



PHYSICIANS PREMIERE
Weight & Wellness Center

Your Low-Carb Holiday Table



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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

Spinach, Strawberry & Walnut Salad

Ingredients:

Salad:

1 large pkg baby spinach leaves
1 quart fresh strawberries
1 cup walnut pieces, roughly chopped
4 oz gorgonzola cheese
1/2 red onion, sliced thin
1 avocado, cubed

Dressing:

1/2 cup balsamic vinegar
1/2 cup olive oil
Salt & Pepper to taste
1 Tbls raspberry preserves
1 tsp ground mustard

Directions:

1. Layer each ingredient on individual salad plates or large platter. Serve with dressing.

Serves 8

Nutritional Data:

Calories 330
Fat 28g
Carbohydrates 13g
Fiber 5g
Protein 10.5g

Note: To reduce calories, go easy on the avocado, walnuts & cheese and use less dressing.

Pumpkin and Sausage Soup

Ingredients:

1 lb. pork sausage 1 medium white onion, chopped 1 clove garlic, minced 4 cups chicken broth 1 (15 oz) can pumpkin puree ¼ cup half & half Salt & pepper to taste

Directions:

1. Brown sausage with onion and garlic. Drain excess fat and set aside.
2. In a medium saucepan, whisk together chicken broth and pumpkin puree.
3. Add sausage mixture and stir. Heat over medium high heat until hot and turn down heat to simmer. Add half & half and season to taste.
4. Garnish with pepitas or toasted pumpkin seeds.

Serves 6 (doubles easily)

Nutrition per serving:

Calories 224
Total Fat 12g
Carbohydrates 9g
Fiber 3g
Protein 20g

Note: A bowl of this soup with a salad would be more than enough for a meal on its own. To serve with a larger meal, use small soup cups.

Crab Bisque

Ingredients:

16 oz crab meat	1 cup heavy cream
4 cloves garlic	3 bay leaves
1/2 red onion	1 Tbls sea salt
2 carrots	1 tsp fresh ground pepper
4 stalks celery	1 tsp paprika
4 oz tomato paste	1 tsp thyme
32 oz seafood or chicken broth	1 tsp xanthan gum
2 cups dry white wine	1 Tbls lemon juice
1 Tbls olive oil	Parsley for garnish

Directions:

1. Dice veggies. Cook onion and garlic (in soup pot) in olive oil until soft and fragrant. Allow to blacken a bit.
2. Deglaze pan with wine and add celery and carrot. Add broth and tomato paste. Stir to combine. Add spices and allow to simmer for an hour.
3. Discard bay leaves and add cream, return to simmer. Add small amount of xanthan gum at a time while stirring. It will start to thicken.
4. Blend soup in blender or food processor. You may have to work in batches.
5. Saute crab in butter or olive oil until warmed through and add to bowls. Ladle bisque over crab and serve with parsley sprinkled on top.

Makes: 8 servings (1 cup)

Nutritional Data:

Calories 110
Fat 8g
Carbohydrates 4g
Fiber 0g
Protein 6g

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

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
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

Breadless Stuffing

Ingredients:

3 tablespoons butter
1/2 medium onion, diced
3 stalks celery, diced
3.5 ounces pork rinds broken into crouton sized bits
1 large egg, beaten
3/4 cup chicken broth
1/2 teaspoon poultry seasoning
1/2 teaspoon thyme

Directions:

1. In a large skillet, heat the butter flavored coconut oil over medium high heat. Once melted, cook the onion and celery in it until the celery is softened. Remove pan from heat.
2. Stir in the pork rinds until well blended in. Then pour in the beaten egg and stir until it's evenly mixed in.
3. Stir in the broth and stir to allow the pork rinds to absorb the liquid. Sprinkle in the seasonings then spoon into a casserole dish.
4. Bake the stuffing at 325°F for about 1 hour.

Serves 8

Nutritional Data:

Calories 125
Fat 9g
Carbohydrates 1g
Fiber 0g
Protein 8g

Note: The more expensive pork rinds typically have a lower fat value.

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)
¾ cup Green Beans - French Cut, frozen
¼ cup Mushrooms, sliced, fresh
1 tsp Onion Flakes
⅓ cup Hot Water
⅛ tsp Ground Marjoram
⅛ 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

Tender Greens with Pear, Almonds & Cranberries

Ingredients:

- 1 box of tender Mixed Greens
- 1 green or red pear
- 1 pkg (2.25 oz) sliced almonds, toasted
- 1 pkg unsweetened dried cranberries (I get them at Trader Joe's)

Directions:

1. Place greens on each salad plate or in large bowl for family style serving.
2. Slice pear in very thin slices and arrange on top of greens.
3. Toast sliced almonds in skillet for several minutes or until slightly browned. Sprinkle over salads.
4. Sprinkle dried cranberries over the top and serve with a light vinaigrette dressing.

Serves 8

Nutritional data without dressing:

Calories 42
Total Fat 2g
Carbohydrates 4g
Fiber 1g
Protein 1g

Note: The key to keeping the carbs low on this salad is to use the unsweetened cranberries.

Mushroom-Shallot Gravy

Ingredients:

2 Tlbs olive oil
10 shallots, peeled
4 garlic cloves, peeled
12 oz mixed wild mushrooms (or baby bellas), cleaned & sliced
1 Tlbs fresh rosemary, or 1 tsp dried
1 Tlbs fresh sage, or 1 tsp dried
1/2 cup dry white wine or cooking sherry
1 1/2 cup chicken stock or turkey drippings
1 cup half and half

Directions:

1. Bake shallots and garlic in oil in foil-covered glass baking dish for 1 hour at 300 degrees. This can be done ahead of time.
2. Slice shallots and garlic in thin slices, reserving oil. Cover & refrigerate.
3. In saucepan, heat reserved oil over medium heat. Add mushrooms, herbs and roasted shallots and garlic. Saute until mushrooms are tender (5 min).
4. Add wine or cooking sherry and boil until syrupy.
5. Add chicken stock and boil until reduced by half.
6. Add half and half and boil until mixture thickens to sauce consistency.
7. Season with salt & pepper.

Serves 8

Nutritional Data:

Calories 95
Total Fat 7g
Carbohydrates 6g
Fiber 0g
Protein 1g

Mashed Cauliflower

Ingredients:

2 large heads Cauliflower (chopped)
4 oz. cream cheese
1/2 cup sour cream
1 tsp onion powder
1/4 tsp garlic powder
Salt & Pepper to taste

Directions:

1. Wash cauliflower and cut flowerets from the stem.
2. Boil until very soft, about 15 minutes.
3. Drain well - let sit in colander until it looks dry.
4. Use food processor or immersion blender to puree until smooth.
5. Add cream cheese, sour cream and seasonings. Blend again.
6. Place into baking dish to reheat in oven.

Serves 8

Nutritional Data:

Calories 130
Fat 8g
Carbohydrates 12g
Fiber 5g
Protein 6g

Dinner Rolls - low carb!

Ingredients:

- 1 1/2 cup shredded mozzarella cheese
- 2 oz cream cheese
- 1 large egg
- 1 1/4 cup almond flour (fine grind)
- 2 Tbls plain whey protein powder (or coconut flour)
- 1 Tbls baking powder

Directions:

1. Preheat oven to 400 degrees. Put rack in center of oven. Line a cookie sheet with parchment. Put an empty metal pie pan on the lower rack.
2. Melt mozzarella and cream cheese together in microwave at full power for 1 minute. Stir and heat another 30-45 seconds until bubbly.
3. Scrape cheese into bowl of food processor and process until blended. Add egg and blend again. Add dry ingredients and blend until combined—about 10-15 seconds.
4. Spray plastic wrap with cooking spray and scrape dough onto wrap. Shape into a disk or rectangle and pop into freezer to cool until the over is ready.
5. Remove dough from freezer and cut into 8 pieces. Lightly oil your hands and gently roll each piece into a ball and drop it onto cookie sheet. Sprinkle with poppy seeds or sesame seeds if desired. Press gently to set.
6. Add 5-6 ice cubes to the empty pie pan (to add steam). Bake rolls for 13-15 minutes until brown. May be stored in the refrigerator and reheated.

Serves: 8

Nutritional Data:

Calories 165
Fat 13g
Carbohydrates 3g
Fiber 1g
Protein 10g

Zucchini Casserole

Ingredients:

3 large zucchini
1 tsp salt
1/2 cup heavy cream
2 cups shredded Monterey Jack cheese
1/2 tsp Italian seasoning

Directions:

1. Preheat oven to 400 degrees.
2. Toss zucchini slices with salt and let sit for 30 minutes. Drain excess liquid from bowl.
3. Heat the cream in small pan over medium heat. Remove from heat and stir in cheese, stirring until melted.
4. Arrange zucchini in circular pattern (or whatever floats your boat). Cover with cheese mixture and sprinkle with Italian seasoning. Bake for 30 minutes until bubbly. (another dish that can be made in advance)

Serves 8

Nutritional Data:

Calories 60
Fat 6g
Carbohydrates 2g
Fiber 0g
Protein 1g

Cranberry Sauce (Sugar-Free)

Ingredients:

12 oz bag of cranberries
6 oz water
1 cup powdered erythritol (will keep it from crystalizing)
1/2 tsp vanilla
1 tsp orange zest

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 simmer. Cook until desired thickness. It will thicken further as it cools.
2. Store in the fridge for up to 2 weeks or you can freeze it. I love to serve it on top of a Baked Brie.

Serves 6-8

Nutritional Data:

Calories 32
Fat 0g
Carbohydrates 6g
Fiber 2g
Protein 0g

Note: Erythritol can be purchased online or use a Swerve sweetener.

Roasted Mushrooms

Ingredients:

1 lb mushrooms
1 Tbls oil
Salt & Pepper to taste
1/4 cup butter
2 cloves garlic, chopped
1 tsp thyme
1 Tbls lemon juice

Directions:

1. Toss mushrooms in the oil, salt & pepper and place on baking sheet in a single layer. Roast in preheated oven at 400 degrees for about 20 minutes or until they start to caramelize.
2. Cook butter over medium heat until it starts to brown, remove from heat and mix in garlic, thyme & lemon.
3. Toss mushrooms in the browned butter and serve!

Serves: 4 (easily doubled)

Nutritional Data:

Calories 109
Fat 9
Carbohydrates 4g
Fiber 1g
Protein 4g

Roasted Brussels Sprouts

Ingredients:

2 pounds brussels sprouts
4 Tbls olive oil
16 strips bacon
Salt & Pepper to taste

Directions:

1. Preheat the oven to 375 degrees. Trim sprouts and cut in half or quarters if large.
2. Toss sprouts in large bowl with oil, salt & pepper. Get creative if you like more flavor - try cumin or cayenne.
3. Pour onto a foil-lined baking sheet and spread them out. Bake for 30 minutes and shake the baking sheet to rotate the sprouts.
4. Fry the bacon and cut into small pieces.
5. Remove sprouts from oven and sprinkle with bacon pieces.

Serves 8

Nutritional Data:

Calories 278
Fat 21g
Carbohydrates 4g
Fiber 1g
Protein 15g

Note: To reduce fat & calories, use half the bacon.

Loaded Cauliflower Bake

Ingredients:

2 large heads of cauliflower
2 Tbls butter
3 cloves garlic, minced
3 Tbls almond or coconut flour
2 cups almond milk
3 oz cream cheese
1 1/2 cup shredded cheddar
Salt & pepper to taste
6 sliced bacon, cooked and crumbled
4 green onions, sliced thin

Directions:

1. Cut flowerets off heads of cauliflower and blanch in boiling water about 3 minutes. Drain excess water (allow to sit in colander until it looks dry)
2. Saute garlic until fragrant, then add flour and stir until golden. Add milk and bring to a simmer. Add cream cheese and stir until blended. Remove from heat and stir in 1 cup shredded cheddar. Season with salt & pepper.
3. Put cauliflower into a greased baking dish and pour cheese sauce over the top. Sprinkle with crumbled bacon, green onions & remaining cheese. Bake at 350 degrees for 30 minutes. (This can also be made ahead of time)

Serves 8

Nutritional Data:

Calories 210
Fat 10
Carbohydrates 19g
Fiber 8g
Protein 14g

Biscuits - Low Carb of course!

Ingredients:

1 1/2 cups almond flour (fine ground)
1/4 tsp salt
1 Tbls baking powder
1/2 tsp garlic powder
1/2 tsp onion powder
2 eggs
1/2 cup sour cream
4 Tbls butter, melted
1/2 cup shredded cheese

Directions:

1. Preheat oven to 450 degrees.
2. Mix dry ingredients.
3. Combine wet ingredients and then mix with dry ingredients.
4. Spray your baking sheet or muffin tin. Drop dough by spoonfuls onto pan or into cups of muffin tin. It will help to spray your spoon too!
5. Bake for 10-12 minutes.

Serves 12

Nutritional Data:

Calories 165
Fat 14g
Carbohydrates 5g
Fiber 1g
Protein 6g

Pumpkin Cheesecake Bites

Ingredients: 8 ounces cream cheese

⅓ cup canned pumpkin

4 tbsp to 6 tbsp granulated sweetener

1 ½ tsp pumpkin pie spice

2 ½ tbsp coconut flour

1 tsp vanilla extract

Coating Ingredients:

⅓ 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

Gingerbread Cookies

Ingredients:

4 cups almond flour 2 tsp baking powder
1 cup erythritol or Swerve sweetener 1 tsp xanthan gum
1/4 cup coconut flour 2 large eggs
2 Tbls ground ginger 1/4 cup coconut oil
1 Tbls cinnamon 2 Tbls molasses
1/2 tsp ground cloves 1 tsp vanilla
1/2 tsp salt

Directions:

1. Preheat oven to 275 degrees. Line 2 cookie sheets with parchment.
2. Whisk together almond flour, sweetener, coconut flour, ginger, cinnamon, baking powder, xanthan gum, salt & cloves. Stir in eggs, coconut oil, molasses and vanilla.
3. Divide dough in half and place onto large piece of parchment. Top with another sheet and roll out to about 1/4 inch thickness.
4. Use cookie cutters to cut into desired shapes and gently loosen and lift with a spatula. Place onto prepared cookie sheets.
5. Gather scraps and reroll. Repeat with second half of dough.
6. Bake for 20 minutes or until golden and just firm to the touch. Allow to cool 5 minutes and then transfer to cooling rack.

Makes 50 cookies (2 cookies per serving)

Nutritional Data:

Calories 141
Fat 12g
Carbohydrates 6g
Fiber 3g
Protein 5g

Pavlova

Ingredients:

6 large egg whites
1/2 tsp cream of tartar or 1 tsp apple cider vinegar
1/2 + 1/4 cup powdered erythritol or Swerve powdered sugar substitute
1 1/2 cup heavy whipping cream
1 Tbls vanilla extract
1 cup each: strawberries, raspberries , blackberries and blueberries
Mint leaves

Directions:

1. Preheat the oven to 275 degrees. Separate egg whites from yolks. Place whites in large bowl.
2. Beat egg whites on medium until they become foamy. Add cream of tartar while beating and slowly add 1/2 cup powdered sugar substitute. Keep beating until egg whites are stiff and glossy.
3. Spoon mixture onto a cookie sheet lined with parchment. Create a 9" circle of meringue. Build up the sides a bit to hold the whipped cream. Bake for 15 minutes at 275 and then turn temperature down to 210 degrees. Bake for 2 hours. Turn off heat and leave door closed for 1-2 hours or overnight.
4. When ready to serve, whip cream with vanilla and 1/4 cup erythritol. Fill the meringue cavity and top with berries. Sprinkle with slivered mint leaves.

Serves 8

Nutritional Data:

Calories 222
Fat 18g
Carbohydrates 9g
Fiber 3g
Protein 5g

Pumpkin Cheesecake

Ingredients:

32 oz ricotta cheese
1 can pumpkin puree
2/3 cup granulated sugar substitute
3 Tbls almond flour
1 Tbls coconut flour
1 1/2 tsp pumpkin pie spice
Dash of salt
6 eggs
2 tsp vanilla

Directions:

1. Preheat oven to 300 degrees.
2. Grease the sides of springform pan and line bottom with waxed paper. Tip pan over and cover bottom and sides with foil to avoid moisture getting in.
3. Whisk together flours and spices in medium bowl.
4. Blend together ricotta, pumpkin and sugar substitute.
5. Add eggs, one at a time while whisking.
6. Mix in remaining ingredients.
7. Place springform pan in baking pan with 1" lip. Pour cheesecake batter into pan.
8. Pour 1/2" warm water into baking sheet pan. Bake for 1 hour and 15 minutes or until center is firm. Cool for 30 minutes - then refrigerate.

Serves 10

Nutritional Data:

Calories 235
Fat 10g
Carbohydrates 7g
Fiber 0g
Protein 14g

Pecan Pie - also low carb!

Ingredients:

Crust:

3/4 cup almond flour
1/4 cup coconut flour
1/2 cup coconut oil
1/2 cup granulated sugar substitute
1 tsp stevia glycerite
1/4 tsp salt
1 egg

Filling:

3 eggs, beaten
1 cup erythritol (or Swerve)
1 tsp stevia glycerite
1 cup xylitol syrup
2 Tbls butter
1 tsp vanilla
1 1/2 cup pecans

Directions:

1. Preheat oven to 325 degrees. Grease a 9" pie plate. In medium bowl, mix crust ingredients. This will be thick - press into the bottom of pie plate.
2. Bake crust for 15 minutes or until lightly browned. Set aside to cool.
3. Beat eggs with sweetener in medium bowl. Add butter, syrup and vanilla. Stir and then add pecans. Pour into crust and bake at 350 degrees for 45-50 minutes or until set.

Serves 12 (small pieces)

Nutritional Data:

Calories 230
Fat 20g
Carbohydrates 4g
Fiber 2g
Protein 8g