



# A Keto Recipe Book

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## Chicken Makhani and Spiced Okra

When searching for low-carb meals inspiration, I often look toward Middle Eastern or Asian cuisine as these often fulfill this with minor changes. These cuisines tend to use higher fat meals paired with vegetables and occasionally dairy while using minimal grain carbs making them perfect candidates for a keto recipe renovation. Chicken Makhani is an elegant Indian dish also known as butter chicken. I've created a shortcut version of makhani by using tomato sauce instead of fresh tomatoes. This significantly reduces the time it takes to make so you can focus on tomorrow's food prep or getting your kids off to their evening activities.

The fat content in this dish is increased by using chicken thighs rather than chicken breast meat. Whole milk Greek yogurt delivers a tasty tanginess that combines so well with the tomato and cream based butter sauce. The carb content has been reduced by decreasing the amount of tomato used and by pairing this with a side of spiced okra rather than serving with naan or rice.

Okra is a vegetable that is often intentionally overcooked to utilize its unique gelling properties. In this instance, I kept it tender crisp, which allows for a delicious texture differentiation between the creamy chicken and the lightly crunchy vegetable. They both contain similar ingredients so they pair seamlessly for one cohesive meal.



*Calories 504, Protein 28g, Total Carbs 17g, Net Carbs 12g, Fat 38g*

**Prep time:** 10 min, **Cook time:** 25-30 minutes

**Serves:** 4

**Marinade Ingredients:**

- 1 pound chicken thighs, cut into bite size pieces
- 1/2 cup plain unsweetened Greek whole milk yogurt
- 1 tablespoons lime juice
- 2 tablespoons cilantro leaves, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon dried red chili flakes
- 1/2 teaspoon garam masala
- 1/4 teaspoon pink Himalayan salt

**Sauce Ingredients:**

- 3/4 cup tomato sauce
- 2 tablespoons butter
- 1/4 cup heavy cream

**Okra Ingredients:**

- 1 pound okra, sliced
- 2 tablespoons olive oil
- 1/2 medium onion, diced
- 1 clove garlic, minced
- 3/4 cup diced tomatoes, fresh or canned
- 1 teaspoon ground coriander
- 1/2 teaspoon garam masala

**Preparation Instructions:**

1. Combine all marinade ingredients with the chicken and let marinate in the fridge 1 hour or up to overnight.
2. When ready to cook, remove chicken from marinade (keep the marinade) and place in a large pan heated with 2 tablespoons olive oil.
3. Cook chicken about 10 minutes and then add the reserved marinade and cook until chicken is cooked through about 10-15 minutes.
4. While chicken is cooking, prepare the okra.
5. Sauté the onion and garlic in olive oil until onion begins to soften, about 5 minutes. Add all remaining ingredients and cook 12-15 minutes.
6. Let the okra cook while you finish the chicken.
7. Add the sauce ingredients to the chicken and continue cooking 5 minutes.
8. Serve hot with the okra on the side.

## Fajita Roll Ups

If you enjoy Mexican style fajitas, you'll adore these hand hold-able low carb fajita roll ups. Use an all-natural deli sliced chicken, turkey, or roast beef as the outer fajita shell to create a perfect envelope to encase a tasty blend of traditional fajita flavors. Skillet roast the bell peppers and onion together prior to rolling up to bring out a slight char and mildly sweet flavor. Add a touch of spicy pepper jack or habanero jack cheese to up the fat factor.

Once rolled up, toss these back in the skillet to lightly brown the meat on the outside. This allows the cheese to melt and create creamy goodness to balance the tender crisp crunch of the fajita veggies. These fajita rollups make a fast lunch or can be made ahead, wrapped in parchment, and reheated straight from the fridge for an on the go meal.



*Calories 500, Protein 50g, Total Carbs 10g, Net Carbs 6g, Fat 26g*

**Prep time:** 10 min, **Cook time:** 10 min

**Serves:** 2 (2 roll ups each)

### **Ingredients:**

- 8 slices all natural, preservative-free chicken, turkey, or roast beef deli slices

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- 2 bell peppers, any color, seeded and sliced
- 1/2 small white onion, sliced into strips
- 4 slices pepper jack or habanero jack cheese
- Cilantro, chopped
- 2-3 tablespoons olive oil

### **Preparation Instructions:**

1. Heat olive oil in a skillet and add the pepper and onion.
2. Sprinkle with salt and pepper.
3. Cook until veggies are tender-crisp, about 5-8 minutes.
4. On a work surface, lay down four stacks of deli meat with two slices in each.
5. Top each deli meat stack with one slice of cheese and a sprinkle of cilantro.
6. Divide peppers and onion onto the stacks and roll up sides. Secure with a toothpick.
7. If you have extra peppers and onion, serve them on the side.
8. In the same pan as the peppers were cooked in, add a little additional olive oil if needed.
9. Cook the fajita rollups a few minutes on each side until lightly browned and the cheese is melted.
10. Serve hot.

## Italian Cabbage and Sausage Soup

Combining the ground pork with cabbage creates a fiber filled soup that's a wonderful balance of protein and fat with very few net carbs. The cabbage also serves to give this soup substance and texture. Use a low sodium chicken bone broth as the liquid base. Bone broth certainly delivers in the flavor department and is superior to basic stock as bone broth contains extra nutrients and collagen from the bones that it's made from.

Much of the pre-made Italian sausage that's available in the market contains preservatives or added sugars. You can easily avoid the added sugars and preservatives by making your own sausage. In this soup, we're not really going to make "sausage" but rather, we'll combine the traditional sausage seasonings with ground pork to get the same flavor intensity.

Collagen is incredibly important for joint health. It helps reduce pain and prevents degeneration which can be a problem for many athletes, particularly as we age. Another benefit of collagen is that it can boost metabolism. It also improves the elasticity, smoothness and silkiness of your skin and hair so you'll look great while you're working out, too.



*Calories 459, Protein 32g, Total Carbs 8g, Net Carbs 6g, Fat 33g*

**Prep time:** 10 min, **Cook time:** 45 minutes

**Serves:** 4

**Ingredients:**

- 1 pound ground pork, pasture raised preferred
- 1/2 onion, diced
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 1/2 head cabbage, shredded or finely chopped
- 1 bay leaf
- 2 tablespoons red wine vinegar
- 2 teaspoons dried basil
- 2 teaspoons paprika
- 1 teaspoon dried oregano
- 1 teaspoon fennel
- 1 teaspoon dried parsley
- 1/2 teaspoon dried rosemary
- 1 teaspoon pink Himalayan salt or sea salt
- 1/2 teaspoon ground black pepper
- 1 can (15 oz) diced tomatoes
- 4 cups organic low sodium chicken bone broth or stock
- 4 tablespoons parmesan cheese, shredded, as a garnish

**Preparation Instructions:**

1. In a large saucepot, combine the pork, onion and garlic with olive oil and cook until pork is partially pink.
2. Add all of the spices and stir to combine.
3. Add the cabbage and cook until the pork is cooked through and cabbage is crisp-tender.
4. Add the tomatoes and broth and simmer 30 minutes.
5. Discard bay leaf before serving.
6. Garnish with parmesan.

## Italian Sausage Kohlrabi Layer Bake

Kohlrabi is the alien vegetable of the cruciferous veggie world. Don't let that scare you though. It has a strange look but has a very mild taste with many uses. Kohlrabi is a bulb vegetable that grows above ground and can easily be used as a noodle substitute as well as diced into stews, stir fry or other meals for variety. Using spiralized or sliced squash of various kinds in place of noodles is fairly well known as a low carb substitute and kohlrabi can also be spiralized or sliced with a mandolin to create faux noodles as well. In this instance, I've used thin sliced kohlrabi to create a layered bake that is a bit like a creamy lasagna.

Uniquely flavored kohlrabi has a light licorice scent to it. Its mild essence is a perfect flavor complement to Italian style dishes. Thinly sliced and used as the noodle layer in a creamy style bake is a perfect low carb use for this unconventional vegetable. The outer skin is quite fibrous so you'll want to peel it well, slice off the ends and its leaf stems, and then thinly slice it to about an eighth inch thick for the best results. Once baked, this crazy looking vegetable has the consistency of a perfect lasagna noodle with just the right texture and bite.



*Calories 600, Protein 31g, Total Carbs 12g, Net Carbs 8g, Fat 47g*

**Prep time:** 20 min, **Cook time:** 60 min plus 20 min resting time

**Serves:** 8

**Ingredients:**

- 4-5 kohlrabi bulbs, peeled and thinly sliced (1/8" thick works best)
- 1 pound all natural hot Italian sausage, no sugar added, browned and excess grease drained off
- 5 oz container of baby spinach, roughly chopped (about 4 cups)
- 2 cups marinara or arrabiata sauce, homemade or a jar of prepared, no sugar added
- 1 cup heavy cream
- 1 1/2 cups whole milk ricotta
- 1 1/2 cups shredded mozzarella cheese, divided
- 1 egg
- 12 slices provolone cheese
- 1/4 cup sliced olives

**Preparation Instructions:**

1. Preheat oven to 400 degrees.
2. Lightly grease a 9x9 pan with olive oil.
3. In a bowl, mix together the marinara and heavy cream. Set aside.
4. In a separate bowl, mix together the ricotta, 1 cup of mozzarella and the egg. Set aside.
5. In a large sauté pan, add a few tablespoons of olive oil and toss in the spinach. Cook until wilted and dark green.
6. On the bottom of the 9x9 pan, puzzle together a layer of kohlrabi slices in a single layer.

**Proceed with layering as follows:**

1. 4 slices of provolone
2. All of the wilted spinach
3. 1/2 of the browned sausage
4. 1/2 of the ricotta mixture
5. 1 cup marinara cream sauce
6. Another layer of kohlrabi
7. 4 provolone slices
8. All of the olives
9. The last half of the sausage and the last half of the ricotta mixture
10. 1 cup marina cream sauce
11. Another layer of kohlrabi
12. 4 provolone slices
13. The last of the marina cream sauce
14. Top with 1/2 cup shredded mozzarella
15. Cover with foil and bake 50 -60 minutes until kohlrabi is tender.

16. Remove from oven and let rest 15-20 minutes before serving.

**Note:** Make this recipe in half if desired and use a loaf pan instead.

## Kerala Style Egg and Cauliflower Curry

This vegetarian based curry dish challenges the assumptions that you need to have meat to be keto appropriate. Curries from the northern states in India have a different flavor profile than those of the south. This egg and cauliflower curry bases its ingredient list from the popular state of Kerala, India, located in the southern tip of the Indian peninsula.

As a Scandinavian girl myself, I used a touch of cardamom and mustard seed which are common ingredients between south India and Scandinavia combined with the other traditional Indian spices to create a slightly unique flavor mix. Coconut milk, coconut oil, and the hard boiled eggs increase the fat content without adding many carbs.

Our vegetable star in this recipe is the cruciferous cauliflower. Cauliflower is one of those vegetables that can be very sulfurous in its scent, and has the potential to be off-putting for some; not so in this case. Even cauliflower haters will love this combination. Much of the curry flavor is absorbed by the cauliflower during cooking leaving just a hint of the true nutty cauliflower flavor behind. Cauliflower also provides fiber thereby reducing the net carbs for keto eaters.



*Calories 401, Protein 16g, Total Carbs 12g, Net Carbs 9g, Fat 33g*

**Prep time:** 15 min, **Cook time:** 25 min

**Serves:** 4

**Ingredients:**

- 1/4 cup coconut oil
- 1/2 onion, diced
- 1 teaspoon mustard seeds
- 3 cloves garlic, chopped
- 4 pods cardamom (or use a generous pinch ground cardamom)
- 2 small hot chilies, finely chopped
- 2 tomatoes, chopped
- 1/2 head cauliflower, cut into florets
- 1 teaspoon coriander
- 1 teaspoon curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup full fat coconut milk
- 8 hard-boiled eggs, peeled and cut into halves or quarters

**Preparation Instructions:**

1. Combine coconut oil, onion, mustard seeds, garlic, cardamom, and chilies in a large sauté pan and cook about 10 minutes until onions begin to soften.
2. Add the tomatoes, cauliflower, curry, salt, and pepper and cook until cauliflower begins to soften about 10-15 minutes.
3. Stir in coconut milk and gently add the eggs. Cook another 5 minutes and serve hot.

## Lox Stuffed Avocados

Lox with cream cheese spread on a bagel is a common breakfast combination. Forgo the bagel, and this combo is a perfect keto dish. Lox is a cured salmon but is not smoked. Both lox and smoked salmon work equally well in this dish. Look for lox or salmon that is wild caught before being cured and that is cured or brined with natural ingredients. Salmon is loaded with healthy fats and omega-3 fatty acids to boost brain health and to help handle mental stress.

Avocados are also rich in healthy fats and make an ideal serving dish. Use the scooped out portion of the avocado smashed with a protein punch of chopped hard-boiled egg and cream cheese and then serve this sophisticated version of an egg salad in an avocado “bowl” topped with the traditional capers to garnish.



*Calories 557, Protein 19g, Total Carbs 17g, Net Carbs 8g, Fat 48g*

**Prep time:** 10 min

**Serves:** 1 as a main meal (or 2 as a small meal of 1/2 avocado each)

### **Ingredients:**

- 1 avocado, pitted
- 1 hard-boiled egg, diced
- 1 green onion, sliced
- 1/4 cup lox or smoked salmon, diced
- 1/4 cup cream cheese
- Pinch dried dill weed

- Salt and pepper to taste
- Capers, as garnish

**Preparation Instructions:**

1. Scoop out around where the avocado pit was making a uniform bowl out of the avocado. Place the scooped out avocado flesh in a small mixing bowl.
2. Remove the peel from the avocado by scooping the avocado “bowl” out with a large spoon being careful to stay along the inside edge of the peel so you don’t cut into your “bowl”. Set aside.
3. In the small mixing bowl, mash the scooped out avocado center with all of the other ingredients except the capers.
4. Fill the avocado “bowls” with the mashed avocado/egg mixture.
5. Top with a few capers and serve.

## Basted Egg with Lemon Ricotta and Wilted Kale

I tend to eat a lot of eggs for breakfast so mixing up my egg prep repertoire is necessary to keep things interesting. Making a basted egg is very simple with results that are similar to a poached egg but with less hassle and less time. To make a basted egg, simmer it in a shallow pan of water and lightly spoon the hot water overtop the egg until it's cooked to your preferred level of doneness. Pair this with a fiber and nutrient rich sauté of kale and a creamy complement of lemon ricotta for an energizing boost to your morning.

In this quick and easy dish, kale gets a quick sauté just until it's warmed through to be an ideal tangy breakfast or lunch. Adding acidity to sturdy greens, like kale, gives them a refreshing taste to enliven your taste buds. Lemon is known for its health benefits in aiding digestion and boosting metabolism. Using the lemon juice as well as its zest provides a semi-sweet flavor without adding sugar to your meal. Pairing lemon with savory ricotta feels like an exercise in decadence for breakfast but you can also use this pillowy soft lemon ricotta as a simple satisfying dessert too!

*Calories 397, Protein 14g, Total Carbs 7g, Net Carbs 6g, Fat 35g*



**Prep time:** 5 min, **Cook time:** 10 min

**Serves:** 1

**Ingredients:**

- 1/4 cup whole milk ricotta

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- 1 lemon, juiced and zested
- 2 tablespoons butter or olive oil
- 2 stems kale, stem removed and leaves chopped
- 1 egg (or more if you wish)
- Salt and pepper to taste

### **Preparation Instructions:**

1. In a small bowl, stir together the ricotta with 2 tablespoons of the lemon juice and all of the zest.
2. Spoon ricotta onto a serving plate.
3. Heat a sauté pan with the butter or olive oil.
4. Add the kale and cook until it has wilted.
5. Season with salt, pepper and a few tablespoons of lemon juice to taste.
6. Remove kale from the pan onto the serving plate with the ricotta.
7. Carefully add water to the pan about 1/2" deep and heat to simmering.
8. Crack the egg into the water and let simmer while gently spooning the hot water over top until it is cooked to your desired doneness.
9. Lift egg out of the pan with a slotted spoon or fish spatula and place ovetop the kale.
10. Season with salt and pepper as desired.

## Sichuan Chicken and Fried Green Beans

Stir fry is an incredibly versatile dish that makes eating healthy and eating keto a creative cakewalk. Sichuan (or Szechuan) chicken is abundant with authentic Sichuanese flavors like sesame, garlic, and ginger. I used Sichuan peppercorns paired with dried hot chilies found at a local Asian market for the true flavor punch that is familiar in that region of China but you can use ground black pepper in place of the peppercorns as well and still achieve tasty results. Using chicken thighs will give this meal added fat and a deeper flavor profile which is common among Sichuan cooking.

One of my favorite low carb treats is fried green beans. They are a little like fries but without the starch and they can be made to match any flavor profile from Italian to Asian. Fried green beans are divine paired with a spicy sesame sauce. Served aside an amazing Sichuan style chicken and the meal is keto appropriate and crazy good as well.



*Calories 380, Protein 27g, Total Carbs 13g, Net Carbs 10g, Fat 26g*

**Prep time:** 30 min (includes marinating time), **Cook time:** 25-30 min

**Serves:** 4

### **Ingredients:**

- 1 pound chicken thighs, cut into bite size pieces

### **Chicken Marinade:**

- 2 tablespoons tamari soy sauce (or liquid aminos for soy free)
- 2 tablespoons rice vinegar, unseasoned
- 1/2 teaspoon sesame oil
- 1 egg, beaten

**Stir Fry ingredients:**

- 1-2 cups coconut oil for frying
- 1 tablespoon Sichuan peppercorns (or use 1 teaspoon ground black pepper)
- 10 dried red chilies, soaked in water
- 4 cloves garlic, minced
- 1 tablespoon ginger, minced
- 4-6 scallions, sliced, white part only (use the green part in the sauce)
- 16 oz (1 pound) green beans, ends trimmed

**Sauce ingredients:**

- 1 tablespoon toasted sesame seeds
- 1 tablespoon tamari soy sauce (or liquid aminos for soy free)
- 1 tablespoon chili garlic sauce
- 1 teaspoon Chinese black vinegar or sub balsamic vinegar

**Preparation Instructions:**

1. Combine chicken thighs with the marinade ingredients and let marinate about 30 minutes.
2. Prep the other ingredients while chicken is marinating.
3. Combine the sauce ingredients and set them aside. Prepare a towel-lined plate or dish to place cooked chicken while the rest of the dish is prepared.
4. Heat 1 cup of the oil in a wok until it's very hot but not sputtering. Carefully add half of the chicken and cook 4-5 minutes until lightly browned and cooked through.
5. Lift chicken out of the oil with a slotted spoon and let drain on the towel lined plate you have prepared.
6. Repeat with the rest of the chicken.
7. After chicken is cooked, either filter the oil to remove any bits or pour into a separate heat proof dish to discard the oil and start with fresh oil.
8. Heat the filtered or fresh oil until very hot and add half of the beans.
9. Stir cook the beans until they are obviously withered. Remove beans from the oil with the slotted spoon and place in the same towel lined dish with the chicken to drain.
10. Repeat with the rest of the beans.
11. While the beans are draining, remove all but about 1-2 tablespoons of the oil from the wok and return to the heat.

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12. Add the dried chilies and the peppercorns and stir fry about 1 minute.
13. Add the garlic, ginger, and white part of the scallions and stir fry about 2 minutes until very fragrant.
14. Toss in the beans and the sauce and stir fry a few minutes to warm them.
15. Once warmed, remove beans from the wok (leave the sauce in the pan) with a pair of tongs and place onto a serving plate.
16. Add chicken to the wok and let this warm up.
17. Serve chicken and the sauce on top of the fried beans.

## Carnitas with Cheese Crisp Taco Shells

Most Mexican tapas, tacos and fajitas are all served with tortillas. I had originally planned to create a keto friendly tortilla but that seemed messy and more complicated than it needs to be. In this case, simple is better. Inspired by cheese crisps which are keto appropriate “crackers” made from baked cheese, the same method can be used to bake and form cheese into a taco shell as well. This results in a hand-holdable tasty tortilla of cheese that can easily stand up to sturdy fillings.

Cheese crisp taco shells are the perfect vehicle to hold all the delicious Mexican flavors of carnitas, tacos or fajitas without any fuss. Cheese crisps typically use a sharp cheese like cheddar or parmesan for a strong savory taste but in this case, using a mildly flavored cheese as Monterey jack, colby jack, pepperjack, or queso quesadilla is important so the shell flavor does not overpower your filling.

Filling these cheese crisp taco shells with traditionally spiced carnitas is made easier by using a slowcooker. Carnitas made this way is a simple set and forget preparation allowing you to cook while you go about your workday and return home to the aromas that will transport you to a village on the Mexican Riviera. Serve these carnitas in cheese crisp taco shells for a supremely easy Cinco de Mayo celebration.



*Calories 622, Protein 41g, Total Carbs 9g, Net Carbs 6g, Fat 47g*

**Prep time:** 20 min, **Cook time:** 6-8 hours via slow cooker plus 8 min for taco shells

**Serves:** 4 (2 tacos each, with leftover carnitas for another meal)

**Carnitas Ingredients:**

- 1 pork roast (about 2 pounds boneless or about 3-4 pounds with bone)
- 1 tablespoon garlic powder
- 2 teaspoons pink Himalayan salt
- 2 teaspoons onion powder
- 2 teaspoons chili powder
- 2 teaspoons juniper berries
- 2 bay leaves
- 1 teaspoon oregano (Mexican preferred)
- 1 teaspoon black pepper

**Cheese Crisp Taco Shells:**

- 1/3 cup shredded cheese for each shell (Monterey jack, mild cheddar, pepper jack, colby jack)

**Stack in each taco shell:**

- Guacamole (1 tablespoon per taco)
- Shredded romaine lettuce
- Carnitas meat (about 1/4 cup per taco)
- Sour cream (small dollop per taco)
- Chopped tomatoes or prepared pico de gallo/fresh salsa, use as a garnish
- Chopped cilantro leaves, as garnish

**Preparation Instructions:**

1. Mix all carnitas seasonings together and rub onto the pork roast. You will most likely have some extra rub. Keep it for seasoning as needed after cooking.
2. Place roast in slow cooker and let cook about 8 hours on low until it is fork tender and shreddable.
3. Remove roast from slow cooker and shred with fork or loosely chop. If roast needs more moisture after shredding, add a little bit of the liquid left in the slow cooker. Season with leftover spice rub to taste.
4. Prepare the taco shells by preheating the oven to 350 degrees.
5. On a parchment lined baking sheet, arrange shredded cheese in a circle with even thickness (not mounded in the middle) and place additional cheese circles 2 inches apart.
6. Bake about 7-8 minutes (check at 5 minutes) until edges are browned and middle is also looking crispy.
7. Remove from oven and let cool 3 minutes.

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8. Scrape each cheese crisp off the pan and drape over a wooden dowel or wooden spoon handle suspended over a bowl or other pan. Let finish cooling and then fill with the prepared carnitas and taco toppings.

**Note:** You will have extra carnitas meat leftover. This can be frozen or refrigerated for future meals.

## Beef Stroganoff

Russian in its roots, stroganoff is an easily adaptable dish for the keto diet. The traditional beef and mushrooms are sautéed in Worcestershire and mustard for a deep umami taste. Using shitake mushrooms will intensify the woody flavor when combined with dill and paprika. Stir in silky sour cream to create a savory gravy that coats the tidbits of meat and provides a creamy dose of energy in the form of fats.

In place of the more traditional egg noodles, this savory sauce is served over shaved zucchini. Shaved zucchini requires no special tools, though if you prefer them spiralized, that works, too. To create the long ribbons of zucchini noodles, simply use a vegetable peeler to peel off the skin and then continue peeling long strips. Zucchini ribbons are the perfect stand-in for egg noodles as they are similar in texture with a mild flavor that won't overpower the beef and mushroom mixture.



*Calories 514, Protein 29g, Total Carbs 10g, Net Carbs 8g, Fat 41g*

**Prep time:** 20 min, **Cook time:** 45 min

Serves: 4

### Ingredients:

- 1 pound beef, bison, or venison steaks or roast, trimmed and cubed
- 2 tablespoons Worcestershire sauce or liquid aminos
- 2 tablespoons Dijon mustard

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- 1/4-1/2 teaspoon ground black pepper
- 6 tablespoons butter or olive oil (divided)
- 1 shallot, diced
- 4 cloves garlic, chopped
- 1 pound cremini or shitake mushrooms, sliced or diced
- 2 cups beef stock
- 1 tablespoon dried dill weed
- 1 tablespoon Hungarian paprika (smoked paprika is also great!)
- 3/4 cup sour cream
- 6 zucchini, peeled and then shaved into long strips (discard the center core of seeds)
- Sprinkle of salt

### **Preparation Instructions:**

1. In a mixing bowl, coat the beef cubes with Worcestershire, Dijon. and pepper. Set aside.
2. In a large sauté pan or cast iron pan, melt 4 tablespoons of the butter or olive oil and add shallot and garlic.
3. Stir-fry a few minutes on medium high heat until shallot begins to soften.
4. Add mushrooms to the pan with the shallot and garlic.
5. Cook until mushrooms have wilted somewhat, about 5 minutes.
6. Add the seasoned beef to the pan and cook until meat is nearly cooked through.
7. Add the beef stock, dill weed and paprika to the pan and cook 15-20 minutes until the sauce is thick and clings like a gravy to the meat. Stir in the sour cream and keep warm while you cook the zucchini.
8. While the beef is cooking, peel the zucchini (discard the peel) and then using the same vegetable peeler, peel the zucchinis into strips (avoid the seeds and discard the center core of seeds) and place onto a tea towel or a few paper towels. Sprinkle with a generous amount of salt and let sit 5 minutes (or longer until your beef is ready, then proceed with cooking the zucchini).
9. When ready to prepare the zucchini, squeeze the zucchini to remove as much water as possible.
10. In a separate frying pan, heat 2-3 tablespoons of olive oil and add zucchini strips. Cook zucchini just until it is warmed through and lightly wilted.
11. Using a tongs, plate the zucchini and top with the beef stroganoff.

## Inside-Out Suiza Chicken Enchiladas

Inspired by the pizza recipe in 20 ways to Prepare Poultry Series that was recently published, I've used the same concept for replacing carbs with protein in this dish. Typically, the protein is placed *inside* the enchilada but in this case, I used ground poultry as the outer "tortilla" to create a keto friendly, inside-out enchilada style dish.

Suiza is simply a Spanish term for Swiss, like Swiss cheese or Swiss style. In this case, it refers to smothering enchiladas in a smooth dreamy sauce made from melted cheeses and cream. I've added avocado to the sauce to increase the fat content. The addition of avocados also make this super creamy while increasing the nutritional profile of the dish. Rounding out the flavor in the sauce is a touch of tomatillo salsa. Choose a salsa that has no sugar added and no preservatives for an extra wonderful low carb meal.



*Calories 524, Protein 26g, Total Carbs 9g, Net Carbs 4g, Fat 41g*

**Prep time:** 15 min, **Cook time:** 25-35 min

**Serves:** 4 (1 enchilada each)

### Ingredients:

- 1 pound ground chicken or turkey
- 1 cup tomatillo salsa (salsa verde), [homemade](#) or all natural, no sugar added
- 1 avocados, mashed (or about 1/2 cup prepared guacamole)

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- 1/4 cup sour cream
- 1/2 cup whipping cream
- 3 tablespoons olive oil
- 1/2 onion, diced
- 1 clove garlic, minced
- 4 cups baby spinach
- Pinch of salt to taste
- 1 cups queso Chihuahua or Monterey jack, shredded
- Additional queso Chihuahua, Monterey jack or queso fresco for topping as desired

### **Preparation Instructions:**

1. Preheat oven to 350 degrees.
2. Place the ground chicken between two sheets of parchment paper or wax paper and smooth out using your hands until it's about 1/4" thick. You can make this circular or rectangular, whichever you prefer.
3. Place the chicken (still between the parchment paper) onto a rimmed baking sheet and bake 10-15 minutes until cooked through.
4. Remove chicken from oven and let cool until cool enough to handle.
5. While chicken is cooling, combine the salsa, avocado, sour cream, and whipping cream in a blender until smooth. If sauce seems too thick, add whole milk to thin out a little if desired. This will vary depending on how thick your tomatillo salsa is.
6. Heat the olive oil in a sauté pan until hot.
7. Add the onion and garlic to the sauté pan and cook until slightly softened. Add the spinach and salt and cook until wilted.
8. Cut the cooked chicken with a pizza cutter into four equal sections.
9. Place an equal amount of onion spinach mixture into the middle of each chicken "tortilla" along with a sprinkle of cheese.
10. Roll each chicken tortilla up and place seam side down in a baking dish.
11. Top the enchiladas with the avocado cream sauce and sprinkle with additional cheese if desired.
12. Bake 15-20 minutes until the cheese on top is melted and serve hot.

## Bison Kofta Meatballs

Bison is a fantastic protein that I use quite often. The flavor is a lot like beef so it can be used in place of beef in any recipe. I also love using bison because it is almost always pastured or free range with limited confinement so it is grass fed most or all of its happy life. Occasionally you will find bison meat that is grain finished so check the packaging to be sure it's 100 percent grass-fed or better yet, buy direct from the farmer and you'll know exactly what you're getting.

An Indian style bison kofta in yogurt sauce is a wonderful complement to the slightly sweet bison meat. The fragrant spices of ginger, garlic, and coriander provide a light heat when paired with a couple of spicy peppers. A cool yogurt sauce provides additional protein and fats for a well-rounded tasting experience. These tasty meatballs are delicious served up with a side of homemade eggplant hummus and your choice of vegetable dippers.



*Calories 591, Protein 36g, Total Carbs 8g, Net Carbs 5g, Fat 57g*

**Prep time:** 15 min, **Cook time:** 20-30 min

**Serves:** 4

Ingredients:

- 2 pounds ground grass-fed bison (or ground beef)
- 1/2 cup almond meal (almond flour)
- 2 jalapeno or serrano peppers, minced
- 2 cloves garlic, minced

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- 1/2 onion, finely chopped
- 1-2 tablespoons minced ginger
- 1 tablespoon ground coriander
- 1 egg, lightly beaten
- 1 teaspoon pink Himalayan salt
- Coconut oil for frying

### **Yogurt Sauce:**

- 1 cup plain, unsweetened Greek yogurt
- 2-3 tablespoons whole milk or heavy cream to thin out the yogurt
- 1/4 teaspoon pink Himalayan salt
- 1/4 cup fresh chopped cilantro either mixed into the sauce or used as a garnish

### **Preparation Instructions:**

1. In a bowl, mix all kofta ingredients (except the oil) until fully combined.
2. Form into small balls about 1.5" in diameter.
3. Heat a few tablespoons of coconut oil in a sauté pan on medium high heat until very hot.
4. Place half of the meatballs at a time into the pan and cook turning often until meatballs are browned on the outside and cooked through. Repeat with the other half.
5. While meatballs are cooking, stir together the yogurt sauce and set aside.
6. Serve meatballs hot with yogurt sauce.

**Notes:** This recipe can easily be halved for less servings or a smaller meal. These also freeze easily. Make into meatballs, place on a parchment lined baking sheet, and freeze. Once frozen, remove from baking sheet and place in a freezer proof container. Let thaw in a single layer before cooking for best results. You can also freeze these after cooking for an easy heat and eat meal.

## Avocado Cauliflower Toasts

Cauliflower is the great chameleon of the cruciferous vegetable world. It has the ability to blend into many dishes without lending a ton of flavor. This makes it an ideal suitor for blending with other ingredients to result in a keto style toast. Cauliflower toasts are hand-holdable once cooled and can be made with any variety of topping from melted cheeses or pizza fixings to other savory options.

This toast starts with riced cauliflower which is combined with cheese, egg, flax, and seasonings to create a rounded flavor that balances with any topping. For an energy filled meal or snack, top with avocado slices, a protein like tuna or chicken and a drizzle of healthy fats in the form of spicy mayo or almond sauce. Feel free to top these toasts with any other savory toppings as well.



*Calories 325, Protein 16g, Total Carbs 13g, Net Carbs 5g, Fat 24g*

**Prep time:** 20 min, **Cook time:** 20-30 min

**Serves:** 4 slices, nutrition info is per slice with toppings

### Ingredients:

- 1 head cauliflower, riced (about 3 cups)
- 1 egg
- 1 tablespoon flax meal (ground flaxseed)
- 1/2 cup shredded cheddar, Monterey jack or try smoked gouda
- 1/4 teaspoon pink Himalayan or smoked salt
- 1/4 teaspoon ground black pepper

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- 1/4 teaspoon garlic powder or onion powder

Topping for two toast slices, spicy tuna:

- 1 avocado, pitted, peeled and sliced into thin strips
- 2.5 oz tuna packed in water
- 2-4 tablespoons spicy mayo (or just stir in chili paste into plain mayo to desired taste)
- 1/4 teaspoon black sesame seeds

Topping for two toasts, chicken with almond sauce:

- 1 avocado, pitted peeled and sliced into thin strips
- 1/2 cup cooked chicken, diced
- 2-4 tablespoons almond sauce (stir together 1-2 tablespoon almond butter, 1-2 tablespoon coconut milk to desired consistency and 1/2 teaspoon chili paste or to taste)

### Preparation Instructions:

1. Rice the cauliflower by cutting it into florets first and then pulsing in a food processor until it's the size of rice grains. You may purchase it already riced instead if desired.
2. Cook riced cauliflower either in a steamer basket or via microwave about 7 minutes until soft.
3. Let cool until cool enough to handle and then wrap the cauliflower in cheesecloth.
4. Squeeze out as much water as you can. You want this to be as dry as possible so it resembles a crumbly dough afterwards. Working in smaller batches to squeeze it out may be easier for some.
5. Place the cauliflower in a bowl and mix in the rest of the bread ingredients.
6. Preheat oven to 450 degrees and line a baking sheet with parchment paper or lightly brush a baking sheet with olive oil.
7. Divide dough into 4 equal pieces and form them into squares with your hands on the prepared baking sheet.
8. Bake 15-17 minutes until browned.
9. Remove from oven and let cool 10 minutes before removing from the pan.
10. Gently lift each toast from the pan and top with desired toppings. Serve immediately.

**Notes:** Bread will get soggy if you use wet toppings and let it sit. If you are not planning to eat it right away, store in an airtight container and apply topping right before eating.

## Hungarian Goulash

Hungarian goulash is quite different from the American style. American style goulash has some of the same flavors but has been bastardized with the addition of noodles, it uses ground beef, and typically contains far less vegetables in the mix (usually just tomato and a little green pepper). The original Hungarian dish has many variations depending on the cook, or from whose grandmother you get the recipe from. The commonalities in this stew almost always include chunks of beef, onion, paprika, tomato, potato, green peppers, and caraway as a unique regional seasoning.

To make this a keto appropriate meal, I've lessened the amounts of some of the higher carb vegetables and swapped out the starchy potato for a more fiber rich turnip. The slight licorice flavor of turnips also happens to pair incredibly well with the traditional caraway and paprika flavors. This is a delicious and filling meal on its own but can also be served over spiralized zucchini, spaghetti squash or with wilted greens of any kind.



*Calories 493, Protein 45g, Total Carbs 12g, Net Carbs 8g, Fat 30g*

**Prep time:** 20 min, **Cook time:** 20-30 min

**Serves:** 4

### Ingredients:

- 2 pounds sirloin steak (or similar steak), cubed, seasoned with salt and pepper
- 2 tablespoon olive oil

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- 1/2 onion, diced
- 2 cloves garlic, chopped
- 1-2 turnips depending on size, peeled and diced (about 1 cup diced)
- 2 tablespoon paprika
- 1 tablespoon tomato paste
- 1/2 teaspoon caraway seeds
- 1 bay leaf
- 1 tablespoon apple cider vinegar
- 4 cups beef broth
- 1 green bell pepper, chopped
- Salt and pepper to taste
- Sour cream and chopped chives for garnish

### **Preparation Instructions:**

1. In a dutch oven, sauté onion and garlic with olive oil until onion begins to soften.
2. Add steak and cook until browned all over.
3. Add all other ingredients except the bell pepper and simmer over low heat 90 minutes.
4. Uncover and add the bell pepper.
5. Let simmer an additional 30 minutes partly covered until sauce is slightly thickened and beef is very tender.
6. Season with additional salt and pepper to taste and ladle into bowls for serving.
7. Top with a dollop of sour cream and chives.

## Cajun Salmon with Cactus Avocado Salsa

Rich with omega 3's, salmon's healthy status among meats reigns supreme. Choose your salmon fresh caught that day from local fish monger if you have that option available. If you can't get it fresh, buy it frozen. Frozen wild caught salmon is superior to any farmed salmon as farmed salmon tends to carry a higher toxin load. Wild caught sockeye or chinook king salmon are the highest in fats but any wild caught salmon will work well.

Cajun seasoning is an excellent pairing with the rich flavor of salmon steaks. A simple marinade in olive oil and lime brings a touch of acidity and helps the Cajun spices penetrate the meat. Rounding out this dish is a topping of cactus avocado salsa. Cactus is also known as nopales or nopalitos. The cactus paddles come from the prickly pear cactus. Grilled until it's soft, nopales has a slight vegetal flavor somewhat like a green bean. Nopalitos are a pickled or prepared version of the cactus and using these brings a unique tang to the salsa.



*Calories 390, Protein 25g, Total Carbs 14g, Net Carbs 8g, Fat 29g*

**Prep time:** 20 min, **Cook time:** 15 min  
**Serves:** 2

### Ingredients:

- 2 salmon steaks, skin on
- Cajun seasoning blend

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- Pink himalayan or smoked salt to taste (omit if Cajun seasoning contains salt)
- 2 tablespoon olive oil
- 2 tablespoons lime juice

### Cactus Avocado Salsa:

- 1 avocado, peeled pitted and diced
- 1 tomato, seeded and diced
- 1 jalapeño or serrano pepper, seeded and finely diced
- 1/2 cup nopales (cactus), diced (you can use either fresh grilled until soft about 5 minutes or use the pickled nopalitos in a jar, rinsed)
- 1 tablespoon onion, finely diced
- 2 tablespoons lime juice
- Salt and pepper to taste

### Preparation Instructions:

1. Sprinkle salmon with a generous amount of Cajun seasoning.
2. Place salmon in a baking dish and drizzle with the olive and lime juice. Let marinate 30 minutes.
3. While salmon is marinating, make the cactus avocado salsa by stirring together all the salsa ingredients and set aside.
4. When ready to cook, heat a grill to medium high heat or use a grill pan on the stovetop.
5. Oil the grill or grill pan and sear the meat side of the salmon about 4 minutes.
6. Flip over so the skin side is down and continue cooking about 10 minutes until it flakes easily. Exact cooking time will depend on thickness of the salmon.
7. Remove from grill and serve with cactus avocado salsa on top.