

Low Carb Recipes



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Introduction:

After becoming a convert to the low-carb method of weight control, I spent over a decade developing this collection of low-carb recipes. I had previously done a lot of gourmet cooking, so my goal was to create low-carb recipes that tasted almost as rich and delicious as traditional high carb foods. It was challenging, but I think you will find most of these recipes yummy enough to serve to company!

I firmly believe a low-carb diet is the best way to maintain an appropriate weight throughout life. Americans simply **CANNOT** continue to eat the huge amount of sugar and other refined carbs we have been consuming for the last sixty years, or we will continue to die prematurely of obesity related diseases.

Breakfast

Most people have their breakfast habits established. But, if you want To spice up your regular routine with some new options, try these great ideas!

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Desserts

Note: There are not many dessert recipes in this collections because, quite frankly, it is very difficult to come up with low carb desserts. And—if you are committed to eating low carb, desserts should be very infrequent. However, these are pretty safe for a treat—about 14 carbs per serving. I will add more when I have time to experiment.

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Breakfasts



Blueberry, Pecan & Cream Cheese Toast

Ingredients:

1 piece high fiber low carb bread
About 25 fresh blueberries
1½ tablespoon butter
4 tablespoons cream cheese

About 20 pecans
½ teaspoon cinnamon
packet of Splenda

Directions:

- 1) Melt butter in small frying pan.
- 2) Add pecans, cinnamon, and 2/3 the Splenda.
- 3) Cook 2-3 minutes on medium heat.
- 4) Add remaining Splenda to cream cheese, stir.
- 5) Warm cream cheese in microwave for 10 seconds.
- 6) Toast bread.
- 7) Spread cream cheese on toast.
- 8) Top toast with pecans including the melted butter from pan.
- 9) Place blue berries on toast.
- 10) Eat immediately.

Raspberry Smoothie

Ingredients:

1/3 cup frozen* unsweetened raspberries
1/2 teaspoon Splenda
1/4 cup Redi-Whip

1 1/4 cup full-fat yogurt
dash vanilla

*Do not thaw

Directions:

- 1) Place yogurt in blender first.
- 2) Then add raspberries, vanilla, and Splenda.
- 3) Blend until smooth.
- 4) Pour into glass. Top with Redi-Whip

Arugula/Smoked Turkey Breakfast Sandwich

Ingredients:

1 Sandwich Thin
1½ tablespoon full-fat French Dressing
4 thin slices smoked turkey lunchmeat

1 slice Havarti cheese
handful arugula
olive oil

Directions:

- 1) Remove stems from arugula. Set aside.
- 2) Sear turkey slices in olive oil in frying pan. Set aside.
- 3) Toast Sandwich Thin in olive oil in frying pan. Remove from pan.
- 4) Place turkey on Sandwich Thin bottom.
- 5) Place cheese on top of turkey.
- 6) Warm in microwave for a few seconds just to melt cheese.
- 7) Place arugula on top of cheese.
- 8) Spread French dressing on top bun.
- 9) Serve immediately.

Scrambled Eggs w/ Bacon & Shitake Mushrooms

(Serves 1)

The secret to making good scrambled eggs is using a small pan. If you do not own a small 8" Teflon frying pan you should invest in one. And a rubber spatula! You can use the pan for 2 egg omelets too!

Ingredients:

2 med fresh shitake mushrooms
2 strips bacon
2 tablespoons full-fat sour cream
Good quality soy sauce*

2 tablespoons minced onion
3 tablespoons butter
2 large or ex-large eggs
black pepper

Directions:

- 1) Mince onion. Set aside.
- 2) Remove stems from mushrooms and chop fairly small. Add to onions.
- 3) Fry bacon until fairly crisp. Pat dry and chop into small pieces.
- 4) Place $1\frac{1}{2}$ tablespoons butter in your 8" frying pan. Turn to med heat.
- 5) Add onions and mushrooms, sprinkle with soy sauce. Cook 2-3 minutes.
- 6) Remove from pan. Set aside. Wipe out pan, no need to wash it.
- 7) Beat sour cream into eggs.
- 8) Add rest of butter to 8 " pan. Turn to med low.
- 9) Add eggs to pan. Stir constantly. Have your other ingredients handy.
- 10) When the eggs look about half done, add bacon, mushrooms & onions.
- 11) Keep stirring constantly until they look done. Do not overcook!
- 12) Add pepper, serve immediately, with a slice of whole wheat toast.

*Do NOT use La Choy soy sauce in any of my recipes. It is not authentic soy sauce and will ruin a good dish! Use good brands like Eden or Kikkomen.

Greek/Italian Omelet

(Serves 2)

Ingredients:

4 eggs

$\frac{1}{2}$ cup fresh basil

$\frac{1}{4}$ cup red onion

Salt & pepper

$\frac{1}{3}$ cup feta cheese

1 med ripe tomato

olive oil

Directions:

- 1) Beat eggs with whisk. Set aside.
- 2) Remove stems from basil and chop. Set aside.
- 3) Mince onion.
- 4) Chop tomato fairly small. Set aside.
- 5) Crumble Feta cheese, set aside.
- 6) Get olive oil hot in a 8" pan. Medium heat. Do not use a bigger pan.
- 7) Sauté onion in oil until just soft. Remove from pan. Add more oil.
- 8) Pour egg mixture in pan.
- 9) As egg cooks, make slits in the cooked eggs so raw eggs seep down.
- 10) When egg mixture is about half cooked, add all ingredients.
- 11) Cook until eggs starts to get brown. Do not overcook.
- 12) Fold omelet.
- 13) Cook 1 minute in microwave to finish. Serve immediately.

Arugula & Sausage Omelet

(Serves 2)

Ingredients:

4 eggs	1 link Adele's Apple Chicken Sausage
2/3 cup arugula	1/2 cup Gruyere cheese
olive oil	salt & pepper
3 tablespoons red onion	

Directions:

- 1) Grate cheese. Set aside.
- 2) Cut sausage into 1/3 inch slices. Fry in olive oil until crispy. Set aside.
- 3) Pat grease off sausage. Chop sausage into small pieces. Set aside.
- 4) Remove stems from arugula, chop fairly finely. Set aside.
- 5) Mince onion.
- 6) Sauté onion in olive oil. When soft, remove from pan.
- 7) Wipe pan out a little. Add a little more olive oil to pan. Turn to med low.
- 8) Beat eggs in small bowl.
- 9) Add eggs to pan. Cook slowly.
- 10) *I often cut slits in the middle of the pan & tip raw eggs towards slits.
- 11) When about half cooked, add sausage, cheese and arugula.
- 12) Fold omelet in half. Place on plate.
- 13) Cook 45 seconds or so in microwave to "finish".

Lunches/Dinners



Greek Salad w/ Grilled Chicken

(Serves 2)

This requires a "George Foreman" type grill. I think it is worth purchasing one, because they really help make meat taste flavorful.

Ingredients:

(2) medium sized chicken breasts	1½ teaspoons oregano
½ teaspoon basil	6 tablespoons bread crumbs
1 teaspoon Lawry's Seasoning Salt	olive oil
1 package salad mixed greens	good quality Greek Salad Dressing*
1/3 cup Feta cheese	8 cherry tomatoes

*I think the best place to buy good Greek salad dressing is at a Greek Coney Island restaurant such as 'Leo's' Coney Island.

Directions:

- 1) Rinse salad greens. Pat dry.
- 2) Place two handfuls of the greens on each plate.
- 3) Cut tomatoes in half and place ½ on each plate of salad greens.
- 4) Place ½ feta cheese on each plate of salad greens.
- 5) Rinse chicken breasts. Then pat dry.
- 6) Warm up grill.
- 7) Combine basil, oregano, bread crumbs, seasoning salt in large bowl.
- 8) Mix well.
- 9) Coat the chicken breasts with olive oil.
- 10) Immediately coat with the spice mixture and place on grill.
- 11) Press grill down firmly. Cook until crispy.
- 12) Cut chicken into large bitesize pieces and place on salads.
- 13) Top with dressing.

Serve with whole wheat bread.

Pesto, Gouda & Egg Open-Faced Sandwiches

(Serves 2)

Ingredients

4 slices whole wheat bread
4 slices smoked gouda cheese
4 large leaves romaine lettuce
butter

1/3 cup pesto (room temp)
3 eggs
1 large tomato
salt & pepper

Directions

- 1) Slice tomato thinly into four slices.
- 2) Beat eggs in small bowl.
- 3) Fry beaten eggs in large frying pan on med-low heat, so you end up with the egg mixture being about 1/8 thick. Keep lifting the pan so that the uncooked eggs flow out from the middle of the pan to the edges. Sprinkle with salt and pepper.
- 4) While eggs are cooking, toast the bread.
- 5) After the bread is toasted, place slice of cheese on each slice. Place in micro wave for just long enough to melt cheese.
- 6) Cut the cooked egg into pieces that will fit on the toast slices and place on toast.
- 7) Place $\frac{1}{4}$ of the pesto to each slice. Add lettuce, then a tomato slice.

Serve as open-faced sandwiches.

Chicago Style Shrimp

(Serves 4)

These are my attempt to imitate the great "shrimp on a stick" sold at the Chicago Blues Festival.

NOTE: You need some skewers to cook these.

Ingredients:

1½ pounds medium, raw de-veined shrimp
4 tablespoons dried oregano
1 tablespoon dried basil
4 tablespoons paprika

$\frac{3}{4}$ stick butter
1 tablespoon gran garlic
 $\frac{1}{4}$ teaspoon cayenne powder
2 teaspoons chili powder

Directions:

- 1) Mix all spices together in a bowl. Mix well.
- 2) Peel shrimp.
- 3) Place on skewers.
- 4) Melt butter in a small bowl in microwave.
- 5) Brush shrimp liberally with melted butter.
- 6) Sprinkle liberal amount of spice mixture on shrimp.
- 7) Place skewers on cookie sheet.
- 8) Broil for about five minutes.
- 9) Turn skewers over. Broil an additional 2 minutes.

Serving Suggestions:

Shrimp are normally served with a big portion of various kinds of rice dishes; rice pilaf, Spanish rice, etc. Rice is way too high carb. So, I suggest serving these with whole wheat garlic bread and a salad.

Ratatouille

(Serves 3)

Ingredients

1 large green pepper	1 large eggplant
2 large zucchini	2 medium onions
2 teaspoons dried basil	(1) 14 oz pkg smoked sausage
6 large cloves garlic	28 ounce can stewed tomatoes
pinch thyme	1 teaspoon oregano
salt and pepper	1/2 cup olive oil
1/8 cup olive oil	8 ounce can tomato sauce
1 teaspoon vegetable bouillon	

Directions

- 1) Chop onions and mince garlic. Set aside together in a bowl.
- 2) Dice egg plant, chop pepper, and slice zucchini and set aside in large bowl.
- 3) Slice the sausage about $\frac{1}{4}$ thick.
- 4) Place 1/4 cup oil in large frying pan. After oil is hot, fry sausage until browned.
- 5) Remove and set aside.
- 6) In another large pan pour remaining 1/4 cup olive oil. Sauté the garlic and onion several minutes.
- 7) Add all other vegetables, basil, bouillon and spices. Cook 3-4 minutes.
- 8) Add tomato sauce and stewed tomatoes. Add sausage to vegetable pan.
- 9) Cook on med heat until vegetables are tender about 12-15 minutes.

Martha's Exotic Chicken Salad

(Serves 5)

Dressing Ingredients

2 tablespoons sesame oil
2½ tablespoons fresh lemon juice
1 tablespoon mayonnaise
2 teaspoons dried basil*

4 tablespoons salad oil
2 teaspoons Dijon mustard
1 clove garlic minced

Salad Ingredients

2 large chicken breasts
2 tablespoons fresh lemon juice
7 slices turkey bacon

black pepper to taste
2 tablespoons butter
1 cup cherry tomatoes

2 large stalks celery

Directions

- 1) Mix all dressing ingredients together and let stand 1/2 hour.
- 2) Cut chicken into bit size chunks. Heat butter in pan. Add the chicken and sprinkle with lemon juice. Allow to get crispy golden brown. Remove and cool.
- 3) Fry turkey bacon in small amount of oil. Allow to get as crispy as possible without burning. Drain on paper towels.
- 4) Chop celery in large bit-size pieces.
- 5) Cut bacon in bite-size pieces.
- 6) Combine all ingredients in large bowl. Add dressing. Toss well and sprinkle with black pepper. Serve with whole wheat bread.

*When fresh basil is in season substitute 1½ cup fresh basil leaves for the dried basil.

Sausage & Marinated Vegetable Salad

Ingredients

(1) 14 oz pkg smoked sausage	1 bunch broccoli
1 small head cauliflower	1 yellow pepper
2 stalks celery	1 med red onion
4 sticks mozzarella cheese sticks	
$\frac{1}{2}$ tablespoon toasted sesame oil	
4 tablespoons vegetable oil	

Marinade Ingredients

$\frac{1}{2}$ cup red wine vinegar	$\frac{1}{2}$ cup light olive oil
2 teaspoons honey mustard	2 teaspoons Splenda
$\frac{1}{2}$ teaspoon black pepper course	

Directions

- 1) Cut broccoli into large bite size pieces.
- 2) Blanch in boiling water for 90 seconds.
- 3) Rinse/drain immediately with cold water, place in large mixing bowl.
- 4) Cut cauliflower into large bite size pieces. Boil until just tender.
- 5) Rinse with cold water and add to bowl.
- 6) Slice sausage 1/3 inch thick. Fry until browned. Blot off grease.
- 7) Cut slices in half, add to bowl.
- 8) Slice celery 1/3 inch thick. Add to bowl.
- 9) Cut onion into medium thin slices.
- 10) Cut pepper into large bite size pieces.
- 11) Get 2 tablespoons vegetable oil hot in ex-large frying pan.
- 12) Add the yellow pepper and onion. Drizzle with sesame oil.
- 13) Sear for a few minutes until just tender. Add to bowl.
- 14) Whisk together all marinade ingredients.
- 15) Add to salad ingredients just before serving.

Tilapia Fish Spread

(Serves 3 when using as a meal.)
(Serves 8-10 if using as an appetizer.)

Ingredients:

(1) 12 oz package frozen Tilapia filets	2 tablespoons melted butter
Lawry's Seasoning Salt	3 green onions
scant $\frac{1}{4}$ cup full-fat mayonnaise	$\frac{1}{4}$ cup celery
$\frac{1}{2}$ teaspoon yellow mustard	black pepper
$\frac{1}{4}$ cup minced fresh parsley	whole wheat bread

Directions:

- 1) Place thawed Tilapia filets on cookie sheet.
- 2) Pour melted butter over them.
- 3) Immediately sprinkle liberally with Lawry's Seasoning Salt.
- 4) Bake in 400 degree oven for about 10-12 minutes. Let cool.
- 5) Chop celery finely. Place in mixing bowl.
- 6) Mince parsley, add to bowl.
- 7) Chop onions finely, add to bowl.
- 8) When fish is cool, crumble into bowl.
- 9) Add black pepper to taste.
- 10) Add mayo and mustard. Mix well.
- 11) Serve on whole wheat toast.

Serve with a salad for a meal.

Asparagus & Canadian Bacon Mini Sandwiches

(w/ Chipotle mayo) (Serves 2)

Note: Soak the dried Chipotle peppers* in water the night before.

Ingredients:

8 thin slices Canadian bacon
4 medium slices whole wheat bread
1/3 cup mayo
1 tablespoon olive oil

About 20 fresh asparagus
½ cup cream cheese
6 dried chipotle chili peppers

*These are smoky more than hot

Directions:

- 1) Slice the peppers lengthwise and remove seeds.
- 2) Soak in water overnight. (Start with very hot water)
- 3) Next day: Microwave 1 minute then mince the peppers finely.
- 4) Drain off water and smash in a small bowl.
- 5) Add mayo and stir well.
- 6) Sear the Canadian bacon in a frying pan in the olive oil.
- 7) Pat dry and set aside.
- 8) Steam asparagus until just tender, rinse with cold water, set aside.
- 9) Cut bottom 1/3 off asparagus and toss out. Cut into 1½ inch lengths.
- 10) Toast the bread.
- 11) Spread 1/8 cup cream cheese on each slice of bread.
- 12) Cut the bread slices into quarters.
- 13) Cut bacon in quarters and place equal parts on each bread piece.
- 14) Place equal parts asparagus on each piece of bread.
- 15) Place equal parts chipotle mayo on top of asparagus.
- 16) Serve immediately.

Note: These are a little challenging to eat, but so yummy that it is worth the mess!

Basic Chicken Salad

(Serves 2-3)

Ingredients

(1) large whole chicken breast
 $\frac{1}{4}$ cup parsley
 $1\frac{1}{2}$ stalks celery

$\frac{1}{2}$ cup green olives
2 green onions
 $\frac{1}{2}$ red bell pepper

Dressing Ingredients

$\frac{1}{2}$ cup mayonnaise
2 tablespoons olive oil
1 teaspoon prepared yellow mustard

pinch granulated garlic
salt & pepper

Directions

- 1) Cut raw chicken into large bite size pieces.
- 2) Drop into boiling water.
- 3) While chicken is cooking, chop all veggies and mince parsley.
- 4) Cook chicken about 7 minutes, then drain.
- 5) Sauté chicken in olive oil on med high flame until it gets golden brown, stirring occasionally.
- 6) Remove chicken from pan, let cool. Then add chicken to bowl.
- 7) Mix dressing ingredients together in small bowl. Add to chicken and veggies.

Serve with whole wheat bread or toast.

Maurice Salad

(Serves 4)

Note: You can eat two servings one night, and two the next, if you are just feeding two people. Only put the dressing on the part you are eating right away.

Ingredients:

$\frac{1}{2}$ lb deli ham sliced 1/3 inch thick	$\frac{1}{2}$ lb smoked turkey, sliced
4 slices Swiss cheese	3 hard boiled eggs
1/3 cup green olives w/ pimentos	$\frac{1}{2}$ cup firmly packed parsley
4 platefuls romaine lettuce (about 6 cups)	

Dressing Ingredients:

3 tablespoons water	2 teaspoons minced onions
5 tablespoons sweet pickle relish*	1 2/3 teaspoon lemon juice
1 2/3 teaspoon Dijon mustard	2/3 cup full-fat mayonnaise
black pepper to taste	$\frac{1}{2}$ teaspoon Splenda

*No sugar added type of relish.

Directions:

- 1) Boil eggs. Peel. Chop and place in large mixing bowl.
- 2) Cube ham. Add to bowl. Chop turkey, add to bowl.
- 3) Cut cheese into large bites, add to bowl. Mince parsley, add to bowl.
- 4) Chop olives, add to bowl.
- 5) Chop romaine. Add to bowl. Mix well.
- 6) Place all dressing ingredients in a small mixing bowl.
- 7) Whisk until smooth.
- 8) Add dressing to lettuce/meat mixture and serve immediately.

Serve with whole wheat toast.

Yuppie Tuna

If tuna fish, is an unpleasant childhood memory, try this variation. It bears no resemblance to the typical "Mom" tuna fish of the 1950's. This tastes like those dishes you see at fancy "yuppie" delis for \$13.99 a pound! It's cheap and easy to make.

Ingredients:

3 small cloves garlic	1 tablespoon fresh parsley
2 tablespoons balsamic vinegar	juice from 1/2 fresh lemon
2 good size ripe tomatoes	2 tablespoons red onion
4 tablespoons olive oil	large pinch dried basil
1 lg can tuna packed in water	

Directions:

- 1) Drain liquid from tuna. Place tuna in bowl and mash with fork.
- 2) Chop onion very finely, add to tuna.
- 3) Mince garlic, add to bowl.
- 4) Pick parsley and mince, add to bowl.
- 5) Add all other ingredients, except tomatoes. Mix well.
- 6) Slice tomatoes.
- 7) Pack tuna mixture into a large ice cream scoop.
- 8) Place on tomato slices.

Serve with a whole wheat toast and iced tea for a light summer meal.

Invite your mother for lunch.

Pesto Chicken Nuggets

(Serves 2)

Ingredients:

$\frac{3}{4}$ pound chicken breasts
 $\frac{1}{4}$ cup dried bread crumbs

$\frac{1}{3}$ cup pesto
 $\frac{1}{4}$ cup olive oil

Directions:

- 1) Cut chicken into $1\frac{1}{2}$ inch by $1\frac{1}{2}$ inch pieces about $\frac{1}{3}$ inch thick.
- 2) Rinse with cold water.
- 3) Place $\frac{1}{8}$ inch cooking oil in large frying pan, get hot.
- 4) Coat chicken pieces with bread crumbs.
- 5) Fry on medium heat with lid on pan until golden brown on both sides.
- 6) Blot off excess grease with paper towel.
- 7) Place pesto in two dipping bowls.
- 8) Dip chicken in pesto for a delicious combination that is low carb.

Serve with a salad.

* You can freeze the rest for your next batch.

Shrimp & Spinach Dinner Salad

(Serves 2)

Ingredients:

1 bag fresh spinach	$\frac{1}{2}$ lb mushrooms
$\frac{1}{2}$ cup roasted sunflower seeds	$\frac{1}{2}$ head cauliflower
$\frac{3}{4}$ pound large deveined raw shrimp	3 tablespoons butter
2 medium carrots	2 tablespoons olive oil

Dressing Ingredients:

1 lime	1 inch piece fresh ginger
4 tablespoons olive oil	2 lg pinches black pepper
2 cloves fresh garlic	2 tablespoons water
2 lg pinches salt	2 pinches onion powder
2 packets Splenda	

- 1) Mince ginger, and garlic. Place in small mixing bowl.
- 2) Add remaining dressing ingredients to bowl and whisk. Set aside.
- 3) Remove stems from spinach leaves. (Optional- some people don't.)
- 4) Cut cauliflower into bite size pieces.
- 5) Cut carrots into fairly thin slices.
- 6) Steam carrots & cauliflower until just tender. Place in mixing bowl.
- 7) Slice mushrooms thinly.
- 8) Place olive oil in frying pan. Set heat at med-high. Get oil hot.
- 9) Sauté mushrooms until crunchy. Add to bowl.
- 10) Sauté shrimp in butter until just tender, med heat. Stir constantly.
- 11) Add shrimp and spinach to bowl. Add all other ingredients. Mix.
- 12) Add sunflower seeds and dressing, mix well.
- 13) Serve immediately.

Pork Chops with Wheat Berry Pilaf

(Serves 2)

One of the hardest things about a low carb diet is avoiding common grains that are such a staple of a normal diet. White rice should be completely avoided. Even brown rice is high carb. But a diet without any grains feels very restrictive. So for a splurge, enjoy this wheat berry pilaf. The portion has to be small though due to the high carb count.

Ingredients:

$\frac{1}{2}$ cup soft wheat berries
1 small onion
2 cloves garlic
3-4 tablespoons olive oil
black pepper

1 stalk celery
 $\frac{1}{3}$ cup minced parsley
8 good sized mushrooms
natural soy sauce

Directions:

- 1) Soak the wheat berries in $1\frac{1}{2}$ cup water at least 8 hours.
- 2) Add an additional $\frac{1}{2}$ cup water to the soaking water and berries.
- 3) Boil with a pan protector under the pan for one hour, med-low heat.
- 4) Leave berries in pan with lid for additional 15 minutes.
- 5) Slice mushrooms thinly, set aside.
- 6) Chop celery and onion, and mince garlic. Set aside.
- 7) Remove stems from parsley and mince, set aside.
- 8) Add 2-3 tablespoons to frying pan. Get hot. Add mushrooms.
- 9) Sprinkle w/ soy sauce, fry until crunchy. Add 2 more tablespoons oil.
- 10) Add celery, onions, garlic. Cook until just tender. Add wheat berries.
- 11) Mix well. Garnish with parsley before serving.

Cook your pork chops either in the oven, on an outdoor grill or with a George Forman Grill. Coat them with a nice spicy rub first.

Salmon, Green Bean & Pasta Salad

(Serves 3)

In general, pasta should be avoided. But this recipe uses just a small amount of whole wheat pasta, and the pepper and green beans stretch the pasta so it is still pretty low carb. And every bit as yummy as regular pasta salad.

Ingredients:

2 large handfuls fresh green beans	1 pound fresh salmon
1 med yellow pepper	3 tablespoons fresh dill
1½ stalk celery	2/3 cup dry whole wheat spirals
1 clove garlic	1 teaspoon yellow mustard
scant 1/3 cup mayonnaise	salt and pepper
1 tablespoon red onion	

Directions:

- 1) Trim green beans. Fill a large pot with water, bring to boil.
- 2) Cook beans 2-3 minutes. DO NOT OVERCOOK. Rinse w/cold water.
- 3) Bake salmon at 400 degrees for about 15 minutes. Set aside.
- 4) Prepare pasta as directed on box. Rinse w/ cold water. Set aside.
- 5) Chop celery. Place in large mixing bowl.
- 6) Remove stems from dill and mince. Add to bowl.
- 7) Chop yellow pepper, add to bowl.
- 8) Mince garlic and onion, add to bowl.
- 9) Add pasta to bowl.
- 10) Remove skin from salmon, crumble into bowl.
- 11) Cut green beans in about thirds. Add to bowl.
- 12) When you are ready to serve your salad, add mayo and mustard.
- 13) Mix gently. Add salt and pepper.

Thai Steak Salad

(Serves 3)

* Requires prep the night before.

Ingredients: (Salad)

2/3 pound flank steak
1 small red onion
greens

1 large cucumber
6 cups romaine or mixed salad

Ingredients: (Marinade)

3 tablespoons Splenda
8 tablespoons chopped cilantro
 $\frac{1}{4}$ teaspoon black pepper
6 large cloves garlic
1 Hungarian banana pepper, minced

8 tablespoons fish sauce
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ cup dried basil
 $\frac{1}{3}$ cup olive oil

Directions:

- 1) Mix all marinade ingredients together.
- 2) Cut flank steak in thin bitesize strips.
- 3) Place in glass or plastic bowl.
- 4) Pour $\frac{1}{2}$ marinade over meat, mix thoroughly.
- 5) Save other half of marinade for dressing.
- 6) Marinade overnight.
- 7) Place steak on skewers or lay on cookie sheet.
- 8) Broil until just brown then turn and brown on other side.
- 9) Do not overcook.
- 10) Chop cucumber place in large bowl
- 11) Slice red onions, place in bowl.
- 12) Place salad greens in the bowl.
- 13) Add remaining marinade toss salad thoroughly.
- 14) Place on plate, put steak on top.

Cebiche

(Serves 6)

*Requires prep the night before.

Marinated fish is a part of many cuisines. This particular one is of Mexican origin. The lime juice "cooks" the fish, it's quite fascinating to see the raw fish turn soft white and tender, with absolutely no cooking!

Ingredients:

1½ pound frozen Orange Roughy fish
1½ cups stewed tomatoes
¼ cup olive oil
½ teaspoon oregano

10 fresh limes
2 tablespoons pickled jalapeno
2 large cloves garlic
salt and pepper to taste

Directions:

- 1) Partially defrost the fish.
- 2) When it is thawed enough to easily cut it, cut it into bite size pieces.
- 3) Place fish in a glass or ceramic bowl.
- 4) Squeeze all the juice out of the limes onto the fish.
- 5) Cover and allow to marinate 24 hours in refrigerator.
- 6) Drain. (You can freeze the lime juice and re-use it.)
- 7) Add all other ingredients.
- 8) Toss and serve.

Serve with whole wheat bread.

Creamed Chicken & Mushrooms Over Toast

(Serves 3)

Ingredients:

2/3 pound chicken breast	1 pound mushrooms
1 cup full-fat sour cream	$\frac{1}{2}$ cup frozen peas
1 med small onion	3 large slices whole wheat bread
2 tablespoons olive oil	3 tablespoons vegetable oil
3 tablespoons good quality soy sauce*	course ground black pepper

Directions:

- 1) Cut chicken into pieces about the size of half a man's thumb.
- 2) Slice the mushrooms into pieces about the size of a man's thumbnail.
- 3) Fill a small sauce pan 2/3 full with water. Bring to boil.
- 4) Add the chicken. Boil 3 minutes. Rinse w/ cold water & drain.
- 5) Cut the chicken pieces in thirds. Set aside.
- 6) Mince onion, set aside.
- 7) Put 3 tablespoon cooking oil in large frying pan. Get hot. Med-high heat.
- 8) Add mushrooms. Sprinkle liberally with soy sauce. Stir.
- 9) Cook 3 minutes. Add onions. Cook 2 minutes more. Set aside w/grease.
- 10) Cook peas as directed. Rinse and set aside.
- 11) Add 2 tablespoons olive oil to medium frying pan, med heat. Add chicken.
- 12) Sprinkle w/ black pepper and a little soy sauce. Cook 2 minutes.
- 13) Add mushroom/onion mixture, with cooking grease. Add peas.
- 14) Reduce to simmer. Add sour cream and $\frac{1}{4}$ cup water. Stir.
- 15) Remove from heat.
- 16) Toast your bread slices.
- 17) Pour generous portion of creamed chicken on toast. Enjoy!

*Do NOT use La Choy soy sauce in any of my recipes. It is not authentic soy sauce and will ruin a good dish! Use good brands like Eden or Kikkomen.

Anti-Pasta Salad

Ingredients:

1 small green pepper

$\frac{1}{2}$ cup green olives

$\frac{1}{4}$ pound fresh grated parmesan

$1\frac{1}{2}$ cup romaine lettuce

4 green onions

$\frac{1}{2}$ pound good quality salami

4 slices Swiss cheese

Directions:

- 1) Mince the olives. Place in large mixing bowl.
- 2) Mince the pepper and green onions, add to bowl.
- 3) Chop the salami into small pieces, add to bowl.
- 4) Slice the Swiss cheese into small pieces, add to bowl.
- 5) Slice the romaine about the size of your baby finger, add to bowl.
- 6) Add the grated parmesan cheese to bowl.

Dressing Ingredients:

$\frac{1}{2}$ cup mayonnaise

2 tablespoons lemon juice

1 tablespoon olive oil

$1\frac{1}{2}$ teaspoon Dijon mustard

$\frac{1}{8}$ cup water

2 cloves garlic minced

Whisk all dressing ingredients together in small mixing bowl.

Toss salad with dressing just before serving.

Beef Kafta with Sautéed Eggplant

(Serves 2-3)

Kafta Ingredients:

3/4 pound ground beef

4 cloves garlic

olive oil

$\frac{3}{4}$ teaspoon cumin

$\frac{1}{4}$ teaspoon cayenne

salt & pepper

1 medium onion

$\frac{1}{4}$ cup parsley

$\frac{3}{4}$ tablespoon coriander

$\frac{1}{3}$ teaspoon allspice

$\frac{1}{4}$ teaspoon ground ginger

Note: If you do not keep these spices on hand, you can buy them in bulk at a store like Whole Foods or a Food Co-op. Just put them all in one bag and charge the price of the highest item and it will cost less than 50 cents total.

Kafta Directions:

- 1) Mince parsley, onions and garlic. Place in mixing bowl.
- 2) Add all other ingredients, mix well.
- 3) Grease a cookie sheet with olive oil. Form meat mixture into logs.
- 4) Roll in olive oil then bake in oven for about 20-25 minutes.

Tahini Sauce Ingredients:

3 cloves garlic

Salt

juice from one lemon

$\frac{2}{3}$ cup refined tahini

$\frac{1}{2}$ cup water

Tahini Sauce Directions:

Whisk all ingredients in a bowl.

Eggplant Ingredients

1 large eggplant
Salt

3 tablespoons olive oil

*Eggplant is a great substitute for potatoes or rice if you are diabetic. Eggplant has way less carbs and is delicious just sautéed with olive oil and salt.

Eggplant Directions

- 1) Cut eggplant into bite size cubes.
- 2) Get oil hot in large frying pan.
- 3) Add eggplant and salt.
- 4) Fry for about five minutes stirring occasionally.
- 5) Serve as a side dish with the Kafta as a substitute for rice.

Dip Kafta in tahini sauce as you eat it.
Serve with a salad.

Tofu, Kale, Tomato & Cashew Salad

Ingredients:

$\frac{3}{4}$ pond firm tofu	12 cherry tomatoes
1 bunch kale	18 roasted cashew halves
natural soy sauce	5 tablespoons refined sesame oil
$\frac{1}{2}$ teaspoon toasted sesame oil	

Dressing Ingredients:

1 lime	2 packets Splenda
3 cloves garlic	1 inch piece fresh ginger
2 tablespoons light olive oil	1 tablespoon water

Directions:

- 1) Slice tofu $\frac{1}{4}$ inch thick. Cut into pieces about $1\frac{1}{2} \times 1\frac{1}{2}$ inches
- 2) Place 3 tablespoons refined sesame oil in frying pan and $\frac{1}{2}$ teaspoon toasted sesame oil. Sprinkle tofu with soy sauce.
- 3) Fry tofu on both sides on med high heat until crispy and dark golden brown. Pat off grease. Set aside. When cool, cut pieces in half.
- 4) Chop kale into large bite size pieces. Steam until just tender—about ten minutes. Rinse with cold water and then squeeze out the water.
- 5) Place 2 tablespoon refined sesame oil in frying pan. Get oil hot. Sauté kale for 2-3 minutes.
- 6) Mince the garlic and ginger. Place in small mixing bowl. Add all other dressing ingredients and whisk together.
- 7) Cut cherry tomatoes in half. Place in large mixing bowl. Add kale, tofu and cashews.
- 8) Add dressing just before serving and mix well.

Goat Cheese Salad

With Balsamic Vinaigrette Dressing

(Serves 2)

Salad Ingredients

(2) 4 ounce packages goat cheese

$\frac{1}{2}$ pound fresh mushrooms

1 med yellow onion

2 tablespoons natural soy sauce (aka shoyu or tamari)

4 cups mixed salad greens

3 tablespoons olive oil

Dressing Ingredients

1 tablespoons honey

$\frac{1}{2}$ tablespoon granulated garlic

$\frac{1}{2}$ teaspoon dry yellow mustard

2 teaspoons white pepper

$\frac{1}{4}$ teaspoon crushed red pepper

$\frac{1}{2}$ cup olive oil

$\frac{1}{2}$ tablespoon onion powder

$\frac{1}{2}$ teaspoon basil

2 teaspoons oregano

$\frac{1}{8}$ teaspoon thyme

$\frac{1}{8}$ cup water

Scant $\frac{1}{2}$ cup balsamic vinegar

Directions

- 1) Place all dressing ingredients in a large bowl. Whisk until blended.
- 2) Slice the onions and mushrooms thinly.
- 3) Get olive oil hot in a large skillet. Add the mushrooms and onions. Stir to coat with oil. Sprinkle with soy sauce. Cook until a little crunchy.
- 4) Slice goat cheese about $\frac{1}{2}$ inch thick. Place on a plate. Warm in microwave for 20 seconds or so.
- 5) Place lettuce on greens on dinner plate. Layer with mushrooms and onions.
- 6) Place slices of goats cheese around the plate on top of the veggies. Add dressing, serve immediately with whole wheat bread.

Bacon, Lettuce & Tomato Sandwich (BLT)

(Serves 1)

People do not think of BLT's as being particularly healthy. But if you use low carb, high fiber, whole wheat bread and double the lettuce, they are actually a pretty decent meal.

Ingredients:

5 slices bacon

1 small tomato

3 large romaine leaves

2 slices whole wheat bread

1 tablespoon mayonnaise

Serve with Broccoli w/ Ranch Dip

Ham & Mushroom Bruschettas

(Serves 2)

Bruschettas are normally made with white bread and eaten with pasta. But by adding ham, and using whole wheat bread, they can become a reasonably low-carb meal by themselves.

Ingredients:

4 slices whole wheat bread
 $\frac{1}{2}$ cup red onion
natural soy sauce
1 package good quality deli ham

$\frac{1}{3}$ cup cheap green olives
 $\frac{1}{2}$ pound mushrooms
olive oil (about $\frac{1}{2}$ cup)

Directions:

- 1) Chop onion fairly small, but not minced. Set aside.
- 2) Chop mushrooms small. Place in separate bowl.
- 3) Chop olives small, place in separate bowl.
- 4) Get 3 tablespoons olive oil hot in large frying pan. Add mushrooms.
- 5) Sprinkle liberally with soy sauce. Fry on med-high heat about 2 minutes.
- 6) Add onions. Cook another 1-2 minutes.
- 7) Add olives and $\frac{1}{2}$ cup more olive oil.
- 8) Place slices of bread on a cookie sheet.
- 8) Place liberal amount of olive oil/veggie mixture with juice on each slice.
- 10) Make sure bread is saturated.
- 11) Broil until golden brown. Watch closely, they can burn quickly.
- 12) Place a teaspoon or so of olive oil in a large frying pan. Get hot.
- 13) Place about 8 slices of ham in pan.
- 14) Sear the ham on both sides about 3 min.
- 15) Pat grease off ham. Slice into large slivers.
- 16) Top bruschettas with slivered ham.

Serve with a small salad.

Deviled Eggs with Artichoke Bruschettas

(Serves 2)

Ingredients:

(Deviled Eggs)

4 large eggs

1/2 teaspoon prepared yellow mustard

black pepper

$\frac{1}{4}$ cup full fat mayonnaise

paprika

Ingredients:

(Bruschettas)

4 slices yummy whole wheat bread

$\frac{3}{4}$ cup canned artichokes hearts*

4 teaspoons grated parmesan cheese

2 tablespoons natural soy sauce

$\frac{1}{2}$ med red onion

olive oil, about $\frac{1}{2}$ cup

Directions:

- 1) Place eggs in small pan of cold water.
- 2) Water should be $1\frac{1}{2}$ inches above eggs.
- 3) Boil uncovered about 12 minutes.
- 4) When cooked, IMMEDIATELY, place in cold running water. Peel eggs.
- 5) Remove yolks gently from eggs, place yolks in mixing bowl.
- 6) Add mayo and mustard and sprinkle with black pepper. Stir well.
- 7) Place mixture carefully in egg whites. Sprinkle with paprika. Set aside.
- 8) Slice onion thinly, then chop in half.
- 9) Drain artichokes, chop in large pieces.
- 10) Place 3 tablespoons olive oil in frying pan. Get hot. Add onions.
- 11) Sprinkle w/ soy sauce. Cook 2 minutes.
- 12) Add artichokes & remaining olive oil.
- 13) Place slices of bread on cookie sheet.
- 14) Place $\frac{1}{4}$ olive oil/veggie mixture on each slice.
- 15) Make sure bread is saturated.
- 16) Broil until golden brown. Watch closely, they can burn quickly.
- 17) Sprinkle teaspoon grated parm cheese on each slice.

Salad Dressings



Mike Burns' Famous Balsamic Vinaigrette

Ingredients

2 tablespoons honey	1 tablespoon onion powder
1 tablespoon granulated garlic	1 teaspoon dry yellow mustard
1 tablespoon white pepper	1/4 teaspoon thyme
1 teaspoon basil	2 teaspoons oregano
1/2 teaspoon crushed red pepper	1/4 cup water
1 cup olive oil	7/8 cup balsamic vinegar
1 lemon	

Directions

- 1) Squeeze juice from lemon into small bowl. Remove the seeds.
- 2) Transfer to large bowl.
- 3) Place all other ingredients in the bowl.
- 4) Whisk until blended.

Mike's Special Caesar Dressing

Serves 4-6

Ingredients

1 cup olive oil	2 lg. cloves garlic minced
2 egg yolks	1 teaspoon dry mustard
4 drops Tabasco hot sauce	1 teaspoon lemon juice
2 tablespoons Worcestershire sauce	2 teaspoons white vinegar
4 tablespoons parmesan cheese	
small handful green olives (chopped small)	

Directions

- 1) Combine all ingredients in a bowl and stir vigorously with a fork several minutes.
- 2) If you refrigerate the dressing, let it stand at room temperature to take the chill off before serving.

Storage

This will keep at about 7--10 days in refrigerator. Store in a small container to avoid extra air space.

Other Salad Dressings

For other salad dressings, such as Bleu Cheese, I recommend buying them, rather than making them homemade. HOWEVER, IT IS WORTH THE MONEY TO BUY GOURMET BRANDS RATHER THAN CHEAP BRANDS LIKE KRAFT.

Gourmet brands of salad dressings are found in the produce section of grocery stores, not the condiment aisle. I particularly recommend Marzetti brand, but I do not know if it is available nationally.

Snacks



Apples with Peanut Butter

In general, fruit is not a good low carb snack. However, if you eat only half an apple with peanut butter it will give you some protein and can then serve as a more substantial snack. I recommend Granny Smith Apples.

Strawberries/Raspberries with Cheese Stick

In general, fruit is not a good low carb snack. But strawberries and raspberries are the lowest carb fruit. It is good to have a little fruit in your diet. By combining it with cheese sticks you make it a substantial snack with some protein.

Blanched Broccoli w/ Ranch Dip

For years and years I hated broccoli. I hated it cooked, and I hated it raw. Then a man I was dating went on a low carb diet and came up with the idea of just blanching the broccoli for 1-2 minutes and dipping it in Ranch dressing. I was amazed at how good it was. You have to use a gourmet brand of ranch dressing. I recommend Marzetti, it is sold in the produce section of grocery stores. Now this is my favorite thing to bring to pot-luck dinners and people love it. DO NOT OVERCOOK IT.

Ingredients:

1 bunch broccoli

$\frac{1}{2}$ jar Marzetti* Ranch dressing

*Or other gourmet brand

Directions:

- 1) Cut stems off broccoli. Cut into large bitesize pieces.
- 2) Bring large pot of water to a boil.
- 3) Place broccoli in water. Stir several times.
- 4) ONLY COOK FOR 1-2 MINUTES.
- 5) REMOVE IMMEDIATELY & RINSE THOROUGHLY WITH COLD WATER.
- 6) Pat dry.
- 7) Place on serving platter with small dish of dressing.

Hemp Seed Spread

(Serves 2)

A bag of these little seeds is quite expensive, but you get quite a lot of servings out of one bag because 2 tablespoons will fill you up!. The protein content is amazing, and they are very, very low carb. So I think they are worth the price. You can usually find them in the health food section of grocery stores or of course in a health food store like Whole Foods. Keep them refrigerated. Serve this on high fiber crackers like Wheat Thins or Triscuit. Crackers are high carb, so limit how many you eat to 10 carbs worth. The spread itself is less than 3 carbs per serving.

Ingredients:

1/3 cup hemp seeds

$\frac{1}{4}$ cup celery

2 tablespoons full fat mayonnaise

1/3 teaspoon prepared yellow mustard

1 green onion

2 tablespoons fresh parsley

black pepper

Directions:

- 1) Chop celery finely. Place in small mixing bowl.
- 2) Mince parsley and onion, add to bowl.
- 3) Add all other ingredients to bowl. Mix well.

Store Bought Snack Bars

Store bought snack bars can be a great low carb snack or a very high carb bad choice. You have to read the labels very carefully. Look for bars that have at least 6 grams of protein and less than 18 carbs. Here are the best ones I've seen in stores:

KASHI Honey Almond Flax Snack Bar
KASHI Dark Mocha Almond Snack Bar
NATURE VALLEY Pnut, Almd & Dark Choc Snack Bar
NATURE VALLEY PROTEIN Coconut Almd Snack Bar
FIBER ONE PROTEIN Pnut Butter Snack Bar

It is good to keep a supply of these in your purse or car so you can resist the temptation to buy high carb snacks when you are out and about. Most anything you would buy on the fly would have three times the carbs and less protein.

Desserts

Realistically, if you intend to eat a low carb diet, desserts need to be very infrequent. Most desserts contain one or two ENTIRE meals worth of carbs between the grains, fruits, or sugar. I racked my brain to come up with ideas for low carb desserts, and even with using Splenda, these are all I could come up with. However, if you eat a wide selection of well prepared, gourmet low-carb meals with lots of fresh ingredients, you really will not miss desserts as much as you might think.



Frozen Yogurt Sundae with Chocolate Sauce

(Serves 2)

Ingredients:

(Frozen Yogurt)

1 cup full-fat plain yogurt*
(2) paper cups

$\frac{1}{2}$ teaspoon Splenda

Directions:

(Day or days before)

- 1) Mix Splenda into yogurt
- 2) Put $\frac{1}{2}$ yogurt into each cup.
- 3) Freeze

When you are ready to eat it:

- 1) Tear away paper cup. Thaw for about $\frac{1}{2}$ hour. Then cut each "scoop" in half. Thaw another $\frac{1}{2}$ hour to get it close to the consistency of ice cream. While yogurt is thawing, make the chocolate sauce.

Ingredients:

(Chocolate Sauce)

2 tablespoons butter

$\frac{1}{4}$ teaspoon vanilla

$\frac{3}{4}$ teaspoon Splenda

1 $\frac{1}{2}$ oz unsweetened bakers chocolate (6 little squares)

Directions:

- 1) Melt butter and chocolate in sauce pan on simmer.
- 2) Add vanilla and Splenda. Mix well.
- 3) While hot, pour over frozen yogurt.

*I like to use Stoneyfield brand

Chocolate Dipped Strawberries

(Serves 2)

Ingredients:

8 good sized strawberries
 $\frac{1}{2}$ teaspoon Splenda

$1\frac{1}{2}$ tablespoons butter
 $\frac{1}{4}$ teaspoon vanilla

1 oz unsweetened baker's chocolate (4 little squares)

Directions:

- 1) Wash strawberries. Do not remove leaves.
- 2) In small sauce pan (on simmer), melt butter and chocolate, keep stirring.
- 3) Add Splenda and vanilla, mix well.
- 4) Coat strawberries with chocolate.

They can be eaten immediately with warm soft sauce (my preference) or chilled.

Crunchy Mango Parfait

(Serves 4)

Ingredients:

2 heaping tablespoons dried mango	1/8 cup water
1 tablespoon butter	2 tablespoons sesame seeds
1 tablespoon almond butter	1 cup full-fat yogurt*
2/3 teaspoon Splenda	6 good sized brazil nuts
1½ tablespoon unsweetened coconut	
8 tablespoons Redi-Whip	

*I recommend Stoneyfield or Brown Cow

Directions:

- 1) Melt butter in small glass microwaveable bowl.
- 2) Add 1/8 cup water.
- 3) Chop mango finely. Place in bowl. Stir. Microwave about 30 seconds.
- 4) Let stand 10-15 minutes.
- 5) Grind Brazil nuts in a blender. Place in a separate small mixing bowl.
- 6) Add sesame seeds, almond butter, Splenda, coconut.
- 7) After the 10 minutes have passed, combine the two mixtures. Stir well.
- 8) Place a very small amount of cooking oil in a baking dish.
- 9) Plop mixture into dish, press into a square about 5" x 5" by 1/3 inch thick.
- 10) Bake 15 minutes at 400 degrees.
- 11) Remove and stir up to make large crumbles.
- 12) Place ¼ cup yogurt into (4) small dessert bowls.
- 13) Place warm (not hot) fruit/nut mixture on top of yogurt.
- 14) Top each bowl with 2 tablespoons Redi-Whip.
- 15) Serve immediately.