



PHYSICIANS PREMIERE
Weight & Wellness Center

Your Low-Carb Holiday Table



Table of Contents

Appetizers

- ★ Two-Cheese Stuffed Mushrooms & Mini Frittatas
- ★ Low-Carb Sweet Potato Bites
- ★ Bacon-Deviled Eggs
- ★ Mini Zucchini Pizzas
- ★ Roasted Radish
- ★ Mini Frittatas

Dinner

- ★ Broccoli-Bacon Bake
- ★ Cauliflower Stuffing
- ★ Cranberry Sauce
- ★ Sweet Potato Casserole
- ★ Rosemary & Mustard Crusted Baked Ham
- ★ Balsamic Shallot Mushrooms
- ★ Low-Carb Mac'n'Cheese
- ★ Roasted Brussels Sprouts in Garlic-Parmesan Cream Sauce
- ★ Green Bean Casserole
- ★ Holiday Stuffing

Dessert

- ★ Pumpkin Cheesecake Bites
- ★ Pumpkin Mug Cake
- ★ Mint Cream Cheese Brownies
- ★ Cranberry Bliss Bars
- ★ Pumpkin Pie

Two-Cheese Stuffed Mushrooms

Ingredients:

6 large white mushrooms , stems removed
1 zucchini , shredded
1 cup shredded two cheese pizza blend (mozzarella and provolone) or your choice of cheeses
1/4 cup bacon crumbles
1 egg
1 tsp dried minced garlic
1 tsp dried minced onion
1/2 tsp salt

Directions:

1. Preheat the oven to 400 degrees. Sprinkle a little salt on the shredded zucchini. Set aside.
2. In a medium bowl combine the cheeses, bacon, egg, and seasonings. Squeeze as much liquid from the zucchini as possible. Add it to the filling and mix well.
3. Divide the filling between the mushrooms. Bake for 20-30 minutes until the filling is golden and the mushrooms have softened.

Serves 3 (doubles easily)

Nutrition per serving:

Calories 162 (per 2 mushrooms)
Total Fat 11g
Total Carbohydrates 4g
Dietary Fiber 1g
Protein 12g

Low-Carb Sweet Potato Bites

Ingredients:

1 lb sweet potatoes, sliced in ¼ inch thick slices
3 tbsp olive oil, more if needed
sea salt and black pepper, to taste
½ cup sharp cheddar cheese, shredded
6 slices bacon, cooked crisp and crumbled
1/3 cup sour cream
2 green onions, chopped

Directions:

1. Preheat the oven to 400° In a large mixing bowl, combine sweet potato slices, olive oil, sea salt and black pepper. Toss until sweet potatoes are well coated.
2. Line in a single layer, on a rimmed baking sheet and bake on the top rack for 25 minutes.
3. Top each sweet potato with cheese, sour cream, bacon and green onions. Enjoy!

Serves 6

Nutrition per serving:

Calories 232
Fat 13g
Carbohydrates 14g
Protein 4g

Bacon Deviled Eggs

Ingredients:

6 large eggs
4 strips bacon, cooked crisp and crumbled
2 cloves garlic, minced
3 tablespoons mayonnaise (here is my recipe)
1 tablespoon dried minced onion
2 teaspoons Dijon mustard
1/4 tsp sea salt

Directions:

1. Hard boil the eggs. (Tip for perfect hard-boiled eggs. Place the eggs in a large saucepan with cold water. Add enough water that the eggs are fully submerged. Over high heat bring water to a rolling boil. Once the water is boiling, remove the pan from the heat, cover and let sit for 12 minutes.)
2. Peel the eggs and slice them in half lengthwise. Remove the yolks and fork mash them in a medium mixing bowl. To the bowl, add the bacon, garlic, mayonnaise, onion flakes, Dijon mustard, and sea salt. Mix until all ingredients are well incorporated. Put the mixture into a resealable plastic bag or a pastry bag. Squeeze the mixture to one corner of the bag and snip off the corner of the bag. Use this to pipe the mixture into the egg halves.

Makes: 6 servings

Nutrition per serving:

Calories 206
Fat 18g
Carbs 1g
Fiber 1g
Protein 9g

Mini Zucchini Pizzas

Ingredients:

2 zucchini, cut into thin rounds
A handful grape tomatoes, sliced
1/4 cup mini pepperoni, sliced
Kosher salt and freshly ground black pepper, to taste
1/2 cup shredded mozzarella
1 tablespoon Italian seasoning
Fresh chopped parsley, optional

Directions:

1. Preheat your oven to broil mode. Heat olive oil in a large skillet over medium high heat. Add zucchini rounds and cook, flipping once, until slightly golden, about 1-2 minutes on each side. Work in batches if necessary. Season with salt and pepper, to taste.
2. Place cooked zucchini rounds onto a large baking sheet lined with foil or parchment paper. Top each zucchini round with mozzarella, then mini pepperoni slices and tomato. Sprinkle Italian seasoning on top.
3. Place into the oven and broil until the cheese has melted, about 1-2 minutes. Garnish with fresh chopped parsley, if desired. Serve immediately, enjoy!

Serves: 3

Nutrition per Serving:

Calories 50
Fats 4 g
Carbohydrates 1 g
Protein 2.5 g

Roasted Radish

Ingredients:

1 lb. radishes, ends trimmed and halved
2 Tbsp. olive oil
1/2 tsp. sea salt
1/4 tsp. pepper
2–3 garlic cloves, finely minced
1/4 tsp. dried parsley, dried chives or dried dill

Directions:

1. Preheat the oven to 425°F.
2. In a bowl, combine the radishes, olive oil, salt and pepper and toss until radishes are evenly coated. Save adding the minced garlic until just before the radishes are done roasting.
3. Spread radishes out in a large 9×13 inch baking dish. Don't over crowd.
4. Bake for 30-35 minutes, tossing every 10 or so minutes. Add the minced garlic and dried parsley and bake for an additional 5 minutes or until radishes are golden brown and cooked through.
5. Optional: Serve with a side of ranch for dipping or drizzling on top and garnish with parsley, dill or chives.

Makes: 4 servings

Nutrition per serving:

Calories 78
Fat 7 g
Carbohydrates 4 g
Fiber 2 g
Protein 1 g

Mini Frittatas

Ingredients:

- 1 1/2 cups small broccoli florets
- 10 eggs
- 2/3 cup water
- 1/2 tsp chipotle pepper powder
- 1/2 tsp kosher salt
- 1 1/2 green onions (white & green parts), thinly sliced
- 1/3 cup grated Cheddar cheese

Directions:

1. Preheat oven to 375 degrees F. Spray a 12-cup muffin tin with cooking spray.
2. Cook broccoli until just tender, about 1½ minutes. Drain & set aside
3. In a large bowl, whisk together eggs, water, chipotle pepper powder, and kosher salt.
4. Divide the broccoli, green onions and cheddar cheese between the muffin cups.
5. Pour egg mixture into muffin cups. Fill each to no more than ¾ full.
6. Bake until the egg is set and the tops of the frittatas are starting to brown, 20 to 25 minutes. Run a knife or thin metal spatula around the edge of each frittata and gently lift them out. Serve immediately.

Serves 12

Nutrition per serving:

Calories 20
Total Fat 6.5g
Total Carbohydrates 3g
Dietary Fiber 2.5g
Protein 5

Broccoli-Bacon Bake

Ingredients:

6 cups small broccoli florets
8 oz reduced fat cream cheese
2 green onions, sliced
4 slices cooked bacon, chopped
2 carrots, sliced
2 Tbsp. milk
1 tsp. garlic powder
3/4 cup shredded Cheddar cheese

Directions:

1. Preheat oven to 425°F. Cook broccoli and carrots in a saucepan of boiling water; until crisp-tender. Drain, reserving 1/4 cup cooking water. Meanwhile, mix the next 3 ingredients until blended.
2. Return cooked vegetables to the saucepan. Add cream cheese mixture and onions; stir until vegetables are evenly coated with sauce, adding reserved cooking water if necessary for desired consistency.
3. Spoon into 2-qt. casserole sprayed with cooking spray; top with shredded cheese and bacon. Cover with foil and bake 25 min. or until heated through, uncovering for the last 5 min.

Serves 8

Nutrition per serving:

Calories 130
Total Fat 8g
Total Carbohydrates 6g
Dietary Fiber 2g
Protein 8g

Cauliflower Stuffing

Ingredients:

1 large head Cauliflower (chopped)
1 large Onion (sliced)
1/4 cup Celery (chopped thinly)
2 cloves Garlic (minced)
1/4 cup Olive oil
1/2 tsp Poultry seasoning
1/2 tsp Dried thyme
1/2 tsp Ground sage
1 tsp Sea salt
1/4 tsp Black pepper
2 tbsp Fresh parsley (chopped)
1/4 cup Pecans (chopped)

Directions:

1. Preheat oven to 450 degrees. Line a baking sheet with parchment paper, or line with foil and grease well.
2. In a large bowl, mix chopped cauliflower, onions, celery, and garlic. Toss with olive oil, poultry seasoning, sage, thyme, sea salt, and black pepper.
3. Spread the mixture in a single layer on the lined baking sheet or two. Roast in the oven for about 15 minutes, until the onions are soft and cauliflower is starting to brown a little.
4. Add the fresh parsley and pecans to the pan, and stir everything together. Roast for 10-15 more minutes, until the pecans are lightly toasted, cauliflower is well browned, and onions are starting to caramelize.

Serves 10

Nutrition per serving:

Calories 95
Fat 7g
Total Carbs 7g
Fiber 3g
Protein 2g

Cranberry Sauce (Sugar-free)

Ingredients:

12 oz bag of cranberries
4 oz water
1 cup granulated sugar substitute
1 tsp vanilla
1 tsp cinnamon

Directions:

1. Combine the cranberries and water in a medium saucepan. Cook over medium heat until all the berries pop, about 5-7 minutes. Add the other ingredients and reduce the heat to low. Cook until desired thickness. It will thicken further as it cools.

Serves 8

Nutrition per serving:

Calories 21
Fat 0g
Total Carbs 5g
Fiber 2g
Protein 0g

Sweet Potato Casserole

Ingredients:

4 cups Butternut squash (peeled, cubed)
1 medium head Cauliflower (chopped)
2 tbsp Butter (measured solid, divided into 2 parts, and then melted) 1 tsp
Cinnamon
3/4 tsp Garlic salt
1/2 tsp Black pepper
2 packets artificial sweetener of your choice

Topping:

2 cups Pecans (divided into 1 1/2 cups and 1/2 cup)
8 packets Whole Earth Sweetener Nature Sweet (or 1/3 cup sweetener of
choice)
1 tsp Cinnamon
1/8 tsp Garlic salt
2 tbsp Butter

Directions:

Roasting: Preheat the oven to 400 degrees. Line two baking sheets with foil (greased lightly).

1. In a large bowl, toss together the cubed butternut squash, cauliflower florets, a tablespoon of melted butter, garlic salt, cinnamon, and black pepper.
2. Arrange the vegetables in a single layer on the lined baking sheets. Roast in the oven for about 30-35 minutes, rotating the pans halfway through, until both are very soft and golden. (If your pans don't fit in the oven side by side, you can try a single larger pan or roast them in batches, but either way make sure veggies are in a single layer.)

Topping: Meanwhile, pulse 1/2 cup (64 g) pecans in a food processor until a powder forms. (Don't overmix or you'll make nut butter. If there are a few larger pieces left, that's fine). Chop the remaining 1 1/2 cups (192 g) pecans. Place both in a small bowl.

Sweet Potato Casserole continued:

Add the sweetener, cinnamon, and garlic salt. Stir in the butter until the mixture is crumbly.

Assembly: When the vegetables are done roasting, remove them from the oven, but don't turn it off.

1. Puree the veggies in a food processor or high-power blender, until smooth. (You may need to do this in batches if they don't fit all at once).
2. Transfer the puree into a 2 quart (1.9 L) ceramic or glass casserole dish.
3. Stir the sweetener and remaining tablespoon of melted butter into the puree.
4. Taste and adjust salt and pepper if desired.
5. Smooth the top with a spoon or spatula.
6. Sprinkle the pecan crumble topping over the casserole.

Roast the casserole in the oven for about 20 minutes, until the top is golden.

Serves 16

Nutrition per serving:

Calories 146

Fat 13g

Total Carbs 8g

Fiber 3g

Protein 2g

Rosemary and Mustard Crusted Baked Ham

Ingredients:

1 cup prepared mustard
1/2 cup mayonnaise
2 Tbsp garlic, minced
2 Tbsp rosemary, chopped
freshly ground pepper
1 smoked ham

Directions:

1. Combine all ingredients in a small bowl.
2. Place your ham in a roasting pan fat side up. Slather generously with your mustard mixture. Pour about 1/2 cup of water into the bottom of the pan and place in a preheated 300 degree oven. Bake for about 15 minutes per lb. uncovered.

Serving: 2 oz

Nutrition per serving:

Calories 92
Fat 5g
Carbs 0.5 g
Fiber 0g
Protein 10.5 g

Balsamic Shallot Mushrooms

Ingredients:

3 tablespoons salted butter
1 large shallot, thinly sliced
1 pound cremini mushrooms
1/4 cup beef stock
1/4 cup balsamic vinegar
2 tablespoons chopped fresh flat-leaf parsley
1 sprig fresh thyme, leaves picked
sea salt and black pepper, to taste

Directions:

1. Heat a large skillet over medium heat. Add the butter and shallot. Sauté until the shallots are tender and translucent – about 3 to 5 minutes.
2. To the pan, add the mushrooms, beef stock, balsamic vinegar, parsley and thyme. Increase heat to medium-high, bring to a boil, and then reduce heat to low and let simmer for 8 to 10 minutes, or until the mushrooms are tender and the sauce has reduced.
3. Taste, and add salt, and pepper, if desired.

Serves: 6

Nutrition per serving:

Calories 89
Fat 6g
Carbs 6g
Fiber 1g
Protein 3g

Low-Carb Mac & Cheese

Ingredients:

2 packets **High Protein Fusilli Pasta**
1 tsp avocado or olive oil
1 clove garlic, minced
 $\frac{3}{4}$ cup chicken stock
2 Tbsp half and half
1 Tbsp white flour
3 oz reduced fat cream cheese
Salt & Pepper to taste
 $\frac{1}{2}$ cup reduced fat sharp cheddar cheese, shredded
Cooking Spray

Directions:

1. Cook pasta according to directions, drain and set aside.
2. Preheat broiler to high.
3. Heat oil in a medium pan over medium-high heat. Add oil to the pan and swirl to coat the bottom. Add garlic and saute until tender but do not brown. Stir in $\frac{1}{4}$ cup chicken stock and bring to boil. Cook for 1 minute.
4. Combine remaining chicken stock, half and half, and flour in a bowl and stir with whisk until flour dissolves.
5. Stir the milk mixture into the pan and cook until it begins to thicken. Reduce heat and stir in cream cheese and $\frac{1}{4}$ cup sharp cheddar. Stir until melted and remove from heat.
6. Stir in pasta until coated. Add salt & pepper to taste.
7. Pour mixture into a small baking dish or individual ramekins prepared with cooking spray.
8. Top with remaining cheddar cheese.
9. Place under broiler and turn to low. Broil for 3-4 minutes or until the top is melted and slightly browned.

Serves 6

Nutrition per serving: Calories 121, Fat 6.1g, Carbs 4g, Fiber .5g, Protein 12g

Roasted Brussels Sprouts in Garlic Parmesan Sauce

Ingredients:

FOR THE BRUSSELS SPROUTS:

6 slices thick cut bacon
1 1/2 lbs brussels sprouts, cleaned and halved
2 tbsp butter or ghee
1 tbsp minced onion flakes

FOR THE SAUCE:

1/2 cup heavy cream
1/2 cup Parmesan cheese, grated
3 cloves garlic, minced
sea salt, to taste
a generous amount of cracked black pepper

Directions:

1. In a large cast iron skillet, over medium-high heat, cook the bacon until crispy. Remove the bacon from the pan, crumble and set aside. Retain the drippings.
2. To the bacon drippings in the skillet, add butter. Once the butter has melted, add brussels sprouts and minced onion flakes.
3. Saute, tossing occasionally until the brussels sprouts are crisp-tender and golden brown. Add the crumbled bacon back to the pan and toss with the brussels sprouts.
4. In a small saucepan, over medium-high heat, add heavy cream, Parmesan cheese, garlic, sea salt and cracked black pepper.
5. Bring to a boil and reduce heat to low. Stirring occasionally, let simmer and thicken. Pour over top of the roasted brussels sprouts.

Serves: 6

Nutrition per serving: Calories 173, Fat 12g, Carbs 11g, Fiber 4.5g, Protein 7.5g

Green Bean Casserole

Ingredients:

1 Packet (Hearty Cream of Chicken Soup Mix)

$\frac{3}{4}$ cup Green Beans - French Cut, frozen

$\frac{1}{4}$ cup Mushrooms, sliced, fresh

1 tsp Onion Flakes

$\frac{1}{3}$ cup Hot Water

$\frac{1}{8}$ tsp Ground Marjoram

$\frac{1}{8}$ tsp Ground Rosemary

Directions:

1. Combine green beans, mushrooms and onion flakes in a small bowl with 2 tbsp. of water. Cover and microwave on HIGH (100%) for 2-4 minutes, until beans are cooked. Add hot water, spices and Cream of Chicken Soup Mix. Stir and serve.

Serves: 1

Nutrition per serving:

Calories 130

Protein 18g

Carbs 17g

Fat 0g

Fiber 6g

Holiday Stuffing

Ingredients:

- 1 packet **Hearty Cream of Chicken Soup Mix**
- 2 tbsp Celery, diced
- 2 tbsp Apple, diced
- 1 tsp Onion Flakes
- 1 tsp Poultry Seasoning
- 1 Tbsp Water, hot
- 1 slice Diet Bread, toasted, cut in small cubes

Directions:

1. Combine celery, apple, onion flakes and 1 tsp. of water in a small bowl, cover and microwave on HIGH (100%) 1 minute.
2. In a separate bowl combine Cream of Chicken Soup Mix and poultry seasoning, stir in hot water. Add celery mixture and bread cubes, stir to blend (more water may be added for moister stuffing). Serve.

Serves: 1

Nutrition per serving:

Calories 135
Protein 14g
Carbs 21g
Fat 0.5g
Fiber 4g

Pumpkin Cheesecake Bites

Ingredients:

8 ounces cream cheese
1/3 cup canned pumpkin
4 tbsp to 6 tbsp granulated sweetener
1 1/2 tsp pumpkin pie spice
2 1/2 tbsp coconut flour
1 tsp vanilla extract

Coating Ingredients:

1/3 cup pecans or walnuts, finely minced
2 tbsp granulated sweetener
1 tsp cinnamon

Directions:

1. Line a baking sheet with parchment paper or wax paper.
2. Using an electric mixer or stand mixer, combine the first 6 ingredients and beat until thoroughly blended. Freeze the mixture in the bowl (or ice cube tray) for 15 to 20 minutes.
3. In a medium bowl combine all the coating ingredients and stir together. Set aside.
4. Using a cookie scoop or your hands, form a ball or mound with the chilled pumpkin cheesecake mixture.
5. Roll each cheesecake ball in the coating until covered, and place on a lined baking sheet. Re-freeze for 20 minutes or more until somewhat firm, then serve. Store these in the fridge in a covered container (may need to refreeze to get firmer).

Makes: 14

Nutrition per serving: Calories 158, Fat 15g, Carbs 3g, Fiber 1g, Protein 3g

Pumpkin Mug Cake

Ingredients:

2 tbsp (16g) finely ground coconut flour
2 tbsp (16g) finely ground almond flour
2 tbsp (28g) erythritol—liquid sweetener
1 tbsp (15ml) melted butter
1 tbsp (15ml) unsweetened almond milk
½ tsp (3g) (gluten-free) baking powder
1 egg
1 pinch salt
2 tbsp (28g) pumpkin puree
½ tsp (3g) pumpkin spice
½ tsp (3ml) vanilla extract

Directions:

1. Add all of the ingredients for the cake batter into a bowl and whisk until you get a smooth and chunk-free dough.
2. Grease your microwave-safe mug with cooking spray.
3. Add your cake batter into a mug (the mug should be at least double the size of the mixed ingredients).
4. Microwave for about 45-60 seconds. (The cooking time in your microwave may vary) You can test if your mug cake is completely cooked by pricking the center with a toothpick - if it comes out "clean" it's ready!
5. Top with real whipped cream if desired! Enjoy!

Serves 1

Nutrition per serving: Calories 157, Fat 10.8g, Carbs 8.3g, Fiber 4.5g, Protein 8.9g

Mint Cream Cheese Brownies

Ingredients:

For the brownie base:

¼ cup artificial granulated sweetener
¼ cup unsalted butter
¾ cups almond flour
2 eggs
2 tbsp unsweetened cocoa powder
2 tbsp water

For the cheesecake swirl:

8 oz cream cheese
¼ cup artificial granulated sweetener
1 egg
½ tsp peppermint extract or to taste
green food dye as desired

Directions:

1. Preheat the oven to 350F. Line an 8X8" square baking pan with baking parchment.
2. Add butter and sweetener to a stand mixer bowl and cream them together.
3. Add the remaining brownie ingredients and beat until thoroughly combined.
4. Pour the mixture into the baking pan.
5. Meanwhile, beat together the cheesecake ingredients until smooth. Spoon dollops onto the cake layer and swirl with a knife. Bake for 30 minutes or until the toothpick comes out clean.
6. Let cool slightly then cut into 16 squares.

Makes 16

Nutrition per serving: Calories 117, Fat 11g, Carbs 2g, Fiber 0g, Protein 3g

Cranberry Bliss Bars

Ingredients:

6 tbsp softened butter
1/3 cup granulated artificial sweetener
1 tsp molasses ***
pinch salt
2 eggs
1 tsp vanilla
1/2 tsp orange extract
1/4 cup almond flour
1/4 cup coconut flour
1/4 cup additional almond flour
1 tsp baking powder
1/4 tsp ginger (optional)
1 cup fresh cranberries finely chopped and tossed with 1/2 tsp pure stevia

Frosting:

4 oz cream cheese softened
1 tbsp butter softened
1/2 cup powdered sweetener
4 drops lemon extract

Directions:

1. Preheat the oven to 350 degrees. Grease an 8x8 baking pan.
2. Cream together butter and sweetener. Add molasses, salt, eggs, and extracts. Mix thoroughly. Add dry ingredients. Mix well. Fold in the cranberries.
3. Spread in an 8x8 baking dish. Bake for 30-35 min. until golden brown. Allow to cool for 15 minutes.
4. Meanwhile, mix together the cream cheese, butter, sweetener, and lemon extract until fluffy.
5. Spread icing very gently on cooled bars. The bars can crumble if you aren't gentle. The best way to do this is to drop little blobs of icing on slightly warm bars and spread using an offset spatula. Top with chopped fresh cranberries mixed with sweetener or dried cranberries.
6. Refrigerate until cold and cut into squares.

Serves: 16

Nutrition per serving: Calories 110, Fat 10g, Carbs 3g, Fiber 1g, Protein 2g

Pumpkin Pie

Ingredients:

1 packet **Vanilla Shake and Pudding Mix**
1 slice Diet Bread, rolled thin, toasted
½ cup Summer Squash, peeled, chopped, cooked
¼ tsp Pumpkin Pie Spice
1-2 packets Artificial Sweetener
1 Egg
2 oz Cottage Cheese, 1% fat
4 oz Water

Directions:

1. Place diet bread in a small baking dish. Preheat oven to 350°.
2. Blend remaining ingredients until smooth. Pour over “crust” and bake for 10 - 15 min. or until solid.

Nutrition per serving (Slice):

Calories 280
Protein 31g
Carbs 25g
Fat 7g
Fiber 7g