

# **Healthy Holidays Recipes**

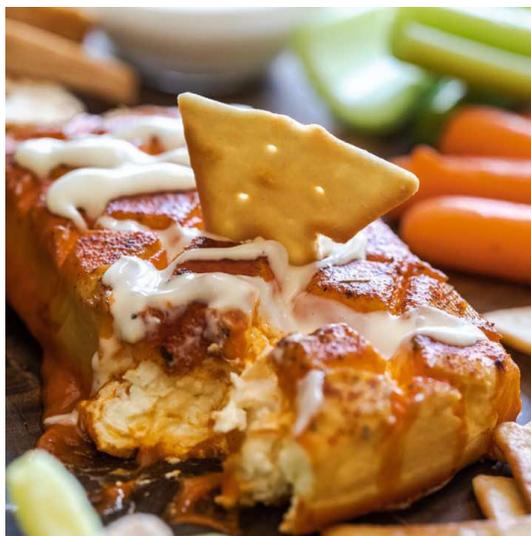
**By Zivli, LLC**

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# Appetizer



## Buffalo Smoked Cream Cheese

Appetizer, Snack • Dip  
[www.orwhateveryoudo.com](http://www.orwhateveryoudo.com)

**Serving size:** 8 | **Prep time:** 10 mins | **Cook time:** 2 hours

### Ingredients

8 ounces cream cheese  
1 tablespoon dry ranch powder  
1/2 teaspoon cayenne pepper  
2 teaspoons Bleu Cheese Buffalo Rub (optional)  
1/3 cup buffalo sauce  
1/3 cup bleu cheese dressing

### Directions

1. Preheat your smoker to 220°.
2. Cut a cross-hatch pattern into the top of the cream cheese block about 1/2 inch deep.
3. Sprinkle with the ranch powder and cayenne pepper.
4. Smoke for 1 1/2 hours at 220°.
5. Pour on the Buffalo sauce directly onto the top of the cream cheese. Let smoke an additional 30 minutes.
6. Pull off the grill, drizzle with the bleu cheese (if desired), and enjoy with your favorite dippers! We like

### Nutrition

Amount per serving  
Serving size: 1  
Calories: 186  
Total Fat: 18g

Saturated Fat: 8g  
Cholesterol: 42mg  
Sodium: 435mg  
Total Carbohydrate: 2g  
Dietary Fiber: 0g  
Sugars: 2g  
Protein: 5g

celery, carrots, and crunchy crackers. But you could also get crazy and smear this onto some chicken wings, use it as a spread for an epic grilled chicken sandwich, or whatever other crazy ideas you can come up with!

# Breakfast



## Greek Yogurt Pancakes

Breakfast  
[www.eatingbirdfood.com](http://www.eatingbirdfood.com)

**Serving size:** 2 | **Prep time:** 10 mins | **Cook time:** 10 mins

### Ingredients

3 bananas  
6 eggs  
1 3/4 cup rolled old fashioned oats  
3/4 cup plain Greek yogurt  
1 1/2 teaspoon cinnamon  
1 1/2 teaspoon baking powder  
1/2 teaspoon sea salt  
1/4 cup chocolate chips

### Nutrition

Amount per serving  
Serving size: 3 pancakes

### Directions

1. Place all ingredients except the chocolate chips into a blender and blend until smooth. Stir in the chocolate chips.
2. Heat a non-stick skillet over medium heat with cooking spray. Once hot, pour pancake batter onto the skillet, using a 1/4 cup to measure.
3. Cook until the batter starts to form little bubbles and you can easily get under the pancake with a spatula. Flip pancake and cook for another 1-2 minutes or until pancake is cooked through. Continue process until you run out of batter. You should be able to make 6 small pancakes.
4. Stack pancakes and top with banana slices and

Calories: 356  
Total Fat: 15g  
Saturated Fat: 7g  
Cholesterol: 187mg  
Sodium: 349mg  
Total Carbohydrate: 48g  
Dietary Fiber: 6g  
Sugars: 23g  
Protein: 12g

maple syrup to serve.



## Keto banana bread

Breakfast • Bread  
healthyrecipesblogs.com

**Serving size:** 12 slices | **Prep time:** 15 mins | **Cook time:** 50 mins

### Ingredients

Cooking spray for the pan ((I use avocado oil spray))

3 large eggs

3 large very ripe bananas  
(well mashed (1.5 cups))

1 tablespoon vanilla extract

2 tablespoons monk fruit or  
equivalent sweetener

2 cups blanched finely  
ground almond flour

1 tablespoon ground  
cinnamon

¼ teaspoon Diamond Crystal  
kosher salt

1 teaspoon baking soda

### Directions

1. Preheat your oven to 350°F. Line a small loaf pan (8.5 X 4.5 inches) with parchment paper strips, leaving an overhang on each side of the pan. Lightly spray the lined pan with oil.

2. In a medium bowl, whisk together the eggs, mashed bananas, vanilla, and sweetener.

3. Gradually whisk in the almond flour, cinnamon, kosher salt, and finally the baking soda. Whisk until smooth.

4. Using a rubber spatula, transfer the batter to the prepared pan. Gently tap the pan on the countertop to evenly distribute the batter.

1/2 cup walnuts (optional)

## Nutrition

Amount per serving

Serving size: 1 slice

Calories: 172

Total Fat: 11g

Saturated Fat: 1g

Sodium: 147mg

Total Carbohydrate: 15g

Dietary Fiber: 3g

Sugars: 8g

Protein: 6g

5. Bake the banana bread until browned and set, and a toothpick inserted in its center comes out dry, 40-50 minutes.

6. Using the excess parchment paper as handles, carefully remove the banana bread from the pan and transfer it to a wire rack. Carefully remove the parchment, to allow air to circulate.

7. Cool the bread completely on the cooling rack for about 2 hours. Slice it into 12 slices and serve.



## Low Carb Keto Granola Cereal Recipe

Breakfast  
[www.wholesomeyum.com](http://www.wholesomeyum.com)

**Serving size:** 12 servings (1/4 cup each) | **Prep time:** 10 mins | **Cook time:** 15 mins

### Ingredients

1 cup Almonds ((see notes below))  
1 cup Hazelnuts  
1 cup Pecans  
1/3 cup Pumpkin seeds  
1/3 cup Sunflower seeds  
6 tbsp Besti Erythritol  
1/2 cup Golden flax seed meal  
1 large Egg white  
1/4 cup Unsalted butter ((measured solid, then melted; can use coconut oil or ghee for dairy-free))  
1 tsp Vanilla extract

### Directions

1. Preheat the oven to 325 degrees F (163 degrees C). Line a large baking sheet, or two small ones, with parchment paper. (I used two 13x9 in (33x23 cm) cookie sheets.)
2. Pulse almonds and hazelnuts in a food processor intermittently, until most of the nuts are in chopped into large pieces (about 1/4 to 1/2 of the full size of the nuts).
3. Add the pecans. Pulse again, stopping when the pecans are in large pieces. (Pecans are added later since they are softer.)
4. Add the pumpkin seeds, sunflower seeds, erythritol, and golden flaxseed meal. Pulse just until everything is

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 278

Total Fat: 26g

Saturated Fat: 4g

Cholesterol: 10mg

Sodium: 5mg

Total Carbohydrate: 7g

Dietary Fiber: 5g

Sugars: 1g

Protein: 7g

mixed well. Don't over-process! You want to have plenty of nut pieces remaining, and most of the seeds should be intact.

5. Add the egg white to the food processor. Whisk together the melted butter and vanilla extract in a small bowl, and evenly pour that in, too.

6. Pulse a couple times, mix a little from the bottom toward the top with a spatula, then pulse a couple times again. Repeat as needed until everything is coated evenly. Again, avoid over-processing. At the end of this step, you'll have a combination of coarse meal and nut pieces, and everything should be a little damp from the egg white and butter.

7. Transfer the nut mixture to the prepared baking sheet in a uniform layer, pressing together into a thin rectangle (about 1/4 to 1/3 in (.6-.8 cm) thick). Bake for 15-18 minutes, until lightly browned, especially at the edges.

8. Cool completely before breaking apart into pieces. (The granola will be soft when you remove it from the oven, but will crisp up as it cools.)



## Zivli Cheesy Green Chili Casserole

Breakfast • Egg

**Serving size:** 9

### Ingredients

1/2 cup butter melted  
16 ounces cottage cheese  
2 cups Monterey Jack  
cheese  
1/4 cup all purpose flour  
1 teaspoon baking powder  
4 ounces diced green chiles  
1/2 teaspoon salt  
12 large eggs

### Directions

1. Preheat oven to 400 F. Spray a 9 x 13" pan with nonstick cooking spray well.
2. Stir together ingredients, eggs last.
3. Bake 30 minutes. Cool 5-10 minutes before serving.

# Dessert



## Dairy Free Keto Chocolate Silk Pie

Dessert • Chocolate, Pie  
[www.ruled.me](http://www.ruled.me)

### Ingredients

2 (13.5-ounce) cans chilled coconut milk, liquid discarded  
1/2 cup almond butter  
1 teaspoon vanilla extract  
1/4 cup granulated erythritol  
4 ounces low-carb dark chocolate  
1 cup almond flour  
2 tablespoons coconut flour  
2 tablespoons granulated sweetener  
1 teaspoon xanthan gum  
1/2 teaspoon sea salt  
2 tablespoons ghee  
1-2 tablespoons water  
2 tablespoons slivered

### Directions

1. In a saucepan, heat the coconut cream, sweetener, vanilla, and almond butter until they're completely melted together.
2. Remove from heat and stir in the chocolate until the mixture is smooth and the chocolate is melted.
3. Refrigerate the mixture while you prepare the crust.
4. Whisk or sift the flours, sweetener, salt, and xanthan gum.
5. Using a fork, cut in the ghee until the mixture is crumbly and beginning to resemble dough.
6. Add half the water and knead into dough. If it's looking dry, add more water so the mixture is sticky to the touch.

almonds, to garnish

7. Press into a pie tin and bake at 350F for 15 minutes or until the edges brown.

8. Once the crust is baked, pour the chocolate filling into the pie tin and place in the freezer for at least 4 hours.

9. Slice the pie and serve cold. Refrigerate any leftovers!



## Easy Keto Brownies Made With Almond Flour

Dessert • Chocolate  
[www.instrupix.com](http://www.instrupix.com)

**Serving size:** 16

### Ingredients

2 eggs ((at room temperature))  
1/2 cup melted butter ((cooled))  
1 tsp vanilla  
1/2 cup swerve  
1/2 cup almond flour  
1/3 cup cocoa powder  
1/4 tsp baking powder  
handful of walnuts or sugar-free chocolate chips ((optional))

### Directions

1. Preheat your oven to 350 degrees and grease or line an 8x8 baking dish or small round pan.
2. In a large bowl, mix everything together until well combined (start with your wet ingredients and then slowly mix in the dry).
3. Pour the batter into your baking dish, and bake for about 25 minutes. The center should be pretty moist when you pull them out of the oven as they will continue to bake in the pan.
4. Allow them to cool for about 10 minutes before slicing. Enjoy!



## Easy Keto Low Carb Pumpkin Pie Recipe (Sugar-Free, Gluten-Free)

Dessert

[www.wholesomeyum.com](http://www.wholesomeyum.com)

**Serving size:** 12 slices | **Prep time:** 15 mins | **Cook time:** 45 mins

### Ingredients

1 recipe Almond flour pie crust ((or your favorite pie crust recipe))  
1 15-oz can Pumpkin puree  
1/2 cup Heavy cream ((or coconut cream for dairy-free/paleo))  
2 large Egg ((at room temperature))  
2/3 cup Besti Powdered Erythritol  
2 tsp Pumpkin pie spice  
1/4 tsp Sea salt  
1 tsp Vanilla extract

### Directions

1. Make the sweet almond flour pie crust according to the directions here.
2. Meanwhile, beat together all remaining ingredients at medium-low speed, until smooth. (Don't overmix.)
3. When the pie crust is done baking, reduce the oven temperature to 325 degrees F (163 degrees C). Cool the crust on the counter for at least 10 minutes, longer if you have time.
4. Pour the filling into the crust. Gently tap on the counter to release air bubbles.

((optional))

1 tsp Blackstrap molasses

((optional))

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 244

Total Fat: 21g

Total Carbohydrate: 8g

Dietary Fiber: 4g

Sugars: 2g

Protein: 7g

5. Bake for 40-50 minutes, until the pie is almost set but still slightly jiggly in the center. (Check on it occasionally, and if you see the crust start to brown, cover the crust edge with foil and return to the oven until the filling is done. It should still jiggle a bit in the center, like a custard before it sets.)

6. Cool completely on the counter, then refrigerate at least an hour before slicing. Pie can be refrigerated overnight.



## Flaky Keto Pie Crust

Dessert

[www.ketofocus.com](http://www.ketofocus.com)

**Serving size:** 12 | **Prep time:** 1 hour 5 mins

### Ingredients

1 cup almond flour  
3 tablespoons coconut flour  
1 teaspoon xanthan gum  
1/2 teaspoon salt  
1/2 cup unsalted butter,  
chilled and cubed  
1 ounce cream cheese,  
softened  
1 egg  
1 1/2 teaspoons rice vinegar  
or apple cider vinegar

### Nutrition

Amount per serving

### Directions

1. Add **almond flour**, coconut flour, xanthan gum and salt to a food processor. Give a quick pulse to combine. Add chilled cubed butter and cream cheese. Pulse until coarse crumbles form. (See instructions below if you don't have a food processor.)
2. Add egg and vinegar. Pulse until combined and a dough ball forms. Wrap pie crust dough in plastic wrap, flatten into a disc shape and refrigerate for one hour.
3. Place the chilled disc of dough in between two sheets of parchment paper and roll out dough to a flat circle. Start from the center of the disc and work your way out in all directions. If the parchment paper crumbles beneath the dough, either carefully stretch the paper out or flip the parchment paper sandwich

Calories: 142  
Total Fat: 13.5g  
Total Carbohydrate: 1.5g  
Protein: 2.9g

and stretch out the paper. Continue rolling until you are at least an inch wider on all edges than the pie pan you want to use. Crust should be between 1/8 to 1/4 inch thick.

4. Once your pie crust is at your desired thickness and width, remove top layer of parchment paper. Place pie pan upside down over pie crust. Hold one hand on the pie pan. Slide your hand under the bottom parchment paper and flip so the pie pan is on the bottom and crust is on top. Remove parchment paper.

5. Gently press the pie dough into the pie plate and trim the edges if needed. Flute the ends of the pie dough by pinching dough with your thumb and index finger all around the crust.

6. Proceed with the pie according to your recipe instructions. If your recipe requires a pre-baked pie shell, prick the bottom of the crust all over with a fork. Add a sheet of parchment paper on top of the crust and fill with pie weights. This will keep the crust from puffing up on the bottom. Bake at 350 degrees for 10-15 minutes or until the edges turn golden.

7. Prep pie dough through step 3 and freeze disc wrapped in plastic wrap for up to 3 months. Thaw overnight in the refrigerator when ready to use.



## Keto Almond Flour Pie Crust

Dessert

[www.wholesomeyum.com](http://www.wholesomeyum.com)

**Serving size:** 12 slices | **Prep time:** 5 mins | **Cook time:** 10 mins

### Ingredients

2 1/2 cup Wholesome Yum  
Blanched Almond Flour  
1/4 cup Besti Monk Fruit  
Allulose Blend ((\*see note  
below about amounts; omit  
for savory crust))  
1/4 tsp Sea salt ((or 1/2 tsp  
for savory crust))  
1/4 cup Butter ((measured  
solid, then melted; substitute  
ghee or coconut oil for dairy-  
free))  
1 large Egg ((or ~2 tbsp  
additional butter, ghee, or  
coconut oil))  
1/2 tsp Vanilla extract

### Directions

1. Preheat the oven to 350 degrees F (177 degrees C). Line the bottom of a 9 in (23 cm) round pie pan with parchment paper, or grease well.
2. In a large bowl, mix together the almond flour, Besti (if using), and sea salt.
3. Stir in the melted butter and egg, until well combined. (If using vanilla, stir that into the melted butter before adding to the dry ingredients.) The "dough" will be dry and crumbly. Just keep mixing, pressing and stirring, until it's uniform and there is no almond flour powder left. (Alternatively, you can use a food processor to mix it all together.)
4. Press the dough into the bottom of the prepared

((optional))

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 180

Total Fat: 17g

Saturated Fat: 4g

Cholesterol: 29mg

Sodium: 63mg

Total Carbohydrate: 5g

Dietary Fiber: 3g

Sugars: 1g

Protein: 6g

pan. You can flute the edges of desired; if it crumbles when doing this, just press it back together. Carefully poke holes in the surface using a fork to prevent bubbling.

5. Bake for 8-12 minutes, until lightly golden. (Add fillings only after pre-baking.)



## Keto Candied Pecans

Dessert  
jenniferbanz.com

**Serving size:** 10 | **Prep time:** 5 mins | **Cook time:** 1 hour

### Ingredients

2 1/2 cups Pecan halves  
3/4 cup Granular Sweetener  
(Click here to see my favorite  
on Amazon)  
1 teaspoon cinnamon  
1 teaspoon Kosher salt  
1 egg white, beaten until  
frothy

### Nutrition

Amount per serving  
Serving size: 0.25 cup  
Calories: 202  
Total Fat: 20g

### Directions

1. Preheat oven to 250F.
2. Line a 9x13 sheet pan with parchment paper or a silicone baking mat.
3. In a mixing bowl, mix together the pecan halves and the egg white.
4. In another large bowl, mix together the sweetener, cinnamon and salt. Add in the pecan halves and the egg white and mix well to coat the pecans.
5. Lay the pecans out on the baking sheet in a single layer.

Saturated Fat: 2g  
Total Carbohydrate: 4g  
Dietary Fiber: 2g  
Sugars: 1g  
Protein: 3g

6. Bake in the oven for 1 hour, stirring every 15 minutes. The pecans will brown and get crunchy.



## Keto Pumpkin Cheesecake Pie

Dessert

[www.fittoservegroup.com](http://www.fittoservegroup.com)

**Serving size:** 10 | **Prep time:** 10 mins | **Cook time:** 20 mins

### Ingredients

1 cup of pecan meal  
½ cup of melted butter  
½ cup of almond flour  
½ can of pumpkin puree (7.5 ounces)  
8 oz. package of softened cream cheese  
1 egg  
1 cup of sugar substitute  
3 teaspoons of pumpkin pie spice  
¼ tsp of orange extract (optional)

### Directions

1. In a large mixing bowl blend the butter, pecan meal, and almond flour until combined.
2. Press into an 8-inch pie pan or springform pan. Bake crust for 10-15 minutes in a 350-degree oven, until lightly brown. Set aside.
3. In a large mixing bowl combine the pumpkin puree and cream cheese, sugar substitute with an electric mixer until well blended.
4. Next, add the egg and spices.
5. Mix everything until well incorporated and pour batter into the pie crust.

## Nutrition

Amount per serving

Serving size: 1

Calories: 247

Total Fat: 25g

Saturated Fat: 10g

Cholesterol: 95mg

Sodium: 150mg

Total Carbohydrate: 6g

Dietary Fiber: 1.5g

Protein: 6g

6. Bake in a preheated 350-degree oven for about 25-30 minutes or until set.

7. Allow the pumpkin cheesecake to cool in the refrigerator for at least one hour before eating.

8. Store your pie in the refrigerator for up to 5 days.



## Keto Sugar Cookies

Dessert

[alldayidreamaboutfood.com](http://alldayidreamaboutfood.com)

**Serving size:** 12 servings | **Prep time:** 45 mins | **Cook time:** 14 mins

### Ingredients

2 1/4 cups almond flour  
2 tbsp coconut flour ((can also use oat fiber))  
1/4 tsp salt  
6 tbsp butter (softened)  
1/2 cup Swerve Sweetener (granular)  
1 large egg  
1/2 tsp vanilla extract  
1/2 cup powdered Swerve Sweetener  
1/2 cup powdered BochaSweet ((or powdered xylitol))  
1 tbsp egg white powder

### Directions

1. Cookies:
2. Prepare a work surface with a silicone baking mat or a large piece of parchment paper, and dust lightly with coconut flour. Line two large baking sheets silicone liners or parchment paper.
3. In a medium bowl, whisk together the almond flour, coconut flour, and salt. In a large bowl, beat the butter and sweetener together until creamy. Beat in the egg and vanilla extract, and then beat in the almond flour mixture until dough comes together.
4. Turn the dough out onto the prepared work surface. Pat into a rough circle and then top with a large piece of parchment paper. Roll out to about 1/3-inch

2 to 4 tbsp Water (room temperature)

1/2 tsp vanilla extract

Natural food coloring

## Nutrition

Amount per serving

Serving size: 1 serving =  
1/12th of recipe

Calories: 177

Total Fat: 15.2g

Total Carbohydrate: 4.8g

Dietary Fiber: 2.4g

Protein: 5g

thickness.

5. Using cookie cutters of choice, cut out cookies and lift carefully with a small, offset spatula or knife. Place on the prepared baking sheets and freeze for 30 minutes. Gather up the scraps and re-roll your dough, to cut out as many cookies as possible.

6. Preheat the oven to 325F.

7. Bake the cookies 12 to 14 minutes, or until they are just starting to brown around the edges, switching and rotating the pans halfway through baking. Remove from the oven and let cool completely on pan. The cookies will still be quite soft when removed from the oven but will firm up as they cool.

8. Royal Icing:

9. In a large bowl, whisk together the sweeteners and the egg white powder. Add water, 1 tablespoon at a time, whisking in between, until desired consistency is achieved. It should drizzle off the end of the whisk in ribbons, but shouldn't be too thin. Whisk in the vanilla extract.

10. Divide into separate bowls and add food coloring in small amounts until the desired color is achieved.

11. Place icing in small ziploc bags or piping bags with the very corner snipped off to pipe outlines. Let the outlines dry at least 10 to 20 minutes before filling in.

12. To fill in the outlines, pipe frosting into the outline in a back and forth motion. It does not have to be perfect and there may be gaps. Then simply use a toothpick to fill the icing into the gaps.

13. Let the flooded icing dry completely before adding any additional icing decoration. (Or do what I did for one cookie, add little dots of another color and swirl them in with a toothpick. So many fun options!).



## Keto Thin Mint Cookies Recipe

Dessert • Chocolate  
alldayidreamaboutfood.com

**Serving size:** 20 servings | **Prep time:** 30 mins | **Cook time:** 30 mins

### Ingredients

1 3/4 cups almond flour  
1/3 cup cacao powder  
1/3 cup Swerve Sweetener  
1 tsp baking powder  
1/4 tsp salt  
1 large egg (slightly beaten)  
2 tbsp butter (melted)  
1/2 tsp vanilla extract  
1/2 ounce cocoa butter (or 1  
tbsp coconut oil)  
7 oz Lily's dark chocolate  
(chopped)  
1 tsp peppermint extract

### Directions

1. Cookies
2. Preheat the oven to 300F and line two baking sheets with parchment paper.
3. In a large bowl, combine almond flour, cacao powder, sweetener, baking powder and salt. Add in egg, butter and vanilla extract and stir well until dough comes together.
4. Roll out dough between two pieces of parchment paper to desired thickness, but no more than 1/4 inch thick. Lift off top piece of parchment and set aside.
5. Using a 2-inch diameter cookie cutter, cut out

## Nutrition

Amount per serving

Serving size: 2 cookies

Calories: 127

Total Fat: 11.5g

Cholesterol: 5mg

Total Carbohydrate: 7.1g

Dietary Fiber: 3.7g

Protein: 3.3g

circles of dough and lift gently. Place cookies on prepared baking sheet. Gather up scraps of dough and reroll until too little is left to roll out.

6. Bake cookies until firm to the touch, 20 to 30 minutes (this will vary depending on how thinly you rolled your dough). Remove and let cool. They will continue to crisp up as they cool.

7. Pro tip: Once cool, place the wafers in the freezer so the chocolate sets faster.

### 8. Chocolate Coating

9. Set a heatproof bowl over a pot of gently simmering water. Add the chocolate and cocoa butter, stirring frequently until smooth and melted. Remove from heat and stir in the peppermint extract.

10. Dip the cookies into the chocolate, using two forks to turn over and fully coat cookie.

11. Lift out the cookie and gently tap the fork on the side of the bowl to remove excess chocolate, then place on a waxed paper lined baking sheet.

12. Refrigerate until fully set.



## Low Carb Keto Cream Cheese Frosting without Powdered Sugar

Dessert  
[www.wholesomeyum.com](http://www.wholesomeyum.com)

**Serving size:** 6 servings | **Prep time:** 5 mins

### Ingredients

4 oz Cream cheese  
((softened, cut into cubes))  
2 tbsp Unsalted butter  
((softened, cut into cubes))  
1/2 cup Besti Powdered  
Allulose ((or powdered  
erythritol))  
1 tsp Vanilla extract  
1 tbsp Heavy cream ((or more  
if needed))

### Directions

1. Use a hand mixer to beat together the cream cheese and butter, until fluffy.
2. Beat in the sweetener and vanilla, until well incorporated.
3. Add cream and beat again, until creamy. You can adjust the amount of cream to desired consistency.

### Nutrition

Amount per serving

Serving size: 1 serving  
Calories: 110  
Total Fat: 11g  
Saturated Fat: 7g  
Cholesterol: 34mg  
Sodium: 58mg  
Total Carbohydrate: 1g  
Sugars: 0.1g  
Protein: 1g



## Low Carb Keto Pumpkin Cheesecake Recipe

Dessert

[www.wholesomeyum.com](http://www.wholesomeyum.com)

**Serving size:** 16 servings | **Prep time:** 15 mins | **Cook time:** 55 mins

### Ingredients

1 1/2 cups Wholesome Yum  
Blanched Almond Flour  
1/2 cup Collagen peptides  
2 tbsp Besti Monk Fruit  
Allulose Blend  
6 tbsp Unsalted butter  
(melted)  
1 tsp Vanilla extract  
24 oz Cream cheese  
(softened)  
1 cup Pumpkin puree ((at  
room temperature))  
1 cup Besti Powdered Monk  
Fruit Allulose Blend  
3 large Eggs ((at room

### Directions

1. Crust:
2. Preheat the oven to 350 degrees F (177 degrees C). Line the bottom of a 9 inch (23 cm) springform pan with parchment paper. (You can also try greasing well, but parchment works best.)
3. In a large bowl, stir together the almond flour, collagen, and Besti.
4. In a small bowl, whisk together the melted butter and vanilla. Stir the mixture into the dry ingredients, pressing with the spoon or spatula, until well combined. The dough will be slightly crumbly.

temperature))  
1 tsp Pumpkin pie spice  
1/2 tsp Cinnamon  
1 tsp Vanilla extract

## Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 280  
Total Fat: 24g  
Saturated Fat: 2g  
Cholesterol: 45mg  
Sodium: 47mg  
Total Carbohydrate: 6g  
Dietary Fiber: 1g  
Sugars: 2g  
Protein: 10g

5. Press the dough into the bottom of the prepared pan. Prick gently with a fork all over. Bake for 5 minutes.

6. Let the crust cool for at least 20 minutes.

7. Filling:

8. Meanwhile, in another large bowl, use a hand mixer at low to medium speed to beat the cream cheese and powdered Besti together, until fluffy.

9. Beat in the pumpkin puree, pumpkin pie spice, cinnamon and vanilla.

10. Beat in the eggs, one at a time. (Keep the mixer at low to medium the whole time; too high speed will introduce too many air bubbles, which we don't want.)

11. Pour the filling into the pan over the cooled crust. Smooth the top with a spatula. (Use a pastry spatula for a smoother top if you have one that fits into the pan.)

12. Bake:

13. Bake keto pumpkin cheesecake for 40-50 minutes, until the center is almost set, but still jiggly when you gently shake the pan (like jello). (If you want to be extra careful to avoid cracks, you can bake in a water bath by placing the springform pan into a larger pan with tall sides and fill the larger pan with water, halfway up the sides of the springform pan.)

14. Remove the cheesecake from the oven. Run a knife around the edge. (But, do not remove the springform edge just yet.) Cool the cheesecake in the pan on the counter to room temperature.

15. Refrigerate cheesecake for at least 4 hours (preferably overnight), until completely set. (Do not try

to remove the cake from the pan before chilling.)

16. If desired, serve with keto whipped cream and/or a sprinkle of cinnamon.



## Peanut Butter Chocolate Fat Bomb

Dessert • Chocolate  
lowcarbyum.com

**Serving size:** 12 fat bombs | **Prep time:** 1 min | **Cook time:** 10 mins

### Ingredients

1/4 cup peanut butter (no sugar added)  
1/4 cup coconut oil  
1 ounce unsweetened baking chocolate  
1 tablespoon unsweetened cocoa powder  
1/2 teaspoon vanilla stevia drops

### Nutrition

Amount per serving  
Serving size: 1 cup  
Calories: 84

### Directions

1. Completely melt peanut butter, coconut oil, baking chocolate, and cocoa in chocolate melter or double boiler.
2. Remove from heat and stir in stevia.
3. Pour into silicone molds.
4. Freeze until hardened.
5. Remove from molds. Store in airtight container in the freezer.

Total Fat: 9g  
Saturated Fat: 5g  
Sodium: 25mg  
Total Carbohydrate: 2g  
Dietary Fiber: 1g  
Sugars: 1g  
Protein: 2g



## Salted Keto Caramels — Keto Copy

Dessert • Chocolate  
[www.ketocopy.com](http://www.ketocopy.com)

### Ingredients

1/2 c. Salted butter (One stick)  
1/2 c. powdered allulose. I use this!  
1/2 c. heavy whipping cream  
Sugar free chocolate  
Optional: pinch of salt, a few drops of vanilla

### Directions

1. Yep! That's all you need. Equal parts Allulose, butter, and heavy cream. These caramels are easy to make but do take a bit of patience as they need to simmer for about 30 minutes.
2. In a medium saucepan over low heat, add the butter, allulose, and whipping cream. If opting to add vanilla and/or salt, add it in now. Slowly stir as ingredients melt together. I used a stainless steel saucepan and a metal whisk. Stir the mixture every few minutes to make sure that none of the mixture cooks too quickly against the edge of the pan. My Carmel sauce started developing a golden brown color around minute 10 of simmering. At minute 20 it looked almost ready so I began to test the mixture by dropping one drop on a piece of parchment paper. If you have a candy thermometer, simmer the mixture until it hits 260. On my thermometer this is the "hard ball" stage. If you are testing your caramel with the test drop method, you know your caramel is ready if a drop easily pops off

the parchment cleanly.



## Sugar-Free Keto Bark with Crunchy Bits

Dessert • Chocolate  
ketopots.com

**Serving size:** 12 | **Prep time:** 10 mins | **Cook time:** 2 mins

### Ingredients

12 oz sugar free dark chocolate chips  
½ tsp coconut oil  
¼ cup almonds, roughly chopped  
¼ cup pistachios, roughly chopped  
¼ cup toasted hazelnuts, roughly chopped

### Directions

1. Line a baking sheet with parchment paper.
2. Melt the chocolate in a microwave-safe bowl in 30-second increments, stirring after each one.
3. Pour the melted chocolate onto the prepared baking sheet and spread evenly using a spatula.
4. Sprinkle the chopped almonds, hazelnuts and pistachios over the chocolate.
5. Transfer to the fridge for 2 hours to cool.
6. Once the chocolate is completely hardened, break it into pieces.



## Sugar-free Keto Gingerbread Cookies Recipe

Dessert

[www.wholesomeyum.com](http://www.wholesomeyum.com)

**Serving size:** 24 servings | **Prep time:** 15 mins | **Cook time:** 10 mins

### Ingredients

2 1/4 cups Wholesome Yum  
Blanched Almond Flour  
1 tbsp Cinnamon  
1 1/2 tsp Ground ginger  
1/4 tsp Ground cloves  
1/4 tsp Nutmeg  
1/2 tsp Baking powder  
1/8 tsp Sea salt  
1/2 cup Besti Brown Monk  
Fruit Allulose Blend  
3 tbsp Unsalted butter  
(softened)  
1 large Egg ((at room  
temperature))  
1 tsp Vanilla extract

### Directions

1. In a medium bowl, stir together the almond flour, cinnamon, ground ginger, ground cloves, nutmeg, and baking powder.
2. In a large bowl, use a hand mixer to beat the butter and Besti Brown for 1-2 minutes, until fluffy. Beat in the egg and vanilla extract. Beat in the almond flour mixture until a dough forms.
3. Form the dough into a ball and refrigerate for at least 30 minutes, or until ready to bake.
4. Preheat the to 350 degrees F (177 degrees C). Line a cookie sheet with parchment paper (you may need to do this twice for all the cookies).

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 77

Total Fat: 6.9g

Saturated Fat: 0.9g

Cholesterol: 3.8mg

Sodium: 25mg

Total Carbohydrate: 2.7g

Dietary Fiber: 1.3g

Sugars: 0.4g

Protein: 2.5g

5. Place the ball of dough between two large pieces of parchment paper. Roll out to 1/4 in (.6 cm) thickness. Use cookie cutters to cut out cookie shapes and transfer them to the parchment paper. When you've cut out all the shapes you can, re-form the remaining dough into a ball, roll it out again, and repeat, until you've used up all the dough.

6. Bake for 10-15 minutes, until golden on the edges. Cool on the cookie sheet before handling or frosting.

7. Optional step: If you want frosting, make keto cream cheese frosting like this and pipe onto the cookies.



## Sugar-Free Marshmallows Recipe (Keto Marshmallows)

Dessert  
[www.wholesomeyum.com](http://www.wholesomeyum.com)

**Serving size:** 16 servings | **Prep time:** 15 mins | **Cook time:** 5 mins

### Ingredients

2 tbsp Unflavored gelatin powder  
1 cup Water ((warm, divided))  
1 1/2 cups Besti Powdered Monk Fruit Allulose Blend  
1/4 tsp Sea salt  
2 tsp Vanilla extract

### Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 4  
Total Fat: 0.1g

### Directions

1. Line an 8x8 in (20x20 cm) pan with parchment paper. Set aside.
2. Pour 1/2 cup (118 mL) warm water into a large bowl (it will barely cover the bottom of the bowl). Sprinkle gelatin over the water and whisk immediately. Set aside.
3. Meanwhile, add remaining 1/2 cup (118 mL) water, powdered sweetener, and sea salt to a large saucepan. Heat over low to medium heat for a few minutes, stirring frequently, until the mixture is hot, but not boiling, and sweetener dissolves. (The color will change from opaque to slightly translucent, and remove immediately as soon as you see bubbles

Saturated Fat: 0.1g  
Sodium: 38.8mg  
Total Carbohydrate: 0.1g  
Sugars: 0.1g  
Protein: 0.7g

starting to form at the edges.)

4. Remove from heat. Stir in vanilla extract. Pour the hot liquid into the large bowl with gelatin, while whisking constantly.

5. Using a hand mixer on high power, beat the mixture for about 12-15 minutes, until the volume doubles and the mixture looks very fluffy, like stiff egg white peaks. (The time could take longer depending on the size of your bowl and how powerful your mixer is.)

6. Transfer the marshmallow mixture into the prepared pan.

7. Refrigerate for at least 8 hours, or overnight, until firm and no longer sticky. Use a sharp chef's knife to cut into squares.



## The BEST Keto Sugar-Free Pecan Pie Recipe

Dessert

[www.wholesomeyum.com](http://www.wholesomeyum.com)

**Serving size:** 12 slices | **Prep time:** 5 mins | **Cook time:** 1 hour

### Ingredients

1 recipe Almond flour pie crust  
3/4 cup Unsalted butter  
3/4 cup Besti Powdered Monk Fruit Allulose Blend  
1 1/2 cups Heavy cream  
1 tsp Sea salt  
1/2 tbsp Vanilla extract  
3/4 tsp Maple extract  
1 large Egg ((at room temperature))  
2 1/2 cups Pecans ((2 cups chopped coarsely + 1/2 cup halves for topping))

### Directions

1. Preheat the oven to 350 degrees F (177 degrees C).
2. Make the almond flour pie crust according to the instructions here.
3. Meanwhile, make the filling. In a large saute pan (not a saucepan!) over medium-low heat, heat the butter and Besti for about 5 minutes, stirring frequently, until dark golden brown.
4. When golden, add the cream and sea salt. Bring to a gentle simmer. Simmer for 15 to 20 minutes, until bubbly, dark golden and thick. The caramel sauce should coat the back of a spoon.

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 533

Total Fat: 54g

Saturated Fat: 8g

Cholesterol: 30mg

Sodium: 295mg

Total Carbohydrate: 8g

Dietary Fiber: 4g

Sugars: 2g

Protein: 9g

5. Remove the sauce from heat. Stir in the vanilla and maple extracts.

6. Let pie crust and caramel sauce cool separately for 15 to 20 minutes, until warm but not hot. While they are cooling, you can either leave the oven on (you will need it again) or preheat it to 350 degrees F (177 degrees C) again when the cooling time is almost up.

7. Once caramel sauce has cooled enough not to cook an egg being added to it (warm is fine), whisk in the egg.

8. Place chopped pecans evenly into the crust. Pour the caramel/egg mixture over the pecans. Top with pecan halves.

9. Cover the edges of the pie crust with foil, leaving the center open.

10. Bake for about 30 to 35 minutes, until the top is dark brown and the filling is bubbly, thick, and almost set (it should no longer jiggle but will still look a little wet).

11. Cool completely to set. For best results, chill for at least 1 hour before slicing.

# Main Dish



## Beef Chili Recipe

Main Dish • Soup • Batching  
[www.theseasonedmom.com](http://www.theseasonedmom.com)

**Serving size:** 8 cups | **Prep time:** 10 mins | **Cook time:** 1 hour 25 mins

### Ingredients

2 lbs. ground beef  
2 cups diced onion  
3 large cloves garlic, minced  
(about 3 teaspoons)  
1 (6 ounce) can tomato paste  
1 (14.5 ounce) can whole  
tomatoes, not drained  
1 ¼ cups beef broth ((plus  
extra broth to thin the chili at  
the end, if desired))  
2 ½ tablespoons chili powder  
1-2 teaspoons brown sugar  
(or increase to 1 tablespoon  
for a sweeter flavor))  
2 ½ teaspoons cumin

### Directions

1. In a large Dutch oven over medium-high heat, sauté beef, onion, and garlic until the meat is no longer pink. Drain fat and return beef mixture to the pot.
2. Add the tomato paste, whole tomatoes and their juices, beef broth, chili powder, brown sugar, cumin, salt, bay leaf, oregano, and cayenne. Bring to a boil, then reduce the heat to low. Cover the pot and simmer the chili over very low heat for about 1 hour, stirring occasionally. Break up the big tomatoes with a wooden spoon or a fork as you stir.
3. Add the beans and simmer the mixture for 10-15 minutes longer. Thin the chili with extra beef broth, if necessary. Discard the bay leaf. Ladle into individual serving bowls and garnish with desired toppings.

1 ½ teaspoons kosher salt,  
plus more to taste

1 bay leaf

1 teaspoon dried oregano

¼ teaspoon cayenne pepper  
(more or less, to taste)

1 (15.5 ounce) can kidney  
beans or pinto beans,  
drained and rinsed ((or sub  
with a can of corn, drained))

Optional, for serving:  
cornbread; corn chips;  
cheese; sour cream; sliced  
green onions/chives; cilantro;  
avocado; diced red onion

## Nutrition

Amount per serving

Serving size: 1 cup

Calories: 307

Total Fat: 12g

Saturated Fat: 5g

Cholesterol: 74mg

Sodium: 1083mg

Total Carbohydrate: 22g

Dietary Fiber: 6g

Sugars: 8g

Protein: 28g



## Best Carnitas (Slow Cooker Pulled Pork)

Main Dish • Pork  
downshiftology.com

**Serving size:** 8 servings | **Prep time:** 10 mins | **Cook time:** 8 hours

### Ingredients

4 pound boneless pork shoulder or butt  
1 tablespoon dried oregano  
1 tablespoon ground cumin  
2 teaspoon chili powder  
1 teaspoon salt  
1/2 teaspoon black pepper  
1 yellow onion (diced)  
4 garlic cloves (minced)  
1 jalapeno (deseeded and finely diced)  
1 orange (juiced)

### Directions

1. How to Make Carnitas
2. In a small bowl place oregano, cumin, black pepper, salt, and chili powder, then stir together.
3. Trim any excess fat from the pork shoulder (but remember that some fat is good), then rub the spice mixture generously around the entire pork shoulder and place in the slow cooker.
4. Add the onion, minced garlic, jalapeno and orange juice in the slow cooker. Cover and cook on the low setting for 8-10 hours, or high heat for 5-6 hours (until the meat falls apart).

### Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 227  
Total Fat: 10g  
Saturated Fat: 3g  
Cholesterol: 93mg  
Sodium: 406mg  
Total Carbohydrate: 5g  
Dietary Fiber: 1g  
Sugars: 2g  
Protein: 28g

5. Remove the pork from the slow cooker to a large cutting board and use two forks to shred the meat. Don't get rid of the liquid as you will be using it later.

6. To Crisp In The Oven

7. Place the shredded pork on a baking sheet. Pour 1 cup of the reserved slow cooker liquid over the pork to keep it moist and tender.

8. Broil for 5-10 minutes or until the meat becomes golden browned and crispy on the edges.



## Cheesy Taco Pasta

Main Dish • Beef  
dinnerthendessert.com

**Serving size:** 8 Servings | **Prep time:** 5 mins | **Cook time:** 20 mins

### Ingredients

1 package Banza noodles  
1 pound ground beef  
2 tablespoons taco seasoning ((or 1 packet))  
3/4 cup water  
1 cup jarred salsa or rotel  
2 ounces cream cheese  
1 bell pepper  
1 small yellow onion  
1 cup shredded cheddar cheese  
Bread crumbs or Panko (optional)

### Directions

1. Cook the pasta according to the directions on the box and drain.
2. Add the ground beef to the pan and brown well.
3. Drain the fat.
4. Add rest of ingredients to meat, stir and cook until water is gone.
5. Add the pasta back into the pot with the salsa and cheese.
6. Stir to combine. Top with bread crumbs or Panko and broil until light brown.

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 316

Total Fat: 16g

Saturated Fat: 7g

Cholesterol: 55mg

Sodium: 408mg

Total Carbohydrate: 23g

Dietary Fiber: 1g

Sugars: 2g

Protein: 17g



## Chicken and Wild Rice Soup

Main Dish • Chicken, Soup  
[www.foodandwine.com](http://www.foodandwine.com)

**Cook time:** 1 hour 15 mins

### Ingredients

4 tablespoons unsalted butter  
3 celery ribs, cut into 1/2-inch pieces  
2 carrots, cut into 1/2-inch pieces  
1 medium onion, chopped  
2 garlic cloves, minced  
1 1/2 teaspoons finely chopped thyme  
Salt  
Pepper  
1/4 cup all-purpose flour  
1 cup wild rice (5 ounces)  
2 quarts chicken stock or

### Directions

1. In a large saucepan, melt the butter. Add the celery, carrots, onion, garlic, thyme and a generous pinch each of salt and pepper and cook over moderate heat, stirring occasionally, until the vegetables just start to soften, about 10 minutes. Sprinkle the flour over the vegetables and cook, stirring, until evenly coated and lightly browned, about 3 minutes.
2. Add the wild rice to the saucepan and gradually stir in the stock and water. Bring to a boil, then simmer over moderately low heat, stirring occasionally, until the vegetables are tender, about 30 minutes. Add the chicken and simmer, stirring occasionally, until the wild rice is tender, 10 to 15 minutes longer. Stir in the cream and season with salt and pepper. Ladle the soup into bowls and serve.

low-sodium broth

2 cups water

4 cups bite-size pieces of  
roasted chicken or turkey

1 cup heavy cream



## Chicken with Mustard Cream Sauce

Main Dish • Chicken  
letsdishrecipes.com

**Serving size:** 4 | **Prep time:** 5 mins | **Cook time:** 15 mins

### Ingredients

4 boneless skinless chicken breast halves  
2 tablespoons olive oil  
Salt and pepper, to taste  
1/4 cup chicken broth  
1/2 cup heavy cream  
2 tablespoons Dijon mustard  
1 teaspoon dried tarragon or oregano

### Nutrition

Amount per serving  
Serving size: 1  
Calories: 366

### Directions

1. Add olive oil to a large skillet and preheat over medium-high heat.
2. Season chicken breasts with salt and pepper.
3. Add chicken to skillet and saute until cooked through, about 10-12 minutes, turning once. Transfer to a plate and keep warm.
4. Pour chicken broth into hot skillet.
5. Whisk in the cream, mustard and tarragon or oregano. Cook and stir for about 2 minutes.
6. Pour sauce over chicken and serve.

Total Fat: 22g  
Saturated Fat: 9g  
Cholesterol: 136mg  
Sodium: 431mg  
Total Carbohydrate: 2g  
Dietary Fiber: 0g  
Sugars: 1g  
Protein: 39g



## Creamy Chicken in White Wine Sauce

Main Dish • Chicken  
[www.saltandlavender.com](http://www.saltandlavender.com)

**Serving size:** 4 | **Prep time:** 10 mins | **Cook time:** 20 mins

### Ingredients

2 large chicken breasts (cut in half lengthwise)  
Salt & pepper (to taste)  
1/4 teaspoon garlic powder  
Flour (for dredging)  
1 tablespoon olive oil  
3 tablespoons butter (divided)  
1/2 cup dry white wine  
1/3 cup chicken broth  
1 pinch Herbs de Provence (or Italian seasoning)  
1/2 cup heavy/whipping cream  
Fresh chopped parsley, for

### Directions

1. Cut your chicken breasts in half lengthwise to make 4 thinner cutlets. Sprinkle them with salt and pepper and garlic powder, then dredge them in flour so they're nicely coated.
2. Add the olive oil and 1 tablespoon of the butter to a skillet over medium-high heat. Once the pan is hot, add the chicken and cook for 4-5 minutes/side until golden. Take the chicken out of the pan and set aside (chicken shouldn't be fully cooked yet).
3. Add the wine and chicken broth to the pan and let it bubble for about a minute. Stir to scrape up any bits from the bottom of the pan.
4. Add the remaining butter and the Herbs de

serving (optional)

Providence to the pan, and continue simmering for another 2 minutes.

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 371

Total Fat: 26g

Saturated Fat: 13g

Cholesterol: 136mg

Sodium: 291mg

Total Carbohydrate: 3g

Sugars: 1g

Protein: 25g

5. Add the cream and chicken back into the pan. Reduce the heat to medium and cook for another 5 minutes or until the chicken is cooked through and the sauce has thickened up a bit. Season with extra salt & pepper as needed and sprinkle with fresh parsley if using.



## Creamy Garlic Parmesan Chicken

Main Dish • Chicken  
[www.saltandlavender.com](http://www.saltandlavender.com)

**Serving size:** 4 | **Prep time:** 10 mins | **Cook time:** 20 mins

### Ingredients

2 chicken breasts (cut in half lengthwise)  
Salt & pepper (to taste)  
1/2 teaspoon garlic powder  
1 tablespoon olive oil  
1 tablespoon butter  
1 tablespoon flour  
3 cloves garlic (minced)  
1/2 cup chicken broth or dry white wine  
1 cup heavy/whipping cream  
1/2 cup freshly grated parmesan cheese  
1 tablespoon fresh parsley (chopped)

### Directions

1. Cut the chicken in half lengthwise so you have 4 thinner pieces. Season them generously on both sides with salt & pepper and the garlic powder.
2. Add the olive oil and butter to a skillet over medium-high heat, and let the pan heat up for a few minutes.
3. Cook the chicken for about 5-6 minutes/side or until it's nicely seared and cooked through. Transfer chicken to a plate and loosely tent it with foil to keep it warm (turn off the heat while doing this step).
4. Turn the heat back on to medium-high and sprinkle in the flour and garlic to the skillet (the pan should still be hot, but if it's not, let it warm up a bit first). Let it cook for about a minute or so, stirring often.

## Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 457  
Total Fat: 35g  
Saturated Fat: 19g  
Cholesterol: 172mg  
Sodium: 479mg  
Total Carbohydrate: 5g  
Dietary Fiber: 1g  
Sugars: 1g  
Protein: 31g

5. Pour in the chicken broth and whisk it until the flour has dissolved and the liquid has reduced by half.

6. Stir in the cream and let it bubble gently for a few minutes until it's thickened to your desired consistency (turn the heat down if it's rapidly boiling). Take the skillet off the heat and stir in the parmesan until it has melted into the sauce.

7. Add the chicken back to the skillet (and any juices from the plate) and spoon some sauce over top. Season with extra salt & pepper if needed and sprinkle the parsley over top.



## Creamy Lemon Parmesan Chicken Piccata

Main Dish • Chicken  
cafedelites.com

**Serving size:** 4 people | **Prep time:** 10 mins | **Cook time:** 20 mins

### Ingredients

2 large boneless and skinless chicken breasts (halved horizontally to make 4)  
2 tablespoons flour ((all purpose or plain))  
2 tablespoons finely grated fresh Parmesan cheese  
1 teaspoon salt  
Cracked pepper  
1 tablespoon olive oil  
2 teaspoons butter ((or oil))  
2 tablespoons minced garlic  
1 1/4 cup chicken broth ((stock))  
1/2 cup half and half or heavy

### Directions

1. In a shallow bowl, combine the flour and parmesan cheese. Season the chicken with salt and pepper; dredge in the flour mixture; shake off excess and set aside.
2. Heat 1 tablespoon of oil and 2 teaspoons butter in a large skillet over medium-high heat until butter has melted and pan is hot. Fry the chicken until golden on each side and cooked through and no longer pink (about 3-4 minutes, depending on the thickness of your chicken). Transfer onto a warm plate.
3. Add the garlic to the oil in the pan (spray with a light coating of oil if needed) and fry until fragrant (about 1 minute). Reduce heat to low-medium heat, add the broth and cream.

cream ((or evaporated milk))

1/3 cup finely grated fresh  
Parmesan cheese

2 tablespoons capers ((plus  
2 tablespoons extra to  
garnish))

1 teaspoon cornstarch  
((cornflour) mixed with 1  
tablespoon of water)

2-3 tablespoons lemon juice  
-- juice of 1 lemon ((adjust to  
your tastes))

2 tablespoons fresh parsley

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 208

Total Fat: 11g

Saturated Fat: 4g

Cholesterol: 51mg

Sodium: 933mg

Total Carbohydrate: 8g

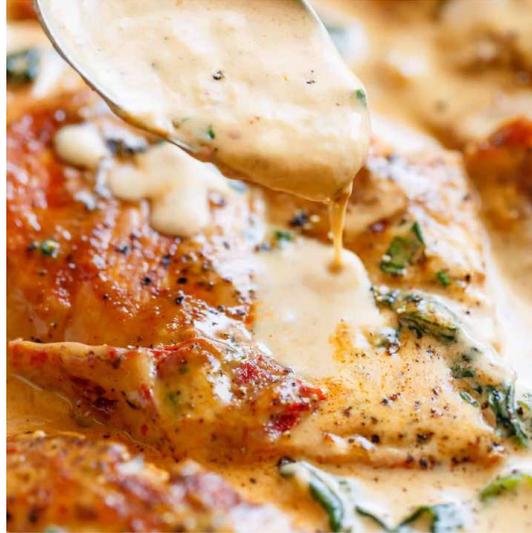
Sugars: 1g

Protein: 18g

4. Bring the sauce to a gentle simmer; season with salt and pepper to your taste; add in the parmesan cheese and capers. Continue cooking gently for about 2 minutes until thicker. (If the sauce is too runny for your liking, add the cornstarch/water mixture into the centre of the pan and mix through fast to combine into the sauce. It will begin to thicken immediately).

5. Pour in the lemon juice, allow to simmer for a further minute to combine. Add the chicken back into the pan, allow to simmer gently in the sauce for about a minute to soak up all of the flavours in the sauce.

6. Serve with the sauce over pasta, steamed vegetables, zucchini noodles or rice. Top with extra capers to garnish, lemon slices and parsley.



## Creamy Tuscan Chicken

Main Dish • Chicken  
cafedelites.com

**Serving size:** 4 people | **Prep time:** 10 mins | **Cook time:** 25 mins

### Ingredients

1 1/2 pounds (700 grams)  
large boneless and skinless  
chicken breasts

1 teaspoon salt ((adjust to  
your tastes))

3/4 teaspoon black cracked  
pepper ((adjust to your  
tastes))

1 1/2 teaspoons paprika

1 1/2 teaspoons onion powder

3 tablespoons reserved sun  
dried tomato oil (or olive oil,  
divided)

For The Sauce:

2 tablespoons minced garlic  
(6 cloves)

### Directions

1. Season chicken with salt, pepper, paprika and onion powder.
2. Heat 2 tablespoons of the reserved sun dried tomato oil in a large skillet over medium-high heat. Sear the chicken for 6-8 minutes each side, or until golden and cooked through (work in batches if your pan isn't large enough). Transfer to a warm plate; set aside.
3. Add the remaining oil into the pan and fry the garlic until fragrant (about 30 seconds to 1 minute), then add in the sun dried tomatoes. Fry for 1-2 minutes to release their flavours. Mix the Dijon through all of the flavours.

5 oz 150g jarred sun dried tomato strips in oil (drained (reserve 3 tablespoons of oil for cooking))

1 teaspoon Dijon mustard

1 1/2 cups heavy or thickened cream ((or evaporated milk for lower calorie/fat))

3 cups spinach

1/2 cup fresh grated Parmesan cheese

2 tablespoons fresh chopped parsley (to serve)

4. Reduce heat to low-medium heat, add the cream (or evaporated milk) and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.

5. Add in the spinach leaves and allow to wilt in the sauce, then add in the parmesan cheese. Allow sauce to simmer for a further minute until cheese melts through the sauce.

6. Add the chicken back into the pan; top with parsley and serve over pasta, rice or steamed veg.

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 683

Total Fat: 47g

Saturated Fat: 21g

Cholesterol: 242mg

Sodium: 1133mg

Total Carbohydrate: 7g

Dietary Fiber: 3g

Sugars: 4g

Protein: 45g



## Easy Crock Pot Cream Cheese Chicken Chili

Main Dish • Chicken  
[www.yummyhealthyeasy.com](http://www.yummyhealthyeasy.com)

**Serving size:** 4 servings | **Prep time:** 10 mins | **Cook time:** 6 hours

### Ingredients

1 15- oz. can black beans  
1 15.25- oz. can corn  
(undrained)  
1 10- oz. can Rotel tomatoes  
(undrained)  
1 package ranch dressing mix  
1 tsp. cumin  
1 Tbsp. chili powder  
1 tsp. onion powder  
1 8- oz package light cream  
cheese  
2 chicken breasts

### Directions

1. Drain and rinse the black beans. Place chicken at the bottom of the crock pot, then pour out the whole can of corn (undrained), Rotel tomatoes, and black beans on top of chicken.
2. Top with seasonings and ranch dressing mix. Stir together.
3. Place cream cheese block on top. Cover with lid and cook on low for 6-8 hours.
4. After the cooking time is over, take chicken breasts from crock pot and shred and add back to the chili. Stir together and enjoy!

### Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 284  
Total Fat: 11g  
Saturated Fat: 6g  
Sodium: 700mg  
Total Carbohydrate: 23g  
Dietary Fiber: 2g  
Sugars: 9g  
Protein: 20g



## French Style Braised Short Ribs

Main Dish • Beef  
[www.closetcooking.com](http://www.closetcooking.com)

**Serving size:** 6 | **Prep time:** 15 mins | **Cook time:** 3 hours

### Ingredients

2 pounds beef short ribs, cut into 3-4 inch pieces  
1 large onion, sliced  
3 carrots, sliced  
3 stalks celery, sliced  
8 ounces mushrooms, quartered  
4 cloves garlic, chopped  
1 pinch red pepper flakes (optional)  
3 cups beef broth  
2 cups dry red wine (or more broth)  
2 tablespoons tomato paste  
2 heads of garlic, with the

### Directions

1. Brown the beef in a large, oven-safe, sauce pan over medium-high heat, about 3-4 minutes per side, and set aside before draining off all but 2 tablespoons of the grease.
2. Add the onions, carrots, celery, and mushrooms and cook until tender, about 7-10 minutes.
3. Add the garlic and red pepper flakes and cook until fragrant, about a minute.
4. Add the broth, wine, tomato paste, heads of garlic, balsamic vinegar, bay leaves, thyme, rosemary, and beef, bring to a boil, reduce the heat, cover and simmer until the beef is fall apart tender, about 2-3 hours. (Option: Transfer the pot to a preheated 350F/

tops removed  
2 tablespoons balsamic  
vinegar  
2 bay leaves  
1 teaspoon thyme, chopped  
(or 1/2 teaspoon dried thyme)  
1 teaspoon rosemary,  
chopped (or 1/2 teaspoon  
dried rosemary)  
2 tablespoons parsley,  
chopped

180C oven and roast, covered, until fall apart tender,  
about 2-3 hours. OR Transfer everything to a slow  
cooker and cook on low for 8-10 hours or on high for  
3-4 hours.)

5. Remove the bay leaves, season with salt and pepper  
to taste and serve over mashed potatoes, or mashed  
celery root, mashed parsnips, pasta, etc. with bread to  
soak up all the tasty sauce. Squeeze the roasted garlic  
out of the heads of garlic and enjoy!

## Nutrition

Amount per serving

Calories: 738

Total Fat: 55g

Saturated Fat: 23g

Cholesterol: 114mg

Sodium: 401mg

Total Carbohydrate: 18g

Dietary Fiber: 2g

Sugars: 6g

Protein: 27g



## Green Chile Chicken Enchilada Soup

Main Dish • Chicken  
[www.chelseasmessyapron.com](http://www.chelseasmessyapron.com)

**Serving size:** 6 -8 | **Prep time:** 20 mins | **Cook time:** 5 hours

### Ingredients

1 can (15.5 oz; 439g) white kidney (cannellini) beans (drained and rinsed)  
2 cans (15.25 oz; 432g EACH) black beans (drained and rinsed)  
1 pound (468g) boneless skinless chicken thighs (~5 thighs) ((or breasts))  
2 cans (4 oz; 113g EACH) fire-roasted diced green chiles  
1 can (14.5 oz.; 411g) fire-roasted diced tomatoes (optional)  
1 can (10 oz; 286g) green

### Directions

- 1. ADD TO SLOW COOKER:** Add the drained and rinsed white and black beans, fat-trimmed boneless skinless chicken thighs (or breasts; if using breasts cut each breast into 4 pieces), both cans of diced green chiles, fire-roasted diced tomatoes (undrained), and green enchilada sauce. Add all the seasonings: chili powder, cumin, paprika, salt and pepper. If desired, add in the fresh cilantro. Pour in the chicken stock or broth (1 cup for a thicker chili and use 2 cups for a thinner soup-like consistency)
- 2. COOK:** Cover the slow cooker and cook on low for 5-7 hours or high for 3-5 hours or until the chicken is cooked through (165 degrees F or easily shreds).
- 3. CREAM CHEESE:** Remove the chicken from the crockpot and set aside in another bowl. Add softened

enchilada sauce  
4 teaspoons ground chili powder  
1 tablespoon ground cumin  
3/4 teaspoon paprika  
1 teaspoon salt  
1/4 teaspoon pepper  
2-3 tablespoons fresh cilantro (optional)  
1 cup (228g) chicken broth or stock ((2 cups for thinner soup))  
1 package (8 oz.; 226g) full-fat cream cheese (softened (reduced fat doesn't melt well into the soup))  
Toppings: sour cream (lite or fat-free), freshly grated sharp pepper-jack or Monterey jack cheese, diced ripe avocado, fresh lime, and fresh cilantro

cream cheese (partially melt in the microwave first) into the slow cooker. Cover and cook on high for another 30 minutes or until the cream cheese melts and is easily stirred into the soup. Briskly whisk to get the cheese completely incorporated.

4. CHICKEN: Meanwhile, shred the chicken with 2 forks. Once the cream cheese is incorporated, add the chicken into the soup and stir.

5. SERVE: Ladle chili into bowls and serve with desired toppings. We love adding a big handful of pepper-jack cheese, fat-free sour cream, a wedge of lime and some cilantro!

6. STORAGE: This soup stores well in the fridge for up to 5 days. Reheat over medium-low heat on the stovetop. Because of the dairy (cream cheese) in the soup, it's not a great candidate for freezing and thawing.

## Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 443  
Total Fat: 5g  
Saturated Fat: 1g  
Cholesterol: 76mg  
Sodium: 1413mg  
Total Carbohydrate: 60g  
Dietary Fiber: 18g  
Sugars: 7g  
Protein: 40g



## Sheet Pan Chicken Fajitas

Main Dish • Chicken  
[www.primalkitchen.com](http://www.primalkitchen.com)

**Serving size:** 4-6 | **Prep time:** 15 mins | **Cook time:** 45 mins

### Ingredients

1 tablespoon onion powder  
1 tablespoon paprika  
2 teaspoons chili powder  
1 teaspoon cumin  
1 teaspoon garlic powder  
1 teaspoon dried oregano  
1 teaspoon salt  
½ teaspoon black pepper  
2.25 lbs. Boneless skinless chicken thighs  
2 tablespoons Primal Kitchen Avocado Oil  
Juice from 1 lime  
1 sliced red pepper

### Directions

1. Preheat your oven to 400 degrees Fahrenheit. Mix the spice blend together in a small bowl.
2. In another bowl, toss the peppers and onions with 1 tablespoon of oil and about a third of the spice blend. Spread the veggies out on one side of a large sheet pan.
3. In the same bowl, add the chicken thighs and toss them in the remaining oil and spice blend. Lay the chicken out on the other side of the sheet pan.
4. Place the sheet pan in the oven and roast for about 40-45 minutes, flipping the chicken and tossing the veggies once halfway through. Shred or chop your chicken after it cools slightly.

1 sliced orange pepper  
1 sliced yellow pepper  
1 sliced red onion  
Primal Kitchen Chipotle Lime Mayo  
Radishes  
Tomatoes  
Avocado  
Cilantro  
Lime slices  
Pico de gallo  
Guacamole  
Sour cream  
Lettuce  
Tortillas

5. Arrange your chicken, peppers and onions and fixings on the pan. Serve in lettuce cups or tortillas and enjoy!

## Nutrition

Amount per serving  
Serving size: 4-6  
Calories: 284  
Total Fat: 11.9g  
Saturated Fat: 2.1g  
Cholesterol: 157.5mg  
Sodium: 574.5mg  
Total Carbohydrate: 11.3g  
Dietary Fiber: 2.6g  
Sugars: 5.9g  
Protein: 34.8g



## Sloppy Joe Recipe

Main Dish • Beef  
theforkedspoon.com

**Serving size:** 6 Sloppy Joe | **Prep time:** 10 mins | **Cook time:** 25 mins

### Ingredients

1 tablespoon olive oil  
1½ pounds lean ground beef  
1 tablespoon butter  
1 large yellow onion (minced)  
1 large green bell pepper  
(seeded and minced)  
4 cloves garlic (minced)  
2 tablespoon tomato paste  
1¼ cup no sugar added  
ketchup  
1 tablespoon mustard  
(yellow mustard or brown  
mustard))  
1 teaspoon Worcestershire  
sauce

### Directions

1. Heat the olive oil in a large skillet over medium-high heat. Add the ground beef, breaking it apart into small crumbles with a wooden spatula as it cooks, approximately 5-7 minutes. Transfer the cooked ground beef to a fine-mesh strainer to drain.
2. Return the skillet to medium heat and add the butter. Add the onion and bell pepper, stirring well to coat. Cook, stirring often, until soft, approximately 6-8 minutes. Add the garlic and continue to cook for 30 seconds.
3. Return beef back to the skillet and stir in the tomato paste. Mix well to combine.
4. Meanwhile, in a medium bowl, whisk together the

1/2 cup water  
1 teaspoon chili powder  
1 teaspoon red pepper flakes  
(optional)  
salt and black pepper (to  
season)  
6 hamburger buns

## Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 413  
Total Fat: 12g  
Saturated Fat: 5g  
Cholesterol: 75mg  
Sodium: 884mg  
Total Carbohydrate: 45g  
Dietary Fiber: 3g  
Sugars: 20g  
Protein: 30g

ketchup, mustard, Worcestershire sauce, and water. Add to the skillet, mixing well to combine with the beef. Season with chili powder, red chili flakes (if using), salt and pepper.

5. Reduce heat to medium-low. Cover and cook for an additional 10 minutes, stirring occasionally to prevent burning.

6. Remove from heat and serve the prepared sloppy joe meat sandwiched between your favorite toasted bun.



## Zivli Buddha Bowl with Red Pepper Sauce

Main Dish • Chicken  
wellandfull.com

**Serving size:** 5 | **Prep time:** 15 mins | **Cook time:** 25 mins

### Ingredients

1 Cup Quinoa (rinsed)  
2 Cups Water  
3 medium chicken breasts,  
cooked and chopped  
2 Cups Cooked Chickpeas  
Drizzle Olive Oil (or other  
neutral oil)  
1/2 Tsp Salt  
1/2 Tsp Smoked Paprika  
1 Tsp Chili Powder  
1/8 Tsp Turmeric  
1/2 Tsp Oregano  
2 Red Bell Pepper (ribs and  
seeds removed)

### Directions

1. Start by cooking the quinoa. Bring 2 cups water to a boil, then add quinoa. Simmer for about 15 minutes until all water is absorbed. When done, remove from heat and keep covered for about 10 minutes so quinoa can absorb any excess water.
2. Preheat oven to 425. In a bowl, toss chickpeas, oil, and spices until chickpeas are evenly coated. On a baking sheet lined with parchment paper, bake chickpeas for 15-20 minutes, or until desired doneness is reached. When done, remove from oven and let cool. Cook chicken next for 15-20 minutes or until done.
3. To make red pepper dressing, add all dressing ingredients to a blender (not a food processor) and blend on high until smooth. Taste, and adjust seasonings to your preference.

4 Tbs Olive Oil (or other  
neutral oil)  
Juice from 1 Lemon  
1 Tsp Pepper  
1 Tsp Salt  
1 Tsp Paprika  
1/2 Cup Fresh Cilantro  
Mixed Greens  
2 Avocados  
Sesame Seeds for Garnish

4. Finally, assemble the buddha bowls. In two bowls, add quinoa, chicken, mixed greens, avocado, and chickpeas. Drizzle everything with red pepper sauce, and sprinkle with sesame seeds.

5. Enjoy!



## Zivli Chicken Fajitas Bowls

Main Dish • Chicken • Batching  
[thegirlonbloor.com](http://thegirlonbloor.com)

**Serving size:** 5 servings | **Prep time:** 15 mins | **Cook time:** 8 hours

### Ingredients

2 boneless, skinless chicken breasts  
2 cups salsa  
2 cloves garlic, minced  
1 tbsp chili powder  
1 tsp cumin  
1 tsp salt  
1 yellow onion, sliced  
1 red pepper, sliced  
1 green pepper, sliced  
1 yellow pepper, sliced  
1 cup grated cheddar cheese  
1 cup fresh chopped cilantro  
2 1/2 avocados

### Directions

1. Add chicken, salsa, garlic, chili powder, cumin and salt to slow cooker. Cook on high for 4 hours or on low for 8 hours.
2. In the last half hour of cooking time, remove chicken and shred. Meanwhile, switch crockpot to high and add onions and peppers. Cook for the remaining half hour.
3. Add chicken back to the peppers and onions, then stir to combine.

Note: You can also simply roast the chicken and veggies at 350 degrees for about 20-30 minutes. Put the chicken on one half of the sheet pan and the veggies on the other.

1/2 cup quinoa  
15 ounce can black beans  
1/2 cup full fat greek yogurt  
or sour cream

## Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 341  
Total Fat: 10g  
Saturated Fat: 4g  
Cholesterol: 87mg  
Sodium: 863mg  
Total Carbohydrate: 32g  
Dietary Fiber: 6g  
Sugars: 4g  
Protein: 32g

4. Boil 1 cup of water or low-sodium chicken stock then add the quinoa. Bring to a boil then turn down to a simmer for 15 minutes.

5. Assemble the bowls with cheese, cilantro, quinoa, chicken/fajitas, yogurt, and black beans. Wait to add the avocado until you're ready to eat it.

## Notes

Works great for lunch prep/batching.



## Zivli Grilled Greek Chicken Quinoa Bowls

Main Dish • Chicken  
[www.cookingclassy.com](http://www.cookingclassy.com)

**Serving size:** 5 | **Prep time:** 25 mins | **Cook time:** 20 mins

### Ingredients

3 medium boneless, skinless chicken breasts  
3 Tbsp olive oil  
3 Tbsp fresh lemon juice  
2 cloves garlic, (minced (2 tsp))  
1 1/2 tsp dried oregano  
1/2 tsp dried thyme  
1/2 tsp dried basil  
Salt and freshly ground black pepper  
1 cup dry quinoa  
5 large roma tomato (cored and diced)  
2 1/2 avocados

### Directions

1. Pound thicker parts of chicken breasts to even out their thickness. Transfer to a gallon size resealable bag.
2. In a small mixing bowl whisk together olive oil, lemon juice, garlic, oregano, thyme, basil, and season with salt and pepper to taste. Pour olive oil mixture over chicken in bag.
3. Seal bag while pressing excess air out. Rub marinade over chicken then transfer to refrigerator and marinate at least 30 minutes and up to 6 hours.
4. Cook quinoa in low-sodium chicken broth or water according to directions on package.

2 English cucumbers, diced  
1 cup crumbled feta cheese  
1 cup sliced olives  
tzatziki sauce (optional)  
Balsamic vinegar and olive oil  
dressing (optional)

## Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 707  
Total Fat: 39g  
Saturated Fat: 9g  
Cholesterol: 140mg  
Sodium: 953mg  
Total Carbohydrate: 40g  
Dietary Fiber: 7g  
Sugars: 4g  
Protein: 49g

5. Preheat a gas grill to 425 degrees F. Once preheated grill chicken 4 - 6 minutes per side (depending on their size) until center registers 165 degrees. Remove from heat, cool 5 minutes then dice into cubes. You can also roast the chicken in the oven at 350 degrees F for about 20 minutes.

6. To assemble bowls, divide a layer of quinoa among 5 bowls. Top with chicken, tomatoes, avocados, cucumbers, feta, olives and tzatziki or balsamic. Serve warm.

## Notes

If batching, wait to add the avocado until you're ready to eat. You can use tzatziki sauce and/or a balsamic and vinegar combination for a dressing.

# Side Dish



## Almond Flour Cornbread

Side Dish  
[www.sweetashoney.co](http://www.sweetashoney.co)

**Serving size:** 16 squares | **Prep time:** 10 mins | **Cook time:** 30 mins

### Ingredients

4 large Eggs  
1/3 cup Melted Butter (or olive oil or coconut oil)  
1/4 cup Granulated Sweetener of Choice (I used erythritol)  
2 teaspoons Sweetcorn Extract (or 1/3 cup yellow cornmeal if not keto (note1))  
2 cups Almond Flour  
2 teaspoons Baking Powder

### Nutrition

Amount per serving

### Directions

1. Preheat oven to 350°F (180°C). Line an 8-inch x 8-inch square baking pan with parchment paper. Slightly oil paper with oil spray Set aside.
2. In a large mixing bowl, whisk eggs, melted butter, sweetener, and sweet corn until well combined.
3. Fold in almond flour, baking powder, and yellow cornmeal if used. The batter should be thick, and that's normal.
4. Transfer batter in the pan and smooth top with a spatula.
5. Bake on the center rack of the oven for 20-30

Serving size: 1 square (no cornmeal)

Calories: 131.2

Total Fat: 11.9g

Saturated Fat: 1.7g

Cholesterol: 46.5mg

Sodium: 115.3mg

Total Carbohydrate: 3.2g

Dietary Fiber: 1.5g

Sugars: 0.5g

Protein: 4.6g

minutes or until golden brown on top and a pick inserted in the middle comes out clean.

6. Cool the bread down immediately on a wire rack for 1 hour before slicing into 16 squares.

7. Storage

8. Store in an airtight container in the fridge for up to 4 days or freeze and thaw at room temperature the day before.



## Homemade Condensed Cream of Mushroom Soup

Side Dish • Casserole, Soup  
[www.culinaryhill.com](http://www.culinaryhill.com)

**Serving size:** 2 servings (1 cup condensed each) | **Prep time:** 5 mins | **Cook time:** 15 mins

### Ingredients

1 tablespoon butter  
8 ounces white button mushrooms (sliced)  
3/4 cup chicken broth  
1/4 teaspoon onion powder  
1/8 teaspoon garlic powder  
1/2 cup milk  
1/4 cup all-purpose flour  
Salt and freshly ground black pepper

### Directions

1. In a large saucepan over medium-high heat, melt butter until foaming. Add mushrooms and cook until they have released most of their liquid, about 5 to 7 minutes.
2. Stir in chicken broth, onion powder, and garlic powder and bring to a simmer. In a small bowl, whisk together milk and flour.
3. Stir in milk mixture and cook until soup has thickened, about 1 minute. Season to taste with salt and pepper.

### Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 117  
Total Fat: 6g  
Saturated Fat: 3g  
Cholesterol: 14mg  
Sodium: 270mg  
Total Carbohydrate: 13g  
Dietary Fiber: 1g  
Sugars: 4g  
Protein: 5g



## Maple-Roasted Acorn Squash

Side Dish • Vegetable  
foodal.com

**Serving size:** 4 servings | **Prep time:** 10 mins | **Cook time:** 1 hour

### Ingredients

2 acorn squash  
(approximately 1 1/2 pounds  
each)  
1 tablespoon olive oil  
1 teaspoon plus 1 pinch  
coarse salt, divided  
1/2 teaspoon freshly ground  
black pepper  
2 tablespoons unsalted  
butter, diced  
1 teaspoon maple extract  
2 tablespoons packed dark  
brown sugar substitute

### Directions

1. Preheat the oven to 400°F and line a quarter-size rimmed baking sheet (9.5 x 13 inches) with parchment paper.
2. Going through the stems, slice the acorn squash in half and then scoop out the seeds. Lay the halves, cut side up, on the prepared sheet pan.
3. Brush the cut sides lightly with olive oil. Sprinkle with 1 teaspoon of the salt and the pepper. Evenly distribute the butter, maple syrup, and brown sugar between the hollowed-out centers of each half.
4. Bake until the flesh is tender enough to be pierced easily with a sharp knife, about 45 minutes to 1 hour, depending on the size of the squash.

### Nutrition

Amount per serving

Serving size: 1 plateful

Calories: 199

Total Fat: 9.5g

Saturated Fat: 4.1g

Cholesterol: 15.3mg

Sodium: 589.1mg

Total Carbohydrate: 30.9g

Dietary Fiber: 3.3g

Sugars: 8g

Protein: 1.8g

5. Remove from the oven. Sprinkle with a pinch of salt and then arrange on a platter. Serve warm.



## The Best Keto Dinner Rolls

Side Dish • Bread  
[www.heyketomama.com](http://www.heyketomama.com)

**Serving size:** 6 rolls | **Prep time:** 5 mins | **Cook time:** 10 mins

### Ingredients

1 Cup Mozzarella, shredded  
1 oz Cream Cheese  
1 Cup Almond Flour  
1/4 Cup Chia or Flax Seed  
1 egg  
1/2 Tsp Baking Soda

### Nutrition

Amount per serving  
Serving size: 1 roll  
Calories: 219  
Total Fat: 18g  
Total Carbohydrate: 5.6g  
Dietary Fiber: 3.3g

### Directions

1. Preheat oven to 400
2. Line baking sheet with parchment, set aside
3. In a medium bowl, melt cream cheese and mozzarella together (microwave ~1 min)
4. Stir cheeses together until smooth, add egg and stir until combined
5. In separate bowl combine almond flour, ground flax seed and baking soda
6. Mix cheese and egg mixture into dry ingredients and stir until dough forms soft ball (it will be sticky)

Protein: 10.7g

7. Using wet hands, gently roll dough into 6 balls
8. Roll tops in sesame seeds if desired and place onto lined baking sheet
9. Bake for 10-12 minutes until golden brown
10. Let cool for 15 minutes