

Cooking

# Low Carb Foods

26 Free Low Carb Recipes



FAVEHEALTHYRECIPES   



## **Cooking Low Carb Foods: 26 Free Low Carb Recipes**

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## Letter from the Editors

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Dear Healthy Cooking Enthusiast:

When it comes to healthy eating and weight loss, take a more complete approach to your diet. If you are looking to lose weight, then perhaps you are considering a low carb diet. However, as experienced healthy eating experts know, trying to adopt a no carb diet is difficult, especially if you don't know much about low carb foods.

This brand new eCookbook from FaveHealthyRecipes.com, *Cooking Low Carb Foods: 26 Free Low Carb Recipes*, provides you with the quick and easy go-to recipes you will need to help make your low carb diet plan a smashing success. With this free collection of recipes, formulating a low carb diet menu will be a breeze.

Here we have assembled some of the absolute best low carb diet recipes around, including low carb chicken recipes, main meals for a low carb diet, low carb snacks and low carb recipes for dessert. This simple cooking eCookbook has just about everything you would ever want to include on your low carb menus.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the delights that can only be found in low carb diet recipes!

For additional low carb diet recipes, be sure to visit [FaveHealthyRecipes.com](http://FaveHealthyRecipes.com). While you're there, subscribe to our free [healthy recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy all of these easy low carb recipes!

Sincerely,

*The Editors of FaveHealthyRecipes*

<http://www.FaveHealthyRecipes.com/>



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## Low Carb Chicken Recipes

### Cottage Cheese Chicken Salad

By: Chef Binks

#### **Description**

In this healthy cooking recipe, Chef Binks shows you how to make Cottage Cheese Chicken Salad, a delicious and healthy take on a deli salad classic. Healthy deli salads recipes will never taste the same again.

**Serves:** 2

**Cooking Time:** 15 min

#### **Ingredients**

- 1 cup chicken breast, cooked and chopped
- 1 cup low-fat cottage cheese
- 2 eggs, hard-boiled and chopped
- 1/3 cup light mayonnaise
- 1/4 teaspoon salt (optional)
- 1/4 cup celery, diced
- 1/2 cup low fat cheddar cheese

#### **Instructions**

1. In a bowl mix chicken, eggs, and celery together with mayo.
2. Add 1/2 cup of cottage cheese, cheese, and salt to chicken mixture. Mix together and enjoy.



## Low Carb Chicken Nuggets

By: Kent Altena

### Description

Now, even those on a low carb diet can enjoy one of the top classic recipes for kids. Here, let Kent Altena show you how to make Low Carb Chicken Nuggets that everyone can enjoy. Instead of breadcrumbs or wheat flour, this low carb recipe uses cheese and coconut flour to coat the chicken pieces.

### Ingredients

- 2 pounds chicken breasts
- 1 1/2 cups Parmesan cheese
- 1/2 cup coconut flour (omit on Induction)
- 3 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 egg
- 1/2 cup cream
- 1/2 cup water

### Instructions

1. In a Tupperware container, add Parmesan cheese, coconut flour, onion powder, garlic powder, black pepper, and baking powder. Place lid on container and shake to combine.
2. In a bowl, crack one egg, and add heavy cream and water. Beat together.
3. Remove excess fat off chicken, and slice chicken breast in to 1-inch strips on the bias against the grain of the chicken. Season the chicken with favorite seasoning.
4. In a large container, add 3/4 cup of cheese-flour mixture. Add a handful of chicken. Shake to coat the chicken. Dunk chicken strips in the egg-cream bath, and shake off excess liquid. Return chicken to large container for second breading. Place chicken on a plate, and repeat for remaining chicken.
5. Start oil heating to 375 degrees F, preheat oven to 200 degrees F, and place chicken in freezer for 5 to 10 minutes while oil heats.
6. When oil is hot enough, remove chicken from freezer and place roughly a third of the pieces in the oil. Cook chicken for 5 minutes until done. Place chicken on cooking sheet in preheated oven, and repeat cooking process with remaining chicken.

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## Tangy Sesame Chicken

By: Alli from the blog An Open Cookbook



### Description

This Tangy Sesame Chicken recipe is a simple meal to throw together and tastes like you spent hours preparing. Most of the ingredients are ones that you will likely have on hand and can easily substitute if you don't. Any fresh herb can be replaced for the parsley. Lime or orange juice can be used for the lemon.

**Yields:** 2 servings

### Ingredients

- Sesame seeds (enough to line a plate for dipping)
- 2 boneless and skinless chicken breasts, preferably locally grown and hormone free
- Salt and black pepper
- 2 teaspoons olive oil
- 1 tablespoon butter
- 1 teaspoon fresh ginger, grated
- 1 lemon, zested and juiced with each placed into separate bowls
- 1 tablespoon low sodium soy sauce
- 2 1/2 tablespoons fresh parsley, finely chopped

### Instructions

1. Spread sesame seeds into a deep plate.
2. Cut off all extra fat from the chicken breasts. Place the chicken breasts between two sheets of plastic wrap and lightly pound with a mallet (or heavy weight) until the breasts are all an even thinness. Sprinkle each side lightly with salt and pepper and dip into the sesame seeds so both

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sides are heavily coated with seeds.

3. Heat a medium to large sauté pan on medium heat. Pour in the olive oil. Once the oil has been heated for a few minutes, lay in the chicken. Cook both sides of the chicken for about 5 minutes on each side until the meat is cooked all the way through. Remove from heat and place on a clean serving plate.
4. Meanwhile, drop the butter into the same, empty pan. Add in the grated ginger. Sauté for a minute or so. Pour in the lemon juice and soy sauce and cook for a minute. Turn off heat.
5. Pour the pan sauce over the chicken breasts. Sprinkle with the parsley and lemon zest. Serve with sautéed greens or your favorite vegetable.

### **Notes**

Adapted from *The Seattle Times*



## Low Carb Chicken Salad

By: Kent Altena

### **Description**

For a basic chicken salad recipe that does not shy away from bold flavors, try this recipe for Low Carb Chicken Salad from Kent Altena. Bacon and sweet pickle relish add oodles of yumminess to this three-step chicken salad recipe.

**Serves:** 8

### **Ingredients**

- 4 slices bacon
- 2 1/2 cups cooked chicken, diced
- 1/2 cup celery, finely chopped
- 1 tablespoon sugar-free sweet pickle relish
- 1/2 teaspoon black pepper
- 1/2 cup mayonnaise

### **Instructions**

1. Fry, and then chop bacon coarsely.
2. Combine bacon, chicken, celery, sugar free sweet pickle relish, black pepper, and mayo in a large bowl.
3. Chill



## Lemon Garlic Rosemary Chicken

By: Rocky Barragan

### **Description**

For an incredibly simple and surprisingly flavorful baked chicken recipe, make this Lemon Garlic Rosemary Chicken recipe from Rocky Barragan. This very well may be one of the yummiest healthy chicken recipes for you to try for supper.

**Makes:** 4 servings

**Preparation Time:** 5 min

**Cooking Time:** 25 min

### **Ingredients**

- 1 pound chicken
- 1/2 cup chicken broth
- 1 lemon
- 2 rosemary sprigs
- 1 tablespoon garlic
- 2 teaspoons lemon pepper
- Salt, to taste
- Black pepper, to taste

### **Instructions**

1. Cover your chicken tenders with lemon juice from the lemon, rub them down with your garlic, rosemary and sprinkle them with lemon pepper.
2. Place your chicken tenders in a baking dish and then pour a little chicken broth onto the bottom of your pan, just enough to produce a layer.
3. Pop in a 375 degree F oven for approximately 25 minutes, or until your tenders have cooked through.
4. Serve and enjoy!



## Low Carb Honey Mustard Chicken

By: Kent Altena

### **Description**

Healthy chicken recipes can be boring, but this low carb diet dish is anything but! This Low Carb Honey Mustard Chicken recipe from Kent Altena uses only five ingredients to make a delightful dinner that everyone will enjoy. Set aside about 30 minutes to make this Atkins diet chicken dish.

**Serves:** 4

### **Ingredients**

- 4 large chicken breasts
- 3/4 cup low carb honey mustard sauce
- 2 tablespoons coconut oil
- 1 dash paprika
- 2 ounces cheese

### **Instructions**

1. Preheat oven to 350 degrees F.
2. Slice chicken breasts in half. Place each half of chicken in a plastic bag. Pound each half to 1/4 to 1/3-inch (0.6 to 0.8 cm) even thickness.
3. In large skillet, heat 2 tablespoons of oil. Sauté each side of the chicken 3 minutes on medium-high heat. Place chicken in 9 x 13-inch (2 L) glass baking dish. On top of the chicken, sprinkle paprika, drizzle 2 to 3 tablespoons of sauce, and add cheese.
4. Bake 20 minutes until the cheese on top is browned. Broil final minute if needed.

### **Notes**

For this dish, use Kent's recipe for [Low Carb Honey Mustard Sauce](#).



## Main Meals for a Low Carb Diet

### 30-Minute Spinach Egg Casserole

By: Chef Binks

#### **Description**

In this recipe, Chef Steven Binks shows you how to make a 30-Minute Spinach Egg Casserole, one of the best healthy casserole recipes for breakfast, lunch or dinner.

**Serves:** 4

**Cooking Time:** 25 min

#### **Ingredients**

- 2 10-ounce packages frozen leaf spinach, thawed
- 2 large eggs
- 1/3 cup fat free milk
- 1/3 cup parmesan cheese, grated
- 1 teaspoon garlic, crushed
- Salt and pepper, to taste

#### **Instructions**

1. Preheat oven to 350 degrees F.
2. In a medium bowl whisk together the egg, milk, cheese, garlic, salt and pepper.
3. Fold in spinach. Place in four small casserole dishes sprayed with olive oil.
4. Bake for 20 minutes, or until lightly set



## Baked Cauliflower Cups

By: Rocky Barragan

### Description

For a healthier alternative to mashed potatoes, try out Rocky Barragan's recipe for Baked Cauliflower Cups. These single serving cauliflower mashed potatoes are loaded with flavorful ingredients like scallions and bacon.

**Makes:** 16 servings

**Cooking Time:** 45 min

### Ingredients

- 24 ounces cauliflower
- 16 tablespoons low fat cheese
- 10 ounces crimini mushrooms
- 1/2 cup scallions
- 6 bacon slices, cooked
- 1/2 teaspoon sea salt
- Olive oil spray

### Instructions

1. First you'll want to chop up your cauliflower into small pieces. This will make it easier later when you go to mash them.
2. Next up dice up some crimini mushrooms and toss them into a heated skillet that you sprayed down with olive oil. Cook until tender.
3. Dice up your bacon strips and scallions.
4. Bring a pot of water to a boil and then toss in your cauliflower.
5. Once your cauliflower is tender, drain and mash! Now mix in your scallions, mushrooms and bacon.
6. Line your muffin tray with tin muffins cups. This will make them easier to store later.
7. It's time to start filling your cups! Place about 1/3 cup of your cauliflower mash in each tin. Once that is done go ahead and add a tablespoon of some of your favorite low fat cheese to each tin.
8. Pop the tray into a 375 degree F oven for about 20 to 30 minutes and voila...Baked Cauliflower Cups!

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## Low Carb Pizza Quiche

By: Kent Altena

### **Description**

If you are on a low carb diet, then will absolutely love this recipe for Low Carb Pizza Quiche from Kent Altena. With ground beef, pepperoni and a whole host of other yummy ingredients, this dinner dish will leave you full and satisfied.

**Serves:** 8

### **Ingredients**

- 1 1/2 pounds ground beef
- 1/2 small onion
- 1 red bell pepper
- 4 ounces pepperoni, diced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 6 eggs
- 1 cup heavy cream
- 8 ounces Swiss cheese, shredded

### **Instructions**

1. Preheat oven to 350 degrees F.
2. In a large frying pan, brown ground beef with onions, peppers, pepperoni, salt, and pepper. Drain excess fat.
3. In a large mixing bowl, beat the eggs. Add cream and pepper, and beat together. Add shredded cheese to egg-cream mixture.
4. Grease a large casserole dish well. Layer the ground beef mixture, and then pour the egg cream over top.
5. Bake for 30 minutes covered, and the final 15 minutes uncovered.





## Breakfast Egg Muffins

By: Alli from the blog An Open Cookbook



### **Description**

Have yourself a healthy breakfast that will really fuel you for the rest of the day with this Breakfast Egg Muffins recipe from Alli from An Open Cookbook. With only five main ingredients, this muffin tin egg recipe is an easy option for those looking for a portable breakfast.

**Yields:** 12 muffins

**Cooking Time:** 40 min

### **Ingredients**

- 8 eggs
- 1 cup shredded four cheese blend
- 1 1/4 cups milk
- 4 cups broccoli, finely chopped
- 1 teaspoon garlic powder
- Salt and black pepper, to taste

### **Instructions**

1. Preheat oven to 400 degrees F.
2. Whisk together all the ingredients.
3. Spray the insides of a muffin tin with cooking spray. Pour the batter into the muffin tins.
4. Place the muffin tin on top of a baking sheet and pour a thin layer of water into the baking sheet to form a shallow water bath. Bake for 40 minutes.

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## Gluten Free Turkey Meat Loaf

By: Rachel Lerner, Personal Web Nutrition

### **Description**

Rachel Lerner's recipe for Gluten-Free Turkey Meat Loaf shows you how dairy and gluten free recipes can become your all-time favorite recipes. With a little know-how, meat loaf can be included on the list of gluten free foods.

**Serves:** 4

**Cooking Time:** 1 hr.

### **Ingredients**

- 1 8-ounce can no salt added tomato sauce with no sugar added
- 1 clove garlic, minced
- 1/2 teaspoon dried basil leaves
- 1/4 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1 pound ground turkey breast
- 1/2 cup quinoa flakes or almond flour
- 1 egg, or 2 egg whites
- 1/4 cup zucchini, shredded

### **Instructions**

1. Preheat oven to 350 degrees F.
2. Combine half of the tomato sauce, garlic, basil, oregano, salt, turkey, quinoa or almond flour, eggs and zucchini and mix in a large bowl. Mix well.
3. Shape into a loaf and place into an ungreased 8x4-inch loaf pan. Bake for 45 minutes.
4. Pour remaining tomato sauce over the top of the meatloaf and bake for an additional 15 minutes.
5. Cool for 10 minutes before slicing.



## Low Carb Tuna Cakes

By: Kent Altena

### **Description**

Easy canned tuna recipes are a great way to add more heart healthy fish to your diet, and these Low Carb Tuna Cakes from Kent Altena are the perfect seafood dish for those on a low carb diet. Pair this Atkins diet tuna fish recipe with a homemade low carb tartar sauce recipe. Your perception of canned tuna recipes will surely change after trying this dish.

**Serves:** 6

**Preparation Time:** 15 min

**Cooking Time:** 10 min

### **Ingredients**

- 3 cans (5 ounces) tuna, drained
- 2 green onions, chopped
- 1 egg, beaten
- 1 tablespoon mayonnaise
- 1 teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 1 teaspoon Cajun seasoning, or Salt-Free seasoning
- 1/4 cup Parmesan cheese
- 1 1/2 ounces pork rinds, crushed
- 1/4 cup cooking oil

#### LOW CARB TARTAR SAUCE:

- 1 cup mayonnaise
- 1 tablespoon sugar free pickle relish
- 2 tablespoons lemon juice
- 1 tablespoon minced onion

### **Instructions**

1. In a large bowl, add tuna, green onions, egg, mayonnaise, Worcestershire sauce, mustard, Cajun seasoning, and Parmesan Cheese. Combine mixture.
2. In a second container, add crushed pork rinds. Take tablespoon of tuna mixture, form a ball, and roll in the pork rinds until coated.
3. In a frying pan, heat oil until it shimmers. Place 3 to 4 tuna cakes, rolling around to reach a golden brown color on all sides. Remove from oil, and serve with tartar sauce.

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4. To make the tartar sauce: In a bowl, add mayonnaise, sugar free pickle relish, lemon juice, and onion. Combine, and refrigerate 10 to 15 minutes before use.

### ***Nutritional Information***

#### TUNA CAKES:

Per Serving (2 cakes):

182 Calories

7.8g Fat

1g Total Carbs (0.2g Fiber)

25.5g Protein

#### TARTAR SAUCE:

Per Serving (1 tbsp.):

100 Calories

10.8g Fat

0.8g Total Carbs (0g Fiber)

0.2g Protein



## Grain Free Stuffed Peppers



### **Description**

A good stuffed bell peppers recipe is always a delightful dinner option. This Grain Free Stuffed Peppers recipe is especially great since it fits a wide variety of healthy eating diets. These stuffed green peppers are bound to please everyone.

### **Ingredients**

- 1 bunch Collard greens, chopped
- 3 green onions, sliced
- 4 tablespoons garlic, minced
- 8 ounces mushrooms, sliced
- 2 cups bok choy, chopped
- 1 jalapeno pepper, diced
- Rosemary, to taste
- Oregano, to taste
- Thyme, to taste
- Basil, to taste
- 6 green peppers
- Reduced fat cheese, shredded
- Light vegetable oil

### **Instructions**

1. In a large pan or wok over medium high heat, add some oil and then toss in the greens, mushrooms, green onions, bok choy and jalapeno. Cook until the greens and bok choy have wilted and the mushrooms have begun to brown. This should take about 5 to 10 minutes of cooking.
2. To the cooking pan, add your garlic and herbs and cook until all of the vegetables are completely cooked, about 5 minutes. Set aside.

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3. Pre-heat your oven to 350 degrees F. Then, process your green peppers. Chop the tops off of the peppers, and scoop out the insides with a spoon.
4. Using a tablespoon, fill all of the peppers with the vegetable mixture. You may find yourself with some extra stuffing mixture.
5. Top each pepper with some shredded cheese, and place the peppers upright in a baking dish. Place in the oven until the cheese is completely cooked through, about 5 to 10 minutes.

**Notes**

In this stuffed peppers recipe, the peppers are left mostly raw. If you want the peppers to be as soft as the stuffing mixture, roast or boil the peppers before stuffing.



## No Cook Mexican Tacos

By: Adele of Vegie Head ([www.vegiehead.com](http://www.vegiehead.com))

### **Description**

Tacos, usually filled with items such as ground beef, cheese and sour cream, are not known for being healthy eating options. These No Cook Mexican Tacos from Adele of Vegie Head ([www.vegiehead.com](http://www.vegiehead.com)) are one of the best no cook recipes out there, as they let you turn one of the best known Mexican recipes in a healthy eating dream.

**Serves:** 2

### **Ingredients**

- 2 avocados, peeled
- Juice of 2 lemons
- Juice of 1 lime
- 1 cup cilantro, chopped
- 4 cherry tomatoes, quartered
- 1 pinch cayenne pepper
- Sprinkle of salt, to taste
- Small lettuce or radicchio leaves
- 1 whole raw beet, spiralized
- 1 carrot, sliced lengthways (optional)

### **Instructions**

1. In a large bowl, mash the avocado, lemon and lime juice, coriander, cayenne pepper and salt.
2. Gently fold in the tomatoes, making sure you don't mash them.
3. Layer the leaves with the beet and carrot, and pile with the avocado mash.
4. Serve immediately.





## Grilled Steak with Arugula Salad

By: Chef Binks

### Description

In this recipe, Chef Steven Binks shows you how to make Grilled Steak with Arugula Salad. This juicy steak recipe is full of flavor and actually good for you. The Arugula Salad recipe pairs perfectly with the grilled steak.

**Serves:** 4

**Cooking Time:** 20 min

### Ingredients

- 1 teaspoon fresh thyme, chopped
- 1/4 teaspoon kosher salt
- 1/2 teaspoon black pepper, freshly ground and divided
- 4 4-ounce flatiron steaks
- 2 lemons, halved
- 1 tablespoon fresh chives, chopped
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon Dijon mustard
- 1/8 teaspoon kosher salt
- 4 cups arugula, loosely packed
- 1/4 cup fresh Parmigiano-Reggiano cheese, shaved (about 1 ounce)

### Instructions

1. Heat a grill pan over medium-high heat. Rub thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper over steaks. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.
2. Remove steaks from pan. Add lemon halves, cut sides down, to pan; cook 3 minutes. Cut steaks across the grain into thin slices.
3. Combine remaining 1/4 teaspoon pepper, and next 4 ingredients (through 1/8 teaspoon salt), stirring with a whisk. Drizzle over arugula; toss to coat.
4. Arrange 1 steak, 1 cup arugula, and 1 lemon half on each of 4 plates; top each salad with 1 tablespoon cheese.



## Low Carb "Big Mac" Pie

By: Kent Altena

### Description

If you are on a low carb diet but find yourself missing the taste of fast food, then this ground beef casserole is made just for you. With this Low Carb "Big Mac" Pie recipe from Kent Altena, learn how to enjoy the flavor of the classic McDonald's sandwich without breaking your healthy eating guidelines. This low carb recipe shows you another way to utilize another one of Kent's low carb recipe creations: Thousand Island dressing.

**Makes:** 8 servings

### Ingredients

- 1 1/2 pounds ground beef
- 1 tablespoon chicken bouillon (should be heaping)
- 2 tablespoons dried onion
- 1 tablespoon dried parsley
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 8 ounces cheddar cheese, shredded
- 1/2 cup low carb thousand island dressing
- 3 eggs, beaten
- 1/4 cup sour cream
- 1/2 cup dill pickles

### Instructions

1. Preheat oven to 375 degrees F.
2. In a large skillet, brown ground beef. Season with chicken bouillon, dried onion flakes, parsley, onion powder, and garlic powder.
3. In a large bowl, place seasoned ground beef. Add cheddar cheese, thousand island dressing, eggs, sour cream, and dill pickles. Mix together thoroughly.
4. Add ground beef mixture to an 8x11-inch baking dish and spread to corners. Bake for 30 minutes.

### Notes

For Kent's low carb thousand island salad dressing recipe, [watch this video tutorial](#).

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## Olive Garden Inspired Low Carb Pasta Carbonara

By: Kent Altena

### Description

The Olive Garden carbonara recipe is one of the tastiest Olive Garden recipes out there. This Olive Garden Inspired Low Carb Pasta Carbonara recipe from Kent Altena shows you how to make one of the best restaurant recipes fit for a low carb diet. This spaghetti carbonara sauce is one of the most delectable copycat recipes around!

### Ingredients

- 1 spaghetti squash
- 8 bacon slices
- 1/2 small onion, diced
- 2 garlic cloves
- 1/4 cup white wine (optional)
- 4 eggs, beaten
- 1/2 cup Parmesan cheese, grated
- 1/4 cup heavy cream
- 1/4 cup water, as needed
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt
- 1/8 teaspoon parsley

### Instructions

1. Quarter one spaghetti squash. In a large pot of boiling salted water, place spaghetti squash for 20 to 30 minutes until the stringy inside easily flakes out.
2. In a large frying pan, cook bacon until crispy and set aside. Remove all but 2 tablespoons of bacon fat from pan. Cook onions until translucent. Add garlic, and cook one more minute. Add white wine if desired, and reduce to desired consistency.
3. Add chopped bacon and spaghetti squash back to frying pan. Add beaten eggs, continuously stirring until beginning to set. Add cheese, cream, and water. Stir into well incorporated and "spaghetti" are covered.
4. Serve with parsley and Parmesan cheese.



## Low Carb Snacks

### "Popcorn" Roasted Cauliflower

By: Kent Altena

#### **Description**

For a light and low carb alternative to popcorn, make a batch of this "Popcorn" Roasted Cauliflower recipe from Kent Altena. You may think that you don't like cauliflower recipes, but that's because you've never tried roasted cauliflower before. This dish is a delicious low carb alternative to popcorn.

**Serves:** 4

#### **Ingredients**

- 1 1/2 heads of cauliflower, equivalent to 6 cups
- 1/4 cup oil, preferably coconut oil
- 1 tablespoon salt
- 1 teaspoon salt free seasoning (optional)

#### **Instructions**

1. Preheat oven to 425 degrees F. Line a sheet pan with parchment paper.
2. Chop the cauliflower down to the florets. Remove the stems and cores.
3. In a medium bowl, pour oil, salt, and salt-free seasoning. Stir until well combined. Add the cauliflower and ensure it is coated with oil.
4. Spread cauliflower out on sheet pan. Place in oven for 60 minutes. Flip or rotate cauliflower every 20 minutes until the cauliflower is golden brown. They can be slightly blackened, but do not burn too many.



## Bedeviled Eggs

By: Kent Altena

### **Description**

For a unique take on the classic deviled eggs recipe, try out these Bedeviled Eggs from Kent Altena. Featuring bacon and Cheddar cheese, these easy deviled eggs make for one of the tastiest low carb snacks around. Serve this at your next party.

**Makes:** 10 servings

### **Ingredients**

- 10 eggs, hard-boiled
- 4 slices bacon
- 1/2 cup mayonnaise
- 1 ounce Cheddar cheese, shredded
- 1 teaspoon hot sauce
- 1 dash cayenne pepper

### **Instructions**

1. Place eggs in a saucepan, and cover with cold water. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. To cool more quickly, rinse eggs under cold running water.
2. Place bacon in a skillet. Cook over medium-high heat until evenly brown. Crumble and set aside.
3. Peel the hard-cooked eggs, and cut in half lengthwise. Remove yolks to a small bowl. Mash egg yolks with mayonnaise, crumbled bacon, hot sauce, cayenne pepper, and cheese. Stir in mustard. Fill egg white halves with the yolk mixture and refrigerate until serving.



## Chicken Crackers

By: Kent Altena

### **Description**

If you're on a low carb diet and miss traditional snack foods, then you'll love this recipe for Chicken Crackers from Kent Altena. These homemade crackers use almond and coconut flours instead of wheat flour, and are flavored with chicken bouillon.

**Makes:** 6 servings

**Cooking Time:** 25 min

### **Ingredients**

- 1/2 cup almond flour
- 1/4 cup coconut flour
- 1 tablespoon ground chia seeds
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried parsley
- 1 teaspoon chicken bouillon
- 1/4 cup Parmesan cheese, grated
- 1 egg
- 1 tablespoon coconut oil
- 1 tablespoon water

### **Instructions**

1. Preheat oven to 325 degrees F
2. Combine the almond flour, coconut flour, chia seeds, garlic powder, parsley, chicken bouillon and Parmesan cheese in a large bowl.
3. In a separate bowl, beat one egg, and mix in the coconut oil. Combine with the dry ingredients.
4. Add enough water to allow dough ball to hold together.
5. Place dough ball on a cookie sheet, cover with plastic wrap, and roll out to roughly 1/4-inch or less thickness. (thinner means crispier)
6. Bake for 20 to 25 minutes or until the crackers reach the desired level of crispness.



## Roasted Cauliflower Spread

By: Alli from the blog An Open Cookbook



### **Description**

Spice up your repertoire of recipes for spreads and dips with this Roasted Cauliflower Spread from Alli from An Open Cookbook, one of the most unique recipes using cauliflower. Roasted cauliflower recipes are beloved because the roasting process draws out the natural sweetness of the vegetable.

### **Ingredients**

- 1 garlic bulb
- Salt and black pepper, to taste
- 1/2 teaspoon plus 3 tablespoons olive oil
- 1 head cauliflower, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons sesame seeds, toasted
- 1 lemon, juiced
- 1/8 teaspoon ground cumin
- 2 tablespoons water

### **Instructions**

1. Preheat oven 425 degrees F.
2. Chop the top layer off the garlic bulb. Place in an oven safe container and drizzle 1/2 teaspoon olive oil, salt, and pepper to taste. Cover and roast for 45 minutes. Remove and set aside.
3. Place the chopped cauliflower on a parchment or Silpat lined baking sheet. Coat with 2 tablespoons olive oil, salt and pepper to taste. Toss so all the cauliflower is coated. Roast in heated oven for 15 minutes.
4. Open oven door carefully and stir cauliflower. Roast for 15 more minutes until browned.

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5. Remove the roasted garlic cloves from the bulb and place in a food processor. Add the roasted cauliflower, 1/4th teaspoon salt, 1/4th teaspoon pepper, sesame seeds, lemon juice, cumin, 1 tablespoon olive oil, and water.
  
6. Puree until spoon. Scrap sides if necessary and puree more. Taste and adjust any seasonings.



## Curried Kale Chips

By: Alli from the blog An Open Cookbook



### **Description**

You really can spice up your kale chips with any type of flavoring. One important note: no matter what spices you choose really dig in with your hands when blending the oil and spices into the kale leaves. Make sure every little leaf get attention. Otherwise you will have some really spicy bites, and really dull other bites.

### **Ingredients**

- 1 bunch green kale, washed, de-stemmed and cut into big chunks
- 1 teaspoon curry powder
- 1/8 teaspoon ground ginger
- 1/4 teaspoon ground cumin
- 1/8 teaspoon salt
- 2 teaspoons olive oil

### **Instructions**

1. Preheat oven to 425 degrees F. Gather all of your kale and drop into a large bowl.
2. In a small bowl or ramekin, mix all the spices (curry through salt) together. Drizzle 1 teaspoon of oil onto the kale. Pour about half of the spice mixture on top of that.
3. With your (clean) hands, thoroughly massage the oil and spices into the kale leaves. Pour in the other teaspoon of oil, with the rest of the spices following suit. Repeat the massage until every leaf seems to have gotten enough attention.
4. Place the dressed kale on a Silpat or parchment paper lined baking sheet. Evenly distribute the leaves throughout the pan. Roast in the oven for 10 minutes.

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5. When this time is up, open oven, toss the leaves with tongs. Roast for another 3 minutes. They should all be crispy and slightly darker in color.
  
6. Pull out of oven and let sit for a few minutes for them to do their last crisping.



## Low Carb Diet Recipes for Dessert

### Low Carb Banana Nut Bread

By: Kent Altena

#### **Description**

If you are on a low carb diet, you may have thought that banana bread recipes were a thing of the past. However, this Low Carb Banana Nut Bread recipe from Kent Altena shows you how to make a delicious healthy banana bread recipe perfectly fit for your low carb lifestyle.

**Makes:** 10 servings

**Cooking Time:** 35 min

#### **Ingredients**

- 1/2 cup butter
- 4 ounces cream cheese
- 1 cup Splenda
- 5 eggs
- 3 teaspoons banana extract
- 1 teaspoon vanilla extract
- 1 cup almond flour
- 1/2 cup coconut flour
- 1 teaspoon baking powder
- 1/3 cup walnuts

#### **Instructions**

1. Preheat the oven to 350 degrees F (225 degrees C).
2. In a stand mixer, add the cream cheese and butter, and cream ingredients together. Add sucralose, vanilla extract and banana extract to the mixing bowl, and slowly add eggs individually while the mixer is on low speed. Scrape the sides to ensure everything is mixed. Mix for 30 seconds on a medium speed.
3. Reduce speed to low, and add almond flour, coconut flour, and baking soda to the mix. Mix for 1 minute.
4. Add to two well-greased mini loaf pans, and bake for 25 to 35 minutes at 350 degrees F.



## Chai Tea Latte

By: Rocky Barragan

### **Description**

This Chai Tea Latte recipe from Rocky Barragan is an ideal way to enjoy a classic cold weather drink classic without indulging in loads of fat and calories. This chai latte recipe is made healthier thanks to stevia and soy milk.

**Preparation Time:** 8 min

### **Ingredients**

- 1 bag of chai tea
- 1 scoop of Vanilla Whey Protein powder
- 8 ounces vanilla Silk soymilk
- 1 packet of Truvia stevia

### **Instructions**

1. Pour 6 ounces of vanilla Silk into a microwable measuring cup. Pop into the microwave for approximately 2 minutes or until the Silk has come to a boil. Keep a close watch...it can easily boil over.
2. Once the Silk has come to a boil take out of the microwave and drop in your chai tea bag and allow to steep for 4 minutes. This will allow maximum chai tea flavor which you'll need once you mix in your protein powder.
3. After 4 minutes are up remove the tea bag and top off your Silk with 2 more ounces. This will help cool your drink off a bit...don't want to burn your mouth. Of course if you want your drink hotter you can start off with the full 8 ounces in the microwave.
4. Now add a packet of Truvia and 1 scoop of Vanilla Whey Protein powder and blend! Serve and enjoy!



## Low Carb Scotcharoos

By: Kent Altena

### Description

With one crisp peanut butter layer topped with a chocolate layer, these Low Carb Scotcharoos from Kent Altena are one of the tastiest easy dessert recipes around. If you've never tried scotcharoos bars before, then you're in for a real treat! Best of all, no baking is required to make these bars.

**Makes:** 24 to 36 servings

**Chilling Time:** 1 hr. 10 min

### Ingredients

#### PEANUT BUTTER CRISPIE LAYER:

- 1/2 cup butter
- 1/2 cup natural sugar free peanut butter
- 1 cup Splenda, or liquid equivalent
- 2/3 cup vanilla whey protein powder
- 3 cups coconut, toasted

#### CHOCOLATE LAYER:

- 1/2 cup coconut oil
- 2 teaspoons (heaping) cocoa powder
- 3 tablespoons Splenda, or liquid equivalent

### Instructions

1. In a large bowl, melt butter and peanut butter. Mix together with the Splenda. Add the whey protein powder and stir.
2. Add [toasted coconut](#) and combine well.
3. In a 8x11-inch baking pan lined with foil, pour mixture and press out to the edge and flat with a piece of plastic wrap.
4. Chill peanut butter layer in refrigerator for 1 hour.
5. In a ceramic bowl, melt coconut oil in the microwave and combine with cocoa powder and Splenda.
6. Pour the chocolate layer over the peanut butter layer. Ensure coverage to the entire top of the lower layer.
7. Chill in freezer for 10 minutes, and it is ready to serve.

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## Chocolate Cake in a Mug

By: Rocky Barragan

### **Description**

You don't need to be a baker in order to make yourself a delicious moist chocolate. This recipe for Chocolate Cake in a Mug from Rocky Barragan shows you how to make a protein-loaded easy chocolate cake using your microwave oven.

**Makes:** 2 servings

**Cooking Time:** 1 min 30 sec

### **Ingredients**

- 1 scoop of chocolate whey protein
- 2 1/2 tablespoons Fage Greek yogurt
- 2 Truvia packets
- 1/4 teaspoon baking soda
- 1 pinch salt

### **Instructions**

1. Thoroughly combine the protein powder, yogurt, Truvia, baking soda and salt in a microwave safe mug. Pop in the microwave for 1 minute and 30 seconds.
2. The cake will slip out of the mug very easily just use a butter knife or fork to pry it away from the sides a bit. Now you can eat it as is or top it with whipped cream, berries or sugar free chocolate syrup!



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