

PERFECT PIZZA

AND OTHER LOW CARB DELIGHTS

BY JULIA FRENCH

JULIA FRENCH SHARES SOME OF HER BEST
LOW CARB RECIPES, TIME-TESTED AND DELICIOUS.





Perfect Pizza and Other Low Carb Delights

By Julia French

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NOTE: The introduction includes a sweetener equivalent table and carb count list.

Introduction

I believe in low carb eating, I believe in healthy eating, but I also believe in simple, delicious, and inexpensive eating. The recipes in this book are tried and true, ones I make regularly that I have developed over time. This book contains my personal favorite recipes, it isn't meant to be a comprehensive volume of low carb recipes. There are already so many great low carb recipe web sites and books out there!

I eat the low carb way, but I don't count my carbs. When I started my diet (for blood sugar control and weight management), I quickly found out I wasn't able to keep to a strict carb limit. Instead, I avoid high carb foods like potatoes, pasta, bread, snack foods, and sweets, and strictly limit portions of other foods such as corn and carrots. I have provided carb counts of selected items for those of you who would like to keep accurate counts.

Eating low carb means no cane sugar, honey, molasses, agave syrup, or any other natural sweetener. In the place of natural sweeteners I used SugarTwin until this product was discontinued, then I switched to bulk Sweet and Low. For those of you who prefer other sweeteners, I have included a brief sweetener equivalency table, below. The amounts I use for the recipes in this book are too small for an ordinary conversion chart, so here is the closest measurement match:

Sweetener equivalents:

Table sugar	¼ c.	2 Tbsp	1 Tbsp	1 1/2 teasp
Sweet n Low bulk	2 teasp	1 teasp	½ teasp	¼ teasp
Truvia Spoonable	1 Tbsp plus 2 teasp	2 ½ teasp	1 ¼ teasp	½ plus 1/8 teasp
Stevia powder	1 teasp	½ teasp	¼ teasp	1/8 teasp

Example: if the recipe calls for 1 teasp Sweet and Low you would measure out ½ teasp Stevia powder.

I don't use many chemicals or hard-to-find ingredients in my dishes. I use common, everyday ingredients that can be found in almost every pantry, which makes cooking simple. On the other hand, it makes the technique more important, and also the cooking times.

A word about almond flour:

When I first started baking with ground almonds, also known as almond flour, I used the unblanched kind. I ended up disliking the texture and the taste of my results so much that I quit low carb baking altogether. Several years later I discovered blanched almond flour, and since then I have used it exclusively in all my baking. Blanched (and unblanched) almond flour behaves differently than regular wheat flour. It absorbs much, much more liquid than regular flour does, and the recipes in this cookbook account for that. However, for that very reason it also makes a super strawberry shortcake because the cake absorbs all the yummy liquid from the strawberries.

Almond flour burns very easily and requires shorter baking times, so it's important to observe baking times right to the minute. Almond flour also tends to go stale quickly, so I store my supply in the refrigerator and refrigerate my baked goods after 24 hours. However, I think it's worth the trouble. Recipes made with almond flour are delicious, and they also tend to freeze well. One quick zap in the microwave, and you have a fully defrosted muffin!

Almond flour sticks to *everything*. Trust me on this! I don't line my baking pans with white flour and shortening because white flour is not a low carb ingredient and shortening tends to be greasy. Instead, I line anything I am using to bake with either aluminum foil or parchment paper—even non-stick pans. Muffin cups, of course, would use paper liners.

Miscellaneous notes:

The quantities in these recipes are meant to serve one person but most of these recipes can be easily doubled to serve more.

The spices I mention are dried spices from a bottle, unless otherwise noted.

All oven times are for a preheated oven. When you preheat your oven, your dish will heat quickly and evenly and produce a better result.

Using half butter and half vegetable cooking oil makes for a delicious and light-

tasting result when frying vegetables, meat, or eggs in a skillet.

I don't chop or mince garlic any more, I grate it, it's easier that way.

Heavy whipping cream is high in fat but low in carbs. I use it where milk or cream is called for.

I don't make my own almond flour because my food processor won't grind it as finely as I need.

The brand I buy is Bob's Red Mill blanched fine ground almonds, but there are other good brands as well.

A pat of butter is half of a tablespoon.

Some of my recipes are quirky, but I hope you will find a few recipes you like. Life is too short to eat food you don't enjoy.

The selected carb count list is below:

Carb count list:

NOTE: these carb counts are gathered from various sources including product packaging. They are approximate, not exact. If you are in doubt, always check for yourself.)

almond flour, blanched 1 c. 12 g
almonds, slivered ¼ c. 2.6 g
apple, one half 8 g
apricots, one fresh 4 g
bean sprouts, one 14 oz. can 9 g
beef, deli roast, one slice 1 g (can vary)
bleu cheese dressing, one 6 oz. bottle 32 g (can vary)
blueberries 1 c. 18 g
cabbage, shredded 1 c. 3.8 g
carob, unsweetened ¼ c. 16 g
carrot one medium 6 g
cauliflower 1 c. 4 g
celery, 1 long stalk 1.2 g
cherry concentrate, 1 Tbsp 10 g (can vary)
cocoa, unsweetened 1 Tbsp 3 g
coconut, shredded unsweetened, 1 c. 12 g
corn 1 c. 29 g
cottage cheese 1 c. 8 g
cranberries, raw, unsweetened, whole 12 g
cream cheese 1 oz. 1.2 g
cream, heavy whipping 1 Tbsp 0.4 g
cucumber, one medium 8 g
dill pickle, one medium 3 g
fennel seeds, whole, 1 tsp 1 g
garlic 1 clove 1 g
ham, chopped, 1 c. 3 g
ham, deli, one slice 0.5 g (can vary)
jalapeno pepper, one whole 0.9 g
lemon juice, 1 Tbsp 1 g
mayonnaise, Hellman's 0 g
Miracle Whip 1 Tbsp 2 g
mushrooms, canned 4 oz. 4 g
onion, white chopped ½ c. 7 g
onions, green, one 0.2 g

olives, black 4 oz. 5 g
olives, green, 5 whole stuffed with pimientos 3 g
pecans, chopped ½ c. 8 g
pecans, whole ½ c. 7 g
pepper, bell 1 c. chopped 9 g
polish sausage, one link 5 g (can vary)
pumpkin seeds, noncommercial roasted ½ c. 10 g
pumpkin, canned 1 c. 20 g
radishes, one medium 0.3 g
salsa ½ c. 24 g
spaghetti squash 1 c.
summer squash one whole, about 5-6 inches 8 g
taco seasoning, commercial, one packet 24 g, but can vary
tangerine, small, one half 5 g
tomato sauce, 8 oz. can 14 g
tomato, one fresh 5 g
vegetables, mixed 1 c. 24 g
zucchini, one whole, about 5-6 inches 8 g

Beef

Things to remember:

Using half butter and half vegetable cooking oil has a nice butter taste and is less heavy.

Grating garlic is easier than chopping or mincing it.

Spices are grocery store spices from a bottle unless otherwise noted.

Crockpot Beef Stew

1 lb. beef stew meat

1 c. frozen mixed vegetables

1 fresh tomato, chopped

1 large onion, sliced thick

1 beef bouillon cube

1 c. water

1 teasp each dried parsley flakes and celery flakes

½ teasp each salt and garlic powder

¼ teasp each black pepper and red pepper flakes

Layer the sliced onion in the bottom of the crockpot, then the beef stew meat, and then the chopped tomato. Warm the bouillon cube in 1 c. water in the microwave for one minute. Make sure the cube is entirely crushed and stirred into the water, then mix in the spices. Pour the spiced liquid over the top of the beef, onions, and tomatoes. Cook on High for 2 ½ hours. Stir briefly and continue cooking for another hour, then stir in the frozen mixed vegetables. Cook for an additional 1 ½ hours, remove to a serving bowl, and serve.

Shredded Spicy Beef

one 4 to 5 lb. chuck roast

1 c. medium heat salsa

1 envelope taco seasoning

2 cloves garlic, chopped or grated

Place the roast in the bottom of the crockpot. Combine the remaining ingredients and pour over the roast. Cook on High for 6 hours. Remove the meat to a serving bowl and shred using two forks. This recipe comes out very juicy! Serve, and

garnish with sliced green olives, sliced green onions, slices of processed cheese, or sour cream if desired. Use in burrito or taco shells, taco salad, or for a Mexican casserole.

Pepper Steak for One

½ green bell pepper, sliced thin

½ red bell pepper, sliced thin

½ onion, sliced thin

1 beef cube steak

Sauté the bell pepper slices and onion slices in 2 Tbsp cooking oil and 1 Tbsp butter until soft, then remove to a plate. Add the cube steak to the same skillet, season with salt and pepper to taste, and sauté until browned through, approximately 5 to 7 minutes. Plate with the sautéed vegetables and serve.

Cube Steak Baked in the Oven

1 frozen cube steak

one 4 oz. can mushrooms

2 pats butter

salt and black pepper

Line a shallow baking pan or pie pan with foil. Place the frozen cube steak on the foil to one side of the pan and put one pat of butter on the top. Open and drain the mushrooms and spread them on the other side of the pan. Cut the remaining pat of butter in quarters and dot the mushrooms with the pieces. Season all with salt and black pepper. Bake covered at 350 for 20 to 25 minutes. Do not overcook, or the cube steak will be tough. Serve with green beans or corn.

Low-Carb Cold Plate Dinner

Select from the following items to make a casual, no-fuss cold plate lunch or dinner:

deli-sliced roast beef, ham, chicken, or turkey

deli-sliced cheddar, colby, brick, or provolone cheese

celery and carrot sticks, kosher dill pickle spears

salted nuts (I like pistachios or smokehouse almonds)

Roll up one slice of deli meat with one slice of cheese. Repeat for every slice. Cut the celery sticks and carrot sticks to bite-size. Arrange all of the items including the pickle spears and salted nuts on an attractive platter. Put a movie in the DVD player, pour yourself a glass of sugar-free soda or sparkling water, and relax.

Great Burgers

- 1 lb. ground beef
- 2 cloves garlic, chopped or grated
- 1 small onion, chopped
- 2 Tbsp sugar-free catsup

Mix meat, onions, garlic, and catsup together and form into 4 patties. Melt 2 Tbsp butter in a skillet and add 2 Tbsp. oil. Sauté the burgers in the butter and oil until the juices run clear. Drain on a paper towel and serve with salt and pepper.

Worcestershire Burgers

- 1 lb. ground beef
- 2 Tbsp butter
- 2 Tbsp oil
- 2 Tbsp Worcestershire sauce

Melt butter in a skillet, add oil and Worcestershire sauce. Form the ground beef into quarter-pound patties, season as desired, and sauté in the Worcestershire mixture until the juices run clear. Serve. This also works well for beef cube steaks.

Moist and Beefy Oven Burger for One

- 1 quarter-pound ground beef patty
- 1 c. water heated in the microwave for one minute
- 1 beef bouillon cube
- 1 small onion, sliced thick
- salt and pepper to taste

Place the onion slices on the bottom of a glass 20-ounce (2 ½ c.) casserole dish, so the burger won't stick to the bottom of the dish. Place the burger patty on top of the onions. Dissolve the beef bouillon cube in 1 c. warm water and pour over

the patty. Add salt and pepper to taste. Cover the dish with foil and bake at 350 for 50 minutes; bake for 1 hour ten minutes if the patty is frozen. Serve with the onions on top.

Cheeseburger Baked in a Bun

1 recipe basic biscuit dough (see Breads and Pizza)

1 quarter-pound ground beef patty

2 slices American or other cheese

Cook the ground beef patty until done; set aside. Prepare the basic biscuit dough and divide the dough into three parts. Flatten two of the parts between two pieces of parchment paper. (Put the third part away for another recipe, or bake it as a separate biscuit or flatbread.) Place the cooked and drained ground beef patty on one of the flattened pieces of dough. Place the two slices of cheese on top of the patty. Put the second flattened dough piece on top of the cheese and meat. Seal the seam gently, patting and pinching around the edges until the bun is entirely sealed. Add extra dough if needed. Put a piece of parchment paper on a baking sheet or pie pan, place the sealed patty on it, and bake uncovered at 350 for thirty minutes or until the bun is browned on top. Cut in half if desired. Serve with mustard and catsup or other condiments for dipping. If mustard, catsup, or other condiments are placed on the burger before baking they will be absorbed into the dough and lost. Variation: Use swiss cheese, and add chopped mushrooms to the burger before baking.

NOTES: Other meats can be used, such as a sausage patty or meatloaf patty, but make sure the meat is thoroughly cooked before baking it in the bun. Different kinds of cheese can be used, such as provolone, pepper jack, gouda, etc.

Spaghetti Dinner

½ to ¾ lb. ground beef or bulk pork sausage

one recipe low carb spaghetti sauce (see Sauces, Spice Mixes, and Marinades)

2 c. cooked spaghetti squash strands (see Vegetables and Salads)

one 4 oz. can mushrooms

3 slices onion, chopped

Optional: ¼ c. sliced black olives or ¼ c. chopped green or red bell pepper

Make the spaghetti sauce and set aside. Brown and drain the ground beef or pork sausage and crumble or chop it fine. Mix the meat, mushrooms, onion, spaghetti sauce, black olives or chopped pepper if using, and the spaghetti squash strands

in a 1½ quart casserole dish, being careful to separate the squash strands with a fork. Cover with foil and bake at 350 for 45 minutes. Top with cheddar or other cheese the last five minutes of baking, if desired. Serve with low carb garlic bread or toast.

NOTE: The spaghetti squash noodles will not look white like normal noodles but will take on the red color of the sauce.

My Favorite Chili

1 lb. ground beef
1 onion chopped
2 cloves garlic, chopped or grated
2 stalks celery, chopped
½ green bell pepper, chopped OR 1 jalapeno pepper, seeded and chopped
1 can kidney beans, drained
one 4 oz. can mushrooms, drained
one 14 ½ oz. can diced tomatoes, undrained
one 8 oz. can tomato sauce
2 teasp chili powder
¼ teasp black pepper
¼ teasp salt
1/8 teasp red pepper flakes, if you like your chili spicy
2 c. water

Brown and drain the ground beef and place in a 2-quart pot. Add the remaining ingredients, cover, and bring to a boil. Turn down the heat and simmer for 1 ½ hours on low heat, stirring at intervals. Serve with a grilled cheese sandwich on the side, using low carb bread.

Layered Taco Casserole

2 lb. ground beef
1 large onion, chopped
1 green bell pepper, chopped
1 large tomato, chopped
2 packages commercial taco seasoning
1 ½ c. water
2 c. shredded cheddar or other cheese

Brown and drain the ground beef. Add the taco seasoning and 1 ½ c. water.

Cook and stir until thick, about 3-5 minutes. Layer a 2 ½ quart casserole dish in this order: half the meat mixture, half the chopped onion, green pepper, and tomato, 1 cup of the shredded cheese, then the remaining meat mixture and the remaining onions and vegetables. Reserve the remaining half of the cheese. Cover with foil and bake at 350 for 50 minutes. Add the remaining cheese, cover again, and bake for 7 more minutes. Top with sour cream if desired, and serve on a bed of shredded lettuce or in low carb wraps.

Hamburger Corn Salsa Dish

1 lb. ground beef

1 onion chopped

one 8 oz. can tomato sauce

½ c. medium-heat salsa

1 c. frozen corn

shredded pepper jack cheese

Brown and drain the ground beef. Mix with the onion, tomato sauce, salsa, and corn. Pour into a 2-½ quart casserole, cover and bake at 350 for one hour.

Serve topped with shredded pepper jack cheese. This is one of my favorite comfort foods.

Pork

Skillet Pork Chops

3-4 bone-in pork chops

one 10 ½ oz. can chicken broth

½ teasp dried parsley flakes

½ teasp celery flakes

¼ teasp paprika

¼ teasp garlic powder

Place pork chops in a large skillet. Mix remaining ingredients and pour over the chops. Cover and simmer on low heat until tender, about 45 minutes. Serve with French-cut green beans.

Harvest Pork Stew

2 thick boneless pork chops, cut into 1-inch cubes

1 medium onion, sliced

1 large carrot, sliced

2 stalks celery, chopped or sliced

one 4 oz. can mushrooms (optional)

one 14 ½ oz. can tomatoes undrained

one 10 ½ oz. can chicken broth

1 small zucchini cut into large cubes

1 small yellow summer squash cut into large cubes

1 c. water

½ teasp each oregano and parsley flakes

¼ teasp each salt and black pepper

dash of cayenne pepper, if desired

Assemble all ingredients in a 4 or 5 quart pot except the zucchini and yellow squash. Bring to a boil, then cover and simmer for 1 hour. Add the cubed zucchini and yellow summer squash and simmer for another half hour. Serve. Crockpot directions: Cook the stew mixture on High for 4 hours, stir in the zucchini and yellow squash cubes, then cook for another hour and a half.

Juicy Shredded Pork

2 thick boneless pork chops

1 onion, sliced

1 c. water

1 chicken bouillon cube

½ teasp garlic powder

¼ teasp black pepper

dash of paprika

optional additions: 1 stalk celery, chopped; 1-2 jalapenos, chopped; green or red bell pepper

sliced or chopped; black or green olives; minced garlic; lime juice; red pepper flakes

Place the chicken bouillon cube in 1 c. water and heat in the microwave for 1 minute. Make sure the cube is entirely crushed and mixed into the water. Place the rest of the ingredients in a 1 ½ quart casserole dish, pour the chicken bouillon and water over, cover with foil, and bake at 350 for 2 hours. Shred the meat with 2 forks, put back into the casserole dish, and mix with the juices. Use in casseroles, tacos, burritos, and other dishes. NOTE: Without the optional additional spices, this is a mild recipe, not hot.

Homemade Pork Sausage

1 lb. ground pork

3 ½ teasp sausage spice mix (see Sauces, Spice Mixes, and Marinades)

1 teasp whole fennel seeds (optional)

Combine ingredients and mix, but not too thoroughly or the sausage will be very dense. Let the meat mixture rest in the refrigerator for 2 hours before cooking to let the flavors meld. Form into patties, break up into sausage crumbles, or form meatballs, and fry in a skillet until done. NOTE: 3 ½ teasp of spice mix gives a mild, pleasant flavor, 4-5 teasp is hotter.

OMG I Forgot To Buy Ground Pork Recipe

Sprinkle pork sausage spice mix (see Sauces, Spice Mixes, and Marinades) liberally over both sides of a pork cube steak. Let stand for half an hour before frying or baking.

Sausage and Egg Patty

1 homemade pork sausage patty (see Homemade Pork Sausage, above)

1/3 c. grated cheddar cheese

Fry one patty of homemade pork sausage in a skillet with a dash of cooking oil until the juices run clear. Remove to a plate and drain the grease with a paper towel. Top the patty with grated cheddar cheese. Break one egg into the skillet with the sausage drippings and cook until the yolk is done to your liking. Drain briefly on a paper towel and place on top of the sausage and cheese on the plate. Serve with fresh parsley for a garnish, or a slice of fresh tomato. A good breakfast!

Ham and Cheese Salad

1 c. cooked ham, cubed (about ¼ inch or smaller)

1/2 c. gouda cheese, cubed (about ¼ inch or smaller) or grated

1 stalk celery, sliced thin

¼ c. Miracle Whip or mayonnaise

2-3 green onions, sliced (optional)

Mix, chill, and serve. Non-low carb version: add ½ c. cooked peas instead of celery.

Bacon in the Oven

Lay raw bacon strips in a single layer on a nonstick cookie sheet that has a rim to catch the grease. Bake in a preheated 400 ° oven for 10-11 minutes. Remove bacon to a plate covered with paper towels, to drain. NOTE: There will be a lot of grease! But your bacon will be done to perfection.

Baked Ham and Cheese Pockets

1 recipe basic biscuit dough, adding ¼ c. more almond flour and 1 more Tbsp butter

2 slices deli ham

2 slices Kraft American cheese or cheddar cheese

Prepare the dough and divide into half, then divide into half again, making four pieces of dough. Set aside. Place one slice of cheese on one slice of ham, fold it in half, then in half again, making a small square of ham and cheese. Place one piece of dough on a parchment-lined cookie sheet and flatten with another piece

of parchment paper on top. Place the ham and cheese square on the dough. Flatten a second piece of dough and place it on top of the ham and cheese square and the first piece of dough. Seal carefully around the edges, patting the seam gently closed and taking pinches of extra dough from the edges to cover any bare spots. Repeat with the second slices of ham and cheese and the remaining two pieces of dough to make a second pocket. Place both pockets on a cookie sheet lined with parchment paper and bake at 350 for 25 minutes. Variation: For BBQ flavored ham and cheese pockets, spread 1 teasp low carb BBQ sauce over the ham and cheese before folding into a square.

Chicken

Baked Chicken

2 frozen chicken thighs, bone in, or one frozen chicken breast half
salt, black pepper

Cover a regular-size pie pan with foil. Place the chicken pieces on the foil. If using thighs, place them skin side up. Season with salt and pepper. Put one inch of water inside the pan, cover the chicken with another piece of foil, and bake at 350 for 1 ½ hours. The meat will fall off the bones, and it will be nice and moist.

Chicken Italiano

2 chicken breasts cut in half OR 3 chicken thighs, bone in
1 onion, sliced
1 clove garlic, chopped or grated, OR ¼ teasp garlic powder
1 stalk celery, sliced
one 4 oz. can mushrooms
one 8 oz. can tomato sauce
1 ½ c. water
1 teasp parsley flakes
½ teasp oregano
½ teasp basil
¼ teasp black pepper
½ teasp salt

Put the chicken pieces in a large skillet. Add the onions, mushrooms, celery, and garlic. Mix the spices with the tomato sauce and water and pour over the chicken. Cover, bring to a boil, then simmer on medium low heat for 40 minutes, stirring occasionally and adding extra water if needed. Serve with cooked cauliflower or spaghetti squash "noodles."

Chicken and Sausage Dinner

1 chicken thigh, cooked and cut into bite-size pieces
1 cooked store-bought polish sausage, cut into bite-size pieces

one 10 ½ oz. can chicken broth

¼ c. water

2 stalks celery, chopped

1 onion, chopped

salt, pepper

Combine all ingredients in a 1 ½ quart casserole dish and cover with foil. Bake at 350 for 1 hour. Non-low-carb version: use cream of onion soup and ½ c. water instead of the chicken broth, and add peas instead of celery.

EZ Chicken Soup

1 cooked chicken thigh skinned and cubed OR ½ cooked chicken breast, cubed
one 10 ½ oz. can chicken broth

1 ½ c. water

2 slices onion, chopped

1 stalk celery, chopped

¾ c. frozen mixed vegetables

¼ teasp salt

dash each paprika and black pepper

Combine all ingredients in a 1 ½ quart pot on the stove. Heat to boiling, then cover and simmer on low heat for 45 minutes. Add more water if necessary.

Serve.

Variation: For a different taste, use the white part of one small leek, chopped and rinsed, instead of the onion. Omit the mixed vegetables, and add another stalk of celery.

Corn and Garlic Chicken Stir Fry

½ cooked chicken breast, cubed

2 stalks celery, chopped

½ of a medium onion, chopped

1 clove garlic, chopped or grated

½ c. frozen corn

2 Tbsp butter

2 Tbsp cooking oil (more if necessary)

½ teasp salt

¼ teasp black pepper

1/8 teasp red pepper flakes

Sauté the celery, garlic, and onion in a large skillet with the butter and oil until soft. Add the chicken, corn, and spices. Sauté, stirring, until the chicken is just starting to turn brown. Remove and drain on a plate covered with paper towels. Serve.

Chicken Salad

1 cooked chicken breast, cubed

1 stalk celery, chopped

1 slice of onion, chopped

¼ to 1/3 c. Miracle Whip or mayonnaise (I use Miracle Whip)

1/3 c. chopped pecans

black pepper to taste

Combine ingredients, chill, serve on a lettuce leaf, on low-carb biscuit halves, or tucked into prebaked low carb bread pockets.

Sauces, Spice Mixes, and Marinades

Spaghetti Sauce

one 8 oz. can tomato sauce

½ teasp dried basil

¼ teasp black pepper

¼ teasp garlic powder

¼ teasp salt

1 Tbsp canned grated parmesan cheese

1 teasp olive oil

1/8 teasp Sweet'N Low

Combine all ingredients in a 20 oz. glass casserole dish, stirring thoroughly to mix the spices. Cover with plastic wrap and heat in the microwave for 3 minutes. Remove the plastic, spoon the sauce over cooked spaghetti squash strands, and serve. This recipe can be cut in half and still work well. NOTE: the parmesan, Sweet'N Low, and olive oil tone down the acidity of the tomato sauce. If the sauce is still too tangy for your taste, add more of these ingredients.

Homemade Hot Sauce

1 part white vinegar

1 part cayenne pepper

1 part water

½ to 1 part Sweet'N Low

½ part black pepper, if desired

Mix ingredients thoroughly in a glass custard cup. Make sure the cayenne pepper is entirely wet. Let stand at least 1 hour at room temperature before using; the longer the sauce stands the better it will taste. This recipe can make a lot or a little depending on your needs, and other spices such as black pepper, oregano, or thyme can be added as well. As long as you have cayenne powder in your pantry, you can whip up a quick batch of hot sauce in no time.

EZ Garlic Butter for One

2 Tbsp butter

1 clove garlic, chopped or grated

Place butter in a glass custard cup and melt in the microwave for 15 seconds.

Add the garlic, cover with a piece of plastic wrap, and microwave for 30 seconds more. Use with cooked vegetables like broccoli, or pour over cooked meat.

Pork Sausage Spice Mix

1 teasp paprika

1 teasp salt

½ teasp onion powder

½ teasp garlic powder

½ teasp black pepper

¼ teasp cayenne pepper

1 teasp whole fennel seeds (optional)

Mix and store in a clean glass bottle or a plastic bag. May be kept in the freezer.

Homemade Taco Seasoning

1Tbsp chili powder

1 tsp salt

1 tsp black pepper

1/4 tsp garlic powder

1/4 tsp onion powder

1/4 tsp dried oregano

one small pinch (smaller than 1/8 teasp) crushed red pepper flakes

Mix and store in a clean glass bottle or plastic bag. To use: In a skillet, brown ½ lb. ground beef, drain. Add some chopped onion, ½ c. water and 2-3 teasp of the taco seasoning. Simmer 5 minutes. Serve over shredded cabbage, or in low carb wraps. Makes two servings.

Spicy Dry Rub for Beef, Pork, or Chicken

1 teasp paprika

½ teasp black pepper

½ teasp garlic powder

½ teasp onion powder

Mix and store in a clean glass bottle or plastic bag. To use: sprinkle over the

surface of raw beef, chicken, or pork and let stand, refrigerated, for at least one hour before cooking. Variation: For pork, you could leave out the onion and garlic powder and use a pinch of cinnamon instead.

A Good Marinade for Beef or Chicken

raw sirloin steak, round steak, beef tenderloin OR chicken breast or thigh

1 Tbsp lemon juice

2 Tbsp olive oil

1 slice of onion, chopped very fine or grated

1 clove garlic, chopped fine or grated

Place the beef or chicken in a glass casserole dish or bowl. (Make sure the beef is not folded over.) Mix lemon juice and olive oil and pour over both sides of the meat. Sprinkle the onion and garlic over the top. Chill for at least 1 hour, preferably 2, before cooking or grilling.



Cheeseburger Baked in a Bun



Basic Spaghetti Squash, baked



Spaghetti Squash Dinner



Blueberry Muffins

Eggs

Perfect Boiled Eggs

Fill a one-quart pot with cold water to within 2 inches of the top. Place 1-3 eggs in the water and add 1 teasp salt. Bring to a rolling boil and boil for ten minutes. Turn off the heat, drain off the boiling water and fill the pot with cold water. Let stand until the eggs are cool enough to handle, about fifteen minutes. To peel: roll the egg on the counter to crack the shell all over. Run the bowl of a coffee spoon carefully just under the shell all around the egg. Make sure you don't gouge the cooked egg! Peel away the shell and rinse the remaining bits off in cold water.

NOTE: The perfect boiled egg should have a uniformly yellow flaky yolk all the way through. If there is a darker hard yellow spot in the middle, the egg wasn't cooked long enough. If there is too much of a dark ring around the yolk it was cooked too long, but a small ring is normal.

Perfect Soft-Boiled Eggs

Place 1-3 eggs in a one-quart pot of cold water with 1 teasp salt. Bring to a rolling boil and boil for 2 ½ minutes for a runny yolk, and 3-4 minutes for a firm but still soft-boiled yolk. Drain the hot water off and fill the pot with cold water. When the eggs are cool enough to handle, remove from the pot, peel, and serve with low carb toast or biscuits.

Simple Devilled Eggs

three hard-boiled eggs (see above)

¼ c. Miracle Whip or mayonnaise

Slice the eggs carefully in half. Pop the yolk out of each egg half and place in a sieve. Press the egg yolks through the sieve with a soup spoon. Add Miracle Whip or mayonnaise and mix thoroughly. Spoon the filling back into the egg halves, mounding the filling a little in each half. Serve garnished with dried or fresh parsley, slices of green onion, a shake of paprika, a dollop of salsa, or a sliver of anchovy.

Creamy Scrambled Eggs

3 eggs

2 oz. cream cheese

¼ teasp cinnamon

½ teasp Sweet'N Low

5-6 frozen unsweetened strawberries (optional)

Put the cream cheese in an 8-inch skillet and put on low heat to soften. Break up the cream cheese with a spatula as it melts. Mix the 3 eggs in a measuring cup. Add 2 Tbsp cream and ¼ teasp cinnamon and mix well. Pour into the warm skillet containing the softened cream cheese. Stir the melting pieces of cream cheese and eggs together with the spatula. Keeping the egg mixture in motion, turn the heat up to medium and continue cooking and stirring until the eggs are firm. (This mixture does not brown easily, so don't wait for it.) Dust the Sweet'N Low on top and mix it in with the spatula just before removing the eggs from the skillet. Turn out onto a plate and serve hot.

NOTE: If you are adding strawberries, use frozen ones because the juice from thawing them will mix into the eggs better. Defrost the fruit in the microwave until soft, cut into bite-size pieces, and add to the skillet just after adding the eggs.

Low Carb Scotch Eggs

one hard-boiled egg

½ lb. homemade pork sausage (see Pork), or any good bulk pork sausage

Divide the pork sausage into two equal portions, then divide those two portions also, making four equal portions. Slice the hard-boiled egg in half. Flatten one portion of the pork sausage and place one half of the hard-boiled egg on it.

Flatten a second piece of pork sausage and place that on top. Seal around the edges and roll between your hands until it is nice and round. Do the same with the remaining pork sausage and second egg half. Place the two completed scotch eggs on a pie pan covered with foil and bake uncovered at 350 for 45 minutes or until the sausage is completely cooked. Serve with hot sauce, low carb catsup or mustard, and slices of dill pickle.

Egg Fu Yong in the Oven

4 eggs

2-3 Tbsp heavy whipping cream
one 14 oz. can bean sprouts, drained
1 slice of onion, chopped fine
¼ c. red bell pepper, chopped fine
salt and pepper to taste

Spread the drained bean sprouts, red bell pepper, and chopped onion evenly over a parchment-lined pie pan. Beat the eggs with the cream and pour over the vegetables in the pan. Spread evenly so it reaches the sides of the pie pan. Bake in preheated 350 ° oven for 35 minutes or until the eggs are set. Pick up the egg by the parchment paper and slide onto a plate, then slide the paper out from underneath it. Cut into slices and serve with low carb soy sauce, salsa, or other condiments of your choice. This is good with melted cheese on top.

Ham and Egg Pie

4 eggs
2-3 Tbsp heavy whipping cream
1 slice of onion, chopped fine
¼ c. ham, chopped
½ tsp celery flakes

Beat the eggs with the cream and add the celery flakes. Spread the ham and onion evenly in a parchment-lined pie pan. Pour the egg mixture over it and bake at 350 ° for 30 minutes or until the eggs are completely set. Pick up the "pie" by the parchment paper and slide onto a plate, then slide the paper out from underneath. Slice into wedges and serve.

Vegetables, Sides, and Salads

Zucchini Pecan Onion Boats

1 small (about 6-7 inches long) zucchini

1 large slice of onion, chopped fine

¼ c. chopped pecans

2-3 Tbsp butter

generous dash of salt and pepper

Wash the zucchini and slice it in half lengthwise. DO NOT slice off the ends, they will keep the filling in place. Scoop out the central seed portion with a spoon and discard it. Oil the outside (the peel) of the halves with salad oil and place them cut side up in a shallow pan or cookie sheet. Set aside. Sauté the chopped onion and pecans in a covered pan with the butter, salt, and pepper until the onion is soft. Stuff the zucchini halves with the pecan onion mixture and bake, covered, for 20 minutes.

Roasted Zucchini and Onions

2 small zucchini, unpeeled, washed and cut in half lengthwise, then into 1-inch chunks

1 medium onion, sliced into large slices, then quarter the slices

Put the onion and zucchini pieces in a bowl, drizzle olive oil over, and toss to coat. Spread in a foil-lined or nonstick baking pan. Sprinkle with salt, paprika, and black pepper to taste. Bake uncovered at 350° for ten minutes or until vegetables are soft and ready to eat. Serve immediately.

Baked Zucchini Rounds

1 small zucchini, about 5-6 inches long

salt and black pepper

Wash the zucchini and trim the ends off, but do not peel. Cut into 1-inch chunks. Place the pieces cut side up on a foil-covered or nonstick baking pan and sprinkle with salt and black pepper to taste. Bake at 350° for 30 minutes. Let sit for 2 minutes, then turn the slices over to reveal the caramelized brown underside. Other flavorful herbs can be used instead of salt and pepper, such as

lemon pepper.

Summer Squash Delight

1 medium-size (about 9-10 inches) yellow summer squash, sliced thin

1 medium-size zucchini, sliced thin

1 onion, sliced thin

1 medium fresh tomato, chopped

¼ teasp oregano

¼ teasp basil

¼ teasp salt

Put the sliced vegetables and the chopped tomato in a skillet and sprinkle with the spices. Add ½ c. water and simmer, covered, until soft, stirring occasionally and adding more water if needed; the vegetables should be kept moist. Chicken broth can be used instead of water for more flavor. Serve warm.

Basic Spaghetti Squash

At the grocery store or farmer's market, pick out a large spaghetti squash that has a nice yellow color. Although they can still be used, pale spaghetti squashes are not entirely ripe and it's been my experience that they don't ripen much more after buying.

Wash and dry the outside of the spaghetti squash. Using a fork, poke holes all around the rind—you don't have to go very deeply. This step is necessary so the squash doesn't explode in the oven. Place the whole squash on parchment paper on a cookie sheet and bake at 400° for one hour or until the fork can go into the rind easily. Let the squash cool for 5-10 minutes so it can be handled, then slice it in half lengthwise with a butcher knife. (It feels like slicing a deflated football in half!) Caution—the squash will still be fairly hot.

Locate the interior part, which will be darker yellow than the rest of the squash and contain the seeds. Scoop out this center part with a spoon and discard. If desired, you can separate and save the seeds to roast later. Separate the strands of the squash (the "spaghetti noodles") by drawing a fork across the flesh. You can scrape strands down to the rind, so keep at it until there's nothing left but the deflated "football skin." Mound the strands in a large bowl and allow to cool. These "spaghetti noodles" are already cooked and can be served and eaten immediately: serve with the sauce of your choice or a little butter and salt. If the strands are not soft enough they can be microwaved until they are the desired

texture.

NOTES: The strands don't taste like pasta; they have a faintly sweet taste. Tomato sauce or chicken broth will mask the sweetness. The strands can be used right away or frozen in recipe-size portions. I like to freeze my spaghetti squash by placing 1 c. of the strands in a small plastic bag and pressing flat, then freezing. To thaw, I microwave the bag for 30 seconds and remove excess moisture with a paper towel before using.

Spaghetti Squash with Butter and Garlic

Melt 1 Tbsp butter in 2 Tbsp of cooking oil. Sauté two cloves of grated or chopped garlic until soft, about one minute. Add 1 c. spaghetti squash strands. Sauté the strands and garlic 5 more minutes, being careful to separate the strands so they cook evenly. Serve hot. The following may be added for more flavor and a heartier dish: chopped cooked bacon, ham, or cooked sausage, tiny cooked shrimp, chopped red bell pepper, celery, cooked peas, or sliced green onions. Cheese or hot sauce can be added after cooking. This dish is simple, satisfying, and very flexible.

Spaghetti Dinner—see under Beef.

Spaghetti Squash and Sausage

Prepare one recipe of spaghetti squash with butter and garlic (see above). Remove to a serving bowl and drain on a paper towel. Dice one precooked sausage and brown the pieces in the same skillet. Mix into the cooked spaghetti squash and serve.

Mock Mashed Potatoes

This is my own version of the popular online recipe:

one 14.4 oz. package frozen cauliflower
1 clove garlic, cut into several large pieces
3 oz. cream cheese, cubed
1 Tbsp butter cut into four pieces

Cook the frozen cauliflower with ¼ c. water, covered, in the microwave for five

minutes. Scatter the garlic over the cauliflower, cover again and cook another 4 minutes. The cauliflower and garlic pieces should be very soft. Drain and let sit until cool enough to handle. Add half the cooked cauliflower and garlic pieces to a food processor and pulse until the cauliflower and garlic are mashed and somewhat grainy. Add the cream cheese and the butter, pulse a couple times to blend, then add the remaining cauliflower and garlic and pulse until creamy and smooth. Serve plain, or with butter and gravy (low carb of course). To freeze in single servings: place ½ c. mock mashed potatoes into a small plastic bag and press flat to freeze. Use within 4-5 days.

Microwaved Onions

Slice one medium onion thin, and quarter each slice. Place in a large glass custard cup with 1 Tbsp butter and a dash of salt. Cover with plastic wrap and microwave for three minutes.

Sweet Baked Onion

1 medium onion

1 pat butter cut in half (a pat is half of a tablespoon)

1 beef bouillon cube

black pepper

Skin the onion and slice off the root end, making sure the onion stands level and upright. Remove the very center of the onion to make a hole slightly smaller than the diameter of the bouillon cube. Be careful not to pierce the bottom of the onion. Push half the butter into the hole, then the bouillon cube, then the rest of the butter. Everything should fit inside the onion, not sit on top. Wrap the onion tightly in foil, place in a shallow pan and bake 30-35 minutes at 350°. Cool slightly and unwrap. Serve with steak, and drizzle the onion juices over the steak.

Low Carb Jalapeno Poppers

3 fresh jalapeño peppers

cheddar cheese or marble jack, grated

Wash the peppers and cut off the stems, being careful not to cut off the ends of the peppers. Slice them in half lengthwise and remove the seeds and membrane.

Caution—do not touch your face or eyes before washing your hands thoroughly after working with jalapeños! Trust me on this! Stuff each half of the peppers with grated cheese until slightly above level (don't mound it too high). Sprinkle with crushed pork skins for a crunchy texture, if desired. Place on a shallow cookie sheet or pie pan and bake at 400 for twenty minutes.

Lettuceless Salad

1 tomato

1 cucumber

1 green pepper

1 stalk celery

2-3 green onions, the white parts only, cut off the root end

1 carrot

1 double-recipe Italian oil and vinegar salad dressing (see below)

Chop the first 3 ingredients into small cubes. Chop the celery up, or slice it. Slice the green onions and the carrot thin. Put in a large salad bowl, mix with enough dressing to coat all the vegetables. Chill before serving.

Italian Salad Dressing Mix

1 teasp dried parsley flakes

½ teasp oregano

½ teasp basil

¼ teasp black pepper

¼ teasp garlic powder

Mix and store in a glass bottle or plastic bag. To make salad dressing, add 2 teasp of the spice mixture to ¼ c. white vinegar and ½ c. salad oil. Pour into a mason jar or salad carafe and shake to blend. Variations: Add 1/8 teasp red pepper flakes, or 1 teasp dried parmesan cheese.

Harbor Salad

4 c. shredded cabbage

*½ c. low carb sweetened coconut

4-5 tangerine segments

one 8 oz. bottle bleu cheese salad dressing

Mix the cabbage and sweetened coconut in a large bowl. Slice the tangerine segments into small pieces and add to the salad. Pour the bleu cheese dressing over the cabbage mixture, enough to moisten the cabbage thoroughly. Mix and chill. This is nice to serve at a BBQ or a party. *Moisten unsweetened coconut with a little bit of water and toss with ¼ teasp Sweet'N Low.

Grandma Irma's Cucumber Salad

one large cucumber

table salt

¼ teasp black pepper

¼ teasp paprika

½ c. water

½ c. white vinegar

¼ teasp Sweet'N Low

Peel the cucumber and slice as thin as possible—use a mandoline slicer if you have one. Place the slices in a large steel or glass bowl and pour salt liberally over the slices. (If you think you have added "too much" salt, that is the right amount.) Mix the salt into and around the slices thoroughly, then cover with a plate small enough to press down on the surface of the slices. Weigh the plate down with a heavy food can placed inside a watertight plastic bag to push the plate down on top of the cucumber. Let sit at room temperature for one hour, remove the can and the plate and rinse the cucumber slices thoroughly in cold water to remove all traces of salt. Drain, cover with cold water, and let stand for another half hour to leech out the remaining salt. (This process leaches the bitterness from the cucumbers and leaves them velvety soft.) Drain the slices once more and put them in a small glass or metal serving bowl. Mix the water and the white vinegar, and add the black pepper, paprika, and Sweet'N Low. Pour over the cucumber slices. Chill for one hour and serve. NOTE: The cucumbers do not turn out crisp, but tender and sweet-tart.

Grandma Rita's Tuna Salad

two 5 oz. cans of tuna packed in water

3 radishes, sliced paper thin

1 hard-boiled egg, chopped fine

2 very thin slices from a medium-size onion, quartered

2 Tbsp white vinegar

Open and drain the cans of tuna. Trim and slice the radishes, chop the egg. Slice the onion and quarter the slices. Place all ingredients in a large bowl except for the vinegar, and mix thoroughly. Sprinkle the vinegar over the salad for a light tangy dressing. Serve cold with low carb rye crackers.

Spicy Carrot Salad

1 large carrot

¼ c. slivered almonds

1/8 teasp cayenne pepper

Miracle Whip (do not use mayonnaise)

Grate the carrots fine. Let stand for about twenty minutes, then drain the liquid that has gathered. Add the almonds, enough Miracle Whip to moisten, and the cayenne pepper, and mix thoroughly. Chill and serve.

Mock Potato Salad

2 c. cooked cauliflower, cut into bite-size pieces

¼ c. dill pickle, chopped

½ c. Miracle Whip or mayonnaise

Mix all ingredients and chill. Serve with ham and cheese roll-ups (deli ham and cheese slices rolled up together) or fried ham steak.

Real Mayonnaise Salad (not Miracle Whip)

1 cucumber, cubed

1 fresh tomato, cubed

3-4 green onions, just the white parts, sliced

mayonnaise (not Miracle Whip)

Place in a salad bowl and mix in mayonnaise to moisten, about ½ to ¾ c. Chill, serve.

Smooth Cranberry Sauce

one 12 oz. bag fresh or frozen cranberries (this recipe works with either)

½ c. water

Place cranberries in a 2 qt. microwaveable bowl. Discard any squished or unripe

berries. Add ½ c. water, cover with plastic wrap and microwave for 5 to 6 minutes. If many berries are unpopped, microwave for 1-2 minutes more. If almost all of them are popped, remove from the microwave and crush the unpopped berries with a soup spoon. Do not drain. Working in small batches, press the cooked cranberries and the liquid through a sieve with the spoon into a clean dish. Discard the skins. Add 2 teasp Sweet'N Low, mix in thoroughly, chill for 1-2 hours and serve. Freezes well. This is also a nice low carb alternative to regular jam, on low carb biscuits.

Low Carb Sweet Pickles

Place ¼ c. dill pickle slices in a large glass custard cup and rinse under cold water. Pierce all the slices with a fork a few times. Fill the custard cup with water, enough to cover the pickles. Let stand at room temperature for one hour. Drain the water, rinse the slices again, and drain. Cover the slices with a mixture of half white vinegar, half water, and 1 teasp Sweet'N Low. Mix, making sure no slices are stuck together. Chill in the refrigerator for at least 2 hours before using. A dash of cinnamon or black pepper can be added for a unique flavor.

Sweet and Sour Celery Salad

3 stalks celery, chopped

3 Tbsp water

white vinegar

water

dash paprika

Put the chopped celery and 3 Tbsp water in a large glass custard cup. Cover with plastic wrap and microwave for 4 ½ minutes. Drain and cool to room temperature. Mix 1 part white vinegar with 2 parts water, add a dash of paprika and ¼ teasp Sweet'N Low, and pour over the celery. Chill one hour and serve.

Breads and Pizza

Things to remember:

Almond flour burns very easily and requires shorter baking times, so it's important to observe baking times right to the minute.

Almond flour sticks to everything. Use parchment paper or foil.

All oven times are for a preheated oven.

Basic Biscuits

1 c. blanched almond flour (this recipe will not work with unblanched almond flour)

2 Tbsp butter, melted

¼ tsp salt

1 c. fine-shredded mozzarella cheese (this recipe will not work with large shred)

1 egg

One hour before baking, assemble the ingredients and allow them to come to room temperature. (If this is not done it will affect baking time.) Measure the almond flour into a bowl. Add the salt, mix in. Melt the butter in a custard cup or glass measuring cup in the microwave for 20 seconds. Pour the butter into the almond flour and mix well. Make a well in the center of the dough and crack the egg into it. Break up the egg with a spoon and gradually work in more and more of the almond flour mixture until the egg is entirely mixed in. Add the shredded mozzarella cheese, mix thoroughly.

Line a pie pan with parchment paper. Form ½ c. of the biscuit dough into a round shape about 1 ½ inch thick and place on the parchment. Repeat with the other two ½ cups of dough. (I like to press the dough into a plastic ½ cup measure.) Bake the biscuits in a preheated 350 ° oven for 22-23 minutes.

Makes 3 low carb biscuits. When cut in half, the biscuits might look like they are not done, but that is just the cooked mozzarella. Variations: Add ¼ tsp oregano, paprika, or black pepper to the dough. Mozzarella gives a neutral breadlike texture and flavor to the biscuit, but other fine-grated cheeses can be used for a different flavor, such as cheddar or gouda.

NOTES: These biscuits are very versatile. They can be used like any regular biscuit: eat fresh with butter, cut in half for little sandwiches, use for low carb PBJs, toast in a nonstick pan on the stovetop (do not use a toaster!), melt cheddar cheese on top for a snack, cut up in a stew, use to sop up gravy, etc. They turn stale quickly, and after 24 hours I wrap them with plastic wrap and put them in the refrigerator. These biscuits freeze well, and only need a short zap in the

microwave to make them fresh again.

A note on freezing mozzarella cheese: I like to buy a couple bags of fine-shredded mozzarella cheese and freeze it in one-cup portions so I can whip up a batch of biscuits any time. Two 8 oz. bags will yield 5 one-cup portions. To thaw the cheese, I allow the bag to stand at room temperature for about 45 minutes before using.

Sausage Rolls (aka Pigs in Blankets)

1 recipe basic biscuit dough (see above)

1 commercial precooked polish sausage, or other type of cooked sausage of regular bun-length

Cut the sausage in half the short way, then in half lengthwise, making four long segments. Prepare the biscuit dough and divide into four portions. Flatten one portion in your hand. Place one piece of sausage on it, fold over, and seal the edges carefully. Do this with the other three pieces of sausage. Bake on parchment paper at 350° for 25 minutes. Serve with the condiments of your choice. Variation on serving: slice one baked sausage bun into slices, top with grated cheese and chopped onion, and microwave until the cheese melts.

Mozzarella Rolls

Roll one piece of string cheese in a portion of basic biscuit dough, making sure that all openings/rips are completely sealed. Bake on a piece of parchment paper in a pie pan at 350° for 17 minutes or until the top is browned. Let stand for 5 minutes. When cool enough to handle, cut into thirds to serve. These have the best texture if served immediately, but they can be warmed up later by heating in the microwave for 30 seconds before cutting into thirds. Adding a shake of oregano to the biscuit dough makes a tasty variation.

Bread Pockets

1 recipe basic biscuit dough

aluminum foil

Divide the biscuit dough into three ½ c. portions. Form a square of foil 1 inch by 1 inch, about ¼ inch thick. For each portion of dough, flatten slightly, place a

square of foil on it, and form the dough around the foil until the foil is entirely covered. Bake the pockets on a parchment-covered pie pan at 350 for 22 minutes. Let them cool enough to handle, then slowly ease a butter knife into each pocket, gently cut around the foil square and pull it out, being careful not to pierce the bottom of the pocket. Filling suggestions: cooked shredded meat, pepperoni and cheese, cooked taco or sloppy joe meat, various cheese combinations, chopped cooked or raw vegetables.

To make fruit pockets, add ½ teasps Sweet'N Low to the dough before forming the pockets, and dust with cinnamon before baking. After baking, fill the pockets with gently crushed and microwaved fruit: blueberries, strawberries, etc.

NOTE: I have not tried this myself yet, but I believe this biscuit dough wrapped around some kind of a metal food-safe form like a cannelloni tube or a cone shape and then baked might result in an edible shape that could be filled with egg roll filling or other savory or sweet fillings. I would of course cover the form or shape with foil or parchment paper first, to prevent sticking.

Perfect Pizza

1 recipe basic biscuit dough

cooking oil

half of an 8 oz. can tomato sauce

¼ teasps each of the following: garlic powder, basil, oregano, black pepper, salt

2-3 Tbsp canned parmesan cheese

½ to ¾ c. large-shred mozzarella

Optional suggested toppings:

½ teasps whole fennel seeds

1/8 teasps red pepper flakes

half of a 4 oz. can mushrooms, drained and chopped

1-2 slices of onion, chopped fine

chopped ham or cooked crumbled pork sausage

half of a 2.25 oz. can of sliced black olives, drained

one sliced jalapeno pepper

Preheat the oven to 350 and prepare the biscuit dough. Line an 8-inch nonstick pie pan with parchment paper. Place the biscuit dough on the parchment paper and place a second sheet on top of the dough. Press the dough flat, going about 1 inch up the side of the pie pan. Remove the top piece of parchment and make sure the dough is evenly smoothed. Bake the crust in the preheated oven for 15 minutes. Let it cool until it can be touched. NOTE: This

recipe allows for a deep dish pizza. If you prefer a flatter pizza, remove the extra dough from the side, leaving a small rim to keep the sauce and cheese in.

*Using a pastry brush or paper towel, cover entire surface of the pizza crust with a thin layer of cooking oil or olive oil. This step is very important! If the crust is not covered with oil the tomato sauce will sink into the dough and disappear, make the crust soggy, and you will not be able to hold a piece in your hand like with a regular pizza.

After coating with oil, spread the tomato sauce over the crust to the edges. Mix the spices together and sprinkle over the tomato sauce evenly, then sprinkle on the canned parmesan cheese. Add any other ingredients you are using, spreading evenly across the pizza, except for the large-shred mozzarella cheese.

Bake the pizza for 20 minutes. Remove from the oven and scatter the large-shred mozzarella on top ($\frac{1}{2}$ c. = normal amount of cheese, $\frac{3}{4}$ c. = medium amount, 1 c. = swimming in cheesy goodness). Bake five minutes more and remove immediately, if you don't like your cheese browned on top. If you do, bake up to seven minutes more, no longer! Almond flour baked goods tend to burn easily.

Grasp the parchment paper and lift the pizza out of the pie pan. Place it on a dinner plate and slide the parchment carefully out from underneath. Let stand for five minutes, then cut into squares. Cutting into squares instead of wedges makes the pieces easier to pick up and eat, just like a regular pizza. Serve with chilled diet soda and plenty of napkins. Makes one personal-size 8-inch pizza.

NOTE: the plain baked crust freezes well. You don't have to defrost it, just follow the directions from * and you will have a complete low carb pizza at your fingertips.

Perfect Pizza Bites

1 basic biscuit, cut in half

tomato sauce

garlic powder

onion powder

black pepper

salt

oregano

2-3 slices of cheddar cheese, medium thickness (about $\frac{1}{4}$ inch)

Cover a pie pan with foil and place the biscuit halves on it. Spoon 2-3 spoons of tomato sauce over each biscuit half. Dust with garlic and onion powder, black pepper, salt, and oregano. Bake at 375 for seven minutes. While the biscuit

halves are baking, cut the cheddar cheese into thin pieces that will fit on top of the halves. Remove the biscuit halves from the oven, place 2 pieces of cheddar cheese on top of each one. Bake for another five minutes. Allow to stand for five minutes before removing from the pie pan, as this will make the cheese and the biscuit halves cool and firm enough to handle and eat comfortably. (Otherwise they will be slightly soggy.)

Vegetable Flatbread

1 recipe basic biscuit dough

¼ c. red bell pepper, chopped

¼ c. green bell pepper, chopped

1 slice onion, chopped

1 stalk celery, chopped

1 c. large-shred mozzarella cheese

two 6-inch pie pans

Prepare the biscuit dough and divide in half. Cover the pie pans with parchment paper. Using another sheet of parchment paper, press each half of dough into one mini pie pan, making sure the dough is a little way up the sides of each pan.

Bake at 350 for 15 minutes. While the crusts are baking, sauté the vegetables in 1 Tbsp butter with 2 Tbsp oil. Drain on a paper towel and spread on the baked crusts. Top each flatbread with half the shredded mozzarella and bake for 15 minutes more. Serve whole or cut into wedges.

Snacks and Desserts

Things to remember:

Almond flour burns very easily and requires shorter baking times, so it's important to observe baking times right to the minute.

Almond flour sticks to everything! Use parchment paper or foil, except for tried and true nut crust, which does not tend to stick to the pan.

All oven times are for a preheated oven.

NOTE: For sweetener equivalency table, please see the introduction.

Roasted Pumpkin Seeds

Collect the seeds from the inside of an edible pumpkin of any size. Separate the seeds from the pulp and discard the pulp. For best flavor, do not rinse the seeds. Lay a piece of parchment paper on a cookie sheet and spread the seeds out in a single layer. Dust with salt and bake at 400 °F for five minutes. Rearrange the seeds with a spatula to expose any remaining wet surfaces and bake another two minutes. Alternatively, the seeds can be baked at 350 °F for approximately ten minutes, rearranging after eight.

Low Carb Nachos

plain (unflavored) pork skins

Kraft Singles American cheese slices

garlic powder

cayenne pepper

Put the pork skins in a shallow soup bowl. Tear cheese slices into random small pieces or strips and lay over the top of the pork rinds. Place in the microwave and cook for about twenty seconds or until the cheese melts. Dust the top with garlic powder and cayenne pepper. Microwaving the pork skins with the cheese slices makes them warm, soft, and easy to eat. Yum!

Cherry Cottage Cheese

1 c. small curd cottage cheese

1- 2 teasp cherry concentrate
½ teasp Sweet'N Low
Mix, chill, and eat.

Carob Coconut Candy

½ c. unsweetened carob chips (I use Sunspire brand)
¼ c. heavy whipping cream
½ c. unsweetened shredded coconut

Cover a paper plate with plastic wrap and set aside. Put the carob chips into a 2-cup glass measuring cup, because it will foam up when heated. Pour the heavy whipping cream over the chips and microwave for 1 ½ minutes. If the chips aren't entirely melted, microwave for 20 seconds more. Caution—carob chips burn easily, so if more heat is required, do it 20 seconds at a time. Another caution—this mixture will be very hot and could burn your fingers! But do not allow to cool. Immediately after removing from the microwave, stir with a metal spoon to mix the cream in. Add the coconut and mix thoroughly. Working quickly before the mixture hardens, use the spoon to spread the carob mixture evenly over the plastic-wrapped paper plate. Place in the refrigerator to harden, about 1-2 hours. Wash the measuring cup and spoon right away, because once the carob mixture hardens it will be a pain to remove. When the candy is hard, cut with a knife into pieces and serve. Wrap and store the remaining pieces in the refrigerator or freezer. This recipe does not need added sweetener, as carob is naturally sweet. Variations: Add 1/8 teasp vanilla to the liquid carob mixture. Press some chopped nuts on top of the carob mixture before placing in the refrigerator.

Candied Nuts

1 c. nuts, any kind (I like to use slivered almonds or baking pecans)
¼ c. butter
½ teasp Sweet'N Low
1 teasp vanilla extract
¼ teasp salt, if using unsalted nuts

Melt the butter in a nonstick skillet on low heat. Add the vanilla, Sweet'N Low, and salt if using. Bring to a slow simmer and stir in the nuts. Heat and stir for three minutes, keeping the nuts in constant motion. Do not burn! Remove the nuts from the skillet and place on a paper-towel covered plate to drain and cool.

Eat warm or cold.

Tried and True Nut Crust

1 c. blanched almond flour

¼ c. butter, melted

dash cinnamon

dash Sweet'N Low

Melt the butter in a glass custard cup in the microwave. In a small bowl, mix the almond flour with the cinnamon and Sweet'N Low. Add the melted butter and mix until all the flour is damp and crumbly. Working with your fingers, press the crumb mixture into the bottom of a pie pan, going up the sides. Makes 1 bottom crust for one regular size (8-9 inch) pie or two 6-inch pies. For pumpkin pie, pour the uncooked filling (see below) into the unbaked crust, then bake. For a baked crust only, bake the unfilled crust for 10 minutes at 350°.

Sugarless Pumpkin Pie

1 can 15 oz. canned pumpkin (I use Libby's 100% pure pumpkin, not pie filling)

2 eggs

2 teasp Sweet'N Low

1 teasp pumpkin pie spice

¼ teasp salt

1/3 c. heavy whipping cream

pecan halves for decoration (optional)

Mix ingredients in the order given except for the pecans, and set aside. Prepare one recipe tried and true nut crust (see above) and press into a regular size pie pan. Pour the pumpkin mixture into the nut crust but don't put the pecans on top yet. Follow the directions for Libby's pumpkin pie as given on the label of the canned pumpkin, baking at 425° for fifteen minutes, then turning the oven down to 350° and baking for an additional 40 minutes. If adding pecan halves on top of the pie, add them after the oven temperature is turned down. Test doneness by inserting a clean knife blade into the center of the pie. If it comes out clean the pie is done. Cool and serve with low carb whipped cream (below).

Low Carb Whipped Cream

¾ c. heavy whipping cream

¼ teasp vanilla

½ teasp Sweet'N Low

Rinse a small bowl and beater blades in very cold water, and dry thoroughly, or chill in the freezer for fifteen minutes. Mix the ingredients in the bowl and whip until soft peaks form.

Apple Crisp

1/3 c. apple, diced

1/8 teasp cinnamon

¼ teasp Sweet'N Low

3 Tbsp water

¼ c. blanched almond flour

1 Tbsp butter

Place the diced apple in a 10 oz. glass custard cup, add the water, and microwave uncovered for 30 seconds. Mix the cinnamon and Sweet'N Low into the diced apple, set aside. For the crust, work the butter into the almond flour until it forms damp crumbles. Spread the almond flour crumble over the apple mixture in the custard cup. Place the custard cup on a pie pan and bake at 350 °F for 17 minutes to brown the crumble. Serve with low carb whipped cream or ice cream, if desired. NOTE: This recipe is also good using diced fresh apricots and adding ¼ teasp more Sweet'N Low.

Apple Turnovers

1 recipe apple crisp filling (see above)

1 batch basic biscuits (see Breads and Pizza), adding ½ teasp Sweet'N Low to the dough

Divide the biscuit dough into three balls, as for normal basic biscuits. Flatten the balls on a piece of parchment paper. Spoon the apple filling into the center of each flattened biscuits. Fold each piece of dough in half and seal gently and carefully, making sure there is no gap for filling to leak out. Place on a cookie sheet covered with a fresh piece of parchment paper and bake at 350 °F for 23 minutes or until well-browned. NOTE: This recipe is not very sweet. If you like sweeter turnovers, add more sweetener to the dough or the apple filling.

Blueberry Stuff

½ c. frozen blueberries

½ teasp lemon juice (do not omit this)

¼ rounded teasp Sweet'N Low

¼ teasp Knox gelatin

Place the blueberries in a 10 oz. glass custard cup and cook in the microwave for two minutes. Gently press the berries with a spoon to extract the juice, but do not squish them! Add lemon juice and Sweet'N Low and mix thoroughly. Add the Knox gelatin a little at a time, stirring in and making sure there are no lumps. Chill. Use as a delicious topping for low carb ice cream, custard, sugar free pudding, or cheesecake, or top with whipped cream and eat by itself for a refreshing dessert.

Basic Low Carb Cake

2 c. blanched almond flour

1 teasp baking powder

2 Tbsp Sweet'N Low

1 stick butter, melted

3 eggs

1 teasp vanilla

Combine ingredients in the order given and mix thoroughly. Spread the batter in a foil-lined regular size (8 ½ or 9 inch) cake pan and bake at 350 for 30 minutes. Cool ten minutes, then lift the cake out of the pan by the foil and gently peel the foil away. This recipe can be cut in half to make a personal-size cake: cut ingredients in half but use two eggs, not one, and bake in one foil-lined 6-inch cake pan for the same amount of time.

NOTE: This recipe makes great strawberry shortcake because the cake will absorb the strawberry juice like a sponge.

Variations (measurements refer to the full recipe): Chocolate cake: add ¼ c. unsweetened cocoa powder, 3 Tbsp heavy whipping cream, and 1 Tbsp additional Sweet'N Low. If you would like a moister chocolate cake, add one more tablespoon of cream. Walnut cake: omit the vanilla and add ½ teasp cinnamon and ½ c. chopped walnuts. Lammis cake: add ½ c. chopped pecans. Spice cake: add 1 teasp pumpkin spice. Sunshine cake: add ¼ teasp lemon extract and ½ teasp orange extract.

Blueberry Muffins

one recipe basic low carb cake (see above)

$\frac{3}{4}$ c. fresh or frozen blueberries (to use frozen blueberries, microwave for 45 seconds and drain

on paper towels. Do not add the blueberry liquid to the batter, it will make soggy muffins)

Stir the fresh or frozen blueberries into the low carb cake batter. Line a muffin tin with cupcake papers and spoon the dough into the muffin cups to within $\frac{1}{4}$ inch of the top of the papers. Bake at 350 for 28 minutes. Makes 9-10 muffins. Variation: add $\frac{1}{4}$ teasp lemon extract.

Basic Low Carb Cookies

1 $\frac{1}{2}$ c. blanched almond flour

1 Tbsp Sweet'N Low

4 Tbsp butter, melted

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

1 egg

Mix ingredients in the order given. Form into balls of 2 level Tbsp each. Place on a parchment-covered cookie sheet and flatten to $\frac{1}{4}$ inch. Bake at 350 for 19 minutes. (Any longer than that and they will turn out dry.) Makes 6—7 cookies. Variations: Chocolate Brazil nut cookies: add 2 Tbsp unsweetened cocoa, $\frac{1}{4}$ teasp extra Sweet'N Low, and 1 extra Tbsp butter. Press a chip of Brazil nut into the top of each cookie before baking. Cinnamon cookies: add $\frac{1}{4}$ teasp cinnamon to the dough. Spice cookies: add $\frac{1}{4}$ teasp pumpkin pie spice. Ginger: add $\frac{1}{4}$ teasp powdered ginger.

Coconut Snowdrops

1 Tbsp whipping cream

1 shredded unsweetened coconut (small shred, not large shred)

1 teasp Sweet'N Low

1 egg white

Mix thoroughly. Form each snowdrop by pressing firmly into a measuring tablespoon and dropping it onto a parchment-lined or nonstick cookie sheet.

Bake at 375 for 11 minutes or until browned. Makes 10-11 snowdrops.

Snowdrops in the Mud

½ c. unsweetened carob chips

¼ c. heavy whipping cream

1 recipe coconut snowdrops, baked (see above)

As with the carob candy recipe, put the carob chips into a 2-cup glass measuring cup. Pour the heavy whipping cream over the chips and microwave for 1 ½ minutes. Mix the carob chips into the cream until smooth. Take each baked coconut snowdrop, dip the top into the carob mixture, and set on a plate to cool and harden. Lump any extra carob mixture onto plastic wrap to make a little candy bar to eat later.

Frosted Cinnamon Buns

1 recipe basic biscuit dough (see Breads and Pizza)

1 teasp cinnamon

½ teasp Sweet'N Low

Prepare the dough, mixing the cinnamon and Sweet'N Low into the almond flour before adding the other ingredients. Divide into six equal pieces, place on parchment paper on a cookie sheet, and bake at 350 for 22-23 minutes. Allow to cool, and frost with candy icing (see below). Top with chopped pecans if desired. Wrap and store the leftovers, if there are any, in the refrigerator.

Candy Icing

This recipe was altered from a traditional recipe for dulce de leche:

4 Tbsp unsalted butter (it must be unsalted)

¼ c. heavy whipping cream

1 teasp Sweet'N Low

optional: 1/8 teasp flavoring or extract of your choice; food coloring

Melt the butter in a small skillet, but do not allow it to brown. With a spatula, stir in the cream and heat gently, stirring constantly, until bubbly. Continue heating and stirring for two minutes more, then pour into a glass custard cup. Stir in the Sweet'N Low, then flavoring or food coloring if desired. Drizzle over baked cinnamon buns (see above) or low carb cookies or cake. The icing will harden as

it cools. Refrigerate baked goods after icing.

Variation: This recipe can also be made and eaten as low carb candy: Pour the finished icing onto a plastic wrap-covered paper plate, chill in the refrigerator until firm and cut into pieces for a delicious "fat bomb."

Vanilla Ice Cream

1 c. heavy whipping cream

½ teasp vanilla (other flavors can be used)

½ teasp Sweet'N Low

Rinse a small bowl and mixer blades with cold water and dry thoroughly with a paper towel, or chill in the freezer for fifteen minutes. Mix the ingredients in the bowl and whip until soft peaks form. Put into two or three 10 oz. glass custard cups and freeze for thirty minutes. Break up with a spoon and refreeze. To eat, soften in the microwave for 10 seconds. If further defrosting is needed, use the microwave in 7-second increments. NOTE: Homemade ice cream does not store well and should be eaten within 48 hours.

Chocolate Ice Cream

To the vanilla ice cream recipe above, add 2 Tbsp unsweetened cocoa and an additional ½ teasp Sweet'N Low. Whip until soft peaks form, place in custard cups, and freeze. (This recipe tastes like fudgesicles!)

EZ Freezer Fruit Dessert

Crush some fruit (strawberry or blueberry works well) in a glass custard cup. If the fruit is frozen, thaw for 45 seconds in the microwave first. Dust the fruit with Sweet'N Low. (raspberries or fresh apricots will need more sweetener than strawberries or blueberries because they are tart.) Pour unwhipped heavy whipping cream over the sweetened fruit until it is halfway covered, no more. (If the fruit is covered entirely it will freeze solid; halfway and it will only freeze partly, making it easier to eat.) Mix the fruit, Sweet'N Low and whipping cream with a spoon just until combined, and put in the freezer for half an hour. Remove, break up with a spoon, and return to the freezer for another half hour. Remove and eat. If necessary, thaw in the microwave for no more than 20 seconds.

Lemon-Lime Gelatin

1 envelope Knox gelatin

¼ c. cold water

juice from one lemon and one lime

½ teasp Sweet'N Low

¾ c. boiling water

food coloring: 1 drop green and one drop yellow

Dissolve the gelatin in ¼ c. cold water. Place the juice from the lemon and lime in a measuring cup and add water to make ¾ c. liquid. Add to the gelatin and water mixture, stirring until blended. Add the boiling water and Sweet'N Low and stir to blend. Add the food coloring last, stirring until the color is thoroughly mixed in. Pour into a gelatin mold or small bowl of your choice, or two 10 oz. glass custard cups, and chill for 3-4 hours before serving. Serve with low carb whipped cream and fruit if desired.

Variations: Nuts and Bolts: chill the gelatin for 1 ½ hours, stir in 2 stalks of chopped celery and ¼ c. chopped pecans and chill until firm, about another two hours. Lemon or lime gelatin: for lemon gelatin omit the limes. For lime, omit the lemon, use the juice of three limes and add ¼ teasp more Sweet'N Low.

Lemon Cherry Gelatin

1 envelope Knox gelatin

¼ c. cold water

¼ c. cherry concentrate (I use Knudsen's)

½ teasp Sweet'N Low

¾ c. boiling water

Dissolve the gelatin in ¼ c. cold water. Place the cherry concentrate in a measuring cup and add water to make ¾ c. liquid. Add to the gelatin and water mixture, stirring until blended. Add the boiling water and Sweet'N Low and stir to blend. Chill for 3-4 hours before serving.

Sweet Vanilla Custard

1 c. heavy whipping cream

½ teasp vanilla

1 teasp Sweet'N Low

2 egg yolks

Mix cream, vanilla, and egg yolks in a small nonstick pot. Mix thoroughly! Cook at medium low heat, stirring constantly, until the mixture starts to bubble and thicken. Take off the heat, add the Sweet'N Low, and pour into two 10 oz. glass custard cups or one large bowl. Chill for three hours. Delicious with fresh diced fruit on top, like apricot or strawberries. NOTE: If you would like a firmer custard, reduce the heavy whipping cream to $\frac{3}{4}$ c.

Butterscotch Pudding

Make one recipe of sweet vanilla custard and add $\frac{1}{4}$ teasp maple extract.

Pumpkin Pudding

Make 1 recipe of sweet vanilla custard, but add only $\frac{1}{4}$ teasp vanilla. Add an extra $\frac{1}{2}$ teasp Sweet'N Low. Mix together $\frac{1}{2}$ c. canned pumpkin and $\frac{1}{2}$ teasp pumpkin pie spice. Add to the custard mixture and mix thoroughly. Heat, stirring, until bubbly. Pour into a serving dish and chill for three hours. NOTES: This recipe freezes well. Use within three days of freezing. Either fresh or frozen, this is a great topper for low-carb chocolate cake.

Chocolate Pudding, Mmmm!

1 c. heavy whipping cream

$\frac{1}{4}$ c. unsweetened cocoa powder

1 teasp Knox gelatin

1 Tbsp cold water

2 Tbsp boiling water

1 teasp Sweet'N Low

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

Heat the cream in a 20 oz. glass casserole dish in the microwave for 2 minutes. Put unsweetened cocoa in a 10 oz. glass custard cup and spoon enough hot cream into it to dissolve the cocoa, about 2-3 spoonsful. Mix to dissolve the cocoa, and when the mixture is smooth and without lumps add it to the hot cream in the casserole dish and mix well. In another custard cup, sprinkle gelatin over 1 Tbsp cold water and let stand 1 minute to soften. Add 2 Tbsp boiling

water to the gelatin, stir until gelatin is completely dissolved. Add the gelatin mixture to the cocoa mixture. Add the Sweet'N Low and vanilla, mix thoroughly. Chill for at least two hours, stirring after ½ hour to break up the skin on the top.

The End

