

KAREN BARNABY, SHARRON LONG  
DR. BERNSTEIN  
(THE DIABETES SOLUTION, THE DIABETES DIET)

---

---

A Collection of "Diabetic Solution" Recipes

*Low Carbohydrates Recipes*

---

---

EDITED BY: LEAH FISHER  
FIRST DRAFT

ORIGINALLY SHARED BY KAREN (SUGARNO)  
2007

---

**RECIPE SOURCES:** The recipes in this collection come from a variety of sources primarily including Karen Barnaby, Sharron Long, and both of Dr. Bernstein's books (The Diabetes Solution, The Diabetes Diet).

**NOTE:** This is a very initial draft if you find mistakes or if you find any of these recipes are in violation of copyrighted materials please send an email to [phishery@gmail.com](mailto:phishery@gmail.com) or [lfisher47@verizon.net](mailto:lfisher47@verizon.net).

# Contents

Main Dishes . . . . .	10
Beef . . . . .	10
BEEF GRAVY SUPREME . . . . .	11
BEEF PECAN . . . . .	12
BEEF STEW WITH PUMPKIN . . . . .	14
CHEESEBURGER CASSEROLE . . . . .	15
FAKE-ARONI AND CHEESE CASSEROLE . . . . .	16
GRILLED FLANK STEAK WITH CUMIN AIOLI . . . . .	17
HAMBURGERS (WITH VARIATIONS) . . . . .	18
Wine Sauce for Burgers . . . . .	18
Chili Sauce for Burgers . . . . .	18
Cheeseburger . . . . .	19
Herb Butter for Burgers . . . . .	19
Mushroom Topping for Burgers . . . . .	20
KEEMA (SPICED GROUND BEEF) . . . . .	21
LOW-CARB STROGANOFF STEW . . . . .	22
MANDARIN BEEF SAUTE . . . . .	23
MARVELOUS MEATBALLS . . . . .	24
MEATBALL SOUP . . . . .	25
MEAT-LOVER'S PIZZA . . . . .	26
NIGHTSHADE-FREE TACO MEAT . . . . .	28
NIGHTSHADE-FREE TACO SALAD . . . . .	29
PORCUPINES . . . . .	30
SHEPHERD'S PIE WITH MUSHROOMS, SMOKED CHEDDAR, BACON, AND SOUR CREAM . . . . .	31
SLIGHTLY ITALIANO MEAT LOAF . . . . .	32
STUFFED CABBAGE ROLLS . . . . .	33
TACO CASSEROLE . . . . .	34
TACO MEAT . . . . .	35
TAMARIAN'S UPSIDE-DOWN SHEPHERD'S PIE . . . . .	36
TERIYAKI BEEF . . . . .	37
UNKNOWN . . . . .	38
VEGGIE BEEF STEW . . . . .	39
Breakfast . . . . .	40
BROCCOLI™ CHEDDAR BRUNCH . . . . .	41
CHEESE QUICHE . . . . .	42
CREAM CHEESE ASPARAGUS BREAKFAST PIZZA . . . . .	43
DEVILED EGGS . . . . .	44
HAM AND BROCCOLI QUICHE . . . . .	45
RICOTTA PIE . . . . .	46
ROASTED RED PEPPER FRITTATA . . . . .	47
POACHED EGGS WITH ARTICHOKE BOTTOMS AND HOLLANDAISE . . . . .	48
QUICHE LORRAINE . . . . .	49
SALAMI AND PROVOLONE LAYERED TORTE . . . . .	50
SALMON AND SPINACH OMELET . . . . .	51

	SKILLET SQUASH BREAKFAST	52
	SPINACH SOUFFLE	53
	WESTERN OMELET	54
	ZUCCHINI SOUFFLE	55
Chicken		56
	CHICKEN AND GARLIC	57
	CHICKEN 'N' VERMICELLI, LOW-CARBED	58
	CHICKEN SHISH KEBAB WITH VEGETABLES	59
	CHICKEN WITH FRESH HERBS	60
	CHICKEN WITH MUSHROOMS IN A CHAMPAGNE CREAM SAUCE	61
	CHICKEN WINGS IN PEANUT SAUCE	62
	CHICKEN WITH BACON, CREAM, AND THYME	63
	CINNAMON-SPICED LEMON CHICKEN	64
	CHUNKY CHICKEN STEW	65
	CREAMY LEMON CHICKEN	66
	DONALD'S AWESOME CHICKEN AND BROCCOLI CASSEROLE	67
	DOREEN'S THIGHS WITH LIME, GARLIC, SESAME, AND GINGER	68
	FLAT-ROASTED CHICKEN WITH PROSCIUTTO AND GREEN OLIVES	69
	FRIED RICE- AFLOWER	70
	GRILLED CHICKEN WITH PROVENCAL SPICES	71
	GRILLED CHICKEN WITH TARRAGON BUTTER	72
	JALAPENO CHICKEN WITH BROCCOLI AND JACK CHEESE	73
	KING'S CHICKEN	74
	LEMONGRASS CHICKEN	75
	LOW-CARB CHICKEN AND NOODLES	76
	MOUSSAKA A. LA BERNSTEIN	77
	ONE-POT CHICKEN WITH MUSHROOMS AND SOUR CREAM	78
	OVEN-BAKED BARBECUE CHICKEN	79
	OVEN-FRIED CHICKEN	80
	PEANUT CHICKEN STIR-FRY	81
	Tofu Variation	81
	POT ROAST OF BEEF	82
	ROAST CHICKEN WITH HERBS	83
	ROSEBUD'S BUTTER CHICKEN	84
	RUTH'S EASY HERBED LEMON CHICKEN	85
	SIMPLE CHICKEN AND COCONUT MILK CURRY	86
	STUFFING FOR POULTRY	87
	THAI BBQ CHICKEN BUNDLES	88
Fish		90
	BACON AND SALMON BAKE	91
	CHEESY SALMON CASSEROLE	92
	ROSEBUD'S TUNA AND SPINACH BAKE	93
	DOREEN'S INCREDIBLY EASY SALMON OR TUNA PATTIES	94
	FRESH SALMON CAKES	95
	SALMON PATTIES	96
	SALMON TERIYAKI	97
	TUNA CASSEROLE	98
	TUNA MELT	99
Lamb		100
	CUMIN AND CORIANDER-CRUSTED LEG OF LAMB	101
	MOROCCAN-STYLE LAMB STEW	102
	LAMB, FETA, AND OLIVE MEATBALLS	103
Pork		104
	BACON CAULI JUMBLE	105
	BASIC BACK RIBS WITH QUICK BARBECUE GLAZE	106
	DONALD'S DEEP-DISH PIZZA QUICHE	107

## CONTENTS

GREAT GRANDMA'S GERMAN SAUSAGE BAKE . . . . .	108
LION'S HEAD . . . . .	109
MUSHROOMS STUFFED WITH SAUSAGE AND RICOTTA . . . . .	110
PORK AND SHIITAKE MUSHROOM MEATBALLS . . . . .	111
PORK LOIN STEAKS WITH LEMON THYME CREAM . . . . .	112
SAUSAGE CASSEROLE . . . . .	113
STIR-FRIED PORK WITH SWEET AND SOUR CABBAGE . . . . .	114
Shellfish . . . . .	115
MARYLAND CRAB CAKES . . . . .	116
SHRIMP AND BROCCOLI BAKE . . . . .	117
SHRIMP SAUCE . . . . .	119
SHRIMP WITH MACADAMIA CRUST . . . . .	120
Coconut and Macadamia Crust Variation . . . . .	120
Tofu . . . . .	121
TOFU-RONI AND CHEESE . . . . .	122
Turkey . . . . .	123
90-MINUTE MIRACLE TURKEY . . . . .	124
GROUND TURKEY BURGERS WITH MARJORAM . . . . .	125
TURKEY MELT . . . . .	126
TURKEY SNACKIN'CAKE . . . . .	127
TURKEY TENDERLOIN WITH PESTO AND SMOKED MOZZARELLA . . . . .	128
Other . . . . .	129
SEVEN-EGG VEGGIE LASAGNA . . . . .	130
SEVEN HILLS' CHILI . . . . .	131
SPAGHETTI SQUASH WITH CREAM GRAVY . . . . .	132
SURPRISE MEATLOAF . . . . .	133
TRINA'S PIZZA CRUST . . . . .	134
HAPPY FAMILY . . . . .	135
LOW-CARB CHILI . . . . .	137
Snacks, Soups, Salads, and Dressings . . . . .	138
Dressings & Dips . . . . .	138
BASIC VINAIGRETTE . . . . .	139
BLUE CHEESE DRESSING . . . . .	140
CAESAR DRESSING . . . . .	141
CLASSIC CELERY ROOT REMOULADE . . . . .	142
COLE SLAW WITH BACON BUTTERMILK DRESSING . . . . .	143
CRANBERRY RELISH . . . . .	144
CREAMY DRESSING . . . . .	145
CREAMY SESAME MISO DRESSING . . . . .	146
DIJON MUSTARD BUTTER . . . . .	147
DIJON VINAIGRETTE . . . . .	148
GARLIC CHEESE DIP . . . . .	149
GREEN GODDESS DRESSING . . . . .	150
HAM SALAD SPREAD . . . . .	151
HAZELNUT POPPY SEED DRESSING . . . . .	152
JAPANESE-STYLE SESAME GINGER DRESSING . . . . .	153
RANCH DRESSING . . . . .	154
RUSSIAN DRESSING . . . . .	155
SPINACH DIP . . . . .	156
THOUSAND ISLAND DRESSING . . . . .	157
Salads . . . . .	158
CAESAR SALAD WITH GRUYERE CROUTONS . . . . .	159
CURRIED CHICKEN SALAD WITH JICAMA . . . . .	160
CUCUMBER SALAD WITH PEANUTS, COCONUT AND LIME . . . . .	161
EGG SALAD . . . . .	162
GREEN CABBAGE COLE SLAW WITH LEMON ZEST . . . . .	163

	MINTED CUCUMBER SALAD . . . . .	164
	MARINATED CHICKEN SALAD . . . . .	165
	MARINATED CUCUMBER SALAD WITH FRESH DILL . . . . .	166
	MARINATED SALAD . . . . .	167
	MICHELLE’S BROCCOLI AND CHICKEN SALAD . . . . .	168
	MOCK POTATO SALAD . . . . .	169
	MOM’S CAULIFLOWER SALAD . . . . .	170
	OLIVE, WALNUT, AND PARSLEY SALAD . . . . .	171
	PEANUT BUTTER CHICKEN SALAD . . . . .	172
	PINE NUT AND PARSLEY SALAD . . . . .	173
	ROASTED EGGPLANT SUMMER SALAD . . . . .	174
	SALAD NICOISE . . . . .	175
	SALAD WITH SESAME SEEDS AND CANDIED HAZELNUTS . . . . .	176
	SALMON SALAD . . . . .	177
	SESAME, SNOW PEA, AND DAIKON RADISH SALAD . . . . .	178
	SPINACH SALAD WITH BACON, TOMATO, AVOCADO, AND RANCH DRESSING . . . . .	179
	SUPER SPECIAL SHRIMP SALAD . . . . .	180
	TOMATO, OLIVE, AND GOAT CHEESE SALAD WITH CAPERS . . . . .	181
	TURKEY SALAD . . . . .	182
	WARM CAULIFLOWER, BACON, AND EGG SALAD WITH SPINACH . . . . .	183
Sauces	. . . . .	184
	AIOLI . . . . .	185
	ALFREDO SAUCE . . . . .	186
	BASIL PESTO . . . . .	187
	BLENDER HOLLANDAISE SAUCE . . . . .	188
	BLUE CHEESE DRESSING . . . . .	189
	CHOCOLATE SAUCE . . . . .	190
	EASY CREAM SAUCE . . . . .	191
	GORGONZOLA SAUCE . . . . .	192
	HOLLANDAISE SAUCE . . . . .	193
	HORSERADISH DILL MAYONNAISE . . . . .	194
	ITALIAN” STYLE RED SAUCE* . . . . .	195
	MAYONNAISE BY MACHINE . . . . .	196
	MUSHROOM CREAM SAUCE . . . . .	197
	Spaghetti Squash Variation . . . . .	197
	MUSTARD SORREL SAUCE . . . . .	198
	PARMESAN DIP . . . . .	199
	PESTO . . . . .	200
	THAI SWEET-AND-SOUR CHILE DIPPING SAUCE . . . . .	201
	TOMATO GARLIC CREAM SAUCE . . . . .	202
	WHITE CLAM SAUCE . . . . .	203
Snacks	. . . . .	204
	BAKED WINTER SQUASH HASH BROWNS . . . . .	205
	CAULIFLOWER HASH BROWNS . . . . .	206
	CAULI MASH . . . . .	207
	CHEESE STICKS . . . . .	208
	CHEESY RICE- AFLOWER CASSEROLE . . . . .	209
	CLAM CAKES . . . . .	210
	EXTRA SPECIAL EGG NOG . . . . .	211
	FIVE-SPICE SESAME WALNUTS . . . . .	212
	FLAX CEREAL . . . . .	213
	HERBED CAULIFLOWER . . . . .	214
	MINI CHEESE BALLS . . . . .	215
	MINI CHEESE SOUFFLES . . . . .	216
	NORI AND SESAME CRISPS WITH MISO CREAM CHEESE . . . . .	217
	QUICK AND EASY SAUSAGE GRAVY . . . . .	218

	RICE- AFLOWER PILAF . . . . .	219
	SAUSAGE 'N' CHEESE BAKE . . . . .	220
	SAVORY PECANS . . . . .	221
	SHARRON'S BEEF JERKY . . . . .	222
	SHARRON'S PORK SAUSAGE . . . . .	223
	SHRIMP AND NORI ROLLS . . . . .	224
	SPINACH QUICHE . . . . .	225
	SWEET CINNAMON SQUASH . . . . .	226
	TUNA-STUFFED EGGS . . . . .	227
	ZUCCHINI CAKES . . . . .	228
Soups	. . . . .	229
	CABBAGE SOUP . . . . .	230
	CHEESEBURGER SOUP . . . . .	231
	CHILLED CUCUMBER SOUP . . . . .	232
	CLAM CHOWDER . . . . .	233
	CLAM CHOWDER . . . . .	234
	CREAM OF ARTICHOKE SOUP WITH TOASTED WALNUTS . . . . .	235
	Crab Meat Variation . . . . .	235
	CREAM OF BROCCOLI SOUP . . . . .	236
	CREAM OF BROCCOLI SOUP 2 . . . . .	237
	DOTTIE'S CREAM OF MUSHROOM SOUP . . . . .	238
	ESCAROLE SOUP WITH TURKEY MEATBALLS . . . . .	239
	LISA N.'S DOUBLE ITALIAN SAUSAGE SOUP . . . . .	240
	MOCK CREAM OF MUSHROOM SOUP . . . . .	241
	MUSHROOM SOUP WITH PARMESAN CHEESE . . . . .	242
	QUICK KOREAN-STYLE BEEF AND SPINACH SOUP . . . . .	243
	SLURP 'EM UP CABBAGE NOODLES . . . . .	244
	TURKEY SOUP . . . . .	245
	WONTON SOUP WITHOUT THE WONTONS . . . . .	246
Vegetables	. . . . .	247
	BAKED CHEDDAR CHEESE FRITTATA . . . . .	248
	BAKED MUSHROOMS FLORENTINE . . . . .	249
	BAKED ZUCCHINI WITH FRESH BASIL AND FETA CHEESE . . . . .	250
	BASIC CAULI-FLIED "RICE" . . . . .	251
	BASIC CAULIFLOWER MASH . . . . .	252
	BASIC SPAGHETTI SQUASH . . . . .	253
	BRAISED FENNEL WITH WHITE WINE AND PARMESAN . . . . .	254
	BROCCOLI DIJON . . . . .	255
	BROCCOLI ITALIANISSIMO . . . . .	256
	BROCCOLI WITH GARLIC AND PARMESAN . . . . .	257
	BROILED SPINACH WITH FOUR CHEESES . . . . .	258
	BUTTERED SESAME KALE . . . . .	259
	BUTTERNUT SQUASH WITH COGNAC . . . . .	260
	CELERY CHIPS . . . . .	261
	CHAYOTE WITH TOMATOES AND MINT . . . . .	262
	CREAMED SPINACH WITH NUTMEG . . . . .	263
	CREAMY STRINGBEAN CASSEROLE WITH SAGE MUSHROOM SAUCE . . . . .	264
	DAIKON CAKES . . . . .	265
	EGGPLANT WITH SOUR CREAM DRESSING . . . . .	266
	GREEN GREENS PUREE . . . . .	267
	KOHLRABI AND CELERY GRATIN . . . . .	268
	MARINATED MUSHROOMS . . . . .	269
	MASHED CAULIFLOWER . . . . .	270
	MEDITERRANEAN EGGPLANT STEW . . . . .	271
	MEXICAN RICE-AFLOWER . . . . .	272
	MUSHROOMS SAUTEED WITH WINE AND GARLIC . . . . .	273

	PARMESAN™ CRUSTED ZUCCHINI . . . . .	274
	PARMESAN-CRUSTED CAULIFLOWER . . . . .	275
	PUREED CAULIFLOWER WITH CELERY ROOT . . . . .	276
	ROASTED VEGETABLES . . . . .	277
	ROASTED FENNEL WITH ROSEMARY . . . . .	278
	ROASTED MUSHROOMS WITH GARLIC AND THYME . . . . .	279
	RUTABAGA WITH BALSAMIC VINEGAR AND BROWNED BUTTER . . . . .	280
	SAUTEED KALE WITH CRIMINI MUSHROOMS . . . . .	281
	SAUTEED SPINACH WITH GARLIC AND PINE NUTS . . . . .	282
	SCALLOPED SAVOY CABBAGE . . . . .	283
	SOY, SAKE, AND BUTTER-GLAZED MUSHROOMS . . . . .	284
	SPAGHETTI SQUASH . . . . .	285
	SPAGHETTI SQUASH, CARBONARA-STYLE . . . . .	286
	SPAGHETTI SQUASH FRITTERS I LATKES . . . . .	287
	SPICY ROASTED AND MASHED EGGPLANT . . . . .	288
	STIR-FRIED CELERY WITH SESAME . . . . .	289
	STUFFED SAVOY CABBAGE WITH RED SAUCE . . . . .	290
	TWICE-BAKED CAULIFLOWER . . . . .	291
	ZUCCHINI, SOUR CREAM, AND JACK CHEESE BAKE . . . . .	292
Desserts . . . . .		293
Cookies . . . . .		293
CREAM CHEESE, COCONUT, AND LEMON MOUNDS . . . . .		294
HAYSTACKS . . . . .		295
NO-BAKE COOKIES, LOW-CARBED . . . . .		296
PEANUT BUTTER COOKIES . . . . .		297
SCRUMPTIOUS COCONUT DROPS . . . . .		298
WALNUT SWEETMEATS . . . . .		299
Pecan Variation . . . . .		299
YUMMY CHOCOLATE BALLS . . . . .		300
Cakes . . . . .		301
CHOCOLATE PUDDING CAKE . . . . .		302
CHOCOLATE VANILLA CHEESECAKE . . . . .		303
FROZEN BOURBON, CHOCOLATE, AND BURNT ALMOND CHEESECAKE . . . . .		304
NEW YORK CHEESECAKE . . . . .		306
NO-BAKE VANCOUVER CHEESECAKE . . . . .		308
PUMPKIN CHEESECAKE . . . . .		311
STAINED GLASS WINDOW CAKE . . . . .		312
Muffins . . . . .		313
EASY FLAX SEED BREAD . . . . .		314
JUDI'S BLUEBERRY ALMOND FLAX BREAD . . . . .		315
Pies . . . . .		316
BASIC ALMOND CRUST . . . . .		317
BERRY LEMON PIE . . . . .		318
CHILLED LEMON MERINGUE SOUFFLE . . . . .		319
INDIVIDUAL CHOCOLATE SOUFFLES . . . . .		320
PEANUT BUTTER PIE . . . . .		321
PUMPKIN PIE . . . . .		322
RHUBARB PIE . . . . .		323
SILKY CHOCO-PEANUT BUTTER PIE . . . . .		324
SNICKERS PIE . . . . .		325
SWEET RICOTTA TORTE . . . . .		326
ULTIMATE PUMPKIN PIE . . . . .		327
Custards/Puddings . . . . .		328
AVOCADO AND ESPRESSO MOUSSE . . . . .		329
CHOCOLATE MOUSSE . . . . .		330
COFFEE JELLY . . . . .		331

---

## CONTENTS

CREAMY THREE-FLAVORED PUDDING . . . . .	332
FAKE FUDGE . . . . .	333
GINGER CINNAMON CUSTARD . . . . .	334
LIME ANGEL CUSTARD . . . . .	335
MELT IN YOUR MOUTH MOUSSE . . . . .	336
PUMPKIN PIE PUDDING . . . . .	337
SILKEN CHOCOLATE PUDDING . . . . .	338
VANILLA PANNA COTTA . . . . .	339
YOUR OWN ICE CREAM PARLOR . . . . .	340

## Main Dishes

### Beef

---

## BEEF GRAVY SUPREME

---

Makes 8 servings

Per Serving.  
 Effective carbohydrates: 2 g  
 Carbohydrates: 3 g  
 Fiber: 1 g  
 Protein: 19 g  
 Fat: 32 g  
 Calories: 382

Serve this over [Baked Winter Squash, spaghetti](#) for a yummy dinner! If you like it stroganoff style, just add 1/2 cup sour cream right before serving.

---

**Ingredients:**

*1/2 large sweet onion, chopped*  
*1 tablespoon lard*  
*2 pounds ground beef*  
*2 stalks celery, chopped*  
*4 cloves garlic, minced (or 1/2 teaspoon garlic salt and omit seasoning salt)*  
*2 tablespoons fresh parsley, chopped (or 1 tablespoon dried)*  
*1 mint leaf (1/2 teaspoon, approximately), chopped (or 1/2 teaspoon of mint from an unused mint tea bag would work)*  
*1/2 teaspoon fresh lemon thyme, chopped (or 1/4 teaspoon dried thyme would work if no lemon thyme is available)*  
*1/2 teaspoon lemon pepper*  
*1/8 teaspoon dry mustard powder*  
*1 teaspoon seasoning salt*  
*1/8 teaspoon SteviaPlus or 1/2 packet sucralose*  
*1/8 teaspoon hot chili oil or a few grains of cayenne*  
*1 1/2 cups water or beef or pork Rich Stock (page 254)*  
*1 tablespoon arrowroot mixed into 1/2 cup water*

---

In a small skillet, cook the onion in the lard until translucent and it begins to brown around the edges.

Meanwhile, in a large skillet with a lid, brown the ground beef. Drain it.

Add the cooked onion with its juices. Stir in the celery, garlic, parsley, mint, lemon thyme, lemon pepper, mustard powder, seasoning salt, SteviaPlus, chili oil, and water or stock. Cover and simmer 45 minutes to 1 hour.

Just before serving, add the arrowroot/water mixture to the boiling gravy and stir.

---

## BEEF PECAN

---

Makes 10 servings

Per Serving:  
 Effective Carbohydrates: 6 g  
 Carbohydrates: 8 g  
 Fiber: 2 g  
 Protein: 16 g  
 Fat: 42 g  
 Calories: 466

The original high-carb version of this recipe called for rice and cream of mushroom soup. Not exactly low-carb fare! This variation has the same feel as the original without all the carbs.

---

### **Ingredients:**

#### **Sauce:**

*1/2 small onion, chopped*  
*4 tablespoons butter*  
*3 stalks celery, chopped*  
*3/4 teaspoon sea salt*  
*1/4 teaspoon marjoram*  
*1 teaspoon parsley flakes*  
*1/2 teaspoon seasoning salt*  
*Pinch pepper*  
*1/2 cup beef Rich Stock (page 254) or commercially prepared stock*  
*1 3/4 cups half-and-half, cream, or Almond Milk (page 240)*  
*1/4 cup half-and-half, cream, or Almond Milk mixed with 1 1/2 teaspoons arrowroot powder*

#### **Casserole base:**

*1 1/3 pounds ground beef*  
*1/2 teaspoon seasoning salt*  
*1 6" head cauliflower, including*  
*Cooking oil spray*

#### **Topping:**

*3/4 cup almonds, ground*  
*1/3 cup soy protein powder*  
*1/2 teaspoon sea salt*  
*1/4 teaspoon Sweet & Slender*  
*1/4 teaspoon SteviaPlus*  
*4 tablespoons butter, chilled*  
*3/4 cup pecan pieces, broken*

---

In a 4-quart saucepan with a lid, cook the onion in the butter over medium heat until golden, about 10 minutes. Add the celery, sea salt, marjoram, parsley, seasoning salt, pepper, and stock to the pan, cover it, and bring it to a boil over medium heat. Reduce the heat to low and simmer it for 10 minutes, until the celery becomes soft. Remove the lid, pour in the 1 3/4 cups half-and-half, and heat it over medium-low heat until it is steaming. It is very important that you not boil your half-and-half. Add the half-and-half/arrowroot mixture and set the sauce aside.

While the onions and celery are cooking, brown the ground beef in a medium-sized frying pan over medium heat with the seasoning salt. When the beef is thoroughly browned, drain it, and set it aside.

Using a food processor with a chopping blade, finely chop the cauliflower into small pieces that resemble rice. A pulsing action works best for this task. Put the chopped cauliflower into a large bowl and set it aside.

(You should end up with about 6 cups of chopped cauliflower.)

To make the topping, add all of the topping ingredients EXCEPT the pecans to the food processor bowl, and pulse until well combined. Pour the topping into a small mixing bowl and add the broken pecan pieces. Set it aside.

When the sauce is done, add the ground beef and mix it well. Spray a 9" x 13" baking dish with cooking oil spray, and spread the cauliflower evenly over the bottom of the dish. Pour the beef and cream mixture over the cauliflower, making sure that all of the cauliflower is covered with the sauce. Sprinkle the topping evenly over the beef mixture. Bake at 350°F for 35 to 40 minutes, or until the sauce is bubbling and topping is golden brown. Remove the casserole from the oven and allow it to rest 5 to 10 minutes before serving.

---

## BEEF STEW WITH PUMPKIN

---

Makes 8 Servings

Per Serving.  
Effective Carbohydrates: 5g  
Carbohydrates: 7 g  
Fiber: 2 g  
Protein: 33 g  
Fat: 27 g  
Calories: 406

Super hearty! Warm and satisfying for those cold winter nights. Note: There is no additional cooking liquid added to this recipe. It is very important to have a tightly fitting lid for your pan! Also, avoid opening the pan until after at least the first hour, or you will lose too much of the precious steam.

---

### **Ingredients:**

*2 pounds beef stew meat*  
*2 tablespoons lard*  
*1/2 teaspoon seasoning salt*  
*1 medium sweet onion, chopped*  
*1 clove elephant garlic or 2 cloves garlic, minced*  
*2 bay leaves*  
*4" tops from 1 bunch celery or 2 large stalks celery, chopped*  
*2 small turnips, cut into 3/4" cubes*  
*2 carrots, cut into 1/2" chunks (optional)*  
*1/2 head cabbage, cut into 1 1/2" cubes*  
*1/2 teaspoon seasoning salt*  
*1/4 teaspoon basil*  
*1/4 lemon pepper*  
*1 cup pumpkin puree (use 1 15oz can of pumpkin puree)*

---

Place the stew meat and lard into a 5-quart stockpot. Season it with 1/2 teaspoon seasoning salt. Cook over medium heat until the meat loses most of its redness, about 5 minutes.

Add the onion and garlic, and continue to cook until the onion is translucent, about 3 to 4 minutes. Add the bay leaves, celery, turnips, carrots, cabbage, 1/2 teaspoon seasoning salt, basil, and lemon pepper. Cover tightly and allow to simmer on low 4 to 6 hours.

After that time, remove the bay leaves and add the pumpkin to the pot. Simmer uncovered 5 minutes.

---

## CHEESEBURGER CASSEROLE

---

Makes 8 servings

Per Serving.  
 Effective Carbohydrates: 3 g  
 Carbohydrates: 3 g  
 Fiber: 0 g  
 Protein: 18 g  
 Fat: 22 g  
 Calories: 286

This is a yummy casserole that is great served for brunch as well as dinner. Enjoy the extras for lunch the next day or two. If you have access to bulk beef sausage, you can use it in place of the beef and seasonings. You can also skip the bread if you want! This is a very flexible recipe.

---

### **Ingredients:**

*1 pound ground beef*  
*medium-sized onion or 1 tablespoon dried minced onion*  
*4 cloves garlic or 1 teaspoon garlic granules*  
*2 slices low-carb bread, cut into 1/2" to 1" cubes*  
*1/2 tablespoon olive oil*  
*1/2 teaspoon ground sage*  
*1/2 tablespoon dried parsley flakes*  
*1/2 teaspoon dried rosemary*  
*1/4 teaspoon dried marjoram*  
*8 drops hot chili oil (about 1/8 teaspoon) or a few grains of cayenne*  
*1/2 teaspoon lemon pepper*  
*1 tablespoon coconut oil or olive oil*  
*1/2 tablespoon butter*  
*1/2 teaspoon sea salt*  
*1 teaspoon seasoning salt, divided*  
*4 eggs*  
*2/3 cup yogurt or kefir (sour cream could be used as well)*  
*3/4 cup shredded cheese (Cheddar, Colby, or a blend)*  
*2 tablespoons grated Parmesan cheese*  
*Basil, for garnish*  
*Garlic granules, for garnish*

---

Brown the beef, onions, and garlic in a frying pan over medium heat, about 6 to 8 minutes. Drain it.

Toss the bread cubes with the olive oil in a 9" x 13" baking pan. Bake in a 350°F oven for about 5 to 8 minutes, until they are nearly dry. Add the beef and seasonings (including 1/2 teaspoon of seasoning salt) to the baking dish and stir it well.

Combine the eggs, remaining 1/2 teaspoon of seasoning salt, and yogurt in a small dish, mixing well. Pour it over the bread and sausage mixture. Do not stir.

Sprinkle the cheeses over the top of the casserole. Garnish it with a very small amount of basil and garlic granules.

Bake the casserole for about 25 minutes at 350°F.

Refrigerate any leftovers and reheat in the microwave on medium power until they are warm.

---

## FAKE-ARONI AND CHEESE CASSEROLE

---

Makes 6 Servings

Per Serving.  
Effective Carbohydrates: 6 g  
Carbohydrates: 8 g  
Fiber: 2 g  
Protein: 18 g  
Fat: 38 g  
Calories: 440

Think of that timeless kids' favorite, macaroni and cheese, and you've got it! This recipe doubles, even triples, quite easily, just be sure to allow for extra baking time!

---

### **Ingredients:**

*1 1/2 cups sour cream*

*2 eggs*

*1 1/4 cups cheese, shredded (Colby, Monterey jack, Cheddar, mozzarella, etc.)*

*1/4 teaspoon paprika*

*1 1/2 tablespoons minced onion, dried*

*1 teaspoon seasoning salt*

*1/4 teaspoon lemon pepper*

*1 pound cauliflower, chopped into 1/2" pieces (approximately 5 cups, either fresh or frozen)*

*1 pound beef franks, cut into bite-sized pieces*

*1 tablespoon parsley flakes*

*Cooking oil spray*

---

In a large mixing bowl, stir together the sour cream, eggs, cheese, and spices (except the parsley). Mix thoroughly with a wire whisk, if available. Stir the cauliflower and franks into the cheese mixture.

Spray a 9" x 13" x 2" pan with cooking oil spray and pour the cauliflower and cheese mixture into the pan. Spread the mixture evenly and sprinkle it with the parsley flakes. Bake it at 350°F for about 25 to 35 minutes, or until it is bubbly and golden.

---

## GRILLED FLANK STEAK WITH CUMIN AIOLI

---

Makes 6 servings

Per serving.  
 Effective carbohydrates: 1.2 g  
 Carbohydrates: 1.5 g  
 Fiber: 0.3g  
 Protein: 42.7 g  
 Fat: 58 g  
 Calories: 701

You can use a sirloin steak in place of the flank steak. In fact, any steak is good with the cumin aioli. Flank steak is best served medium-rare or less, and leftovers are wonderful.

---

### **Ingredients:**

1 Tbsp (15 ml) cumin seeds  
 1 large egg  
 1 tsp (5 ml) Dijon mustard  
 1/2 tsp (2.5 ml) sea salt  
 1 garlic clove, minced  
 1/2 cup (120 ml) vegetable oil  
 4 tsp (20 ml) freshly squeezed lemon juice  
 1/2 cup (120 ml) extra-virgin olive oil  
 3 Tbsp (45 ml) extra-virgin olive oil  
 1/2 tsp (2.5 ml) sea salt  
 2 garlic cloves, minced  
 1/2 tsp (2.5 ml) freshly ground black pepper  
 1-2 1/2 lb (1.1 kg) flank steak

---

*To make the cumin aioli:* Place the cumin seeds in a small frying pan and stir over medium heat for 2 minutes, or until they darken a shade. Remove from the heat. Finely grind half of the cumin seeds in a coffee grinder or with a mortar and pestle.

In a blender or food processor, combine the egg, mustard, salt, garlic, and the ground cumin seeds. Process briefly to blend. With the motor running, add the vegetable oil in a slow, steady stream. Pour in the lemon juice and then slowly add the olive oil until the aioli is emulsified. If the mixture seems too thick, add a spoonful or two of water. Scrape the aioli into a bowl and stir in the whole cumin seeds. Cover and refrigerate.

*To make the steak:* In a small bowl, mix the oil, salt, garlic, and pepper. Spread on both sides of the steak. Cover and refrigerate up to overnight.

Preheat the grill or broiler. Grill or broil the steak for 3 to 4 minutes on each side for medium-rare. Remove the steak from the heat and let it sit for a few minutes. Slice very thinly across the grain and serve with the aioli on the side.

---

## HAMBURGERS (WITH VARIATIONS)

---

Makes 4 servings

Per serving.  
Carbohydrates: .4 g  
Protein: 4 oz

---

**Ingredients:**

*1 lb ground beef*  
*Salt and black pepper to taste*  
*1 clove garlic, minced (optional)*  
*1 Tbsp chopped parsley (optional)*  
*1 Tbsp chopped chives or scallions (optional)*  
*1 Tbsp olive oil or butter (if ground beef is very lean)*

---

If you just want a simple burger, season beef with salt and pepper and form into 4 patties. Add the garlic and/or parsley and chives to the beef mixture if you like an added flavor. Slowly preheat a skillet. Add oil or butter if beef is lean. Saute patties about 3 minutes per side. Pour pan drippings over burgers.

---

## Wine Sauce for Burgers

---

Makes 4 servings

Per serving.  
Carbohydrates: 0.25 g  
Protein: 0 oz

---

**Ingredients:**

*1/4 cup beef broth*  
*1/4 cup dry red wine*

---

When you remove burgers from skillet, deglaze skillet with broth and wine. Mix with pan juices, reduce slightly, and pour over burgers.

---

## Chili Sauce for Burgers

---

Makes 4 servings

---

## 0.0 Beef

---

Per serving.  
Carbohydrates: 0.87 g  
Protein: 0.12 OZ

---

### **Ingredients:**

*2 Tbsp Better Than Bouillon chili base*

---

Mix chili base with Wine Sauce (above) in skillet until heated through. Pour over burgers.

---

## Cheeseburger

---

Per ounce of cheese.  
Carbohydrates: 1 g  
Protein: 1 OZ

---

### **Ingredients:**

*4 oz cheese - American, cheddar, Gruyere, or blue*

---

Place 1 ounce cheese on each burger about 1 minute before burgers are finished cooking. Coverskillet with a lid until cheese is melted.

---

## Herb Butter for Burgers

---

Makes 4 servings

Per serving.  
Carbohydrates: 0.78 g  
Protein: 0 oz PRO

---

### **Ingredients:**

*4 Tbsp butter (1/2 stick)  
1 Tbsp lemon zest  
1 tsp Worcestershire sauce  
2 Tbsp chopped parsley  
1 Tbsp chopped basil  
1 Tbsp chopped chives  
1 Tbsp chopped oregano*

Beat butter until soft. Add all other ingredients. This can be done in a food processor. Chill slightly, divide into 4 pieces, and place 1 piece on each warm burger.

---

## Mushroom Topping for Burgers

---

Makes 4 servings

Per serving.  
Carbohydrates: 1.63 g  
Protein: 0.2 OZ

---

***Ingredients:***

*1 recipe Mushrooms Sauteed with Wine and Garlic (page 245)*

---

Serve Mushrooms Sauteed with Wine and Garlic atop or alongside the burgers.

---

## KEEMA (SPICED GROUND BEEF)

---

Makes 4 servings

Per serving.  
 Effective carbohydrates: 6.6 g  
 Carbohydrates: 8.1 g  
 Fiber: 1.5 g  
 Protein: 43.7 g  
 Fat: 48.3 g  
 Calories: 648

I'm always looking for interesting things to go with salads-especially things that can be made ahead of time and reheated. Since I'm a huge fan of East Indian cooking, I often turn to that cuisine for inspiration.

You can prepare the keema entirely on the stovetop, as directed below. Or you can finish it in the oven: After adding the water and spices, cover the pot and bake at 300°F (150°C) for 1 hour, checking occasionally to make sure that the water has not evaporated.

This is great with a spinach salad, zucchini, or green beans. One of my favorite breakfasts is heating up the keema until sizzling and scrambling eggs into it.

Note: One of the easiest ways I've found to crumble ground beef, pork, or sausages as they cook is to use a potato masher. The ones that have a grid of small squares work the best, but any kind will do. I have a wooden potato masher that I bought when I was 18, and it still serves me well.

---

### **Ingredients:**

*1/4 cup (60 ml) vegetable oil*  
*2 bay leaves*  
*1 3-inch (7.5-cm) cinnamon stick*  
*1 1/2 cups (360 ml) finely chopped onion*  
*1 Tbsp. (15 ml) grated fresh ginger*  
*5 garlic cloves, minced*  
*1 Tbsp. (15 ml) ground coriander*  
*1 Tbsp. (15 ml) ground cumin*  
*1 tsp. (5 ml) turmeric*  
*1 Tbsp. (15 ml) tomato paste*  
*2 lb. (908 g) lean ground beef*  
*1/2 cup (120 ml) water*  
*1/4 tsp. (1.2 ml) freshly grated nutmeg*  
*1/4 tsp. (1.2 ml) ground mace*  
*1 tsp. (5 ml) sea salt*  
*1/4 to 1/2 tsp. (1.2 to 2.5 ml) cayenne pepper*

---

Heat the oil in a large pot over high heat. Add the bay leaves and cinnamon. Cook for a few moments until the bay leaves darken. Add the onion, ginger, and garlic. Cook, stirring occasionally, over medium heat until the onion turns dark brown. Add the coriander, cumin, and turmeric. Cook for 2 minutes. Stir in the tomato paste.

Add the beef and cook, breaking up the pieces, until browned. Add the water, nutmeg, mace, salt, and cayenne to taste. Turn the heat to low. Cover and simmer for 1 hour, stirring frequently and adding more water as needed to prevent the mixture from sticking. Remove the bay leaves.

---

## LOW-CARB STROGANOFF STEW

---

Makes 8 servings

Per Serving. Effective Carbohydrates: 6 g  
Carbohydrates: 7 g  
Fiber: 1 g  
Protein: 34 g  
Fat: 33 g  
Calories: 461

This recipe is great for busy days. You can even cut up the meat and veggies ahead of time and keep them in the fridge until you are ready to use them. This also makes a great slow cooker dish. Just put everything into the slow cooker and cook it on low for about 8 hours. Add the sour cream just prior to serving. This makes a nice all-in-one meal!

---

### **Ingredients:**

*1 medium onion, chopped*  
*3 cloves garlic, minced*  
*3 stalks celery, chopped*  
*2 turnips, cut up*  
*2 pounds beef stew meat, cubed*  
*1 1/2 cups cabbage, chopped*  
*1 teaspoon seasoning salt*  
*1/2 teaspoon lemon pepper*  
*1/4 teaspoon paprika*  
*1/2 teaspoon dill weed, dried*  
*1 1/2 teaspoons lime juice (fresh is always best!)*  
*1/2 cup water*  
*1 1/2 cups sour cream*

---

Combine all of the ingredients, except the sour cream, in a large pot with a lid. Cover the pot and bring the stew to a simmer. Simmer over medium-low heat for about 20 to 30 minutes, or until the vegetables are becoming tender. In the last 5 minutes of cooking, add the sour cream.

---

## MANDARIN BEEF SAUTE

---

Makes 4 servings

Per serving.  
Carbohydrates: 1.2 g  
Protein: 4.1 oz

---

### **Ingredients:**

*1 Tbsp roasted sesame oil (see Note 1)*  
*1/2 tsp minced fresh ginger*  
*1/3 tsp crushed red pepper flakes (optional)*  
*1/3 cup sliced button mushrooms*  
*1 lb thinly sliced lean beef (see Note 2)*  
*1 Tbsp soy sauce*  
*2 Tbsp cider vinegar*

---

In a large heavy skillet, heat oil on a low temperature. Add ginger, red pepper flakes, and mushrooms, then saute for 2-3 minutes. Add sliced beef to the skillet and increase temperature to a medium-high setting. Stir continuously for 3-4 minutes. Stir in soy sauce and vinegar. Immediately remove skillet from burner and serve warm. This recipe will keep in the refrigerator for 3-4 days. It will store in the freezer for 2-3 months.

### **Notes**

Oriental-style roasted (dark) sesame oil is made from natural sesame seeds that are roasted before the oil is extracted. The taste is richer than that of the lighter variety. Either one can be used for this recipe.

Slice beef by holding the knife on a diagonal angle across the grain. A thin cut provides the best flavor for this quick cooking style. The meat is easier to slice if it's slightly frozen, and you get nicer slices. KW

---

## MARVELOUS MEATBALLS

---

Makes about 26 meatballs

Per Meatball.  
Effective Carbohydrates: 0 g  
Carbohydrates: 1 g  
Fiber: 1 g  
Protein: 11 g  
Fat: 17 g  
Calories: 205

This easy meal can be served with your choice of dipping sauces. Freeze leftover meatballs for a quick meal! Reheat at 375°F for about 25 minutes or until hot.

---

### **Ingredients:**

1 pound *Sharron's Pork Sausage*, *1946 Pork Sausage* (page 54), or commercially prepared sausage  
1 1/2 pounds ground beef  
3/4 cup pork rinds, ground  
1/4 cup onion, minced  
2 tablespoons parsley flakes  
1/4 teaspoon dry mustard powder  
1 teaspoon seasoning salt  
3 cloves garlic, minced  
1/4 teaspoon lemon pepper  
2 eggs  
1/3 cup *Almond Milk* (page 240), unsweetened, or cream

---

Combine all of the ingredients in a large mixing bowl. Mix well and allow the meat mixture to rest at least 5 minutes.

Form the meat into 2" balls. Bake them in a 9" x 13" x 2" baking pan about 20 minutes at 375°F, or barbecue over medium coals the same amount of time. They are done when they feel firm to the touch, no longer mushy.

---

## MEATBALL SOUP

---

Makes about 10 servings

Per Serving.  
Effective Carbohydrates: 3 g  
Carbohydrates: 5 g  
Fiber: 2 g  
Protein: 30 g  
Fat: 46 g  
Calories: 588

This is one of those great "clean out the fridge" soups. Use whatever fresh or frozen veggies you have available in addition to or instead of those listed. It is sure to be a winner!

---

### **Ingredients:**

*1/2 medium onion, chopped*  
*4 cloves garlic, minced*  
*1 to 2 tablespoons lard*  
*Seasoning salt, to taste*  
*6 cups beef Rich Stock (page 254)*  
*1 carrot, chopped (optional)*  
*3 stalks celery, chopped*  
*3 cups cabbage, chopped into 1" cubes*  
*1 1/2 cups broccoli (or cauliflower) stems, peeled and chopped or chopped zucchini*  
*1 bay leaf*  
*1/2 teaspoon marjoram, dried*  
*1/8 teaspoon fennel/anise seed*  
*1/2 tablespoon parsley*  
*Salt and lemon pepper to taste*  
*48 1" [Marvelous Meatballs](#)*

---

In a 5-quart pot with a lid, cook the onion and the garlic in the lard with seasoning salt until they are beginning to become slightly golden, about 10 minutes. Add all of the remaining ingredients, except the meatballs, cover the pot, and simmer while preparing the meatballs, about 30 minutes.

Meanwhile, prepare the meatballs. Bake them on a baking sheet for about 15 minutes. Add the cooked meatballs to the soup and simmer covered for another 20 minutes.

---

## MEAT-LOVER'S PIZZA

---

Makes 8 slices

Per slice.  
 Effective carbohydrates: 8.9 g  
 Carbohydrates: 11 g  
 Fiber: 2.1 g  
 Protein: 38.5 g  
 Fat: 40.1 g  
 Calories: 564  
 Per crust (8 servings).  
 Effective carbohydrates: 5.8 g  
 Carbohydrates: 6.5 g  
 Fiber: 0.7 g  
 Protein: 209 g  
 Fat: 99 g  
 Calories: 1,812

I love having cold pizza for breakfast. It reminds me of my former life, when I used to sock away half a large pizza in one sitting and eat the leftovers for breakfast.

You can use ground chicken, turkey, pork, or lamb for the crust instead of beef. For true decadence, make the crust entirely out of Italian sausage.

Use the mushroom and pepper topping given here or whatever toppings are your favorites. Two of mine are prosciutto with black olives and onion and Italian sausage with green olives and mushrooms. I used to love the salty, hot, and sweet combination of anchovy, hot peppers, and pineapple, but there's no good substitute for pineapple. I don't think strawberries would cut it!

---

### **Ingredients:**

#### **MEAT CRUST**

2 lb. (908 g) extra-lean ground beef  
 1/4 cup (60 ml) finely diced onion  
 1 garlic clove, minced  
 1 large egg  
 1/2 cup (120 ml) freshly grated Parmesan cheese  
 3/4 tsp. (3.7 ml) sea salt  
 1/4 tsp. (1.2 ml) freshly ground black pepper

#### **MUSHROOM AND PEPPER TOPPING**

2 Tbsp. (30 ml) extra-virgin olive oil  
 3/4 lb. (340 g) mushrooms, sliced  
 Sea salt and freshly ground black pepper  
 1 cup thinly sliced red bell pepper  
 1 cup Tomato Sauce (or mix 2 tablespoons tomato paste into 1 cup mayo then carbs per slice would be 10g)  
 12 oz full-fat mozzarella cheese, grated  
 1 tsp dried oregano (optional)

---

To make the meat crust: Preheat the oven to 450°F (225°C).

In a large bowl, mix the beef, onion, garlic, egg, cheese, salt, and pepper. Pat evenly in a 16-inch (40-cm) rimmed pizza pan.

Bake for 10 minutes. Remove from the oven and carefully pour out the juices that have accumulated in the pan. The meat will have shrunk to about 12 inches (30 cm), and this is fine.

*To make the mushroom and pepper topping:* Heat the oil in a large frying pan over high heat. Add the mushrooms, season with salt and black pepper, and fry for 5 to 10 minutes, or until the mushrooms are browned and the liquid has evaporated. Scoop the mushrooms out of the pan into a sieve to drain. Add the sliced pepper to the pan. Fry until the peppers are slightly limp. Add to the mushrooms.

Preheat the broiler. Spread the tomato sauce evenly over the meat crust and scatter the mushrooms and peppers over it. Cover evenly with the cheese and sprinkle with the oregano (if using).

Broil until bubbly and lightly browned. Cool on a rack for a few minutes before slicing and serving.

### **JAPANESE PIZZA?**

Believe it or not, mayonnaise is a very common pizza ingredient in Japan, and it's quite delicious. It's used in place of tomato sauce. If you're in the weight-loss phase of low-carbing, it's something to consider. You can also mix tomato sauce or pesto with mayonnaise to cut down on the carbohydrate count.

---

## NIGHTSHADE-FREE TACO MEAT

---

Makes about 6 servings

Per Serving.  
 Effective Carbohydrates: 1 g  
 Carbohydrates: 2 g  
 Fiber: 1g  
 Protein: 19 g  
 Fat: 36 g  
 Calories: 409

Nightshades are a group of plants that are all related to the toxin nightshade. They are: potatoes, tomatoes, eggplant, all forms of peppers except peppercorns, and paprika. They are a very common allergen and can cause violent reactions in many people. This wonderful recipe satisfies the urge for a taco while avoiding nightshades. Serve on [Nightshade-Free Taco Salad](#).

---

### **Ingredients:**

*1 1/2 pounds ground beef*  
*1/2 medium onion, chopped (about 1/2 cup)*  
*2 cloves garlic, minced or 1 tsp garlic powder*  
*2 tablespoons butter*  
*1/4 cup water (didn't add this)*  
*2 teaspoons hot chili oil (added only half)*  
*1 teaspoon lemon pepper (1 1/2 tsp Penzey's Singapore Seasoning as substitute for the lemon pepper and cumin)*  
*1/2 teaspoon oregano*  
*1 teaspoon sea salt*  
*1/2 teaspoon cumin, ground*  
*1/2 teaspoon Sweet & Slender (or the same of SteviaPlus) 1/4 tsp powdered stevia*

---

In a large skillet, brown the ground beef and drain it in a large colander. While the beef is draining, cook the onion and garlic in the butter until golden, about 5 minutes. Add the beef and remaining ingredients. Simmer until most of the moisture has evaporated, about 5 minutes.

---

## NIGHTSHADE-FREE TACO SALAD

---

Makes 1 Serving

Per Serving.  
 Effective Carbohydrates: 6 g  
 Carbohydrates: 11 g  
 Fiber: 5 g  
 Protein: 25 g  
 Fat: 45 g  
 Calories: 544

This is rather like going to a Mexican restaurant without the bill! If you would like to have a fancy taco salad shell to put this in, follow the instructions given in Cheese Crisps (page 5).

---

### **Ingredients:**

*3 cups Romaine lettuce, chopped (or other dark green mixed salad greens)*  
*4 black olives, sliced*  
*1/2 cup cucumber slices*  
*(Tomatoes, few chopped up)*  
*2 radishes, thinly sliced (didn't add)*  
*Grated cheese (sprinkled on top of veggies)*  
*2 teaspoons lemon juice, fresh*  
*1 tablespoon olive oil*  
*Seasoning salt*  
*Lemon pepper*  
*4 to 6 ounces [Nightshade-Free Taco Meat](#)*  
*2 tablespoons sour cream*

---

Combine the lettuce, olives, cucumber, and radishes in a salad bowl. Drizzle the lemon juice and olive oil over the top (the amounts given are approximate, as tastes will vary). Sprinkle lightly with seasoning salt and lemon pepper. Toss the salad thoroughly.

Place the taco meat on the top of the salad and garnish with a dollop of sour cream.

We had all the ingredients in bowls separately and had everyone assemble their own salad. After layering the veggies in listed order, put grated cheese, then warm taco meat mixture (enough for daily meal protein allotment). Sprinkle on dressing ingredients. Add dollop of sour cream last. Enjoy!

---

## PORCUPINES

---

Makes 6 Servings

Per Sserving.  
Effective Carbohydrates: 0 g  
Carbohydrates: 1 g  
Fiber: 1 g  
Protein: 8 g  
Fat: 11 g  
Calories: 144

This is a variation on a recipe from my childhood. Porcupines are meatballs with rice in them. Though rice may be out for the low-carb way of life, Porcupines are still in, thanks to this great recipe. If you don't want to use these right away, put the meatballs, along with the cooking juices, into a covered container and refrigerate. The meatballs will reabsorb the liquid, but not the fat that was released. Reheat them on a baking sheet for about 8 minutes at 375°F. They may also be grilled for the original cooking method. Serve with Sweet and Zingy Mustard Sauce (page 258).

---

### **Ingredients:**

*1 1/2 pounds ground beef*  
*1 cups broccoli slaw (found in the bagged salad section of the grocer)*  
*1/4 cup soy protein (not soy flour!)*  
*1 tablespoon lime juice, fresh*  
*1/2 teaspoon Sweet & Slender*  
*1/2 teaspoon ginger*  
*1/2 teaspoon lemon pepper*  
*1 teaspoon seasoning salt*  
*1/2 cup water*

---

In a large mixing bowl, combine all of the ingredients and mix them well. Form the mixture into 2" balls and gently place them into a large skillet with a well-fitting lid. Cover and cook them for about 10 minutes over medium heat, until they are just beginning to brown. Turn the meatballs. Cover them and cook for another 5 minutes.

---

## SHEPHERD'S PIE WITH MUSHROOMS, SMOKED CHEDDAR, BACON, AND SOUR CREAM

---

Makes 9 servings

Per serving.  
Effective carbohydrates: 5.8 g  
Carbohydrates: 9.1 g  
Fiber: 3.3 g  
Protein: 42.9 g  
Fat: 29.5 g  
Calories: 475

The smoked cheddar is great, but regular cheddar will do. This is fabulous for breakfast!

---

### **Ingredients:**

*3 lb (1.3 kg) lean ground beef*  
*1 cup (240 ml) finely diced onion*  
*1 cup (240 ml) finely diced celery*  
*1/4 tsp (1.2 ml) dried thyme or 1 tsp. (2.5 ml) fresh thyme leaves*  
*1 Tbsp (15 ml) tomato paste*  
*Sea salt and freshly ground black pepper*  
*2 Tbsp (30 ml) unsalted butter*  
*1/2 lb (227 g) mushrooms, coarsely chopped*  
*2 lb (908 g) cauliflower, trimmed*  
*2 cups (480 ml) shredded smoked cheddar cheese*  
*1/4 cup (60 ml) sour cream*  
*2 Tbsp (30 ml) unsalted butter*  
*1 large egg*  
*8 bacon slices, cooked until crisp and crumbled*  
*Paprika*

---

*To make the beef:* Place the beef in a large pot and cook over high heat, crumbling the meat with a spoon until it loses its raw, red color. Stir in the onion, celery, thyme, and tomato paste. Season lightly with salt and pepper. Cover tightly, turn the heat to low, and cook for 20 minutes, stirring occasionally. Add a touch of water if the mixture looks too dry; it should look juicy but not wet.

Heat the butter in a large frying pan over high heat until the foam subsides. Add mushrooms and cook briskly until the water has evaporated and the mushrooms are soft. Add the mushrooms to the beef mixture and cook for 10 minutes longer.

*To make the cauliflower puree:* Chop the cauliflower, including the core, into chunks. Place in a large pot and add enough water to cover the pieces by 1 inch (2.5 cm). Bring to a boil over high heat and cook until extremely tender, about 20 minutes. Drain well. Transfer to a food processor and blend until smooth. Remove 1 cup of the puree and stir into the pot with the beef.

To the remaining cauliflower in the food processor, add the cheese, sour cream, and butter; blend well. Add the egg and blend until smooth. Add the bacon and pulse once or twice to combine.

Preheat the oven to 350°F (175°C).

Spread the beef mixture in a 9 X 9-inch (22.5 X 22.5-cm) deep baking dish. Cover with the cauliflower mixture and smooth the top. Sprinkle with the paprika or make crisscross lines, dots, or whatever strikes your fancy. Place the baking dish on a large rimmed baking sheet to catch any drips.

Bake for 45 minutes, or until bubbly and browned. Let sit for 10 minutes before serving.

---

## SLIGHTLY ITALIANO MEAT LOAF

---

Makes 12 servings

Per serving.  
Effective carbohydrates: 1 g  
Carbohydrates: 1.2 g  
Fiber: 0.2 g  
Protein: 27.6 g  
Fat: 12.7 g  
Calories: 236

I like to have meat loaf around for breakfast, dinner, or a cold snack. I enjoy it fried and served with eggs for breakfast. Or heated under the broiler, then spread with mayonnaise and Dijon mustard, smothered with cheese and a few slices of tomato, and broiled again until the cheese is bubbly.

Note: You can use bacon in place of the pancetta if you prefer.

---

### **Ingredients:**

*1/4 lb. (112 g) pancetta, diced*  
*3 large eggs*  
*3 lb. (1.3 kg) lean ground beef*  
*1/2 cup (120 ml) freshly grated Parmesan cheese*  
*2 Tbsp. (30 ml) finely chopped fresh parsley*  
*1/2 cup (120 ml) finely chopped onion*  
*2 garlic cloves, minced*  
*1 tsp. (5 ml) sea salt*  
*1/2 tsp. (2.5 ml) freshly ground black pepper*  
*2 Tbsp. (30 ml) finely diced sun-dried tomatoes*

---

Preheat the oven to 350°F (175°C).

Place the pancetta in a food processor and process until finely ground. Add the eggs and pulse to combine. Place in a large bowl and add the beef, cheese, parsley, onion, garlic, salt, pepper, and tomatoes. Mix well with your hands and pack into a 12 x 4 1/2-inch (30 x 11.5 cm) loaf pan.

Bake for 1 1/4 hours. Let cool for 15 minutes before slicing.

---

## STUFFED CABBAGE ROLLS

---

Makes 4 servings

Per Serving.  
 Effective Carbohydrates: 2 g  
 Carbohydrates: 3 g  
 Fiber: 1 g  
 Protein: 22 g  
 Fat: 28 g  
 Calories: 363

If you do not wish to use the stewed tomatoes or tomato sauce listed below, you may steam the Cabbage Rolls in a steamer for about 20 to 25 minutes or until they test at 170°F with a meat thermometer. And another yummy way to fix this is to add a 1-pound can of sauerkraut to the top of the rolls before adding the tomato sauce, and bake as directed.

---

**Ingredients:**

*1 pound lean ground beef*

*1 egg*

*1/4 cup cream or Almond Milk (page 240)*

*2 tablespoons minced onion, dried, or 1/4 cup fresh*

*1/2 teaspoon seasoning salt*

*1/4 teaspoon lemon pepper*

*1/2 teaspoon Italian seasonings*

*4 large cabbage leaves*

*Optional: 1 14-ounce can Italian herb stewed tomatoes*

*(be sure sugar is one of the very last ingredients, or preferably no sugar at all), or equivalent tomato sauce plus 1 teaspoon Italian seasonings.*

---

Combine the beef, egg, cream, and seasonings well in a mixing bowl. Divide the meat into 4 equal parts and form each into a small loaf shape. Set them aside.

Bring a medium-sized pot of water to a boil. Turn it off and place the cabbage leaves into the pot for 5 minutes, until they are soft and pliable. Place the leaves on a large plate or cutting board. Put a piece of meat on a cabbage leaf and wrap it end over end, tucking the ends, as if it were a small burrito.

Place the rolls into an 8" square baking dish, and pour the stewed tomatoes or tomato sauce over the top. Bake at 350°F for about 45 minutes to 1 hour, or until they test at 170°F with a meat thermometer.

---

## TACO CASSEROLE

---

Makes 8 servings

Per serving.  
 Effective Carbohydrates: 1 g  
 Carbohydrates: 2 grams  
 Fiber: 1 g  
 Protein: 11  
 Fat: 13 g  
 Calories: 174

This yummy dinner pie can be used just as easily for breakfast or brunch as it can for dinner. Don't hesitate to add different toppings or try variations. This is an easy winner!

---

### **Ingredients:**

8 eggs  
 1/3 cup kefir or buttermilk  
 2 tablespoons milk and egg protein powder  
 1/2 teaspoon dried cilantro or 1 teaspoon chopped fresh cilantro  
 1/4 teaspoon dried oregano  
 1/16 teaspoon chipotle pepper granules or hot chili oil  
 1 teaspoon seasoning salt  
 3/4 cup shredded cheese (Cheddar, Colby, or a blend)  
 3/4 cup [Taco Meat](#)  
 Olive oil cooking spray

### **Toppings:**

1/2 cup sour cream  
 1/2 cup shredded cheese (Cheddar, Colby, or a blend)  
 1/2 cup sliced olives  
 1/2 cup salsa, fresh tomatoes, or both

---

In a mixing bowl, combine the eggs, buttermilk, protein powder, and seasonings with a wire whisk. Add the cheese and taco meat, mixing well.

Spray a 10" pie pan with cooking oil spray. Pour the casserole mixture into the pie pan.

Bake the casserole at 325°F for about 35 to 40 minutes or until a knife inserted just off center comes out clean.

Spread the sour cream over the finished pie and add the remaining toppings. Slice it and serve!

Store leftovers covered in the refrigerator. Reheat in the microwave on medium power until warm.

---

## TACO MEAT

---

Makes about 6 servings

Per serving.  
Effective Carbohydrates: 1 g  
Carbohydrates: 2 g  
Fiber: 1 g  
Protein: 19 g  
Fat: 36 g  
Calories: 409

I like to keep a batch of this made up for quick lunches and dinners. It is great in Taco Casserole (page 174) and several other recipes in this book.

---

### **Ingredients:**

*1 1/2 pounds ground beef*  
*1/2 medium onion, chopped*  
*2 cloves garlic, minced*  
*2 tablespoons butter*  
*1/4 cup water*  
*2 teaspoons hot chili oil or about 1 teaspoon cayenne or chipotle pepper granules*  
*1 teaspoon lemon pepper*  
*1/2 teaspoon dried oregano*  
*1 teaspoon sea salt*  
*1/2 teaspoon ground cumin*  
*1/2 teaspoon Sweet & Slender or SteviaPlus*

---

In a large skillet, brown the ground beef and drain it in a large colander. While the beef is draining, cook the onions and garlic in the butter until becoming golden, about 5 minutes. Add the beef and remaining ingredients. Simmer until most of the moisture has evaporated, about 5 minutes. This may be kept refrigerated up to 3 days or frozen for up to 1 month.

---

## TAMARIAN'S UPSIDE-DOWN SHEPHERD'S PIE

---

Makes 8 servings

Per serving.  
 Effective carbohydrates: 8.3 g  
 Carbohydrates: 12.3 g  
 Fiber: 4 g  
 Protein: 31 g  
 Fat: 31.5 g  
 Calories: 457

We all swooned when Tamarian, the Webmaster of [lowcarber.org](http://lowcarber.org), brought this to a potluck. I've toned down the seasonings a bit to make it more "family friendly," but that hasn't changed the swoonability factor at all.

Note: After opening a small can of tomato paste, put it in the freezer. When it's frozen, open the closed end with a can opener and leave the bottom lid on it. To use the tomato paste, push the paste out (using the lid) and slice off the amount you need. One-quarter inch (0.6 cm) is about 1 Tbsp. (15 ml) of tomato paste. Store the can in a plastic bag.

---

### **Ingredients:**

2 lb. (908 g) cauliflower, trimmed and grated, about 5 cups (1.2 L)  
 1 cup (240 ml) full-fat cottage cheese  
 1 1/2 tsp. (7.5 ml) sea salt  
 1 Tbsp. (15 ml) unsalted butter  
 1 cup (240 ml) finely diced red bell pepper  
 1/2 cup (180 ml) finely diced onion (with this change carbs 9.5 per serving)  
 4 garlic cloves, minced  
 1 Tbsp. (15 ml) extra-virgin olive oil  
 2 lb. (908 g) lean ground beef  
 2 Tbsp. (90 ml) tomato paste (with this change carbs 8 per serving)  
 1/4 cup (60 ml) malt vinegar  
 1 tsp. (5 ml) curry powder  
 Sea salt and freshly ground black pepper  
 4 oz. (112 g) full-fat mozzarella cheese, shredded

---

*To make the cauliflower base:* In a large pot (preferably nonstick), combine the cauliflower, cottage cheese, and salt. Cook over medium-low heat, stirring frequently, until the cauliflower is tender but still has a bit of resistance, about 30 minutes.

Add the butter and mash by hand or puree in a food processor or with a hand-held blender. Spread in the bottom of an 11 x 8 1/2-inch (27.5 cm x 21-cm) baking dish.

*To make the filling:* While the cauliflower is cooking, combine the red pepper, onion, garlic, and oil in a large pot. Saute over medium heat until tender but not browned, about 5 minutes. Turn the heat to high and add the beef. Cook, crumbling the beef with a spoon, until completely browned.

Stir in the tomato paste, vinegar, curry powder, and salt and pepper to taste. Turn the heat to low and cook until thickened, about 15 minutes. Spread over the cauliflower and sprinkle with the cheese.

Preheat the oven to 350°F (175°C).

Bake for 20 to 25 minutes. Remove from the oven and let sit for 10 minutes before serving.

---

## TERIYAKI BEEF

---

Makes 12 servings

Per serving.  
Effective Carbohydrates: 1 g  
Carbohydrates: 1 g  
Fiber: 0 g  
Protein: 21 g  
Fat: 16 g  
Calories: 240

You can have your teriyaki sauce and eat it, too. This simple sugar-free recipe adds a delicious kick to beef. It can be used on chicken and pork, as well.

---

### **Ingredients:**

*3 pounds boneless beef sirloin steak or roast*  
*1/2 cup Bragg Liquid Aminos or soy sauce*  
*2 teaspoons ground ginger*  
*1/8 teaspoon roasted chipotle pepper granules or hot chili oil*  
*2 tablespoons garlic granules (roasted, if available)*  
*1 teaspoon SteviaPlus*  
*4 packets sucralose*  
*1/2 teaspoon lemon pepper*

---

Slice the beef into strips 1/2" thick by about 3" to 4" long. Place them in a large plastic container with a lid.

Combine the remaining ingredients in a small dish. Pour them over the beef strips and stir well. Cover and marinate the meat for about 20 minutes.

Discard the marinade, and broil or barbecue the meat until done, about 8 minutes.

---

## UNKNOWN

---

Makes 8 servings

Per serving.  
 Effective Carbohydrates: 2 g  
 Carbohydrates: 3 g  
 Fiber: 1 g  
 Protein: 19 g  
 Fat: 32 g  
 Calories: 382

Serve this over Baked Winter Squash, spaghetti (page 216) for a yummy dinner! If you like it stroganoff style, just add 1/2 cup sour cream right before serving.

---

**Ingredients:**

*1/2 large sweet onion, chopped*  
*1 tablespoon lard*  
*2 pounds ground beef*  
*2 stalks celery, chopped*  
*4 cloves garlic, minced (or 1/2 teaspoon garlic salt and omit seasoning salt)*  
*2 tablespoons fresh parsley, chopped (or 1 tablespoon dried)*  
*1 mint leaf ( 1/2 teaspoon, approximately), chopped (or 1/2 teaspoon of mint from an unused mint tea bag would work)*  
*1/2 teaspoon fresh lemon thyme, chopped (or 1/4 teaspoon dried thyme would work if no lemon thyme is available)*  
*1/2 teaspoon lemon pepper*  
*1/8 teaspoon dry mustard powder*  
*1 teaspoon seasoning salt*  
*1/8 teaspoon SteviaPlus or 1/2 packet sucralose*  
*1/8 teaspoon hot chili oil or a few grains of cayenne*  
*1 1/2 cups water or beef or pork Rich Stock (page 254)*  
*1 tablespoon arrowroot mixed into 1/2 cup water*

---

In a small skillet, cook the onion in the lard until translucent and it begins to brown around the edges.

Meanwhile, in a large skillet with a lid, brown the ground beef. Drain it.

Add the cooked onion with its juices. Stir in the celery, garlic, parsley, mint, lemon thyme, lemon pepper, mustard powder, seasoning salt, SteviaPlus, chili oil, and water or stock. Cover and simmer 45 minutes to 1 hour.

Just before serving, add the arrowroot/water mixture to the boiling gravy and stir.

---

## VEGGIE BEEF STEW

---

Makes 6 Servings

Per serving.  
 Effective Carbohydrate: 3 g  
 Carbohydrates: 5 g  
 Fiber: 2 g  
 Protein: 33 g  
 Fat: 26 g  
 Calories: 389

This makes a really nice hot lunch for cold, rainy days!

Note: Please notice there is no additional water or thickener added to this recipe. A tightly fitting lid is an absolute essential for this dish! If your pan doesn't have a well-fitted lid, then the stew is likely to boil dry. Also, avoid opening the lid, especially in the early part of the cooking, since you don't want to lose any of the precious steam.

---

### **Ingredients:**

*1 1/2 pounds beef stew meat*  
*1 tablespoon lard*  
*1/2 teaspoon seasoning salt*  
*2 carrots, thinly sliced (optional)*  
*1 1/2 cups zucchini, shredded*  
*1 clove elephant garlic or 2 large cloves regular garlic, finely minced*  
*1/4 head cauliflower, thinly sliced*  
*4" cut end from 1 bunch celery or 2 large stalks celery, thinly sliced*  
*1/2 onion, thinly sliced*  
*1/2 teaspoon seasoning salt*  
*1/4 teaspoon lemon pepper*  
*1 teaspoon parsley (fresh if possible), chopped*  
*1/8 teaspoon lemon thyme (or a Pinch-way less than 1/8 teaspoon of dried thyme, if no lemon thyme is available)*

---

In a 4-quart pot with a tightly fitting lid, brown the beef over medium heat in the lard and 1/2 teaspoon seasoning salt, until the meat is no longer red. Cover the pot with a well-fitting lid and simmer on low heat for 1 hour.

Add the remaining ingredients, mixing thoroughly. Cover tightly, and simmer about 45 minutes. Serve hot in bowls.

## Breakfast

## BROCCOLI" CHEDDAR BRUNCH

---

Makes 4 servings

Per serving.  
Carbohydrates: 6.86 g  
Protein: 5.23 oz

---

**Ingredients:**

*4 strips bacon*  
*1 cup broccoli crowns, cut into very small florets*  
*3/4 lb cheddar cheese, grated (about 3 cups)*  
*3/4 cup heavy cream*  
*2 tsp white Worcestershire sauce*  
*6 eggs, beaten*  
*1 Tbsp chopped basil*  
*1 Tbsp chopped parsley*

---

Preheat oven to 375°F.

Cook bacon in microwave or on stove until almost crisp. Crumble into pieces. Cook broccoli in microwave about 30 seconds or blanch on stove in a shallow pot of boiling water for 2-3 minutes, or until bright green. Sprinkle cheese in the bottom of an 8-inch baking dish. Spread out broccoli and bacon over cheese. Add half of heavy cream. Stir Worcestershire into eggs. Pour eggs over mixture in baking dish, then pour other half of cream over all. Sprinkle basil and parsley on top. Bake for 30-40 minutes.

## CHEESE QUICHE

---

---

Makes 3 servings

Per serving.  
Carbohydrates: 14.2 g  
Protein: 4.3 oz

---

**Ingredients:**

*10 G/G crispbreads, crushed*  
*5 Tbsp butter, softened*  
*1/4 cup grated Parmesan cheese*  
*1/2 tsp dry mustard*  
*1/4 tsp salt*  
*1/4 tsp black pepper*  
*3/4 cup (3 oz) shredded Swiss cheese*  
*3/4 cup (3 oz) shredded cheddar cheese*  
*3 eggs, separated*  
*1/2 cup heavy cream*

---

Preheat oven to 350°F. To make crust, combine crushed crispbreads with softened butter. Press mixture into an 8-inch pie pan, making sure that it is of even thickness all over. In a bowl, combine remaining ingredients except egg whites. Whip whites to soft peaks, then fold into the cheese mixture and pour into the pie crust. Bake for 30-40 minutes, or until top is light to golden brown. TA

---

## CREAM CHEESE ASPARAGUS BREAKFAST PIZZA

---

Makes 4 servings

Per serving.  
Carbohydrates: 4 g  
Effective Carbohydrates: 3 g  
Fiber: 1 g  
Protein: 19 g  
Fat: 28 g  
Calories: 343

You could use any sort of topping on this yummy breakfast pizza; asparagus is just particularly nice!

---

**Ingredients:**

**Base:**

4 eggs  
1/2 cup cream cheese, softened  
1 tablespoon Romano cheese  
1 teaspoon Italian seasonings  
1/4 teaspoon sea salt  
Cooking oil spray

**Topping:**

6 spears cooked asparagus, cut into bite-sized pieces  
10 black olives, sliced  
4 ounces (about 1/2 cup) cooked meat, cut up (chicken, pork, or fish is nice)  
4 ounces Monterey jack cheese, shredded  
1/4 teaspoon garlic salt  
1/8 teaspoon oregano

---

Combine all of the base ingredients, except the cooking oil spray, in a mixing bowl and mix them as well as possible. (There will still be some lumps of cream cheese.) Spray a 9" to 10" pie pan with cooking oil spray and pour the base mixture into the pan. Bake it for about 10 minutes at 350F or until it begins to set.

Layer the topping ingredients over the cooked base in the order given. Bake the pizza for another 10 minutes at 350°F, or until it is golden brown. Allow it to rest for at least 5 minutes before serving.

## DEVEILED EGGS

---

Makes 12 servings

Per serving.  
Carbohydrates: 1.8 g  
Protein: 1.01 oz

---

***Ingredients:***

*12 eggs*

*1 Tbsp Dijon mustard, or to taste*

*Mayonnaise to moisten, about 3/4 cup*

*1 stalk celery, minced*

*2 Tbsp chopped shallot*

*Salt and black pepper to taste*

*24 small pieces celery leaves, for garnish*

*24 green olive slices, for garnish*

---

Place eggs in a nonreactive pan and cover with water. Cover with lid. Bring to a boil. Turn heat down so that eggs are just boiling. Cook for 3 minutes. Remove from heat and hold in covered pan for 15 minutes. Run under cold water to peel. Cut eggs in half lengthwise. Spoon out yolks carefully. Mash yolks with fork or put in food processor. Mix in mustard and mayonnaise. Mix in celery and shallot. Season with salt and pepper. Mixture should be moist and sort of fluffy. Spoon back into egg whites. Garnish with celery leaves and olive slices.

## HAM AND BROCCOLI QUICHE

---

---

Makes 4 servings

Per serving.  
Carbohydrates: 4.63 g  
Protein: 5 OZ

---

**Ingredients:**

*1 cup broccoli crowns, in small florets*  
*2 eggs, plus 2 egg yolks*  
*1 1/2 cups heavy cream*  
*Salt and pepper to taste*  
*3/4 cup grated Gruyere cheese, about 5 oz*  
*1 Tbsp chopped basil (optional)*  
*8 oz baked ham, in small cubes*  
*2 Tbsp butter, cut into small pieces*

---

Preheat oven to 375°F.

Precook broccoli in microwave for about 30 seconds. Beat eggs, egg yolks, and cream together. Season with salt and pepper. Stir in grated cheese and optional basil. Place ham and broccoli in a well-buttered 9-inch pie or quiche pan. Pour in egg and cheese mixture. Dot the top with the pieces of butter. Bake for 25 minutes, or until the custard has puffed and browned to your liking. Cool slightly. Run a knife around edge of pie plate before removing pieces.

## RICOTTA PIE

---

Makes 6 servings

Per serving.  
Carbohydrates: 3 g  
Protein: 3.8 OZ

This recipe is a variation of the Italian Easter Pie that my aunt used to make. We eat it for breakfast, or for lunch with a salad. If serving for lunch, you could add 1 ounce each of ham and pepperoni to the pie or add protein to the salad.

---

***Ingredients:***

*3 eggs*  
*1/2 cup grated Parmesan cheese*  
*15 oz whole-milk ricotta cheese*  
*1/4 lb diced ham*  
*1/4 lb pepperoni, sliced, with casing removed*  
*Butter to grease pan*

---

Preheat oven to 350°F.

Break eggs into a bowl and beat. Add cheeses, ham, and pepperoni. Mix well. Pour into a 9- inch buttered pie pan. Bake for about 55 minutes.

## ROASTED RED PEPPER FRITTATA

---

Makes 4 servings

Per serving.  
Carbohydrates: 3.84 g  
Protein: 2.96 OZ

---

**Ingredients:**

8 eggs  
1/2 cup grated Parmesan cheese  
1/8 tsp salt  
Black pepper to taste  
1 Tbsp chopped parsley  
1 Tbsp chopped scallions  
1 Tbsp chopped basil  
3 1/2 Tbsp olive oil  
1 red bell pepper, roasted (see page 182 for method)

---

Break the eggs into a bowl. Whisk to mix together. Stir in Parmesan, salt and pepper, and herbs. Heat oil in 10-inch nonstick skillet over low heat. Pour in egg mixture. Add roasted pepper strips, distributing evenly. Cook over very low heat until top is set, about 15 minutes. Hold a plate over the skillet and gently invert the frittata onto the plate. Slide the frittata back into the pan, cooked side up, and cook briefly to set the bottom. Slide frittata back onto plate or platter. Cut into four pieces and serve.

---

## POACHED EGGS WITH ARTICHOKE BOTTOMS AND HOLLANDAISE

---

Makes 4 servings

Per serving.  
Carbohydrates: 6.3 g  
Protein: 2.35 oz

---

### **Ingredients:**

*1 Tbsp olive oil*  
*4 oz Canadian bacon, in 4 slices*  
*4 artichoke bottoms*  
*Handful of baby spinach leaves, about 1 cup*  
*Salt and black pepper to taste*  
*1/2 cup [Hollandaise Sauce](#)*  
*4 eggs*  
*1 tsp vinegar*

---

Heat olive oil in skillet. Saute Canadian bacon, browning on both sides. Remove from pan and keep warm. Add artichoke bottoms to pan and saute, stirring artichokes to absorb meat flavor. Add spinach leaves and stir until wilted. Season with salt and pepper. Remove from pan and keep warm with Canadian bacon.

Make [Hollandaise Sauce](#) according to recipe. Keep warm over water bath.

*Poach eggs:* Put 2 inches of water into a skillet. Add 1 teaspoon vinegar. Bring to a rolling boil. Turn down heat slightly to a lively simmer. Crack 1 egg into a bowl. Holding bowl as close to water level as possible, slide egg into water. Repeat with other eggs. Cook about 3 minutes, or until pink on top. Remove with slotted spoon and season with salt and pepper.

To serve, divide spinach and artichoke bottoms between two plates. Top each artichoke bottom with a slice of Canadian bacon and a poached egg. Spoon 2 tablespoons Hollandaise Sauce over each egg.

## QUICHE LORRAINE

---

---

Makes 4 servings

Per serving.  
Carbohydrates: 12.2 g  
Protein: 3.6 OZ

---

***Ingredients:***

*10 G/G crispbreads, crushed*  
*5 Tbsp butter, softened*  
*5 slices bacon*  
*1 1/2 cups (6 oz) shredded Swiss cheese*  
*1/2 cup chopped scallions*  
*1 cup heavy cream*  
*4 eggs, separated*  
*1/4 tsp nutmeg*  
*1/4 tsp salt*  
*Black pepper to taste*

---

Preheat oven to 350°F. To make crust, combine crushed crispbreads with softened butter. Press mixture into an 8-inch pie pan, making sure that it is of even thickness all over.

Cook bacon until crisp. Let cool, then crumble. In a bowl, combine all other ingredients except the egg whites. Whip whites to soft peaks and then fold into mixture. Stir in the crumbled bacon. Pour into the cracker crust and bake for 30-40 minutes, or until top is light to golden brown. TA

## SALAMI AND PROVOLONE LAYERED TORTE

---

Makes 4 servings

Per serving.  
Carbohydrates: 5.16 g  
Protein: 4.86 OZ

---

**Ingredients:**

*1/2 good provolone cheese, sliced thin*

*1/2 cup Good Seasons dressing, garlic and herbs, mixed (see Note)*

*1/2 lb sopressata or Genoa salami, sliced thin*

*1/2 cup [Pesto](#) (or see Note)*

---

Put a layer of provolone slices in a pie plate. Brush with dressing. Add a layer of salami, then a thin layer of pesto. Continue layering in this way until you have used up ingredients. Wrap in plastic wrap and refrigerate several hours. Cut into wedges and serve.

**Note**

You can substitute your favorite Italian dressing for the Good Seasons, and you can use a prepared pesto sauce. Just read the labels and make sure you adjust your carbohydrate and protein counts accordingly.

## SALMON AND SPINACH OMELET

---

Makes 1 serving

Per serving.  
Carbohydrates: 4.5 g  
Protein: 3.8 OZ

---

**Ingredients:**

*2 Tbsp butter or olive oil*  
*1 tsp chopped shallot*  
*1/2 cup chopped fresh spinach*  
*1 1/2 oz salmon, fresh or smoked*  
*Salt and black pepper to taste*  
*2 eggs*  
*2 Tbsp sour cream*  
*1 tsp chopped chives*

---

Melt 1 tablespoon butter or olive oil in small skillet. Saute shallots briefly. Add spinach and salmon. Saute until spinach is wilted and salmon is cooked. Season with salt and pepper. Remove from heat.

Break eggs into a bowl. Whisk with ,about 1 teaspoon water. Season eggs with salt and pepper. Melt remaining butter or olive oil in larger, nonstick skillet. Pour eggs into skillet. Turn heat to medium low and cook without stirring. When eggs start to bubble up, place spinach and salmon on one half of omelet. Add sour cream and chives. When most of the liquid egg has set, fold other half of omelet over.filling and serve.

---

## SKILLET SQUASH BREAKFAST

---

Makes 6 servings

Per serving.  
 Effective Carbohydrates: 5 g  
 Carbohydrates: 6 g  
 Fiber: 1 g  
 Protein: 14 g  
 Fat: 15 g  
 Calories: 218

With big chunks of ham and cheese, this recipe can be a surprising kid pleaser! Just be very careful not to let the cheese melt completely, or it will be very messy to serve.

---

**Ingredients:**

*1/3 cup fresh onion, minced*  
*2 cloves garlic, minced*  
*2 tablespoons lard or bacon grease*  
*2 cups Baked Winter Squash (page 216), cut into 1/2" cubes*  
*1 3/4*  
*1/2 teaspoon seasoning salt*  
*1/4 teaspoon lemon pepper*  
*6 eggs*  
*1/2 teaspoon seasoning salt (or to taste)*  
*1/2 tablespoon parsley, dried*  
*1 cup ham, cut into 1/2" cubes*  
*3/4 cup Monterey jack and/or Cheddar cheese, cut into 1/2" cubes*

---

Place onion, garlic, and lard in a large skillet with a snug-fitting lid. Cook them over medium heat until the onions are translucent, about 1 1/2 minutes. Add the winter squash, seasoning salt, and lemon pepper. Cook it uncovered about 5 minutes, until the squash is golden. Turn it and cook it another 3 to 5 minutes. Be careful not to overcook the squash at this stage. It should stay fairly firm and in cubes.

Meanwhile, in a medium bowl, beat the eggs with the seasoning salt and parsley. Set them aside.

Add the ham to the squash mixture and heat it through. Stir it well and spread it evenly over the bottom of skillet. Pour the egg mixture over all and cook it, turning occasionally, until it is almost set.

Drop the cheese cubes evenly over the surface of the egg mixture. Remove the pan from the heat and cover it. Allow it to rest about 5 minutes or until the cheese melts.

---

## SPINACH SOUFFLE

---

Makes 6 servings

Per serving.  
Carbohydrates: 6.9 g  
Protein: 2.9 oz

---

**Ingredients:**

*2 Tbsp butter*

*1/4 cup full-fat soy flour*

*10 oz frozen chopped spinach, thawed, squeezed to remove excess moisture*

*1/4 cup grated Parmesan cheese*

*1 clove garlic, minced*

*1/2 tsp salt*

*1/4 tsp black pepper*

*1 tsp prepared mustard*

*1 cup milk*

*1 1/2 cups (6 oz) cheddar cheese, shredded*

*6 eggs, separated*

*1/2 tsp cream of tartar*

---

Preheat oven to 350°F. Use a bit of the butter and soy flour to lightly grease and flour an 8-inch souffle dish. In a large bowl, combine all ingredients, including the spinach, except egg whites. Whip whites to soft peaks and then fold into the other ingredients. Pour the mixture into the greased and floured dish. Bake for 30-40 minutes, or until top is light to golden brown. TA

## WESTERN OMELET

---

Makes 1 serving

Per serving.  
Carbohydrates: 2.0 g  
Protein: 3.1 g

---

**Ingredients:**

*2 tsp butter*  
*2 tsp olive oil*  
*1 tsp chopped shallot*  
*1/4 green or red bell pepper, chopped*  
*1/2 oz baken ham, chipped or chopped finely*  
*1 tsp parsley*  
*salt and black pepper to taste*  
*2 eggs*  
*1/2 oz cheddar cheese, grated (about 2 Tbsp)*

---

In small skillet, melt 2 teaspoons butter and 1 teaspoon oil. Saute shallots and peppers until they are soft. Add ham and parsley. Saute briefly to warm ham. Season with pepper. Remove from heat.

In larger nonstick skillet, melt remaining 1 teaspoon butter and 1 teaspoon oil over low heat. Break eggs into a bowl. Whisk eggs with 1 teaspoon water and salt and pepper. Pour mixture into skillet. Keep heat low. Cook eggs without stirring until they begin to bubble up (4-5 minutes). Place ham mixture and grated cheese on one half of omelet. When most of the liquid egg has set fold other half over filling to close omelet. Cook briefly to melt cheese. Serve.

---

## ZUCCHINI SOUFFLE

---

Makes 6 servings

Per serving.  
Effective Carbohydrates: 6.4 g  
Carbohydrates: 8.2 g  
Fiber: 1.8 g  
Protein: 11.8 g  
Fat: 10.8 g  
Calories: 179

---

### **Ingredients:**

*2 Tbsp butter*  
*1/4 cup full-fat soy flour*  
*1/4 cup grated Parmesan cheese*  
*1 lb zucchini, sliced*  
*1 medium onion, chopped*  
*1 garlic clove, minced*  
*1/4 cup dry white wine*  
*2 Tbsp minced parsley*  
*1 Tbsp lemon juice*  
*2 Tbsp diced pimiento*  
*1/2 tsp cream of tartar*  
*Nutmeg, pinch, or to taste*  
*Salt and black pepper to taste*  
*6 eggs, separated*

---

Preheat oven to 350°F. Use a bit of the butter and soy flour to lightly grease and flour an 8-inch souffle dish. Heat remaining butter in a saute pan and saute zucchini slices, onion, and garlic until zucchini becomes translucent. Put sauteed mixture into food processor and pulse to mince. Pour into a large bowl and add the rest of the soy flour and all remaining ingredients except the eggs. In a separate bowl, beat egg yolks until frothy. Blend into the mixture. In a separate bowl, beat egg whites into soft peaks. Carefully fold into the zucchini mixture and pour mixture into prepared souffle dish. Bake for 30-40 minutes, until top is light to golden brown. TA

Chicken

---

## CHICKEN AND GARLIC

---

Makes 4 servings

Per serving.  
Carbohydrates: 4.8 g  
Protein: 4.43 OZ

---

**Ingredients:**

*4 small chicken breasts, bone in (about 16 oz meat)*  
*Salt and black pepper to taste*  
*1 Tbsp olive oil*  
*2 shallots, chopped*  
*2 stalks celery, chopped*  
*12 mushrooms, quartered (about 3 oz)*  
*20 whole garlic cloves*  
*1 tsp thyme leaves*  
*1 tsp oregano leaves*  
*2 bay leaves*  
*1 1/2 cups dry white wine*  
*3 cups chicken stock, homemade or College Inn*  
*1/4 cup chopped parsley*

---

Preheat oven to 350°F.

Wash and dry chicken. Season with salt and pepper. Heat oil in roasting pan on top of stove. Brown chicken on all sides. Remove from pan and set aside. Add vegetables and garlic to pan and saute until garlic is lightly browned. Add thyme, oregano, and bay leaves. Add wine and bring to a simmer. Simmer 5 minutes. Add stock and return chicken to pan. Cover. Place pan in preheated oven and cook covered for 1 hour. Remove lid. Cook about 20 minutes more, or until sauce is thickened. Remove from oven. Transfer chicken to a platter. Add parsley to sauce. If sauce is desired consistency, taste for seasoning and add salt and pepper to taste. Otherwise, reduce sauce by cooking on stove, then taste and season. Pour sauce over chicken and serve.

---

## CHICKEN 'N' VERMICELLI, LOW-CARBED

---

Makes 8 servings

Per serving.  
 Effective Carbohydrates: 6 g  
 Carbohydrates: 9 g  
 Fiber: 3 g  
 Protein: 18 g  
 Fat: 33 g  
 Calories: 396

My father and I used to cook this recipe together when I was a teenager. Now I've developed a tasty, low-carb version you can enjoy anytime!

---

### **Ingredients:**

*1/2 medium head cabbage*  
*1/4 pound fresh mushrooms, sliced, or*  
*7 cup spinach, chopped*  
*2 tablespoons butter*  
*2 cups sour cream*  
*4 eggs*  
*1/2 teaspoon seasoning salt*  
*1/8 teaspoon pepper optional*  
*1 1/2 pounds chicken, cooked and cut into bite-sized pieces*  
*Cooking oil spray*

### **Topping ingredients:**

*1 cup pecan pieces, chopped*  
*2 tablespoons butter, melted*  
*1/2 teaspoon seasoning salt*  
*1/2 cup Parmesan cheese, freshly grated*

---

Prepare the cabbage "noodles": Cut the cabbage away from the core. Slice it into 1/2"-wide strips. You should end up with 8 to 10 cups of cabbage strips. Place them into a 5-quart pot with a lid. Add about 1" water to the bottom of the pot, cover it, and cook the cabbage for about 8 minutes, until it is just getting tender. Drain it and let it rest in the colander while you prepare the rest of the meal.

While the cabbage is cooking, cook the mushrooms in the butter in a frying pan over medium heat until they are cooked through, about 5 minutes. Set them aside to cool.

In a large mixing bowl, combine the sour cream, eggs, seasoning salt, and pepper until they are well mixed. Add the cooled mushrooms and chicken, stirring well. Set this aside.

Place the cooked cabbage into the bottom of a 9" x 13" baking pan that has been sprayed with cooking oil spray. Pour the sauce over the top of the cabbage, stirring just enough to coat it evenly, making sure the chicken and mushrooms are evenly distributed throughout. Smooth the top with the back of a spoon.

Combine the topping ingredients, except for the cheese, in a small dish. Sprinkle them over the top of the chicken-and-cabbage mixture. Sprinkle the cheese over that. Bake the casserole in a 375°F oven for about 30 minutes, or until the center is set.

## CHICKEN SHISH KEBAB WITH VEGETABLES

---

Makes 1 serving

Per serving.  
Carbohydrates: 6 g  
Protein: 4.1 oz

---

***Ingredients:***

*4 oz chicken, cut into 1-inch cubes*  
*1 oz yellow onion, cut into 1-inch squares*  
*1 oz red bell pepper, cut into 1-inch squares*  
*1 oz green bell pepper, cut into 1-inch squares*  
*Salt and pepper to taste*

---

Thread chicken, onion, and pepper pieces alternately on skewer. Season with salt and pepper and grill until chicken is fully cooked. TA

---

## CHICKEN WITH FRESH HERBS

---

Makes 6 servings

Per serving.  
 Carbohydrates: 1.7 g  
 Protein: 5.2 oz

---

### **Ingredients:**

#### **For Chicken**

3 whole chicken breasts with bones and skin on, halved, 5 oz each half

Salt and black pepper to taste

12 small sprigs oregano

12 basil leaves

12 sage leaves

12 thin slices fresh ginger

3 garlic cloves, cut into 4 slices each

#### **For Sauce**

1 clove garlic, minced

1 tsp minced fresh ginger

2 Tbsp butter

2 Tbsp olive oil

1 1/2 tsp Dijon mustard

1 Tbsp soy sauce (Kikkoman)

2 cups chicken stock, homemade or College Inn

1 tsp chopped oregano

1 tsp chopped basil

1 tsp chopped sage

Salt and black pepper to taste

---

### *Ready Chicken Breasts*

Wash and dry chicken breasts. Season with salt and pepper. Lift skin of each breast half along one edge and place 2 each of herbs, ginger, and garlic slices under skin. Cover with plastic wrap and refrigerate several hours. Bring to room temperature before cooking.

### *Make Sauce*

Saute garlic and ginger in butter and oil briefly, until lightly browned. Add mustard, soy sauce, and chicken stock. Simmer until reduced by half. Add all other ingredients. Taste and season with salt and pepper.

### *To Finish*

Preheat oven to 375°F. Place chicken breasts in a nonstick baking pan and brush with sauce. Bake chicken for about 30 minutes, basting with sauce 2 or 3 times. Transfer breasts to warm platter, bring remaining sauce to a boil, and pour sauce over chicken.

---

## CHICKEN WITH MUSHROOMS IN A CHAMPAGNE CREAM SAUCE

---

Makes 2 servings

Per serving.  
Carbohydrates: 2.78 g  
Protein: 4.43 oz

---

**Ingredients:**

*2 boneless, skinless chicken breasts, 4 oz each*  
*Salt and black pepper to taste*  
*2 Tbsp clarified butter (see Note)*  
*1 tsp minced shallot*  
*1/2 cup sliced mushrooms*  
*1/4 cup champagne or dry sparkling wine*  
*1/4 cup chicken stock, homemade or College Inn*  
*2 oz heavy cream*  
*1 Tbsp sliced and blanched almonds, toasted*

---

Wash and dry chicken breasts. Pound briefly with a meat mallet to tenderize. Season with salt and pepper. Heat butter in skillet large enough to hold both breasts. Add chicken. Brown on one side, then turn over and brown the other side. Remove from pan and keep warm. Add shallots and mushrooms to skillet and saute until slightly browned. Deglaze pan with champagne, stirring to loosen pan drippings. Bring to a simmer, reduce slightly, then add chicken stock. Again bring to a simmer, and reduce by half. Add heavy cream, stirring. Return to a simmer, reduce slightly to thicken. Season with salt and pepper. Pour sauce over chicken, top with toasted almonds, and serve.

---

## CHICKEN WINGS IN PEANUT SAUCE

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 2.2 g  
Carbohydrates: 3.1 g  
Fiber: 0.9 g  
Protein: 63.9 g  
Fat: 53.4 g  
Calories: 760

A great grab-and-go item to have in your fridge.

Note: If you want a dip for the wings, make four times the amount of the peanut butter mixture. Reserve one-quarter of it for cooking the wings and mix the remainder with a bit of mayonnaise or sour cream.

---

### **Ingredients:**

*4 lb split chicken wings, wing tips removed*  
*2 Tbsp vegetable oil*  
*1 Tbsp finely grated fresh ginger*  
*1 garlic clove, minced*  
*1/4 cup smooth natural peanut butter*  
*1 Tbsp freshly squeezed lime juice*  
*2 tsp fish sauce*  
*2 tsp soy sauce*  
*1 tsp each Splenda and Canadian Sugar Twin or 4 tsp. (20 ml) Splenda*  
*sea salt*  
*1/4 tsp Dried chile flakes*

---

Preheat the oven to 500°F (260°C).

In a large bowl, toss together the wings, oil, ginger, and garlic. Spread out on 1 or 2 nonstick, rimmed-baking sheets in a single layer. Bake for 25 minutes. Remove from the oven and turn on the broiler.

In a clean bowl large enough to hold the wings, combine the peanut butter, lime juice, fish sauce, soy sauce, sweetener, salt, and chile flakes to taste. Mix until smooth. Add the wings, discarding the pan juices, and toss well to coat with the sauce.

Spread the wings on the baking sheet in a single layer. Broil 4 to 6 inches (10 to 15 cm) from the heat for 4 to 5 minutes on each side or until nicely browned and crispy.

---

## CHICKEN WITH BACON, CREAM, AND THYME

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 2.1 g  
Carbohydrates: 2.1 g  
Fiber: 0 g  
Protein: 43.7 g  
Fat: 41.7 g  
Calories: 565

Delicious served with steamed spinach and [Basic Cauliflower Mash](#) on the side. If you don't have fresh thyme, a light sprinkling of dried thyme will do.

---

**Ingredients:**

*4-8 oz boneless chicken breast halves with skin*  
*Sea salt and freshly ground black pepper*  
*8 bacon slices*  
*8 small fresh thyme sprigs*  
*1 Tbsp vegetable oil*  
*1/2 cup chicken stock or water*  
*1 cup whipping cream*  
*1 garlic clove, minced*

---

Preheat the oven to 350°F (175°C).

Lightly season the chicken with salt and pepper. Wrap 2 bacon slices around each breast, forming an x in the middle of the skin side. Tuck 2 thyme sprigs per breast behind the bacon.

Heat the oil in an ovenproof frying pan over medium-high heat. Place the chicken breasts, bacon sidedown, in the pan and cook until the bacon and chicken skin are browned. Turn over and cook until the otherside is browned.

Drain off the fat and add the stock or water, cream, and garlic. Bring to a boil.

Transfer the pan to the oven. Bake for 15 to 20 minutes, or until the cream has thickened. Season to taste with salt and pepper. Let sit a few minutes before serving.

---

## CINNAMON-SPICED LEMON CHICKEN

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 1.7 g  
Carbohydrates: 2.3 g  
Fiber: 0.6 g  
Protein: 31.3 g  
Fat: 32.3 g  
Calories: 429

These chicken thighs are a perfect accompaniment to [Pine Nut and Parsley Salad](#).

---

***Ingredients:***

*8 large bone-in chicken thighs with skin*  
*Sea salt and freshly ground black pepper*  
*1 tsp ground cinnamon*  
*1 tsp ground cumin*  
*1 tsp sweet or hot paprika*  
*1/4 cup freshly squeezed lemon juice*  
*2 Tbsp extra-virgin olive oil*  
*2 Tbsp unsalted butter, cut into small pieces*

---

Preheat the oven to 400°F (200°C).

With a sharp knife, slash the thighs once or twice on each side. Place in a large bowl and season liberally with salt and pepper.

In a small bowl, mix the cinnamon, cumin, paprika, lemon juice, and oil. Add to the chicken and toss to coat.

Place the thighs in a single layer in a baking dish. Dot with the butter. Bake for 30 minutes, basting occasionally with the butter.

Turn on the broiler. Broil 4 to 6 inches (10 to 15 cm) from the heat until golden brown. Serve with the pan juices.

---

## CHUNKY CHICKEN STEW

---

Makes 6 Servings

Per serving.  
Effective Carbohydrates: 1 g  
Carbohydrates: 5 g  
Fiber: 4 g  
Protein: 25 g  
Fat: 27 g  
Calories: 364

This also makes a great slow cooker recipe. Just toss everything but the sour cream and eggs into the slow cooker first thing in the morning. When you are ready for dinner, follow the remaining recipe instructions.

---

### **Ingredients:**

*1-3 1/2 pound chicken cut up*  
*1 medium turnip*  
*1 large carrot optional*  
*2 large stalks celery*  
*1 medium onion*  
*1 teaspoon seasoning salt*  
*1/2 teaspoon lemon pepper*  
*1/2 tablespoon parsley flakes*  
*2 cups water or Rich Stock (page 254)*  
*3/4 cup sour cream*  
*2 eggs*

---

Place the chicken into a large pot with a lid. Cut all of the veggies up into 3/4" to 1" chunks. Place them in the pot with the chicken and season them with the seasoning salt, lemon pepper, and parsley.

Add the water to the pot and cover it. Bring it to a boil over medium heat; then reduce the heat to simmering. Simmer the chicken and veggies over medium-low heat for about 1 hour 15 minutes total.

Remove the pot from the heat. In a small bowl, stir together the sour cream and the eggs. Pour them into the stew and serve immediately.

---

## CREAMY LEMON CHICKEN

---

Makes 8 servings

Per serving.  
Effective Carbohydrates: 2 g  
Carbohydrates: 3 g  
Fiber: 1 g  
Protein: 18 g  
Fat: 31 g  
Calories: 363

This recipe is super easy and produces wonderful results. It will become a family favorite! Two cups of fresh spinach may be substituted for the mushrooms for a tasty variation.

---

### **Ingredients:**

*1-3 pound chicken, cut up*  
*Seasoning salt, to taste*  
*1 teaspoon lemon zest*  
*1/4 pound mushrooms, sliced*  
*2 tablespoons butter*  
*1 cup cream*  
*1 cup sour cream*  
*1/5 cup chicken Rich Stock (page 254)*

---

Place the chicken into a large (9" x 13") baking dish. Sprinkle with seasoning salt and the lemon zest.

In a medium frying pan over medium heat, cook the sliced mushrooms in butter until they are softened, about 5 minutes. Cool slightly, about 3 minutes.

In a mixing bowl, using a wire whisk, thoroughly combine the cream and sour cream. Add the chicken broth and cooled mushrooms, mixing thoroughly. Spread all of the sauce over the chicken, so that the chicken is completely covered.

Bake 2 hours at 350°F (or 1 hour if you prefer bone-in breasts). To serve, place excess sauce in a small serving dish and use as a gravy over chicken and your choice of veggie.

---

## DONALD'S AWESOME CHICKEN AND BROCCOLI CASSEROLE

---

Makes 6 servings

Per serving.  
 Effective carbohydrates: 5.9 g  
 Carbohydrates: 8.2 g  
 Fiber: 2.3 g  
 Protein: 63.7 g  
 Fat: 45.9 g  
 Calories: 703

From the mouth of Donald-creator of [Donald's Deep-Dish Pizza Quiche](#): "One of our most craveable meals!"

Donald recommends a combination of Monterey Jack and cheddar as the cheese. You can use cauliflower or green beans instead of the broccoli as a variation.

---

### **Ingredients:**

*2 Tbsp extra-virgin olive oil*  
*4 Tbsp unsalted butter*  
*8-6 oz boneless, skinless chicken breast halves*  
*3 cups broccoli cut into bite-size pieces*  
*1 cup thinly sliced onion*  
*4 celery ribs, diced*  
*1/2 lb mushrooms, sliced*  
*1/2 cup whipping cream*  
*1/2 cup mayonnaise*  
*2 cups shredded cheese*  
*1/4 tsp garlic powder*  
*Sea salt and freshly ground black pepper*

---

Preheat the oven to 350°F (175°C). Butter a 13 x 9-inch (32.5 x 22.5-cm) baking dish.

Heat the oil and 2 Tbsp. (30 ml) of the butter in a large frying pan over medium-high heat until the butter melts. Add the chicken and brown on each side, turning once. Transfer to the prepared baking dish. Arrange the broccoli around the chicken.

Melt the remaining 2 Tbsp. (30 ml) butter in the frying pan. Add the onion, celery, and mushrooms. Cook, stirring occasionally, until the onion is translucent, about 5 minutes. Spread over the chicken and broccoli.

In a small bowl, mix the cream, mayonnaise, cheese, and garlic powder. Season to taste with salt and pepper. Pour over the chicken and vegetables.

Cover tightly with foil and bake for 40 minutes. Let sit for 5 minutes before serving.

---

## DOREEN'S THIGHS WITH LIME, GARLIC, SESAME, AND GINGER

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 1.3 g  
Carbohydrates: 1.7 g  
Fiber: 0.4 g  
Protein: 27.4 g  
Fat: 21.7 g  
Calories: 317

Doreen, fellow founder of [lowcarber.org](http://lowcarber.org), intentionally makes sure that there are leftovers. You can fight her for them! She also likes to finish these thighs off with kizami shoga ginger (pink pickled ginger). It really looks and tastes good with the cilantro and flavors of the chicken. It's best to bake these thighs in a glass dish and start them in a cold oven.

---

### **Ingredients:**

*8 large bone-in, skinless chicken thighs*  
*Juice and grated rind of 1 large lime*  
*3 large garlic cloves, minced*  
*1 inch piece fresh ginger, grated*  
*1/2 tsp Garam Masala (page 249)*  
*1/2 tsp dried chile flakes*  
*2 Tbsp vegetable oil*  
*1 Tbsp toasted sesame oil*  
*3 Tbsp chopped fresh cilantro*

---

Place the chicken in a 9 x 9-inch (22.5 x 22.5-cm) glass baking dish.

In a small bowl, mix the lime juice and rind, garlic, ginger, garam masala, chile flakes, vegetable oil, and sesame oil. Pour over the chicken and turn the pieces to coat. Cover and refrigerate for at least 1 hour or upto overnight.

Uncover and place in a cold oven. Turn the heat to 350°F (175°C). Bake, basting occasionally with the panjuices, for 45 to 50 minutes, or until the juices run clear when the thickest part of a thigh is pierced with a fork. Sprinkle with the cilantro.

---

## FLAT-ROASTED CHICKEN WITH PROSCIUTT'O AND GREEN OLIVES

---

Makes 4 Servings

Effective carbohydrates: 0.4 g

Carbohydrates: 1.2 g

Fiber: 0.8 g

Protein: 52.4 g

Fat: 31.2 g

Calories: 523

This chicken dish will have wonderful smells coming from your oven-especially welcoming on a chilly night. Buy the prosciutto in a single piece, rather than sliced, and cut it into small cubes.

---

### ***Ingredients:***

*1 chicken, 3 to 4 lb. (1.6 kg to 1.8 kg)*

*Sea salt and freshly ground black pepper*

*1/4 lb prosciutto, cut into 1/2 inch (1.2-cm) cubes*

*1/3 cup minced shallot*

*2 garlic cloves, minced*

*1/2 cup unpitted green olives*

*1/2 cup dry white wine*

---

Preheat the oven to 350°F (175°C). Lightly oil a large roasting pan.

With a sharp heavy knife, split the chicken down the backbone and open it up. Turn it breast side up and flatten with the palm of your hand. Cut a slit in the skin in the center, at the bottom of the breast area, and slip both drumstick tips through it. Sprinkle liberally with salt and pepper. Transfer the chicken, breast side down, to the prepared roasting pan.

Bake for 45 minutes.

In a small bowl, mix the prosciutto, shallot, garlic, and olives.

Remove the chicken from the oven and transfer to a plate. Remove any accumulated fat from the pan and discard. Scatter the prosciutto mixture evenly in the pan and add the wine. Place the chicken, skin side up, in the pan. Bake for 45 minutes longer.

Remove the chicken from the pan. Either carve the meat from the bones or cut the chicken into serving pieces. Pour the prosciutto mixture over the chicken and serve.

---

## FRIED RICE- AFLOWER

---

Makes 6 servings

Per Serving.  
 Effective Carbohydrates: 4 g  
 Carbohydrates: 6 g  
 Fiber: 2 g  
 Protein: 22 g  
 Fat: 11 g  
 Calories: 216

Fried rice is a staple in many Asian households. Most Americans love it as well, but rice is not on most low-carb plans! Try this next time you get a hankering for some delicious fried rice. This makes a meal by itself!

---

**Ingredients:**

*1/2 head cauliflower (about 4 cups, chopped)*  
*1 carrot*  
*1/2 10" zucchini*  
*2 stalks celery*  
*1 1/4 pounds pork or chicken, cooked (directions also given if meat is raw)*  
*2 eggs*  
*1 teaspoon seasoning salt, divided*  
*Lard*  
*1/2 tablespoon chopped chives, fresh*  
*1/2 teaspoon lemon pepper*  
*1 1/2 teaspoons sesame oil*  
*1/4 teaspoon hot chili oil or a tiny Pinch of cayenne*  
*1 teaspoon lemon juice*

---

Have a large mixing bowl available in which to place prepared veggies. Using a food processor with chopping blade, finely chop cauliflower florets with pulsing action, so they are the consistency of rice. Place the chopped cauliflower into the bowl. Using a shredding disk, shred the carrot and zucchini. Using the slicing disk, slice celery. (Or follow the same steps by hand.) Place all in the bowl.

If the meat is cooked, use the slicing disk and slice meat. (If it is raw, cut it up by hand into 1/2" pieces.) Place the meat in a separate bowl.

Break the eggs into a small dish and season with a small amount of the seasoning salt, beat, and set aside.

Heat a large wok or other large skillet over high heat with about 2 tablespoons of lard to begin. When it is hot, add eggs to the wok, cooking until solid. Place the cooked eggs back into the bowl they had been in previously, and set aside. (If using raw meat, add a small amount of lard and the meat to the wok and cook until meat is no longer pink) Add another 2 tablespoons of lard to the wok and the prepared vegetables. Cook, using a scooping and lifting motion, bringing the cooked veggies up from the bottom so they become thoroughly mixed during the process. Cover and allow vegetables to steam for a total of about 5 minutes, stirring about every 1 1/2 minutes. Add additional fat as necessary, so the vegetables don't scorch.

When they are steaming and smelling good, add the egg, breaking it up as it is being added in. Stir. Add the meat and stir well. Season with remaining seasoning salt, lemon pepper, sesame oil, hot chili oil, and lemon juice. Taste and adjust seasonings if necessary (some like it hot, some like it saltier!).

---

## GRILLED CHICKEN WITH PROVENCAL SPICES

---

Makes 4 servings

Per serving.  
Carbohydrates: 3 g  
Protein: 5.1 OZ

---

**Ingredients:**

*2 whole chicken breasts, split, with bone and skin on (20 oz meat)*  
*1 tsp juniper berries*  
*1 whole clove*  
*1 tsp whole peppercorns*  
*3/4 tsp kosher salt*  
*1/4 tsp cumin or coriander*  
*1/4 tsp cinnamon*  
*1/4 tsp nutmeg*  
*2 tsp dried savory*  
*1 tsp dried oregano*  
*1 Tbsp dried thyme*  
*2 cloves garlic*  
*2 shallots*  
*1/4 cup fresh mint leaves*  
*1/4 cup fresh parsley*  
*1/4 cup olive oil*

---

Wash chicken breasts. Pat dry. Grind all dry spices (juniper berries through thyme) in food processor or grinder. Add garlic, shallots, mint, parsley, and oil. Process to a coarse paste. Rub paste on chicken breasts. Cover and refrigerate 3-6 hours.

Bring chicken to room temperature before grilling. Place chicken on hot grill, skin side down. Cook until skin is browned, about 5 minutes. Turn chicken over and cover grill. Cook until meat is completely cooked, about 20 minutes.

---

## GRILLED CHICKEN WITH TARRAGON BUTTER

---

Makes 1 serving

Per serving.  
Carbohydrates: 3.8 g  
Protein: 6.2 OZ

---

***Ingredients:***

*1 Tbsp oil*

*1 Tbsp lemon juice*

*1 tsp chopped fresh tarragon*

*Salt and black pepper to taste*

*1/2 chicken breast (6 oz)*

*1 Tbsp Tarragon Butter*

---

Combine oil, lemon juice, chopped tarragon, salt, and pepper. Pour mixture over chicken breast and let marinate for at least 15 minutes. Grill chicken to desired doneness. Top with pats of Tarragon Butter. TA

---

## JALAPENO CHICKEN WITH BROCCOLI AND JACK CHEESE

---

Makes 4 servings

Per serving.  
Carbohydrate: 5.2 g  
Protein: 5 oz

---

**Ingredients:**

*1 Tbsp cream of tartar*  
*2 Tbsp cold water*  
*2 Tbsp olive oil*  
*2 Tbsp diced jalapeno pepper*  
*1/2 cup diced red bell pepper*  
*2 Tbsp minced shallots*  
*3 chicken breast cutlets, 6 oz each, cut into thin strips*  
*1/4 tsp ground cumin*  
*1/2 tsp salt*  
*1 cup broccoli florets*  
*1 oz (1/4 cup) grated Monterey Jack cheese*

---

In a small bowl, dissolve cream of tartar into cold water and set aside. Heat oil in a skillet over a low flame and saute jalapeno pepper, red bell pepper, and shallots. Stir ingredients and cook for 2-3 minutes. Add chicken strips, cumin, and salt. Cover and cook for 5-7 minutes. Add dissolved cream of tartar to the chicken mixture, stirring as it thickens. Add broccoli florets and cook 3-4 minutes. Remove the skillet from the flame. Sprinkle with grated cheese and serve warm. KW

---

## KING'S CHICKEN

---

Makes 8 servings

Per serving.  
 Effective Carbohydrates: 2 g  
 Carbohydrates: 3 g  
 Fiber: 1 g  
 Protein: 33 g  
 Fat: 16 g  
 Calories: 296

This is a great meal to serve to company. Have this dish and you'll feel like a king!

---

***Ingredients:***

***Sauce ingredients:***

*1 medium onion, finely chopped*  
*1/2 tablespoon butter*  
*1/2 tablespoon lard*  
*1/4 teaspoon seasoning salt*  
*1-8 ounce package cream cheese, softened*  
*3 tablespoons sour cream*  
*1/4 teaspoon seasoning salt*  
*1/8 teaspoon lemon pepper*  
*4 drops hot chili oil*  
*1/2 teaspoon parsley flakes*

***Other ingredients:***

*2 pounds chicken breasts, boneless and skinless*  
*2-2.5 ounce packages beef, dried and chopped (the inexpensive packets sold with the luncheon meats at the grocer)*  
*Cooking oil spray*  
*Paprika, for garnish*

---

Preheat the oven to 350°F. Cook the onion in the butter, lard, and 1/4 teaspoon seasoning salt in a small frying pan over medium heat until the onion is golden, about 5 to 8 minutes. In a mixing bowl with a wire whisk, combine the remaining sauce ingredients. Add the onion and mix well. Set the sauce aside.

Cut the chicken into 8 pieces. Divide the beef by 8 and place the slices into the bottom of a large baking dish that has been sprayed with cooking oil spray. Place a piece of chicken atop each stack of beef slices.

Divide the sauce evenly over the tops of the chicken. Garnish each with a tiny pinch of paprika. Bake it for about 40 minutes at 350°F, or until the sauce is golden and the chicken tests at 170°F with a meat thermometer.

---

## LEMONGRASS CHICKEN

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 2 g  
Carbohydrates: 2.5 g  
Fiber: 0.5 g  
Protein: 51.2 g  
Fat: 16.8 g  
Calories: 379

If you have not yet become acquainted with the flavors of Southeast Asia, this is a good introduction. Serve with [Cucumber Salad with Peanuts, Coconut, and Lime](#).

---

***Ingredients:***

*2 fresh lemongrass stalks*  
*2 small shallots, coarsely chopped*  
*2 garlic cloves, coarsely chopped*  
*1 small hot chile pepper, coarsely chopped*  
*1 Tbsp fish sauce*  
*4-8 oz boneless chicken breast halves with skin*  
*1 Tbsp vegetable oil*  
*Sea salt and freshly ground black pepper*

---

Remove the fibrous outer covering and top of the lemongrass and chop the tender part as finely as you can. Place in a food processor and add the shallots, garlic, chile, and fish sauce. Pulse to a fine paste.

Place the chicken in a large bowl and add the paste. Toss to coat well. Cover and refrigerate for at least 2 hours or up to overnight.

Preheat the oven to 450°F (225°C).

Pat the chicken dry with paper towels. Heat the oil in a large ovenproof nonstick frying pan over medium-high heat. Add the chicken, skin side down, season with salt and pepper, and cook until lightly browned, about 5 minutes.

Place the pan in the oven and bake for 5 minutes. Turn the chicken over and bake for an additional 5 minutes, or until cooked through.

---

## LOW-CARB CHICKEN AND NOODLES

---

Makes 4 Servings

Per serving.  
 Effective Carbohydrates: 7 g  
 Carbohydrates: 8 g  
 Fiber: 1 g  
 Protein: 22 g  
 Fat: 8 g  
 Calories: 203

If you like your chicken and noodles thick, the southern way, add a little less stock. If you like them more like soup, add more.

---

**Ingredients:**

*1 small onion, chopped*  
*3 cloves garlic, minced*  
*1/2 tablespoon butter*  
*1/2 tablespoon lard*  
*1/4 teaspoon seasoning salt*  
*1 large stalk celery or the leafy ends, chopped*  
*1/2 cup carrots, cut up (optional)*  
*2 cups Baked Winter Squash, spaghetti (page 216)*  
*3 cups chicken, pork, or turkey, cooked*  
*1 teaspoon seasoning salt*  
*1/2 tablespoon parsley flakes*  
*4 cups chicken or pork Rich Stock (page 254) or commercially prepared stock*  
*1/2 teaspoon lemon pepper*

---

In a medium-sized saucepan with a lid, cook the onion and the garlic in the butter, lard, and seasoning salt over medium heat until they are becoming golden, about 5 minutes. Add the celery and carrots and continue cooking about 3 more minutes.

Stir in the spaghetti squash, breaking up any lumps. Add the remaining ingredients, stirring them well.

Cover the pot and simmer the soup for about 30 to 45 minutes or until the flavors are well blended. Garnish with sour cream if desired.

---

## MOUSSAKA A. LA BERNSTEIN

---

Makes 6 servings

Per serving.  
Carbohydrates: 8.4 g  
Protein: 3.7 OZ

---

### **Ingredients:**

*3 Tbsp olive oil, approximately*  
*1 medium eggplant, about 1lb, peeled and sliced into 1/2-inch rounds*  
*Salt and black pepper to taste*  
*1 Tbsp minced garlic*  
*1/2 cup diced red bell pepper*  
*1 lb ground beef*  
*1 tsp dried oregano*  
*1 tsp ground cumin*  
*2 Tbsp butter*  
*1/2 cup thinly sliced turnip*  
*1 cup whole-milk ricotta cheese*  
*1 cup heavy cream*  
*1/2 tsp paprika*  
*2 eggs, lightly beaten*  
*1/3 cup grated Parmesan cheese*

---

Preheat oven to 375°F. In a large skillet, heat 2 Tbsp of the olive oil over a medium flame. Add eggplant slices, working in batches if necessary to avoid overcrowding the pan. Sprinkle the eggplant with salt and pepper and brown for 5 minutes on a side. Remove from skillet. If working in batches, you may want to add a little more oil to the skillet before each new batch. When all the eggplant slices have been browned and removed, add 1 Tbsp olive oil to the skillet, along with the garlic and red pepper. Saute for 2-3 minutes. Add ground beef, oregano, cumin, salt, and pepper. Brown evenly. In another large skillet heat 2 Tbsp butter on a low temperature. Layer turnips in skillet, sprinkle with salt and pepper. Brown for 5 minutes on each side. Use a spatula to flip turnips. In a medium mixing bowl combine ricotta cheese, heavy cream, salt, and paprika. Add eggs and blend together. In a lightly buttered 9 x 13 baking dish, layer eggplant, ground beef, and turnips. Pour ricotta cheese mixture over layered ingredients. Sprinkle casserole with grated Parmesan cheese. Place casserole in the oven and bake for 45 minutes.

Serve moussaka warm. It will keep in the refrigerator for 3-4 days. It may also be stored in the freezer for 2-3 months. It is convenient to package the casserole in individual servings if you are going to freeze it. Kw

---

## ONE-POT CHICKEN WITH MUSHROOMS AND SOUR CREAM

---

Makes 4 servings

Per serving.  
 Effective carbohydrates: 4.7 g  
 Carbohydrates: 5.7 g  
 Fiber: 1 g  
 Protein: 95.4 g  
 Fat: 51.3 g  
 Calories: 906

Although you don't need the sour cream for this delicious one-pot dish, it is extremely tasty. Use whatever combination of chicken legs, thighs, and breasts that you prefer.

Note: If you lack a large enough pan, work with two smaller ones.

---

### **Ingredients:**

*4 lb bone-in chicken pieces with skin*  
*1/2 tsp sea salt*  
*Freshly ground black pepper*  
*1 Tbsp unsalted butter*  
*1 Tbsp extra-virgin olive oil*  
*1/2 cup thinly sliced onion*  
*1/2 lb mushrooms, cut in half*  
*1 1/2 tsp fresh thyme leaves or 1/2 tsp. (2.5 ml) dried thyme*  
*1/2 cup dry white wine or water*  
*1/2 cup sour cream*

---

Season the chicken with the salt and pepper.

Place the butter and oil in a frying pan or pot large enough to hold the chicken pieces in a single layer. Heat over medium-high heat until the butter melts. Add the chicken pieces and cook until they are brown on both sides, turning once. Remove the chicken to a plate.

Remove all but 2 Tbsp. (30 ml) of fat from the pan. Add the onion and mushrooms. Cook, stirring frequently, until the juice from the mushrooms evaporates.

Return the chicken with any juice to the pan. Add the thyme and wine or water and bring to a boil. Give the pan a shake to redistribute the chicken and vegetables. Turn the heat down to a bare simmer, cover, and cook until the chicken is cooked through, about 25 minutes. Stir in the sour cream and heat through. Taste and adjust the seasoning with salt and pepper.

## OVEN-BAKED BARBECUE CHICKEN

---

Makes 8 servings

Thanks to Better Homes and Gardens for the inspiration for this yummy dish!

---

***Ingredients:***

*1/2 cup butter, melted*

*1/4 teaspoon hot chili oil*

*1-3 1/2 pound chicken, cut up*

*1 cup almonds, ground*

*1/2 teaspoon Sweet & Slender*

*2 teaspoons chipotle pepper granules, roasted, or 1 teaspoon chili powder*

*2 teaspoons garlic granules*

*1 teaspoon seasoning salt*

*1/2 teaspoon dry mustard powder*

*1/2 teaspoon celery seed*

---

Combine the melted butter and hot chili oil and brush it onto the chicken. Combine the remaining ingredients in a shallow dish.

Roll the chicken in the coating mixture and place it into a large baking dish. Sprinkle any remaining coating mixture over the chicken.

Bake it at 375°F for about 50 minutes or until the chicken tests at 180°F with a meat thermometer.

---

## OVEN-FRIED CHICKEN

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 0.9 g  
Carbohydrates: 1.3 g  
Fiber: 0.4 g  
Protein: 52.8 g  
Fat: 46.9 g  
Calories: 650

Move over, Colonel Sanders! The secret to success here is baking the chicken on a wire rack set in a shallow pan.

---

### **Ingredients:**

*5-1/2 oz (154 g) pork rinds*  
*6 bone-in chicken thighs with skin, about 2 lb. (908 g)*  
*6 bone-in chicken legs with skin, about 1.75 lb. (680 g)*  
*1 large egg*  
*1/2 cup (120 ml) mayonnaise*  
*2 Tbsp (30 ml) Dijon mustard*  
*1 1/2 tsp (7.5 ml) dried thyme*  
*1 tsp (5 ml) sea salt*  
*1 tsp (5 ml) freshly ground black pepper*  
*1 tsp (5 ml) dried oregano*  
*1/2 tsp (2.5 ml) garlic powder*

---

Preheat the oven to 400°F (200°C). Place a wire cooling rack in a large rimmed baking sheet.

In a food processor, grind the pork rinds. (A few larger pieces are desirable. I like to squish them up in the bag first to get the process started.) Spread on a large plate.

Remove the skin from the chicken pieces. (Using a paper towel to grip the skin helps.)

In a shallow bowl, mix the egg, mayonnaise, mustard, thyme, salt, pepper, oregano, and garlic powder.

Dip each piece of chicken in the mayonnaise mixture to coat thoroughly and then roll in the pork rinds to cover completely. Place the chicken on the wire rack, making sure there is enough room around each piece for the chicken to roast evenly and crisply.

Bake for 40 minutes, or until the juice runs clear when the thickest part of the thigh is pricked with a knife.

---

## PEANUT CHICKEN STIR-FRY

---

Makes 2 servings

Per serving.  
 Carbohydrates: 13 g  
 Protein: 5.6 g

---

### **Ingredients:**

8 oz chicken breast meat  
 Salt and black pepper to taste  
 2 Tbsp soy sauce  
 2 Tbsp peanut butter  
 Dash crushed dried red pepper  
 1 Tbsp minced ginger  
 1 tsp Da Vinci sugar-free hazelnut syrup  
 2 Tbsp olive or peanut oil  
 1 clove garlic, minced  
 1/6 red onion, thinly sliced  
 1 red bell pepper, cut into strips  
 1 cup quartered mushrooms  
 1 cup broccoli crowns, cut into small florets  
 Black pepper to taste  
 1 Tbsp chopped parsley  
 1 Tbsp chopped scallions  
 1 tsp lemon zest

---

Wash and dry chicken. Season with salt and pepper. Cut into chunks for stir-frying. Set aside. In a bowl, blend soy sauce, peanut butter, red pepper flakes, ginger, and syrup, adding a tablespoon or so of hot water if necessary so sauce is smooth. Set aside.

Heat oil in large skillet. Add garlic and chicken. Saute over medium heat, turning and stirring frequently, until chicken begins to brown. Add red onion, bell pepper, and mushrooms. Saute until vegetables begin to get soft, 6-10 minutes. Add broccoli. Saute until vegetables are desired doneness. Add reserved soy sauce mixture, stirring to blend ingredients. Season with black pepper and add parsley, scallions, and lemon zest. If sauce appears too thick, stir in a little water.

---

## Tofu Variation

---

Makes 2 servings

Per serving.  
 Carbohydrates: 13 g  
 Protein: 2.9 oz

In place of chicken use 6 ounces extra firm tofu (2 gm CHO, 16 gm PRO), drained and cut into cubes. Omit 1/4 red bell pepper. Saute tofu. Remove from pan. Saute vegetables, add sauce, then add cooked tofu.

---

## POT ROAST OF BEEF

---

Makes 6 servings

Per serving.  
Carbohydrates: 3.3 g  
Protein: 4.27 oz

---

**Ingredients:**

*2 lb chuck roast of beef (yield about 1 1/2 lb)*  
*1 clove garlic*  
*2 Tbsp olive oil*  
*6 shallots, peeled*  
*2 stalks celery, cut in 3/4-inch pieces*  
*1/2 green bell pepper, cut in 1-inch pieces*  
*12 small mushrooms, quartered*  
*1 cup beef broth*  
*1 cup dry red wine*  
*1 bay leaf*  
*Salt and pepper to taste*  
*2 Tbsp chopped parsley*

---

Preheat oven to 350°F.

Rub roast with garlic. Heat oil in roasting pan. Brown meat on all sides. When meat is partly browned, add vegetables to pot. When meat is browned, add broth, wine, and bay leaf. Cover and bake in preheated oven about 2 hours, or until meat is very tender. Remove lid for last 20 minutes of cooking process. If pan looks dry, add more beef broth. When meat is tender, transfer to a serving platter. Arrange vegetables around roast. Season with salt and pepper. Season pot liquor. Pour over roast. Sprinkle parsley over all and serve.

## ROAST CHICKEN WITH HERBS

---

Makes 4 servings

Per serving.  
Carbohydrates: 2.2 g  
Protein: 6 OZ

---

**Ingredients:**

*3-4 lb chicken (free range if possible), about 24 oz meat*

*Salt and pepper to taste*

*4 cloves garlic, cut in half*

*8 sprigs rosemary*

*8 sprigs thyme*

*8 basil leaves (optional)*

*Bunch lemon balm*

*4 bay leaves*

*1/2 cup dry white wine*

---

Wash and dry chicken. Season with salt and pepper. With your finger, make 8 pockets under skin of chicken, 4 on breast and 4 on back. Place 1/2 clove garlic, 1 sprig rosemary, 1 sprig thyme, and 1 basil leaf in each pocket. Fill cavity of chicken with lemon balm and bay leaves. Cover with plastic wrap and refrigerate for 2-5 hours.

Preheat oven to 450°F. Place chicken breast side up in roasting pan and put in oven. Roast for 30 minutes, then reduce heat to 350°F. Baste with pan drippings every 15-20 minutes. Cook about 20 minutes per pound, until thigh juices run clear, or until thigh registers 175°-185°F on a meat thermometer.

Remove chicken from pan and place on a warm platter. Allow to rest 10 minutes before carving. Place roasting pan with pan juices on burner. Add wine to pan and cook, scraping pan bottom and sides to incorporate pan drippings. If there is very little liquid, add a little water. Simmer for about 5 minutes, or until sauce is slightly reduced and wine does not taste sour. Pour half the sauce over chicken and put the remainder in a small pitcher to serve with the chicken.

---

## ROSEBUD'S BUTTER CHICKEN

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 2.7 g  
Carbohydrates: 3.8 g  
Fiber: 1.1 g  
Protein: 37.7 g  
Fat: 43.1 g  
Calories: 558

As Rosebud, another wonderful member of [lowcarber.org](http://lowcarber.org) says, this could not be much simpler to make! Serve it with [Cucumber Salad with Peanuts, Coconut, and Lime](#) and [Basic Cauli-fried "Rice"](#) seasoned with curry powder.

Butter chicken usually requires making tandoori chicken first, but you don't have to do that with Rosebuds recipe. Just start with commercially prepared tandoori paste, which you can buy in Indian groceries or well-stocked supermarkets.

---

### **Ingredients:**

- 2 Tbsp vegetable oil*
- 1 1/2 lb boneless, skinless chicken breast halves, cut into bite-size pieces*
- 2 Tbsp tandoori paste*
- 3/4 cup whipping cream*
- 1 Tbsp unsalted butter*
- 2 Tbsp toasted sliced almonds (optional)*

---

Heat the oil in a large frying pan over medium-high heat. Add the chicken and cook, stirring occasionally, until lightly browned and almost cooked through, for 4 to 5 minutes. Stir in the tandoori paste and then add the cream. Simmer for about 5 minutes, or until the cream is lightly thickened. Stir in the butter and garnish with the almonds (if using).

---

## RUTH'S EASY HERBED LEMON CHICKEN

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 1.8 g  
Carbohydrates: 2.1 g  
Fiber: 0.3 g  
Protein: 39.4 g  
Fat: 2.2 g  
Calories: 194

Ruth-a [lowcarber.org](http://lowcarber.org) old-timer-says of her chicken: "This is a very fast and easy dish using ingredients found in almost every kitchen. I've served this dish literally dozens of times to guests and have always received rave reviews. I love it because it tastes delicious and is one of the easiest things for me to serve as a hostess. I'd rather spend my time with guests than in the kitchen." Ruth says you can substitute basil or rosemary for the thyme.

---

### **Ingredients:**

*4-6 oz boneless, skinless chicken breast halves*  
*1 tsp dried thyme*  
*1/2 tsp sea salt*  
*1/2 tsp freshly ground black pepper*  
*1/8 tsp garlic powder*  
*1/3 cup freshly squeezed lemon juice*

---

Preheat the oven to 450°F (225°C).

Arrange the chicken in an 8 x 8-inch (20 x 20-cm) baking dish. In a cup, mix the thyme, salt, pepper, garlic powder, and lemon juice. Pour over the chicken.

Bake for 20 to 25 minutes, until the chicken is no longer pink in the center when cut with a sharp knife.

---

## SIMPLE CHICKEN AND COCONUT MILK CURRY

---

Makes 4 servings

Per serving.  
 Effective carbohydrates: 1.7 g  
 Carbohydrates: 2.8 g  
 Fiber: 1.1 g  
 Protein: 2.8 g  
 Fat: 38.7 g  
 Calories: 425

This recipe is really easy and really good. It's a gentle dish that doesn't blast your taste buds with heavy spice. If you want to make a "meal in a pot," add some fresh green beans when the chicken is done and cook for 5 minutes or until the beans are just tender. Adding a squeeze of lime is great.

Note: Because the whole spices are not eaten, they're not included in the carb count.

---

***Ingredients:***

*2 Tbsp vegetable oil*  
*1 1/2 tsp black peppercorns*  
*3-1 1/2 inch cinnamon sticks*  
*10 cloves*  
*8 cardamom pods*  
*3 dried red chile peppers*  
*1 Tbsp grated fresh ginger*  
*8 large bone-in, skinless chicken thighs*  
*1-14 oz can coconut milk*  
*Sea salt*

---

Heat the oil in a large heavy pot over high heat. Add the peppercorns, cinnamon, cloves, cardamom, and chiles. Stir for a few minutes, until the cardamom darkens slightly. Add the ginger and give a few stirs.

Add the chicken and coconut milk. Salt very lightly. Add enough water to just cover the chicken pieces. Bring to a boil, turn down to a simmer, and cook for 40 minutes, or until the chicken is cooked through and the sauce thickens slightly. Season to taste with salt.

## STUFFING FOR POULTRY

---

Makes 4 servings

Per serving.  
Carbohydrates: 3.3 g  
Protein: 2.3 OZ

---

**Ingredients:**

*1 Tbsp olive oil*  
*1 Tbsp butter*  
*4 stalks celery, cut into 1/2-inch pieces*  
*1/4 cup chopped shallot*  
*1/4 cup chopped scallion*  
*1/2 lb loose sausage*  
*1 1/2 cups quartered mushrooms*  
*2 Tbsp chopped parsley*  
*Salt and freshly ground black pepper to taste*

---

Heat olive oil and butter in skillet. Add celery, shallots, and scallions. Saute until celery softens and looks a little clear. Add sausage. Saute over medium heat, stirring to break up meat, until sausage begins to lose its pink color. Add mushrooms. Continue to saute until sausage and mushrooms are brown. Stir in parsley. Season with salt and pepper.

Stuffing can be baked inside bird or served hot on the side. If served on the side, spoon a little of the turkey or chicken sauce on stuffing. Makes about 4 cups stuffing.

---

## THAI BBQ CHICKEN BUNDLES

---

Makes 4 servings

Per serving (without Sauce).  
 Effective carbohydrates: 4.6 g  
 Carbohydrates: 7.2 g  
 Fiber: 2.6 g  
 Protein: 40.4g  
 Fat: 20.2 g  
 Calories: 372

Per 2 Tbsp. (30 ml) sauce with peanuts.  
 Effective carbohydrates: 1.6 g  
 Carbohydrates: 1.8 g  
 Fiber: 0.2 g  
 Protein: 0.5 g  
 Fat: 0 g  
 Calories: 8

Here's one of my favorite recipes, reworked for fine low-carb dining-the original had noodles, rice papers, and sugar. If you like pork rinds, they are great to eat with the dipping sauce or to put in the lettuce bundles.

Warning! Don't make your bundles too big or they will fall all over the place when you bite into them.

I just love the way the dinner table comes alive when a group is sharing from a communal dish. If you have eaten mu shu pork or chicken or dined in Vietnamese restaurants, you will be familiar with the eating technique.

You can make this dish with boneless chicken thighs in place of the breasts. This is wonderful cooked on the grill too.

---

### **Ingredients:**

- 1 small bunch fresh cilantro*
- 2 garlic cloves, smashed*
- 3 Tbsp fish sauce*
- 1 tsp coarsely ground black pepper*
- 6-8 oz boneless chicken breast halves with skin*
- 1 large head leaf lettuce or butter lettuce, washed and dried*
- 1/2 English cucumber, halved lengthwise and cut into thin half moons*
- 1 small bunch fresh mint*
- 1 recipe [Thai Sweet-and-Sour Chile Dipping Sauce](#)*
- 1/4 cup unsalted roasted peanuts, chopped*

---

Coarsely chop half of the cilantro and place in a blender or food processor. Add the garlic, fish sauce, and pepper. Process to a paste.

Place the chicken in a large bowl. Add the paste and toss well to coat. Cover and refrigerate for at least 2 hours or up to overnight.

Preheat the broiler. Line a rimmed baking sheet with foil.

Place the chicken on the sheet, skin side down. Broil about 4 to 6 inches from the heat for 4 to 5 minutes. Turn the pieces over and broil until the skin is crisp and the chicken is cooked all the way through (the juices should run clear when the thickest area is pricked with a fork).

Arrange the lettuce, cucumber, and mint on a large platter. Remove the stems from the remaining cilantro and

add to the platter. Cut the chicken into  $\frac{3}{4}$ -inch (1.9-cm) slices and place on the platter.

Divide the dipping sauce among individual dipping bowls and sprinkle with the peanuts.

To eat, take a lettuce leaf and tear it in half. Place a few cucumber slices, a few mint and cilantro leaves, and a slice or two of chicken on the leaf. Roll up into a snug bundle, dip into the sauce, and eat.

## Fish

---

## BACON AND SALMON BAKE

---

Makes 6 Servings

Per serving.  
Effective Carbohydrates: 2 g  
Carbohydrates: 3 g  
Fiber: 1 g  
Protein: 15 g  
Fat: 23 g  
Calories: 278

Canned salmon is usually inexpensive and plentiful. Besides being a yummy main dish, this may also be served as an appetizer with Crackers (page 10) or veggies for dipping.

---

### **Ingredients:**

*1/2 cup sweet onion, chopped*  
*1/2 teaspoon lemon thyme, fresh, or dried regular thyme*  
*1 tablespoon butter*  
*1 8-ounce package cream cheese, softened*  
*2 eggs*  
*1 tablespoon parsley flakes*  
*1/4 teaspoon lemon pepper*  
*1/2 cup bacon, cooked and chopped*  
*2 cans salmon, drained, large bones and skin removed*

### **Topping:**

*2 tablespoons Romano cheese (or Parmesan)*  
*1/2 cup Monterey jack cheese, shredded*  
*1 teaspoon chives, snipped*

---

In a small frying pan over medium heat, cook the onions and thyme in the butter until the onions are golden, about 5 minutes. Set them aside to cool.

Combine the cream cheese, eggs, parsley, and lemon pepper in a mixing bowl and mix well. Stir in the bacon and salmon. Pour this mixture into a 9" x 13" baking dish. Sprinkle the topping over the salmon mixture. Bake at 350°F for about 25 minutes, or until the cheese is bubbling and golden.

---

## CHEESY SALMON CASSEROLE

---

Makes 6 Servings

Per Serving.  
Effective Carbohydrates: 4 g  
Carbohydrates: 5 g  
Fiber: 1 g  
Protein: 21 g  
Fat: 23 g  
Calories: 313

The original recipe came from DJ Rosales. Thank you, DJ, for sharing your recipe with me. We just love it!

---

### **Ingredients:**

6 eggs  
6 cloves garlic, minced  
3 tablespoons butter  
1 1/2 cups half-and-half  
3 tablespoons lemon juice, fresh  
2-14 ounce cans salmon, skin and bones removed, juices reserved  
1/4 teaspoon sea salt  
1/8 teaspoon lemon pepper  
1/4 teaspoon oregano  
1/4 cup soy protein  
Cooking oil spray  
1 cup mozzarella or Monterey jack cheese, shredded

---

Hard cook the eggs: Place the whole eggs into a medium-sized pan with a lid and cover them with water. Add a pinch of salt, cover the pan, and bring it to a boil over medium heat. Once it reaches a full, rolling boil, turn the heat off and allow the pan to rest on the burner for 10 minutes. Then place the eggs into a bowl filled with cold water to cool them, so that they are easy to handle.

While the eggs are resting, cook the garlic in the butter in a 4- to 6-quart pot until it is becoming translucent, about 4 minutes. Stir in the half-and-half, lemon juice, juice reserved from the canned salmon, sea salt, lemon pepper, and oregano. Bring this mixture to a boil over medium heat; then stir in the soy protein. Blend it as thoroughly as possible and remove it from the heat. Stir in the canned salmon and set the cream mixture aside.

Slice the eggs and place them evenly across the bottom of a 9" x 13" baking dish that has been sprayed with cooking oil spray. Carefully spread the salmon mixture atop the egg slices. Sprinkle it with the shredded cheese and bake it for about 25 minutes at 350°F, or until the cheese is bubbling and the top is golden brown.

---

## ROSEBUD'S TUNA AND SPINACH BAKE

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 4.6 g  
Carbohydrates: 8.7 g  
Fiber: 4.1 g  
Protein: 38.7 g  
Fat: 36.9 g  
Calories: 515

I found Rosebuds dish especially appealing because my mother used to make something similar, which I in turn wastaught to make when just a wee girl.

Rosebud (a [lowcarber.org](http://lowcarber.org) alumna) says you can use any cheese for this, as long as it's tasty! As you can imagine, it makes great leftovers for breakfast also quite good with canned salmon.

---

### **Ingredients:**

*2 Tbsp unsalted butter*  
*1/2 cup finely chopped onion*  
*2-10 oz bags ready-to-use spinach*  
*2-6 oz cans chunk light tuna, drained and flaked*  
*3 large eggs*  
*3/4 cup whipping cream*  
*1/2 tsp sea salt*  
*4 oz aged cheddar cheese, shredded*

---

Preheat the oven to 350°F (175°C).

Melt the butter in a large frying pan over medium heat. Add the onion and stir for about 2 minutes, or until the onion is soft. Add the spinach and cook until wilted.

Spread the spinach mixture in an 8 x 8-inch (20 x 20-cm) baking dish. Top with the tuna.

In a small bowl, lightly beat the eggs with a fork. Beat in the cream and salt. Pour over the tuna. Sprinkle evenly with the cheese.

Bake for 40 minutes, or until set and the top is lightly browned.

---

## DOREEN'S INCREDIBLY EASY SALMON OR TUNA PATTIES

---

Makes 4 Patties

Per patty.  
Effective carbohydrates: 0.5 g  
Carbohydrates: 0.6 g  
Fiber: 0.1 g  
Protein: 10.4 g (salmon) 11.6 g (tuna)  
Fat: 10.8 g (salmon) 7.7 g (tuna)  
Calories: 142 (salmon) 120 (tuna)

Doreen, a fellow founder of [lowcarber.org](http://lowcarber.org), has many delicious and easy recipes. Some people swear by these patties for breakfast. But they're good for lunch and dinner, too. They can be eaten hot or cold with any of the sauce suggestions for [Fresh Salmon Cakes](#).

---

### **Ingredients:**

*1-6 oz (170 g) can salmon or tuna*  
*1 large egg, lightly beaten*  
*2 Tbsp (30 ml) minced green onion*  
*Sea salt and freshly ground black pepper*  
*1 Tbsp (15 ml) extra-virgin olive oil*  
*1 Tbsp (15 ml) unsalted butter*

---

Drain the fish well, place in a medium bowl, and mash it up with a fork. Stir in the egg and green onion. Season to taste with salt and pepper.

Heat the oil and butter in a large frying pan (preferably nonstick) over medium to medium-high heat until bubbly. Drop the fish mixture from a large spoon to make 4 equal mounds. Press them flat with the back of the spoon. Cook until golden brown underneath. Use a large pancake turner to gently turn the patties over; turn them only once or they'll break. Brown the other side.

---

## FRESH SALMON CAKES

---

Makes 8 Cakes

Per cake.  
 Effective carbohydrates: 0.3 g  
 Carbohydrates: 0.3 g  
 Fiber: 0.1 g  
 Protein: 17.1 g  
 Fat: 15 g  
 Calories: 209

These salmon cakes are mild and packed with fresh salmon flavor. The natural collagen in the salmon is what helps them stick together.

Make sure you chop the salmon with a knife. Don't be tempted to use the food processor. The texture will be heavy!

Serve the cakes with Traditional Cocktail Sauce or tartar sauce. If you like garlic, [Aioli](#) is good, too. And, of course, they're fine eaten cold.

---

### **Ingredients:**

*1 1/2 lb (680 g) boneless, skinless salmon fillet*  
*2 Tbsp (30 ml) mayonnaise*  
*1 Tbsp (15 ml) finely chopped green onion tops*  
*1 Tbsp (15 ml) finely chopped fresh dill*  
*1 Tbsp (15 ml) freshly squeezed lemon juice*  
*3/4 (3.7 ml) Sea salt*  
*Freshly ground black pepper*  
*2 Tbsp (30 ml) vegetable oil*

---

With a knife, chop the fillet into 1/4 inch (0.6-cm) pieces and place in a bowl. Add the mayonnaise, green onion, dill, lemon juice, salt, and pepper to taste. Stir rapidly in the same direction for 1 minute. This helps the cakes stick together. Form into 8 patties. You can refrigerate them, uncovered, for up to 6 hours or until ready to cook.

Heat the oil in a large heavy or nonstick frying pan over medium-high heat. Add the cakes and cook until lightly browned, 2 to 3 minutes. Turn over and cook for an additional 2 to 3 minutes, or until browned.

### **VARIATIONS:**

**Wasabi Salmon Cakes:** Omit the dill and add 2 tsp. prepared wasabi. Serve with soy sauce to which you can add some grated ginger.

**French Salmon Cakes:** Omit the dill and add 1 Tbsp. (15 ml) Dijon mustard and 2 tsp. (10 ml) chopped fresh tarragon or 1 tsp. (5 ml) dried tarragon.

**Smokey and Spicy Salmon Cakes:** Omit the dill and add 1 finely chopped chipotle chile en adobo and 1 Tbsp. (15 ml) finely chopped fresh cilantro.

---

## SALMON PATTIES

---

Makes 2 Servings

Per Serving.  
Effective Carbohydrates: 2 g  
Carbohydrates: 3 g  
Fiber: 1 g  
Protein: 21 g  
Fat: 26 g  
Calories: 323

Enjoy an authentic Pacific Northwest specialty right in your own home! Serve with Tartar Sauce I (page 259) or Tartar Sauce II (page 260). Note: This recipe multiplies very well; just add an additional egg for every third can of salmon.

---

### **Ingredients:**

1-14 ounce can salmon, skin and large bones removed  
7 egg  
1/2 cup pork rinds, crushed  
1/2 teaspoon dry mustard powder  
1 teaspoon parsley flakes  
1/2 teaspoon dried dill weed  
1 1/2 tablespoons onion flakes, or 1/4 cup fresh onion, minced  
1 1/2 teaspoons lemon juice  
1/8 teaspoon lemon pepper  
1/4 teaspoon garlic salt  
Lard

---

In a mixing bowl, combine all of the ingredients except the lard. Mix well. Shape the mixture into patties about 3" across.

Put enough lard into a large frying pan to completely cover the bottom, and heat on medium. Carefully place the patties into the hot oil and fry until gold en brown on each side, about 8 minutes total.

## SALMON TERIYAKI

---

Makes 6 servings

Per serving.  
Carbohydrates: 0.73 g  
Protein: 4.9 OZ

---

**Ingredients:**

*1 cup Kikkoman soy sauce*  
*3 Tbsp Da Vinci sugar-free hazelnut syrup*  
*1/2 tsp dry mustard*  
*2 cloves garlic, minced*  
*1/4 cup chopped parsley*  
*1/4 cup dry red wine*  
*6 salmon fillets, 4 oz each*  
*4 Tbsp butter (1/2 stick)*  
*1 Tbsp lemon zest*

---

Combine soy sauce, syrup, mustard, garlic, parsley, and wine. Mix well. Place salmon in a ceramic or glass dish and pour marinade over it. Cover with plastic wrap, refrigerate, and marinate 4 hours.

Remove salmon from refrigerator about 30 minutes before ready to grill. Melt butter in small saucepan. Add lemon zest. Remove salmon from marinade and grill 6-8 minutes, basting with butter sauce.

---

## TUNA CASSEROLE

---

Makes 4 Servings

Per serving.  
Effective Carbohydrates: 7 g  
Carbohydrates: 10 g  
Fiber: 3 g  
Protein: 27 g  
Fat: 28 g  
Calories: 390

Tuna is a good, inexpensive protein source. Many non-low-carb families rely on tuna noodle casseroles to make it from payday to payday. Here is a low-carb choice!

---

**Ingredients:**

**Sauce ingredients:**

1 cup sour cream  
2 eggs  
1/2 tablespoon minced onion, dried  
1 teaspoon dill weed  
1/2 teaspoon orange zest  
1/2 teaspoon seasoning salt

**Other ingredients:**

1 pound cauliflower, cut into bite-sized pieces (may be fresh or frozen)  
1 6-ounce can of tuna, drained  
Cooking oil spray  
1 1/2 cups cheese, shredded (Monterey jack, Co-Jack, Cheddar, or a blend)

---

Combine the sauce ingredients in a mixing bowl with a wire whisk. Mix the cauliflower into the sauce, then the tuna.

Spray a 9" x 13" baking dish with cooking oil spray and pour the cauliflower mixture into the baking dish. Top it with the cheese. Bake it at 350°F for about 25 minutes or until the cheese is thoroughly melted and starting to become golden brown.

## TUNA MELT

---

Makes 1 serving

Per serving.  
Carbohydrates: 8 g  
Protein: 8.2 oz

---

***Ingredients:***

*1 can (6 oz) tuna fish*

*2 Tbsp mayonnaise*

*Black pepper to taste*

*2 G/G crispbreads*

*2 oz cheese slices*

---

Drain tuna and mix with mayonnaise and pepper. Mound tuna mix on G/G crispbreads and top with cheese slices. Place in oven or toaster oven at 350°F until cheese is fully melted. TA

## Lamb

---

## CUMIN AND CORIANDER-CRUSTED LEG OF LAMB

---

Makes 8 servings

Per serving.  
Effective carbohydrates: 1.5 g  
Carbohydrates: 1.7 g  
Fiber: 0.2 g  
Protein: 39.5 g  
Fat: 50.9 g  
Calories: 632

The flavors of the Middle East are highlighted in this simple lamb dish. The lamb can be grilled on your barbecue, making it a good choice for cool summer eating. Serve it with [Pine Nut and Parsley Salad](#).

---

### **Ingredients:**

*1 Tbsp coriander seeds, coarsely crushed*  
*1 Tbsp cumin seeds, coarsely crushed*  
*1 tsp coarsely ground black pepper*  
*1/2 tsp ground cinnamon*  
*1/2 tsp turmeric*  
*1 tsp sea salt*  
*6 garlic cloves, minced*  
*2 Tbsp extra-virgin olive oil*  
*1/4 cup full-fat yogurt*  
*1-4 lb boneless lamb leg, trimmed and butterflied*

---

In a small bowl, mix the coriander, cumin, pepper, cinnamon, turmeric, salt, garlic, oil, and yogurt. Place the lamb in a large baking dish and coat with the mixture. Cover and refrigerate for at least 1 hour or up to 24 hours.

Preheat the oven to 350°F (175°C).

Place the lamb in a roasting pan and roast for 45 minutes to 1 hour, basting every 15 minutes, until an instant-read thermometer inserted in the thickest section reads 120°F (49°C) for medium-rare.

Transfer the lamb to a platter and let sit for 10 to 15 minutes before slicing. Transfer the pan juices to a cup and skim off the fat. Slice the lamb and drizzle with the pan juices.

---

## MOROCCAN-STYLE LAMB STEW

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 4.6 g  
Carbohydrates: 5.8 g  
Fiber: 1.2 g  
Protein: 56.2 g  
Fat: 63.1 g  
Calories: 826

This stew is great on a cold day, and leftovers are even better! I think lamb shoulder makes the best stewing meat. Serve with [Basic Caulijlied "Rice"](#).

---

### **Ingredients:**

*2 Tbsp extra-virgin olive oil*  
*1 cup finely chopped onion*  
*3 cloves garlic, minced*  
*2 lb lamb stew meat*  
*1/2 tsp sea salt*  
*1/2 tsp ground ginger*  
*1/2 tsp freshly ground black pepper ground cinnamon*  
*1/2 tsp ground allspice*  
*1 1/2 cups water*  
*1/4 cup finely chopped fresh parsley*  
*1/4 cup finely chopped fresh cilantro*  
*1 to 2 Tbsp freshly squeezed lemon juice*

---

Heat the oil in a large heavy pot over medium-heat. Add the onion and garlic and cook until the onion is lightly browned, about 5 minutes.

Stir in the lamb, salt, ginger, pepper, cinnamon, allspice, water, parsley, and cilantro. Bring to a boil. Turn down to a bare simmer, cover, and cook until the lamb is tender, about 1 1/2 to 2 hours; replenish the water if necessary. Add the lemon juice and adjust the seasoning.

---

## LAMB, FETA, AND OLIVE MEATBALLS

---

Makes 16 meatballs

Per meatball.  
 Effective carbohydrates: 2.2 g  
 Carbohydrates: 2.9 g  
 Fiber: 0.7 g  
 Protein: 7.4 g  
 Fat: 12.1 g  
 Calories: 153

These Middle Eastern meatballs are flavor-packed. (And they're equally good made with ground beef ) if you don't have the Tunisian Spice Mixture on hand, you can replace it with  $\frac{1}{2}$  tsp. (2.5 ml) dried oregano in the meatballs and omit it altogether in the tomato sauce.

---

### **Ingredients:**

1 lb. (454 g) ground lamb  
 $\frac{1}{2}$  cup (120 ml) coarsely chopped fresh parsley  
 $\frac{1}{2}$  cup (120 ml) crumbled feta cheese  
 $\frac{1}{2}$  cup (120 ml) pitted green olives, coarsely chopped  
 2 Tbsp. (30 ml) finely chopped onion  
 1 Tbsp. (15 ml) Tunisian Spice Mixture (see below)  
 2 large eggs  
 Simple Tomato Sauce (page 242)  
 $\frac{1}{2}$  cup (120 ml) water  
 1 lemon wedge, seeds removed  
 1 tsp. (5 ml) Tunisian Spice Mixture (see below)

---

*To make Tunisian Spice Mixture:* 2 T Coriander seeds, 2 t caraway seeds, and 1 dried chili pepper. Roast in dry pan until fragrant. Cool and grind.

*To make the meatballs:* Preheat the broiler.

In a large bowl, mix the lamb, parsley, cheese, olives, onion, spice mixture, and eggs. Shape into 16 meatballs. Place about 2 inches (5 cm) apart on a baking sheet.

Broil the meatballs 3 inches (7.5 cm) from the heat until browned on top. Turn over and broil on the other side. Transfer to a baking dish large enough to hold them in a single layer. Turn the oven to 350°F (175°C).

*To make the sauce:* In a medium saucepan, combine the tomato sauce and water. Bring to a boil and stir in the spice mixture. Pour over the meatballs and tuck the lemon wedge in the middle. Bake for 15 minutes.

## Pork

---

## BACON CAULI JUMBLE

---

Makes 8 Servings

Per Serving.  
Effective Carbohydrates Count: 0 g  
Carbohydrates: 1 g  
Fiber: 1 g Protein: 24 g  
Fat: 25 g  
Calories: 332

What do you do with some leftover meat, a package of bacon, a bit of cauliflower, and an onion? This is the answer! Note: Just about any leftover cooked meat will work in place of the Barbecue Pork (page 95). It is just especially nice!

---

### **Ingredients:**

*1/2 sweet onion, chopped*  
*3 cloves garlic, minced*  
*1 tablespoon butter*  
*1/4 teaspoon lemon pepper*  
*1/4 teaspoon celery seeds*  
*2 teaspoons snipped chives*  
*1 12-ounce package bacon, cut up into bite-sized pieces*  
*2 pounds Barbecue Pork (page 95)*  
*1/2 head cauliflower, cut up into bite-sized pieces (about 4 cups)*  
*1/2 tablespoon parsley flakes*  
*3 mint leaves (about 1 teaspoon chopped or about 1/2 teaspoon from a mint tea bag)*

---

Cook the onion and the garlic in the butter over medium heat in a large skillet until they are just becoming golden, about 8 minutes. Add the seasonings and bacon to the pan and cook them for about 10 minutes. The bacon will not crisp up like one would expect, but it will be done. (Or you may partially precook the bacon if you want it to be crispy.)

Add the Barbecue Pork, cauliflower, parsley, and mint, stirring them well to combine. Cover the pan and cook the Jumble for about 10 minutes, or until the cauliflower is cooked. Serve hot.

---

## BASIC BACK RIBS WITH QUICK BARBECUE GLAZE

---

Makes 2 racks of ribs

Per serving.  
Effective carbohydrates: g  
Carbohydrates: g  
Fiber: g  
Protein: 0.14 oz  
Fat: 15 g  
Calories: 209

This is an easy method for making very tender ribs. After an initial baking, glaze the ribs with sauce and then broil them until browned. Use the following quick glaze or Smoky Barbecue Sauce (page 234).

Note: Liquid smoke is readily available in the spice aisle of grocery stores.

---

***Ingredients:***

***RIBS***

*2 racks pork back ribs*

*Sea salt*

***GLAZE***

*2 Tbsp tomato paste*

*2 Tbsp mayonnaise*

*1 tsp Worcestershire sauce*

*1 Tbsp soy sauce*

*1/8 tsp liquid smoke*

*1/2 tsp garlic powder*

*1/2 tsp each Splenda and Canadian Sugar Twin or 2 tsp. (10 ml) Splenda*

---

---

## DONALD'S DEEP-DISH PIZZA QUICHE

---

Makes 8 servings

Per serving.  
Effective carbohydrates: 3.5 g  
Carbohydrates: 4 g  
Fiber: 0.5 g  
Protein: 16.3 g  
Fat: 25 g  
Calories: 305

Donald is a [lowcarber.org](http://lowcarber.org) success story. He's lost more than 100 pounds.

Donald cuts the quiche into pieces and then freezes them to take to work for lunch. Of course, you can use any pizza toppings that you prefer. The mushrooms and sausage are my preference. This is one of the most popular recipes ever from [lowcarber.org](http://lowcarber.org).

---

### **Ingredients:**

*4 oz cream cheese, at room temperature*  
*4 large eggs*  
*1/3 cup whipping cream*  
*1/4 cup freshly grated Parmesan cheese*  
*1 Tbsp minced fresh chives*  
*1/2 tsp minced garlic*  
*1/2 tsp dried oregano*  
*1 cup shredded Asiago cheese*  
*2 cups shredded full-fat mozzarella cheese*  
*1/2 cup tomato sauce*  
*2 cups sliced mushrooms, sauteed*  
*2 Italian sausages, casing removed, crumbled, and cooked*

---

Preheat the oven to 350°F (175°C). Butter a 13 x 9-inch (32.5 x 22.5-cm) baking dish.

In a food processor, blend together the cream cheese and eggs until smooth. Add the cream, Parmesan, chives, garlic, and oregano. Blend until smooth.

Scatter the Asiago and 1 cup of the mozzarella in the prepared baking dish. Pour the egg mixture over the cheese. Bake for 30 minutes.

Spread with the tomato sauce. Scatter the mushrooms and sausage over the top. Cover with the remaining 1 cup mozzarella.

Turn on the broiler and broil about 6 inches from the heat until brown and bubbly. Let sit for 5 minutes or so before cutting.

---

## GREAT GRANDMA'S GERMAN SAUSAGE BAKE

---

Makes 8 servings

Per serving.  
Effective Carbohydrates: 3 g  
Carbohydrates: 7 g  
Fiber: 4 g  
Protein: 19 g  
Fat: 25 g  
Calories: 324

We went to visit Great Grandma. She said, "I've been meaning to tell you of a recipe that my children always asked me to make. It was a family favorite!"

---

### **Ingredients:**

*2 1/2 pounds bulk pork sausage*  
*2 pounds frozen cauliflower*  
*4 ounces (1/2 cup) cream cheese, softened*  
*1 tablespoon butter*  
*1/2 teaspoon seasoning salt*  
*2 cans sauerkraut (about 2 pounds), drained*  
*1/2 tablespoon dried parsley flakes*

---

Cook the sausage on medium heat until it is no longer pink. Drain any excess fat.

Meanwhile, cook the cauliflower in a covered pot with about 1" water until it is soft, about 10 minutes. Drain it and mash the cauliflower with a potato masher. Mash in the cream cheese, butter, and seasoning salt until well combined.

Spread the sausage in an even layer in the bottom of a 9" x 13" baking pan. Layer the sauerkraut on top, then spread the mashed cauliflower with the back of a spoon. Sprinkle the top with the parsley flakes.

Bake it at 350°F for about 25 to 30 minutes or until the top begins to turn golden.

---

## LION'S HEAD

---

Makes 4 servings

Per serving.  
 Effective carbohydrates: 1.7 g  
 Carbohydrates: 3.1 g  
 Fiber: 1.4 g  
 Protein: 32.2 g  
 Fat: 38.2 g  
 Calories: 499

In this classic Chinese dish, the meatballs and cabbage are said to resemble the head and mane of a lion. It's generally served on special occasions to symbolize happiness.

Note: Chinese cabbage is also known as Napa cabbage.

---

### **Ingredients:**

1 1/2 lb. (680 g) lean ground pork  
 1/4 cup (60 ml) finely diced water chestnuts  
 2 green onions, minced  
 1 large egg  
 2 Tbsp. (30 ml) soy sauce  
 1/2 tsp. (2.5 ml) sea salt  
 1 1/2 Tbsp. (22.5 ml) shaohsing rice wine or dry sherry  
 1/2 tsp. (2.5 ml) Splenda  
 Vegetable oil  
 1 tsp. (5 ml) minced fresh ginger  
 1 tsp. (5 ml) finely chopped garlic  
 1 1/2 cups (360 ml) chicken stock  
 1 tsp. (5 ml) Splenda  
 1/2 tsp. (2.5 ml) sea salt  
 8 large Chinese cabbage leaves  
 1/2 tsp. (2.5 ml) toasted sesame oil

---

*To make the meatballs:* In a large bowl, combine the pork, water chestnuts, green onions, egg, soy sauce, salt, wine or sherry, and sweetener. Mix thoroughly and form into 8 meatballs.

Heat 1 inch (2.5 cm) of vegetable oil in a large pot over high heat. Add the meatballs and cook until golden brown. Remove with a slotted spoon and drain on paper towels.

*To make the cabbage:* Remove all but 2 Tbsp. (30 ml) oil from the pot and place over high heat until hot. Add the ginger and garlic and cook until fragrant. Add the meatballs, stock, sweetener, and salt. Bring to a boil and then reduce the heat to a simmer. Cover and simmer for 20 minutes.

Place the cabbage leaves over the meatballs. Cover and simmer for 15 minutes longer. Sprinkle with the sesame oil before serving.

---

## MUSHROOMS STUFFED WITH SAUSAGE AND RICOTTA

---

Makes 4 servings

Per serving.  
Carbohydrates: 4.2 g  
Protein: 4.94 OZ

---

**Ingredients:**

*24 mushroom caps, medium to large*

*1 lb loose pork sausage*

*2 Tbsp chopped shallots*

*4 cups spinach leaves, washed, with large stems removed (tear larger leaves into 3-4 pieces)*

*1/2 cup whole-milk ricotta cheese*

---

Preheat oven to 350°F.

Pre bake mushrooms on a baking sheet until soft, 15-20 minutes. Pour off liquid. Saute sausage and shallots in skillet until sausage is cooked. Add spinach and saute until spinach is wilted. Add ricotta. Stir to mix well. Spoon mixture into mushroom caps. Broil mushrooms briefly to brown, about 5 minutes.

---

## PORK AND SHIITAKE MUSHROOM MEATBALLS

---

Makes 24 meatballs

Per meatball.  
 Effective carbohydrates: 1.2 g  
 Carbohydrates: 1.4 g  
 Fiber: 0.2 g  
 Protein: 7 g  
 Fat: 10.6 g  
 Calories: 131

These taste a lot like the inside of a wonton. Like all meatballs, they are good cold and make a great appetizer. Serve with soy sauce mixed with vinegar and sweetener to taste or [Thai Sweet-and-Sour Chile Dipping Sauce](#).

I like adding these meatballs to chicken broth with some finely shredded cabbage and ginger and eating as a soup.

---

**Ingredients:**

*10 medium dried shiitake mushrooms*

*2 lb ground pork*

*2 Tbsp soy sauce*

*1 tsp sea salt*

*1/4 tsp each Splenda and Canadian Sugar Twin or 1 tsp. (5 00) Splenda*

*1/4 cup finely chopped green onion*

*1 tsp toasted sesame oil*

*2 large eggs*

---

Place the mushrooms in a bowl and cover them with boiling water. Let stand until completely soft, about 30 minutes. Squeeze the water out of the mushrooms with your hands, remove the tough stems, and mince finely. Place in a large bowl.

Add the pork, soy sauce, salt, sweetener, green onion, oil, and eggs. Mix until everything is well- combined.

Bring a large pot of water to a boil. Shape the mixture into 24 meatballs, using 2 Tbsp. (30 ml) for each. Drop the meatballs gently into the water. When the water returns to a boil, cover the pot, turn down the heat to a simmer, and cook gently for 15 minutes. Remove with a slotted spoon.

---

## PORK LOIN STEAKS WITH LEMON THYME CREAM

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 3.1 g  
Carbohydrates: 3.3 g  
Fiber: 0.2 g  
Protein: 37 g  
Fat: 29 g  
Calories: 429

This goes fast once you start cooking and is perfect for company.

---

### **Ingredients:**

*3 Tbsp freshly squeezed lemon juice*  
*1 Tbsp chopped fresh thyme or 1 tsp. (5 ml)*  
*2 tsp dried thyme grated lemon rind*  
*2 garlic cloves, minced*  
*1/4 tsp sea salt*  
*8-1/2 inch boneless pork loin slices, about 3 oz. (100 g) each*  
*1 Tbsp unsalted butter*  
*1 cup whipping cream*  
*Freshly ground black pepper*

---

In a large bowl, mix the lemon juice, thyme, lemon rind, garlic, and tsp. (1.2 ml) salt. Add the pork and toss to coat with the mixture. Cover and refrigerate for at least 1 hour or up to overnight.

Melt the butter in a large frying pan over medium-high heat. Remove the pork from the marinade and place the pieces flat in the pan. (Work in batches if necessary.) Fry on both sides, turning once, until browned.

Return the pork to the pan and add any marinade remaining in the bowl. Add the cream and bring to a boil. Turn down to a simmer and cook until the cream thickens. Season to taste with salt and pepper.

---

## SAUSAGE CASSEROLE

---

Makes 8 servings

Per serving.  
Effective Carbohydrates: 4 g  
Carbohydrates: 5 g  
Fiber: 1 g  
Protein: 17 g  
Fat: 41 g  
Calories: 456

This versatile casserole can be made for either breakfast or dinner and can be easily doubled or tripled. When doubling or tripling, please be sure to allow for extra baking time!

---

### **Ingredients:**

*1 pound bulk pork sausage (one of the recipes from this book or commercially prepared)*  
*1 pound cauliflower, chopped (may be fresh or frozen)*  
*1-8 ounce package cream cheese*  
*2 eggs*  
*1/2 tablespoon dried onion, minced*  
*1/2 teaspoon seasoning salt*  
*1/2 teaspoon garlic granules*  
*1 teaspoon parsley flakes*  
*2 tablespoons cream or Almond Milk (page 240)*  
*1 1/2 cups cheese, shredded (Monterey jack, Cheddar, or a packaged Mexican-style blend)*  
*Cooking oil spray*

---

Cook the sausage and drain it. Spray a 9" x 13" baking dish with cooking oil spray. Put the sausage and the cauliflower into the baking dish. Set it aside.

Warm the cream cheese in the microwave until it has started to melt, about 1 minute. Put the cream cheese, eggs, seasonings, and cream into a mixing bowl and whisk them with a wire whisk until they are smooth. Pour this mixture over the sausage and cauliflower in the baking dish. Stir the ingredients in the dish lightly until they are uniform. Smooth the top of the mixture with the back of a spoon to flatten.

Sprinkle the shredded cheese over the sausage/cauliflower mixture. Bake the casserole at 350°F for about 25 minutes, or until the cheese is thoroughly melted and beginning to become golden brown in places.

---

## STIR" FRIED PORK WITH SWEET AND SOUR CABBAGE

---

Makes 1 serving

Per serving.  
Carbohydrates: 5.8 g  
Protein: 4.3 oz

---

**Ingredients:**

*1/2 cup shredded red cabbage*  
*1/2 cup shredded white cabbage*  
*1/2 cup bean sprouts*  
*Pinch cumin seeds*  
*1 Tbsp cider vinegar*  
*1/2-1 Equal tablet, crushed, or stevia to taste*  
*Salt and black pepper to taste*  
*1 Tbsp oil*  
*4 oz pork tenderloin, cut into strips*  
*1/4 inch thick*  
*2 Tbsp dry white wine*

---

In a large saute pan or medium pot, combine red cabbage, white cabbage, and 2 tablespoons water. Cook over medium heat until the cabbage wilts. Add bean sprouts, cumin seeds, vinegar, and crushed Equal tablet or stevia to taste. Season with salt and pepper. Cook over low heat for 3-5 minutes, or until vegetables are tender. Cover and keep warm. In a medium saute pan or wok, heat 1 tablespoon oil. Season pork strips with salt and pepper. Add to hot oil, and stir constantly to prevent scorching. When the pork is almost cooked through (this will take just 2-3 minutes), add white wine and cook another minute or so to let the alcohol boil away. Serve with the cabbage. TA

## Shellfish

---

## MARYLAND CRAB CAKES

---

Makes 8 servings

Per serving.  
Effective Carbohydrate: 0 g  
Carbohydrates: trace  
Fiber: 0 g  
Protein: 15 g  
Fat: 9 g  
Calories: 138

Maryland has long been famous for its incredible crab cakes. Now you can bring a low-carb version of that "best in the world" flavor into your own home! These would be nice served with a salad for a light lunch.

---

**Ingredients:**

*1 pound crabmeat, fresh preferred, shell pieces removed*  
*3/4 cup pork rinds, crushed*  
*1 egg, beaten*  
*1 tablespoon Blender Mayonnaise (page 241)*  
*1 teaspoon Dijon mustard or 1/2 teaspoon dry mustard*  
*1 teaspoon Worcestershire sauce*  
*1 tablespoon Old Bay seasoning*  
*2 tablespoons parsley*  
*Sea salt and pepper to taste*  
*Butter or lard, for frying*

---

Combine all of the ingredients except the butter in a mixing bowl. Form the mixture into 8 1/2"-thick patties.

Melt the butter in a large frying pan over medium heat. Place the crab cakes into the butter and fry them until they are golden brown, about 8 minutes, turning partway through.

---

## SHRIMP AND BROCCOLI BAKE

---

Makes 8 servings

Per Serving.  
 Effective Carbohydrates: 5 g  
 Carbohydrates: 6 g  
 Fiber: 1 g  
 Protein: 20 g  
 Fat: 24 g  
 Calories: 320

This tasty recipe can have many faces-you can use cauliflower or cabbage instead of the broccoli. You could use scallops, crab, or white fish instead of the shrimp, or in combination with it. Experiment and enjoy!

---

### **Ingredients:**

#### **Casserole ingredients:**

1 to 1 1/4 pounds broccoli, fresh, cut into bite-sized pieces (frozen is fine)  
 1 pound shrimp, cooked  
 3 to 4 cloves garlic, minced  
 1/2 cup sweet onion, chopped  
 2 tablespoons butter  
 1 tablespoon lard  
 1 1/2 cups cream or Almond Milk (page 240), unflavored  
 2 eggs  
 1/2 teaspoon seasoning salt  
 1/4 teaspoon lemon pepper  
 1/2 tablespoon parsley flakes  
 1/2 teaspoon lemon thyme or regular thyme leaves  
 1 teaspoon lemon zest  
 1/2 tablespoon fresh lemon juice  
 Cooking oil spray

#### **Topping ingredients:**

1/2 tablespoon soy protein  
 1/4 cup Parmesan cheese, freshly grated  
 1 cup Monterey jack cheese, shredded  
 1 tablespoon butter

---

Put the broccoli into a medium-sized saucepan and add about " of water to the pan. Cover and bring to a boil over medium-high heat. Cook the broccoli for about 5 minutes; then pour it into a colander to drain. Pour cold running water over the broccoli to cool it thoroughly.

Spray a 9" x 13" baking dish with cooking oil spray and add the cooled broccoli to the dish. Add the shrimp to the dish.

In the same saucepan, cook the garlic and onion in the butter and lard until they are slightly golden, about 5 to 8 minutes. Set aside to cool.

In a mixing bowl, combine the remaining casserole ingredients, except the cooking oil spray. Add the cooled onions and mix the sauce well. Pour it over the shrimp and broccoli in the baking dish. Mix well.

In a small dish, combine the soy protein and Parmesan cheese. Sprinkle over the top of the shrimp and broccoli. Spread the Monterey jack cheese evenly over the top of the casserole. Dot the top with the butter, using a knife to break off bits of butter.

At this point the casserole may be covered tightly and refrigerated overnight. When you are ready to bake it, place the uncovered casserole into a 350°F oven. Bake it for about 35 minutes or until the top is beginning to become slightly golden and the cheeses are thoroughly melted. Remove from the oven and allow it to rest for about 5 minutes before serving.

---

## SHRIMP SAUCE

---

Makes 2 to 3 servings

Per serving.  
Effective Carbohydrates: 4 g  
Carbohydrates: 5 g  
Fiber: 1 g  
Protein: 31 g  
Fat: 24 g  
Calories: 358

Serve over [Rice-Aflower](#) or Slurp 'Em Up Cabbage Noodles (page 233). For a really delicious variation, use equal parts scallops, crab, and shrimp for the meat. And, if you want a real treat, instead of the water mixed with the cream, use chicken Rich Stock (page 254) and about 1/2 tablespoon each fresh lemon juice and white wine. Fresh parsley or cilantro is also superb, if available.

---

### **Ingredients:**

*2 to 3 cloves garlic, minced*

*1 tablespoon butter*

*2 cups shrimp, cooked (small to medium size)*

*1/2 cup cream thinned with water to 1 cup, or Almond Milk (page 240), unflavored*

*1 to 1 1/2 teaspoons arrowroot powder mixed with 2 tablespoons water*

*2 tablespoons Parmesan cheese*

*1/2 tablespoon parsley flakes*

*Seasoning salt and lemon pepper, to taste*

---

In a medium-sized saucepan over medium heat, cook the garlic in the butter until it is translucent, about 2 minutes.

Add the shrimp and thinned cream. Heat the shrimp mixture until it is steam ing, about 4 minutes.

Add the arrowroot/water mixture and stir slightly until the shrimp mixture is thickened. Add the Parmesan cheese and parsley, heating through. Season with seasoning salt and lemon pepper to taste.

---

## SHRIMP WITH MACADAMIA CRUST

---

Makes 4 servings

Per serving.  
Carbohydrates: 5.9 g  
Protein: 3.8 OZ

---

**Ingredients:**

*20 large shrimp, peeled and deveined, tails left on, 12 oz meat*

*1 egg, lightly beaten*

*Salt and black pepper to taste*

*1 1/4 cup macadamia nuts, toasted and ground in a food processor*

*Olive oil to make 1/8 inch layer in bottom of skillet, about 1/4 cup*

---

Wash and dry shrimp. Season egg with salt and pepper and put in a shallow bowl for dipping. Season ground macadamia nuts and put on a plate. Heat oil to medium high. Dip shrimp in egg, then coat with macadamia nuts. Fry in hot oil until crisp. Drain on paper towels.

---

## Coconut and Macadamia Crust Variation

---

Makes 4 servings

Per serving.  
Carbohydrate: 5.2 g  
Protein: 3.45 OZ

Substitute 1/2 cup grated unsweetened coconut, toasted (6.2 gm CRO, 2 gm PRO), for 1/2 cup macadamias. Replace half the olive oil with coconut oil. Proceed as above.

## Tofu

---

## TOFU-RONI AND CHEESE

---

Makes 4 Servings

Per serving.  
Effective carbohydrates: 7.5 g  
Carbohydrates: 11.4 g  
Fiber: 3.9 g  
Protein: 43.6 g  
Fat: 67.7 g  
Calories: 799

Suspend judgment and you'll find this to be a cheesy dream of a dish. Leftovers are great fried until the cheese gets all nice and crispy, just like you would have done with Kraft Macaroni & Cheese Dinner if there are any leftovers! You can add florets of cooked cauliflower or broccoli to this, too, or bake it over a bed of cooked spinach.

---

### **Ingredients:**

*2-12 oz (340 g) containers firm tofu, drained*  
*4 oz (112 g) cream cheese, diced*  
*1<sup>1</sup>/<sub>4</sub> cups (300 ml) whipping cream*  
*4 oz (112 g) shredded aged cheddar cheese*  
*1 Tbsp (15 ml) Dijon mustard*  
*1/2 tsp (2.5 ml) sea salt*  
*2 large egg yolks*  
*1<sup>1</sup>/<sub>2</sub> oz (42 g) freshly grated Parmesan cheese*

---

Preheat the oven to 325°F (165°C). Butter a 9 X 9-inch (22.5 X 22.5-cm) baking dish.

Bring a large pot of water to a boil. Cut the tofu into skinny, macaroni-shaped pieces. Add to the pot. When the water returns to a full boil, drain the tofu.

Combine the cream cheese and cream in a medium saucepan. Cook over medium heat, whisking occasionally, until the cream cheese melts and the mixture simmers.

Remove from the heat and whisk in the cheddar until melted. Whisk in the mustard, salt, and egg yolks. Fold in the tofu and transfer to the prepared baking dish. Sprinkle with the Parmesan.

Bake for 25 minutes. Turn on the broiler and brown the top. Let settle for a few minutes before serving.

## Turkey

---

## 90-MINUTE MIRACLE TURKEY

---

Makes 10 servings

Per serving.  
Effective carbohydrates: 0 g  
Carbohydrates: 0 g  
Fiber: 0 g  
Protein: 58.4 g  
Fat: 33.8 g  
Calories: 554

A miracle because the whole bird cooks in 90 minutes! Ask your butcher to split the turkey and flatten it for you. The brining ensures a tender and juicy bird!

Make gravy using the pan juices. Add a little water or unsalted stock to the pan and place over high heat. Let the liquid bubble for a few minutes as you scrape up all the browned bits from the bottom of the pan. Add more water or stock until a good balance between flavor and saltiness is achieved you can now thicken the gravy using the Cauliflower Trick (page 191).

---

### **Ingredients:**

*2 1/4 cups water*  
*1 1/4 cups kosher salt*  
*1 whole garlic head, peeled*  
*2 bay leaves, crushed*  
*1 turkey, about 15 lb. (6.8 kg)*  
*2 Tbsp vegetable oil*

---

Place the water in a very large container. Add the salt and stir to dissolve. Add the garlic and bay leaves.

Split the turkey down the backbone and pound on the breastbone to flatten it. Submerge in the brine, cover, and refrigerate for 8 hours. Remove from the brine, pat dry, and refrigerate uncovered for 8 to 12 hours. (This ensures that the skin will be crisp, so don't skip this step.)

Preheat the oven to 450°F (225°C).

Place the turkey on a large rimmed baking sheet or roasting pan and brush with the oil. Place on the bottom oven rack. Roast for 40 minutes. Rotate the pan from front to back. Roast for another 40 to 60 minutes, until an instant-read thermometer inserted into the thickest part of the thigh registers 175°F (80°C) the thickest part of the breast should register 165°F (74°C).

Remove the turkey from the pan and let sit for 20 minutes before carving.

---

## GROUND TURKEY BURGERS WITH MARJORAM

---

Makes 4 servings

Per serving.  
Carbohydrates: 3.3 g  
Protein: 5 OZ

---

**Ingredients:**

1 oz (1/4 cup) grated cheddar cheese  
1/2 cup chopped scallions  
1/2 cup diced green bell pepper  
2 Tbsp minced elephant garlic (see Note)  
1 egg  
1 Tbsp olive oil  
1 tsp dried marjoram  
1/2 tsp salt  
1/4 tsp black pepper  
1 lb ground turkey

---

In a small glass mixing bowl, combine cheese, scallions, green pepper, and garlic. In a separate, large mixing bowl, lightly whisk together egg, oil, and seasonings. Stir the vegetable mixture into the eggs, then add the ground turkey. Mix evenly and form into 4 thick patties. Handle the uncooked burgers delicately. At first they will seem fragile, but they will bind nicely once they start to cook.

Heat up a large cast iron skillet. Add oil and coat the bottom of the skillet, then place the patties in the skillet. Do not cover the skillet. Start your cooking over medium-high heat, and after a few minutes reduce to medium low. Cook for 12-15 minutes on the first side, then flip gently and cook another 12-15 minutes (you don't need to raise heat when you turn the patties). When burgers are done they will be firm to the touch. Check for doneness by cutting into the center of a burger with a paring knife. They should look evenly cooked, and the inside color should be white, not pink. These burgers can be served on a bed of lettuce with sliced cucumber and your favorite low-I no-carbohydrate condiment.

*Note:* Elephant garlic is usually available in natural food stores. If you can't find it, an equivalent amount of conventional garlic or shallots may be substituted without significantly altering food count. KW

## TURKEY MELT

---

Makes 2 servings

Per serving.  
Carbohydrates: 4.5 g  
Protein: 1.8 oz

---

***Ingredients:***

*2 G/G crispbreads*

*2 slices cooked turkey, 1 oz each*

*2 slices bacon, cooked*

*2 slices cheese, 1/2 oz each*

---

Place G/G crispbreads in a small broiler pan and lay turkey and cooked bacon on top. Cover with cheese. Place in a 325°F oven or toaster oven until cheese is thoroughly melted. Serve hot. TA

---

## TURKEY SNACKIN'CAKE

---

Makes 16 squares

Per serving.  
 Effective carbohydrates: 1.5 g  
 Carbohydrates: 2 g  
 Fiber: 0.5 g  
 Protein: 14 g  
 Fat: 11.7 g  
 Calories: 170

This isn't the sugar and flour kind of cake but a tasty pairing of ground turkey with a cream cheese and shredded zucchini "frosting"! The combination of the turkey and sage will give a holiday aroma to your kitchen.

This cake is great to have around for snacks and lunch or breakfast on the go.

Note: My favorite turkey for this dish is the leg meat. You could also use ground chicken instead of turkey.

---

### **Ingredients:**

1 lb (454 g) zucchini  
 8 oz (227 g) cream cheese at room temperature  
 2 large eggs  
 1/2 tsp (2.5 ml) sea salt  
 2 Tbsp (30 ml) minced green onion tops

### **TURKEY**

2 lb ground turkey  
 2 large eggs  
 1/2 cup finely chopped onion  
 3/4 tsp sea salt  
 1 Tbsp chopped fresh sage or 1 tsp. (5 ml) dried sage leaves  
 1/2 cup freshly grated Parmesan cheese  
 1/4 tsp freshly grated nutmeg  
 Freshly ground black pepper

---

Preheat the oven to 350°F (175°C).

*To make the zucchini topping:* Trim the zucchini and shred finely. Place in a sieve to drain.

Place the cream cheese in a medium bowl and beat with an electric mixer until smooth. Beat in the eggs, one at a time. Beat in the salt and green onion. Squeeze any remaining water out of the zucchini with your hands and stir into the bowl.

*To make the turkey:* In a large bowl, mix the turkey, eggs, onion, salt, sage, cheese, nutmeg, and pepper to taste until well-blended. Pat into a 8 x 8-inch (20 x 20-cm) baking dish.

Bake for 15 minutes. Remove from the oven and let sit for 10 minutes. Hold a pot lid firmly on the meat and tip the pan to pour out any accumulated juices. The cake will have shrunk from the sides of the pan, and this is fine.

Spread with the zucchini mixture and bake for 30 minutes longer. Let sit for at least 15 minutes before cutting.

---

## TURKEY TENDERLOIN WITH PESTO AND SMOKED MOZZARELLA

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 1.4 g  
Carbohydrates: 2.3 g  
Fiber: 0.9 g  
Protein: 44.6 g  
Fat: 16.2 g  
Calories: 342

Leftovers are fabulous! If you want to dress this up a bit, serve it with [Tomato Garlic Cream Sauce](#).

Other types of smoked cheese can be used, such as cheddar or provolone. If you don't have homemade pesto, commercially prepared is fine.

---

### **Ingredients:**

*4 turkey tenderloins, about 2 lb. (908 g)*

*Sea salt and freshly ground black pepper*

*1/2 cup [Basil Pesto](#)*

*4 oz thinly sliced smoked mozzarella cheese, cut into 1/2-inch (1.2-cm) strips*

---

Preheat the oven to 350°F (175°C). Cut each tenderloin lengthwise almost in half and open like a book. Sprinkle inside and out with salt and pepper. Using half of the pesto, spread it evenly over the top side of the tenderloins. Place the cheese evenly on top of the pesto, positioning it on one side of each tenderloin.

With toothpicks, skewer the tenderloins closed. Brush each tenderloin with the remaining pesto. Transfer to a rimmed baking sheet.

Bake for 25 minutes, or until cooked through. Slice the tenderloins crosswise into 1-inch (2.5-cm) rounds and arrange on a serving platter. Serve with the pan juices poured on top.

## Other

---

## SEVEN-EGG VEGGIE LASAGNA

---

Makes 6 servings

Per Serving.  
 Effective Carbohydrates: 3 g  
 Carbohydrates: 4 g  
 Fiber: 1 g  
 Protein: 17 g  
 Fat: 22 g  
 Calories: 278

This is a yummy lasagna variation! If you like things with more intense seasonings, add 1/2 tablespoon Italian seasonings and an additional 1/2 teaspoon garlic salt to the filling.

---

**Ingredients:**

**Filling:**

*3/4 cup cream cheese, softened, or ricotta cheese*

*2 tablespoons Romano cheese (or Parmesan)*

*1/2 tablespoon parsley flakes*

*1/2 teaspoon garlic salt*

*4 eggs*

**Other ingredients:**

*1 medium zucchini*

*1 bunch spinach, washed and trimmed*

*6 ounces minced ham, chicken, or pork*

*3 hard-cooked eggs, sliced*

*1/2 cup Monterey jack cheese, shredded*

*1/4 teaspoon basil, dried*

*1/4 teaspoon seasoning salt*

---

Place the filling ingredients into a mixing bowl and mix well with a wire whisk. Set the filling mixture aside.

Prepare the zucchini "noodles": Using a vegetable peeler, peel long strips of zucchini. Continue peeling the zucchini until it is down to the pithy core. Discard the core if it is mushy. Reserve the noodles for use as layers in the lasagna.

Begin layering the lasagna: Use half of the spinach as the first layer. Place half of the zucchini noodles over the spinach. Add half of the cheese filling, spreading it evenly over the spinach layer. Sprinkle half of the meat over the cheese filling.

For the second layer, again begin with spinach, zucchini noodles, then the cheese filling. Sprinkle the remaining meat over the cheese filling, then place the sliced hard-cooked eggs over the meat.

For the top: Sprinkle first the shredded cheese over the eggs, then the basil and seasoning salt.

Bake the lasagna at 350°F for about 35 minutes, or until the top is golden. Remove it from the oven and allow it to rest about 5 minutes before serving.

---

## SEVEN HILLS' CHILI

---

Makes 8 Servings

Per Serving.  
Effective Carbohydrates: 6 g  
Carbohydrates: 8 g  
Fiber: 2 g  
Protein: 21 g  
Fat: 28 g  
Calories: 365

Sometimes you just need some good, homemade chili! For those times, this is the one!

---

**Ingredients:**

*1 pound ground pork*  
*1 pound ground beef (coarse ground for chili, if possible)*  
*2 tablespoons minced onions, dried 1 tablespoon garlic granules*  
*3 bay leaves*  
*Salt and pepper to taste*  
*3 or 4 tablespoons chili powder*  
*1 teaspoon oregano*  
*2 teaspoons cumin*  
*1 large (14- to 16-ounce) can chopped tomatoes (without sugar)*  
*1/2 red bell pepper, chopped finely*  
*1 small can (8 ounces) tomato sauce*  
*2 tablespoons fresh parsley, chopped*

---

In a large skillet with a lid, cook the pork and beef over medium heat until it is no longer red. Drain.

Return the meat to the pan and add the remaining ingredients except the parsley (unless using dried; then add it at this time). Mix well.

Cover and simmer over medium-low heat for 30 minutes. Add the fresh parsley and simmer 5 minutes. Serve hot in bowls.

**Note:** All the soup and stew recipes in this book are slow-cooker adaptable. Simply follow the instructions in the recipe. Place the ingredients in the slow cooker, less any thickener (as would be indicated in the recipe), and cook on low for about 10 to 12 hours (high about 6 to 8 hours). If the recipe uses arrowroot and water as the thickener, simply make sure the soup or stew is bubbling, and add it right in at the very end of the cooking time. If a recipe calls for no thickener on a conventional stove, you may wish to add 1/2 to 1 teaspoon arrowroot mixed into 1/4 cup water.

---

## SPAGHETTI SQUASH WITH CREAM GRAVY

---

Makes 2 Servings

Per Serving.  
 Effect Carbohydrates: 3 g  
 Carbohydrates: 4 g  
 Fiber: 1 g  
 Protein: 15 g  
 Fat: 28 g  
 Calories: 328

This quick and easy meal is rather like something from an Italian restaurant! It makes a great lunch on a rainy day.

---

**Ingredients:**

**Sauce:**

*2 cloves garlic*

*1/4 teaspoon rosemary*

*1 tablespoon bacon grease or lard*

*3/4 pound meat (lamb, pork, chicken, beef steak), cooked and sliced 1/4" thick and cut into bite-sized pieces*

*1/4 teaspoon sea salt*

*1/8 teaspoon lemon pepper*

*1 tablespoon butter*

*1 cup cooked Baked Winter Squash, spaghetti (page 216)*

*1/4 teaspoon garlic salt*

*1/8 teaspoon lemon pepper*

*1 tablespoon water*

*1/3 cup of Almond Milk (page 240), unsweetened, or cream Pinch nutmeg*

---

In a medium skillet over medium heat, cook the garlic and rosemary in the bacon grease until the garlic begins to become translucent, about 3 minutes. Put the meat, salt, and lemon pepper into the skillet. Cook and stir over medium-low heat until the flavors are well combined, about 10 minutes.

Meanwhile, in a medium saucepan over medium-low heat, melt the butter. Add the spaghetti squash, garlic salt, lemon pepper, and water. Heat and stir until warmed through.

A few minutes before serving, pour the Almond Milk (or cream) into the pan with the meat. Cook and stir until the mixture is bubbling and beginning to thicken, about 2 or 3 minutes. Serve on individual plates with the spaghetti squash on the bottom and the gravy over the top. Garnish with the nutmeg.

---

## SURPRISE MEATLOAF

---

Makes 10 servings

Per Serving.  
 Effective Carbohydrates: 1 g  
 Carbohydrates: 2 g  
 Fiber: 1 g  
 Protein: 26 g  
 Fat: 35 g  
 Calories: 435

This is a really special recipe to use for a birthday party or other special "kid-friendly" occasion!

Note: This recipe may also be divided into 2 smaller meatloaves.

---

**Ingredients:**

*1 1/4 pounds ground pork*  
*1 1/4 pounds lean ground beef*  
*1/3 cup Almond Milk (page 240), unflavored (just the almonds and the water), or cream*  
*3/4 cup pork rinds, ground*  
*2 eggs.*  
*1 1/2 teaspoon hot chili oil or a pinch of cayenne*  
*1 1/2 teaspoons seasoning salt*  
*1 teaspoon lemon pepper*  
*1 teaspoon sage, rubbed*  
*3 tablespoons minced onion, dried*  
*3 tablespoons parsley flakes*  
*1 teaspoon dry mustard powder*  
*1/4 teaspoon SteviaPlus or 1 packet sucralose*  
*4 eggs Salt and pepper*  
*1/3 cup Creamy Roasted Garlic Salad Dressing (page 245)*  
*1 tablespoon parsley, dried*

---

In a large mixing bowl with an electric mixer, combine the first 13 ingredients. Mix on low speed until thoroughly combined.

2. Place the combined mixture into a 2-quart baking dish. Using the back of a 1/2-cup measure, press 4 holes into the top of the meatloaf. Break an egg into each hole and season the eggs with salt and pepper. Bake the meatloaf at 350°F for approximately 1 1/2 hours.

Remove it from the oven and spread the salad dressing evenly on top, covering up the egg "surprises." Sprinkle the parsley over all. Continue baking another 15 to 20 minutes. Use a spoon to scoop any excess grease from the top of the meatloaf.

**SAFETY Tip:** Meatloaf must be checked with a meat thermometer and test to 170°F for safety. E-coli is not something to be messed with! A simple precaution, such as always checking cooked ground meat with a thermometer, is worth the effort to protect your and your family's safety!

---

## TRINA'S PIZZA CRUST

---

Makes 8 servings

Per serving.  
Effective Carbohydrates: 1 g  
Carbohydrates: 1 g  
Fiber: 0 g  
Protein: 6  
Fat: 6 g  
Calories: 84

This wonderful crust, developed by a professional chef, will make a delicious addition to your low-carb way of eating! Instead of making 1 big pizza, you can separate the crust mixture into 3 portions and make individual-sized pizza crusts that can be frozen for later use. Just bake them as directed in step 4, let them cool, and freeze them in plastic wrap. Thaw them for a few minutes before adding toppings and baking as instructed in step 5.

---

### ***Ingredients:***

*3 eggs, at room temperature*  
*3 tablespoons whole-milk ricotta cheese*  
*1 teaspoon garlic powder*  
*1/2 teaspoon salt*  
*1 tablespoon grated Parmesan cheese*  
*1 cup shredded mozzarella cheese*  
*Olive oil cooking spray or butter*

---

Preheat the oven to 325°F. Separate the egg whites from the yolks. Place the whites into a mixing bowl, and set them aside.

Place the yolks into a blender with the ricotta, garlic powder, and salt. Blend the yolk mixture until it is smooth.

Meanwhile, beat the egg whites until stiff peaks form. Fold the yolk mixture, Parmesan, and mozzarella cheeses into the whites.

Spray or butter a 12" pizza pan. Spread the mixture evenly onto the pan. Bake it for 45 to 50 minutes, until it is firm and, browned.

While the crust is still hot, add Pizza Sauce (page 158), Bacon Ranch Salad Dressing (page 60), or your favorite sauce, cheese, and the toppings of your choice. Return the pizza to the oven for about 5 minutes, until the cheese has melted. Let it rest at room temperature for a few minutes before slicing and serving.

---

## HAPPY FAMILY

---

Makes 8 servings

Per serving.  
 Effective Carbohydrates: 5 g  
 Carbohydrates: 8 g  
 Fiber: 3 g  
 Protein: 29 g  
 Fat: 27 g  
 Calories: 399

Happy Family is a popular dish at Chinese restaurants. It may also be called Four Happiness, signifying the different meats used in the dish. Unfortunately, most restaurants use ingredients in their sauces that are not low-carbo Here is my lowcarb, "from scratch" variation. I hope you enjoy it!

---

### **Ingredients:**

#### **Sauce ingredients:**

*3/4 cup beef or pork Rich Stock (page 254) or commercially prepared stock*

*1/4 teaspoon Sweet & Slender*

*1/8 teaspoon SteviaPlus*

*1/2 teaspoon ginger*

*1/8 teaspoon dry mustard*

*2 tablespoons lemon juice, fresh*

*1 1/2 teaspoons arrowroot powder*

*1 tablespoon sesame oil*

#### **Stir-fry ingredients:**

*Lard*

*1 1/4 pounds boneless beef steak, sliced into bite-sized pieces (London broil or sirloin are good choices)*

*3/4 pound boneless pork, sliced into bite-sized pieces*

*3 cloves garlic, minced*

*Seasoning salt (to taste)*

*3 carrots, thinly sliced (optional)*

*1/2 pound scallops, fresh or frozen*

*2 stalks celery, sliced*

*1/4 pound jicama, thinly sliced, or 1 can sliced water chestnuts*

*1/4 pound bean sprouts, fresh*

*1/4 pound snow peas, fresh, cut into 1/2 " pieces*

*1/4 head cabbage, chopped (about 4 cups)*

*1/4 pound shrimp, fresh or frozen*

*Lemon pepper*

*1 tablespoon sesame seeds (optional)*

---

Combine the sauce ingredients in a small dish and set aside.

Melt about 1/4 cup lard in a large wok or other large frying pan. Turn the heat to high, and add the beef, pork, and garlic. Season the meat with seasoning salt. Cook the meat and garlic using a lifting and stirring action for about 5 minutes, or until the meat is no longer red.

Add the carrots and continue to cook (use the same lifting and stirring action throughout the recipe) for about 2 minutes.

Add the scallops, celery, and jicama and cook for about 2 minutes. Add the bean sprouts, snow peas, and cabbage. Cook for about 3 minutes.

Stir in the shrimp and the sauce. Season to taste with additional seasoning salt and lemon pepper. Transfer the stir-fry to a large serving dish and garnish with the sesame seeds.

---

## LOW-CARB CHILI

---

Makes 8 servings

Per serving.  
Carbohydrates: 7.15 g  
Protein 3.24 oz

---

**Ingredients:**

*4 Tbsp olive oil*  
*2 cloves garlic, finely chopped*  
*4 Tbsp chopped shallots*  
*4 stalks celery, chopped*  
*1 lb ground beef*  
*1/4 lb ground pork sausage*  
*2 green bell peppers, coarsely chopped*  
*4 Tbsp Better Than Bouillon chili base*  
*1/2 cup red wine*  
*1/2 cup kidney beans*  
*2 Tbsp chili powder, or to taste*  
*Salt and pepper to taste*  
*4 oz cheddar cheese, grated (about 1 cup)*

---

Heat olive oil in stockpot. Add garlic, shallots, and celery. Saute briefly. Add ground beef and pork sausage. Cook, stirring to break up lumps, until meat is browned. Add peppers. Continue cooking, stirring frequently, until peppers are soft. Add all other ingredients except cheese. Simmer for 30 minutes, or until desired consistency. Taste and adjust seasoning if necessary. Serve sprinkled with grated cheddar cheese.

## Snacks, Soups, Salads, and Dressings

### Dressings & Dips

---

## BASIC VINAIGRETTE

---

Makes  $\frac{3}{4}$  cup (180 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.3 g  
Carbohydrates: 0.3 g  
Fiber: 0 g  
Protein: 0 g  
Fat: 9 g  
Calories: 81

You can go wild with variations of a basic vinaigrette dressing recipe. Fresh or dried herbs, garlic, shallots, or pesto will make your salads come alive. A few spoonfuls of sour cream turn it into a creamy dressing. You can make Greek dressing by adding garlic and oregano. You can even add mashed raspberries or strawberries and a touch of sweetener to the basic vinaigrette.

You can also add dimensions of flavor with different vinegars and oils, singly or blending several into the vinaigrette. Use balsamic vinegar in place of the red wine vinegar. Or substitute walnut oil for half of the olive oil and you'll have vinaigrette that's great on asparagus or broccoli.

The most important element in the vinaigrette-or any salad dressing, for that matter-is salt. The dressing should taste slightly salty in the bowl. Remember, it has to cover a lot of water-filled vegetables. And in my humble opinion, a lot of vinaigrettes go a little too heavy on the vinegar.

---

### **Ingredients:**

*2 tsp Dijon mustard*  
*2 Tbsp red wine vinegar*  
 *$\frac{1}{4}$  tsp sea salt*  
 *$\frac{1}{2}$  cup extra-virgin olive oil*  
*1 tsp freshly squeezed lemon juice*  
*Freshly ground black pepper*

---

In a small bowl, mix the mustard, vinegar, and salt. Let sit until the salt dissolves.

While whisking or mixing with a hand-held blender, slowly pour the oil into the vinegar mixture. The dressing should thicken a bit and be evenly mixed. Add the lemon juice. Season with pepper and additional salt, if needed.

## BLUE CHEESE DRESSING

---

Makes 1 1/2 cups (360 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.5 g  
Carbohydrates: 0.5 g  
Fiber: 0 g  
Protein: 2.6 g  
Fat: 9.9 g  
Calories: 103

This dressing tastes best when allowed to sit overnight so the flavors can blend. A must with Buffalo-Style Wings.

---

***Ingredients:***

*4 oz blue cheese, crumbled*  
*1 cup sour cream*  
*1/4 cup mayonnaise*  
*1 Tbsp red wine vinegar*  
*1 tsp minced garlic*  
*Sea salt and freshly ground black pepper*

---

Place the cheese in a small bowl and mash to a paste using a fork. Stir in the sour cream, mayonnaise, vinegar, and garlic. Season to taste with salt and pepper. Cover and refrigerate.

## CAESAR DRESSING

---

Makes about  $\frac{3}{4}$  cup (180 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.5 g  
Carbohydrates: 0.5 g  
Fiber: 0 g  
Protein: 0.7 g  
Fat: 6.2 g  
Calories: 59

This recipe is fir my favorite classic Caesar dressing. My true dressing snobbery comes through here-I frown upon creamy Caesar dressing.

Note: The egg is not cooked in this dressing. If that is a concern, look for pasteurized eggs in the grocery store.

---

**Ingredients:**

*1  $\frac{1}{2}$  tsp finely chopped garlic*  
 *$\frac{1}{4}$  tsp sea salt*  
*1 large anchovy fillet, finely chopped, or  $\frac{1}{2}$  tsp. (2.5 ml) anchovy paste*  
*1 Tbsp Dijon mustard*  
*2 Tbsp freshly squeezed lemon juice*  
*6 drops hot-pepper sauce*  
*8 drops Worcestershire sauce*  
*5 Tbsp extra-virgin olive oil*  
*1 large egg*  
*Freshly ground black pepper*

---

Place the garlic and salt in a small bowl. Mash to a paste with the back of a spoon. Add the anchovy and crush again. With a fork, stir in the mustard. Stir in the lemon juice, hot-pepper sauce, and Worcestershire sauce.

Slowly beat in the oil. Then add the egg and beat like a madman to emulsify it into the dressing. Season to taste with pepper.

---

## CLASSIC CELERY ROOT REMOULADE

---

Makes 8 servings

Per serving.  
Effective carbohydrates: 6 g  
Carbohydrates: 7.1 g  
Fiber: 1.1 g  
Protein: 1.8 g  
Fat: 17.3 g  
Calories: 184

Substituting a few tablespoons of walnut oil for a few tablespoons of the olive oil is absolutely delicious. You can also add a little chopped fresh dill or parsley for color and freshness. This keeps well in the fridge for a few days.

---

**Ingredients:**

*1 lb celery root*  
*2 tsp freshly squeezed lemon juice*  
*1 1/2 tsp sea salt*  
*1/4 cup Dijon mustard*  
*3 Tbsp boiling water*  
*2 Tbsp red wine vinegar*  
*1/2 cup extra-virgin olive oil*  
*1/4 cup sour cream*  
*Freshly ground black pepper*

---

Peel the celery root. Cut in half and remove the spongy core. Slice thinly, stack up the slices, and cut into thin matchstick strips. Place in a large bowl and toss with the lemon juice and 1 1/2 tsp. (7.5 ml) salt. Let sit for 20 minutes.

Place the mustard in a small bowl and slowly whisk in the water. Dribble in the vinegar and the oil, whisking constantly. Stir in the sour cream.

Rinse the celery root under cold water and drain well. Pat dry and toss with the dressing. Season to taste with salt and pepper. Refrigerate for at least 30 minutes.

---

## COLE SLAW WITH BACON BUTTERMILK DRESSING

---

Makes 4 servings

Per serving.  
 Effective carbohydrates: 6.1 g  
 Carbohydrates: 9 g  
 Fiber: 2.9 g  
 Protein: 6.4 g  
 Fat: 24.6 g  
 Calories: 277

Salting and rinsing cabbage for cole slaw prevents it from turning watery and thinning out the dressing. It also gives the cabbage a toothsome crunch.

---

**Ingredients:**

**Salad**

*1 lb green cabbage, cored and finely shredded*  
*1/2 cup thinly sliced red onion*  
*1 tsp sea salt*  
*8 bacon slices, cut into 1-inch (1.2-cm) pieces*

**Dressing**

*1/4 cup buttermilk*  
*1/4 cup mayonnaise*  
*2 Tbsp vegetable oil*  
*1 tsp Dijon mustard*  
*Pinch each of Splenda and Canadian Sugar Twin or a larger pinch of Splenda*  
*Sea salt and freshly ground black pepper*

---

*To make the salad:* In a large bowl, mix the cabbage, onion, and salt. Transfer to a large sieve or colander to drain. Let sit for at least 1 hour and up to 4 hours.

Rinse under cold running water. Drain well and pat dry with paper towels. Place in a large bowl.

Cook the bacon in a medium frying pan over medium heat until crisp. Remove from the pan with a slotted spoon and drain on paper towels; discard the fat in the pan. Add the bacon to the bowl with the cabbage.

*To make the dressing:* Combine the buttermilk, mayonnaise, oil, mustard, and sweetener. Mix well.

Pour the dressing over the cabbage and toss gently. Season to taste with salt and pepper. Cover and refrigerate.

## CRANBERRY RELISH

---

Makes 6 servings

Per serving.  
Carbohydrates: 6.3 g  
Protein: 0.26 OZ

---

***Ingredients:***

*1 1/2 cups raw cranberries*  
*3/4 cup chopped fennel*  
*3/4 cup pecans, toasted*  
*1 Tbsp DaVinci sugar-free orange syrup, or to taste*  
*1/2 tsp cinnamon*  
*Salt and black pepper to taste*  
*1 Tbsp orange zest*

---

For a crunchier relish, chop cranberries, fennel, and pecans together coarsely. Stir in syrup and cinnamon. Add a little salt and pepper to taste. Add orange zest.

For a softer relish, put 2 Tbsp water in small skillet. Add cranberries and fennel. Saute until just soft. Chop pecans and add, then stir in remaining ingredients. I like this version better than the raw one.

## CREAMY DRESSING

---

Makes 4 servings, 1 Tbsp each

Per serving.  
Carbohydrates: 0.9 g  
Protein: 0 oz

---

***Ingredients:***

*1/4 cup mayonnaise*

*2 tsp flaxseed oil*

*2 tsp Dijon mustard*

*2 tsp horseradish*

*1 tsp chopped parsley*

*1 tsp chopped basil (optional)*

*Salt and black pepper to taste*

---

Blend all ingredients together in a bowl, seasoning to taste with salt and pepper. Makes scant 1/2 cup.

## CREAMY SESAME MISO DRESSING

---

Makes  $\frac{3}{4}$  cup (180 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.9 g  
Carbohydrates: 1.1 g  
Fiber: 0.2 g  
Protein: 1.2 g  
Fat: 1.2 g  
Calories: 21

Good with asparagus and green beans or as a dressing for cabbage.

---

***Ingredients:***

*5 oz soft tofu*  
*2 Tbsp dark miso*  
*2 Tbsp water*  
*1 Tbsp rice vinegar*  
*1 tsp toasted sesame oil*  
*1 Tbsp toasted sesame seeds*

---

In a blender or food processor, blend the tofu, miso, water, vinegar, oil, and sesame seeds until smooth. Store in the refrigerator.

## DIJON MUSTARD BUTTER

---

Makes 12 servings

2 Tbsp each Per serving.

Carbohydrates: 0.7 g

Protein: 0.1 OZ

---

***Ingredients:***

*2 Tbsp minced shallots*

*1 1/4 cups (2 1/2 sticks) butter, softened*

*3 Tbsp Dijon mustard*

*1 tsp lemon juice*

*1 Tbsp Worcestershire sauce*

*Tabasco sauce to taste*

---

## DIJON VINAIGRETTE

---

Makes 8 servings, 2 Tbsp each

Per serving.  
Carbohydrates: 0.2 g  
Protein: 0 oz

---

***Ingredients:***

*1 clove garlic, minced*

*1 shallot, minced*

*1 Tbsp Dijon mustard*

*1 Tbsp red wine vinegar*

*1 cup olive oil*

*Salt and black pepper to taste*

---

Mix together garlic and shallot. Whisk in Dijon and vinegar. Whisk in oil or shake in glass jar with a tight lid. Season generously with salt and pepper. Makes about 1 cup.

## GARLIC CHEESE DIP

---

Makes 12 servings

Per serving.  
Effective Carbohydrates: 1 g  
Carbohydrates: 1 g  
Fiber: 0 g  
Protein: 5 g  
Fat: 13 g  
Calories: 145

I am so fortunate to have wonderful folks who test recipes for file. One of my most faithful testers is Lori Rainey. Thank you, Lori for sharing this yummy recipe! Serve this delicious dip with fresh veggies or pork rinds. For some yummy variations, you can add 1 tablespoon Golden Onions and Mushrooms (page 82), or 1/3 cup chopped, cooked bacon, or 2 tablespoons chopped green olives-or all of the above. You can also serve this as a hot dip by warming it in the oven or in a small slow cooker.

---

**Ingredients:**

*1 (8-ounce) package cream cheese, softened*  
*1/2 cup sour cream*  
*1/4 teaspoon onion powder*  
*3/4 teaspoon garlic powder*  
*4 drops (about 1/16 teaspoon) hot chili oil or a few grains of cayenne*  
*1 1/2 cups shredded cheese (a Colby-jack blend is best)*

---

Stir the first 5 ingredients together in a medium-sized bowl. Add the shredded cheese and mix it well.

---

## GREEN GODDESS DRESSING

---

Makes about 1 cups (360 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.4 g  
Carbohydrates: 0.4 g  
Fiber: 0 g  
Protein: 0.3 g  
Fat: 4.7 g  
Calories: 45

When I was a kid, green goddess was my favorite dressing. Sadly, it fell out of fashion, but it's here again and better than ever. It makes a great dip or a sauce for meat or vegetables, especially steak and asparagus.

---

**Ingredients:**

*1/2 cup mayonnaise*  
*1/2 cup sour cream*  
*1/4 cup chopped green onion tops*  
*2 Tbsp chopped fresh chives*  
*2 Tbsp chopped fresh parsley*  
*2 tsp chopped fresh tarragon or 1 Tbsp. (15 ml) dried tarragon*  
*3 anchovy fillets or 1 Tbsp. (15 ml) anchovy paste*  
*1 Tbsp freshly squeezed lemon juice*  
*Sea salt and freshly ground black pepper*

---

In a blender or food processor, combine the mayonnaise, sour cream, green onion, chives, parsley, tarragon, anchovy, and lemon juice. Process until smooth and light green. Season to taste with salt and pepper. Transfer to a bowl and refrigerate.

## HAM SALAD SPREAD

---

Makes 4 servings

Per serving.  
Carbohydrates: 2 g  
Effective Carbohydrates: 1 g  
Fiber: 1 g  
Protein: 6 g  
Fat: 9 g  
Calories: 115

This is good for a picnic! Cooked chicken or turkey work equally as well as the ham.

---

**Ingredients:**

*1 cup cooked ham or pork roast, chopped*  
*1 large rib celery (leaves are okay)*  
*1 teaspoon minced onion, dried*  
*1/8 teaspoon celery seed*  
*1/16 teaspoon lemon pepper (that is 1/2 of 1/8 teaspoon!)*  
*1/2 tablespoon parsley flakes*  
*1/8 teaspoon basil, dried*  
*1/16 teaspoon dry mustard or hot chili oil*  
*2 tablespoons Blender Mayonnaise (page 241) or commercially prepared mayonnaise*  
*1/4 teaspoon Sweet & Slender*

---

Combine all of the ingredients in a large food processor bowl. Pulse until they are all well combined. Spread on sliced veggies or low-carb crackers.

## HAZELNUT POPPY SEED DRESSING

---

Makes 12 servings

2 Tbsp each Per serving.  
Carbohydrates: 0.9 g  
Protein: 0.1 OZ

---

***Ingredients:***

*1/4 cup minced shallots*

*1/4 cup red wine vinegar*

*1 cup olive oil*

*1/4 cup poppy seeds*

*2 Tbsp Da Vinci hazelnut syrup, or to taste*

*Salt and black pepper to taste*

---

Combine all ingredients except salt and pepper using a food processor. Season to taste. Makes about 1 1/2 cups.

## JAPANESE-STYLE SESAME GINGER DRESSING

---

Makes 1 cups (360 ml)

Per 1 Tbsp. (15 00).  
Effective carbohydrates: 0.5 g  
Carbohydrates: 0.8 g  
Fiber: 0.3 g  
Protein: 0.8 g  
Fat: 4.9 g  
Calories: 48

Great as a dip or dressing for meat, fish (especially salmon), and vegetables. It can be addictive!

Note: This dressing will thicken as it sits. You can use water to thin it out.

---

**Ingredients:**

*1/3 cup soy sauce*  
*1/4 cup tahini*  
*1 1/2 tsp toasted sesame oil*  
*1 Tbsp brown rice or white wine vinegar*  
*1 Tbsp finely grated fresh ginger*  
*3/4 tsp each Splenda and Canadian Sugar Twin or 1 Tbsp. (15 ml) Splenda*  
*1/4 cup water*  
*1/3 cup vegetable oil*  
*2 Tbsp toasted sesame seeds*

---

In a food processor or blender, combine the soy sauce, tahini, sesame oil, vinegar, ginger, sweetener, and water. Blend until smooth. With the motor running, pour in the vegetable oil in a thin stream. Add the sesame seeds and pulse only to combine.

## RANCH DRESSING

---

Makes about 2 cups (480 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.1 g  
Carbohydrates: 0.5 g  
Fiber: 0.4 g  
Protein: 0.3 g  
Fat: 3.9 g  
Calories: 38

Why buy when you can make a versatile dressing that tastes this good?

You can add a couple of cloves of crushed garlic to turn this into a creamy garlic dressing. Or a few spoonfuls of [Basil Pesto](#) for a creamy basil dressing that is excellent on tomatoes and cucumbers. Or some crumbled feta cheese and oregano for a creamy Greek dressing.

---

**Ingredients:**

*3/4 cup sour cream*  
*1/2 cup mayonnaise*  
*1/2 cup water*  
*1/2 cup vegetable oil*  
*2 Tbsp white vinegar*  
*2 Tbsp finely chopped green onion tops*  
*2 tsp garlic powder*  
*1 tsp Worcestershire sauce*  
*3/4 tsp sea salt*  
*1/2 tsp dried basil*  
*Hot-pepper sauce*

---

In a small bowl, combine the sour cream, mayonnaise, water, oil, vinegar, green onion, garlic powder, Worcestershire sauce, salt, basil, and hot-pepper sauce to taste. Whisk until smooth. Cover and refrigerate.

## RUSSIAN DRESSING

---

Makes 24 servings

1 Tbsp each Per serving.  
Carbohydrates: 1 g  
Protein: 0.1 OZ

---

**Ingredients:**

*1 1/2 cups diced red bell pepper*  
*3/4 cup mayonnaise*  
*1 Tbsp canola oil*  
*1 tsp Worcestershire sauce*  
*1/2 tsp stevia powder (1 packet)*  
*1/4 tsp black pepper*  
*2 Tbsp diced sour dill pickle*

---

In a saucepan, bring 1 quart of water to a boil. Add peppers and cover. Reduce heat to simmer for 10 minutes. Drain peppers in a colander and discard cooking liquid. Add peppers to the workbowl of a food processor. Chop for 2-3 minutes. The consistency should be smooth, but some of the fiber will remain. Add the mayonnaise, oil, and Worcestershire sauce. Blend together for a moment. Add the stevia and black pepper and blend again. Scrape mixture from the workbowl into a glass bowl. Fold in diced pickle. This dressing will keep in the refrigerator for 10-14 days. (Don't try to freeze.) Store in an airtight container. KW

## SPINACH DIP

---

Makes 12 servings

Per serving.  
Carbohydrates: 1 g  
Effective Carbohydrates: 1 g  
Protein: 1 g  
Fat: 11 g  
Calories: 100

Serve it with your favorite sliced meats and veggies. Cucumber and jicama slices are particularly nice! Also, if you start with chilled ingredients, the chilling time can be omitted or reduced if you are in a hurry!

---

**Ingredients:**

*1/2 cup [Mayonnaise by Machine](#) or commercially prepared mayonnaise*  
*3/4 cup sour cream*  
*1/2 cup jicama, finely chopped*  
*1/2 cup spinach, finely chopped (about 8 large leaves)*  
*1 teaspoon chives, chopped (fresh would be great!)*  
*1 teaspoon parsley flakes (fresh would be great!)*  
*1 1/2 teaspoons minced onion, dried*  
*1/4 teaspoon lemon pepper*  
*1/2 teaspoon seasoning salt*

---

In a medium-sized bowl, combine all of the ingredients and mix them thoroughly. Chill the dip for about 1/2 hour.

## THOUSAND ISLAND DRESSING

---

Makes about 2 cups (480 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.3 g  
Carbohydrates: 0.4 g  
Fiber: 0.1 g  
Protein: 0.4 g  
Fat: 7.2 g  
Calories: 67

Once you've had the "real thing," you'll never want to go back to the stuff in bottles.

---

**Ingredients:**

*1 1/4 cups mayonnaise*  
*1/3 cup Ketchup (page 233) or store-bought*  
*1/4 cup finely chopped drained pimiento or roasted red pepper*  
*3 Tbsp finely chopped dill pickle*  
*2 Tbsp Dijon mustard*  
*2 Tbsp finely chopped green onion*  
*1 hard-cooked large egg, peeled and grated*  
*Dash of hot-pepper sauce*  
*Sea salt and freshly ground black pepper*

---

In a medium bowl, combine all ingredients together and mix well. Season to taste with salt and pepper. Cover and refrigerate.

## Salads

---

## CAESAR SALAD WITH GRUYERE CROUTONS

---

Makes 2 servings

Per serving.  
Carbohydrates: 5.7 g  
Protein: 2.9 OZ

---

**Ingredients:**

1 anchovy, chopped  
1 clove garlic, chopped  
1 egg  
Olive oil to thicken, about 1/2 cup  
1 tsp vinegar  
1 tsp lemon juice  
1 Tbsp lemon zest  
Dash Worcestershire sauce  
3 Tbsp grated Parmesan cheese  
Salt and black pepper to taste  
2 slices Gruyere, 1 oz each, cut into 1-inch pieces  
4 cups romaine lettuce, ripped into pieces

---

*Make dressing:* In wooden bowl, muddle the anchovy and garlic until they form a paste. Break egg into the bowl. Beat egg with wire whisk. When mixture is smooth add olive oil a little at a time, whisking constantly, until the dressing is creamy. Whisk in vinegar, lemon juice, and lemon zest. Add Worcestershire and 2 table-spoons of the Parmesan. Season with salt and pepper.

*To make croutons:* Put Gruyere pieces on freezer paper and cook in microwave for about 30 seconds, or until they are crisp.

Toss romaine with salad dressing. Correct seasoning. Top with remaining Parmesan and Gruyere croutons.

---

## CURRIED CHICKEN SALAD WITH JICAMA

---

Makes 4 servings

Per serving.  
Carbohydrates: 3 g  
Protein: 4 OZ

---

**Ingredients:**

*1 lb chicken breasts, boned and skinned*  
*1 stalk celery, diced*  
*1/2 cup coarsely grated jicama (see Note)*  
*1/2 cup diced green bell pepper*  
*3 Tbsp cider vinegar*  
*3 Tbsp mayonnaise*  
*1/3 tsp salt*  
*1/2 tsp black pepper*  
*1/4 tsp stevia powder (1/2 packet)*  
*1/2 tsp curry powder*

---

To cook chicken breasts, steam them until tender and no longer pink inside, 12-15 minutes. Allow to cool before slicing. Cut chicken breasts into bite-sized chunks.

In a medium-sized glass mixing bowl, combine chicken and celery, jicama, and green pepper. Add vinegar and mayonnaise and mix thoroughly. Add salt, pepper, stevia, and curry powder to chicken salad. Blend in all seasoning by evenly coating the ingredients. Serve chilled or at room temperature.

*Note:* If you're not familiar with jicama, it has brown skin like a potato and is shaped something like a turnip. Its flesh has a pleasing crunch, almost like a crisp apple. When purchasing jicama, which is available these days in most supermarkets, make sure the skin is firm without bruises. The small variety, about the size of an orange, is the best for its taste and texture. KW

---

## CUCUMBER SALAD WITH PEANUTS, COCONUT AND LIME

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 5.2  
Carbohydrates: 7.1 g  
Fiber: 1.9 g  
Protein: 4.7 g  
Fat: 13.6 g  
Calories: 159

This is one of my favorite salads. I think it's just delicious with prawns or shrimp. Serve it with simple meat dishes or as part of a Thai or Indian feast. If you don't have the black mustard seeds, don't sweat it! But do try to use freshly roasted peanuts for best flavor.

---

### **Ingredients:**

*2 Tbsp dried unsweetened shredded coconut*  
*1/4 cup boiling water*  
*1 1/2 cups English cucumber cut into 14-inch (0.6-cm) cubes*  
*1/2 cup unsalted roasted peanuts*  
*2 small chile peppers, finely chopped*  
*2 Tbsp freshly squeezed lime juice*  
*1/2 tsp sea salt*  
*1 Tbsp vegetable oil*  
*1/4 tsp black mustard seeds*

---

In a small bowl, combine the coconut and boiling water. Let sit until cool.

In a large bowl, combine the cucumber, peanuts, and chiles. Add the coconut and mix well.

In a cup, mix the lime juice and salt. Just before serving, heat the oil over high heat in a small frying pan. Add the mustard seeds. When they pop, pout them into the lime mixture. Pout over the cucumber mixture and toss gently. Serve immediately.

## EGG SALAD

---

Makes 6 servings

Per serving.  
Carbohydrates: 1 g  
Effective Carbohydrate: 0 g  
Fiber: 1 g  
Protein: 6 g  
Fat: 15 g  
Calories: 155

When one has candida, it makes it very difficult to make even the most basic things. It does until you start thinking creatively, anyway! Traditional egg salads usually rely heavily on commercial mayonnaise and pickles. Those are both "vinegar" foods, which must be eliminated while one is on candida treatment. This great-tasting egg salad is excellent for folks with candida, and also for those without! It is delicious as a stuffing for celery sticks or eaten on Crackers (page 10).

---

### ***Ingredients:***

*6 eggs*

*1/3 cup [Mayonnaise by Machine](#) or commercially prepared mayonnaise*

*1/2 tablespoon onion flakes*

*Seasoning salt, to taste Lemon pepper, to taste*

*1 teaspoon parsley flakes*

*5 drops hot chili oil*

---

Place the eggs into a pot filled with enough cold water to cover the eggs. Put a pinch of salt into the water. This helps keep the shells from cracking. Bring the pot to a boil over medium heat; then turn off the heat and allow them to rest undisturbed for about 10 minutes. Drain the hot water off the eggs and immerse them in cold water.

Peel the eggs and mash them using a potato masher or a fork. Stir in the rest of the ingredients. Adjust seasonings to taste.

---

## GREEN CABBAGE COLE SLAW WITH LEMON ZEST

---

Makes 4 servings

Per serving.  
Carbohydrates: 5.8 g  
Protein: 0.5 OZ

---

**Ingredients:**

*4 cups shredded green cabbage*  
*1/2 cup diced green bell pepper*  
*1/2 cup coarsely chopped flat-leaf parsley*  
*1/2 tsp salt*  
*1/2 tsp grated lemon zest (see Note)*  
*1/4 tsp black pepper*  
*1/2 tsp celery seeds*  
*4 Tbsp cider vinegar*  
*2 heaping Tbsp mayonnaise*

---

In a large glass mixing bowl, combine cabbage, green pepper, and parsley. Add the salt. Work it into the fiber of the vegetables. The salt, as it dissolves and mixes with the greens, will draw moisture from the vegetables. Add to the slaw the lemon zest, black pepper, celery seeds, and vinegar, then the mayonnaise. Mix thoroughly.

Allow the cole slaw to stand about 30 minutes in the refrigerator before serving. It will keep in the refrigerator for 4-5 days in an airtight container.

*Note:* Lemon zest is the fragrant outer yellow part of the lemon peel. Don't grate below to the bitter, pulpy white. KW

---

## MINTED CUCUMBER SALAD

---

Makes 6 servings

Per serving.  
Carbohydrates: 4.6 g  
Protein: 0.32 OZ

---

**Ingredients:**

*2 cucumbers, sliced*  
*3 Tbsp chopped shallots*  
*1 medium scallion, sliced*  
*Salt and black pepper to taste*  
*3/4 cup sour cream*  
*2 Tbsp minced ginger*  
*1 Tbsp chopped dill*  
*1 Tbsp chopped basil*  
*2 Tbsp chopped mint*  
*2 Tbsp Da Vinci sugar-free mint syrup, or to taste*  
*2 Tbsp lemon zest*  
*Fresh mint sprigs for garnish*

---

Combine cucumbers, shallots, and scallions. Season with salt and pepper. Combine next 7 ingredients (sour cream through lemon zest) in a separate bowl and mix thoroughly. Season with salt and pepper. Toss sour cream dressing with cucumber mixture. Taste. Adjust seasoning. Garnish with fresh mint sprigs.

---

## MARINATED CHICKEN SALAD

---

Makes 4 servings

Per serving.  
Carbohydrates: 4.85 g  
Protein: 4.18 OZ

---

**Ingredients:**

*2 cups cooked chicken breast, cut into large cubes*  
*1 red bell pepper, cut into 3/4-inch cubes*  
*1/2 cup cooked green beans, cut diagonally into pieces*  
*1/4 cup black olives, cut in half*  
*1/4 cup stuffed green olives, cut in half*  
*2 scallions, sliced, white and green parts*  
*1 clove garlic, minced*  
*Olive oil to coat, about 3/4 cup*  
*2 Tbsp red wine vinegar, or to taste*  
*1 tsp chopped basil*  
*1 tsp oregano leaves*  
*1 tsp chopped parsley*  
*1 tsp capers (optional)*  
*Salt and black pepper to taste*  
*4 large leaves Boston lettuce*

---

Combine all ingredients except salt and pepper and lettuce leaves in a bowl. Toss to mix thoroughly. Season generously with salt and pepper. Marinate refrigerated for several hours. Toss again. Taste and if necessary adjust seasoning. Serve on lettuce leaves.

---

## MARINATED CUCUMBER SALAD WITH FRESH DILL

---

Makes 4 servings

Per serving.  
Carbohydrates: 2.6 g  
Protein: 0.5 OZ

---

**Ingredients:**

*4 pickling cucumbers, sliced into 1/3-inch rounds*  
*2 stalks celery, sliced in thin crescents*  
*2 Tbsp diced red onion*  
*1 Tbsp fresh dill, chopped, or 1 tsp dried dill*  
*1/2 tsp salt*  
*1/2 tsp stevia powder (1 packet)*  
*3 Tbsp cider vinegar*

---

In a large glass mixing bowl, combine cucumbers, celery, onion, and dill. To preserve the crunchiness of the vegetables, lightly mix the salt, stevia, and vinegar into them (a heavy hand while mixing will tend to soften the vegetables). Cover the salad and refrigerate for a minimum of 30 minutes before serving. The longer it marinates the more "pickled" the flavor. Store the salad in the liquid to maintain its freshness. It will keep in the refrigerator for 3-4 days in an airtight container. KW

---

## MARINATED SALAD

---

Makes 6 servings

Per serving.  
Effective Carbohydrates: 3 g  
Carbohydrates: 5 g  
Fiber: 2 g  
Protein: 1 g  
Fat: 7 g  
Calories: 83

There is a beautiful retreat center in the heart of the Willamette Valley in Oregon that serves a salad similar to this. That was the inspiration for this recipe. Enjoy!

---

**Ingredients:**

*2 cups cauliflower florets, cut into bite-sized pieces*

*2 cups broccoli florets, cut into bite-sized pieces*

*1 carrot, cut into bite-sized pieces (optional)*

*1 cup Pitted black olives*

**Dressing:**

*2 tablespoons fresh lemon juice*

*3 tablespoons olive oil*

*1/2 teaspoon seasoning salt*

*1/4 teaspoon lemon pepper*

*2 small sprigs lemon thyme, minced (or 1/2 teaspoon dried thyme leaves)*

*1/8 teaspoon celery seed*

*1/16 teaspoon dried dill weed (that is 1/2 of 1/8 teaspoon!)*

*1/4 teaspoon Sweet & Slender*

---

Combine the cauliflower, broccoli, carrot, and olives in a serving dish. Sprinkle all of the remaining ingredients over the vegetables and toss well. The salad may be served immediately or covered and allowed to marinate in the refrigerator overnight. Either way, it is yummy!

---

## MICHELLE'S BROCCOLI AND CHICKEN SALAD

---

Makes 2 main-course servings

Per serving.  
Effective carbohydrates: 7.4 g  
Carbohydrates: 13 g  
Fiber: 5.6 g  
Protein: 58 g  
Fat: 59 g  
Calories: 807

A real winner from Michelle-one of [lowcarber.org](http://lowcarber.org)'s alumni. It's very portable for lunch.

---

**Ingredients:**

**Salad** 4 bacon slices, chopped  
2 cups cooked bite-size broccoli florets  
1 1/2 cups bite-size pieces cooked chicken  
1/2 cup coarsely shredded cheddar cheese  
1 cup thinly sliced celery  
**Dressing** 1/3 cup mayonnaise  
1/3 cup sour cream  
1/2 tsp celery seeds  
2 Tbsp apple cider vinegar  
1 tsp Dijon mustard  
Sea salt and freshly ground black pepper

---

*To make the salad:* Cook the bacon in a medium frying pan over medium heat until crisp. Remove from the pan with a slotted spoon and drain on paper towels.

In a large bowl, combine the broccoli, chicken, cheese, and celery. Toss lightly.

*To make the dressing:* In a small bowl, mix the mayonnaise, sour cream, celery seeds, vinegar, and mustard. Season to taste with salt and pepper.

Pour over the salad and toss to combine. Add the bacon and toss lightly again.

---

## MOCK POTATO SALAD

---

Makes 6 servings

Per serving.  
Effective Carbohydrates: 6 g  
Carbohydrates: 8 g  
Fiber: 2 g  
Protein: 5 g  
Fat: 5 g  
Calories: 97

Many folks love potato salad, but once they embark on the low-carb way of life, it is out of their eating plan. Now you can enjoy "potato" salad without the negative side effects. Even folks who don't like ordinary potato salad enjoy this one!

---

### **Ingredients:**

*1 pound cauliflower, cut into 1/2" dice (fresh or frozen)*  
*1 tablespoon minced onion, dried, or 1/4 cup fresh onion, minced*  
*1 large stalk celery, chopped*  
*3 strips bacon, cooked and crumbled*  
*2 hard-cooked eggs, chopped*  
*1/4 cup ranch dip-made with sour cream from a packet, Creamy Ranch Salad Dressing (page 244), or Creamy Roasted Garlic Salad Dressing (page 245)*  
*1/2 teaspoon seasoning salt*  
*1/4 teaspoon lemon pepper*  
*1/4 cup sliced olives (optional)*  
*1/2 tablespoon parsley flakes*

---

Pour about 1" of water into a medium-sized saucepan with a lid and add the cauliflower. Cook it covered over medium heat until it is done, about 5 to 8 minutes. It should still be slightly firm when done. Immediately run cold water over the cauliflower to stop it from cooking any further. Make sure it is completely cooled, drain it, then set it aside.

Place the drained cauliflower and the remaining ingredients, except the parsley, into a serving bowl. Stir them well to combine. Garnish the salad with the parsley flakes. Serve chilled.

---

## MOM'S CAULIFLOWER SALAD

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 5.2 g  
Carbohydrates: 8.9 g  
Fibet: 3.7 g  
Protein: 6.8 g  
Fat: 15 g  
Calories: 191

My mother never made this salad, but she did make a great potato salad in exactly the same way. I think she would have enjoyed my new version.

---

### **Ingredients:**

*Sea salt*  
*2 lb cauliflower, trimmed*  
*3 hard-cooked large eggs, peeled and grated*  
*1/3 cup mayonnaise*  
*1/3 cup sour cream*  
*1 Tbsp Dijon mustard*  
*1/4 cup finely diced celery*  
*2 Tbsp minced green onion*  
*2 Tbsp finely chopped fresh dill or 1 1/2 tsp. (7.5 ml) dried dill*  
*Freshly ground black pepper*

---

Bring a large pot of water to a boil and season liberally with salt. (It should taste like sea water.) Cut the cauliflower, including the core, into 4 wedges and add to the pot. Cook for about 10 to 12 minutes, or until it's barely tender and still somewhat crisp. Drain and let cool completely.

In a large bowl, mix the eggs, mayonnaise, sour cream, mustard, celery, green onion, and dill. Season to taste with salt and pepper.

Shred the cauliflower, using the large holes on the grater, and add to the bowl. Mix well. Check the seasoning if it sits for a while. The water drains from the cauliflower as it sits, so it will taste less salty.

---

## OLIVE, WALNUT, AND PARSLEY SALAD

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 5.8 g  
Carbohydrates: 8.8 g  
Fiber: 3 g  
Protein: 4.5 g  
Fat: 29.2 g  
Calories: 301

This is delicious with [Cinnamon-Spiced Lemon Chicken](#). I prefer to use a combination of black and green olives. And by all means, get good-quality ones.

---

### **Ingredients:**

*2 bunches fresh parsley, stemmed*  
*1 cup pitted olives, coarsely chopped*  
*1 cup walnuts, coarsely chopped*  
*2 green onions, minced*  
*1 large tomato, seeded and diced*  
*1/3 cup extra-virgin olive oil*  
*2 Tbsp red wine vinegar*  
*2 Tbsp freshly squeezed lemon juice*  
*1 small garlic clove, minced*  
*1/2 tsp ground cumin*  
*Sea salt and freshly ground black pepper*

---

Coarsely chop the parsley so it remains fluffy looking. Place in a large bowl and toss with the olives, walnuts, green onions, and tomato.

In a small bowl, beat together the oil, vinegar, lemon juice, garlic, and cumin. Season to taste with salt and pepper. Pour over the salad and toss well.

---

## PEANUT BUTTER CHICKEN SALAD

---

Makes 6 servings

Per serving.  
 Effective Carbohydrates: 5 g  
 Carbohydrates: 6 g  
 Fiber: 1 g  
 Protein: 23 g  
 Fat: 16 g  
 Calories: 255

Enjoy this delicious salad with an Asian flare! This would be great served at a potluck or some other special luncheon.

---

**Ingredients:**

**Marinade:**

*1/3 cup Bragg's Liquid Aminos, or soy sauce*  
*3 tablespoons fresh garlic, minced*  
*3 tablespoons creamy peanut butter*  
*1/4 cup parsley, minced (fresh if possible) or 2 tablespoons dried*  
*1/2 teaspoon hot chili oil*

**Salad ingredients:**

*4 chicken breasts, boneless and skinless*  
*1 head Romaine lettuce, chopped*  
*1 large cucumber, peeled and sliced*  
*1 cup Roasted Pecans (page 31), prepared using peanuts if carb-allowance is high enough, otherwise use pecans*

**Dressing ingredients:**

*3 tablespoons Marinade, reserved (above)*  
*2 tablespoons olive oil*  
*2 tablespoons lemon juice or vinegar*  
*1/4 teaspoon Sweet & Slender*  
*1/4 teaspoon SteviaPlus*  
*2 tablespoons Creamy Ranch Salad Dressing (page 244) or commercially prepared dressing*  
*2 tablespoons creamy peanut butter*  
*1/2 teaspoon sesame oil*  
*1/8 teaspoon hot chili oil (adjust to taste)*

---

Combine the marinade ingredients in a small saucepan and heat them over medium-low heat to combine. Cool thoroughly. Reserve 3 tablespoons of the marinade for the salad dressing.

Place the chicken and the remaining marinade in a large plastic container with a lid, or a zipper-sealed bag, and refrigerate for 1 hour up to overnight.

Broil or grill the chicken until it is done (tests at 170°F with a meat thermometer). Cut the chicken into bite-sized pieces and set aside.

Combine the reserved marinade and remaining dressing ingredients in a small bowl with a wire whisk. Set aside.

Prepare the salad. Place a bed of greens on each plate. Top each with a portion of the cucumber slices and the cooked chicken. Pour the dressing over each salad and top with the Roasted Pecans (or peanuts).

---

## PINE NUT AND PARSLEY SALAD

---

Makes 6 servings

Per serving.  
 Effective carbohydrates: 3.6 g  
 Carbohydrates: 5.6 g  
 Fiber: 2 g  
 Protein: 4.3 g  
 Fat: 18.3 g  
 Calories: 192

This is the low-carb version of tabbouli, the wonderful Middle Eastern parsley salad. It's excellent with grilled or roasted chicken. A traditional way of eating this is to wrap it up in leaf lettuce. Try it with Hummus (page 23). You can mix the vegetables 4 to 6 hours in advance and add the dressing just before serving.

Note: For variety, serve this salad minus the pine nuts and add a few chopped black olives. Or add a sprinkling of feta cheese and diced avocado.

---

### **Ingredients:**

#### **Salad**

*2 cups (480 ml) fresh parsley leaves, finely chopped*

*1 cup (240 ml) fresh mint leaves, coarsely chopped*

*1/3 cup (80 ml) seeded and finely chopped tomatoes*

*1/3 cup*

*(80 ml) seeded and finely diced English cucumber*

*1/4 cup (60 ml) thinly sliced green onion*

*1/2 cup (120 ml) pine nuts, coarsely chopped*

#### **Dressing**

*2 Tbsp. (30 ml) freshly squeezed lemon juice*

*1/2 tsp. (2.5 ml) finely chopped garlic*

*1/4 tsp. (1.2 ml) sea salt*

*5 Tbsp. (75 ml) extra-virgin olive oil*

*1/2 tsp. (2.5 ml) ground allspice*

*1/4 tsp. (1.2 ml) ground cinnamon*

---

*To make the salad:* In a large bowl, mix the parsley, mint, tomatoes, cucumber, and green onion. Sprinkle with the pine nuts. Cover and refrigerate until needed.

*To make the dressing:* Just before serving, combine the lemon juice, garlic, and salt in a small bowl. Stir well. Slowly beat in the oil. Stir in the allspice and cinnamon. Pour over the parsley mixture and toss to coat.

---

## ROASTED EGGPLANT SUMMER SALAD

---

Makes 4 servings

Per serving.  
Carbohydrates: 9.4 g  
Protein: 0.5 OZ

---

**Ingredients:**

*1 eggplant, about 1 1/4 lb, peeled and cut into 1 1/2-inch cubes*

*3/4 tsp salt*

*5 Tbsp olive oil*

*1/4 tsp dried oregano*

*2 cloves garlic, minced*

*1/4 tsp black pepper*

*1 oz (1/4 cup) crumbled feta cheese*

*2 Tbsp lemon juice*

*1 small head of Boston lettuce, washed, dried, and lightly shredded*

---

Preheat oven to 425°F. Rub eggplant chunks with salt and allow to stand for 10 minutes. With a paper towel, pat dry any surface moisture (this helps to remove the bitter taste). In a large mixing bowl, combine the eggplant, 4 Tbsp olive oil (set aside 1 Tbsp olive oil for final seasoning), oregano, garlic, and black pepper. Mix thoroughly and place in a 9 x 13 baking dish. Bake uncovered for 45 minutes. Remove from oven and allow to cool. Sprinkle with feta cheese, lemon juice, and 1 Tbsp olive oil before serving on a bed of Boston lettuce. Serve chilled or at room temperature. KW

---

## SALAD NICOISE

---

Makes 2 servings

Per serving.  
Carbohydrates: 9.5 g  
Protein: 4.4 oz

---

**Ingredients:**

*4 cups romaine lettuce, washed, dried, and torn into pieces*  
*1/4 red bell pepper, cut into slices*  
*2 scallions, sliced*  
*1/2 cup green beans or haricots verts, steamed*  
*1/4 cup zucchini, cubed, steamed (optional)*  
*6 Tbsp [Dijon Vinaigrette](#), or to taste*  
*Salt and black pepper to taste*  
*6 Kalamata olives*  
*2 hard-boiled eggs, cut into quarters*  
*6 oz canned tuna in oil*

---

Toss romaine, bell pepper, scallions, green beans, and zucchini with vinaigrette. Season with salt and pepper. On 2 plates arrange romaine, scallions, and zucchini, topping with green beans. Arrange peppers, olives, and egg quarters around sides. Top with tuna. Season with freshly ground pepper.

---

## SALAD WITH SESAME SEEDS AND CANDIED HAZELNUTS

---

Makes 4 servings

Per serving.  
Carbohydrates: 9.8 g  
Protein: 1 OZ

---

**Ingredients:**

*6 cups mixed greens, including mesclun and baby spinach*  
*1/2 red bell pepper, cut into strips, then halved*  
*1/2 cup sliced fennel*  
*1/4 cup chopped scallions, white and green parts*  
*1/2 cup broccoli crowns, cut into small florets, blanched*  
*1/2 cup [Hazelnut Poppy Seed Dressing](#)*  
*Salt and black pepper to taste*  
*1/2 cup candied hazelnuts (see Note)*  
*4 Tbsp sesame seeds, toasted*  
*4 tsp orange zest*

---

Mix together greens, bell pepper, fennel, scallions, and broccoli. Toss with dressing. Season with salt and pepper. Mix in candied hazelnuts. Divide salad among 4 plates. Sprinkle each salad with 1 tablespoon sesame seeds and 1 teaspoon orange zest. Season with freshly ground pepper.

*Note:* To make candied hazelnuts, use same process as [Walnut Sweetmeats](#), coating hazelnuts with Da Vinci sugar-free hazelnut syrup before toasting.

## SALMON SALAD

---

Makes 3 servings

Per serving.  
Carbohydrates: 1.8 g  
Protein: 4.4 OZ

---

***Ingredients:***

*1 can (13 oz) salmon  
1 rib celery, chopped  
1/4 cup chopped onion  
1 tsp chopped parsley  
1/4 spear pickle, chopped  
Lemon pepper seasoning, to taste  
2-3 Tbsp mayonnaise  
1 Tbsp prepared mustard  
1/2 tsp minced chives  
Salt and black pepper to taste*

---

Place salmon in a large bowl with next 8 ingredients (celery through chives) and mix well. Season to taste with salt and pepper and chill. Serve cold. TA

---

## SESAME, SNOW PEA, AND DAIKON RADISH SALAD

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 5.5 g  
Carbohydrates: 8.6 g  
Fiber: 3.1 g  
Protein: 3.5 g  
Fat: 10.1 g  
Calories: 136

Colorful and cool on the eyes, this goes well with roast pork and fits into any Asian-style meal.

---

### **Ingredients:**

*Sea salt*

*1 lb. (454 g) snow peas, stringed and trimmed*

*3/4 lb. (340 g) daikon radish, peeled and cut into thin matchstick strips, about 1 1/2 cups (360 ml)*

*1 large red bell pepper, cored and cut into thin strips*

*2 Tbsp. (30 ml) freshly squeezed lemon juice*

*2 tsp. (10 ml) grated fresh ginger*

*2 Tbsp. (30 ml) soy sauce*

*1/4 cup (60 ml) toasted sesame oil*

*Freshly ground black pepper*

*1 Tbsp. (15 ml) toasted sesame seeds*

---

Bring a large pot of water to a boil and season liberally with salt. (It should taste like sea water.) Add the snow peas and cook only until they turn bright green. Drain immediately and cool under cold running water. Drain again and pat dry.

Place the snow peas in a large bowl. Add the daikon and red pepper. Cover and refrigerate for up to 6 hours.

In a small bowl, whisk together the lemon juice, ginger, and soy sauce. Slowly whisk in the oil and season to taste with salt and pepper. When you are ready to serve the salad, pour over the vegetables and toss well. Sprinkle with the sesame seeds.

---

## SPINACH SALAD WITH BACON, TOMATO, AVOCADO, AND RANCH DRESSING

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 4 g  
Carbohydrates: 7.5 g  
Fiber: 3.5 g  
Protein: 7.3 g  
Fat: 32 g; Calories: 334

You can make this salad even more scrumptious by adding chopped hard-cooked eggs and a few shavings of red onion. It goes well with a steak or simply cooked chicken.

---

### **Ingredients:**

*1 10-oz bag ready-to-use spinach*  
*1 large ripe tomato, cut into thin wedges*  
*1 ripe Haas avocado, pitted, peeled, and cut into thin wedges*  
*1/2 lb bacon, cooked until crisp and crumbled*  
*2 Tbsp unsalted roasted peanuts (optional)*  
*1/2 cup [Ranch Dressing](#)*

---

Place the spinach in a large bowl. Top with the tomato, avocado, bacon, and peanuts (if using). Pout the dressing over the salad, toss well, and serve.

---

## SUPER SPECIAL SHRIMP SALAD

---

Makes 4 servings

Per serving.  
 Effective Carb Count: 4 g  
 Carbohydrates: 6 g  
 Fiber: 2 g  
 Protein: 15 g  
 Fat: 23 g  
 Calories: 276

This is a wonderful salad to serve as an appetizer with low-carb crackers or veggies for dipping.

---

***Ingredients:***

***Dressing ingredients:***

*1/4 cup [Mayonnaise by Machine](#) or commercially prepared mayonnaise*  
*1/4 cup whole milk yogurt*  
*1/8 teaspoon lemon pepper*  
*1/4 teaspoon seasoning salt*  
*1/2 tablespoon minced onion, dried*  
*1/8 teaspoon marjoram, dried*  
*1/8 teaspoon celery seed*  
*1/8 teaspoon dry mustard powder*  
*1 teaspoon fresh chives, snipped*  
*1 teaspoon parsley flakes*  
*1/2 teaspoon lemon juice, fresh*  
*1/4 teaspoon Sweet & Slender or 1/8 teaspoon SteviaPlus*

***Salad ingredients:***

*2 stalks celery, cut into bite-sized pieces*  
*1 small avocado, cut into bite-sized pieces*  
*1 1/2 cups shrimp, cooked*  
*2 hard-cooked eggs, chopped*  
*Lemon wedges, fresh (optional)*  
*Parsley or mint sprigs, fresh (optional)*

---

Combine all dressing ingredients in a small bowl and mix well.

Place all of the salad ingredients into a serving bowl and add the dressing. Mix well. Garnish with fresh lemon wedges and fresh parsley sprigs, if desired.

---

## TOMATO, OLIVE, AND GOAT CHEESE SALAD WITH CAPERS

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 3.3 g  
Carbohydrates: 4.5 g  
Fiber: 1.2 g  
Protein: 2 g  
Fat: 14.9 g  
Calories: 155

While this is great with the goat cheese, you can use your favorite soft cheese. Brie, gorgonzola, feta, and herbed Boursin are all good choices.

---

**Ingredients:**

*3 large ripe tomatoes*  
*2 Tbsp balsamic vinegar*  
*1/4 tsp sea salt*  
*1 Tbsp finely chopped shallot*  
*5 Tbsp extra-virgin olive oil*  
*1/2 cup pitted black olives, cut in half*  
*1/3 cup crumbled fresh goat cheese*  
*2 Tbsp drained capers*

---

Cut the tomatoes into thick slices and arrange on a platter. In a small bowl, whisk the vinegar, salt, and shallot together. Whisk in the oil. Drizzle over the tomatoes. Scatter the olives, cheese, and capers over the salad. Serve immediately.

## TURKEY SALAD

---

Makes 4 servings

Per serving.  
Carbohydrates: 3.9 g  
Protein: 4.57 OZ

---

***Ingredients:***

*16 oz cooked turkey, chopped*  
*2 hard-boiled eggs, chopped*  
*2 stalks celery, chopped*  
*2 Tbsp chopped shallots*  
*2 Tbsp chopped scallions, white part*  
*Mayonnaise to moisten, about 3/4 cup*  
*Salt and pepper to taste*

---

Mix first 6 ingredients. Season with salt and pepper.

---

## WARM CAULIFLOWER, BACON, AND EGG SALAD WITH SPINACH

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 4.6  
Carbohydrates: 8.6 g  
Fiber: 4 g  
Protein: 12.6 g  
Fat: 28 g  
Calories: 327

This is a very succulent salad with great texture. I think it goes very well with white fish like halibut or cod and leftovers are very good cold.

---

### **Ingredients:**

*1 1/2 lb cauliflower, trimmed*  
*6 hard-cooked large eggs, peeled*  
*1 10-oz bag ready-to-use spinach*  
*8 bacon slices, cut into 1/2-inch pieces*  
*1/4 cup finely chopped green onion*  
*1/2 cup extra-virgin olive oil*  
*1/3 cup white wine vinegar*  
*1 Tbsp Dijon mustard*  
*Sea salt and freshly ground black pepper*

---

Cut the cauliflower evenly into 1-inch (2.5-cm) pieces and set aside.

Cut the eggs into 1/4-inch (0.6-cm) slices. Place the spinach in a large bowl and add the eggs.

Fry the bacon in a medium frying pan over medium heat until crisp. Remove the bacon with a slotted spoon and add to the spinach. Add the green onion, oil, vinegar, and mustard to the pan and bring to a simmer, stirring constantly. Remove from the heat.

Bring a large pot of water to a boil and season liberally with salt. (It should taste like sea water.) Add the cauliflower and cook for about 6 to 7 minutes, or until it is tender but still has some texture. Drain immediately, tossing well to remove the water. Add to the spinach.

Bring the contents of the frying pan to a boil and pour over the salad. Toss gently. Season to taste with salt and pepper. Serve immediately.

## Sauces

## AIOLI

---

Makes 8 Servings

Per serving.  
Effective carbohydrates: 0.7 g  
Carbohydrates: 0.9 g  
Fiber: 0.2 g  
Protein: 0.8 g  
Fat: 55.1 g  
Calories: 494

---

***Ingredients:***

*4 cloves garlic*

*2 egg yolks*

*About 2 cups olive oil, enough to thicken*

*2 Tbsp lemon zest*

*1 tsp vinegar*

*2 tsp warm water*

*Salt and black pepper to taste*

---

In workbowl of food processor, mince garlic and combine with egg yolks. Process to beat egg yolks. Very slowly, while processing, add olive oil in a thin stream. When you have added about 1/2 cup oil, start adding lemon zest and vinegar from time to time, still processing. Add 1 teaspoon warm water. Continue to add oil in a slow stream. The mixture should become thick and smooth. Add remaining teaspoon water. Season with salt and pepper. If mixture does not thicken or blend properly, remove aioli from food processor. Put another egg yolk in the workbowl and turn on the machine. Slowly add aioli mixture to egg yolk while processor is running. This procedure should correct sauce. Serve with fish or roasted vegetables. Makes about 2 cups.

## ALFREDO SAUCE

---

Makes 4 Servings

Per serving.  
Effective Carbohydrates: 3 g  
Carbohydrates: 3 g  
Fiber: 0 g  
Protein: 12 g  
Fat: 59 g  
Calories: 581

This recipe has been suggested to be used to make Zucchini Alfredo with chicken.

---

**Ingredients:**

*1 Tablespoon Olive oil*

*2 Cloves garlic pressed*

*1 pk (8 oz) cream cheese cut up*

*2/3 cup Fresh Parmesan cheese*

*1/2 c Butter*

*1/2 c Whipping cream*

*1/8 c Milk **optional** (To cut even more carbs I would try and use half heavy cream and half milk)*

---

In a large sauce pan lightly cook the garlic (DO NOT BROWN) . Add the cheeses, butter, cream and milk, whisking constantly until smooth. If the sauce is too thick, you may want to add a little milk. Toss fettucini lightly with sauce, coating well. This recipe is easily doubled, tripled, or whatever for large crowds and any leftover sauce freezes well.

---

## BASIL PESTO

---

Makes about 1 1/2 cups (360 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.2 g  
Carbohydrates: 0.4 g  
Fiber: 0.2 g  
Protein: 0.7 g  
Fat: 5.5 g  
Calories: 52

A spoonful of pesto goes well with almost anything. It's great on fish, in soup as a garnish, or stirred into cream cheese or mayonnaise as a dip or dressing. Just make sure that you don't pulverize it to death or the lovely flavor will be lost. You can make cilantro pesto by substituting cilantro for the basil.

Note: You can freeze the pesto in ice cube trays, transfer it to a plastic bag, and use just a cube as needed.

---

***Ingredients:***

*1 garlic clove, crushed*  
*2 Tbsp freshly grated Parmesan cheese*  
*1 1/2 cups firmly packed fresh basil leaves*  
*1/2 tsp sea salt*  
*1/2 cup extra-virgin olive oil*  
*1/4 cup pine nuts (optional)*

---

Place the garlic, cheese, basil, salt, and oil in a food processor. Pulse until the basil is finely chopped. Add the pine nuts (if using) and pulse again until the pine nuts are barely detectable.

---

## BLENDER HOLLANDAISE SAUCE

---

Makes 1 cups (300 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.4 g  
Carbohydrates: 0.4 g  
Fiber: 0 g  
Protein: 1 g  
Fat: 10.7 g  
Calories: 100

Wonderful with asparagus, broccoli, cauliflower, and steak! The butter needs to be very hot when it's added to the blender, so don't let it cool down at all.

---

**Ingredients:**

*16 Tbsp unsalted butter (2 sticks)*

*6 egg yolks*

*1/4 tsp sea salt*

*4 to 6 Tbsp freshly squeezed lemon juice*

---

Place the butter in a large saucepan and cook over high heat until it starts to foam and appears to be boiling.

As the butter melts, place the yolks, salt, and 4 Tbsp. (60 ml) of the lemon juice in a blender. Blend on high speed to combine. With the blender running, add the hot butter in a slow, steady stream through the hole in the blender lid; leave the milky residue behind in the pan. Adjust the seasoning with more lemon juice, if needed.

## BLUE CHEESE DRESSING

---

20 servings, 4 Tbsp each

Per serving.  
Carbohydrates: 2.7 g  
Protein: 0.48 oz

---

***Ingredients:***

*1/2 lb blue cheese*

*1 cup chopped scallions*

*1/2 cup chopped parsley*

*2 cups mayonnaise*

*1 cup sour cream*

*1/2 cup red wine vinegar or cider vinegar*

*Salt and black pepper to taste*

---

Crumble blue cheese. Mix with scallions and parsley. Stir in mayonnaise, sour cream, and vinegar. Season with salt and pepper. Refrigerate overnight. Makes about 5 cups.

---

## CHOCOLATE SAUCE

---

Makes 11 servings. 2 cups (360 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.5 g  
Carbohydrates: 1 g  
Fiber: 0.5 g  
Protein: 0.6 g  
Fat: 3 g  
Calories: 31

Made with Splenda only: Add 0.2 g carbohydrates

Totally yummy! And it makes very good hot chocolate syrup. To make hot chocolate, place 2 to 3 Tbsp. (30 to 45 ml) of the syrup in a mug. Bring a combination of whipping cream and water to a boil and slowly stir into the syrup.

---

### **Ingredients:**

*1/3 cup Dutch-processed cocoa powder*

*1 1/4 cups water*

*2 large egg yolks*

*1 oz unsweetened chocolate, finely chopped*

*4 Tbsp unsalted butter, at room temperature*

*4 tsp each Splenda and Canadian Sugar Twin or 1/3 cup (80 ml) Splenda*

*Pinch of sea salt*

*1 tsp pure vanilla extract*

*1 tsp pure chocolate extract (optional)*

---

Place the cocoa in a small saucepan and slowly whisk in the water to form a smooth paste. Stirring constantly, bring the mixture to a boil over high heat and stir for 1 minute. Remove from the heat.

In a medium bowl, whisk the egg yolks until blended. Whisking constantly, very slowly pour the cocoa mixture into the yolks. Stir in the chocolate, butter, sweetener, salt, and extracts and continue stirring until the butter and chocolate have melted. Cool and refrigerate.

---

## EASY CREAM SAUCE

---

Makes about 8 servings

Per serving (with Parmesan).  
 Carbohydrates: 2 g  
 Effective Carbohydrates: 2 g  
 Fiber: 0 g  
 Protein: 3 g  
 Fat: 7 g  
 Calories: 80

This versatile sauce can be used "as is," as Alfredo sauce or as cheese sauce. It is great served over broccoli, cauliflower, asparagus, Brussels sprouts, etc. If you choose xanthan gum as your thickener, it will reheat better, but I prefer the taste of the arrowroot as a thickener.

---

***Ingredients:***

*1 1/2 teaspoons butter*  
*1 1/2 teaspoons coconut oil*  
*4 cloves garlic, minced*  
*1/2 teaspoon seasoning salt*  
*1 cup half-and-half*  
*1/2 teaspoon xanthan gum or about 1 teaspoon arrowroot*  
*1/2 cup shredded cheese (Colby, Cheddar, or Parmesan)-optional*  
*Nutmeg, if using Parmesan cheese*

---

Melt the butter and coconut oil in a small saucepan over medium heat. Add the garlic and saute until fragrant.

Add the seasoning salt and 3/4 cup of the half-and-half; cook until bubbling.

Mix the thickener with the remaining 1/4 cup half-and-half. Add it to the bubbling sauce in the pot, stirring lightly. Turn off the heat and add the cheese, if using it.

Pour the sauce over your veggies and garnish with nutmeg if using Parmesan cheese. The total cooking time is about 10 minutes.

## GORGONZOLA SAUCE

---

Makes 6 servings

Per serving.  
Carbohydrates: 1.1 g  
Protein: 0.25 OZ

---

***Ingredients:***

*1/2 tsp finely chopped shallot*

*1/8 cup crumbled gorgonzola (about 3/4 oz)*

*3/4 cup heavy cream*

*Freshly ground black pepper*

---

Combine shallot, gorgonzola, and cream in a skillet. Heat to a simmer. Reduce by half. Season with pepper. Serve with stuffed tenderloin on page 220 or with other roasted or grilled meats. Makes about 1 cup.

## HOLLANDAISE SAUCE

---

Makes 6 servings

Per serving.  
Carbohydrates: 0.39 g  
Protein: 0.31 oz

---

***Ingredients:***

*3 egg yolks*

*1 Tbsp cold water*

*Salt and white pepper to taste*

*2 sticks butter, cut into small cubes*

*1 Tbsp lemon juice*

---

Heat 1 or 2 inches of water in bottom half of a double boiler. Bring to a simmer, then reduce heat. In top half of double boiler, combine egg yolks, 1 tablespoon cold water, and salt and pepper. Place the pan over the hot water and whisk egg yolks until they begin to thicken. Do not let the mixture get too hot or the eggs will cook and sauce will become lumpy. Whisk in butter a few pieces at a time until it is all incorporated. Whisk until thick and creamy. Whisk in lemon juice. Makes 1 1/2 cups.

## HORSERADISH DILL MAYONNAISE

---

Makes 8 servings, 2 Tbsp each

Per serving.  
Carbohydrates: 1.8 g  
Protein: 0 g

---

***Ingredients:***

*1 cup mayonnaise*  
*1 1/2 Tbsp horseradish*  
*1 1/2 tsp Dijon mustard*  
*2 drops Tabasco sauce*  
*2 tsp chopped fresh dill*

---

Mix all ingredients together with a spoon until well blended. Makes about 1 cup.

---

## ITALIAN" STYLE RED SAUCE\*

---

Makes 6 servings

Per serving.  
Carbohydrates: 5.6 g  
Protein: 0.36 OZ

This sauce can be used in many recipes that call for a red sauce, such as meatloaf or stuffed cabbage. It will keep in the refrigerator 4-5 days. It may be stored in the freezer 2-3 months.

---

**Ingredients:**

*3 cups diced red bell peppers*  
*1 Tbsp olive oil*  
*1/4 cup chopped fresh basil*  
*2 cloves garlic, minced*  
*1 cup College Inn chicken broth*  
*1/3 cup heavy cream*  
*1/2 tsp salt*  
*1/3 tsp black pepper*  
*1/2 tsp dried oregano*  
*1/2 tsp stevia powder (1 packet) 2 Tbsp grated Parmesan cheese*

---

In a saucepan, bring a quart of water to a boil. Add diced peppers, cover, and simmer for 20 minutes. Drain liquid from peppers by pouring through a colander. Add peppers to food processor work bowl and puree 2-3 minutes. The finished texture of the puree will contain some pulp. Heat olive oil in a saucepan over a low flame. Add basil and garlic. Saute on a low flame until the aroma is released, 3-4 minutes. Stir in the pepper puree, chicken broth, and heavy cream. While stirring, add remaining seasonings except for grated cheese. Simmer the sauce uncovered for 40 minutes. Add grated cheese to sauce just before serving. Makes about 3 cups of sauce.

---

## MAYONNAISE BY MACHINE

---

Makes about 1 cups (300 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.2 g  
Carbohydrates: 0.2 g  
Fiber: 0 g  
Protein: 0.1 g  
Fat: 9.4 g  
Calories: 85

I remember the first time I made mayonnaise. I was all of 18 years old and following the recipe from The Joy of Cooking. It was tense and joy-filled at the same time. After painstakingly whisking in the oil drop by drop, I had my reward. It seemed like a miracle that a few ingredients could combine to make something greater than the parts.

One thing that seems to spook the new low-carber is reading the label on the trusty jar of mayo and finding that sugar is an ingredient. The amount is not enough to cause any harm.

While I am a big fan of commercially prepared mayonnaise, there is something about making your own that is fulfilling and comforting at the same time. A food processor or blender makes the job nearly foolproof. You can also use a hand-held blender and beat the ingredients in a bowl.

Your mayonnaise may curdle if the oil was added too quickly. If this happens, place 1 egg yolk in the food processor or blender and add 1 tsp. (5 ml) mustard very slowly, beat in the curdled mayonnaise. If it is too thick at any point, add a bit of warm water to thin it out. When you are halfway through, it is safe to add the curdled mixture more quickly.

---

### **Ingredients:**

*1 large egg, at room temperature*  
*1 large egg yolk, at room temperature*  
*1 to 2 tsp Dijon mustard*  
*1/4 tsp sea salt*  
*1 cup extra-virgin olive oil or vegetable oil*  
*1 Tbsp warm water*  
*5 to 6 tsp freshly squeezed lemon juice*

---

In a food processor or blender, combine the egg, egg yolk, mustard, and salt. Blend to mix. With the motor running, blend in 1/3 cup (80 ml) of the oil very slowly—practically a drop at a time.

When the mixture starts to thicken, add the water. Then add the remaining 2/3 cup (160 ml) oil in a slow, steady stream. When all the oil is incorporated, blend in the lemon juice. Taste and adjust the seasoning with more lemon juice, mustard, and salt as needed.

---

## MUSHROOM CREAM SAUCE

---

Makes 4 servings

Per serving.  
 Carbohydrates: 4.8 g  
 Protein: 0.6 oz

If you are serving this with spaghetti squash, use the recipe variation below.

---

**Ingredients:**

*3 Tbsp butter*  
*3/4 lb mushrooms, chopped*  
*2 Tbsp chopped shallots*  
*6 Tbsp heavy cream*  
*Salt and black pepper to taste*

---

Heat butter in skillet. Saute mushrooms and shallots until mushrooms begin to brown, about 15 minutes. Add heavy cream. Bring to a simmer. Allow to simmer until the sauce reduces and thickens, 5-10 minutes. Season with salt and pepper. Serve over spaghetti squash into which you have mixed additional butter, cream, and Parmesan (see variation below) or serve with broiled chicken breast. Makes about 2 cups.

---

## Spaghetti Squash Variation

---

Makes 8 servings

Per serving.  
 Carbohydrates: 8.85 g  
 Protein: 0.91 g

---

**Ingredients:**

*2 Tbsp butter*  
*6 Tbsp heavy cream*  
*1/2 cup grated Parmesan cheese*  
*1 recipe [Spaghetti Squash](#)*  
*1 recipe [Mushroom Cream Sauce](#)*

---

Stir butter, cream, and Parmesan into 6 cups hot spaghetti squash. Top with sauce.

## MUSTARD SORREL SAUCE

---

Makes 4 servings

Per serving.  
Carbohydrates: 1.75 g  
Protein: 0.2 oz

Mint or scallions could be substituted if you can't find sorrel, but the taste will be different.

---

***Ingredients:***

*3 Tbsp Dijon mustard*

*1 Tbsp horseradish*

*2/3 cup heavy cream, whipped*

*2 Tbsp lemon zest*

*2 Tbsp chopped sorrel leaves*

*Salt and black pepper to taste*

---

In a bowl, whisk together Dijon and horseradish. Fold in whipped cream. Mix in lemon zest and sorrel. Season with salt and pepper. Makes about 1 1/2 cups.

---

## PARMESAN DIP

---

Makes 10 servings

Per serving.  
Carbohydrates: 4 g  
Protein: 0.7 OZ

---

***Ingredients:***

*1 cup sour cream*  
*1 cup mayonnaise*  
*1/2 green bell pepper, chopped*  
*1/2 cup chopped scallions*  
*20 green olives, sliced thin*  
*1 Tbsp chopped parsley*  
*1 Tbsp chopped basil*  
*1 Tbsp fresh oregano leaves*  
*1/2 tsp garlic salt*  
*3/4 cup grated Parmesan cheese*  
*Salt and black pepper to taste*

---

Combine all ingredients. I like this dip chunky. If you want it smoother, you can blend it in a food processor. Refrigerate for several hours. Serve with raw vegetables. Makes about 3 1/2 cups.

## PESTO

---

Makes 6 servings

Per serving.  
Carbohydrates: 3.9 g  
Protein: 1 OZ

---

***Ingredients:***

*2 cups packed basil leaves*  
*3 cloves garlic*  
*1/2 tsp salt, or to taste*  
*1/4 cup pine nuts, toasted*  
*1/2 cup olive oil or to moisten*  
*1/2 cup grated Parmesan cheese*  
*Salt and black pepper to taste*

---

Puree the basil, garlic, salt, and pine nuts in a food processor until blended and the mixture becomes a paste. Add the olive oil and blend until the mixture is smooth or to your liking. Add 1/3 cup of the cheese to the mixture, just before serving. The pesto can be frozen before the cheese is added. Reserve the remaining cheese to sprinkle on top when serving. Use pesto with chicken, salmon, or on spaghetti squash. Other herbs can be added - parsley, mint, sorrel, etc. for a different taste. Makes about 1 1/2 cups.

---

## THAI SWEET-AND-SOUR CHILE DIPPING SAUCE

---

Makes 1 1/2 cups (360 ml)

Per 2 Tbsp. (30 ml).  
Effective carbohydrates: 1.6 g  
Carbohydrates: 1.8 g  
Fiber: 0.2 g  
Protein: 0.5 g  
Fat: 0 g  
Calories: 8

The fans of this sauce are legion. It turns any plain meat into a Thai New Year celebration and is the very special guest of the [Thai BBQ Chicken Bundles](#). It's traditionally served with chopped roasted peanuts on top.

Note: Look for xanthan gum in natural food or bulk stores.

---

### ***Ingredients:***

*1 Tbsp each Splenda and Canadian Sugar Twin or 1/4 cup (60 ml) Splenda*  
*1 cup water*  
*1/2 red bell pepper, stem removed but seeds and core left in 1 to 3 fresh chile peppers*  
*2 garlic cloves, smashed*  
*1 tsp sea salt*  
*1/4 cup freshly squeezed lemon juice or lime juice*  
*3 Tbsp fish sauce*  
*1 tsp xanthan gum*

---

In a cup, mix the sweetener and water.

Roughly chop the bell pepper and chiles. Place in a food processor or blender and add the garlic, salt, and cup (60 ml) of the sweetened water. Blend until smooth. (The pepper seeds will remain whole.)

Add the lemon or lime juice, fish sauce, and the remaining 3/4 cup (180 ml) water. Pulse a few times to combine. Sprinkle the xanthan gum evenly over the surface of the liquid and blend until thickened. Cover and refrigerate for up to 1 week.

## TOMATO GARLIC CREAM SAUCE

---

Makes about 1 cup (240 ml)

Per 1 Tbsp. (15 ml).  
Effective carbohydrates: 0.7 g  
Carbohydrates: 0.8 g  
Fiber: 0.1 g  
Protein: 0.6 g  
Fat: 3.6 g  
Calories: 41

This sauce goes well with prawns, scallops, white fish, pork, or chicken.

---

**Ingredients:**

*1 Tbsp unsalted butter*  
*2 garlic cloves, minced*  
*1/3 cup dry white wine or dry white vermouth*  
*2 Tbsp tomato paste*  
*1 cup chicken stock*  
*1/2 cup whipping cream*  
*Sea salt and freshly ground black pepper*

---

Melt the butter in a small saucepan over medium heat. Add the garlic and cook until it sizzles. Add the wine or vermouth and boil until it reduces to a glaze.

Whisk in the tomato paste, stock, and cream. Boil until the sauce is reduced by about half and slightly thickened. Season to taste with salt and pepper.

---

## WHITE CLAM SAUCE

---

Makes 6 servings

Per serving.  
Carbohydrates: 3 g  
Protein: 2.1 OZ

This is good tossed with cooked [spaghetti squash](#).

---

**Ingredients:**

*1/4 cup olive oil*  
*1/4 cup butter*  
*2 cloves garlic, minced*  
*1/2 cup water*  
*1/2 cup chopped parsley*  
*1 tsp salt*  
*1/4 tsp black pepper*  
*1/2 tsp dried oregano*  
*16 oz clams, frozen, canned, or fresh, Shelled*  
*2 Tbsp heavy cream*  
*6 Tbsp grated Parmesan cheese (optional)*

---

Heat oil and butter in skillet. Saute garlic over medium heat until lightly browned. Reduce heat. Add water slowly. Reserve 2 Tbsp parsley. Stir in remaining parsley, salt, pepper, and oregano. Add clams and their liquid. Simmer until slightly reduced, about 5 minutes. Stir in cream. Cook a few more minutes, until slightly thickened. Toss with spaghetti squash. Top individual serving with Parmesan and reserved parsley.

## Snacks

---

## BAKED WINTER SQUASH HASH BROWNS

---

Servings vary according to size and type of squash

1 cup spaghetti squash plus 1 tablespoon butter.

Effective Carbohydrates: 7 g

Carbohydrates: 7 g

Fiber: 0 g

Protein: 1 g

Fat: 12 g

Calories: 133

Way too yummy to be "diet food," but it is!

---

### ***Ingredients:***

*1 recipe Baked Winter Squash (page 216)*

*Butter*

*Lard*

*Seasoning salt*

*Lemon pepper*

*Garlic granules*

*Parsley flakes*

---

Cut the completely cooled squash flesh into 1/2" cubes. Heat enough butter and lard to cover the bottom of a 10" skillet. Add the desired amount of squash (approximately 1 cup squash per person) to the pan. Season liberally with seasoning salt, lemon pepper, garlic granules, and parsley flakes.

Fry it over medium heat, turning every 5 minutes, until it is golden brown on all sides, about 20 minutes. Serve hot with butter or gravy of choice.

## CAULIFLOWER HASH BROWNS

---

Makes 2 servings

Per serving.  
Effective Carbohydrates: 6 g  
Carbohydrates: 10 g  
Fiber: 4 g  
Protein: 3 g  
Fat: 19 g  
Calories: 215

This makes a great base for [Quick and Easy Sausage Gravy](#).

---

**Ingredients:**

*1/3 cup onion, chopped*  
*2 tablespoons lard*  
*1 tablespoon butter*  
*1/2 teaspoon seasoning salt*  
*3 cups cauliflower, chopped to about 1/2" dice*  
*Seasoning salt*  
*Lemon pepper*  
*1/4 teaspoon paprika*

---

Cook the onion in the lard, butter, and seasoning salt over medium heat in a medium-sized frying pan for about 8 minutes or until the onion becomes golden brown.

Add the cauliflower to the pan and season it liberally with seasoning salt and lemon pepper and paprika. Cook over medium heat for about 15 minutes, stirring occasionally.

---

## CAULI MASH

---

Makes 8 serving

Per serving.  
Effective Carbohydrates: 3 g  
Carbohydrates: 6 g  
Fiber: 3 g  
Protein: 3 g  
Fat: 7 g  
Calories: 91

Rice, potatoes, bread, etc. My kids call it "real food." I've found that I really don't miss those foods at all!

This recipe goes a ways to help fill that potato void, though. My family enjoys the lumpy texture. If you prefer a smoother mash, blend the mixture in a food processor and process it until it is smooth instead of mashing it as instructed.

---

***Ingredients:***

*2 pounds cauliflower, frozen or fresh*  
*4 ounces (1/2 cup) cream cheese, softened*  
*1 tablespoon butter*  
*1/2 teaspoon seasoning salt*

***Optional toppings:***

*Sweet onion, chopped*  
*Bacon, cooked and chopped*  
*Cheddar cheese, grated*

---

Cook the cauliflower in a covered pot with about 1" water until soft, about 10 minutes.

Drain the cauliflower well and mash it with a potato masher. Mash in the cream cheese, butter, and seasoning salt until well combined.

Serve hot with the optional toppings on the side.

---

## CHEESE STICKS

---

Makes 8 servings

Per serving.  
Effective Carbohydrates: 0 g  
Carbohydrates: 1 g  
Fiber: 1 g  
Protein: 9 g  
Fat: 14 g  
Calories: 158

Mozzarella sticks are a staple of burger joints all across the country and are loved by kids and grownups alike. This is my low-carb version of that favorite treat! Dip in Creamy Ranch Salad Dressing (page 244) or the pizza sauce from Sue's Pizza Sans Bread (page 147), if desired.

---

### **Ingredients:**

*1 cup pork rinds, ground*  
*2 1/2 tablespoons soy protein (not soy flour!)*  
*1/4 teaspoon lemon pepper (optional, a good "grown-up" variation!)*  
*1 teaspoon Italian seasonings (optional)*  
*1 egg*  
*1 tablespoon water*  
*1/4 cup lard*  
*8 ounces mozzarella string cheese, cut into 16 pieces*

---

Combine the pork rinds, soy protein, lemon pepper, and Italian seasonings in a shallow dish. In another shallow dish, combine the egg and water.

Heat the lard in a medium-sized frying pan over medium heat until it is melted.

Meanwhile, dip the cheese sticks first into the egg/water mixture, then into the pork rind mixture. Fry them, turning often, over medium heat until they are golden brown. Serve warm.

---

## CHEESY RICE- AFLOWER CASSEROLE

---

Makes 6 serving

Per serving.  
 Effective Carbohydrates: 4 g  
 Carbohydrates: 6 g  
 Fiber: 2 g  
 Protein: 9 g  
 Fat: 16 g  
 Calories: 199

Try this for a different twist on au gratin potatoes!

---

**Ingredients:**

**Casserole ingredients:**

*1/2 cup onion, chopped*  
*1 tablespoon butter*  
*1/8 teaspoon seasoning salt*  
*1/2 head cauliflower, finely chopped (about 4 cups)*  
*1/2 cup cream cheese, softened*  
*2 eggs*  
*3/4 cup cheese, shredded (Co-Jack, Colby, Cheddar, or a blend)*  
*1/2 teaspoon sea salt*  
*1/16 teaspoon paprika (that is 1/2 of 1/8 teaspoon)*  
*3 to 4 drops hot chili oil (or a few grains of cayenne)*  
*1/4 teaspoon lemon pepper*

**Topping:**

*2 tablespoons cheese, shredded (as above)*  
*1 tablespoon Parmesan cheese*  
*1/2 tablespoon parsley flakes*

---

In a small frying pan over medium heat, cook the onion in the butter with the seasoning salt until it is becoming golden, about 5 minutes. Set the onion aside to cool.

In a large mixing bowl, combine all of the remaining casserole ingredients. Add the cooled onion and stir well. Pour this mixture into a casserole dish, approximately 10" across. Flatten the top.

Combine the topping ingredients and sprinkle them over the top of the casserole. Bake it at 350°F for about 35 minutes or until it is set and golden.

---

## CLAM CAKES

---

Makes 4 servings

Per serving.  
Effective Carbohydrates: 0 g  
Carbohydrates: 1 g  
Fiber: 1 g  
Protein: 6 g  
Fat: 5 g  
Calories: 76

Clam cakes are a sure way to please any seafood lover. Besides making a great appetizer, they are good served alongside a salad for lunch.

Note: Salad-sized shrimp or chopped crabmeat may be substituted for the clams.

---

### **Ingredients:**

*1/2 pound fresh clams, chopped (or equivalent canned clams, without sugar, drained)*  
*1 egg*  
*1 tablespoon water*  
*2/3 cup pork rinds, ground*  
*1/2 teaspoon lemon juice*  
*1 tablespoon parsley flakes*  
*1/2 teaspoon garlic salt*  
*Dash lemon pepper (less than 1/8 teaspoon)*  
*Lard*  
*Lemon juice for serving*

---

In a mixing bowl, combine thoroughly the clams, egg, water, pork rinds, lemon juice, parsley, garlic salt, and lemon pepper. Allow the mixture to rest for 3 to 5 minutes.

Put about 3 tablespoons of lard into the bottom of a large skillet. Heat over medium heat until hot. Form the clam mixture into 1 1/2" patties and fry them on each side in hot oil until they are deep golden brown, about 7 minutes total. Serve hot with lemon juice drizzled on top.

---

## EXTRA SPECIAL EGG NOG

---

Makes 1 1/2 quarts, or 12 1/2 cup servings

Per serving.  
Effective Carbohydrates: 2 g  
Carbohydrates: 2 g  
Fiber: 0 g  
Protein: 4 g  
Fat: 12 g  
Calories: 132

A wonderful treat for cold winter days. I often serve this after dinner instead of a regular dessert when we have company.

---

**Ingredients:**

6 large eggs  
2 cups cream (heavy whipping type if available) thinned with 2 cups water (4 cups total liquid)  
1/2 teaspoon SteviaPlus  
8 packets sucralose  
1/4 teaspoon salt  
2 teaspoons vanilla

**Garnishes:**

Chocolate curls (low-carb, of course!)  
Ground nutmeg and/or cinnamon

---

Since the eggs won't be cooked, coddle them: Fill a small saucepan about half full. Bring the water to boiling; then gently place the whole eggs into the boiling water for 20 seconds. Remove the eggs from the water and immerse them in ice-cold water to stop them from cooking any further.

Separate the eggs. Beat the egg whites with an electric mixer on medium-high speed until stiff peaks form. Set the yolks aside.

In a nonaluminum saucepan, heat all of the thinned cream over medium heat for about 5 minutes, until it is beginning to steam. Do not allow the cream to boil! Pour the cream into a large nonaluminum bowl.

In another bowl, beat together the egg yolks, SteviaPlus, sucralose, salt, and vanilla. Slowly pour the egg yolk mixture into the cream, whisking constantly with a wire whisk while pouring. Fold in the egg whites, combining well. Serve immediately. Garnish as desired in individual cups.

---

## FIVE-SPICE SESAME WALNUTS

---

Makes 3 cups (840 ml)

Per cup (120 ml).  
Effective carbohydrates: 3.4 g  
Carbohydrates: 5.5 g  
Fiber: 2.1 g  
Protein: 6.6 g  
Fat: 23.7 g  
Calories: 243

Made with Splenda only: Add 0.3 g carbohydrates

These spicy walnuts are nice to serve as a nibble before a Chinese meal. They keep for 2 weeks at room temperature if tightly covered-and if you can resist them for that long.

---

### **Ingredients:**

*1 1/2 tsp each Splenda and Canadian Sugar Twin or 2 Tbsp. (30 ml) Splenda*

*1/2 tsp cayenne pepper*

*1/2 tsp sea salt*

*1 1/2 tsp five-spice powder*

*1 large egg white*

*1 tsp pure caramel extract*

*3 cups raw walnut halves*

*1/2 cup sesame seeds*

---

Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

In a small cup, combine the sweetener, cayenne, salt, and five-spice powder.

In a medium bowl, beat the egg white with a whisk until foamy but not stiff. Add the caramel extract, walnuts, and sesame seeds. Stir to coat with the egg white. Add the spice mixture and stir until evenly blended.

Spread out in a single layer on the prepared baking sheet. Bake for 10 minutes. Stir the nuts with a spoon and bake for 5 to 10 minutes longer, until lightly browned. Cool completely.

---

## FLAX CEREAL

---

Makes 6 cups, which makes 16 servings

Per serving.  
Effective Carbohydrates: 3 g  
Carbohydrates: 11 g  
Fiber: 8 g  
Protein: 15 g  
Fat: 10 g  
Calories: 181

Flax has been popping up all over the place in recipes and in newspaper headlines. This easy recipe helps you put this great ingredient to use! While you are enjoying this yummy cereal, you can take comfort in the fact that you are also doing something really great for your body!

---

### **Ingredients:**

*4 cups flax seeds, ground (3 cups whole seeds)*  
*2 cups milk and egg protein*  
*2 teaspoons cinnamon*  
*1/2 teaspoon sea salt*  
*4 teaspoons SteviaPlus*  
*12 packets sucralose*

---

If you are grinding your own seeds, place about  $\frac{1}{3}$  to  $\frac{1}{2}$  cup seeds into a blender container and pulverize them on medium-high speed. I prefer to leave some of the seeds unbroken. This gives the cereal a multigrain feel in the mouth. If you prefer a creamier cereal, pulverize the seeds completely. Repeat this process for all of the remaining seeds.

Combine all of the ingredients in a large bowl or gallon-size zipper-sealed bag. Mix the cereal very well and store in a covered container (or the zipper-sealed bag) in the refrigerator.

*To mix:* For 2 servings, combine  $\frac{3}{4}$  cup mix,  $1\frac{1}{4}$  cups water, and  $\frac{1}{4}$  teaspoon extract of your choice (chocolate, maple, vanilla, etc.). Stir this mixture until it is smooth. Microwave the cereal on high for 2-3 minutes, or until it is hot and somewhat foamy across the top. Add butter or cream as desired.

---

## HERBED CAULIFLOWER

---

Makes 8 servings

Per serving.  
Effective Carbohydrates: 5 g  
Carbohydrates: 9 g  
Fiber: 4 g  
Protein: 3 g  
Fat: 5 grams; Calories: 79

I have pots sitting around my deck filled with herbs. They are so easy to grow! Even if you live in an apartment, you can grow fresh herbs. If you don't have fresh herbs, most markets carry them in their produce section. This dish is great served alongside simple grilled meats or fish.

---

### **Ingredients:**

*1 large head cauliflower (about 2 1/2-3 pounds)*  
*1 tablespoon lard or coconut oil 1 1/2 tablespoons olive oil*  
*1 sprig mint (about 1/2 tablespoon chopped)*  
*1 sprig rosemary (about 1/2 tablespoon chopped)*  
*1 sprig thyme or lemon thyme (about 1 teaspoon chopped)*  
*1 sprig oregano (about 1 teaspoon chopped)*  
*3 cloves garlic, minced*  
*1 tablespoon grated lemon rind (zest)*  
*1/2 tablespoon fresh chives, chopped*  
*2 cups fresh spinach, chopped*  
*1/2 tablespoon fresh-squeezed lemon juice*  
*3/4 teaspoon seasoning salt*  
*1/4 teaspoon lemon pepper*

---

Cut the cauliflower from the stem and place it in a medium-sized saucepan with a lid. Add about 1/2" of water to the pan. Cook, covered, over medium heat until soft, about 10 to 12 minutes. Drain well.

While the cauliflower is cooking, prepare the herb sauce: In a small frying pan, melt the lard and olive oil over medium heat. Add the mint, rosemary, thyme, oregano, garlic, and lemon zest. Cook them for about 5 to 8 minutes, or until the garlic is golden. Add the chives, spinach, lemon juice, and seasonings. Stir while cooking until the spinach wilts, about 2 minutes. Set the herb sauce aside.

Transfer the cooked cauliflower to a serving bowl and mash it with a potato masher. Pour the herb sauce over the cauliflower and mix well.

---

## MINI CHEESE BALLS

---

Makes 16 appetizers

Per serving.  
Effective Carbohydrate: 1 g  
Carbohydrates: 1 g  
Fiber: 0 g  
Protein: 3 g  
Fat: 8 g  
Calories: 85

My kids came up with the original idea for these tasty tidbits. They are much easier to eat than a traditional cheese ball!

---

**Ingredients:**

*1 8-ounce package cream cheese, softened*  
*1/2 cup Cheddar cheese, shredded (or Colby or Co-Jack)*  
*1/4 cup Swiss cheese, shredded*  
*1 tablespoon Parmesan cheese*  
*1/16 teaspoon chipotle pepper granules, roasted, or hot chili oil*  
*1/4 teaspoon garlic granules*  
*1/4 teaspoon seasoning salt*  
*1/4 cup almonds, ground (approximately)*

---

Combine all of the ingredients, except the ground almonds, in a mixing bowl and mix on medium-low speed until the mixture is smooth.

Roll the cheese mixture into 1" balls and then roll the balls in the ground almonds. Place them on a serving dish and chill them until they are ready to be served.

---

## MINI CHEESE SOUFFLES

---

Makes 12 servings

Per serving.  
Effective Carbohydrates: 0 g  
Carbohydrates: 1 g  
Fiber: 1 g  
Protein: 6 g  
Fat: 5 g  
Calories: 80

This is a great recipe for which to let your creative juices flow-don't be afraid to experiment with ingredients such as your favorite veggies, meats, and cheeses. Try adding dried or fresh herbs and spices for some other fun variations.

---

### **Ingredients:**

*1/2 cup cheese, shredded (Cheddar, Colby, Co-Jack, or blend)*  
*2 tablespoons Parmesan cheese*  
*1/2 cup kefir, yogurt, or buttermilk*  
*2 tablespoons milk and egg protein*  
*8 eggs*  
*3/4 teaspoon seasoning salt*  
*1 teaspoon minced onion, dried*  
*1/8 teaspoon garlic granules*  
*1/16 teaspoon paprika (that is 1/2 of 1/8 teaspoon!)*  
*Cooking oil spray*

---

Preheat oven to 350°F. Combine all of the ingredients, except the cooking oil spray, in a mixing bowl and mix well using a wire whisk. Spray a standard-sized muffin tin well with the cooking oil spray. Pour the egg mixture into the muffin cups.

Bake the souffles for about 20 minutes, or until they are puffy and golden. Do not open the oven door to check them until toward the end of the baking time or they will fall! If you must check them, do so very, very carefully, being sure that no draft from outside the oven reaches the souffles. Remove them from the oven and slide a knife around the edges to remove them from the pan.

---

## NORI AND SESAME CRISPS WITH MISO CREAM CHEESE

---

Makes 8 servings

Per crisp.  
 Effective carbohydrates: 0.8 g  
 Carbohydrates: 2.1 g  
 Fiber: 1.3 g  
 Protein: 1.8 g  
 Fat: 3.8 g  
 Calories: 47

Per 1 Tbsp. miso cream cheese.  
 Effective carbohydrates: 0.8 g  
 Carbohydrates: 0.8 g  
 Fiber: 0 g  
 Protein: 1.2 g  
 Fat: 5.1 g  
 Calories: 53

If you're a fan of sesame, you'll love this cracker-ish crisp. You can add different seasonings to the sesame seeds-even replace part of them with freshly grated Parmesan cheese.

Although cream cheese and japan seem miles apart from each other, this hits that right, mouthwatering, salty note and is reminiscent of-dare I say it- Velveeta cheese. Cream cheese mixed with prepared wasabi is tasty too and tastes nothing like Velveeta!

---

### **Ingredients:**

*2 nori sheets*  
*1/2 cup (120 ml) lightly toasted sesame seeds*  
*1 large egg white*  
*Sea salt*  
*4 oz. (112 g) cream cheese, at room temperature*  
*1 Tbsp. (15 ml) dark miso*

---

Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

With scissors, cut each nori sheet into 4 squares. Spread the sesame seeds evenly on another baking sheet, keeping in mind that you want the seeds to cover the nori but not too thickly.

Place the egg white in a large shallow bowl and beat until foamy but not stiff. Dip 1 side of each nori square into the egg white, dragging it over the lip of the bowl to create only a thin layer of egg white on the nori. Dip the square, egg side down, into the sesame seeds so the seeds adhere to the square. Place on the baking sheet with the sesame-coated side facing up. Sprinkle lightly with salt. Bake for 10 minutes and transfer to a rack to cool. Store tightly covered.

Mix the cream cheese and miso together until smooth. Cover and refrigerate until needed. To eat, spread the cream cheese on the nori squares.

---

## QUICK AND EASY SAUSAGE GRAVY

---

Makes 8 servings

Per serving.  
Effective Carbohydrates: 1 g  
Carbohydrates: 2 g  
Fiber: 1 g  
Protein: 9 g  
Fat: 34 g  
Calories: 349

This is a quick and easy gravy. Serve it hot over eggs, [Rice-A-flower](#), [Cauliflower Hash Browns](#), or low-carb bread that has been toasted. If you like things on the spicier side, you may wish to add some freshly ground black pepper or a few drops of hot chili oil to the gravy.

---

***Ingredients:***

*1 pound pork sausage*  
*1 8-ounce package cream cheese, softened*  
*1/3 cup half and half*  
*1/3 cup water*  
*1/4 teaspoon seasoning salt*

---

In a medium-sized frying pan over medium heat, cook and crumble the pork sausage. Drain off the excess fat.

Place the cream cheese into the pan and turn the heat to medium-low. The cheese will melt as it is stirred. Add the remaining ingredients, stirring constantly to incorporate the liquid into the sausage/cheese mixture. Add additional water if necessary.

---

## RICE- AFLOWER PILAF

---

Makes 6 servings

Per serving.  
 Effective Carbohydrates: 6 g  
 Carbohydrates: 9 g  
 Fiber: 3 g  
 Protein: 3 g  
 Fat: 15 g  
 Calories: 172

Serve this with Broiled Lamb Chops (page 101) for a nice Middle Eastern-style meal.

---

**Ingredients:**

*1 pound cauliflower (frozen is okay), chopped (about 4 cups)*  
*1 small onion, chopped (about 3/4 cup)*  
*2 cloves garlic, minced*  
*1/2 tablespoon lard*  
*1/2 tablespoon butter*  
*1/2 teaspoon seasoning salt*  
*1 teaspoon fresh mint leaves, chopped (or 1/2 teaspoon dried)*  
*1/2 tablespoon Bragg's Liquid Aminos*  
*1 teaspoon parsley flakes*  
*1 teaspoon chives, snipped*  
*1/8 teaspoon hot chili oil*  
*1/4 teaspoon lemon pepper*  
**Topping ingredients:**  
*3/4 cup pecan pieces, broken*  
*2 tablespoons butter, melted*  
*1/4 teaspoon seasoning salt*

---

Cook the chopped cauliflower in a small amount of water in a medium-sized saucepan, covered, over medium heat until it just begins to soften, about 5 minutes. Drain it and pour it into a casserole dish. Set it aside.

In a small frying pan, or the pot used previously, cook the onion and the garlic in the lard, butter, and seasoning salt over medium heat until they are golden, about 5 to 8 minutes. Add the mint to the pan at the last bit of cooking. Pour onion mixture into the cauliflower that is resting in the casserole dish. Add the remaining seasonings. Stir it well and smooth the top.

Combine the topping ingredients and pour them over the cauliflower. Bake the casserole at 350°F for about 20 minutes or until heated through.

---

## SAUSAGE 'N' CHEESE BAKE

---

Makes 8 Servings

Per serving.  
Effective Carbohydrates: 2 g  
Carbohydrates: 3 g  
Fiber: 1 g  
Protein: 19 g  
Fat: 33 g  
Calories: 384

This zesty, hearty breakfast is sure to stick to your ribs! Just stir it, bake it, and enjoy.

---

### **Ingredients:**

*1 pound pork sausage, cooked (one of the recipes from this book, or commercial type)*  
*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*

---

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.

---

## SAVORY PECANS

---

Makes 8 servings

Per serving.  
Effective Carbohydrates: 3 g  
Carbohydrates: 5 g  
Fiber: 2 g  
Protein: 2 g  
Fat: 20 g  
Calories: 196

For an extra kick, add 1/4 teaspoon each of garlic powder and red pepper flakes. You may also grind your spices in a blender or spice grinder. They'll stick better to the nuts.

---

***Ingredients:***

*2 cups pecan halves (walnuts would also work)*

*1/2 tablespoon dried rosemary*

*1 teaspoon dried thyme leaves*

*3/4 teaspoon seasoning salt*

*1 tablespoon olive oil*

---

Preheat oven to 350°F. Combine all of the ingredients in a large bowl or plastic bag and mix them well.

Bake them for about 10 minutes or until the kitchen is filled with wonderful smells and the nuts are golden.

---

## SHARRON'S BEEF JERKY

---

Makes about 36 servings

Per serving.  
 Effective Carbohydrates: 0 g  
 Carbohydrates: trace.  
 Fiber: 0 g  
 Protein: 11 g  
 Fat: 4 g  
 Calories: 81

This is the perfect candida-friendly snack. Since traditional beef jerky always uses soy sauce, this recipe is a great variation and can be modified easily according to taste.

---

### **Ingredients:**

*3 1/2 to 4 pounds beef steak or roast*  
*4 tablespoons lime juice, fresh*  
*1/2 teaspoon garlic granules (or 1 clove garlic, minced)*  
*1 1/2 teaspoons lemon pepper*  
*1 tablespoon seasoning salt*  
*1 tablespoon minced onion, dried, or 1/4 cup fresh, minced*  
*1 teaspoon ginger*  
*1/2 teaspoon dry mustard powder*  
*1 teaspoon hot chili oil or a Pinch of cayenne*  
*1/8 to 1/4 teaspoon SteviaPlus (or 1/2 to 2 packets sucralose) depending upon taste*  
*1 1/2 cups beef Rich Stock (page 254) or commercially prepared stock*

---

Make thin slices of beef by slicing it at an angle across the grain of the meat. Some prefer to partially freeze the meat before slicing, but I find that slicing at an angle with a very sharp knife does just fine. Set the beef aside.

Place the remaining ingredients into a large nonmetal bowl with a lid, stirring well to combine. Add the beef, mixing thoroughly.

3. Allow the meat to marinate refrigerated at least overnight, turning and shaking the container occasionally to stir it. If the meat is very fresh, it can be marinated up to 3 days. The flavors will intensify the longer it remains in the marinade.

When you are ready to dry the meat, lay it out on the drying racks of a food dehydrator. Discard the marinade. Dry the meat for about 4 to 6 hours. Alternatively, it may be dried on baking sheets in an oven set on the lowest setting for about 4 hours.

*To test the jerky for doneness:* The meat should no longer be mushy. It should be firm, but not crisp. Turn the dehydrator off when you believe it is getting close to being done and allow the meat to cool. It will continue to firm up as it cools. The jerky should be able to bend and show fibers when it is bent. That is how you will know when it is done. After this step, I usually have a few pieces that need a little more dehydration. I remove the pieces that are done drying and turn the machine back on for about 1/2 hour with the remaining pieces still in it. Then I turn it off and allow it to cool back down again. That usually finishes the job. Store the jerky in a plastic bag in the refrigerator.

---

## SHARRON'S PORK SAUSAGE

---

Makes 12 servings

Per serving.  
Effective Carbohydrates: 0 g  
Carbohydrates: 1 g  
Fiber: 1 g  
Protein: 13 g  
Fat: 16 g  
Calories: 204

Sausage is a cinch to freeze! Just crumble the sausage and precook it. Place the cooked sausage on a baking sheet sprayed with cooking spray and freeze. Once it is frozen, store it in freezer bags for a precooked addition to recipes. You can also freeze uncooked formed patties in the same manner to make breakfast in a snap on busy mornings. If you prefer Italian sausage, simply add 1/2 tablespoon Italian seasonings. If you like spicy sausage, double the lemon pepper and add 1/2 tablespoon red pepper flakes.

---

### **Ingredients:**

*2 pounds ground pork*  
*2 cloves garlic, minced (or 1/2 teaspoon garlic granules, but fresh is always best!)*  
*1/2 to 1 teaspoon fennel or anise seed (some like less, I like more!)*  
*1 teaspoon seasoning salt*  
*1 tablespoon minced onion, dried*  
*1/2 teaspoon lemon pepper*  
*1/2 teaspoon sage, dried*  
*1/4 teaspoon SteviaPlus or 1/2 packet sucralose*  
*1/2 teaspoon hot chili oil or a Pinch of cayenne*  
*1/4 teaspoon thyme*  
*1/4 teaspoon marjoram*

---

Place all the ingredients into a deep mixing bowl and combine thoroughly. This may be made into patties or just cooked and crumbled to be added to eggs, casseroles, etc.

---

## SHRIMP AND NORI ROLLS

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 0.4 g  
Carbohydrates: 0.8 g  
Fiber: 0.4 g  
Protein: 0.3 g  
Fat: 5.7 g  
Calories: 54

Ahh . . . tastes like sushi! This should be made right before serving. You can add some avocado to this, too. If you use frozen shrimp, thaw them and lightly squeeze them dry. Fresh or frozen, they should be small.

---

**Ingredients:**

*1 cup (240 ml) small cooked salad shrimp*  
*1 Tbsp. (15 ml) mayonnaise*  
*1 green onion, thinly sliced*  
*2 nori sheets*  
*1/4 English cucumber, seeded and julienned*  
*1 Tbsp. (15 ml) toasted sesame seeds*

---

Make sure that the shrimp are well drained. Place in a small bowl and mix in the mayonnaise and green onion.

Lay 1 nori sheet on a flat surface. Place half of the shrimp mixture 1 inch (2.5 cm) from the edge nearest you. Lay half of the cucumber pieces evenly beside the shrimp. Sprinkle with half of the sesame seeds. Roll up tightly to enclose the filling. Repeat with the remaining ingredients to make a second roll.

Let the rolls sit for a minute to soften. With a very sharp knife, cut each roll into 6 pieces.

---

## SPINACH QUICHE

---

Makes 4 servings

Per serving.  
Effective Carbohydrates: 1 g  
Carbohydrates: 4 g  
Fiber: 3 g  
Protein: 10 g  
Fat: 15 g  
Calories: 186

There are so many variations on quiche, you're sure to find one the whole family enjoys. Try a broccoli quiche by substituting 1 cup chopped, cooked broccoli for the spinach. Cooked shrimp or crab can also be added for a terrific change of pace. This recipe can be served hot, although it's a tasty treat served warm or cold as well.

---

### **Ingredients:**

*1/2 tablespoon butter*  
*1/3 cup onion, chopped*  
*1 cup spinach, raw*  
*4 eggs*  
*1/2 teaspoon seasoning salt*  
*Pinch of nutmeg (ever so much less than 1/8 teaspoon!)*  
*1/2 tablespoon parsley flakes*  
*5 drops hot chili oil*  
*2 cups Almond Milk (page 240) or 2 cups cream*  
*5 pieces bacon, cooked*  
*Cooking oil spray*  
*1/2 cup Swiss or Monterey jack cheese, shredded (optional)*

---

In a small frying pan, melt the butter over medium heat. Add the onion and cook it until it is translucent, about 3 minutes. Set the onion aside and allow it to cool.

Chop the spinach, and set it aside. In a large mixing bowl, using a wire whisk or fork, beat the eggs. Add the cooled onion, seasoning salt, nutmeg, parsley, hot chili oil, Almond Milk, and spinach, mixing thoroughly.

Spray a 9" or 10" pie plate with cooking oil spray. Cut the bacon up into 1/2" pieces and lay it evenly in pie plate. Add the cheese and pour the egg/milk mixture carefully over all. Bake the quiche at 375°F for 40 minutes or until a knife inserted off center comes out clean. Cool it for 10 minutes before serving.

---

## SWEET CINNAMON SQUASH

---

Makes 3 servings

Per serving  
Effective Carbohydrates: 3 g  
Carbohydrates: 5 g  
Fiber: 2 g  
Protein: 1 g  
Fat: 12 g  
Calories: 125

You can also serve this dish as squash boats. Simply cut the squash in half, season each half with the listed seasonings, and put it into a 350°F oven until the butter melts.

---

**Ingredients:**

*1 medium Baked Winter Squash (page 216), unseasoned*  
*1/2 teaspoon cinnamon*  
*1/4 teaspoon orange zest*  
*1/4 teaspoon SteviaPlus or 1 packet sucralose*  
*1/4 cup butter*  
*A tiny pinch of sea salt*

---

Scape the inside flesh from the squash, reserving the seeds for Roasted Pumpkin Seeds (page 32). Place the flesh into a large mixing bowl and add the remaining ingredients. Mix the squash on medium speed until it is well blended. Adjust seasonings to taste.

---

## TUNA-STUFFED EGGS

---

Makes 8 halves

Per egg half.  
Effective carbohydrates: 0.3 g  
Carbohydrates: 0.3 g  
Fiber: 0 g  
Protein: 7.4 g  
Fat: 6.9 g  
Calories: 93

I love the combination of tuna with anchovies and capers, but you can make one or both optional

---

***Ingredients:***

*4 hard-cooked large eggs, peeled*  
*1 3 1/2-oz. can olive oil-packed tuna, well-drained and mashed*  
*2 Tbsp mayonnaise*  
*Sea salt and freshly ground black pepper*  
*4 anchovy fillets, cut in half lengthwise*  
*16 capers*

---

Cut the eggs in half lengthwise and use a thin, sharp knife to take a tiny slice from the bottom of each half so it will sit firmly in place after stuffing. Scoop out the yolks with a small spoon and place in a small bowl. Set the whites on a platter.

Mash the yolks with a fork until smooth (or press them through a sieve). Stir in the tuna and mayonnaise. Season to taste with salt and pepper.

Using a small spoon, stuff the whites with the yolk mixture. Cut each strip of anchovy in half crosswise and crisscross the pieces on top of each egg; garnish with the capers. Serve immediately or chill.

---

## ZUCCHINI CAKES

---

Makes 4 servings

Per serving.  
Effective Carbohydrates: 1 g  
Carbohydrates: 2 g  
Fiber: 1 g  
Protein: 3 g  
Fat: 18 g  
Calories: 175

This is a simple low-carb appetizer that will even please a die-hard zucchini hater! These cakes are a really nice complement to a simple meal of soup and salad.

---

**Ingredients:**

*1/2 pound zucchini*  
*1 green onion*  
*1 egg*  
*3/4 cup pork rinds, ground*  
*1/8 teaspoon lemon pepper*  
*1/4 teaspoon garlic salt*  
*1/8 teaspoon dill weed*  
*1 tablespoon butter*  
*1/4 cup lard*

---

Using a food processor with a grating disk, or by hand, shred the zucchini. Using the chopping blade, or by hand, mince the onion. Place the zucchini and onion into a mixing bowl and add the egg, pork rinds, lemon pepper, garlic salt, and dill weed.

Melt the butter and lard in a large skillet over medium heat. Shape the zucchini mixture into 1 1/2" patties and carefully place into the hot oil. Fry the patties until they are golden brown on each side, about 8 minutes total. Serve hot with sauces of choice.

## Soups

---

## CABBAGE SOUP

---

Makes 4 servings

Per serving.  
Effective Carbohydrates: 2 g  
Carbohydrates: 3 g  
Fiber: 1 g  
Protein: 11 g  
Fat: 9 g  
Calories: 142

This simple soup is a hit even with cabbage haters! The variations are many: Instead of the beaten egg, slices of hard-cooked egg may be used as a garnish. You can garnish it with cheese or toasted low-carb bread. Use this simple formula and create a variety of interesting soups!

---

**Ingredients:**

*4 to 6 cups Rich Stock (page 254), any flavor*  
*1 to 1 1/2 cups cooked pork, cut up into bite-sized pieces*  
*2 cups cabbage, chopped*  
*1/2 cup celery, chopped (optional)*  
*1/2 tablespoon parsley flakes*  
*Seasoning salt, to taste*  
*Lemon pepper, to taste*

**Optional ingredients:**

*A few drops of hot chili oil*  
*1 egg, beaten*  
*Sour cream or yogurt for a garnish*

---

Combine all ingredients except egg in a stock pan with a lid. Cover and simmer for at least 25 minutes, or until cabbage is tender. Uncover and pour egg in, stirring in only one direction. Garnish as desired.

---

## CHEESEBURGER SOUP

---

Makes 8 servings

Per serving.  
 Effective Carbohydrates: 5 g  
 Carbohydrates: 7 g  
 Fiber: 2 g  
 Protein: 23 g  
 Fat: 36 g  
 Calories: 438

This delicious soup recipe was submitted by Connie Pritchett. It is really quick to prepare and seems to taste even better the second time around. It is a family favorite at our house, wonderful for those cold, snowy days!

---

**Ingredients:**

*1 pound lean ground beef*  
*1 tablespoon coconut oil or lard*  
*2 garlic cloves, minced*  
*3/4 cup chopped onion*  
*3/4 cup 1/4" diced celery*  
*1/2 cup shredded carrots (optional)*  
*2 cups chopped chayote (also called mirliton) squash or yellow summer squash*  
*1 tablespoon fresh basil, chopped or 1 teaspoon dried*  
*1 tablespoon fresh parsley, chopped or 1 teaspoon dried*  
*3 cups beef Rich Stock (page 166) or commercially prepared beef broth*  
*3 tablespoons butter*  
*1/4 cup soy protein isolate or vital wheat gluten flour*  
*2 cups grated Cheddar cheese*  
*1 1/2 cups half-and-half*  
*1 teaspoon sea salt*  
*1 teaspoon ground black pepper or lemon pepper*  
*1/2 cup sour cream*  
*4 slices cooked bacon, chopped (optional)*

---

In a large saucepan brown the beef over medium heat. Drain off the grease and transfer the beef to a bowl; set it aside. In the same pan, melt the coconut oil and cook the veggies and the herbs until just tender, about 10 minutes.

Add the broth and the beef to the pot, and bring them to a low boil over medium heat. Reduce the heat and simmer the soup, covered, for about 20 minutes or until the veggies are nice and soft.

In a small frying pan, melt the butter over medium-low heat. Add the soy protein isolate and cook it, stirring frequently, until it is bubbling slightly. Add the mixture to the soup and bring to a low boil again. Cook it for about 2 minutes, stirring constantly.

Reduce the heat to low and add the cheese, half-and-half, salt, and pepper. Stir the soup until the cheese is melted.

Remove the pot from the heat and add the sour cream. Serve hot with bacon for garnish, if desired.

---

## CHILLED CUCUMBER SOUP

---

Makes 6 servings

Per serving.  
Carbohydrates: 4.3 g  
Protein: 0.5 g

---

***Ingredients:***

*2 cucumbers, peeled, seeded, and diced*  
*2 oz cream cheese*  
*2 cups chicken stock, homemade or College Inn*  
*1 cup light cream, or to desired consistency*  
*1 Tbsp chopped dill*  
*2 Tbsp chopped mint*  
*1 Tbsp chopped basil*  
*1 Tbsp lemon zest*  
*Salt and black pepper to taste*  
*1 Tbsp Da Vinci sugar-free mint syrup ( optional)*  
*Fresh mint sprigs for garnish*

---

Combine cucumbers and cream cheese in food processor. Blend until almost smooth. Add chicken stock. Blend again. Add enough cream to reach desired consistency. Add herbs and lemon zest. Season to taste with salt and pepper. If you I like it a little sweet, add syrup. Serve in chilled cups garinished with fresh mint sprigs.

---

## CLAM CHOWDER

---

Makes 6 servings

Per serving.  
Carbohydrates: 5.2 g  
Protein: 2.15 OZ

---

**Ingredients:**

*4 strips bacon, chopped*  
*2 stalks celery, chopped*  
*3/4 cup peeled and cubed zucchini (1/4 -inch cubes)*  
*1/2 cup chopped leeks*  
*1 bay leaf*  
*1 tsp chopped thyme leaves*  
*16 oz clams, chopped*  
*3 cups chicken stock, homemade or College Inn*  
*3/4 cup heavy cream*  
*2 Tbsp chopped parsley*  
*2 Tbsp chopped scallions*  
*2 drops Tabasco sauce*  
*1 tsp Worcestershire sauce*  
*Salt and pepper to taste*

---

Saute bacon in soup pot until almost crisp. Pour off all but 1 Tbsp drippings. Add celery, zucchini, and leeks to pot and saute until they begin to soften, about 5 minutes. Add bay leaf and thyme. Saute briefly. Add clams. Stir to mix. Add stock. Bring to a boil. Reduce heat. Simmer 20 minutes. Stir a little hot soup into cream to warm it, then add warm cream to soup, stirring constantly. Add parsley, scallions, Tabasco, and Worcestershire. Taste. Season with salt and pepper.

---

## CLAM CHOWDER

---

Makes about 4-1 cup servings

Per serving.  
 Effective Carbohydrates: 7 g  
 Carbohydrates: 7 g  
 Fiber: 0 g  
 Protein: 8 g  
 Fat: 9 g  
 Calories: 143

Do you ever wonder, "What can I do with those leftover broccoli and cauliflower stems?" Try this new take on the old New England favorite!

---

**Ingredients:**

*3 tablespoons butter*

*2 cloves garlic, minced*

*1/2 cup sweet onion, chopped*

*1 cup broccoli and/or cauliflower stems, peeled and cubed (or chopped cabbage, celery, or cauliflower) and cut into 1/4" to 1/2" pieces*

*1 1/2 cups stock: Either clam broth (if it doesn't have any sugar) or chicken, turkey, or pork Rich Stock (page 254)*

*1/2 pound fresh or frozen chopped clams with juices (or equivalent canned if they don't have sugar)*

*1/4 teaspoon celery seed*

*1/2 teaspoon sea salt*

*1 teaspoon lemon pepper*

*4 drops hot chili oil, or a tiny Pinch of cayenne*

*2 teaspoons arrowroot powder mixed into 2 tablespoons water*

*2 pieces bacon, cooked and chopped (optional)*

*1 cup Almond Milk (page 240), unflavored (just the almonds and the water), or cream*

---

In a medium-sized saucepan, melt the butter over medium-low heat. Add the garlic and onion and cook until translucent, about 3 to 5 minutes.

Add the cubed broccoli and/or cauliflower stems, stock, clams, celery seed, salt, lemon pepper, and chili oil. Cover and cook until the veggies are tender, about 10 minutes.

Add the arrowroot/water mixture and bacon. Simmer, stirring lightly, until thickened. Add the Almond Milk and serve immediately.

---

## CREAM OF ARTICHOKE SOUP WITH TOASTED WALNUTS

---

Makes 6 servings

Per serving.  
 Carbohydrates: 9.6 g  
 Protein: 0.9 OZ

---

### **Ingredients:**

2 Tbsp olive oil  
 2 Tbsp butter  
 2 cans artichoke hearts, 14 oz each, drained and chopped  
 4 Tbsp chopped shallots  
 1 clove garlic  
 1 stalk celery, chopped  
 1/2 cup white wine  
 4 cups chicken stock, homemade or College Inn  
 1 cup heavy cream  
 Salt and pepper to taste

### **Topping**

6 Tbsp coarsely chopped, toasted walnuts  
 2 tsp chopped parsley  
 2 tsp chopped mint (optional)  
 2 tsp chopped celery leaves

---

Heat olive oil and butter in medium saucepan. Saute artichoke hearts, shallots, garlic, and celery until soft, about 20 minutes. Add white wine. Cook a few more minutes. Add chicken stock. Bring to a simmer. Simmer about 15 minutes. Puree soup in food processor. Return soup to saucepan. Add cream. Heat to desired temperature. Season with salt and pepper. Pour into soup bowls and top with walnuts, parsley, mint, and celery leaves.

---

## Crab Meat Variation

---

Per serving.  
 Carbohydrates: 10.3 g  
 Protein: 2 oz PRO

Add 8 ounces jumbo lump crab meat (4 gm CRO, 40 gm PRO) to the soup along with the cream.

---

## CREAM OF BROCCOLI SOUP

---

Makes 8 servings

Per serving (without cream).  
Effective carbohydrates: 3.6 g  
Carbohydrates: 7 g  
Fiber: 3.4 g  
Protein: 8.2 g  
Fat: 4.7 g  
Calories: 100

Other vegetables can replace the broccoli: asparagus, spinach, red bell peppers, tomatoes, or more cauliflower (for Cream of Cauliflower Soup). I once made this soup with red Swiss chard stalks, and it was delicious!

*Options for garnishing:* bacon bits, chunks of chicken or ham, dollops of sour cream, crispy prosciutto or pancetta, pieces of smoked salmon, or a sprinkling of cheese. Blue cheese is great with plain cauliflower, and smoked salmon is elegant on asparagus. Dijon mustard adds a special cheesy zing to the soup without using cheese.

---

### ***Ingredients:***

*1 lb cauliflower*  
*1 1/2 lb broccoli*  
*2 Tbsp extra-virgin olive oil*  
*2 garlic cloves, minced*  
*10 cups chicken stock*  
*1 tsp sea salt*  
*1 Tbsp Dijon mustard*  
*1 tsp dried tarragon or other herb*  
*Freshly ground black pepper*  
*Whipping cream (optional)*

---

Trim the cauliflower and broccoli and chop coarsely. (Peel and use the cauliflower core and the broccoli stems. Save a few tiny broccoli florets for garnishing.)

Heat the oil in a large pot over medium heat. Add the garlic and sizzle until it smells fragrant. Add the cauliflower, broccoli, stock, and salt. Bring to a boil. Reduce the heat and cook at a lively simmer for about 20 minutes, or until the vegetables are tender. Stir in the mustard and tarragon. Let cool slightly.

Working in batches, transfer to a blender and process until smooth. Return the mixture to the pot. (If you're using a fibrous vegetable like asparagus, you may want to press it through a sieve to make it smoother.) Add the reserved broccoli florets and season to taste with pepper and additional salt. Thin with stock or water if the soup is too thick. Stir in the cream (if using).

---

## CREAM OF BROCCOLI SOUP 2

---

Serves 2 as appetizers

Per serving.  
Effective Carbohydrates: 5 g  
Carbohydrates: 8 g  
Fiber: 3 g  
Protein: 3 g  
Fat: 6 g  
Calories: 107

If you would like Cheesy Cream of Broccoli Soup, simply add 1 ounce Cheddar or Parmesan cheese before thickening.

---

### **Ingredients:**

*4 tablespoons onion, chopped*

*1 tablespoon butter*

*2 cups chicken Rich Stock (page 254) or commercially prepared stock*

*2 cups broccoli, cut into 2 "pieces*

*1/2 teaspoon thyme, dried*

*1 small bay leaf*

*1/4 teaspoon sea salt*

*Pinch pepper (way less than 1/8 teaspoon)*

*1/8 teaspoon garlic powder*

*1/2 cup Almond Milk (page 240) or cream*

*1 teaspoon arrowroot powder mixed into 2 tablespoons water, or about 1/2 teaspoon guar gum*

---

In a small saucepan, over medium-low heat, cook the onion in the butter until it is translucent. Pour in the chicken broth. Add the broccoli, thyme, bay leaf, salt, pepper, and garlic.

Bring it to a boil over medium heat; then cover and allow it to simmer for 10 minutes.

Remove the bay leaf and pour half of the hot mixture into a blender container. Cover the blender and place a towel over the top of the container to prevent a heat-induced blowout. (It can be very dangerous!) Blend on medium speed 30 to 60 seconds or until it is smooth.

Pour the soup back into the saucepan. Add the Almond Milk and arrowroot/water mixture and bring to a boil. Remove from heat and serve hot.

---

## DOTTIE'S CREAM OF MUSHROOM SOUP

---

Makes about 1 cup (240 ml)

Per 1 cup (240 ml).  
Effective carbohydrates: 10.3 g  
Carbohydrates: 12 g  
Fiber: 1.6 g  
Protein: 6.6 g  
Fat: 94.9 g  
Calories: 914

This isn't really a soup that you eat from a bowl. Rather, it's an excellent replacement for canned cream of mushroom soup in casseroles like Norma Junes Spaghetti Squash Breakfast Casserole (page 13).

It comes from Norma Junes friend Dottie, who says, "After adding the cream, make sure you simmer it long enough so that the cream is no longer white and takes on the light brownish color of the mushrooms. This recipe can make a very rich, tasty sauce for everything from chicken and meatballs to fish and vegetables."

---

### **Ingredients:**

*2 Tbsp unsalted butter*  
*1/4 lb small mushrooms, thinly sliced*  
*1/2 cup finely chopped celery*  
*2 Tbsp finely chopped onion*  
*1/4 cup chicken stock*  
*3/4 cup whipping cream*  
*Sea salt and freshly ground black pepper*

---

Melt the butter in a medium frying pan over medium heat. Add the mushrooms, celery, and onion and saute for 5 minutes, or until soft. Add the stock and cook over medium-high heat until reduced by half. Stir in the cream; bring to a boil and cook until reduced slightly, stirring frequently. Season to taste with salt and pepper.

---

## ESCAROLE SOUP WITH TURKEY MEATBALLS

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 4.3 g  
Carbohydrates: 10 g  
Fiber: 5.7 g  
Protein: 34 g  
Fat: 18.4 g  
Calories: 346

I think escarole, chicory, kale, and Swiss chard make delicious soups. The meatballs turn this soup into a meal.

Note: You can use spinach, zucchini, or a combination of both in place of the escarole.

---

### **Ingredients:**

*1 Tbsp extra-virgin olive oil*  
*1/2 cup finely chopped onion*  
*2 garlic cloves, minced*  
*1 tsp chopped fresh rosemary leaves or 1/2 tsp. (2.5 ml) dried rosemary, crumbled*  
*1 1/2 lb escarole, washed, dried, and chopped into 1-inch (2.5-cm) pieces*  
*6 cups chicken stock*  
*1 lb ground turkey*  
*1 large egg*  
*2 Tbsp minced green onion*  
*1 Tbsp finely chopped fresh parsley*  
*1/3 cup freshly grated Parmesan cheese*  
*Sea salt and freshly ground black pepper*  
*Lemon slices (optional)*

---

Preheat the oven to 350°F (175°C).

Heat the oil in a large pot over medium heat. Add the onion, garlic, and rosemary and cook for 5 minutes, or until the onion is soft but not brown. Add the escarole and stock. Bring to a boil. Reduce the heat, partially cover the pot, and simmer for about 10 minutes, or until the escarole is tender.

In a medium bowl, mix the turkey, egg, green onion, parsley, and cheese. Form into 1-inch (2.5-cm) balls. Lightly oil a baking dish large enough to hold the meatballs in a single layer. Add the meatballs. Bake for 10 minutes.

Add the meatballs to the soup and simmer, partially covered, for 5 minutes. Season to taste with salt and pepper. Serve garnished with lemon slices (if using).

---

## LISA N.'S DOUBLE ITALIAN SAUSAGE SOUP

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 4.9 g  
Carbohydrates: 6.4 g  
Fiber: 1.5 g  
Protein: 25.9 g  
Fat: 47 g  
Calories: 559

Lisa is one of the marvelous moderators at lowcarber. org. She says her whole family (which includes two children under 10) likes this. She also gave me the brilliant tip of using scissors to cut the sausage and bacon into small pieces. Now, why didn't I think of that?

---

### **Ingredients:**

*1/2 lb hot Italian sausage, cut into small pieces*  
*1/2 lb sweet Italian sausage, cut into small pieces*  
*6 bacon slices, chopped*  
*1/2 cup chopped onion*  
*2 garlic cloves, minced*  
*4 cups chicken stock*  
*1 10-oz package frozen chopped spinach*  
*1 cup whipping cream*  
*Freshly grated Parmesan cheese*

---

In a large heavy saucepan, brown the sausage and bacon pieces over medium heat until no longer pink. Add the onion and garlic and continue to cook for 5 minutes, or until the onion softens.

Add the stock and spinach (which does not have to be thawed). Bring to a boil, then reduce the heat and simmer, stirring occasionally, for 15 minutes, or until the spinach is thawed. Add the cream and heat through, but do not allow the soup to boil. Serve with a sprinkle of cheese.

---

## MOCK CREAM OF MUSHROOM SOUP

---

Makes 8 servings

I used to use cream of mushroom soup as a base for casseroles and sauces all the time. Once I started on the low-carb lifestyle, though, I gave that up. Now, I can have my favorite sauce standby without the junk that is in canned soups!

You can substitute the mushrooms with just about any veggie you would want to make into a cream soup base: Onions, spinach, asparagus, celery, broccoli, etc. This recipe will substitute for one can of soup in many recipes. You can add 1 or 2 eggs if you need it to have more "body" for baking or additional half-and-half if you need it thinner for sauces. Be careful, though, it can't cook for long periods of time or the sauce will break down. It needs to be added to a dish toward the end of the cooking time if it is a stovetop recipe. It bakes just fine.

---

### ***Ingredients:***

*1/2 tablespoon lard*

*1 tablespoon butter*

*1 cup sliced or chopped mushrooms*

*1/2 cup finely chopped onion*

*1/2 teaspoon seasoning salt*

*1/8 teaspoon lemon pepper*

*1 cup (8 ounces) sour cream*

*2 tablespoons half-and-half*

---

Melt the lard and butter over medium heat in a large frying pan. Add the mushrooms, onion, and seasonings; saute for about 10 minutes, until the mixture is quite thick. (It will become saucy, then begin to cook down.) Cook off most of the juices from the veggies, but be careful not to cook it until the mixture is completely dry.

Pour the veggies into a fairly large bowl and allow them to cool for about 3 minutes. Stir in the sour cream and half-and-half, mixing well. Use as desired.

---

## MUSHROOM SOUP WITH PARMESAN CHEESE

---

Makes 6 servings

Per serving.  
Carbohydrates: 6.7 g  
Protein: 1.6 oz

---

### **Ingredients:**

*1 small onion, minced*  
*2 cloves garlic, minced*  
*2 Tbsp butter*  
*2 Tbsp olive oil*  
*1 lb mushrooms, sliced*  
*1 Tbsp tomato paste (see Note)*  
*4 cups chicken stock, homemade or College Inn*  
*4 oz red wine*  
*1 Tbsp Da Vinci sugar-free caramel syrup*  
*Salt and black pepper to taste*  
*1/2 cup freshly grated Parmesan cheese*  
*1/4 cup chopped parsley*  
*4 egg yolks*

---

Saute onion and garlic in butter and olive oil until golden. Stir in mushrooms. Saute 5 minutes. Add tomato paste. Mix well. Add chicken stock. Stir and add wine and caramel syrup. Add salt and pepper to taste. Simmer 20 minutes.

Reserve 2 tablespoons Parmesan cheese and 1 tablespoon parsley to garnish finished soup. Beat together egg yolks and remaining parsley and Parmesan. Stir egg mixture into soup that is just boiling. Garnish and serve.

### **Note**

We usually avoid tomato paste because of its glucose content, but here it adds only 0.5 gram CHO per serving.

---

## QUICK KOREAN-STYLE BEEF AND SPINACH SOUP

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 2.1 g  
Carbohydrates: 3.9 g  
Fiber: 1.8 g  
Protein: 19.1 g  
Fat: 19.8 g  
Calories: 274

If you are a kim chee lover, it is the perfect accompaniment to this soup.

---

### **Ingredients:**

*1 Tbsp toasted sesame oil*  
*1/2 lb lean ground beef*  
*1 green onion, finely chopped*  
*1 garlic clove, minced*  
*1 Tbsp soy sauce*  
*3 cups water or chicken stock*  
*1/2 lb fresh spinach, washed and trimmed*  
*2 large eggs, beaten*  
*2 tsp toasted sesame seeds*  
*Sea salt and freshly ground black pepper*

---

Heat the oil in a large heavy pot over medium heat. Add the beef and brown it, breaking up the pieces with a wooden spoon. Add the green onion, garlic, and soy sauce and stir for 30 seconds. Add the water or stock, bring to a boil, and add the spinach. Cover and simmer for 5 minutes.

In a small bowl, mix the eggs and sesame seeds with a fork. Season with salt and pepper. Slowly pour into the pot while swirling the soup with the wooden spoon. Continue to stir for a few minutes until the eggs float to the top and form tiny "flakes."

---

## SLURP 'EM UP CABBAGE NOODLES

---

Makes 6 servings

Per serving.  
Effective Carbohydrates: 2 g  
Carbohydrates: 4 g  
Fiber: 2 g  
Protein: 1 g  
Fat: 8 g  
Calories: 87

Kid factor: They slurp just like noodles! Serve these under any of the sauces in this book or your favorite low-carb gravy.

---

**Ingredients:**

*1/2 head cabbage*

*1/4 cup butter*

*1/4 teaspoon lemon pepper*

*1/2 teaspoon seasoning salt*

---

Slice the cabbage into strips about 1/4" wide, so they resemble fettuccini noodles. Individually separate the pieces of cabbage so that they are not in clumps or chunks. This will allow the water and steam to cook them evenly.

Place the sliced cabbage pieces into a saucepan (or steamer) with about 1/2" of water. Cover the pan with a tightly fitting lid, and cook the cabbage on medium heat for about 8 minutes or until it is tender. The cabbage needs to be slightly on the soft side-not the normal crisp-tender you would want from a fresh vegetable-in order to achieve the "noodle" feel.

Drain the cabbage thoroughly. Place the butter into the bottom of a serving bowl and sprinkle the lemon pepper and seasoning salt over it. Add the cabbage, and mix it thoroughly with the butter and seasonings.

---

## TURKEY SOUP

---

Makes 6 servings

Per serving.  
Carbohydrates: 4.18 g  
Protein: 4.12 OZ

---

**Ingredients:**

*1 turkey carcass (about 18 oz of turkey meat)*  
*2 stalks celery, cut into large pieces*  
*3 garlic cloves*  
*10 sprigs parsley*  
*1 bay leaf*  
*3 qt water*  
*6 cups chicken stock, homemade or College Inn*  
*1 Tbsp olive oil*  
*1 Tbsp butter*  
*2 stalks celery, chopped*  
*2 Tbsp chopped shallots*  
*2 Tbsp chopped scallions*  
*2 cups mushrooms, sliced*  
*2 cups spinach, chopped*  
*Salt and black pepper to taste*  
*1/4 cup chopped parsley and celery leaves*  
*1/2 cup grated Parmesan cheese*

---

Place turkey carcass, large celery pieces, garlic, parsley sprigs, and bay leaf in stockpot with 3 quarts water. Bring to a boil. Simmer uncovered for about an hour, or until reduced by about one- third. Add chicken stock. Simmer for another hour.

In a separate soup pot, heat olive oil and butter. Saute chopped celery, shallots, and scallions until slightly soft. Add mushrooms and saute about 10 minutes. Strain stock from stockpot into soup pot, reserving the turkey carcass. Take the meat from the bones and cut it into pieces. Add to soup. Simmer for about 15 minutes. Add spinach and simmer another 5 minutes. Season to taste with salt and pepper. Add parsley and celery leaves. Spoon into large soup bowls and top with grated Parmesan.

---

## WONTON SOUP WITHOUT THE WONTONS

---

Makes 6 servings

Per serving.  
Carbohydrates: 3 g  
Effective Carbohydrates: 1 g  
Fiber: 1 g  
Protein: 2 g  
Fat: 4 g  
Calories: 135

We went to a delightful little Chinese restaurant. We wandered into the restaurant, searching for a pay phone, but came back because of the wonderful smells! They served a wonderful Wonton Soup. I skipped the dumplings and enjoyed the delicious vegetables and meats. Theirs had shrimp and pork. You may certainly use those, but this is what I had on hand when I made mine. I actually used the juices and bits and pieces left from a couple of roasted chickens for the base of my soup. Feel free to vary the meats and veggies. Be creative and enjoy!

---

### **Ingredients:**

*2 stalks celery, cut into 1/2" dice*  
*1 medium-sized carrot, (optional)*  
*1 cup broccoli, cut into 1" chunks*  
*1/2 cup green beans*  
*1 small yellow summer squash, diced (about 1 cup)*  
*1 1/2 cups diced cooked chicken*  
*3/4 teaspoon seasoning salt*  
*4-6 cups chicken-based Rich Stock (page 166) or commercially prepared chicken broth*  
*2 cups baby spinach leaves or washed, torn spinach*  
*2 eggs*

---

Place all of the ingredients except the spinach and eggs into a medium-sized saucepan, adding enough stock to cover the veggies. Cover the pan and bring it to a boil.; Reduce it to a simmer until the veggies are just tender, about 10 minutes.

In a small bowl, beat the eggs with a fork until they are frothy. Set them aside.

Add the spinach to the soup and stir to mix. Gently pour the egg mixture over the soup. Allow it to rest for a few seconds before stirring the egg in 1 direction only. Serve hot. Freeze any leftovers or use within days.

## Vegetables

---

## BAKED CHEDDAR CHEESE FRITTATA

---

Makes 4 servings

Per serving.  
Carbohydrates: 7.2 g  
Protein: 2 oz

---

**Ingredients:**

*4 eggs*  
*1 cup heavy cream*  
*1 Tbsp butter*  
*1 cup sliced button mushrooms*  
*1 cup sliced red bell pepper*  
*1/4 tsp salt*  
*1/4 tsp dried oregano*  
*1/4 tsp cayenne pepper (optional)*  
*1/2 cup grated cheddar cheese*

---

Preheat oven to 375°F. Blend together eggs and heavy cream in a mixing bowl and set aside. In a 9-inch ovenproof skillet (see Note), melt butter over medium heat and saute sliced mushrooms and bell pepper. Add salt, oregano, and cayenne pepper (optional omit if you don't care for spicy foods or suffer from gastroparesis) and cook for 3-5 minutes, until the mushrooms are tender and the peppers are wilted but not mushy. Add the egg and cream mixture to the sauteed vegetables.

Cook on a low flame for 2-3 minutes. Sprinkle on grated cheddar cheese just before placing the skillet in the oven. Bake in the oven for 20 minutes uncovered.

Serve warm. This recipe works well as a light meal for lunch or supper. It can be served warm or at room temperature. It will store for 2-3 days refrigerated in an airtight container.

*Note:* If your skillet has a plastic handle, before baking, transfer the egg, cream, and vegetable mixture to a greased 9-inch round baking pan or pie plate, then sprinkle on the cheddar. KW

---

## BAKED MUSHROOMS FLORENTINE

---

Makes 4 servings

Per serving.  
Carbohydrates: 9.4 g  
Protein: 1.1 oz

---

**Ingredients:**

*2 Wasa Fiber Rye crackers*  
*12 large white mushrooms (large enough to stuff)*  
*4 cups fresh spinach leaves*  
*3 strips crisp-cooked bacon, crumbled ( optional)*  
*2 Tbsp grated Parmesan cheese*  
*1 Tbsp butter*  
*1 tsp minced garlic*  
*1/3 cup heavy cream*

---

Preheat oven to 375°F. In the food processor workbowl, blend crackers into coarse crumbs. Remove the cracker crumbs from the workbowl and set aside. With a paring knife remove the stems from the mushrooms. Keep the mushroom caps intact and set them aside. In the food processor, finely chop mushroom stems and spinach leaves. You may need to add the spinach in two portions because of its volume. Remove processed ingredients to a large mixing bowl and blend in the bacon and cheese. In a heavy skillet, heat butter on a low flame. Add garlic and spinach mixture. Stir in the heavy cream. Saute for 4-5 minutes. Transfer ingredients to a mixing bowl. Spoon the filling into the mushroom caps. Lightly grease a baking tray. Place filled mushrooms on the tray and bake uncovered for 45 minutes. Serve the mushrooms warm. They will keep in the refrigerator for 3-4 days. In the freezer they will keep for about a month. KW

---

## BAKED ZUCCHINI WITH FRESH BASIL AND FETA CHEESE

---

Makes 4 serving

Per serving.  
Carbohydrates: 8.3 g  
Protein: 0.7 oz

---

**Ingredients:**

*2 Tbsp olive oil*  
*1 cup diced red bell pepper*  
*1/2 cup sliced button mushrooms*  
*1 Tbsp minced garlic*  
*1/2 tsp dried oregano*  
*6 leaves fresh basil, chiffonade cut (see Note 2, page 406)*  
*Pinch of salt*  
*1/4 tsp black pepper*  
*2 medium zucchini*  
*3 oz (about 1/2 cup) crumbled feta cheese*

---

Preheat oven to 375°F. In a heavy skillet, heat 1 Tbsp of the olive oil over low heat. Add bell peppers, mushrooms, garlic, oregano, basil, salt, and pepper. Saute for 3-5 minutes and set aside. Cut zucchini diagonally into 1/2-inch-thick slices. Coat a baking pan with remaining 1 Tbsp oil and add zucchini, placing the cut sides down. Spoon the sauteed vegetable mixture over the zucchini. Sprinkle the crumbled feta cheese over vegetables. Cover the baking pan with foil and place in the oven. Bake for 45 minutes. The zucchini should be tender at the end of the baking time. Serve baked zucchini warm. It will keep in the refrigerator for 4-5 days. It may also be stored in the freezer for 2-3 months. KW

---

## BASIC CAULI-FLIED "RICE"

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 4.3 g  
Carbohydrates: 7.8 g  
Fiber: 3.5 g  
Protein: 3.1 g  
Fat: 8.4 g  
Calories: 109

This goes with almost anything saucy. My sous chef and good buddy wayne just loves it with crumbled feta, olive oil and chopped tomato on top. The variations are endless: a bit of curry powder, some grated lemon rind to go with fish, or some chili powder.

---

### **Ingredients:**

*2 lb cauliflower, trimmed*  
*4 Tbsp unsalted butter*  
*2 garlic cloves, minced*  
*1 tsp sea salt*  
*2 green onions, thinly sliced*  
*Freshly ground black pepper*

---

Grate the cauliflower, including the core, using the medium holes of a grater or the grater attachment of a food processor. With your hands, squeeze out as much water as you can. (This may not be necessary for some cauliflower as they vary in degree of wetness.)

Melt the butter in a large heavy frying pan over medium heat. Add the garlic and saute until the garlic sizzles. Add the cauliflower, sprinkle with the salt, and stir-fry until tendercrisp, about 5 to 8 minutes. The length of time will depend on the cauliflower.

Stir in the green onions and season to taste with pepper. Check the seasoning and serve.

### **VARIATION**

For a Pan-Asian taste, use oil instead of butter. Scramble 2 eggs in the oil after sauteeing the garlic. Add chopped, cooked meat or shrimp, give a few stirs, then add the cauliflower. Serve with soy sauce at table.

---

## BASIC CAULIFLOWER MASH

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 4.6 g  
Carbohydrates: 8 g  
Fiber: 3.4 g  
Protein: 5.4 g  
Fat: 16.6 g  
Calories: 193

The marvelous thing about mashed-cauliflower dishes is that they can be reheated beautifully.

To make a puree that's very thick, puree the cauliflower alone. Spoon it into a cheeseclothlined sieve, place over a bowl to catch the drips, cover, and rehydrate overnight. Then reheat gently and add the remaining ingredients.

You can season Cauliflower Mash with roasted garlic, [Basil Pesto](#), fresh garlic, chopped sun-dried tomatoes, wasabi paste, and Dijon mustard.

---

### **Ingredients:**

*2 lb cauliflower, trimmed*

*Sea salt*

*1/4 cup whipping cream*

*4 Tbsp unsalted butter*

*1/4 cup freshly grated Parmesan cheese*

*1/4 cup cream cheese*

---

Cut the cauliflower, including the core, into 1-inch (2.5-cm) pieces. Bring a large pot of water to a boil and salt lightly. Add the cauliflower and cook over medium heat until completely tender, 20 to 30 minutes.

Drain the cauliflower in a colander. With a bowl or small plate, press on the cauliflower to remove all the water. Toss the cauliflower and continue pressing out the water. This step is very important to the texture of the dish.

Transfer the cauliflower to a food processor. Add the cream and puree until completely smooth. If you like a chunkier texture, mash by hand, adding the cream after the cauliflower is mashed. Return to the pot.

When you are ready to serve the puree, heat over low heat, stirring constantly. Add the butter, Parmesan, and cream cheese. Stir until incorporated. Season to taste with salt, if necessary. Serve immediately.

---

## BASIC SPAGHETTI SQUASH

---

Makes 10 servings

Per serving.  
Effective carbohydrates: 5.2 g  
Carbohydrates: 6.6 g  
Fiber: 1.4 g  
Protein: 0.6 g  
Fat: 0.6 g  
Calories: 29

My grandmother would stuff spaghetti squash with cooked ground beef and bake it until the squash was tender. She only did this occasionally, so it was a treat.

With the way it turns into tender but crisp shreds, spaghetti squash makes an interesting medium for different flavors. While I don't miss pasta-and I used to eat it almost every day-I do miss some of the flavor combinations. Spaghetti squash, as well as cauliflower, fits the bill as the vehicle.

After you cook the squash, you can package the pasta-like shreds into small portions and freeze them.

Note: To microwave the squash, place the cut and seeded halves in a microwaveable dish and add 1/2 inch (1.2 cm) of water. Cover tightly with plastic wrap and microwave on high power for 10 minutes. The squash is done when the skin yields to firm pressure. Uncover and let cool before scraping out the shreds with a spoon.

---

### ***Ingredients:***

*1 3-lb spaghetti squash*

---

Preheat the oven to 350°F (175°C).

With a sharp, sturdy knife, trim the stem end from the squash and split the squash in half lengthwise. Scoop out the seeds with a spoon. Lay each half, cut side down, in a large baking dish and add 1/2 inch (1.2 cm) water to the pan. Cover tightly with foil and bake for 40 minutes. Remove from the oven, uncover, and let cool.

With a spoon, scrape out the spaghetti-like shreds.

---

## BRAISED FENNEL WITH WHITE WINE AND PARMESAN

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 6.7 g  
Carbohydrates: 11.3 g  
Fiber: 4.6 g  
Protein: 4.6 g  
Fat: 11.8 g  
Calories: 175

Fennel is a great vegetable served raw and crunchy in salads or softly braised as in this recipe. It goes well with chicken, pork, or fish.

Fennel is usually sold with most of the longftonds removed, but occasionally you get to see the bulbs in their full glory.

---

### ***Ingredients:***

*2 1-lb fennel bulbs*

*4 Tbsp unsalted butter*

*Sea salt and freshly ground black pepper*

*1/2 cup dry white wine or chicken stock*

*1/2 cup freshly grated Parmesan cheese*

---

Preheat the oven to 325°F (165°C).

Trim the base and stems from the fennel and cut each bulb into 6 wedges.

In a frying pan large enough to hold the fennel comfortably, melt the butter over medium heat. Add the fennel and season to taste with salt and pepper. Add the wine or stock and bring to a simmer.

Cover, lower the heat, and let the fennel cook for about 15 minutes. Turn the wedges over, cover, and cook until the liquid has evaporated and the fennel starts to turn golden. Turn over and color the other side. Sprinkle with the cheese and serve. (You can also pop the pan under the broiler to brown the cheese if you like.)

---

## BROCCOLI DIJON

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 3.8 g  
Carbohydrates: 7.2 g  
Fiber: 3.4 g  
Protein: 4 g  
Fat: 13.1 g  
Calories: 151

This dish is excellent with roast chicken. You can use whole-grain mustard in place of the Dijon. A sprinkle of toasted sliced almonds or pine nuts is good, too.

---

***Ingredients:***

*1 lb broccoli*  
*Sea salt*  
*4 Tbsp unsalted butter*  
*2 Tbsp Dijon mustard*  
*2 Tbsp freshly squeezed lemon juice*  
*Freshly ground black pepper*

---

Cut the florets from the broccoli stalks and peel the stalks. Cut the florets and stalks into bite-size pieces.

Bring a large pot of water to a boil and season liberally with salt. (It should taste like sea water.) Add the broccoli and cook until it's barely tender. Drain and cool under cold water; drain.

Melt the butter in a large frying pan over medium-high heat. Add the broccoli; toss and stir until heated through. Move the broccoli to the sides of the pan and stir in the mustard and lemon juice. Stir the broccoli around to coat it with the sauce and season to taste with salt and pepper.

---

## BROCCOLI ITALIANISSIMO

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 3.1 g  
Carbohydrates: 6.4 g  
Fiber: 3.3 g  
Protein: 6.1 g  
Fat: 12.2 g  
Calories: 150

Delicious with anything remotely Italian. If you don't like anchovies, just leave them out.

---

### ***Ingredients:***

*1 lb broccoli*  
*3 Tbsp extra-virgin olive oil*  
*2 garlic cloves, minced*  
*2 anchovy fillets, finely chopped*  
*Sea salt and freshly ground black pepper*  
*1/4 cup freshly grated Parmesan cheese*

---

Cut the florets from the broccoli stalks and peel the stalks. Cut the florets and stalks into bite-size pieces.

Bring a large pot of water to a boil and season liberally with salt. (It should taste like seawater.) Add the broccoli and cook until it's barely tender. Drain and cool under cold water; drain.

Heat the oil in a large frying pan over medium-high heat. Add the garlic and anchovies and saute until the garlic starts to turn pale gold. Add the broccoli and season to taste. Stir and toss the broccoli until heated through. Sprinkle with the cheese.

### **WINNING WAYS WITH BROCCOLI**

- Saute with garlic, ginger, and chiles
- Toss with lemon and oregano
- Add to tomatoes, anchovies, and basil
- Mash with cheese and cream cheese
- Toss with cooked bacon, bacon fat, and green onion
- Cover with [Dottie's Cream of Mushroom Soup](#) and top with shredded cheese
- Dribble with tomato sauce, add bits of cooked sausage, and broil with cheese
- Puree with eggs, cream, and cheese; bake

## BROCCOLI WITH GARLIC AND PARMESAN

---

Makes 4 servings

Per serving.  
Carbohydrates: 2.75 g  
Protein: 0.7 OZ

---

***Ingredients:***

*2 cups broccoli florets*

*3 Tbsp olive oil*

*2 garlic cloves, minced*

*Salt and black pepper to taste*

*1/4 cup freshly grated Parmesan cheese*

*2 Tbsp chopped basil*

---

Cook broccoli in microwave for about 30 seconds, until it is bright green and just a little cooked. Heat olive oil in skillet. Saute garlic for 2 minutes. Add broccoli. Stir to coat with oil. Saute 3-5 minutes, until broccoli reaches desired doneness. Season with salt and pepper. Toss with Parmesan and basil.

---

## BROILED SPINACH WITH FOUR CHEESES

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 2 g  
Carbohydrates: 4.5 g  
Fiber: 2.5 g  
Protein: 10.5 g  
Fat: 8.2 g  
Calories: 177

This is quick, easy, and delicious. You can change the cheeses depending on your mood Monterey Jack with chiles and cheddar is a good combination.

---

### **Ingredients:**

*1/2 cup (120 ml) grated Gruyere cheese*  
*1/2 cup (120 ml) ricotta cheese*  
*1/4 cup (60 ml) crumbled gorgonzola or blue cheese*  
*2 Tbsp. (30 ml) freshly grated Parmesan cheese*  
*2 Tbsp. (30 ml) chopped fresh dill*  
*1 large egg yolk*  
*2 Tbsp. (30 ml) unsalted butter*  
*1 garlic clove, minced*  
*2 10-oz. (285-g) bags ready-to-use spinach*  
*Sea salt and freshly ground black pepper*

---

Preheat the broiler. Lightly butter an 11 x 7-inch (27.5 x 17.5-cm) baking dish.

In a large bowl, mix the Gruyere, ricotta, gorgonzola or blue cheese, Parmesan, dill, and egg yolk.

Melt the butter in a large pot over medium-high heat. Add the garlic and stir for a minute until fragrant. Pour into the baking dish. Add the spinach to the pot and saute until wilted. Transfer to a strainer; drain well. Add to the baking dish and toss to coat with the butter. Season to taste with salt and pepper.

Evenly spread the spinach in the dish and dab with the cheese mixture. Broil about 6 inches (15 cm) from the heat until cheese is golden on top and the spinach is heated thoroughly.

---

## BUTTERED SESAME KALE

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 1.6  
Carbohydrates: 5.9 g  
Fiber: 4.3 g  
Protein: 3.7 g  
Fat: 4.3 g  
Calories: 76

Kale is eaten more commonly in the southern United States and Europe, with Scotland being the largest consumer. It makes frequent appearances in Portuguese and Italian soups. Kale is quite chewy unless cooked for a long time into tenderness. If you happen to find very young and tender kale, you don't have to remove the ribs. (Its cousin the collard green can be prepared the same way.)

---

### **Ingredients:**

*1 lb (454 g) flat-leaf kale*  
*2 Tbsp. (30 ml) vegetable oil*  
*2 garlic cloves, minced*  
*1/2 cup (120 ml) chicken stock or water*  
*1 Tbsp. (15 ml) soy sauce*  
*1 Tbsp. (15 ml) unsalted butter*  
*1 tsp. (5 ml) toasted sesame oil*  
*1 Tbsp. (15 ml) toasted sesame seeds*  
*Freshly ground black pepper*

---

Remove the thick ribs from the kale and cut the leaves crosswise into 1-inch (2.5-cm) strips.

Heat the vegetable oil in a wok or large heavy frying pan over high heat. Add the garlic; when it sizzles, add the kale and stir until it's glistening with oil. Add the stock or water. Turn the heat to low, cover, and steam until the kale is tender but still chewy, about 15 to 20 minutes.

Add the soy sauce and stir for a minute or so to evaporate some of the liquid. Stir in the butter and sesame oil, then sprinkle with the sesame seeds, and season to taste with the pepper.

---

## BUTTERNUT SQUASH WITH COGNAC

---

Makes 8 servings

Per serving.  
Carbohydrates: 11 g  
Protein: 0.2 oz

---

**Ingredients:**

*1 butternut squash, about 2 1/2 lb (to yield 4 cups cooked squash)*  
*1 1/2 sticks butter, cut into pieces*  
*2 Tbsp Da Vinci sugar-free caramel syrup*  
*1/4 cup cognac*  
*1 tsp cinnamon*  
*1/2 tsp ground ginger*  
*Sprinkle of nutmeg*  
*Salt and black pepper to taste*

---

Preheat oven to 375°F.

Cut squash in half lengthwise. Scoop out seeds and stringy matter in center. Place flesh side down on oiled nonstick baking sheet. Bake for about 1 hour, or until the skin can be punctured with a fork and flesh is soft. Remove from oven and allow to cool a bit, so it can be handled. Scoop out flesh, measuring 4 cups into the work bowl of a food processor and reserving any extra for another purpose. Add remaining ingredients to workbowl and process until smooth. Taste and adjust seasoning. You can add a little cream for creamy texture if desired. Reheat if necessary before serving.

## CELERY CHIPS

---

Makes 8 servings

Per serving.  
Carbohydrates: 2.6 g  
Protein: 0.1 oz

---

***Ingredients:***

*1 medium celery root (8 oz)*

*2 Tbsp canola oil*

*1/3 tsp salt*

---

Preheat oven to 425°F. Remove the thick peel from the celery root with a paring knife. Slice the root lengthwise into quarters. Slice into thin quarter-rounds. In a mixing bowl, combine celery root with oil and toss to evenly coat the slices. Add the salt and mix again. Place the celery root slices in a single layer on a baking tray. Bake for 30 minutes uncovered on the middle rack of the oven. Chips can be served immediately.

Allow chips to cool before storage. Place them in an airtight container in the refrigerator. They will keep for 2-3 days. Reheat them in a 425°F oven for 5-7 minutes before serving for a crunchy texture. This recipe yields 2 cups of celery chips. kw

## CHAYOTE WITH TOMATOES AND MINT

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 2.7 g  
Carbohydrates: 4 g  
Fiber: 1.3 g  
Protein: 0.7 g  
Fat: 6.9 g  
Calories: 77

This dish goes really well with sausages. For variety, try young, firm zucchini in place of the chayote. You can use fresh basil or parsley instead of the mint.

---

**Ingredients:**

*1 8-oz. (227-g) chayote*  
*2 Tbsp. (30 ml) extra-virgin olive oil*  
*1 garlic clove, minced*  
*1/2 cup (120 ml) cherry tomato halves*  
*Sea salt and freshly ground black pepper*  
*2 Tbsp. (30 ml) coarsely chopped fresh mint*  
*1 Tbsp. (15 ml) freshly squeezed lemon juice*

---

Peel the chayote. Cut lengthwise in half and remove the seed. Cut crosswise into thin slices.

Heat the oil in a large heavy frying pan over high heat. Add the garlic. When it sizzles, add the chayote crisp-tender.

Add the tomatoes and cook until softened. Season to taste with salt and pepper and stir in the mint and lemon juice.

---

## CREAMED SPINACH WITH NUTMEG

---

Makes 4 servings

Per serving.  
Carbohydrates: 8.6 g  
Protein: 10.5 oz

---

**Ingredients:**

*2 lbs fresh baby leaf spinach (see Note)*  
*1 Tbsp butter*  
*1/3 tsp salt*  
*1/4 tsp black pepper*  
*1/2 tsp nutmeg*  
*1 cup heavy cream*

---

Bring 4 quarts of water to a boil in a large pot. Add spinach and cook at a boil for 3-4 minutes. Drain spinach in a colander and rinse with cold water. Squeeze out the excess moisture from spinach. Place spinach on a cutting board and chop into bite-sized pieces. Melt butter in a nonreactive skillet. Add cooked spinach and season with salt, pepper, and nutmeg. Stir in the heavy cream. Reduce the flame and cook for 30 minutes. Do not cover the skillet; the spinach will release too much moisture and dilute the flavor. To avoid scorching the food, keep the flame at a low setting and stir frequently. You can also use a heat deflector (an inexpensive round metal disk, often with a wooden handle, that you can place between pot and burner while cooking) to prevent scorching. Serve spinach warm. It will keep in the refrigerator for 3-4 days.

This dish is a good one for those who suffer from gastroparesis if the spinach is chopped finely.

**Note**

You can often buy spinach prewashed. Getting it this way will save some preparation time, as spinach can be very gritty and bunch spinach must be thoroughly washed. You can also use mature spinach leaves, but they should be stemmed and roughly shredded. KW

---

## CREAMY STRINGBEAN CASSEROLE WITH SAGE MUSHROOM SAUCE

---

Makes 6 servings

Per serving.  
Carbohydrates: 12.3 g  
Protein: 10.6 oz

---

**Ingredients:**

*1 Tbsp olive oil*  
*2 cups sliced button mushrooms*  
*1 Tbsp minced shallot*  
*3/4 tsp ground sage*  
*1/2 tsp salt*  
*1/3 tsp black pepper*  
*1 heaping Tbsp arrowroot powder*  
*8 oz College Inn chicken broth*  
*1/2 cup heavy cream*  
*4 cups chopped frozen string beans*  
*1 cup [Celery Chips](#)*

---

Preheat oven to 375°F. Heat oil over low temperature in a medium skillet. Add mushrooms, shallot, sage, salt, and black pepper. Saute for 5-7 minutes. Dissolve arrowroot powder in chicken broth. Add this liquid and heavy cream to mushroom mixture in the skillet. The liquid will thicken as it heats. Stir the ingredients together for 3-5 minutes. Place the string beans in a layer on the bottom of a baking pan. Evenly pour the mushroom sauce over string beans. Layer celery chips on top. Bake uncovered for 45 minutes. Serve warm. This recipe will keep in the refrigerator for 2-3 days. It may also be stored in the freezer for about 1 month. KW

---

## DAIKON CAKES

---

Makes 6 cakes

Per cake.  
Effective carbohydrates: 3.2 g  
Carbohydrates: 5 g  
Fiber: 1.8 g  
Protein: 2.8 g  
Fat: 3.6 g  
Calories: 63

These are pretty tasty on their own or with a dab of sour cream or mayonnaise. They are also good cold. Daikon contains a lot of water, and 1 1/2 lb. (680 g) makes only 6 cakes. Because of the water content, it is important to get the grated daikon as dry as you can or the cakes will fall apart when you fry them.

Note: An excellent dipping sauce for fish, especially salmon, is finely grated daikon mixed with soy sauce, a little grated ginger, and a touch of sweetener. It's also very tasty with green vegetables such as asparagus, broccoli, and snow peas.

---

### **Ingredients:**

1 1/2 lb. (680 g) daikon radish  
1 tsp. (5 ml) sea salt  
1 large egg  
5 Tbsp. (75 ml) finely ground pork rinds  
2 Tbsp. (30 ml) finely minced green onion  
Freshly ground black pepper  
2 Tbsp. (30 ml) olive or vegetable oil

---

Peel and grate the daikon into a bowl. Combine with 1 tsp. (5 ml) salt and let sit for 30 minutes.

Squeeze the water out of the daikon with your hands. The more water you squeeze, the better the cakes will be. Mix the daikon with the egg, pork rinds, green onion, and salt and pepper to taste. Let sit for 10 minutes.

Preheat the oven to 350°F (175 °C).

Heat a large ovenproof heavy frying pan—a cast-iron pan is ideal—over medium-low heat. Swirl the oil around the pan. Fill a 1/4-cup (60-ml) dry measuring cup with some of the mixture, packing it slightly. Turn out into the frying pan. You should have a nicely shaped cake that stands a bit more than 1 inch (2.5 cm) high. Continue with the remaining mixture.

Fry the cakes on one side without disturbing them too much until browned on the bottom, 5 to 6 minutes. Very carefully turn the cakes over and fry for 2 to 3 minutes longer. Place the whole pan in the oven and bake the cakes for 15 minutes.

---

## EGGPLANT WITH SOUR CREAM DRESSING

---

Makes 8 servings

Per serving.  
Effective carbohydrates: 8.9 g  
Carbohydrates: 13.5 g  
Fiber: 4.6 g  
Protein: 3 g  
Fat: 6.4 g  
Calories: 116

A fantastic summer dish that makes great leftovers. It is especially good with lamb.

---

**Ingredients:**

*4 small eggplants, about 3 lb. (1.3 kg) total*  
*Extra-virgin olive oil*  
*1 cup sour cream*  
*1/2 tsp sea salt*  
*1/4 tsp freshly ground black pepper*  
*1/4 cup fresh basil leaves, chopped*  
*1/4 cup fresh mint leaves, chopped*  
*2 garlic cloves, minced*  
*1 large tomato, finely diced*

---

Cut the ends off the eggplants and cut into 3/4-inch (1.9-cm) slices.

Preheat the broiler. Lightly brush both sides of the eggplant slices with oil and broil about 6 inches (15 cm) from the heat, turning only once, until golden brown on both sides and completely tender. Remove from the heat and arrange attractively on a platter.

In a small bowl, mix the sour cream, salt, pepper, basil, mint, and garlic. Drizzle the dressing over the eggplant and scatter the chopped tomatoes over the top.

---

## GREEN GREENS PUREE

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 3.1 g  
Carbohydrates: 7.8 g  
Fiber: 4.7 g  
Protein: 5 g  
Fat: 6.4 g  
Calories: 98.

I like to have this with roasted salmon basted with butter.

---

**Ingredients:**

*1 cup chicken stock or water*  
*1/2 lb kale (any type), ribs removed and leaves chopped*  
*2 cups shredded green cabbage*  
*2 10-oz bags ready-to-use spinach*  
*2 oz cream cheese*  
*2 Tbsp whipping cream*  
*Sea salt and freshly ground black pepper*

---

Bring the stock or water to a boil in a large pot. Add the kale, cabbage, and spinach. Cook, stirring occasionally, until the kale wilts.

Turn the heat to low, cover, and cook until the vegetables are very tender, about 45 minutes to 1 hour. Check the water level occasionally. There should be enough to keep the vegetables just juicy and prevent them from sticking to the pan. If there is too much water near the end of the cooking time, remove the lid and allow it to evaporate.

Transfer the mixture to a food processor and puree until smooth. Add the cream cheese and cream. Season to taste with salt and pepper. Blend again to mix smoothly. Return to the pot and stir over low heat until piping hot.

---

## KOHLRABI AND CELERY GRATIN

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 5.4 g  
Carbohydrates: 10.1 g  
Fiber: 4.7 g  
Protein: 5.8 g  
Fat: 16.8 g  
Calories: 205

The flavors of the celery and kohlrabi play off each other in this dish. Don't be intimidated-gratin is just a fancy name for "scalloped. "

Note: If you are so inclined, peel the strings from the celery ribs using a vegetable peeler. It makes them a little less chewy but is not essential.

---

### **Ingredients:**

*6 large celery ribs, trimmed*  
*4 medium kohlrabi, about 1 1/2 lb. (680 g) total, peeled*  
*1 cup whipping cream*  
*1/3 cup water*  
*2 garlic cloves, minced*  
*1/2 tsp sea salt*  
*Freshly ground black pepper*  
*1/2 cup freshly grated Parmesan cheese*

---

Preheat the oven to 350°F (175°C). Butter a 13 X 9-inch (32.5 X 22.5-cm) baking dish and place on a rimmed baking sheet to catch any spills.

Cut the celery into 1/4-inch (0.6-cm) slices. Cut the kohlrabi into 1/4-inch (0.6-cm) slices. Layer the celery and kohlrabi in the baking dish.

In a medium saucepan, combine the cream, water, garlic, salt, and pepper to taste. Bring to a boil over medium heat. Pour over the vegetables and sprinkle with the cheese.

Bake for 50 to 60 minutes, or until the top is golden and the vegetables are tender. Remove from the oven and let settle for 10 minutes before serving.

---

## MARINATED MUSHROOMS

---

Makes 6 servings

Per serving.  
Carbohydrates: 3.9 g  
Protein: 0.5 OZ

Other vegetables, such as green beans, zucchini, summer squash, green peppers, and leeks, can also be marinated in this way.

---

***Ingredients:***

*3 cups chicken stock, homemade or College Inn*  
*1 cup dry white wine*  
*1 cup olive oil*  
*1 small bunch parsley, 10 sprigs*  
*2 cloves garlic, pressed*  
*1 tsp thyme leaves*  
*1 bay leaf*  
*10 peppercorns*  
*1 tsp salt*  
*1 lb mushrooms (leave whole if small; otherwise halve or quarter them)*

---

Place all ingredients except mushrooms in saucepan. Bring to a boil, reduce heat, and simmer gently for 45 minutes. Strain marinade and return it to saucepan. Bring to a simmer. Add mushrooms and simmer, covered, for about 10 minutes. Transfer mushrooms and marinade to a ceramic or glass dish. Taste marinade and adjust seasoning. Cover dish with plastic wrap and marinate for at least 4 hours. Remove mushrooms with slotted spoon and spoon some marinade over them.

---

## MASHED CAULIFLOWER

---

Makes 4 servings

Per serving.  
Carbohydrates: 4.8 g  
Protein: 0.35 oz

If you love mashed potatoes and can't stand the idea of giving them up, this is a very pleasant surprise.

---

***Ingredients:***

*1/2 head cauliflower, tough stem trimmed*

*Salt to taste*

*4 oz butter (1 stick)*

*1/4 cup heavy cream*

*Black pepper to taste*

---

Steam cauliflower until fairly soft, about 15 minutes, adding salt to steamer. Pull florets apart with a fork. Put pieces into a mixing bowl. Add butter and heavy cream. Beat with electric mixer or mash with potato masher. Season generously with salt and pepper. Reheat in microwave if necessary.

Depending on your taste, you can add a small amount of fresh herbs, such as rosemary or chives, to enhance flavor without affecting the carbohydrate portion.

---

## MEDITERRANEAN EGGPLANT STEW

---

Makes 6 servings

Per serving.  
Carbohydrates: 8.5 g  
Protein: 3.2 oz

---

***Ingredients:***

*1 Tbsp olive oil*

*1 Tbsp minced shallot*

*1/2 cup sliced button mushrooms*

*1/2 cup diced red bell pepper*

*2 medium eggplants, about 1 pound each, peeled and cut into large chunks*

*1 tsp salt*

*1 tsp dried oregano*

*1/2 tsp red pepper flakes*

*1 lb ground turkey*

---

Heat oil over low temperature in a Dutch oven. Add shallots, mushrooms, bell pepper, and eggplant. Add seasonings and stir ingredients together. Raise heat to medium. Vegetables will start to "sweat" or release liquid, as they cook. Continue stirring for 7-10 minutes, allowing some of this liquid to cook away. Add the ground turkey to the pot and stir gently to blend. Cover pot, lower the temperature, and allow to cook for 45 minutes. It is not necessary to stir the pot as long as the heat is low. Serve the stew warm. It will store for 3-4 days in the refrigerator. It may also be stored in the freezer for 2-3 months. KW

---

## MEXICAN RICE-AFLOWER

---

Makes about 10 servings

Per serving. Effective Carbohydrates: 3 g  
Carbohydrates: 5 g  
Fiber: 3 g  
Protein: 2 g  
Fat: 3 g  
Calories: 47

I'm sure you've been to a nice Mexican restaurant and had their wonderful rice with those just-perfect seasonings. Now, you can enjoy it without the accompanying carb load!

---

**Ingredients:**

*1 head cauliflower (yield about 6 cups chopped, instructions below)*  
*2 tablespoons lard*  
*1 medium-sized onion, chopped*  
*3 cloves garlic, minced, about 1 1/2 tablespoons*  
*1/2 teaspoon seasoning salt*  
*2 teaspoons chicken bouillon granules*  
*3 tablespoons tomato sauce*  
*1 teaspoon lemon pepper*  
*1/8 teaspoon ground cumin*

---

Cut the cauliflower into pieces that will fit into the bowl of a food processor; pulse until it is the consistency of rice. (Do not use a steady chop setting or it won't have the proper texture. You can do it by hand, but be prepared to get very tired!) Set the chopped cauliflower aside.

Melt the lard over medium heat in a large frying pan. Add the onion, garlic, and seasoning salt, and cook until they are beginning to brown, about 8 minutes.

Add the remaining ingredients and the chopped cauliflower to the pan, stirring well so that all the ingredients are evenly dispersed throughout the "rice." Cook, continuing to stir frequently, for about 5 minutes or until the cauliflower is heated through. Serve hot.

This will keep refrigerated for a few days; reheat in the microwave or with a bit of oil in a frying pan over medium heat until it is hot.

## MUSHROOMS SAUTEED WITH WINE AND GARLIC

---

Makes 2 servings

Per serving.  
Carbohydrates: 3.25 g  
Protein: 0.4 OZ

---

***Ingredients:***

*2 Tbsp olive oil*

*1 clove garlic, finely chopped*

*2 cups sliced mushrooms*

*1/4 cup dry red wine*

*Salt and black pepper to taste*

---

Heat olive oil in skillet. Add garlic, saute briefly, about 1 minute. Add mushrooms. Saute 1 minute. Add wine. Continue to saute until all liquid is absorbed, about 10 minutes. Season with salt and pepper.

## PARMESAN" CRUSTED ZUCCHINI

---

Makes 2 servings

Per serving.  
Carbohydrates: 5.75 g  
Protein: 3.34 oz

---

**Ingredients:**

*2 small zucchini, about 8 inches, cut into 1/4-inch slices*  
*1 egg, slightly beaten*  
*3/4 cup freshly grated Parmesan cheese*  
*Olive oil to fry, about 1 cup*  
*Salt and pepper to taste*

---

If you use zucchini without removing some of the moisture, this recipe can turn out soggy. Reducing moisture content is simple - just liberally salt the slices with a shaker, then place on paper towels for about 15 minutes. Heat oil in skillet. It should be hot, simmering, but not boiling hard. Blot zucchini slices dry, dip in egg, then Parmesan. Fry in hot oil until golden brown. Drain on paper towels and season with salt and pepper.

---

## PARMESAN-CRUSTED CAULIFLOWER

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 5.1 g  
Carbohydrates: 8.5 g  
Fiber: 3.4 g  
Protein: 15.2 g  
Fat: 14.5 g  
Calories: 219

This is a very attractive-looking cauliflower dish: large lacy wedges of cauliflower crusted with cheese. You can add spices to the cheese-garlic powder, oregano, basil-if you like or serve it with Simple Tomato Sauce (page 242).

---

### **Ingredients:**

*2 lb cauliflower, trimmed*  
*2 Tbsp extra-virgin olive oil*  
*1 large egg*  
*1 Tbsp whipping cream*  
*2 cups freshly grated Parmesan cheese*

---

Slice the cauliflower into very thin wedges, keeping the pieces no thicker than 1/2 inch (1.2 cm). A few florets will crumble, and that's fine. Just set them aside.

Preheat the oven to 400°F (200°C). Spread the oil on a rimmed baking sheet (preferably nonstick), or on a parchment-lined, rimmed baking sheet.

Beat the egg with the cream in a shallow bowl and spread the cheese out on a plate. Dip each side of the cauliflower wedges into the egg mixture, then press each side into the cheese. Lay the pieces on the baking sheet. When you are finished, mix the crumbled florets with the remaining eggs and cheese and drop small spoonfuls onto the baking sheet, flattening them slightly.

Bake for 15 to 20 minutes, or until browned on the bottom and easy to turn without the cheese sticking to the pan. Turn over and bake for 10 minutes longer.

### **VARIATION**

Add 1/2 tsp. (2.5 ml) turmeric, 2 tsp. (10 ml) Garam Masala (page 249), and 1 Tbsp. (15 ml) cumin seeds to give this dish an Indian flair.

---

## PUREED CAULIFLOWER WITH CELERY ROOT

---

Makes 6 servings

Per serving.  
Carbohydrates: 8.8 g  
Protein: 0.5 OZ

---

**Ingredients:**

*1/2 tsp salt*

*1 bay leaf*

*1 medium celery root (8 oz), peeled and cut into large chunks (see Note, page 400)*

*1 small head cauliflower, cut into 1-inch pieces*

*1 Tbsp olive oil*

*1/2 tsp dried dill weed*

*1 Tbsp minced parsley*

---

Add salt and bay leaf to 2 quarts water in a large saucepan. Bring liquid to a rolling boil. Drop in the celery root and cauliflower, reduce temperature, and simmer for about 30 minutes. Vegetables are ready when they are fork tender. Strain vegetables from cooking liquid and place in the workbowl of your food processor. Blend until they acquire a creamy texture (3-4 minutes.) Add oil, dill, and parsley. Blend ingredients again for 1 minute. Serve pureed vegetables warm. This recipe will keep in the refrigerator for 3-4 days. It may also be stored in the freezer for 2-3 month.

This recipe is helpful for gastroparesis. The soft texture and mild flavor of the pureed vegetables facilitate easier digestion when a low-bulk diet is recommended. kw

## ROASTED VEGETABLES

---

Makes 4 servings

Per serving.  
Carbohydrates: 7.3 g  
Protein: 0.6 oz

---

**Ingredients:**

*1 red bell pepper, cut in strips about 1 1/4 inches wide*

*1 cup mushrooms, whole or halved if they are big*

*1/2 bulb fennel, cut in thick triangles*

*20 spears asparagus*

*4 shallots, peeled*

*4 cloves garlic, peeled*

*Olive oil to coat*

*Salt and black pepper to taste*

---

Preheat oven to 450°F.

Toss vegetables with a generous coating of olive oil. Season with salt and pepper. Spread on baking sheet. Roast at 450°F for 15 minutes, then reduce heat to 375°F. Check for desired doneness. Asparagus could be done at this point. I like things browned, so I would cook asparagus about 30 minutes in all and peppers about 1 hour. Check every 15 minutes and remove vegetables that are done to your liking. Rub vegetables in brown pan oil to get flavor. Serve warm or at room temperature, alone or with [Aioli](#).

---

## ROASTED FENNEL WITH ROSEMARY

---

Makes 8 servings

Per serving.  
Carbohydrates: 6.6 g  
Protein: 0.5 oz

---

**Ingredients:**

*2 bulbs trimmed fennel (see Note), sliced in quarters lengthwise*  
*1 cup leeks, washed thoroughly and sliced in 1/2-inch diagonals*  
*1/2 cup diced red bell pepper*  
*3 Tbsp chopped black olives*  
*4 Tbsp olive oil*  
*1/2 tsp salt*  
*1/2 tsp black pepper*  
*1 tsp dried rosemary*

---

Preheat oven to 425°F. In a large mixing bowl, gently toss together fennel, leeks, red pepper, and black olives. Add olive oil, salt, black pepper, and rosemary to the vegetables and mix ingredients together, taking care that all vegetables are lightly coated with the oil and seasoning. In a baking tray, arrange the fennel first, placing cut sides down. Evenly distribute the remaining ingredients over the fennel. Bake the vegetables uncovered on the middle oven rack for 45 minutes.

The roasted vegetables should be served warm. They will keep in the refrigerator for 4-5 days in an airtight container.

*Note:* Fennel resembles a smooth celery in color and shape but has a fragrance like anise or licorice. Its base is bulbous and it has featherlike strands in its center (its leaf looks a bit like dill). Select fennel that has smooth skin and does not appear wrinkled or dried out. Look for one with a large bulb, slightly smaller than a baseball. For this recipe trim away all parts of the vegetable but the bulb. KW

---

## ROASTED MUSHROOMS WITH GARLIC AND THYME

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 5.4 g  
Carbohydrates: 6.8 g  
Fiber: 1.4 g  
Protein: 2.4 g  
Fat: 7.2 g  
Calories: 98

While these mushrooms won't win any prizes for beauty, they will for taste. Of course, they're fabulous with beef or added to a salad. Lining the baking sheet with foil makes cleanup easy.

---

**Ingredients:**

*1 lb small mushrooms*  
*2 Tbsp extra-virgin olive oil*  
*Sea salt and freshly ground black pepper*  
*1 garlic clove, minced*  
*1 Tbsp balsamic vinegar*  
*1 Tbsp fresh thyme leaves or 1 tsp. (5 ml) dried thyme*

---

Preheat the oven to 450°F (225°C). Line a rimmed baking sheet with foil.

In a large bowl, combine the mushrooms, oil, and salt and pepper to taste. Toss to mix well. Spread evenly in the prepared baking sheet.

Place on the lowest rack in the oven. Roast for 10 to 15 minutes, or until the juice from the mushrooms has almost evaporated. Turn the mushrooms over and continue roasting for an additional 10 minutes, or until they are browned all over. Toss with the garlic, vinegar, and thyme. Check and adjust the seasoning.

---

## RUTABAGA WITH BALSAMIC VINEGAR AND BROWNE D BUTTER

---

Makes 8 servings

Per serving.  
Effective carbohydrates: 7.8 g  
Carbohydrates: 12.3 g  
Fiber: 4.5 g  
Protein: 1.8 g  
Fat: 13.1 g  
Calories: 161

Rutabagas are those large waxed golden and purple roots that are frequently called turnips. Regular turnips are the smaller white-bottomed and purple-topped roots. You can substitute them for the rutabagas here, if you like.

The balsamic vinegar balances the sweetness of the vegetable. Cut the rutabagas into quarters with a cleaver or a large heavy knife before you peel them. This makes them much easier to handle.

You can make the rutabaga puree up to 2 days ahead, cover, and refrigerate. Bring to room temperature and reheat, covered, in a 400°F (200°C) oven for 20 to 30 minutes.

I serve this for Thanksgiving and Christmas dinners, which is why the recipe makes a large amount.

---

### **Ingredients:**

*4 lb. (1.8 kg) rutabagas, peeled and cut into 1-inch (2.5-cm) cubes*  
*8 Tbsp. (120 ml) unsalted butter*  
*2 Tbsp. (30 ml) sour cream*  
*Sea salt and freshly ground black pepper*  
*2 Tbsp. (30 ml) balsamic vinegar*

---

Place the rutabagas in a large pot and cover with cold water. Bring to a boil and cook at a moderate boil until the pieces are tender, 45 minutes to 1 hour. Drain well.

Mash by hand or puree in a food processor. Return to the pot and stir in 4 Tbsp. (60 ml) of the butter, the sour cream, and salt and pepper to taste. Stir over low heat until hot. Transfer the puree to a large gratin or baking dish.

Melt the remaining 4 Tbsp. (60 ml) butter in a small saucepan over low heat until it turns a nut brown. Add the vinegar. Drizzle over the puree and serve immediately.

---

## SAUTEED KALE WITH CRIMINI MUSHROOMS

---

Makes 2 servings

Per serving.  
Carbohydrates: 8.4 g  
Protein: 10.5 oz

---

**Ingredients:**

*5-6 large leaves kale (see Note 1)*

*1 Tbsp olive oil*

*1 tsp minced garlic*

*1/2 cup thinly sliced crimini mushrooms (see Note 2)*

*1 tsp soy sauce*

---

In a large pot, bring 4 quarts of water to a rolling boil. Add kale and cook at a boil for 2-3 minutes. Remove kale from water and place in colander. Quickly rinse with cold water. Squeeze out excess moisture from leaves and place on cutting board. Cut off the stems and slice them into small pieces. Slice the leaves into bite-sized pieces (there should be about 2 cups). In a large skillet, heat oil on a low temperature. Add garlic and mushrooms and saute for a minute or two. Then add kale leaves and stems to the skillet. Raise the temperature to medium high and quickly saute for 2-3 minutes, stirring frequently. Season with soy sauce and serve warm. Remove vegetables from hot skillet to avoid overcooking. The kale will keep for 2 days in the refrigerator.

**Notes**

Select kale that has an even dark green color. Any yellow color indicates a loss of nutritional value. Leafy greens are perishable and should be used quickly once purchased. Wash kale in a large bowl of cold water and rinse several times until the water runs clear. Leafy greens like beet tops, collards, turnip tops, and broccoli rabe are similar to kale in their selection and handling.

Crimini mushrooms are tan to dark brown in color. Select mushrooms that are dry to the touch, without any soft spots or discoloration. KW

## SAUTEED SPINACH WITH GARLIC AND PINE NUTS

---

Makes 4 servings

Per serving.  
Carbohydrates: 4.9 g  
Protein: 0.65 OZ

---

***Ingredients:***

*2 Tbsp olive oil*

*1 clove garlic, peeled and chopped finely*

*1 lb fresh spinach, washed thoroughly, stems removed if too thick*

*2 Tbsp pine nuts, toasted and salted*

*Salt and black pepper to taste*

---

Heat olive oil in skillet over medium heat. Saute garlic until lightly browned, about 2 minutes. Add spinach and saute until it is all wilted, about 10 minutes. Add pine nuts, stirring to distribute evenly. Season with salt and pepper and serve.

---

## SCALLOPED SAVOY CABBAGE

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 6.2 g  
Carbohydrates: 8.7 g  
Fiber: 2.5 g  
Protein: 6.4 g  
Fat: 38.8 g  
Calories: 398

Savoy cabbage is the crinkly-leafed cabbage, but regular green cabbage works just fine, too. Scalloped vegetables are great when the weather turns cold. This cabbage goes well with all meats, but especially with pork, ham, and sausages. Add a sprinkling of cheese, if you like, for the last 30 minutes of baking. To turn this into a meal, place sausages that you have browned on top of the cabbage for the last 30 minutes of cooking.

---

**Ingredients:**

*1 lb Savoy cabbage*  
*1/2 cup thinly sliced onion*  
*1/2 cup freshly grated Parmesan cheese*  
*2 1/2 cups whipping cream*  
*3/4 tsp sea salt*  
*Freshly ground black pepper*

---

Preheat the oven to 350°F (175°C). Cover a rimmed baking sheet with foil.

Remove the outer leaves of the cabbage and cut the head into quarters. Core and slice thinly. Place in a large bowl and toss with the onion and cheese. Transfer to a 13 x 9-inch (32.5 x 22.5-cm) baking dish.

In a medium saucepan, bring the cream, salt, and pepper to taste to a boil. Pour over the cabbage and cover tightly with foil. Place on the prepared baking sheet.

Bake for 45 minutes. Remove the foil and bake for 30 minutes longer. Let the cabbage sit for 10 minutes before serving.

---

## SOY, SAKE, AND BUTTER-GLAZED MUSHROOMS

---

Makes 4 small servings

Per serving.  
Effective carbohydrates: 8 g  
Carbohydrates: 9.4 g  
Fiber: 1.4 g  
Protein: 4.2 g  
Fat: 7 g  
Calories: 144

A wonderful accompaniment to Asian meals, these mushrooms are also good as an appetizer or thinly sliced and tossed in with a salad

---

**Ingredients:**

*1 lb extra-large white mushrooms*

*1 cup water*

*1/4 cup soy sauce*

*1/2 cup sake*

*1/2 tsp each Splenda and Canadian Sugar Twin or 2 tsp. (10 ml) Splenda*

*4 fresh ginger slices, 1/2-inch (1.2-cm) thick*

*2 Tbsp unsalted butter*

*1 tsp toasted sesame seeds*

---

Trim the mushroom stems flush with the caps and save the stems for another use.

In a large pot, combine the water, soy sauce, sake, sweetener, and ginger. Bring to a boil and add the mushrooms. Cook at a medium boil, turning the mushrooms over every 5 minutes, for about 20 minutes, or until the liquid turns into a light glaze. Remove the ginger. Stir in the butter and sesame seeds.

---

## SPAGHETTI SQUASH

---

Makes 8 servings

Per serving.  
Carbohydrates: 5.85 g  
Protein: 0.12 OZ

You can use spaghetti squash as you would pasta, so feel free to try it with [Mushroom Cream Sauce](#), or [White Clam Sauce](#).

---

***Ingredients:***

*1 medium spaghetti squash, 2-3 lb (to yield 6 cups cooked squash)*

*Salt and pepper to taste*

*Olive oil or butter to toss*

---

Boil squash whole in water to cover for about 30 minutes, or cut in half and bake flesh side down at 350°F for about 30 minutes, or until skin is tender. Remove seeds and stringy material in center. Scoop out flesh of squash (it too is stringy, but there is a difference). Toss with salt and pepper and enough olive oil or butter to coat. Serve as is, or toss with grated cheese or the sauce of your choice.

---

## SPAGHETTI SQUASH, CARBONARA-STYLE

---

Makes 8 servings

Per serving.  
Effective carbohydrates: 5.5 g  
Carbohydrates: 6.7 g  
Fiber: 1.2 g  
Protein: 6.1 g  
Fat: 13.7 g  
Calories: 170

Carbonara was one of my favorite pastas-spaghetti enrobed in a sauce of eggs, prosciutto or pancetta, Parmesan cheese, and black pepper. This casserole has all the flavor and none of the side effects from pasta eating.

I prefer to dice the prosciutto from a thick slice for this rather than use thin slices. You can also use bacon in place of prosciutto. If you do, cook 6 slices until almost crisp and drain off the fat before adding to the egg mixture.

---

### **Ingredients:**

*2 oz. (56 g) prosciutto, finely diced*  
*2 Tbsp. (30 ml) extra-virgin olive oil*  
*1 large egg*  
*1 large egg yolk*  
*1/2 cup (120 ml) whipping cream*  
*1/4 cup (60 ml) water*  
*1/4 tsp. (1.2 ml) sea salt*  
*1/2 tsp. (2.5 ml) freshly ground black pepper*  
*1 cup (240 ml) freshly grated Parmesan cheese*  
*1/2 recipe Basic Spaghetti Squash (opposite page)*

---

Preheat the oven to 350°F (175°C).

Combine the prosciutto and oil in a small frying pan. Cook over medium-low heat until the prosciutto starts to brown. Remove from the heat.

In a large bowl, beat together the egg, egg yolk, cream, water, salt, pepper, and Parmesan. Stir in the prosciutto and oil. Stir in the squash.

Transfer to an 8 x 8-inch (20 x 20-cm) baking dish. Bake for 35 to 40 minutes, or until the center barely jiggles. Let sit for 10 minutes before serving.

---

## SPAGHETTI SQUASH FRITTERS I LATKES

---

Makes 4 servings

Per serving.  
Carbohydrates: 10.1 g  
Protein: 1.2 oz

---

### **Ingredients:**

*2 cups cooked spaghetti squash (see Note)*  
*3 Wasa Fiber Rye crackers*  
*3 eggs*  
*2 Tbsp grated Parmesan cheese*  
*1 tsp paprika*  
*1/2 cup coarsely chopped flat-leaf parsley*  
*1/2 tsp salt*  
*1/4 tsp black pepper*  
*1 cup canola oil*

---

Prepare squash as described in Note below. Measure 2 cups chopped pulp into a large mixing bowl and set aside. (Discard remaining pulp or save for another purpose.)

Blend crackers in the food processor workbowl for 2-3 minutes, until they are in coarse crumbs. Remove crumbs from workbowl and set aside. Combine eggs, cheese, paprika, parsley, salt, and pepper in the workbowl and blend together for 2-3 minutes.

Add egg-cheese mixture from workbowl to the cooked squash in the large mixing bowl. Stir to combine. Add cracker crumbs to squash mixture and mix in evenly. Measure 2 Tbsp of mixture for each fritter. Shape them into patties about 1/3 inch thick.

Add the canola oil to a heavy skillet. Heat on medium-low flame. Test the cooking temperature by adding a drop of batter. You've got the right temperature when the batter cooks on the surface of the oil. Carefully lower the fritters into the oil a few fritters at a time. Do not overcrowd the skillet. Cook for 4-5 minutes on each side. Place cooked fritters on paper towels to absorb excess oil. This recipe yields 12 fritters.

### **Note**

Spaghetti squash is an oblong, pale yellow squash. Its hard outer shell is not edible. The inside pulp separates into long spaghetti-like strands after cooking.

To cook the squash, slice it in half lengthwise. Remove the seeds. Oil a baking tray and place the squash cut side down on the tray. Bake at 375°F for 50 minutes. After the squash cools, scoop out the pulp. Coarsely chop the cooked squash before adding to fritter recipe. KW

---

## SPICY ROASTED AND MASHED EGGPLANT

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 8.5 g  
Carbohydrates: 13.5 g  
Fiber: 5 g  
Protein: 2.4 g  
Fat: 12.7 g  
Calories: 168

Lovers of Indian food will recognize this as bharta. This dish is great served warm or cold as a dip.

---

### **Ingredients:**

*2 medium eggplants, about 2 lb. (908 g) total, cut in half lengthwise*  
*1/3 cup vegetable oil*  
*1/2 cup finely chopped onion*  
*2 Tbsp finely chopped fresh ginger*  
*1 Tbsp minced garlic*  
*2 tsp ground cumin*  
*1 tsp sweet paprika*  
*1 tsp ground coriander*  
*1/2 tsp cayenne pepper*  
*1/2 lb tomatoes, coarsely chopped*  
*1/3 chopped fresh cilantro*  
*Sea salt and freshly ground black pepper*

---

Preheat the oven to 350 (175C).

Oil a pan large enough to hold the eggplant halves in a single layer. Place the halves, cut side down, in the pan. Roast until the flesh is soft, about 1 hour. Cool slightly. Scoop the pulp from the eggplant skin into a sieve and let drain while you prepare the rest of the ingredients.

Heat the oil in a large heavy skillet over medium-high heat. Add the onion and saute until golden brown. Add the ginger, garlic, cumin, paprika, coriander, and cayenne. Stir for a minute longer. Add the tomatoes and cook over high heat, stirring frequently, until the tomatoes thicken and become pulpy.

Mash in the eggplant, reduce the heat, and stir until slightly thickened. Remove from the heat and stir in the cilantro. Season to taste with salt and pepper.

---

## STIR-FRIED CELERY WITH SESAME

---

Makes 2 servings

Per serving.  
Effective carbohydrates: 1.5 g  
Carbohydrates: 2.8 g  
Fiber: 1.3 g  
Protein: 1.8 g  
Fat: 5.9 g  
Calories: 74

Besides going well with other Asian dishes, this is also good cold. Try it as a topping for tofu.

Note: If you don't have any sake around, just use water.

---

**Ingredients:**

*4 large celery ribs*  
*1 Tbsp. (15 ml) vegetable oil*  
*2 tsp. (10 ml) sake*  
*Pinch of Splenda*  
*4 tsp. (20 ml) soy sauce*  
*Ground dried chile peppers*  
*2 Tbsp. (30 ml) sesame seeds, lightly toasted and crushed*

---

Remove the strings from the celery using a vegetable peeler (no, you don't have to-but it makes a better dish!) and cut each piece into 2-inch (5-cm) segments. Cut each segment lengthwise into 1/4-inch (0.6-cm) strips.

Heat the oil in a large frying pan over high heat and add the celery. Stir-fry until just tender, about 1 minute. Add the sake and Splenda and stir until the liquid has evaporated. Add the soy sauce and stir until the liquid is almost gone. Stir in the chile peppers to taste. Transfer to a dish and sprinkle with the sesame seeds.

---

## STUFFED SAVOY CABBAGE WITH RED SAUCE

---

Makes 4 servings

Per serving.  
Carbohydrates: 11.3 g  
Protein: 5.7 oz

---

**Ingredients:**

8 outer leaves Savoy cabbage (see Note)  
2 Wasa Fiber Rye crackers  
1 1/4 lb lean ground beef  
2 eggs  
1 stalk celery, diced small  
1 cup green bell pepper, diced small  
1/2 tsp salt  
1 tsp dried oregano  
1 1/2 cups *Italian-Style Red Sauce*

---

Remove 8 outer leaves from a head of Savoy cabbage. Rinse them under cold water. Bring 2 quarts of water to a boil in a stockpot. Add the cabbage leaves and cook at a boil for 4-5 minutes. Remove the leaves from the water and place in a colander to drain.

In the food processor workbowl, blend crackers into coarse crumbs. Combine the ground beef and eggs in a large mixing bowl. Add the cracker crumbs, celery, bell pepper, salt, and oregano. Thoroughly mix all ingredients together, then divide the mixture into 8 portions.

Stuff the cabbage leaves one at a time. Place a leaf of cooked cabbage on a flat surface. Using a paring knife, remove about 1/2 inch from the bottom of the center rib, to make the leaf easier to roll. Place a portion of the meat and crumb mixture in the center of the leaf near the bottom. Fold the sides of the leaf over the filling. Starting at the bottom, roll up the leaf to enclose the filling. The finished roll should be about 2 x 3 inches. Continue in this fashion until all the leaves are stuffed.

Preheat oven to 375°F. Pour 1/2 cup of the red sauce on the bottom of an 8 x 8 baking pan. Place cabbage rolls on the sauce with seam side down. Pour the remaining red sauce over the cabbage. Bake uncovered for 1 hour. Serve warm. The stuffed cabbage will keep in the refrigerator for 3-4 days. The rolls may also be stored in the freezer for 2-3 months.

*Note:* Savoy cabbage resembles the common variety of green cabbage in color and shape. Its leaves are thinner and have a lacy surface texture. You can substitute green cabbage if you are unable to find Savoy. Food counts will remain unchanged. KW

---

## TWICE-BAKED CAULIFLOWER

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 5.9 g  
Carbohydrates: 9.5 g  
Fiber: 3.6 g  
Protein: 13.8 g  
Fat: 26.3 g  
Calories: 320

Okay, I admit it's not exactly twice-baked, because the cauliflower is boiled and then baked, but it sounds good as a title. And it's much tastier than a twice-baked potato!

---

### **Ingredients:**

*2 lb. (908 g) cauliflower, trimmed and cut into florets*  
*4 oz. (112 g) cream cheese*  
*2 Tbsp. (30 ml) unsalted butter*  
*1/2 cup (120 ml) sour cream*  
*1/4 cup (60 ml) minced green onion*  
*1/4 cup (60 ml) freshly grated Parmesan cheese*  
*8 bacon slices, cooked until crisp and crumbled*  
*1 cup (240 ml) shredded aged cheddar cheese*

---

Preheat the oven to 350°F (175°C).

Cook the cauliflower in a large pot of rapidly boiling water until tender. Drain well and mash. (Or puree in a food processor if you want a smoother texture.) Mix in the cream cheese, then the butter, sour cream, green onion, Parmesan, and all but 1 Tbsp. (15 ml) of the bacon.

Spread evenly in an 8 x 8-inch (20 x 20-cm) baking dish. Sprinkle with the cheddar and reserved bacon.

Bake for 30 to 35 minutes, or until hot and bubbly around the sides.

---

## ZUCCHINI, SOUR CREAM, AND JACK CHEESE BAKE

---

Makes 4 servings

Per serving.  
Effective carbohydrates: 4.7 g  
Carbohydrates: 6.3 g  
Fiber: 1.6 g  
Protein: 11.3 g  
Fat: 28.7 g  
Calories: 320

Jack cheese is fairly mild, but you can use a cheese that packs more punch, like an aged cheddar or Asiago. Or try hot pepper Jack.

---

### **Ingredients:**

*4 Tbsp. (60 ml) unsalted butter*  
*1/2 cup (120 ml) finely chopped green onion*  
*1 garlic clove, minced*  
*1 lb. (454 g) zucchini, trimmed and sliced 1/8 inch (0.3 cm) thick*  
*1 cup (240 ml) grated Jack cheese*  
*1 large egg*  
*1/2 cup (120 ml) sour cream*  
*1/2 (2.5 ml) sea salt*  
*2 Tbsp. (30 ml) chopped fresh basil or 1 tsp. (5 ml) dried*

---

Preheat the oven to 350°F (175°C). Butter an 8 X 8-inch (20 X 20-cm) baking dish.

Melt 1 Tbsp. (15 ml) of the butter in a large frying pan over medium heat. Add the onion and garlic and saute until the onion is translucent. Scrape into a large bowl.

In the same frying pan, melt the remaining 3 Tbsp. (45 ml) butter over medium-high heat. Add the zucchini and cook, stirring frequently, until the moisture has evaporated and the zucchini is tender. Transfer to a food processor and pulse until smooth.

Add the cheese, egg, sour cream, salt, and basil. Pulse to combine. Add the onions and pulse once. Pour into the prepared baking dish.

Bake for 30 minutes, or until lightly golden.

## Desserts

### Cookies

---

## CREAM CHEESE, COCONUT, AND LEMON MOUNDS

---

Makes 20 mounds

Per mound.  
 Effective carbohydrates: 0.6 g  
 Carbohydrates: 1 g  
 Made with Splenda only: Add 0.1 g carbohydrates  
 Fiber: 0.4 g  
 Protein: 0.8 g  
 Fat: 5.4 g  
 Calories: 54

Nice little coconutty bites. If you use coconut milk instead of the whipping cream, they will be even more coconutty. Keep the mounds refrigerated or frozen to prevent spoilage—assuming they would last that long!

---

**Ingredients:**

*1 cup unsweetened finely shredded coconut*  
*1 1/2 tsp each Splenda and Canadian Sugar Twin or 2 Tbsp. (30 ml) Splenda*  
*1/2 cup whipping cream*  
*1/2 tsp pure vanilla extract*  
*1/4 cup cream cheese, at room temperature*  
*1 large egg*  
*1/2 tsp finely grated lemon rind*

---

In a medium bowl, mix the coconut, sweetener, cream, and vanilla. Let sit for 1 hour.

Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

Stir the cream cheese into the coconut mixture until blended. Add the egg and mix well. Stir in the lemon rind.

Drop by level tablespoons (making macaroon-shaped mounds) 2 inches (5 cm) apart on the prepared baking sheet. Bake for about 15 minutes, until the tops are lightly speckled with brown.

---

## HAYSTACKS

---

Makes 30 candies

Per candy.  
 Effective Carbohydrates: 1 g  
 Carbohydrates: 2 g  
 Fiber: 1 g  
 Protein: 2 g  
 Fat: 8 g  
 Calories: 78

Chocolate + coconut = Yum! For a really special treat, form the chocolate mixture around a whole almond before chilling. Keep these treats in the freezer; otherwise it is really easy to overindulge!

---

**Ingredients:**

*4 squares baking chocolate, unsweetened (I prefer Hershey's)*  
*2 tablespoons unsalted butter*  
*1/4 cup coconut oil*  
*2 1/2 teaspoons SteviaPlus*  
*16 packets sucralose*  
*1/16 teaspoon sea salt*  
*1/2 teaspoon vanilla extract*  
*2 tablespoons milk and egg protein powder*  
*1/4 cup soy protein isolate*  
*1 3/4 cups unsweetened coconut*

---

Combine the chocolate, butter, and coconut oil in a microwave safe bowl; microwave on high power for about 2 minutes or until the chocolate melts, stirring partway through.

Add all the remaining ingredients except the coconut, and stir until they are smooth.

Add the coconut gradually, stirring the candy after each addition. After it is all incorporated, drop the candies by teaspoonfuls onto waxed paper and chill them in the refrigerator before serving.

---

## NO-BAKE COOKIES, LOW-CARBED

---

Makes about 34 cookies

Per cookie.  
Effective Carbohydrates: 1 g  
Carbohydrates: 3 g  
Fiber: 2 g  
Protein: 3 g  
Fat: 9 g  
Calories: 98

This recipe came about as a request from Annette Wehland, a member of the [LowCarbEating.com](http://LowCarbEating.com) cooking forum. It is quick, easy, and yummy! A real winner.

---

### **Ingredients:**

*1/2 tablespoon SteviaPlus*  
*24 packets sucralose*  
*1/3 cup cocoa powder*  
*1/2 cup yogurt or kefir (coconut milk or cream would also work)*  
*1/2 cup butter*  
*1/2 cup creamy peanut butter*  
*3/4 cup unsweetened coconut*  
*1/2 cup flaxseeds*  
*1/4 cup milk and egg protein powder*  
*1 cup coarsely chopped almonds*

---

Combine the SteviaPlus, sucralose, cocoa powder, yogurt, and butter in a medium-sized saucepan. Bring the mixture to a boil, stirring constantly. Allow it to boil for about 1 minute.

Remove the cocoa mixture from the heat and add the remaining ingredients, stirring well.

. Drop the dough by teaspoonfuls onto waxed paper and allow the cookies to cool for approximately 1 hour at room temperature.

Package the cookies in serving-size portions and freeze in freezer bags for up to 1 month.

## PEANUT BUTTER COOKIES

---

Makes 7 servings

Per serving.  
Effective Carbohydrates: 5.4 g  
Carbohydrates: 7.6 g  
Fiber: 2.2 g  
Protein: 11.0 g  
Fat: 20.0 g  
Calories: 239

---

***Ingredients:***

*2 eggs*  
*1 cup natural peanut butter*  
*4 Tbsp Da Vinci sugar-free vanilla syrup*  
*1 tsp vanilla*  
*21 toasted peanut halves*

---

Preheat oven to 350°F.

Beat eggs. Add peanut butter. Stir mixture well. Add syrup and vanilla. Put 1-tablespoon mounds of cookie dough on a greased baking sheet in rows, 2 inches apart. Top each cookie with a peanut half. Bake 10 minutes. Makes 21 cookies.

**Fudge Variation**

Substitute Da Vinci sugar-free chocolate syrup for vanilla syrup to make Peanut Butter Fudge Cookies.

---

## SCRUMPTIOUS COCONUT DROPS

---

Makes about 24 candies

Per serving.  
Effective Carbohydrates: 0 g  
Carbohydrates: 1 g  
Fiber: 1 g  
Protein: 2  
Fat: 3 g  
Calories: 38

I was having a tough time thinking of a name for these candies. My eleven-year-old daughter, being silly, suggested, "Yummy, Sweet, Up and Downy, Roundy-Roundy, Melt-in-Your-Mouth, Coconut Candy." Call them what you want, just be sure to share! You can use other flavors of sugar-free syrup; I just particularly like the German chocolate. Freeze the extras, or you might be tempted to eat them all!

---

### **Ingredients:**

*2 tablespoons coconut oil*  
*2/3 cup German chocolate-flavored sugar-free specialty syrup (the kind for coffee)*  
*1 cup unsweetened shredded coconut*  
*1/2 cup milk and egg protein powder*  
*1/2 teaspoon SteviaPlus*  
*1/2 teaspoon vanilla extract*  
*Pinch salt (way less than 1/8 teaspoon)*

---

Place the coconut oil into a microwave-safe container and microwave for about 45 seconds, or until it is melted. Stir in the syrup.

Add the remaining ingredients and stir well.

Drop the coconut mixture by rounded teaspoonfuls onto waxed paper. Chill in the refrigerator. They will be soft at room temperature, firm when chilled. You may freeze any extras in sealable plastic storage bags.

---

## WALNUT SWEETMEATS

---

Makes 6 servings

Per serving.  
Effective Carbohydrates: 1.2 g  
Carbohydrates: 2.4 g  
Fiber: 1.2 g  
Protein 2.7 g  
Fat: 13.4 g  
Calories: 133

---

**Ingredients:**

*1 cup walnut halves*  
*2 Tbsp Da Vinci sugar-free hazelnut or French vanilla syrup*  
*2 Tbsp melted butter (optional)*  
*1/4 tsp cinnamon, or to taste*  
*Salt to taste*

---

Preheat oven to 350°F.

Toss walnuts with syrup and optional butter until well coated. Sprinkle with cinnamon and salt. Bake at 350°F about 10 minutes, or until they look toasted. Eat plain or add to salads in lieu of croutons or for an added crunch.

---

## Pecan Variation

---

Makes 6 servings

Per serving.  
Effective Carbohydrates: .8 g  
Carbohydrate: 2.4 g  
Fiber: 1.6 g  
Protein: 1.7 g  
Fat: 14.4 g  
Calories: 138

Substitute 1 cup pecan halves for the walnuts, and use Da Vinci sugar-free caramel syrup instead of hazelnut or French vanilla.

---

## YUMMY CHOCOLATE BALLS

---

Makes about 16 candies

Per serving.  
 Effective Carbohydrates: 1 g  
 Carbohydrates: 2 g  
 Fiber: 1 g  
 Protein: 4 g  
 Fat: 8 g  
 Calories: 89

This is another recipe that is great to get the kids involved in. These fun little candies are not only delicious, but they will keep for several days well covered in the refrigerator.

---

**Ingredients:**

**Candy:**

*1-8 ounce package cream cheese, softened*  
*2 1/2 tablespoons cocoa powder, unsweetened*  
*1/4 teaspoon cinnamon*  
*1/16 teaspoon sea salt (that is 1/2 of 1/8 teaspoon!)*  
*1 teaspoon vanilla*  
*1 teaspoon SteviaPlus*  
*4 packets sucralose*  
*1 tablespoon milk and egg protein*

**Topping:**

*2/3 cup almonds, ground*  
*1/2 teaspoon SteviaPlus*  
*2 packets sucralose*  
*1/4 teaspoon cinnamon*

---

Combine all of the candy ingredients in a mixing bowl. Mix well on mediumlow speed with an electric mixer until smooth. If you can get some kids to help you, this project is even more fun!

Combine the topping ingredients in a small dish. Distribute 1 sheet of waxed paper to each helper. Place approximately 1 tablespoon topping onto each piece of waxed paper. Drop the candy 1 teaspoonful at a time onto the paper. Using the palm of your hand, pat the candy into a ball while rolling it in the topping. Coat the candy evenly with the topping.

Prepare a serving platter by sprinkling about 1 tablespoon of topping onto it. As the candies are finished, place them onto the serving dish. Chill them until they are ready to be served.

## Cakes

---

## CHOCOLATE PUDDING CAKE

---

Makes 8 servings

Per serving.  
 Effective Carbohydrates: 3 g  
 Carbohydrates: 6 g  
 Fiber: 3 g  
 Protein: 8 g  
 Fat: 16 g  
 Calories: 186

This is a low-carb take on one of my childhood favorites. If you've never had pudding cake before, it is supposed to be a lot more like pudding and a lot less like cake!

---

**Ingredients:**

**Cake batter ingredients:**

1 teaspoon SteviaPlus  
 6 packets sucralose  
 2/3 cup almonds, ground  
 1/3 cup soy protein (not soy flour!)  
 1/4 cup cocoa powder  
 2 teaspoons baking powder  
 1/4 teaspoon sea salt  
 1/2 teaspoon cinnamon  
 1/2 cup half-and-half  
 1/3 cup butter, melted  
 2 teaspoons vanilla

**Additional ingredients:**

1 1/4 teaspoons SteviaPlus  
 8 packets sucralose  
 1/4 cup cocoa powder  
 1 1/4 cups hot water

---

Preheat the oven to 350°F. Combine all of the dry cake batter ingredients in a mixing bowl. Stir the remaining batter ingredients into the dry ingredients. Beat the batter until it is smooth.

Pour the batter into a casserole dish with a rounded bottom, about 8" to 10" across. This is very important! In order for the cake to achieve a "pudding" effect, you must use a casserole dish with a rounded bottom so the pudding can form. Otherwise, you'll just end up with very moist cake!

Stir together the additional sweeteners and cocoa powder in a small dish. Sprinkle this evenly over the batter. Carefully pour the hot water over the batter. Do not stir.

Bake the cake at 350°F for about 35 to 40 minutes, until the center is almost set. Remove the cake from the oven and let it rest for about 15 minutes before serving. Spoon the sauce off the bottom of the pan over the cake when serving. Garnish with cream or whipped cream, if desired.

---

## CHOCOLATE VANILLA CHEESECAKE

---

Makes 8 servings

Per serving.  
Carbohydrates: 4.9 g  
Protein: 1.8 oz

---

**Ingredients:**

*1 tsp butter*  
*2 Tbsp full-fat soy flour*  
*6 eggs, separated*  
*6 Equal tablets, crushed, or powdered stevia to taste*  
*1 lb cream cheese*  
*1 cup sour cream*  
*6 drops vanilla extract*  
*1/4 cup cocoa powder*

---

Preheat oven to 350°F. Butter an 8- or 9-inch springform pan and dust with soy flour. In a large bowl, beat egg yolks with Equal or stevia until foamy. Add cream cheese, sour cream, and vanilla extract, and beat until fluffy. In a separate bowl, beat egg whites until stiff. Fold into cream cheese mixture. Pour half the mixture into the springform pan. Mix cocoa powder into remaining half, then spoon it over vanilla mixture already in pan. Bake until golden (about 25-30 minutes).

---

## FROZEN BOURBON, CHOCOLATE, AND BURNT ALMOND CHEESECAKE

---

Makes 9 servings

Per serving.  
 Effective carbohydrates: 3.6 g  
 Carbohydrates: 4.5 g  
 Made with Splenda only: Add 1.5 g carbohydrates Fiber: 0.9 g  
 Protein: 8 g  
 Fat: 37 g  
 Calories: 375

Fellow low-carber Rachel inspired this cheesecake by being so fond of a toasted nut crust on another cheesecake and by wanting something small freezable, and cheesecake-like. This isn't small but it can be cut into small pieces, individually wrapped, and stored in the freezer. The alcohol prevents it from freezing rock hard.

You can make it plain or experiment with other flavors, such as lemon, lime, or orange rind and different liquors. Or perk it up with a few fresh berries folded into the cheese mixture.

Note: Quark is a light tangy cheese, similar to cream cheese. Grocery stores carry it in the dairy section in tubs. You can use cream cheese in place of the quark.

---

**Ingredients:**

**ALMOND BITS:**

*1/4 cup almonds*

*1 oz unsweetened chocolate, chopped*

*3 Tbsp unsalted butter, at room temperature*

*1 1/2 tsp each Splenda and Canadian Sugar Twin or 6 tsp. (30 ml) Splenda*

*Pinch of sea salt*

**FILLING:**

*8 oz cream cheese, at room temperature*

*8 oz quark, at room temperature*

*2 Tbsp each Splenda and Canadian Sugar Twin or 1/2 cup (120 ml) Splenda*

*1/2 tsp pure vanilla extract*

*3 large eggs, separated*

*3 Tbsp bourbon*

*1 cup whipping cream*

---

Line an 8 x 8-inch (20 x 20-cm) baking dish with foil or parchment paper. Place in the freezer.

*To make the almond bits:* Preheat the oven to 300°F (150°C). Spread the almonds on a baking sheet and bake for 15 minutes, or until well-browned and almost to the point of being burnt. Let cool and chop coarsely.

Place the chocolate in a small heatproof bowl and melt over simmering water or in the microwave. Let cool to room temperature. Cut 2 Tbsp. (30 ml) of the butter into small bits and stir into the chocolate until melted. Stir in 1 tsp. (5 ml) each of the Splenda and Sugar Twin-or 4 tsp. (20 ml) of the Splenda.

In a small frying pan, melt the remaining 1 Tbsp. (15 ml) butter over medium heat and continue cooking until it turns a rich and nutty-smelling brown. Add the almonds, salt, and the remaining 1/2 tsp. (2.5 ml) each of the Splenda and Sugar Twin-or 2 tsp. (10 ml) of the Splenda. Stir into the chocolate. Spread evenly in the frozen pan. Place in the freezer until hardened. Break into small pieces, place back in the pan, and return the pan to the freezer.

*To make the filling:* In a large bowl, combine the cream cheese or quark, sweetener, and vanilla. Beat until smooth and light. Beat in the egg yolks and bourbon. Stir in the frozen almond bits.

In another bowl, beat the cream until stiff. Fold into the cheese mixture.

In a clean bowl with clean beaters, beat the egg whites until firm peaks form. Fold into the cheese mixture. Spread evenly in the frozen pan. Freeze for at least 6 hours or overnight.

---

## NEW YORK CHEESECAKE

---

Makes 12 servings

Per serving.  
 Effective carbohydrates: 5 g  
 Carbohydrates: 5.8 g  
 Made with Splenda only: Add 1.6 g carbohydrates  
 Fiber: 0.8 g  
 Protein: 13.7 g  
 Fat: 44.7 g  
 Calories: 473

This is my definitive baked cheesecake. So smooth, so rich, and so creamy. It can be baked without the crust, if you like.

Note: To cut cheesecakes cleanly, dip your knife into very hot water and wipe the blade dry. Repeat the procedure after each cut and you'll have beautifully smooth slices of cheesecake.

---

### **Ingredients:**

#### **CRUST:**

*1 cup almond meal (finely ground almonds)*  
*1 tsp ground cinnamon*  
*1 tsp each Splenda and Canadian Sugar Twin or 4 tsp. (20 ml) Splenda*  
*Pinch of sea salt*  
*2 Tbsp unsalted butter, melted*  
*1 large egg white*

#### **FILLING:** *2 1/2 lb cream cheese, at room temperature*

*1/2 cup sour cream*  
*5 Tbsp each Splenda and Canadian Sugar Twin or 1 1/4 cups (300 ml) Splenda*  
*2 tsp freshly squeezed lemon juice*  
*2 tsp pure vanilla extract*  
*Pinch of sea salt*  
*2 large egg yolks*  
*6 large eggs*

---

Preheat the oven to 350°F (175°C). Line the bottom of a 9-inch (22.5-cm) springform pan with parchment paper and coat the inside of the pan with butter.

*To make the crust:* In a medium bowl, mix the almond meal, cinnamon, sweetener, and salt. Add the butter and mix well.

In a small bowl, beat the egg white with a whisk until foamy and add to the almond mixture. Stir well and pat into the bottom of the prepared pan.

Bake for 10 to 12 minutes, or until lightly browned. (If the crust rises up, just poke it with a fork and press it down.) Let cool.

Increase the oven temperature to 500°F (260°C).

*To make the filling:* In a food processor or large bowl, beat the cream cheese until smooth. Add the sour cream, sweetener, lemon juice, vanilla, and salt. Mix well. Blend in the egg yolks. Add the eggs, 1 at a time, blending well after each addition. Scrape the bowl frequently while you are mixing.

Place the springform pan on a rimmed baking sheet. Carefully pour the filling over the crust. Bake for 5 minutes.

Reduce the oven temperature to 200°F (93°C). Continue baking for 1 1/2 hours. (Do not open the door during this time!) The cheesecake should still look soft in the center. Remove from the oven and run a knife around the outside of the cheeseca

Remove from the oven and run a knife around the outside of the cheesecake. Let cool on a wire rack to room temperature. Serve immediately or chill.

---

## NO-BAKE VANCOUVER CHEESECAKE

---

Makes 16 servings

Per serving.  
 Effective carbohydrates: 4.5 g  
 Carbohydrates: 5.8 g  
 Made with Splenda only: Add 1 g carbohydrates  
 Fiber: 1.3 g  
 Protein: 8.7 g  
 Fat: 39.6 g  
 Calories: 408

I like really light cheesecakes and was very pleased with the way this turned out. This was made to celebrate the first potluck of the Vancouver lowcarber. org group in 1992, hence the name. The nutty crust was compared to the middle of Almond Roca. Browning the almonds well and cooking the butter until browned really add an extra dimension of taste.

---

**Ingredients:**

**CRUST:** 1 1/4 cups almonds, toasted

3 Tbsp unsalted butter

1 1/2 tsp each Splenda and Canadian Sugar Twin or 2 Tbsp. (30 ml) Splenda

Large pinch of ground cinnamon

**FILLING:**

2 cups whipping cream

5 tsp unflavored gelatin

3 large eggs, separated

2 lb cream cheese, at room temperature

1/4 cup each Splenda and Canadian Sugar Twin or 1 cup (240 ml) Splenda

2 tsp pure vanilla extract

---

Line the bottom of a 10-inch (25-cm) springform pan with parchment paper and coat the inside of the pan with butter.

*To make the crust:* Place the almonds in a food processor and pulse until half of them are finely chopped and half remain coarse.

Melt the butter in a medium heavy saucepan over medium heat and cook until it turns a rich, nutty-smelling brown. Add the almonds, sweetener, and cinnamon. Stir well and press into the bottom of the prepared pan. Refrigerate.

*To make the filling:* Place 1 cup (240 ml) of the cream in a heatproof bowl and sprinkle with the gelatin. Let sit for 2 minutes to soften. Beat in the egg yolks. Place the bowl over a pan of simmering water and beat the mixture with a whisk until it thickens and increases slightly in volume. Do not let the water touch the bottom of the pan. Remove from the heat and let cool slightly.

In a large bowl, beat the cream cheese until smooth. Beat in the sweetener and vanilla. Beat in the gelatin mixture.

In another bowl, beat the remaining 1 cup (240 ml) cream until stiff. Fold into the cream cheese mixture.

In a clean bowl with clean beaters, beat the egg whites until medium-firm peaks form. Fold into the cream cheese mixture.

Pour into the prepared crust and chill overnight. To remove cleanly from the pan, rinse a cloth in very hot water and wrap it around the outside of the pan. Let sit until the cloth gets cold; repeat. You now should be able to remove the ring easily from the cheesecake.

#### VARIATIONS:

*Strawberry or Raspberry Cheesecake:* Use 1 1/2 lb. (680 g) cream cheese. Add 1 cup (240 ml) pureed strawberries or raspberries after you have added the gelatin mixture to the cream cheese. If you have it, use 1/2 tsp. (2.5 ml) Boyajian strawberry or raspberry extract.

Per serving (strawberry).  
 Effective carbohydrates: 4.6 g  
 Carbohydrates: 6.3 g  
 Fiber: 1.7 g  
 Protein: 7.8 g  
 Fat: 34.7 g  
 Calories: 362

Made with Splenda only: Add 1 g carbohydrates

Per serving (raspberry).  
 Effective carbohydrates: 4.4 g  
 Carbohydrates: 6.4 g  
 Fiber: 2 g  
 Protein: 7.8 g  
 Fat: 34.7 g  
 Calories: 362

Made with Splenda only: Add 1 g carbohydrates

*Maple Walnut Cheesecake:* Use 1 1/4 cups (300 ml) walnut pieces for the crust. Add 2 tsp. (10 ml) pure maple extract to the filling.

Per serving.  
 Effective carbohydrates: 4.2 g  
 Carbohydrates: 4.8 g  
 Fiber: 0.6 g  
 Protein: 7.8 g  
 Fat: 40.1 g  
 Calories: 403

Made with Splenda only: Add 1 g carbohydrates

*Peanut Butter Cheesecake:* Use 1 1/2 lb. (680 g) cream cheese; add 1 cup (240 ml) natural peanut butter to it, beating until smooth. Replace the almonds in the crust with 1 1/4 cups (300 ml) roasted peanuts.

Per serving.  
 Effective carbohydrates: 6.7 g  
 Carbohydrates: 8.7 g  
 Fiber: 2 g  
 Protein: 11.8 g  
 Fat: 42.6 g  
 Calories: 457

Made with Splenda only: Add 1 g carbohydrates

*Lime and Coconut Cheesecake:* Replace the cream for softening the gelatin with 1 cup (240 ml) unsweetened coconut milk. Add 2 tsp. (10 ml) finely grated lime rind to the filling and replace the vanilla with 1 tsp. pure coconut extract. Replace the almonds in the crust with 1 1/4 cups (300 ml) unsweetened shredded coconut.

## 0.0 Cakes

---

Per serving.

Effective carbohydrates: 5.8 g

Carbohydrates: 6.7 g

Fiber: 0.9 g

Protein: 6.7 g

Fat: 34.6 g

Calories: 349

Made with Splenda only: Add 1 g carbohydrates

---

## PUMPKIN CHEESECAKE

---

Makes 8 servings

Per serving.  
 Effective Carbohydrates: 7 g  
 Carbohydrates: 9 g  
 Fiber: 2 g  
 Protein: 9 g  
 Fat: 34 g  
 Calories: 366

Pumpkin is a great low-carb veggie and makes a very special addition to this fine dessert. Great for the holidays!

---

**Ingredients:**

*Cooking oil spray*

**Filling:**

*2-8 ounce packages cream cheese, softened*

*1/4 teaspoon SteviaPlus*

*2 packets sucralose*

*3 eggs*

*1-15 ounce can pumpkin puree*

*1 teaspoon ginger*

*1/4 teaspoon nutmeg (or use 1 1/4 teaspoons pumpkin pie spice instead of using ginger and nutmeg)*

**Topping:**

*2 cups sour cream*

*1/4 teaspoon SteviaPlus*

*2 packets sucralose*

*1 teaspoon vanilla*

---

Preheat the oven to 350°F. Coat the bottom of a 10" pie plate with pan spray. Set it aside.

In a mixing bowl with an electric mixer, cream the cream cheese, SteviaPlus, and sucralose. Add the eggs and mix them lightly. Add the pumpkin, ginger, and nutmeg, mixing well. Be careful not to overmix! Spoon the filling into the pie plate.

Bake it for 50 minutes, or until a knife inserted off center comes out clean. Place the pan onto a cooling rack. Cool the cheesecake completely; then heat the oven to 400°F.

For the topping, thoroughly combine the sour cream, SteviaPlus, sucralose, and vanilla and spread over the top of the cheesecake. Bake it for 8 minutes longer. Cool to room temperature on a wire rack.

Chill the cheesecake, covered, for 4 hours or overnight. Allow it to stand at room temperature for 20 to 30 minutes before serving.

---

## STAINED GLASS WINDOW CAKE

---

Makes 12 servings

Per serving.  
Effective carbohydrates: 1.2 g  
Carbohydrates: 1.2 g  
Made with Splenda only: Add 0.1 g carbohydrates  
Fiber: 0 g  
Protein: 2.3 g  
Fat: 1.2 g  
Calories: 150

While this is in no way a new dessert, it's certainly a time-tested standard. My mother used to make it in the late 1960s with a graham cracker crust. If you would like a crust, see [Basic Almond Crust](#).

Use whatever colors and flavors of Jell-O that strike your fancy.

---

### **Ingredients:**

*1 package (4-serving size) sugar-free raspberry Jell-O*  
*1 package (4-serving size) sugar-free orange Jell-O*  
*1 package (4-serving size) sugar-free lime Jell-O*  
*4 1/2 cups plus 1/4 cup (60 ml) water*  
*1 Tbsp unflavored gelatin*  
*2 cups whipping cream*  
*1 tsp each Splenda and Canadian Sugar Twin or 4 tsp. (20 ml) Splenda*

---

Pour each flavor of Jell-O into a separate bowl and stir 1/2 cup (120 ml) cold water into each. Bring 3 cups (720 ml) water to a boil. Add 1 cup (240 ml) to each bowl and stir until the Jell-O dissolves.

Place the bowls in the refrigerator and chill until set, about 2 hours. Remove the Jell-O from the bowls and cut roughly into 1/2-inch (1.2-cm) cubes.

Place the remaining 1/4 cup (60 ml) water in a small bowl and sprinkle with the unflavored gelatin. Let sit for 2 minutes to soften. Melt the softened gelatin over simmering water or in the microwave.

In a medium bowl, beat the cream and sweetener until soft peaks form. Add the gelatin and whip until stiff peaks form.

Fold the Jell-O cubes into this mixture. Pour into a 10-inch (25-cm) springform pan or a 13 X 9-inch (32.5 X 22.5-cm) baking dish. Chill until firm, about 2 hours.

## Muffins

## EASY FLAX SEED BREAD

---

Makes 1 serving

Per serving.  
Effective Carbohydrates: 4 g  
Fat: 14 g  
Protein: 12 g  
Calories: 200

This is a recipe for one slice of flax bread. And trust me, you do not want to eat more than one slice a day! The fiber is pretty powerful!

---

***Ingredients:***

*4 Tbs. flax meal (ground flax seed - can also be made with 3 Tbs.)  
1/4 tsp. baking powder  
1 egg  
1 packet Splenda or 1 tsp. sugar-free syrup such as Torani*

---

Mix all ingredients together and pour into a square (sandwich) container. Microwave on high for 2 minutes. All done!

Put butter or other toppings on it and enjoy!

*Optional frosting:* mix 1 packet Splenda or sugar-free syrup into cream cheese and frost the bread.

---

## JUDI'S BLUEBERRY ALMOND FLAX BREAD

---

Makes 12 slices

Per slice.  
 Effective carbohydrates: 3.5 g  
 Carbohydrates: 7 g  
 Made with Splenda only: Add 0.5 g Carbohydrates  
 Fiber: 3.5 g  
 Protein: 6.5 g  
 Fat: 17 g  
 Calories: 199

Judi, a longtime [lowcarber.org](http://lowcarber.org) alumna, says that you can use any berry. If they're large-like strawberries or even cranberries-a rough chop before stirring them in is appropriate. If Judi wants to make this bread really special she doubles the blueberries. If you use frozen berries, don't thaw them before adding to the batter. Serve with butter, cream cheese, or aged goat cheddar. This can be toasted, too.

---

### **Ingredients:**

3 large eggs  
 6 Tbsp vegetable oil  
 1/4 cup whipping cream  
 1 tsp pure almond extract  
 1 cup almond meal (finely ground almonds)  
 1 cup whey protein isolate  
 3/4 cup flaxseed meal  
 2 1/2 tsp baking powder  
 1 1/2 tsp ground cinnamon  
 1/4 tsp sea salt  
 2 Tbsp each Splenda and Canadian Sugar Twin or 1/2 cup (120 ml) Splenda  
 1 cup fresh or frozen blueberries

---

Preheat the oven to 325°F (165°C). Line an 8 x 4-inch loaf pan with a length of parchment paper that will cover the bottom and sides. Don't worry about the ends. Coat with nonstick spray.

In a medium bowl, beat the eggs, oil, cream, and almond extract until smooth.

In a large bowl, mix the almond meal, whey protein, flaxseed meal, baking powder, cinnamon, salt, and sweetener. Gently stir in the egg mixture until the dry ingredients are thoroughly moistened but still lumpy. Fold in the blueberries just until evenly distributed. The batter will be quite wet.

Scrape the batter into the prepared pan and smooth the top. With a paring knife, cut a slash-go right down to the bottom of the pan-down the middle of the batter lengthwise. This will give the bread a nice mounded top.

Bake for 45 minutes, or until golden brown and the top springs back when pressed lightly. Cool on a wire rack for 5 minutes, then loosen the sides carefully with a knife. Unmold onto the rack and cool before slicing. Store in the refrigerator.

**VARIATION** *Blueberry Almond Flax Muffins:* Butter or oil a 12-cup nonstick muffin pan. Evenly divide the batter among the cups, filling them three-quarters full. Bake at 325°F (165°C) for 15 to 20 minutes, or until golden brown and the tops spring back when pressed lightly.

## Pies

---

## BASIC ALMOND CRUST

---

Makes 1 crust

Per crust.  
 Effective carbohydrates: 17.9 g  
 Carbohydrates: 37 g  
 Made with Splenda only: Add 1.9 g carbohydrates  
 Fiber: 19.1 g  
 Protein: 42.8 g  
 Fat: 117.8 g  
 Calories: 1,356

This is a perfect crust for cheesecakes or pies! I like to use almond meal (finely ground almonds) because of its neutral flavor. But depending on what you are making, you can replace half of the almonds with another nut. Hazelnut, pecan, walnut, and even coconut are all good meals to use.

---

### **Ingredients:**

*2 cups almond meal (finely ground almonds)*  
*1 1/2 tsp each Splenda and Canadian Sugar Twin or 2 Tbsp. (30 ml) Splenda*  
*1/4 tsp sea salt*  
*2 Tbsp unsalted butter, melted*  
*1 large egg white*

---

Preheat the oven to 350°F (175°C). Line the bottom of a 9-inch (22.5-cm) springform pan or 8-inch (20-cm) pie pan with parchment paper. This will prevent the crust from sticking.

In a medium bowl, mix the almond meal, sweetener, and salt. Add the butter and mix well.

In a small bowl, beat the egg white with a whisk until foamy and add to the almond mixture. Stir well and pat into the prepared pan.

Bake for 10 to 15 minutes, or until a light golden brown. (If the crust rises up, just poke it with a fork and press it down.) Let cool.

### **VARIATIONS**

*Graham Wafer-y Crust:* Add 1/2 tsp. (2.5 ml) cinnamon to the dry ingredients.

*Chocolate Crust:* Add 2 Tbsp. (30 ml) cocoa powder to the dry ingredients.

*Crunchy Crust:* Replace half of the almond meal with sliced almonds.

---

## BERRY LEMON PIE

---

Makes 8 servings

Per serving.  
Effective carbohydrates: 7.7 g  
Carbohydrates: 10.8 g  
Made with Splenda only: Add 2.1 g carbohydrates  
Fiber: 3.1 g  
Protein: 9.6 g  
Fat: 50.4 g  
Calories: 529

You can use whatever berry-or combination of berries-strikes your fancy. The almond crust variation using sliced almonds is especially nice with this.

---

**Ingredients:**

*Lemon Curd (see below), cooled*

*Basic Almond Crust (page 282), baked and cooled*

*1 cup sliced strawberries*

*1 1/2 cups whipping cream*

*1 1/2 tsp each Splenda and Canadian Sugar Twin or 2 Tbsp. (30 00) Splenda*

---

Preheat the oven to 350°F (175°C).

Spread the lemon curd in the crust and smooth the top. Bake for 30 minutes. Cool completely. Refrigerate for at least 4 hours or overnight.

When ready to serve, spread the strawberries over the top of the pie. Whip the cream and sweetener to firm peaks and pour over the strawberries. Serve immediately.

---

## CHILLED LEMON MERINGUE SOUFFLE

---

Makes 6 servings

Per serving.  
 Effective carbohydrates: 4.4 g  
 Carbohydrates: 4.5 g  
 Made with Splenda only: Add 1 g carbohydrates  
 Fiber: 0.1 g  
 Protein: 5.6 g  
 Fat: 17.6 g  
 Calories: 195

Named by my friend Adrian because it is light as a feather and oh so good!

---

**Ingredients:**

*1/2 cup freshly squeezed lemon juice*  
*2 1/2 tsp unflavored gelatin*  
*2/3 cup water*  
*1/3 cup plus 3/4 cup (180 ml) whipping cream*  
*2 large egg yolks*  
*2 Tbsp each Splenda and Canadian Sugar Twin or 1/2 cup (120 ml) Splenda*  
*2 tsp grated lemon rind*  
*5 large egg whites, at room temperature*

---

Place the lemon juice in a small bowl and sprinkle with the gelatin. Let sit for about 2 minutes to soften.

In a small saucepan, combine the water and 1/3 cup (80 ml) of the cream. Bring to a boil. Place the egg yolks and sweetener in a medium bowl and whisk well. Very slowly, dribble in the hot cream, beating constantly. Transfer the mixture back to the pan and cook over medium heat, stirring constantly with a heatproof rubber spatula, until the mixture thickens to the consistency of whipping cream, 4 to 5 minutes.

Strain through a sieve into a large bowl. Add the gelatin mixture and stir until dissolved. Place in a larger bowl of ice water and stir frequently until cool. Stir in the lemon rind.

In a clean bowl with clean beaters, beat the egg whites until soft peaks form. Stir one-third of the whites into the custard, then fold in the remaining whites.

Whip the remaining 3/4 cup (180 ml) cream to soft peaks. Fold into the mixture. Transfer to a bowl-glass looks good-or souffle dish and chill for at least 2 hours.

---

## INDIVIDUAL CHOCOLATE SOUFFLES

---

Makes 4 servings

Per serving.  
Carbohydrates: 2.9 g  
Protein: 1.8 oz

---

***Ingredients:***

*4 eggs, separated*

*4 Equal tablets, crushed, or stevia to taste*

*8 oz cream cheese, cut into small pieces*

*1 Tbsp sour cream*

*1 Tbsp cocoa powder*

---

Beat egg yolks with crushed Equal tablets or stevia until foamy. Add cream cheese, sour cream, and cocoa powder. Beat until very smooth. In a separate bowl, beat the egg whites until they form stiff peaks, then fold into the cream cheese mixture. Pour into individual souffle cups and bake at 350°F for 15-20 minutes, or until golden brown. TA

---

## PEANUT BUTTER PIE

---

Makes 8 servings

Per serving.  
Carbohydrates: 3.42 g  
Protein: 0.8 OZ

---

**Ingredients:**

*3/4 cup pecan pieces*

*2 Tbsp butter, melted*

*4 oz cream cheese, softened*

*2 1/2 Tbsp peanut butter*

*1 tsp vanilla*

*Sweetener to taste: stevia, saccharin, or Equal tablets*

*1/2 cup heavy cream, whipped*

---

Grind nuts in grinder or food processor. Mix with butter. Press into 7 -inch pie pan.

Mix cream cheese, peanut butter, vanilla, and sweetener in mixer or food processor until well blended. Fold in whipped cream. Transfer mixture into crust. Refrigerate for several hours. The servings are small, but the pie is rich.

---

## PUMPKIN PIE

---

Makes 6 servings

Per serving.  
Carbohydrates: 9 g  
Protein: 0.9 OZ

---

**Ingredients:**

*1 cup pecan pieces*  
*3 Tbsp melted butter*  
*1 cup canned pumpkin*  
*1 egg*  
*6 packets (1 gram each) or tablets stevia, or to taste (see page 156)*  
*1 tsp cinnamon*  
*1/4 tsp ground ginger*  
*1 cup heavy cream for filling*  
*1 tsp vanilla*  
*1 cup heavy cream for topping*

---

Preheat oven to 350°F.

Chop pecans fine in food processor. Add melted butter. Press in bottom of 6-inch pie pan. Bake about 10 minutes.

Combine egg, pumpkin, 5 packets stevia, spices, 1 cup cream, and 1/2 teaspoon of the vanilla. Mix well. Pour into pecan crust. Bake at 350°F for 30-40 minutes, until set in center. Cool.

Whip 1 cup cream to which 1 packet stevia and 1/2 teaspoon vanilla have been added. Serve pie topped with whipped cream.

## RHUBARB PIE

---

Makes 6 servings

Per serving.  
Carbohydrates: 10.5 g  
Protein: 0.7 oz

---

**Ingredients:**

*10 G/G crispbreads, crushed*  
*5 Tbsp butter, softened*  
*2 packets Jell-O unsweetened lemon pudding mix*  
*1 cup sour cream*  
*1 egg, separated*  
*Equal tablets, crushed, or stevia to taste*  
*2 cups rhubarb cut into 1-inch pieces*

---

Preheat oven to 350°F.

To make crust, combine crushed crispbreads with softened butter. Press mixture evenly into an 8-inch pie pan. Combine lemon pudding mix, sour cream, egg yolk, and Equal tablets or stevia. Beat until smooth. In separate bowl, beat egg white until stiff peaks form. Fold the egg white into pudding mixture. Put cut rhubarb into pie shell and cover with lemon pudding mixture.

Bake at 350° for 25-30 minutes, or until golden brown. TA

---

## SILKY CHOCO-PEANUT BUTTER PIE

---

Makes 8 servings

Per serving.  
 Effective Carbohydrates: 3 g  
 Carbohydrates: 9 g  
 Fiber: 6 g  
 Protein: 18 g  
 Fat: 52 g  
 Calories: 552

Some things are just so yummy that it is hard to believe they are "diet" food!

---

**Ingredients:**

**Crust:**

1 cup almonds, ground  
 1/2 cup soy protein (not soy flour!)  
 1 teaspoon SteviaPlus  
 4 packets sucralose  
 1/2 teaspoon cinnamon  
 6 tablespoons butter, room temperature

**Filling:**

3 eggs  
 1/2 cup peanut butter, creamy  
 3/4 cup butter, room temperature  
 1 teaspoon SteviaPlus  
 8 packets sucralose  
 3 tablespoons cocoa powder, unsweetened  
 1 1/2 teaspoons vanilla

**Topping:**

1 cup whipping cream  
 1/4 teaspoon SteviaPlus or 1 1/2 packets sucralose  
 Cinnamon

---

*Crust instructions:* Combine all of the ingredients well with a pastry blender or food processor and press the crust into a 9" pie pan. Bake it for 5 minutes at 450°F. Cool the crust completely before adding filling.

*Filling instructions:* Since the eggs won't be cooked, coddle them. Fill a small saucepan about half full with water. Bring it to a full boil; then gently place the whole eggs into the boiling water for 20 seconds. Remove the eggs from the boiling water; then immerse them in ice-cold water to stop them from cooking any further.

In a large mixing bowl with an electric mixer, cream the peanut butter, butter, SteviaPlus, and sucralose on medium speed for about 1 minute. Add the cocoa powder and vanilla, mixing until combined. Continue mixing and beat in the eggs one at a time for 5 minutes each. Total mixing time for the filling will be 15 minutes. Pour the filling into the pie shell. Chill the pie for at least 4 hours to set.

*Topping instructions:* Whip the cream in a small mixing bowl with an electric mixer until soft peaks form. Add the SteviaPlus and whip until it is combined. Spread the cream onto the chilled pie. Sprinkle the top of the pie with a dusting of cinnamon. Enjoy!

---

## SNICKERS PIE

---

Makes 12 servings

Per serving.  
 Effective Carbohydrates: 3 g  
 Carbohydrates: 6 g  
 Fiber: 3 g  
 Protein: 4 g  
 Fat: 34 g  
 Calories: 362

I just love it when folks take my recipes and turn them into something new and wonderful! This is one such recipe. For a fantastic treat freeze the pie before putting on the topping. Just be sure not to freeze a glass pan!

---

**Ingredients:**

*1 recipe Basic Pie Crust (page 214), baked*

*1 recipe Caramel Nut Sauce (page 218), using peanuts instead if the nuts specified*

**For the filling:**

*1/2 cup creamy peanut butter*

*3/4 cup butter, at room temperature*

*1 teaspoon SteviaPlus*

*8 packets sucralose*

*3 tablespoons unsweetened cocoa powder*

*1 1/2 teaspoons vanilla extract*

*3 eggs*

**For the topping:**

*1 cup whipping cream*

*1/4 teaspoon SteviaPlus or 1 1/2 packets sucralose*

*2 tablespoons chopped peanuts*

---

Prepare the crust for a baked pie shell. Prepare the sauce as directed. Pour the Caramel Nut Sauce (page 218) into the baked pie crust and set aside.

In a large mixing bowl, cream the peanut butter, butter, SteviaPlus, and sucralose with an electric mixer on medium speed for about 1 minute. Add the cocoa powder and vanilla, mixing until combined. Add the eggs one at a time, beating for 5 minutes after each egg is added. Total mixing time for the filling will be 16 minutes. Pour the filling into the pie shell. Chill the pie in the refrigerator for at least 4 hours to set.

To prepare the topping, whip the cream in a small mixing bowl with an electric mixer until soft peaks form. Add the SteviaPlus and whip until combined. Spread the cream onto the chilled pie. Sprinkle the top of the pie with the chopped peanuts. Enjoy!

---

## SWEET RICOTTA TORTE

---

Makes 6 servings

Per serving.  
Carbohydrates: 4.7 g  
Protein: 2.4 OZ

---

**Ingredients:**

15 oz whole-milk ricotta cheese  
1/3 cup ground toasted almonds  
4 eggs  
1 1/2 Tbsp Da Vinci sugar-free almond syrup  
1 1/2 Tbsp Da Vinci sugar-free vanilla syrup  
1 packet ( 1/2 tsp) stevia, or to taste  
2 Tbsp grated coconut  
1/3 cup heavy cream  
2 Tbsp sliced and blanched almonds, Toasted  
Butter to grease 9-inch pie pan

---

Preheat oven to 350°F.

Mix ricotta and ground almonds. Add eggs, one at a time, mixing each one. Add flavorings, stevia, coconut, and cream. Pour mixture into a buttered 9-inch pie pan. Top with toasted almonds. Bake at 350°F for about 30 minutes.

---

## ULTIMATE PUMPKIN PIE

---

Makes 2 8-serving pies

Per serving.// Effective Carbohydrates: 5 g  
 Carbohydrates: 8 g  
 Fiber: 3 g  
 Protein: 12 g  
 Fat: 18 g  
 Calories: 235

Serve this terrific pie at your next holiday meal. It is sure to be a hit! The recipe makes enough filling for 2 pies. You will need to make a second crust when ready to use the extra filling.

---

**Ingredients:**

**Crust:**

1 cup almonds, ground  
 3 1/2 cups soy protein (not soy flour!)  
 1 teaspoon SteviaPlus  
 4 packets sucralose  
 6 tablespoons butter

**Filling:**

4 eggs  
 1/2 tablespoon SteviaPlus  
 6 packets sucralose  
 1 teaspoon sea salt  
 2 teaspoons cinnamon  
 1 teaspoon ginger  
 1/2 teaspoon ground cloves (or instead of using cinnamon, ginger, and ground cloves, use 3 1/2 teaspoons pumpkin pie spice-but using the individual spices really makes a difference!)  
 1 29-ounce can pumpkin puree  
 3 cups Almond Milk (page 240) or 2 cups cream thinned with water to 3 cups

---

Crust instructions: Combine the crust ingredients well with a pastry blender or food processor and press the crust into a 9" pie pan. Place it into the refrigerator to chill while mixing the filling ingredients.

Preheat the oven to 425°F. Put the filling ingredients into a mixing bowl, putting the eggs together on one side of the bowl. Using an electric mixer, mix the eggs first, then gradually incorporate them into the whole mixture. Mix until the filling is smooth.

Pour half of the filling into the pie shell, and reserve the remaining filling for later use. The extra filling may be kept refrigerated for up to 3 days or frozen in a freezer container. When ready to use, simply thaw and follow crust and baking instructions.

Bake the pie at 425F for 15 minutes. Lower the heat to 350°F for about 25 minutes. A knife inserted off center should come out clean when the pie is done. Serve the pie warm with a dollop of whipped cream or Almond Milk poured over the top.

## Custards/Puddings

## AVOCADO AND ESPRESSO MOUSSE

---

Makes 6 servings

Per serving.  
Effective carbohydrates: 4.3 g  
Carbohydrates: 7.1 g  
Made with Splenda only: Add 1 g carbohydrates  
Fiber: 2.8 g  
Protein: 3.7 g  
Fat: 35.4 g;  
Calories: 351

I know what you're thinking: This is a bizarre combination. But it really is very tasty. The avocado becomes a background note and texture, and it takes the edge off the espresso.

Cocoa nibs are roasted and coarsely cracked cocoa beans that can be purchased at gourmet food stores.

---

### **Ingredients:**

*2 ripe Haas avocados, pitted and peeled*  
*1 Tbsp instant espresso granules*  
*4 tsp each Splenda and Canadian Sugar Twin or 1/3 cup (80 ml) Splenda*  
*2 tsp pure vanilla extract*  
*1/4 cup mascarpone*  
*1 1/2 cups whipping cream*  
*1 Tbsp cocoa nibs (optional)*

---

In a food processor or with a hand-held blender, puree the avocados, espresso, sweetener, and vanilla until smooth. Add the mascarpone and process until blended.

In a large bowl, beat the cream until medium-firm peaks form. Fold into the avocado mixture and add the cocoa nibs (if using). Spoon into 6 dessert glasses and chill.

---

## CHOCOLATE MOUSSE

---

Makes 8 servings

Per serving.  
Carbohydrates: 7.9 g  
Protein: 1 OZ

---

**Ingredients:**

4 egg yolks  
1 Tbsp cognac  
1 Tbsp strong coffee  
6 oz unsweetened chocolate, squares or squeeze packets  
8 Tbsp (1 stick) soft butter, cut into  
1/2-inch pieces  
3 Tbsp Da Vinci sugar-free chocolate syrup  
4 Tbsp Da Vinci sugar-free French vanilla syrup  
2 Tbsp Da Vinci sugar-free orange syrup, or to taste  
4 egg whites  
3/4 cup heavy cream  
2 Tbsp grated orange zest

---

In a heatproof mixing bowl, beat the egg yolks about 3 minutes, or until they are pale yellow and thick enough to form a ribbon. Beat in the cognac. Set the mixing bowl over a pan of barely simmering water and beat for about 3 minutes, until the eggs are foamy and warm. Then set the bowl over a pan of ice and beat for 3 or 4 minutes or until the mixture is cool again and thick and creamy as mayonnaise.

In the top of a double boiler over simmering water, add the coffee and melt chocolate in it, stirring constantly. When the chocolate has melted completely, beat in the butter, one piece at a time. Add all sweeteners except 1 tablespoon of the vanilla syrup. Beat to form a smooth cream. Beat the chocolate mixture into the egg yolk mixture. Taste for sweetness. In a separate bowl with clean beaters, beat the egg whites until they are stiff enough to form stiff peaks. Stir one-quarter of egg whites into chocolate mixture to lighten it.

Carefully fold in remaining egg whites. Spoon into 8 dessert dishes. Refrigerate for at least 4 hours. Whip cream with remaining tablespoon of vanilla syrup. Top each serving with whipped cream and sprinkle with grated orange zest.

---

## COFFEE JELLY

---

Makes 4 servings

Per serving.  
 Effective carbohydrates: 1.7 g  
 Carbohydrates: 1.7 g  
 Made with Splenda only: Add 0.2 g carbohydrates  
 Fiber: 0 g  
 Protein: 1.9 g  
 Fat: 11.1 g  
 Calories: 112

This is a very popular dessert that I came to know in Japan. My version has cream in it, which makes it taste more like a latte. In Japan, it was served with whipped cream on top. If you don't have access to brewed espresso, dissolve 2 tsp.

---

**Ingredients:**

*1/2 cup (120 ml) boiling water.  
 (10 ml) instant coffee or instant espresso granules in  
 2 Tbsp plus 1 1/2 cups water  
 2 1/2 tsp unflavored gelatin  
 1 Tbsp each Splenda and Canadian Sugar Twin or cup (60 00) Splenda  
 1/2 cup brewed espresso  
 1/2 cup whipping cream  
 Whipped cream and whole coffee beans (optional)*

---

Place 2 Tbsp. (30 ml) of the water in a small bowl and sprinkle with the gelatin. Let sit for 2 minutes to soften.

Heat 1/2 cup (120 ml) water in a small saucepan until hot but not boiling. Add the gelatin and remove from the heat. Stir until the gelatin dissolves. Add the sweetener, espresso, and the remaining 1 cup (240 ml) water. Stir well.

Transfer 3/4 cup (180 ml) of the espresso mixture to a small bowl. Cover and refrigerate.

Stir the cream into the remaining espresso mixture. Pour into 4 small dessert dishes. Cover and refrigerate for at least 4 hours.

Remove the plain jelly from the bowl and cut into 1/2-inch (1.2-cm) cubes. Pile onto the jelly in the dessert dishes. If desired, garnish with whipped cream and a coffee bean or two.

## CREAMY THREE-FLAVORED PUDDING

---

Makes 4 servings

Per serving. Effective Carbohydrates: 5 g  
Carbohydrates: 7 g  
Fiber: 2 g  
Protein: 7 g  
Fat: 25 g  
Calories: 234

One day I wanted some dessert, and I happened to have a partial can of coconut milk. This was the result. I hope you enjoy this simple dessert as much as my children and I do!

---

**Ingredients:**

*1 cup coconut milk*

*1/4 cup caramel-flavored sugar-free specialty syrup (the kind used for coffee)*

*1/2 teaspoon SteviaPlus*

*1/4 cup creamy peanut butter*

*Pinch sea salt (way less than 1/8 teaspoon)*

*2 egg yolks*

---

Combine the coconut milk, syrup, SteviaPlus, peanut butter, and salt in a small saucepan. Bring it to a boil. Reduce the heat, but allow it to continue to boil for about 2 to 3 minutes, until it starts to thicken. Remove the pan from the heat.

Have the yolks ready in a small bowl (a measuring cup works well). Add about 1/4 cup of the hot pudding mixture to the yolks, mixing well. Pour the pudding-yolks mixture into the hot pudding in the pan and stir well.

Pour the hot pudding into small bowls and chill them in the refrigerator for about 30 minutes until set.

## FAKE FUDGE

---

Makes 1 serving

Per serving.  
Effective Carbohydrates: 1 g  
Carbohydrates: 2 g  
Fiber: 1 g  
Protein: 3 g  
Fat: 12 g  
Calories: 126

Have you ever had one of those days when you just need something sweet? You really don't care what it is, but another meal without dessert is just not what you want? That was how this recipe came about. My kids beg for it! I can quadruple this recipe, and they will still be licking the bowl at the end. Hope you enjoy it, too!

---

***Ingredients:***

*2 tablespoons cream cheese*  
*1/2 tablespoon cream*  
*1 packet sucralose*  
*1/4 teaspoon SteviaPlus*  
*1/2 tablespoon cocoa powder*

---

Place the cream cheese in a small microwave-safe dish and warm for about 20 seconds in the microwave. Add the remaining ingredients and mix well.

## GINGER CINNAMON CUSTARD

---

Makes 4 servings

Per serving.  
Carbohydrates: 4.6 g  
Protein 1 OZ

---

***Ingredients:***

*2 eggs*

*2 cups heavy cream*

*3 Tbsp Da Vinci sugar-free Gingerbread syrup*

*1/2tsp vanilla*

*1/2 tsp cinnamon*

*Dash salt*

---

Preheat oven to 350°F.

Beat eggs with hand mixer. Mix in cream. Mix in remaining ingredients. Pour into four 4- ounce custard cups. Bake in water bath (ovenproof pan or dish with about 1 inch of boiling water in it) for about 30 minutes, or until firm in center.

## LIME ANGEL CUSTARD

---

Makes 8 servings

Per serving.  
Effective carbohydrates: 3.4 g  
Carbohydrates: 3.8 g  
Made with Splenda only: Add 1 g carbohydrates  
Fiber: 0.4 g  
Protein: 6.1 g  
Fat: 20.6 g  
Calories: 219

This custard is like a creme brulle with a thin, soft, meringue-like top. You can use lemon juice and rind if you prefer or omit both and add 2 tsp. (10 ml) pure vanilla extract or another extract.

---

**Ingredients:**

*4 Tbsp unsalted butter, at room temperature*  
*3 Tbsp each Splenda and Canadian Sugar Twin or 1/2 cup (180 ml) Splenda*  
*Grated rind of 3 limes*  
*4 large eggs, separated*  
*2 Tbsp almond meal (finely ground almonds)*  
*2 Tbsp vital wheat gluten*  
*1/2 cup freshly squeezed lime juice*  
*1 cup whipping cream*  
*1/2 cup water*

---

Preheat the oven to 375°F (180°C). Place eight 5-oz. (75-ml) ramekins or custard cups in a roasting pan or baking dish.

In a medium bowl, beat the butter, sweetener, and lime zest until smooth. Beat in the egg yolks, almond meal, and wheat gluten. Stir in the lime juice, cream, and water. It's okay if the mixture looks curdled.

In a clean bowl with clean beaters, beat the egg whites until stiff peaks form. Fold into the lime mixture. Divide among the ramekins. Pour hot water into the larger pan to come halfway up the sides of the ramekins.

Bake for 30 to 35 minutes, or until puffed and golden brown but still jiggly in the middle. Serve warm, at room temperature, or chilled.

## MELT IN YOUR MOUTH MOUSSE

---

Makes 2 servings

Per serving.  
Effective Carbohydrates: 2 g  
Carbohydrate: 2 g  
Fiber: 0 g  
Protein: 1 g  
Fat: 15 g  
Calories: 146

This is one simple recipe that should be a part of every low-carber's arsenal of "I'm dying for something sweet right now!" recipes. Quick to fix and extremely satisfying!

---

**Ingredients:**

*1 cup whipping cream*  
*1 packet sucralose*  
*1/4 teaspoon SteviaPlus*

**Flavoring:**

*1 tablespoon cocoa powder, unsweetened, plus 1/2 teaspoon vanilla, or*  
*1 tablespoon cocoa powder, unsweetened, plus 1/4 teaspoon cinnamon, or*  
*1 teaspoon imitation maple flavoring, or*  
*1 tablespoon lemon juice (fresh is always best!), or*  
*1 1/2 teaspoons vanilla (garnish with cinnamon, optional)*

---

Pour the cream into a mixing bowl and whip it with an electric mixer on high until soft peaks begin to form. Add the sucralose, SteviaPlus, and one of the flavorings. Mix until combined. Be sure that the mixing bowl and beaters are at least room temperature. If they are hot from washing, or it is a hot day, put them into the refrigerator for a few minutes to chill. The cream will turn out lighter and fluffier that way. Also, be careful not to overwhip. You don't want sweetened butter!

---

## PUMPKIN PIE PUDDING

---

Makes 8 servings

Per serving.  
Effective Carbohydrates: 6 g  
Carbohydrates: 9 g  
Fiber: 3 g  
Protein: 3 g  
Fat: 2 g  
Calories: 61

This is a mildly flavored pumpkin dessert. Think of it like pumpkin pie without the crust!

---

**Ingredients:**

*1-29 ounce can pumpkin puree*

*3/4 teaspoon SteviaPlus*

*6 packets sucralose*

*2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/2 teaspoon nutmeg)*

*1/2 teaspoon sea salt*

*3 eggs*

*1 cup Almond Milk (page 240), 1 cup cream, or 1 14-ounce can of coconut milk*

*Cooking oil spray*

---

In a mixing bowl, combine the pumpkin, SteviaPlus, sucralose, pumpkin pie spice, and salt. Add the eggs and beat lightly. Add the Almond Milk, and mix well.

Pour the pumpkin mixture into a 9" pie plate that has been sprayed with cooking oil spray, and bake it for 45 minutes at 375°F, or until a knife inserted off center comes out clean. Serve the pudding warm with Almond Milk or cream poured over the top.

---

## SILKEN CHOCOLATE PUDDING

---

Makes 8 servings

Per serving.  
Effective carbohydrates: 3.5 g  
Carbohydrates: 5.5 g  
Made with Splenda only: Add 1 g carbohydrates  
Fiber: 2 g  
Protein: 4.6 g  
Fat: 21.5 g  
Calories: 220

Soft tofu makes wonderful desserts and is virtually undetectable in the finished product. If you like a lighter chocolate flavor, decrease the chocolate to 2 oz. (56 g).

Note: The chocolate extract made by Star Kay White is an excellent product that will give all your chocolate desserts a real boost in flavor-but the pudding will be just fine if you don't use it.

---

### **Ingredients:**

*1/2 cup whipping cream*

*1/2 cup water*

*Pinch of sea salt*

*2 large egg yolks*

*3 oz unsweetened chocolate, finely chopped*

*5 1/3 Tbsp unsalted butter, at room temperature*

*1-10 oz package soft tofu, drained*

*2 Tbsp each Splenda and Canadian Sugar Twin or 1/2 cup (120 ml) Splenda*

*1 Tbsp pure chocolate extract (optional)*

*1 tsp pure vanilla extract*

---

Bring the cream, water, and salt to a boil in a small saucepan.

In a small bowl, whisk the egg yolks to blend well. Remove the cream from the heat and slowly whisk a few big spoonfuls into the yolks to warm them. Then whisk in the remaining cream. Pour into the saucepan.

Place over low heat and stir constantly with a heatproof rubber spatula until the cream thickens. Immediately add the chocolate and butter. Remove from the heat and stir constantly until the chocolate and butter are melted. It will look curdled and that's fine.

In a food processor, combine the tofu, sweetener, and extracts; blend until smooth. Add the chocolate mixture and blend again until well-combined. Transfer to a bowl and chill for at least 4 hours.

---

## VANILLA PANNA COTTA

---

Makes 6 servings

Per serving.  
 Effective carbohydrates: 4.5 g  
 Carbohydrates: 4.5 g  
 Made with Splenda only: Add 1.3g carbohydrates  
 Fiber: 0 g  
 Protein: 3.3 g  
 Fat: 44.4 g  
 Calories: 423

Think of ice cream on the verge of melting—that's what panna cotta is. This creamy Italian dessert is one of the most adaptable, because the flavors can be changed to suit your fancy or to complement the rest of the meal. It can be molded in ramekins and turned out onto plates for fancy presentation or served in wine or champagne glasses.

Serve with fresh berries—for a real treat, make them strawberries splashed with balsamic vinegar. Go whole hog and serve with Lemon Curd (pages 284 to 285) plus fresh berries. The recipe can easily be halved or doubled and can be made the day before.

Note: The vanilla bean gives this dessert exceptional flavor, but you can use 2 tsp. (1/2 ml) pure vanilla extract instead.

---

**Ingredients:**

*1/4 cup water*

*2 1/2 tsp unflavored gelatin*

*3 cups whipping cream*

*1/2 vanilla bean*

*2 Tbsp each Splenda and Canadian Sugar Twin or 1/2 cup (120 ml) Splenda*

---

Place the water in a small bowl and sprinkle with the gelatin. Let sit for 2 minutes to soften.

Place 1 1/2 cups (360 ml) of the cream in a medium saucepan. Slit the vanilla bean lengthwise and add to the pan. Bring to a boil, add the gelatin, and remove from the heat. Stir until the gelatin dissolves.

Remove the vanilla bean and scrape the seeds into the mixture with the tip of a small knife. Stir in the sweetener and the remaining 1 1/2 cups (360 ml) cream.

Pour into 6 ramekins, dessert dishes, or wine glasses. Refrigerate until set, about 4 hours.

If using ramekins, unmold them: Dip each ramekin in hot water nearly to its rim for 30 seconds. Run a very thin knife around the inside edge and place a dessert plate over the top. Turn upside down and vigorously shake the ramekin while holding the plate securely. The panna cotta will fall out onto the plate.

---

## YOUR OWN ICE CREAM PARLOR

---

The variations on Wanda's Vanilla Ice Cream are almost limitless! You can add extracts, berries, nuts, and chunks of tasty morsels like chopped brownies (pages 310 and 312) or Banana Bread (page 307). Brandy, bourbon, and rum are all in ice cream. (And alcohol will prevent the ice cream from freezing rock hard.)

One of the best ice creams I ever had was flavored with nutmeg, cinnamon, and fresh basil. Other herbs, like lavender and rosemary, are delicious, too. Here are more of my favorite variations.

*Cappuccino and Cocoa Nib:* Add 1 Tbsp. (15 mt) instant espresso granules to the warm custard and stir until dissolved; chill. Add 2 Tbsp. (30 ml) cocoa nibs to the ice cream when it's almost finished churning.

Per serving.  
Effective carbohydrates: 5 g  
Carbohydrates: 5 g  
Fiber: 0 g  
Protein: 5.3 g  
Fat 0.38 g  
Calories: 381

Made with Splenda only: Add 1 g carbohydrates

*Chocolate:* Finely chop 4 oz. (112 g) unsweetened chocolate and stir into the warm custard until melted. A little bourbon is also fabulous!

Per serving.  
Effective carbohydrates: 0.9 g  
Carbohydrates: 8 g  
Fiber: 2.1 g  
Protein: 6.6 g  
Fat: 45.3 g  
Calories: 446

Made with Splenda only: Add 1 g carbohydrates

*Chocolate Chunk:* Make Dark Chocolate Bars (pages 258 to 259) and cut them into chunks. Add to the ice cream when it's almost finished churning. Turn this into Tin Roof by adding chopped roasted peanuts. For Almost Cherries Garcia, add 1/2 tsp. (2.5 ml) Boyajian cherry extract.

Per serving.  
Effective carbohydrates: 5.9 g  
Carbohydrates: 6.9 g  
Calories 536

Made with SpJenda only: Add 1 g carbohydrates

*Gingerbread:* Finely grate 2 Tbsp fresh ginger. Squeeze out the juice and add the juice to the chilled custard along with 1 Tbsp cinnamon, 1/2 tsp freshly grated nutmeg, 1/4 tsp ground allspice.

*Maple Walnut:* Add 1 Tbsp pure maple extract and 1 cup chopped walnuts to the ice cream when it's almost finished churning.

# Index

- 90-MINUTE MIRACLE TURKEY, [124](#)
- AIOLI, [185](#)
- ALFREDO SAUCE, [186](#)
- AVOCADO AND ESPRESSO MOUSSE, [329](#)
- BACON AND SALMON BAKE, [91](#)
- BACON CAULI JUMBLE, [105](#)
- BAKED CHEDDAR CHEESE FRITTATA, [248](#)
- BAKED MUSHROOMS FLORENTINE, [249](#)
- BAKED WINTER SQUASH HASH BROWNS, [205](#)
- BAKED ZUCCHINI WITH FRESH BASIL AND FETA CHEESE, [250](#)
- BASIC ALMOND CRUST, [317](#)
- BASIC BACK RIBS WITH QUICK BARBECUE GLAZE, [106](#)
- BASIC CAULI-FLIED RICE—hyperpage, [251](#)
- BASIC CAULIFLOWER MASH, [252](#)
- BASIC SPAGHETTI SQUASH, [253](#)
- BASIC VINAIGRETTE, [139](#)
- BASIL PESTO, [187](#)
- BEEF GRAVY SUPREME, [11](#)
- BEEF PECAN, [12](#)
- BEEF STEW WITH PUMPKIN, [14](#)
- BERRY LEMON PIE, [318](#)
- BLENDER HOLLANDAISE SAUCE, [188](#)
- BLUE CHEESE DRESSING, [140](#), [189](#)
- BRAISED FENNEL WITH WHITE WINE AND PARMESAN, [254](#)
- BROCCOLI DIJON, [255](#)
- BROCCOLI ITALIANISSIMO, [256](#)
- BROCCOLI WITH GARLIC AND PARMESAN, [257](#)
- BROCCOLICHEDDAR BRUNCH, [41](#)
- BROILED SPINACH WITH FOUR CHEESES, [258](#)
- BUTTERED SESAME KALE, [259](#)
- BUTTERNUT SQUASH WITH COGNAC, [260](#)
- CABBAGE SOUP, [230](#)
- CAESAR DRESSING, [141](#)
- CAESAR SALAD WITH GRUYERE CROUTONS, [159](#)
- CAULI MASH, [207](#)
- CAULIFLOWER HASH BROWNS, [206](#)
- CELERY CHIPS, [261](#)
- CHAYOTE WITH TOMATOES AND MINT, [262](#)
- CHEESE QUICHE, [42](#)
- CHEESE STICKS, [208](#)
- Cheeseburger, [19](#)
- CHEESEBURGER CASSEROLE, [15](#)
- CHEESEBURGER SOUP, [231](#)
- CHEESY RICE- AFLOWER CASSEROLE, [209](#)
- CHEESY SALMON CASSEROLE, [92](#)
- CHICKEN 'N' VERMICELLI, LOW-CARBED, [58](#)
- CHICKEN AND GARLIC, [57](#)
- CHICKEN SHISH KEBAB WITH VEGETABLES, [59](#)
- CHICKEN WINGS IN PEANUT SAUCE, [62](#)
- CHICKEN WITH BACON, CREAM, AND THYME, [63](#)
- CHICKEN WITH FRESH HERBS, [60](#)
- CHICKEN WITH MUSHROOMS IN A CHAMPAGNE CREAM SAUCE, [61](#)
- Chili Sauce for Burgers, [18](#)
- CHILLED CUCUMBER SOUP, [232](#)
- CHILLED LEMON MERINGUE SOUFFLE, [319](#)
- CHOCOLATE MOUSSE, [330](#)
- CHOCOLATE PUDDING CAKE, [302](#)
- CHOCOLATE SAUCE, [190](#)
- CHOCOLATE VANILLA CHEESECAKE, [303](#)
- CHUNKY CHICKEN STEW, [65](#)
- CINNAMON-SPICED LEMON CHICKEN, [64](#)
- CLAM CAKES, [210](#)
- CLAM CHOWDER, [233](#), [234](#)
- CLASSIC CELERY ROOT REMOULADE, [142](#)
- Coconut and Macadamia Crust Variation, [120](#)
- COFFEE JELLY, [331](#)
- COLE SLAW WITH BACON BUTTERMILK DRESSING, [143](#)
- Crab Meat Variation, [235](#)
- CRANBERRY RELISH, [144](#)
- CREAM CHEESE ASPARAGUS BREAKFAST PIZZA, [43](#)
- CREAM CHEESE, COCONUT, AND LEMON MOUNDS, [294](#)
- CREAM OF ARTICHOKE SOUP WITH TOASTED WALNUTS, [235](#)
- CREAM OF BROCCOLI SOUP, [236](#)
- CREAM OF BROCCOLI SOUP 2, [237](#)
- CREAMED SPINACH WITH NUTMEG, [263](#)
- CREAMY DRESSING, [145](#)
- CREAMY LEMON CHICKEN, [66](#)
- CREAMY SESAME MISO DRESSING, [146](#)
- CREAMY STRINGBEAN CASSEROLE WITH SAGE MUSHROOM SAUCE, [264](#)
- CREAMY THREE-FLAVORED PUDDING, [332](#)

- CUCUMBER SALAD WITH PEANUTS, COCONUT AND LIME, 161
- CUMIN AND CORIANDER-CRUSTED LEG OF LAMB, 101
- CURRIED CHICKEN SALAD WITH JICAMA, 160
- DAIKON CAKES, 265
- DEVILED EGGS, 44
- DIJON MUSTARD BUTTER, 147
- DIJON VINAIGRETTE, 148
- DONALD'S AWESOME CHICKEN AND BROCCOLI CASSEROLE, 67
- DONALD'S DEEP-DISH PIZZA QUICHE, 107
- DOREEN'S INCREDIBLY EASY SALMON OR TUNA PATTIES, 94
- DOREEN'S THIGHS WITH LIME, GARLIC, SESAME, AND GINGER, 68
- DOTTIE'S CREAM OF MUSHROOM SOUP, 238
- EASY CREAM SAUCE, 191
- EASY FLAX SEED BREAD, 314
- EGG SALAD, 162
- EGGPLANT WITH SOUR CREAM DRESSING, 266
- ESCAROLE SOUP WITH TURKEY MEATBALLS, 239
- EXTRA SPECIAL EGG NOG, 211
- FAKE FUDGE, 333
- FAKE-ARONI AND CHEESE CASSEROLE, 16
- FIVE-SPICE SESAME WALNUTS, 212
- FLAT-ROASTED CHICKEN WITH PROSCIUTTO AND GREEN OLIVES, 69
- FLAX CEREAL, 213
- FRESH SALMON CAKES, 95
- FRIED RICE-AFLOWER, 70
- FROZEN BOURBON, CHOCOLATE, AND BURNT ALMOND CHEESECAKE, 304
- GARLIC CHEESE DIP, 149
- GINGER CINNAMON CUSTARD, 334
- GORGONZOLA SAUCE, 192
- GREAT GRANDMA'S GERMAN SAUSAGE BAKE, 108
- GREEN CABBAGE COLE SLAW WITH LEMON ZEST, 163
- GREEN GODDESS DRESSING, 150
- GREEN GREENS PUREE, 267
- GRILLED CHICKEN WITH PROVENCAL SPICES, 71
- GRILLED CHICKEN WITH TARRAGON BUTTER, 72
- GRILLED FLANK STEAK WITH CUMIN AIOLI, 17
- GROUND TURKEY BURGERS WITH MARJORAM, 125
- HAM AND BROCCOLI QUICHE, 45
- HAM SALAD SPREAD, 151
- HAMBURGERS (WITH VARIATIONS), 18
- HAPPY FAMILY, 135
- HAYSTACKS, 295
- HAZELNUT POPPY SEED DRESSING, 152
- Herb Butter for Burgers, 19
- HERBED CAULIFLOWER, 214
- HOLLANDAISE SAUCE, 193
- HORSERADISH DILL MAYONNAISE, 194
- INDIVIDUAL CHOCOLATE SOUFFLES, 320
- ITALIAN-STYLE RED SAUCE\*, 195
- JALAPENO CHICKEN WITH BROCCOLI AND JACK CHEESE, 73
- JAPANESE-STYLE SESAME GINGER DRESSING, 153
- JUDI'S BLUEBERRY ALMOND FLAX BREAD, 315
- KEEMA (SPICED GROUND BEEF), 21
- KING'S CHICKEN, 74
- KOHLRABI AND CELERY GRATIN, 268
- LAMB, FETA, AND OLIVE MEATBALLS, 103
- LEMONGRASS CHICKEN, 75
- LIME ANGEL CUSTARD, 335
- LION'S HEAD, 109
- LISA N.'S DOUBLE ITALIAN SAUSAGE SOUP, 240
- LOW-CARB CHICKEN AND NOODLES, 76
- LOW-CARB CHILI, 137
- LOW-CARB STROGANOFF STEW, 22
- MANDARIN BEEF SAUTE, 23
- MARINATED CHICKEN SALAD, 165
- MARINATED CUCUMBER SALAD WITH FRESH DILL, 166
- MARINATED MUSHROOMS, 269
- MARINATED SALAD, 167
- MARVELOUS MEATBALLS, 24
- MARYLAND CRAB CAKES, 116
- MASHED CAULIFLOWER, 270
- MAYONNAISE BY MACHINE, 196
- MEAT-LOVER'S PIZZA, 26
- MEATBALL SOUP, 25
- MEDITERRANEAN EGGPLANT STEW, 271
- MELT IN YOUR MOUTH MOUSSE, 336
- MEXICAN RICE-AFLOWER, 272
- MICHELLE'S BROCCOLI AND CHICKEN SALAD, 168
- MINI CHEESE BALLS, 215
- MINI CHEESE SOUFFLES, 216
- MINTED CUCUMBER SALAD, 164
- MOCK CREAM OF MUSHROOM SOUP, 241
- MOCK POTATO SALAD, 169
- MOM'S CAULIFLOWER SALAD, 170
- MOROCCAN-STYLE LAMB STEW, 102
- MOUSSAKA A. LA BERNSTEIN, 77
- MUSHROOM CREAM SAUCE, 197

- MUSHROOM SOUP WITH PARMESAN CHEESE, 242
- Mushroom Topping for Burgers, 20
- MUSHROOMS SAUTEED WITH WINE AND GARLIC, 273
- MUSHROOMS STUFFED WITH SAUSAGE AND RICOTTA, 110
- MUSTARD SORREL SAUCE, 198
- NEW YORK CHEESECAKE, 306
- NIGHTSHADE-FREE TACO MEAT, 28
- NIGHTSHADE-FREE TACO SALAD, 29
- NO-BAKE COOKIES, LOW-CARBED, 296
- NO-BAKE VANCOUVER CHEESECAKE, 308
- NORI AND SESAME CRISPS WITH MISO CREAM CHEESE, 217
- OLIVE, WALNUT, AND PARSLEY SALAD, 171
- ONE-POT CHICKEN WITH MUSHROOMS AND SOUR CREAM, 78
- OVEN-BAKED BARBECUE CHICKEN, 79
- OVEN-FRIED CHICKEN, 80
- PARMESAN DIP, 199
- PARMESAN-CRUSTED CAULIFLOWER, 275
- PARMESANCRUSTED ZUCCHINI, 274
- PEANUT BUTTER CHICKEN SALAD, 172
- PEANUT BUTTER COOKIES, 297
- PEANUT BUTTER PIE, 321
- PEANUT CHICKEN STIR-FRY, 81
- Pecan Variation, 299
- PESTO, 200
- PINE NUT AND PARSLEY SALAD, 173
- POACHED EGGS WITH ARTICHOKE BOTTOMS AND HOLLANDAISE, 48
- PORCUPINES, 30
- PORK AND SHIITAKE MUSHROOM MEATBALLS, 111
- PORK LOIN STEAKS WITH LEMON THYME CREAM, 112
- POT ROAST OF BEEF, 82
- PUMPKIN CHEESECAKE, 311
- PUMPKIN PIE, 322
- PUMPKIN PIE PUDDING, 337
- PUREED CAULIFLOWER WITH CELERY ROOT, 276
- QUICHE LORRAINE, 49
- QUICK AND EASY SAUSAGE GRAVY, 218
- QUICK KOREAN-STYLE BEEF AND SPINACH SOUP, 243
- RANCH DRESSING, 154
- RHUBARB PIE, 323
- RICE- AFLOWER PILAF, 219
- RICOTTA PIE, 46
- ROAST CHICKEN WITH HERBS, 83
- ROASTED EGGPLANT SUMMER SALAD, 174
- ROASTED FENNEL WITH ROSEMARY, 278
- ROASTED MUSHROOMS WITH GARLIC AND THYME, 279
- ROASTED RED PEPPER FRITTATA, 47
- ROASTED VEGETABLES, 277
- ROSEBUD'S BUTTER CHICKEN, 84
- ROSEBUD'S TUNA AND SPINACH BAKE, 93
- RUSSIAN DRESSING, 155
- RUTABAGA WITH BALSAMIC VINEGAR AND BROWNED BUTTER, 280
- RUTH'S EASY HERBED LEMON CHICKEN, 85
- SALAD NICOISE, 175
- SALAD WITH SESAME SEEDS AND CANDIED HAZELNUTS, 176
- SALAMI AND PROVOLONE LAYERED TORTE, 50
- SALMON AND SPINACH OMELET, 51
- SALMON PATTIES, 96
- SALMON SALAD, 177
- SALMON TERIYAKI, 97
- SAUSAGE 'N' CHEESE BAKE, 220
- SAUSAGE CASSEROLE, 113
- SAUTEED KALE WITH CRIMINI MUSHROOMS, 281
- SAUTEED SPINACH WITH GARLIC AND PINE NUTS, 282
- SAVORY PECANS, 221
- SCALLOPED SAVOY CABBAGE, 283
- SCRUMPTIOUS COCONUT DROPS, 298
- SESAME, SNOW PEA, AND DAIKON RADISH SALAD, 178
- SEVEN HILLS' CHILI, 131
- SEVEN-EGG VEGGIE LASAGNA, 130
- SHARRON'S BEEF JERKY, 222
- SHARRON'S PORK SAUSAGE, 223
- SHEPHERD'S PIE WITH MUSHROOMS, SMOKED CHEDDAR, BACON, AND SOUR CREAM, 31
- SHRIMP AND BROCCOLI BAKE, 117
- SHRIMP AND NORI ROLLS, 224
- SHRIMP SAUCE, 119
- SHRIMP WITH MACADAMIA CRUST, 120
- SILKEN CHOCOLATE PUDDING, 338
- SILKY CHOCO-PEANUT BUTTER PIE, 324
- SIMPLE CHICKEN AND COCONUT MILK CURRY, 86
- SKILLET SQUASH BREAKFAST, 52
- SLIGHTLY ITALIANO MEAT LOAF, 32
- SLURP 'EM UP CABBAGE NOODLES, 244
- SNICKERS PIE, 325
- SOY, SAKE, AND BUTTER-GLAZED MUSHROOMS, 284
- SPAGHETTI SQUASH, 285
- SPAGHETTI SQUASH FRITTERS I LATKES, 287
- Spaghetti Squash Variation, 197

- SPAGHETTI SQUASH WITH CREAM GRAVY, 132  
SPAGHETTI SQUASH, CARBONARA-STYLE, 286  
SPICY ROASTED AND MASHED EGGPLANT, 288  
SPINACH DIP, 156  
SPINACH QUICHE, 225  
SPINACH SALAD WITH BACON, TOMATO, AVOCADO, AND RANCH DRESSING, 179  
SPINACH SOUFFLE, 53  
STAINED GLASS WINDOW CAKE, 312  
STIR-FRIED CELERY WITH SESAME, 289  
STIRFRIED PORK WITH SWEET AND SOUR CABBAGE, 114  
STUFFED CABBAGE ROLLS, 33  
STUFFED SAVOY CABBAGE WITH RED SAUCE, 290  
STUFFING FOR POULTRY, 87  
SUPER SPECIAL SHRIMP SALAD, 180  
SURPRISE MEATLOAF, 133  
SWEET CINNAMON SQUASH, 226  
SWEET RICOTTA TORTE, 326
- TACO CASSEROLE, 34  
TACO MEAT, 35  
TAMARIAN'S UPSIDE-DOWN SHEPHERD'S PIE, 36  
TERIYAKI BEEF, 37  
THAI BBQ CHICKEN BUNDLES, 88  
THAI SWEET-AND-SOUR CHILE DIPPING SAUCE, 201  
THOUSAND ISLAND DRESSING, 157  
Tofu Variation, 81  
TOFU-RONI AND CHEESE, 122  
TOMATO GARLIC CREAM SAUCE, 202  
TOMATO, OLIVE, AND GOAT CHEESE SALAD WITH CAPERS, 181  
TRINA'S PIZZA CRUST, 134  
TUNA CASSEROLE, 98  
TUNA MELT, 99  
TUNA-STUFFED EGGS, 227  
TURKEY MELT, 126  
TURKEY SALAD, 182  
TURKEY SNACKIN'CAKE, 127  
TURKEY SOUP, 245  
TURKEY TENDERLOIN WITH PESTO AND SMOKED MOZZARELLA, 128  
TWICE-BAKED CAULIFLOWER, 291
- ULTIMATE PUMPKIN PIE, 327  
UNKNOWN, 38
- VANILLA PANNA COTTA, 339  
VEGGIE BEEF STEW, 39
- WALNUT SWEETMEATS, 299  
WARM CAULIFLOWER, BACON, AND EGG SALAD WITH SPINACH, 183  
WESTERN OMELET, 54  
WHITE CLAM SAUCE, 203  
Wine Sauce for Burgers, 18  
WONTON SOUP WITHOUT THE WONTONS, 246  
YOUR OWN ICE CREAM PARLOR, 340  
YUMMY CHOCOLATE BALLS, 300
- ZUCCHINI CAKES, 228  
ZUCCHINI SOUFFLE, 55  
ZUCCHINI, SOUR CREAM, AND JACK CHEESE BAKE, 292