information per serving:

1.5 cups slaw, 2 Tbsp sauce, 5-6 shrimp: 363 calories, 26g fat, 6g net carbs, 22g protein



## Low-Carb Blackened Chicken Alfredo Bake<sup>6</sup>

### *Ingredients:*

- 3 boneless skinless chicken breasts
- Montreal Seasoning
- 1TBL cooking oil
- One cup yellow squash, cubed
- One medium sweet onion, diced
- One cup cauliflower
- Salt and pepper
- One jar alfredo sauce (suggested: Trader Joe's)
- 1/4 cup grated parmesan cheese
- 1/8 cup bread crumbs

### *Directions:*

1. Heat oven to 350 degrees and spray a 13x9 pan with cooking spray.
2. Sprinkle the chicken breasts with the Montreal seasoning and cook in a skillet coated with cooking spray until done. Set aside.
3. Place chopped cauliflower in microwavable dish, add 2 TBL water, cover with plastic wrap and cook for 4 minutes on high.
4. In the same skillet add cooking oil and saute onions until clear. Add squash and saute until soft. Salt and pepper to taste.
5. Cut cooled chicken into cubes and add to casserole dish with the vegetables. Pour alfredo sauce over all. Top with cheese and bread crumbs.
6. Bake for 20 minutes, then broil on low for 10 minutes until top is brown.

**Number of Servings:** 8

## Grilled Chicken Souvlaki w/Yogurt Sauce<sup>12</sup>

### *Ingredients:*

#### **For the chicken:**

- 1 lb chicken breast cut into strips

- 3 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 Tbsp red wine vinegar
- 1 Tbsp fresh oregano, chopped (or 1 tsp dried)
- 4 cloves garlic, minced
- 2 tsp kosher salt
- 1/4 tsp ground black pepper
- 1/2 tsp dried thyme

**For the yogurt sauce:**

- 3/4 cup Greek yogurt
- 1 tsp lemon juice
- 1 tsp minced garlic
- 1 tsp fresh oregano, chopped
- 1/2 tsp kosher salt
- 1/2 tsp granulated sugar substitute (your choice)

***Directions:*****To make the chicken:**

Combine the olive oil, lemon juice, red wine vinegar, oregano, garlic, salt, pepper, and dried thyme in a shallow, non-reactive dish. Add your chicken strips to the marinade and mix to coat well. Cover and marinate in the refrigerator for 2 hours or more. Remove the chicken from the marinade and thread onto skewers (if using.) Preheat the grill and grill the chicken for about 2 minutes per side or until cooked through. Thicker pieces may take longer.

**To make the yogurt sauce:**

Combine all of the yogurt sauce ingredients and stir well. Taste and adjust seasoning to your preference. Serve with the warm grilled chicken.

***Notes:***

Approximate nutrition information per serving:

2 skewers of chicken: 157 calories, 5g fat, .5g net carbs, 26g protein

2 Tablespoons of yogurt sauce: 35 calories, 2g fat, 2g net carbs, 1g protein

## Chicken Avocado Burgers<sub>2</sub>

### *Ingredients:*

- 1 pound ground chicken
- 1 large ripe avocado – cut into chunks
- 1 chopped clove of garlic
- Salt and pepper to taste
- Other seasonings to taste

### *Directions:*

Toss the chunks of avocado and garlic together. Blend mixture into ground chicken being careful not to mush the avocado. Form into 4-5 patties and grill until well done (temp. 165)

**Number of Servings:** 4

## Polynesian Chicken<sub>1</sub>

### *Ingredients:*

- 2 pounds boneless chicken breasts
- 4 ounces fat-free red Russian dressing or French dressing
- 1/2 cup sugar-free apricot preserves
- 1 small envelope of onion soup mix

### *Directions:*

1. Preheat the oven at 350 degrees F.
2. Wash the chicken and cut into 2" pieces, and place the pieces in a small casserole dish. Mix the remaining ingredients and pour 1/2 of the sauce over the chicken. Cover and bake for 45 minutes. Stir in the remaining sauce and bake uncovered another 20 minutes.
3. Heat olive oil in skillet over medium heat. Toss chicken and veggies into skillet.
4. Season with whatever sounds good to you – switch it up every time to keep things interesting. Try squeezing a lemon or lime onto it!

### ***Nutritional Facts: (Per Serving)***

Calories: 151.0

Total Fat: 1.0 g

Cholesterol: 65.0 mg

Sodium: 605.7 mg

Total Carbs: 1.0 g

Dietary Fiber: 0.4 g

Protein: 23.3 g

Servings: 8

## Greek Yogurt Chicken Salad<sub>2</sub>

### *Ingredients:*

- 2 large boneless, skinless chicken breast, poached
- 1/4 cup Greek yogurt
- 1/3 cup celery, diced
- 1/3 cup apple, diced
- 1/3 cup grapes, halved
- 1/4 cup slivered almonds

### *Directions:*

1. Dice poached chicken breasts and place in a large bowl. Mix in greek yogurt until all the chicken is coated evenly.
2. Add celery, apple, grapes, and almonds to the bowl and mix in
3. Enjoy immediately; store remaining chicken salad in fridge

## Quinoa Chicken Chili<sub>2</sub>

### *Ingredients:*

- 2 tablespoons olive oil
- 1 large red onion, diced
- 3 carrots, diced
- 5 stalks celery, diced
- 2 cups butternut squash, diced
- 8 cups chicken broth
- 2 large chicken breasts on the bone with skin
- 3 cans white beans (cannellini)
- 3 cups cooked quinoa
- 3 tablespoons cumin
- 1 teaspoon red pepper flakes

- Kosher salt to taste
- Cilantro, avocado, red chili and lime to garnish

***Directions:***

1. In a large pot, add the olive oil over medium high heat. Add the onions and sprinkle them with kosher salt. Sweat the onions, stirring often for about 5 minutes or until they are translucent and soft.
2. Add the carrots, celery and butternut squash. Stir into the onions and oil and cook another 5 minutes, stirring often.
3. Add the chicken broth and the two chicken breasts and put a lid on the pot. Turn the heat to low and simmer about 30 minutes.
4. After 30 minutes, remove the chicken breasts from the pot and set aside. Shred the chicken off the bone, and discard of the bones and skin.
5. Add the chicken back to the pot, along with the beans and the quinoa. Add the Cumin, red pepper flakes and kosher salt to taste. Serve hot and garnish with cilantro and lime if desired.

**Number of Servings:** 12

## **Chicken & Avocado Salad w/ Lime & Cilantro<sub>2</sub>**

***Ingredients:***

- 2 cups cooked chicken, shredded into large pieces
- 2 medium avocados, diced
- 1 T + 1 T fresh squeezed lime juice
- salt, to taste (I didn't use too much salt because you can always add more at the table.)
- 1/4 cup thinly sliced green onion
- 1/2 cup finely chopped fresh cilantro (or chop it more coarsely if you prefer)
- 2 T mayo with olive oil

***Directions:***

1. Shred the chicken apart until you have 2 cups of chicken shredded into fairly large chunks. Dice the avocados into medium-sized pieces; mix with 1 T of the lime juice, and season avocado with salt to taste. Thinly slice the green onion and finely chop the cilantro. Mix mayo and 1 T lime juice to make the dressing.

2. Put the chicken into a bowl large enough to hold all the salad ingredients. Add the sliced green onions and dressing and toss until all the chicken is coated with dressing. Add the avocado and any lime juice in the bottom of the bowl and gently combine with the chicken.
3. Then add the chopped cilantro and gently mix into the salad, just until it is barely combined.
4. Serve right away or chill for a while before serving. This could be served inside pita bread or sandwich bread, or inside crisp lettuce cups, or just eat it as a salad.

## Beginner's Indian Curry<sup>1</sup>

### *Ingredients:*

- 1/2 teaspoon mustard seeds, crushed
- 1/4 teaspoon cumin seeds, crushed
- 1 cup canned diced tomato, drained
- 1 tablespoon vegetable oil
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground red chili
- 1/4 teaspoon salt
- 1 pound (about 1 3/4 cups) cubed cooked chicken breast
- 3/4 cup light coconut milk

### *Directions:*

Heat a large skillet over medium heat. Add the mustard and cumin seeds. Cook 2 minutes or until seeds are fragrant, stirring frequently. Combine the tomato and oil in a small bowl; add to the seeds. Cook 1 minute, stirring constantly. Stir in the turmeric, red chili, and salt. Cook, stirring for another minute. Add chicken and cook for 1 minute. Stir in coconut milk; cover. Simmer over low heat 10 minutes or until chicken is cooked through. Serve hot, spooned over warm basmati rice.

### *Nutritional Facts:*

Calories: 219

Fat: 12g

Cholesterol: 71mg

Protein: 24g

Carbohydrate: 4g

Fiber: 1g

Sodium: 145mg

Calcium: 18mg

Servings: 4

## Cilantro Chicken<sub>2</sub>

### ***Ingredients:***

- 1lb of chicken breast
- Olive oil
- Bunch of cilantro
- Pinch of salt
- 1/2 teaspoon of pepper
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of red pepper flakes

### ***Directions:***

In a blender combine – cilantro, salt, pepper, garlic powder, red pepper flakes, and about 1/3 cup of olive oil. Place chicken and cilantro marinade in Ziploc bag. Let chicken marinate for at least 1 hour before cooking.

## Lemon Baked Chicken<sub>1</sub>

### ***Ingredients:***

- 4 lemons
- 4 skinless boneless chicken breasts
- 2 Tbs butter
- 1/2 c flour
- 1/2 tsp pepper
- 1 tsp salt

### ***Directions:***

Squeeze 1/2 c juice from lemons, marinate chicken in juice and refrigerate, at least an hour and up to 12 hours. Heat oven to 350 and butter a roasting pan. Melt butter, then combine flour, salt and pepper. Roll chicken in flour mix and set in roasting pan. Drizzle with melted butter and cook in pre-heated oven until well browned, 50-55 min.

### ***Nutritional Facts:***

Can cut Carb/salt by substituting Smart Balance Light instead of butter, and

Mrs. Dash for salt.  
Cal. 534  
Protein 50g  
Sodium 695g  
Carb 10g  
Servings: 4

## Ginger Chicken Wontons (Low Carb)<sup>4</sup>

### *Ingredients:*

- 1 lb ground chicken
- 1 large egg
- 1 teaspoon ground ginger
- 3 garlic cloves, minced
- 1/4 cup green onion, finely chopped
- 1/4 teaspoon allspice
- 1/8 teaspoon cinnamon
- 1/8 teaspoon cayenne pepper
- 1 teaspoon salt
- 1 teaspoon pepper
- oil (for frying)

### *Directions:*

1. In large bowl combine chicken, egg, green onion and spices.
2. Heat oil to 375 degrees.
3. Carefully put heaping teaspoons of mixture in hot oil.
4. Cook 8-10 at a time until golden brown and juices are no longer pink.
5. Drain on paper towels.
6. Serve with Chinese hot mustard or gingered soy sauce.

## Chicken and Vegetable Bake<sup>2</sup>

### *Ingredients:*

- 2 large zucchini
- 1 head cauliflower
- 1 pint cherry tomatoes
- 1 medium yellow onion

- 2 cups sliced mushrooms
- 4 chicken breasts
- 4 oz cheddar cheese
- 4 oz mozzarella cheese
- 2 oz parmesan cheese
- 1 pint tomato sauce
- Olive oil
- 1/8 cup chicken broth

***Directions:***

1. Cut zucchini and cauliflower in small chunks and cut cherry tomatoes in half. Place on parchment lined baking sheet, drizzle with olive oil, and bake at 400 for 30-35 minutes stirring half way through. After removing from the oven, reduce heat to 350.
2. While vegetables are roasting, heat 1 tbs. of olive oil in a skillet over medium high heat. Once hot reduce heat to low and add thinly sliced onions. Cook until caramelized, 10-15 minutes. Remove from heat and set aside.
3. In the same skillet as you cooked the onions, add 2 tbs. of olive oil and heat at medium high heat. Once hot, add the cubed chicken breasts and cook until cooked through and browned on all sides. Remove from heat and set aside.
4. In the same pan as you cooked the onions and chicken place 1 tbs. of olive oil and place sliced mushrooms and the chopped bell peppers. Toss in oil and cook for about 1-2 minutes then add a little bit of chicken broth to deglaze the pan, I used about 1/8 cup. This is where all the flavor comes out.
5. Turn off heat and add browned chicken and roasted veggies to the pan with the bell pepper and mushrooms. Stir until well combined.
6. Time for assembly! Place 1/3 of veggie and chicken mixture on bottom of 9 x 13 inch greased baking dish, next top with a 1/3 of your favorite tomato and then top with cheddar cheese. Continue this layering process, but the second layers put the mozzarella cheese and on the top place the Parmesan and caramelized onions.
7. Bake at 350 for 20-25 minutes until cheese is melted and top is golden.
8. Remove from oven, let cool, and enjoy!

**Number of Servings:** 4

## Rosemary and Olive Oil Slow Cooker Chicken<sub>6</sub>

### *Ingredients:*

- 8 cloves garlic, sliced
- 1 Tbsp dried rosemary, crumbled between your fingers
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 3 Tbsp Extra Virgin Olive Oil
- 3 Tbsp white wine
- 2 Tbsp water
- 2 lbs skinless, boneless chicken breasts
- cooking spray

### *Directions:*

Spray slow cooker with the cooking spray. Mix all ingredients except the chicken in the slow cooker. Mix well. Add the chicken one piece at a time, making sure to turn each piece to cover. Cook on low for eight hours or high for four hours. Makes approximately 8 servings of 4 oz each.

This goes great with rice or couscous and your favorite steamed vegetables. Leftovers are great for a pasta dish or salad the next day.



## BEEF RECIPES

## Teriyaki Kabobs<sub>1</sub>

### *Ingredients:*

- 1/3 C. soy sauce
- 2 T. vegetable oil
- 1 T. brown sugar
- 1 garlic clove, minced
- 1 tsp. ground ginger
- 1 tsp. seasoned salt

- 1 1/2 lb. boneless sirloin steak,
- cut into 1 1/4-inch cubes
- 12 whole mushrooms
- 1 large green pepper, cut into 1 1/2-inch pieces
- 1 large onion, cut into wedges
- 12 cherry tomatoes

***Directions:***

In a bowl, combine soy sauce, oil, brown sugar, garlic, ginger and salt; mix well. Pour half of the marinade into a large resealable plastic bag or shallow glass container; add beef and turn to coat. Seal or cover; refrigerate for 4 to 8 hours, turning occasionally. Cover and refrigerate remaining marinade. Drain meat; discard marinade. On metal or soaked bamboo skewers, alternate meat, mushrooms, green pepper, onion and cherry tomatoes; leaving 1/4 inch between each. Grill, uncovered, over medium heat for 3 minutes on each side. Baste with reserved marinade. Continue turning and basting for 8 to 10 minutes or until meat is cooked thoroughly.

***Nutritional Facts:***

244 calories  
690 mg sodium  
77 mg cholesterol  
10 gm carbohydrate  
29 gm protein  
10 gm fat

**Number of Servings:** 6

## **Low-Carb Pepperoni Pizza Meatballs(Gluten Free)<sup>12</sup>**

***Ingredients:*****For the meatballs:**

- 1 lb. ground beef (80/20)
- 1 egg
- 1/3 cup almond flour
- 1/2 cup shredded raw zucchini
- 1/4 cup pepperoni, chopped
- 1/3 cup parmesan cheese, grated
- 1/2 tsp garlic powder

- 1/2 tsp onion powder
- 1/4 tsp kosher salt
- 1/8 tsp ground black pepper
- 2 Tbsp olive oil for frying

**To serve:**

- 1 cup Easy Keto Marinara Sauce
- 1/2 cup shredded whole milk mozzarella
- 15 slices pepperoni

**Directions:****To make the meatballs:**

Combine all of the meatball ingredients (except the olive oil) in a medium bowl and mix thoroughly. Form into 15 meatballs. Heat the oil in a nonstick pan and fry the meatballs until golden brown - about 3 minutes per side. Remove and place on a paper towel lined plate.

**To serve:**

Place the meatballs in an oven proof dish. Spoon the sauce evenly over each meatball. Top with shredded mozzarella cheese, and a slice of pepperoni. Bake for 10 minutes at 375 degrees, or set under the broiler for 2 - 3 minutes until the cheese is melted and the pepperoni is getting crisp. Serve hot.

**Notes:**

Approx nutrition info per serving: 380 calories, 28g fat, 3g net carbs, 27g protein

## Peppercorn Steaks

**Ingredients:**

- 5 tsp Whole Peppercorns
- 4 Rib-eye Steaks, 6 oz. each
- 3 Tbsp Vegetable Oil
- 3 tsp Butter
- 2 Tbsp Chopped Green Onion
- 1/2 cup Dry White Wine or Chicken Broth
- 1/2 cup Whipping Cream

**Directions:**

1. Crush peppercorns w/a mallet or heavy saucepan. Press crushed peppercorns evenly over both sides of each steak. Heat oil in a large skillet over med-high heat until almost smoking.
2. Add steaks to skillet. Cook for 3 min. per side formed. Remove steaks to a serving platter; keep warm. Drain fat from skillet. Add 2 tsp butter and green onions to skillet.
3. Saute green onions over med. heat until tender, about 4 min. Add broth. Simmer over low heat, stirring frequently, for about 5 min. or until liquid is absorbed.
4. Stir whipping cream into skillet. Simmer, stirring continually, w/a wire whisk for 1 min. Add remaining butter, whisk until melted. Pour sauce over steaks. Serve immediately.

**Meatloaf<sub>1</sub>****Ingredients:**

- 1 pound ground skinless turkey breast
- 1 pound lean ground beef
- 1/2 medium onion, minced
- 1 clove garlic, minced
- 3 tablespoon minced fresh parsley
- 1 egg
- 1/4 cup low-fat (1%) milk
- 1 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/4 teaspoon ground white pepper
- 1/8 teaspoon nutmeg
- 2 slices bread, lightly toasted
- and made into coarse crumbs
- 2 tablespoons ketchup
- 2 tablespoons water

**Directions:**

Preheat the oven to 350 degrees F. In a large bowl, combine the meats with your hands or a large fork. Blend in the onion, garlic, and parsley; set aside. In a medium bowl, whisk the egg until frothy, about 1 minute. Add the milk,

mustard, salt, pepper, and nutmeg and whisk to blend. Add the bread crumbs and let stand for 5 minutes. Add the egg mixture to the meat mixture and blend well, about 1 minute. Spread evenly into a 9x5-inch loaf pan. In a small bowl, combine the ketchup and water until blended. Spread on top of the meat. Bake until the meat is no longer pink, about 90 minutes.

***Nutritional Facts:***

Calories: 139

Fat: 2g

Saturated Fat: 1g

Cholesterol: 36mg

Sodium 133mg

Carbohydrates 8g

Fiber 0.5g

Protein 20g

Servings:6

## **Curried Beef Fajitas<sup>4</sup>**

***Ingredients:***

- tablespoon canola oil
- 1/2lb cooked flank steaks or 1/2lb cooked skirt steak, cut into strips
- 1/4 onion, thinly sliced
- 1/4 yellow pepper, thinly sliced
- 1/4 cup water
- 1/2-1 tablespoon soy sauce
- 1/2 teaspoon Splenda sugar substitute (or your sweetener of choice)
- 1/2 teaspoon curry powder
- 1/4 teaspoon crushed red pepper flakes

***Directions:***

1. Heat the oil in a frying pan. Stir in the vegetables then fry for 5 minutes.
2. Add the beef along with the remaining ingredients, simmer until there is no liquid left.
3. Spread sour cream on the tortilla shells then top with the beef, vegetables, & cheese. Enjoy!

## Low-Carb Spaghetti Squash and Meatballs<sup>8</sup>

### *Ingredients:*

- 2 medium-sized spaghetti squash
- olive oil
- salt & pepper
- 1 cup marinara sauce
- 1lb prepared meatballs
- 1 cup shredded mozzarella cheese

### *Directions:*

1. Preheat oven to 400 degrees. Pierce the center of the spaghetti squash several times on all sides with a small, sharp knife then microwave for 3 minutes, flipping once. Cut spaghetti squash in half lengthwise with a very sharp knife, then remove seeds with a spoon. Lay halves cut side up on a foil-lined, non-stick sprayed baking sheet then brush with oil and season liberally with salt & pepper. Roast for 50-60 minutes, or until a knife inserted into the thickest part of the squash meets no resistance. Let cool for 10 minutes.
2. While squash is roasting, prepare and bake meatballs.
3. When squash is cool enough to handle, scrape flesh every which way with a fork to loosen and fluff strands. Top with 4 meatballs, 1/4 cup sauce, and 1/4 cup shredded mozzarella cheese each, then broil until cheese is golden brown and bubbly.



## PORK AND LAMB RECIPES

### Caribbean Jerk Pork Roast<sup>1</sup>

### *Ingredients:*

- 3 lbs pork loin, lean, boneless
- 1 tbsp onion flakes

- 1 tbsp onion powder
- 2 tsp thyme
- 2 tsp salt
- 1 tsp ground allspice
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 2 tsp Splenda (or your sweetener of choice)
- 1 tsp black pepper
- 1 tsp cayenne pepper

***Directions:***

Pat roast dry with paper toweling. Blend seasonings and rub evenly over pork roast. Place in shallow pan and roast at 350°F- 180°C for 45-60 minutes, until internal temperature registers 155°F-75°F. Remove from oven, let rest 10 minutes (temperature will rise about 5 degrees upon resting). Slice and serve. Wrap leftovers well and refrigerate for tomorrow's sandwiches.

***Nutritional Facts:***

396 Calories

28g Fat (65.5% calories from fat)

31g Protein

2g Carbohydrate

1g Dietary Fiber

117mg Cholesterol

626mg Sodium

Exchanges: 0 Grain (Starch);

4 1/2 Lean Meat; 3 Fat.

Servings:8

## **Pork Tenderloin w/Balsamic Vinegar Reduction<sub>1</sub>**

***Ingredients:***

- 2 Tbl Olive oil
- 1 Lb Pork Tenderloin (trim all outside fat)
- 1 Cup chopped yellow sweet onion
- 1 Shallot
- 1/2 Cup chopped apple
- 1 1/2 Tbl finely chopped FRESH rosemary
- 1 Cup Low Sodium Chicken Broth
- 2 Tbl Balsamic Vinegar
- 1/2 tsp fresh ground black pepper

**Directions:**

Preheat oven to 450 degrees. Lightly coat a baking pan with cooking spray. Using large skillet, heat the olive oil. Add the tenderloin and sprinkle all over with black pepper. Brown on all sides (takes about 3-5 Min.) Remove skillet from heat and place the tenderloin in the prepared baking pan. Place baking pan in the preheated oven and roast for about 15 min. (Meat thermometer should indicate 160-165 degrees.) In same skillet the tenderloin was browned in add the onion, shallots, apple and rosemary. Sauté over medium heat until apples are soft (about 4 min.) Gradually stir in chicken broth and balsamic vinegar (Optional: add a dash of oregano, basil and parsley as well) bring up the heat and boil until sauce reduces (about 6 min) To serve: place the tenderloin on large serving platter and pour the reduced sauce over top of the tenderloin and serve at once.

**Nutritional Facts:**

Calories 215

Cholesterol 75mg

Protein 25g

Sodium 93mg

Carbohydrate 10g

Fiber 1g

Total fat 8g

Potassium 515mg

Servings:4

**Low Carb Amish Ham Casserole<sup>4</sup>****Ingredients:**

- 1 lb ham, cubed
- 1 onion, chopped (or 6 green onions, sliced into rounds)
- 6 eggs
- 1 lb cauliflower, separated into small florets
- 2 cups cheddar cheese (8 ounces) or 2 cups monterey jack pepper cheese, shredded (8 ounces)
- 16 ounces cottage cheese, small curd

**Directions:**

1. Combine all ingredients in a large mixing bowl and then transfer to a greased 9 x 13 baking dish.
2. Bake, uncovered, at 350 degrees F for 35 to 40 minutes or until the mixture is set and bubbly.
3. Let stand for 10 minutes before serving.

## Crockpot Carnitas<sup>10</sup>

### *Ingredients:*

- 2 1/2 lbs pork shoulder
- 15 oz tomatoes
- 5 stalks green onion
- 4 cloves garlic
- 3 tbsps worchestershire sauce
- 1/2 cup taco seasoning

### *Directions:*

1. Put all ingredients in the slow cooker.
2. Cook on low 6-12 hours, depending on the available time.
3. Serve as tacos, on a Mexican salad or as a stew.

## Tarragon Pork Chops with Spicy Mustard Sauce<sup>7</sup>

### *Ingredients:*

- 2 Tbsp Extra Virgin Olive Oil
- 1/2 bunch Green Onions, chopped
- 8 oz Mushrooms, chopped
- 2 Large Boneless Butterfly-cut Pork Chops
- 1/2 tsp Garlic Powder
- 1/3 cup Dijon Mustard
- 1 Tbsp Red Wine
- 1 1/2 tsp Chipotle Hot Sauce
- 2 tsp Tarragon

### *Directions:*

Preheat oven to 400 degrees. Drizzle olive oil in a 9-inch cast iron skillet or shallow 9x9-inch baking dish, and place in oven about 5 minutes. Remove and place green onions and mushrooms in skillet or dish, and bake, uncovered, for 5 minutes. Remove from oven and place pork chops on top of vegetables. Sprinkle with garlic powder; bake, uncovered, for 7 minutes. Remove and turn pork chops over; bake an additional 7 minutes, uncovered.

While pork chops are baking, in small dish, mix mustard, wine and chipotle sauce. When pork chops are done, cut each pork chop in half and smother with sauce. Sprinkle tarragon evenly over pork chops and return to oven for 2 minutes.

## Japanese Crockpot Lamb<sup>1</sup>

### **Ingredients:**

- 2 lb Lamb
- 1/4 cup soy sauce
- 1 tbsp Honey
- 2 tbsp Vinegar
- 2 tbsp Sherry
- 2 Garlic clove -- crushed
- 1/4 tsp Ginger -- ground
- 1 1/2 cups chicken stock – optional
- 2 1/2 lbs pork shoulder
- 15 oz tomatoes
- 5 stalks green onion
- 4 cloves garlic
- 3 tbsps worchestershire sauce
- 1/2 cup taco seasoning

### **Directions:**

Put all ingredients in crockpot and cook all day on LOW.

*Sylvia's comments:* I converted this from a marinate-and-broil recipe that required better meat. This worked great on cheap stew lamb; it actually took away the strong lamb taste. I defatted the crockpot juices, thickened with cornstarch, and used it on green beans. That with the lamb and some yellow rice made a great dinner.

### **Nutritional Facts:**

257 Calories

19g Fat (68.7% calories from fat)

15g Protein

4g Carbohydrate

trace Dietary Fiber

63mg Cholesterol

968mg Sodium.

Exchanges: 0 Grain(Starch);

2 Lean Meat; 0 Vegetable;

2 1/2 Fat; 0 Other Carbohydrates.

Servings:8

## Moroccan Grilled Lamb Chops with Charmoula<sup>12</sup>

### *Ingredients:*

- 8 lamb loin chops
- 1 tsp olive oil
- 2 Tbl Ras el Hanout
- salt

### **For the Charmoula**

- 2 Tbl fresh mint, roughly chopped
- 1/4 cup fresh parsley, roughly chopped
- 2 Tbl lemon zest
- 3 cloves garlic, roughly chopped
- 1/2 tsp smoked paprika (use regular if you don't have smoked)
- 1 tsp red pepper flakes
- 1/4 cup olive oil
- 2 Tbl lemon juice
- salt and pepper to taste

### *Directions:*

Rub the lamb with olive oil and generously coat with ras el hanout and salt. (If not using the ras el hanout, season generously with salt, pepper, and a little cumin.) Preheat your grill, then grill about 2 minutes per side for medium rare. Let the meat rest a few minutes before serving.

### **For the Charmoula:**

1. Combine all of the Charmoula ingredients in a food processor or magic bullet and pulse until a pesto-like consistency. Don't overblend - it shouldn't be completely liquified.
2. Serve the lamb chops with a generous helping of Charmoula and some fresh lemon zest. Perfect with grilled asparagus and cauliflower puree on the side.

### ***Nutritional Facts:***

Approximate nutrition information per serving:

2 lamb chops - 392 calories, 29g fat, 0g net carbs, 31g protein  
2 Tbl Charmoula - 127 calories, 14g fat, 1.5g net carbs, 0g protein



## Sweet Potato Nachos<sub>2</sub>

### *Ingredients:*

- 2 sweet potatoes
- Black beans
- Corn
- Sharp cheddar cheese
- Tomatoes
- Avocado
- Nonfat, plain Greek yogurt (in place of sour cream)
- Olive oil
- Garlic salt (to taste)
- Optional: chicken

### *Directions:*

Slice up the sweet potatoes and place on foiled pan. Drizzle olive oil and garlic salt over potatoes. Bake at 425 degrees for 40 minutes. Top with black beans, sharp cheddar cheese, and put back into oven for 5 minutes. Top with tomatoes, avocado and greek yogurt and enjoy!

## Mini Eggplant Pizzas<sub>6</sub>

### *Ingredients:*

- 1 eggplant - 3 inches in diameter, peeled and cut into 4 half-inch thick slices
- 4 teaspoons olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/4 cup pasta sauce
- 1/2 cup shredded part-skim mozzarella cheese

### *Directions:*

Preheat the oven or toaster oven to 425 degrees F. Brush both sides of the eggplant with the oil and season with the salt and pepper. Arrange on a baking sheet and bake until browned and almost tender, 6 to 8 minutes, turning once. Spread 1 tablespoon of pasta sauce on each eggplant slice. Top with the shredded cheese. Bake until the cheese melts, 3 to 5 minutes. Serve hot.

**Number of Servings:** 4

## Zucchini Lasagna<sub>2</sub>

### *Ingredients:*

- 1 lb Ground Beef (grass fed or lean meat) or ground turkey
- 1 cup Green Bell Peppers, chopped
- 1 cup Onion, chopped
- 1 Zucchini, sliced thinly
- 1 box of mushrooms, sliced (more or less to your liking)
- 1 (24 oz) jar of marinara sauce - I use Rao's or Trader Joe's
- 1/2 c. fresh shredded Parmesan cheese (optional)
- 1 c. lowfat mozzarella cheese (optional) - can add more to have a cheesier recipe!
- 3 cloves Garlic, minced
- Salt and Pepper, to taste

### *Directions:*

1. Preheat oven to 325 degrees.
2. Brown the ground beef or ground turkey in a large pot over medium heat, stirring frequently.
3. Add in garlic, onion and green pepper, and continue to sauté for 5 minutes. Stir in marinara sauce.
4. Bring sauce to a light boil, then remove from heat.
5. Add 1/4 c. Parmesan cheese and stir. Set the rest aside.
6. Place a thin layer of the sauce in the baking dish.
7. Layer zucchini and mushrooms over sauce, then mozzarella cheese.
8. Repeat, alternating layering of sauce, then zucchini and mushrooms.
9. Finish with layer of mozzarella cheese on top and sprinkle with remaining Parmesan cheese.
10. Bake lasagna at 325°F for 15 minutes, covered with foil.
11. After 15 minutes, remove foil, increase temperature to 350°F, and bake for an additional 15 minutes.

## Feta Turkey Burger<sub>2</sub>

### *Ingredients:*

- 1 lb lean ground turkey (at least 90%)
- 1 cup (80g) Old Fashioned Oats
- 2 large egg whites
- 10 oz frozen chopped spinach
- 1/2 cup ATHENOS crumbles feta

### *Directions:*

Combine all ingredients into a large mixing bowl. Mix with hands. Form into 8 patties. Grill until cooked through! Tip: eat with lettuce as bun instead of bread.

**Number of Servings:** 8

## Southwestern Turkey Burger<sub>1</sub>

### *Ingredients:*

- 10 oz ground turkey
- 1 oz silken tofu (2 tablespoons)
- 1/2 tsp ground cumin
- 1/4 tsp garlic powder
- 1 tsp canola oil (in spray bottle)
- 1/2 medium avocados , 6 slices
- 2 tbsp fat free sour cream
- 4 Lettuce, green leaf, fresh, outer leaf, about the size of a burger

### *Directions:*

Preheat oven to 350 degrees F. Combine the ground turkey, tofu, cumin, and garlic in a bowl and mix well. Form into two patties. Heat a medium non-stick skillet over medium heat. Mist both sides of each burger with canola oil spray. Cook in the skillet 3-1/2 minutes. Transfer to a pre-heated 350 degree F oven and bake five minutes or until cooked through. Let stand five minutes to cool slightly. Place each burger on a piece of leaf lettuce. Top each burger with three slices of avocado, a tablespoon of sour cream and the remaining slices of leaf lettuce.

***Nutritional Facts:***

Calories 355.9

Total Carbs 8.4g

Dietary Fiber 2.1g

Sugars 1.5g

Total Fat 23.7g

Saturated Fat 5.3g

Unsaturated Fat 18.4g

Potassium 551mg

Protein 28.9g

Sodium 204.9mg

Dietary Exchanges

3 Fat, 4 Meat, 1/4 Vegetable

Servings:2

## **Quinoa Taco Bowl<sub>2</sub>**

***Ingredients:***

- 1 1/2 cup dried quinoa
- 3 cups water
- 1 (1.3 oz) package taco seasoning
- 1 (14 oz) can black beans
- 8 oz. shredded cheese
- 3 c. chopped lettuce
- 1-2 tomatoes, chopped
- 1 avocado, chopped
- 1 small can sliced black olives, drained (optional)
- Salsa
- Greek yogurt

***Directions:***

1. Cook quinoa according to package instructions
2. Stir in taco seasoning
3. Spoon flavored quinoa into bowls; add toppings as desired



# SOUPS

## Roasted Garlic Soup<sup>11</sup>

### *Ingredients:*

- 2 bulbs of garlic
- 1 tablespoon extra-virgin olive oil, divided
- 3 shallots, chopped
- 1 large head of cauliflower, chopped (approximately 5 cups)
- 6 cups gluten-free vegetable broth
- 3/4 teaspoon sea salt
- Freshly ground pepper, to taste

### *Directions:*

1. Preheat oven to 400F. Peel the outer layers of the garlic bulb to reveal as much skin as possible while also keeping the individual cloves intact. Cut off about 1/4-inch from the top of the bulb. Place in on a square of aluminum foil and coat each with 1/2 teaspoon of olive oil. Place in prepared oven for 35 minutes.
2. Once complete, allow to cool slightly before removing from aluminum foil and squeezing out the garlic from each clove.
3. Meanwhile, pour remaining olive oil in a medium-sized saucepan. Bring heat to medium-high and add chopped shallots. Saute until tender and beginning to brown, about 6 minutes.
4. Add roasted garlic along with remaining ingredients to the saucepan. Cover and bring to a boil, reduce heat to low and simmer for 15-20 minutes until the cauliflower is softened.
5. Drop mixture into the bowl of your food processor or blender. Puree until smooth, about 30 seconds. Adjust with salt and pepper and serve.

## Wisconsin Cheese Soup<sup>10</sup>

### *Ingredients:*

- 2 stalks small celery, chopped
- 1 cup chicken broth
- 1 medium green bell pepper
- 1 medium red bell pepper
- 1 medium onion, chopped
- 1/4 cup butter

- 1/4 tsp black pepper
- 1/2 tsp salt
- 2 cups fluid heavy cream
- 2 cups shredded cheddar cheese

**Directions:**

1. In a small saucepan over medium-high heat, combine celery, bell pepper and chicken broth. Bring to a boil. Cover, reduce heat and simmer for five minutes. Remove from heat and set aside.
2. In a large saucepan, cook onion in butter over medium heat until onion is translucent. Stir in pepper, salt and cream.
3. Bring to a boil, then stir in cheese until melted.
4. Stir in reserved vegetables and cooking liquid.
5. Heat through and serve.

**Note:**

If thicker consistency is desired, add one or two egg yolks and simmer an additional 10-20 minutes.

## Asparagus Soup with Lemon<sup>10</sup>

**Ingredients:**

- 100 g asparagus
- 1 cup chicken stock
- 1 wedge yields lemon juice

**Directions:**

1. Combine chicken stock and fresh asparagus in pot.
2. Bring to boil.
3. Add fresh lemon juice.
4. Once asparagus has turned to mush. Pour into food processor or use hand mixer to combine all ingredients into a puree.
5. Serve with pepper if desired. Enjoy.

## Celery, Onion and Spinach Soup<sub>10</sub>

### *Ingredients:*

- 10 oz frozen onion
- 10 oz frozen spinach
- 6 stalks large celery
- 4 cubes chicken bouillon
- 4 cups water

### *Directions:*

1. Place 4 bouillon cubes in a large pot and cover with 4 cups water.
2. Turn the stove on to boil and add the vegetables frozen (spinach and onion) and raw (one bunch of celery) so that the flavors seep as it boils.
3. Stir occasionally so that the bouillon separates and the vegetables get mixed together and the flavors seep.
4. When the soup begins to boil, let it continue for about 5 minutes.
5. Turn the stove to simmer and let the soup simmer for another 10-15 minutes until the celery is very fragrant.
6. Add pepper to taste and enjoy.

## Chicken & Cabbage Soup<sub>10</sub>

### *Ingredients:*

- 6 oz chicken stock
- 2.5 oz cabbage

### *Directions:*

1. Bring the chicken stock to rapid boil in pot.
2. Add the freshly shredded cabbage.
3. Bring pot to high and let simmer for about 12-15 minutes, until cabbage is cooked through and falling apart.
4. Turn stove off and take pot off hot plate.
5. Use a hand blender or food processor and process all ingredients until puree has developed.
6. Cool and serve.

## Veggie Cream of Broccoli Soup<sup>11</sup>

### *Ingredients:*

- 1 teaspoon extra-virgin olive oil
- 1 yellow onion, sliced
- 1 teaspoon sea salt
- Freshly ground pepper, to taste
- 4 cups (700 grams) cauliflower florets – 1 medium head of cauliflower
- 3 cups unsweetened almond milk
- 3 cups broccoli florets, finely chopped
- 1 tablespoon onion powder

### *Directions:*

1. Add oil, onion, salt and pepper to a large saucepan. Saute on medium-high heat for 5 minutes, adding a couple of tablespoons of water throughout the process to avoid from burning.
2. Add cauliflower and milk. Cover and bring to a boil. Reduce heat to simmer and cover for 10 minutes, or until florets are soft.
3. Add in half of the broccoli.
4. Pour mixture into the jug of your high-powered blender or food processor. Puree until smooth. Return to pot.
5. Stir in remaining broccoli and onion powder. Cover and cook for another 10 minutes, until thickened.
6. Serve immediately.

## Low-Carb Gazpacho Soup<sup>11</sup>

### *Ingredients:*

- 1 red onion, finely chopped
- 3 tomatoes, finely chopped
- 1/2 medium cucumber, finely chopped
- 1/2 green pepper, seeded and finely chopped
- 6 stalks of celery, finely chopped
- 1 garlic clove, crushed
- 3 1/2 cups (875mL/28 floz) tomato juice
- 1/4 cup extra virgin olive oil

- 1/4 cup white wine vinegar
- 1/4 cup fresh parsley, finely chopped
- 1/8 teaspoon white powdered stevia (or your sweetener of choice)
- salt and pepper to taste
- 1 batch of Omega Croutons

***Directions:***

1. To make your life a whole lot easier, place the first 6 ingredients in your food processor with an “S” blade and pulse until everything is broken up. Don’t waste your afternoon dicing all of these ingredients!
2. Place all ingredients in a bowl and stir well. Refrigerate for at least 3 hours.
3. To serve, distribute into bowls and top with croutons.

## **Thai Ginger Soup<sub>10</sub>**

***Ingredients:***

- 3 cups light coconut milk
- 2 cups water
- 8 oz boneless skinless chicken breast
- 3 tbsp ginger root
- 1/3 cup fish sauce
- 1/4 cup lime juice
- 0.12 cup cilantro

***Directions:***

1. Pour the coconut milk and water into a saucepan, and bring to a boil.
2. Add the chicken strips, and reduce heat to medium.
3. Simmer for about 3 minutes, just until the chicken is cooked through.
4. Stir in the ginger, fish sauce and lime juice.
5. Sprinkle in the green onions and cilantro, and serve.



## Yellow Squash Casserole<sub>3</sub>

### **Ingredients:**

- 4 cups sliced yellow squash
- 1/2 cup chopped onion
- 35 buttery round crackers, crushed
- 1 cup shredded Cheddar cheese
- 2 eggs beaten
- 3/4 cup milk
- 1/4 cup butter, melted
- 1 tsp salt
- Ground black pepper to taste
- 2 tbsp butter

### **Directions:**

1. Preheat oven to 400 degrees F (200 degrees C).
2. Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes.
3. Drain well, and place in a large bowl.
4. In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 cup melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.
5. Bake in preheated oven for 25 minutes, or until lightly browned.

### **Nutrition Facts:**

Calories 196 kcal 10%  
Carbohydrates 10.3 g 3%  
Cholesterol 69 mg 23%  
Fat 14.8 g 23%  
Fiber 1.3 g 5%  
Protein 6.1 g 12%  
Sodium 463 mg 19%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Sweet Potato Bites<sub>2</sub>

### *Ingredients:*

- 4 large sweet potatoes
- 1/4 cup melted coconut oil
- Seasonings to taste

### *Directions:*

Wash and cut sweet potatoes into bite size pieces. Place in a clean bowl. Drizzle with coconut oil, and stir to coat potatoes. Sprinkle with seasoning. Place on cookie sheet. Bake at 350 for 20-25 minutes or until potatoes are tender and golden brown. Enjoy!

## Low-Carb Spinach-Cheese Bread<sub>4</sub>

### *Ingredients:*

- 1 (10 ounce) package frozen chopped spinach
- 1/2 cup grated parmesan cheese (in the can)
- 1 cup shredded mozzarella cheese
- 4 large eggs
- salt and pepper (optional)
- 1/4 teaspoon garlic powder (optional)
- 1 dash cayenne pepper (optional)
- 1/2 teaspoon Italian herb seasoning (optional)

### *Directions:*

1. Thaw spinach, then squeeze out as much liquid as you can. Place the dry spinach in a bowl and break up into small clumps.
2. Preheat oven to 350. Line a baking sheet or pan with parchment paper, or spray well with non-stick spray.
3. Add remaining ingredients to spinach and stir to break up the spinach into small pieces and combine the ingredients well.
4. Spread batter evenly into prepared baking pan.
5. Bake about 20 minutes, or until dry and turning golden brown.
6. Remove from oven, loosen from parchment paper, let cool. Cut into desired serving sized pieces.

7. I usually use a cookie sheet that measures 10x13, the batter spreads out to about 1/4 inch in this pan. When it is cooked it makes a thickish wrapper that can be rolled up around whatever ingredients. You can use a smaller pan to have thicker "bread" if desired.
8. Keeps well in a plastic bag for a couple of days. I have never had enough to last longer than that, it usually gets eaten by the second day.

## Roast Garlic Asparagus with Feta<sub>2</sub>

### *Ingredients:*

- 2 lbs fresh asparagus, trimmed
- 1/4 cup olive oil
- 4-6 cloves garlic, minced
- 1 teaspoon fresh lemon zest
- 1 teaspoon dried oregano
- 1/4 teaspoon red pepper flakes
- Salt, to taste
- Black pepper, to taste
- 1/2 cup feta cheese, crumbled
- 1 lemon

### *Directions:*

1. In a small sauce pan heat the olive oil, garlic, lemon zest, oregano, and red pepper flake over low heat just until the garlic starts to become golden.
2. Remove pan from heat and cool about 10 minutes. (Garlic will continue to brown a bit more)
3. Preheat oven to 425 degrees.
4. On a rimmed baking sheet, toss asparagus with infused oil until well coated. Arrange asparagus into a single layer, using a second baking sheet
5. if necessary. Sprinkle with salt and pepper. Toss Feta evenly over asparagus.
6. Roast asparagus in preheat oven 10-12 minutes until it reaches desired tenderness.
7. Cut lemon in half and squeeze lemon over asparagus and serve.

## Baked Parmesan Zucchini<sub>2</sub>

### *Ingredients:*

- 4 zucchini, quartered lengthwise
- 1/2 cup grated Parmesan
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoon chopped fresh parsley leaves

### *Directions:*

1. Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
3. Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until the crisp and golden brown.

## Sugar Snap Peas<sub>3</sub>

### *Ingredients:*

- 1/2 pound sugar snap peas
- 1 tbsp olive oil
- 1 tbsp chopped shallots
- 1 tsp chopped fresh Thyme
- Kosher salt to taste

### *Directions:*

1. Preheat oven to 450 degrees F (230 degrees C).
2. Spread sugar snap peas in a single layer on a medium baking sheet, and brush with olive oil. Sprinkle with shallots, thyme, and kosher salt.
3. Bake 6 to 8 minutes in the preheated oven, until tender but firm.

**Nutritional Facts:**

Calories 59 kcal 3%  
Carbohydrates 5.3 g 2%  
Cholesterol 0 mg 0%  
Fat 3.4  
Fiber 1.4 g 6%  
Protein 1.4 g 3%  
Sodium 100 mg 4%

*\* Percent Daily Values are based on a 2,000 calorie diet.*

## **Parmesan Garlic Zucchini Chips<sub>2</sub>**

**Ingredients:**

- 1 lb (about 4 cups) thin sliced Zucchini
- 1/8 tsp salt
- 1 ounce of finely grated Parmesan cheese
- 1 garlic clove finely grated or 1/8 tsp garlic powder
- 1 tsp apple cider vinegar

**Directions:**

1. In a medium bowl place the sliced zucchini.
2. Add salt, Parmesan cheese, garlic and vinegar.
3. Toss to coat.
4. Arrange slices on dehydrator trays.
5. Dehydrate at 135 degrees for 5-10 hours or until crisp

## **Eggplant Tomato Bake<sub>3</sub>**

**Ingredients:**

- 1 eggplant, sliced into 1/2 inch rounds
- 1 tomato, sliced
- 1/4 cup grated, fat-free Parmesan cheese

**Directions:**

1. Preheat oven to 400 degrees F (200 degrees C).
2. Spray a cookie sheet with non-stick oil spray. Arrange eggplant rounds on

the cookie sheet and sprinkle Parmesan over the eggplant. Layer one slice of tomato on top of each eggplant round. Sprinkle with Parmesan cheese.

3. Bake for 10 to 15 minutes.

***Nutritional Facts:***

Calories 55 kcal 3%  
Carbohydrates 9.3 g 3%  
Cholesterol 0 mg 0%  
Fat 0.3 g < 1%  
Fiber 5.1 g 20%  
Protein 3.3 g 7%  
Sodium 105 mg 4%

*\* Percent Daily Values are based on a 2,000 calorie diet.*

## Guacamole Deviled Eggs<sup>2</sup>

***Ingredients:***

- 6 large eggs, hard boiled
- 1 medium avocado
- 2-3 tsp fresh lime juice
- 1 tsp red onion, minced
- 1 Tbsp minced jalapeno
- 1 Tbsp fresh cilantro, chopped
- Salt and pepper, to taste
- 1 Tbsp diced tomato
- Pinch chili powder (for garnish)

***Directions:***

1. Peel the cooled hard boiled eggs
2. Cut the eggs in half horizontally, and set the yolks aside. In a bowl, mash the avocado and 2 whole egg yolks; discard the rest. Mix in lime juice, red onion, jalapeño, cilantro, salt and pepper and adjust to taste. Gently fold in tomato
3. Scoop heaping spoonful's of the guacamole into the 12 halved eggs. Sprinkle with a little chili powder for color and arrange on a platter

## Easy Cajun Grilled Veggies<sub>3</sub>

### Ingredients:

- 1/4 cup light olive oil
- 1 tsp Cajun seasoning
- 1/2 tsp salt
- 1/2 tsp cayenne pepper
- 1 Tbsp Worcestershire sauce
- 2 zucchinis, cut into 1/2 inch slices
- 2 large white onions, cut into 1/2 inch wedges
- 2 yellow squash, cut into 1/2 inch slices

### Directions:

1. In a small bowl, mix together light olive oil, Cajun seasoning, salt, cayenne pepper, and Worcestershire sauce. Place zucchinis, white onions, and yellow squash in a bowl, and cover with the olive oil mixture. Cover bowl, and marinate vegetables in the refrigerator at least 30 minutes.
2. Preheat an outdoor grill for high heat and lightly oil grate.
3. Place marinated vegetable pieces on skewers or directly on the grill. Cook 5 minutes, or to desired doneness.

### Ingredients:

Calories 95 kcal 5%  
Carbohydrates 7.7 g 2%  
Cholesterol 0 mg 0%  
Fat 7.3 g 11%  
Fiber 2.2 g 9%  
Protein 1.5 g 3%  
Sodium 233 mg 9%

*\* Percent Daily Values are based on a 2,000 calorie diet.*

## Avocado Salsa<sub>2</sub>

### Ingredients:

- 3 avocados, diced chunky
- 1/4 cup chopped red onion
- 3 Roma tomatoes, diced
- 1/8 cup fresh cilantro, finely chopped

- 1 Tbsp. lime juice
- 1/4 tsp. garlic salt
- 1/8 tsp. pepper

***Directions:***

After you have diced and chopped avocados, red onion, Roma tomatoes and cilantro, combine in a medium bowl. Add lime juice, peppers and garlic salt. Toss and lightly stir to combine flavors.

## **Broccoli Cheddar Quinoa Bites<sub>2</sub>**

***Ingredients:***

- 3/4cup quinoa, rinsed
- 1 1/2 cups water (or vegetable/chicken broth)
- 2 eggs, lightly beaten
- 2 cups broccoli florets, finely diced
- 1 cup yellow onion, finely diced
- 1 garlic clove, finely minced
- 1 1/2 cups shredded cheddar cheese
- 1/2 teaspoon paprika
- Crushed red pepper (optional) to taste

***Directions:***

1. In a medium sauce pan, cook quinoa according to package directions. Let cool.
2. In a large bowl, combine cooled quinoa, eggs, broccoli, onion, garlic, cheese and paprika. Preheat oven to 350. Spray mini-muffin tins with cooking spray.
3. Put a heaping tablespoonful of quinoa mixture into prepared muffin cups. Bake for 15-20 minutes, or until edges turn golden brown.
3. Remove from oven and let cool for 5 minutes and then gently remove from pan to cool completely.



# DESSERTS

## Low-Carb Flavored Meringue Cookies<sub>3</sub>

### **Ingredients:**

- 1 1/2 teaspoons strawberry Jell-O® mix
- 1 cup granulated no-calorie sugar substitute (such as Splenda® or your sweetener of choice)
- 6 egg whites at room temperature
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon of salt

### **Directions:**

1. Preheat oven to 250 degrees F (120 degrees C). Line 2 baking sheets with parchment paper.
2. Cut about 1/4 inch off a corner of a heavy gallon-size resealable plastic bag, and push a large-size cake decorating tip (such as a star tip) into the opening. The fit should be tight.
3. In a small bowl, stir the gelatin mix with the sugar substitute. In a large bowl, using an electric mixer, beat the egg whites with cream of tartar and salt until stiff peaks form. As you beat the egg whites, gradually add the gelatin mixture, about 1 tablespoon at a time. Spoon the fluffy mixture into the prepared plastic bag, and gently squeeze and twist the bag to force the meringue mixture to the decorating tip. (Do not seal bag, so that air can escape.)
4. Squeeze the bag to place golf-ball size dollops of meringue mixture onto the prepared baking sheets. For a decorative effect, twist and lift as you place the cookie on the sheet, to make a pretty shape.
5. Bake in the preheated oven until the cookies are set and dry, about 1 hour and 30 minutes. Do not open oven door while baking. At end of baking time, turn off oven, open oven door, and allow the cookies to slowly cool in the oven before removing from baking sheets. Store in airtight container.

### **Nutritional Facts:**

Calories 8 kcal	< 1%	Fiber 0 g	< 1%
Carbohydrates 1 g	< 1%	Protein 1 g	2%
Cholesterol < 1 mg	< 1%	Sodium 41 mg	2%
Fat 0 g	< 1%		

\* Percent Daily Values are based on a 2,000 calorie diet.

## Toasted Pecan Swirl Chocolate Cheesecake<sub>9</sub>

### *Ingredients:*

- 6 oz (1 1/2 cups) pecan halves, chopped
- 18 packets Splenda, divided (or your sweetener of choice)
- 2 tablespoons butter, softened
- 1 envelope unflavored gelatin
- 1 cup cold water, divided
- 2 packages (8 oz each) cream cheese, softened
- 1 teaspoon vanilla extract
- 2 oz unsweetened chocolate, melted and cooled
- Fresh berries and pecans [optional]

### *Directions:*

1. Preheat oven to 400°F.
2. Butter 9" springform pan. In medium bowl, combine pecans, 6 packets Splenda (or other sweetener) and butter. With hands, press pecan mixture into bottom and 1" up sides of pan. Bake until golden — 10 minutes. Let cool completely.
3. In small saucepan, sprinkle gelatin over 1/4 cup cold water; let stand 1 minute. Stir over low heat until gelatin is dissolved. With mixture on high speed beat cream cheese and remaining Splenda (or other sweetener) until smooth. Reduce speed to low; gradually beat in gelatin mixture and remaining cold water until smooth. Reserve 1 cup cream cheese mixture. Pour remaining cream cheese mixture into crust. Place reserved cream cheese mixture back in mixing bowl. With mixer on low, gradually beat chocolate into cheese mixture. Dollop chocolate mixture on top of cheesecake; swirl with knife. Chill 3 hours. Garnish with berries and pecans, if desired.
4. Makes 8 servings — 6 net grams of carbohydrate per serving.

## Almond Joy Protein Ice Cream<sub>2</sub>

### *Ingredients:*

- 6 scoops Unicity Complete Chocolate (Three scoops if in Canada)
- 2 cups almond milk
- 1/4 cup chopped almonds
- 1/2 tsp. coconut extract

- 1/2 tsp. almond extract
- 2 Tbsp. shredded coconut (unsweetened)
- 1 Tbsp. chocolate Jell-O pudding mix

**Directions:**

Mix all ingredients in medium sized bowl/blender Pour into ice cream maker and leave for 25 minutes or until desired consistency is reached.

## Cream Cheese Tart Shells<sub>3</sub>

**Ingredients:**

- 3 ounces cream cheese, softened
- 1/2 cup butter, softened
- 1 cup all-purpose flour

**Directions:**

1. Blend cream cheese and butter or margarine. Stir in flour just until blended. Chill about 1 hour. This can be made ahead and chilled for up to 24 hours.
2. Preheat oven to 325 degrees F (165 degrees C).
3. Shape dough into 24 one-inch balls and press into ungreased 1 1/2 inch muffin cups (mini-muffin size) to make a shallow shell. Fill with your favorite filling and bake for 20 minutes, or until the crust is light brown.

**Nutrition Facts:**

Calories 65 kcal 3%

Carbohydrates 4.1 g 1%

Cholesterol 14 mg 5%

Fat 5.1 g 8%

Fiber 0.1 g < 1%

Protein 0.8 g 2%

Sodium 38 mg 2%

\* Percent Daily Values are based on a 2,000 calorie diet.

## Cinnamon Oranges<sub>2</sub>

**Ingredients:**

- 2 oranges
- 1 apple, sliced (optional)
- 1 Tbsp cinnamon

**Directions:**

Peel oranges, then slice crossways into rounds. Add a few apple slices and lightly dust with cinnamon.

**Apricot Coconut Balls<sub>10</sub>****Ingredients:**

- 6 dried apricots
- 1 1/2 oz skim milk powder
- 1/4 cup almond meal flour
- 1/4 cup water
- 1 cup shredded coconut

**Directions:**

1. Put apricots, skim milk powder, almond meal, half the coconut and water in food processor.
2. Take teaspoons of the mixture and roll in the remaining coconut.
3. Store in fridge or freezer.

**Superfood Triple Berry Chia Pudding<sub>2</sub>****Ingredients:**

- 1 cup unsweetened almond/coconut milk beverage (I used Almond Breeze)
- 3/4 cup fresh blueberries, blackberries, and raspberries
- 2 Tbsp. chia seeds

**Directions:**

Combine the milk together with chia seeds and fruit in a glass jar with a lid. Cover and shake well, set aside for 15 minutes. Give it another good shake then refrigerate overnight or at least for 5-6 hours.

**“Rice” Pudding<sub>9</sub>****Ingredients:**

- 1/2 cup finely grated (riced) RAW cauliflower
- 1/2 cup Splenda (or your sweetener of choice)
- 1/4 cup Brown Sugar Twin®(or your sweetener of choice)

- 4 oz. cream cheese
- 2 egg yolks
- 1 cup heavy whipping cream
- 1 teaspoon vanilla extract
- 1/2 teaspoon nutmeg
- 1/8 teaspoon ground cloves

***Directions:***

Mix 1/4 cup of cream with sweeteners, extracts, spices, and cauliflower. Heat in microwave for 1 1/2 minutes. Let stand for 15 minutes. Beat egg yolks with 1/4 cup of cream; set aside. Pour remainder of cream in sauce pan, add cream cheese and cook on medium heat, stirring constantly, until thickened. Add cauliflower mixture and egg mixture to pan and stir to re-thicken. Pour into 4 small ramekins or pudding dishes and refrigerate 1-3 hours. Serve and enjoy!

Makes 4 servings. 5 net grams of carbohydrate per serving.

**Key Lime Pie – Low-Carb Version<sub>3</sub>*****Ingredients:***

- 1 cup of ground pecans
- 3 tbsp butter, melted
- 2 (1 gram) packets Splenda® (or other no calorie sweetener)
- 1/2 tsp coconut extract
- 1/2 cup heavy cream
- 2 (1 gram) packets Splenda® (or other no calorie sweetener)
- 1 (.6 ounce) package lime-flavor Jell-O®
- 1/3 cup boiling water
- 1/3 cup cold water
- 2 (8 ounce) packages cream cheese, cut into pieces and softened
- 1/2 tsp coconut extract
- 2 tbsp of ground pecans

***Directions:***

1. In a medium bowl, mix together 1 cup ground pecans, butter, 2 packets sweetener, and 1/2 teaspoon coconut extract. Press firmly into bottom and up sides of an 8 inch pie plate; refrigerate until firm.

2. In a small bowl, whip the heavy cream with 2 packets sweetener until soft peaks form. Set aside.
3. In a large bowl with high sides, mix the gelatin with boiling water until all the gelatin has dissolved. Then stir in the cold water. With an electric mixer, slowly beat in the cream cheese. After all cream cheese is added, stir in remaining 1/2 teaspoon coconut extract, and beat at high speed until smooth. Carefully fold in the whipped cream. Use a spatula to scrape mixture into the pie pan and spread around. Sprinkle remaining 2 tablespoons ground nuts on top. Refrigerate several hours or overnight to allow gelatin to set thoroughly.

***Nutrition Facts:***

Calories 415 kcal 21%  
Carbohydrates 4.7 g 2%  
Cholesterol 93 mg 31%  
Fat 41.4 g 64%

Fiber 1.6 g 6%  
Protein 7.2 g 14%  
Sodium 268 mg 11%

*\* Percent Daily Values are based on a 2,000 calorie diet.*

## **Yogurt with Pomegranate and Pistachios<sub>2</sub>**

***Ingredients:***

- 1 cup fat free plain Greek yogurt
- 2 tsp. unsalted pistachios, shelled
- 2 Tbsp. pomegranate arils

***Directions:***

Add all ingredients together and enjoy!

## **Pumpkin Pie Complete Shake<sub>2</sub>**

***Ingredients:***

- 1 cup milk or unsweetened vanilla almond milk
- 2 scoops Unicity Vanilla Complet (One scoop if in Canada)
- 2 Tbsp. plain canned pumpkin
- Cinnamon (a few shakes)
- 1/8 tsp. nutmeg
- 1/4 tsp. pumpkin pie spice
- A few ice cubes (3-4)

***Directions:***

Throw all ingredients into a blender and mix!

**Banana Spice Cake,*****Ingredients:***

- 1/2 cup butter (1 stick) softened at room temperature
- 1/2 cup cream cheese, softened
- 1 cup granulated Splenda (or your sweetener of choice)
- 1/2 cup Erythritol
- 1 teaspoon Brown SugarTwin \*(or your sweetener of choice)
- 5 eggs, at room temperature
- 2 cups almond flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/8 teaspoon ground cloves
- 2 teaspoons banana extract
- 1 teaspoon vanilla extract

***Directions:***

Cream butter, cream cheese, and sweeteners well. Add eggs, one at a time, beating well after each. Mix almond flour with baking powder and spices. Add egg to mixture a little at a time while beating. Add banana and vanilla extracts. Pour into greased 9"-10" Springform pan (or 9" round cake pan) and bake at 350°F for 50-55 minutes.

\* Canadian cyclamate-version works best. If you have only American (sacharin) version and find it bitter, substitute 1/2 teaspoon molasses instead. Add 1/2 carb gram per serving additional.

Makes 8 servings. 6.2 grams of carbohydrate per serving. (Also excellent with 1/2 cup chopped walnuts or hazelnuts added!)

**Coconut Macaroons,*****Ingredients:***

- 1 cup shredded coconut - unsweetened
- 7 packets Splenda (or your sweetener of choice)
- 2 egg whites

- 1/2 cup heavy cream
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon almond extract

***Directions:***

1. Mix cream with sweetener and extracts. Add coconut and mix well. Let stand for 1 hour. If mixture feels dry to the touch after 1 hour, add a little more cream.
2. Preheat oven to 350°F.
3. Whip egg whites until peaks form. Fold into coconut. Using a teaspoon, place a small amount of coconut mix onto a well-greased cookie sheet, repeating to make approximately 16 cookies. Bake until slightly browned (usually 12-15 minutes). If tops have not browned in 15 minutes, you can place them under the broiler for a few minutes (watch them carefully!) Allow to cool before serving.
4. Makes 16 cookies. 1.9 carbs per cookie.

## Chocolate Pro Cake<sub>10</sub>

***Ingredients:***

- 4 tbsps unsweetened cocoa powder
- 4 scoops chocolate protein powder
- 1 cup unsweetened chocolate almond milk
- 1.4 oz dark chocolate
- 2 cups liquid egg whites
- 1/2 tsp baking powder
- 4 tsps sucralose based sweetener

***Directions:***

1. Combine all ingredients.
2. Stir.
3. Put in cake pan.
4. Bake at 375 °F (190 °C) for 25 minutes.

## Mock Apple Crisp<sup>9</sup>

### *Ingredients:*

- Approx 16 oz diced zucchini \*
- 3 cups sugar-free apple cider mix  
(This means 1 pkt of the dry mix made with water to be 3 cups liquid.)
- 1 Tablespoon Splenda (or your sweetener of choice)
- 1/2 teaspoon xanthan gum
- 1/3 cup pecan meal (or coarse almond meal)
- 3/4 cup Splenda (or your sweetener of choice)
- 2 teaspoons Brown Sugar Twin® \*(or your sweetener of choice)
- 1 Tablespoon melted butter
- 2 teaspoons sugar-free vanilla extract
- cinnamon to taste

### *Directions:*

1. Combine zucchini and liquid (pre-made) cider mix in a medium saucepan and bring to a boil. Reduce heat to low and simmer until zucchini is translucent (about 1 hour) - at this point the zucchini will have taken on the taste of apples. (Zucchini have little of their own flavor and are willing to mimic other tastes with a bit of prodding. They will look and smell like them too!)
2. Preheat oven to 350°F.
3. Remove from heat and place in well-buttered baking dish. Mix 1 Tablespoon Splenda (or other sweetener) and xanthan gum and quickly and evenly stir into zucchini. In separate bowl, mix pecan meal and 3/4 cup Splenda (or other sweetener). Add Brown Sugar Twin (or other sweetener). Stir into melted butter and add extract. Spread over top of zucchini and sprinkle cinnamon as desired. Bake 15-20 min. or until top is brown and mixture is bubbly!
4. Makes 6 servings. 5 net grams of carbohydrate per serving.

\*Allow enough zucchini so that you can discard the center "seeded" parts - they keep the dish from mimicing apples. The best way to prepare the zucchini is to peel well, slice in half. Then stand each half on its flat end and cut downward to edge of seeded center, turning a quarter turn each time so you have four strips of zucchini flesh without seeds. Repeat for all zucchini and discard seed centers and peelings. Then dice zucchini flesh into cubes that look just like diced apples.

**Note:**

This dish is good both hot and cold (and you'll see it's different both ways) and is great served with a dollop of fresh whipped cream, a splash of cold liquid cream, or served next to a scoop of low-carb vanilla ice cream.

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