



E–Cookbooks Recipe Sampler

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Beef Bourguignon

1 1/2 cups dry red wine
3 tablespoons extra virgin olive oil
2 tablespoons dry minced onion
1 teaspoon thyme
1 tablespoon parsley flakes
1 bay leaf
1/2 teaspoon pepper
4 pounds stew beef, 1 inch cubes
1/3 cup flour
1 teaspoon salt
8 slices bacon, diced
24 small white onions
2 garlic cloves, minced
1 pound mushrooms, quartered

Thoroughly combine first 7 ingredients; add beef and marinate at least 3 hours at room temperature, or overnight in refrigerator.

Drain meat reserving 1 cup of marinade. Place meat in removable liner of slow cooker; sprinkle with flour and salt and toss to coat meat.

Fry bacon; fry onions in bacon fat until slightly brown, add garlic and fry for 30 seconds; remove onions, garlic and bacon with slotted spoon and add to meat in liner.

Sauté mushrooms in remaining bacon fat (add butter if needed). Remove mushrooms with slotted spoon and add to meat–onion mixture. Pour reserved 1 cup of marinade over all. Place liner in base. Cover and cook on AUTO for 6–7 hours; or LOW for 8–10 hours; or HIGH for 4–5 hours. Yield: 8 servings

Per Serving: 894 Cal (63% from Fat, 32% from Protein, 5% from Carb); 69 g Protein; 60 g Tot Fat;

11 g Carb; 2 g Fiber; 65 mg Calcium; 9 mg Iron; 546 mg Sodium; 232 mg Cholesterol

Oven Fried Chicken

2/3 cup almond flour
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon dry mustard
1/2 teaspoon celery salt

1 teaspoon paprika
3 1/2 pounds chicken pieces
1/2 cup butter

Combine the flour, salt, pepper, dry mustard, celery salt, and paprika in a brown paper bag. Wash and dry the chicken pieces. Shake the chicken pieces one at a time in the flour mixture.

Melt the butter in a shallow baking dish, large enough to hold the chicken in one layer. Arrange the chicken pieces in the dish and turn them once to coat both sides in the butter. Bake at 375 degrees F, uncovered, for 75 minutes, turning once. Remove the chicken to a preheated serving platter.

Place the roasting pan over a low heat and add 1 teaspoon xanthan gum to the chicken drippings and butter. Scrape the sediment from the bottom and blend thoroughly. Stir in two cups of hot water and keep stirring until the gravy thickens. Yield: 4 servings

Per Serving: 883 Cal (74% from Fat, 25% from Protein, 2% from Carb); 54 g Protein; 72 g Tot Fat; 4g Carb; 2 g Fiber; 79 mg Calcium; 5 mg Iron; 1017 mg Sodium; 309 mg Cholesterol

Crockpot Hungarian Goulash

2 pounds round steaks, cut in 1/2-inch cubes
1 cup onion, chopped
1 clove garlic, minced
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper
1 1/2 teaspoons paprika
1/4 teaspoon dried thyme, crushed
1 (14 1/2 ounce) can tomatoes
1 cup sour cream

Put steak cubes, onion, garlic in crockpot. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours, stirring occasionally. Add sour cream 30 minutes before serving, and stir in thoroughly.

Yield: 6 servings

Per Serving: 304 Cal (42% from Fat, 49% from Protein, 9% from Carb); 36 g Protein; 14 g Tot Fat; 7g Carb; 1 g Fiber; 59 mg Calcium; 4 mg Iron; 493 mg Sodium; 103 mg Cholesterol

Deviled Swiss Steak

3 pounds beef round steak
2 tablespoons cooking oil
2 teaspoons dry mustard
1 (4 ounce) can mushrooms, sliced
1 1/2 teaspoons salt
1 tablespoon Worcestershire sauce
1/4 teaspoon pepper

Cut round steak into serving size pieces. Combine dry mustard, salt and pepper; sprinkle over round steak and pound on both sides with meat mallet. Brown steak quickly in oil in large frying pan. Pour off drippings. Drain liquid from mushrooms and add enough water to make 1/2 cup. Add liquid and Worcestershire sauce to steak. Cover tightly and cook slowly for 1 1/2 hours. Add mushrooms during last 5 minutes of cooking time.

Remove steak to warm serving platter and top with mushrooms. Yield: 10 servings

Per Serving: 300 Cal (30% from Fat, 69% from Protein, 1% from Carb); 50 g Protein; 10 g Tot Fat; 1g Carb; 0 g Fiber; 7 mg Calcium; 5 mg Iron; 430 mg Sodium; 122 mg Cholesterol

El Dorado Casserole

2 pounds ground beef
1/2 cup onion, chopped
1/2 teaspoon garlic powder
8 ounces tomato paste
8 ounces sour cream
1 cup cottage cheese
16 ounces Monterey jack cheese, shredded
1 can green chiles, chopped
1/2 cup salsa

Cook beef until browned. Drain. Add onion, garlic powder, tomato sauce and olives. Cook over low heat until the onion is clear.

Combine sour cream, cottage cheese and chiles. Add meat mixture and 1/2 the Monterey jack cheese and mix slightly. Pour mixture into a greased 2 1/2 quart casserole. Cover with remaining cheese. Bake at 350F for 30 minutes. Yield: 8 servings

Per Serving: 609 Cal (62% from Fat, 31% from Protein, 6% from Carb); 48 g Protein; 42 g Tot Fat; 9g Carb; 2 g Fiber; 487 mg Calcium; 4 mg Iron; 695 mg Sodium; 764 mg Potassium; 37 mg Folate; 15 mg Vit C; 156 mg Cholesterol

Chicken Florentine

1/2 pound fresh spinach, stems removed, washed
4 tablespoons butter
1 large onion, cut into rings
6 ounces mushrooms, sliced
1/3 cup dry white wine
1 tablespoon soy flour
1 cup sour cream
1 pinch garlic powder
4 ounces sharp Cheddar cheese, grated
2 boneless, skinless chicken breasts

Steam spinach until wilted; drain and chop.

Melt 2 tablespoons of butter in large skillet and sauté onions until golden. Remove onions with slotted spoon, mix with spinach and place in buttered casserole. Add 1 tablespoon butter to skillet. Brown chicken and remove to warm plate. Sauté mushrooms in remaining butter and remove to plate with chicken. Add wine to pan and then stir in flour. Slowly add sour cream and stir until hot and thickened. Add chicken, mushrooms, and garlic powder. Place on spinach, sprinkle with cheese and bake uncovered at 350F for 20 to 30 minutes. Yield: 4 servings

Per Serving: 390 Cal (77% from Fat, 13% from Protein, 10% from Carb); 12 g Protein; 33 g Tot Fat; 10 g Carb; 3 g Fiber; 367 mg Calcium; 2 mg Iron; 376 mg Sodium; 86 mg Cholesterol

Sausage Frittata

8 ounces sausage
1/2 onion, chopped
2 garlic clove, minced
1/2 cup ricotta cheese
1/2 cup heavy cream
4 eggs
1/4 teaspoon cayenne
1/4 cup salsa
1 cup Cheddar cheese, shredded
Salt to taste

Heat oven to 350F. Sauté onion and garlic in a 10 inch oven–safe skillet. Add broken up sausage and cook until no longer pink, mincing as it cooks. Pour off fat if required.

Beat eggs, ricotta cheese, heavy cream, and seasonings in a bowl. Add salsa. Pour mixture over eggs. Bake approximately 20 minutes or until mostly set. (Do not overcook or eggs become tough.) Remove from oven and top with cheese. Put under broiler until cheese melts and is golden. Allow to cool slightly before trying to cut. Serve with a dollop of sour cream (optional, but good). Serves 4 for breakfast. Serve with a salad for dinner.

Per Serving: 535 Cal (72% from Fat, 23% from Protein, 5% from Carb); 31 g Protein; 42 g Tot Fat; 6g Carb; 1 g Fiber; 388 mg Calcium; 2 mg Iron; 1126 mg Sodium; 358 mg Cholesterol

Cheddar Pancakes

8 ounces medium Cheddar, grated
3/4 cup sour cream
3 large egg yolks, beaten
3/4 teaspoon salt
1 1/2 teaspoons thyme
1/2 teaspoon dry mustard
2 teaspoons butter
2 tablespoons unflavored protein powder

Set out a heavy skillet. Put the grated Cheddar Cheese in a bowl and add the sour cream and egg yolks, mixing well after each addition. Add the protein powder salt thyme and dry mustard, which have been mixed well in a separate bowl or cup.

Melt the butter in the skillet over low heat and drop the batter by teaspoon into the skillet. Cook over medium heat until lightly browned on the bottom. Loosen the edges with a spatula, turn and lightly brown the other side. Serve at once with bacon or pork sausage. Makes about 2 dozen 3-inch cakes. Yield: 6 servings

Per Serving: 272 Cal (77% from Fat, 20% from Protein, 3% from Carb); 14 g Protein; 23 g Tot Fat; 2g Carb; 0 g Fiber; 326 mg Calcium; 1 mg Iron; 639 mg Sodium; 161 mg Cholesterol

Creamy Chicken and Green Beans

3 pounds boneless, skinless chicken breasts
1/4 teaspoon thyme
1 onion, chopped
1 cup water
1 pound green beans, cut in 1-inch pieces
1/4 cup butter
6 ounces mushrooms, sliced
2 tablespoons flour
1 teaspoon Dijon mustard
1/2 teaspoon salt
1/8 teaspoon nutmeg
1/8 teaspoon pepper
1 cup heavy cream
1 tablespoon vermouth
1/4 cup Parmesan cheese, shredded

In a large skillet, arrange chicken breasts; sprinkle with thyme and onion. Add water; bring to a boil. Cover and simmer for 10 minutes or until tender. Remove chicken; cut into bite-size pieces.

Preheat broiler. Spray a 2 1/2 quart baking pan with non-stick vegetable spray. Cook beans in boiling salted water for 8 minutes; drain, reserving 1/2 cup. Spread beans in prepared baking pan.

In a large skillet, melt butter; add mushrooms and sauté until lightly browned. Stir in flour, mustard, salt, nutmeg, and white pepper; cook, stirring constantly, until bubbly. Remove from heat. Gradually stir in half-and-half and reserved bean liquid. Cook, stirring constantly, until thickened. Fold in chicken and vermouth. Spoon over beans. Sprinkle with cheese. Broil, 6 inches from heat source, for 5 minutes or until sauce is lightly browned. Serve immediately. Yield: 4 servings

Per Serving: 870 Cal (39% from Fat, 53% from Protein, 8% from Carb); 113 g Protein; 37 g Tot Fat; 17 g Carb; 5 g Fiber; 215 mg Calcium; 6 mg Iron; 817 mg Sodium; 366 mg Cholesterol

Lamb Parmesan

16 oz. Lamb Chops
1/4 cup Parmesan cheese
4 oz. Olive oil
2 cloves Garlic, minced
1 teaspoon Oregano
1 teaspoon Thyme
1 teaspoon Salt, to taste
1 teaspoon Ground Pepper, to taste

Mix all the ingredients together to make marinade. Set the lamb in the mixture. Toss a bit to cover. Let set for a minimum of 1 hour at room temp.

Grill for approx 20 min. Depends on grill or oven. Cook until internal temp is 170F.

Carbohydrates: 0.85 g Carb; 411 Calories; 34 g Fat; 6 g Sat Fat; 74 mg Cholesterol; 684 mg Sodium;

Flank Steak with Peanut Sauce

3 pound flank steak, trimmed of fat
1/4 teaspoon crushed red pepper
2 tablespoons soy sauce
1 tablespoon olive oil
2 teaspoons soy sauce
1/4 cup peanut butter, no sugar added
1/4 teaspoon garlic powder
1 tablespoon rice wine vinegar
1/4 teaspoon black pepper

Preheat broiler. Place steak on rack set in broiler pan. Brush top side with the 1 tablespoon soy sauce. Season with black pepper; set aside.

In a small saucepan, stir together the red pepper, oil and garlic powder. Heat on medium for 1 minute. Add peanut butter, rice wine vinegar and the 1 teaspoon soy sauce with 1/2 cup water. Cook until smooth, stirring constantly, for 2 minutes. Keep sauce warm.

Broil steak 3 inches from heat for about 7 minutes. Turn over, brushing with remaining soy sauce and seasoning with black pepper. Broil for 7 minutes more. More time will be needed if you want steak well done. Let stand for 5 minutes before slicing.

To serve, slice thin across the grain. Serve sauce in a small bowl beside meat dish. Serve with peppered vegetables for a complete meal. Yield: 8 servings

Per Serving: 419 Cal (51% from Fat, 47% from Protein, 2% from Carb); 49 g Protein; 23 g Tot Fat; 2 g Carb; 1 g Fiber; 16 mg Calcium; 5 mg Iron; 468 mg Sodium; 114 mg Cholesterol

Sirloin Tip Roast with Bacon

3 pounds tied sirloin tip roast
1/2 teaspoon dried thyme leaves
2 cloves garlic, slivered
6 slices bacon
2 tablespoons Dijon mustard

Bone and tie the beef roast. Cut slits into the roast and insert the slivered garlic, placing the pieces evenly around the roast. Rub the roast with 1 tablespoon of the mustard, and sprinkle it with the thyme.

Place the roast on a roasting rack. Top the roast with the bacon, with the ends covering the sides. Insert a meat thermometer into the thickest portion of the meat and roast at 325F until the thermometer registers 145F for rare, or 160F for medium to well-done.

Transfer the meat to a serving board or platter. Remove the bacon and string, then replace the bacon. Pour the pan drippings into a small skillet and whisk in the remaining mustard. Heat to boiling. Continue boiling until the drippings are shiny and thickened. Spoon the sauce over the roast and slice it. Serve immediately. Yield: 4 servings

Per Serving: 62 Cal (71% from Fat, 21% from Protein, 8% from Carb); 3 g Protein; 5 g Tot Fat; 1 g Carb; 0 g Fiber; 13 mg Calcium; 1 mg Iron; 239 mg Sodium; 8 mg Cholesterol

Mexican Deviled Eggs

12 large hard boiled eggs, peeled
1/2 teaspoon salt
1/4 cup mayonnaise (or salad dressing)
1 jalapeno pepper, seeded and finely chopped
1 tablespoon ground cumin
1 tablespoon capers, finely chopped
1 red chile, ground
1 tablespoon prepared mustard
1 tablespoon fresh cilantro, snipped

Cut the eggs lengthwise into halves. Slip out the yolks and mash with a fork. Mix the mashed yolks with the mayonnaise, cumin, capers, mustard, salt and the jalapeno pepper. Fill the egg whites with the egg yolk mixture, heaping lightly. Sprinkle with ground red chiles and garnish with the cilantro. Yield: 12 servings

Per Serving: 124 Cal (71% from Fat, 25% from Protein, 5% from Carb); 8 g Protein; 10 g Tot Fat; 2 g Carb; 0 g Fiber; 36 mg Calcium; 1 mg Iron; 291 mg Sodium; 249 mg Cholesterol

Florentine Stuffed Meatloaf

1 pound lean hamburger
1/2 teaspoon nutmeg
1/2 cup mozzarella, shredded
1 egg, slightly beaten
1/4 teaspoon salt (optional)
1 small onion, chopped
1/4 teaspoon pepper
2 (10 ounce) packages frozen chopped spinach, thawed

In a medium bowl, combine hamburger, egg, onion, salt and pepper.

Line sides and bottom of an 8 x 4–inch loaf pan with 2/3 of meat mixture. Set aside.

Press excess moisture out of spinach. In a medium bowl, combine spinach and nutmeg. Spread half of spinach over meat. Press lightly. Sprinkle cheese over spinach. Top with remaining spinach. Press lightly. Form remaining meat over top, sealing seams. Bake at 350F for 50 to 55 minutes or until brown and firm in center. Yield: 6 servings

Per Serving: 303 Cal (68% from Fat, 24% from Protein, 8% from Carb); 18 g Protein; 23 g Tot Fat; 6 g Carb; 3 g Fiber; 183 mg Calcium; 3 mg Iron; 284 mg Sodium; 105 mg Cholesterol

Spinach and Egg Scramble

3 tablespoons peanut oil
1 onion, chopped
1 pound lean ground beef
1 pound spinach, blanched, drained and chopped
Salt
Tabasco sauce
4 eggs, lightly beaten
4 tablespoons Parmesan cheese, grated

Heat the oil in a large skillet. Add the onion, and sauté over medium heat until soft. Add the beef, using a fork to break it up into small bits. Cook until the redness is gone. Add the spinach, and mix well. Cook, stirring, for 3 to 4 minutes. Add salt to taste.

Mix the Tabasco with the eggs. Pour over the beef mixture, and cook, stirring until the eggs are set.

Remove from heat, transfer to a warm platter and sprinkle with Parmesan. Yield: 6 servings

Per Serving: 362 Cal (60% from Fat, 33% from Protein, 7% from Carb); 30 g Protein; 24 g Tot Fat; 6 g Carb; 3 g Fiber; 197 mg Calcium; 4 mg Iron; 240 mg Sodium; 233 mg Cholesterol

Mexican Chicken Wings

2 pounds chicken wings
2 cups crushed pork rinds
2 teaspoons chili powder
1/2 cup butter, melted
1/4 teaspoon hot sauce

Heat oven to 375F. Grease two 13 x 9-inch pans.

Cut each chicken wing in half. Combine pork rinds and chili powder.

In a small bowl combine melted butter and hot pepper sauce. Dip chicken wings into the butter mixture and roll into the pork rind mixture. Place on the pans. Bake for 35–45 minutes or until no longer pink. Can serve with guacamole, salsa or sour cream. Yield: 8 servings

Per Serving: 334 Cal (57% from Fat, 42% from Protein, 0% from Carb); 35 g Protein; 21 g Tot Fat; 0 g Carb; 0 g Fiber; 23 mg Calcium; 1 mg Iron; 228 mg Sodium; 127 mg Cholesterol

Lemon Fish

4 white fish fillet
1 tablespoon oil
1 tablespoon fresh lemon juice
1 garlic clove, thinly sliced
4 tablespoons whole milk ricotta cheese
4 tablespoons plain yogurt
1 tablespoon fresh chives

Preheat oven to 400F. Place fish in aluminum foil packet with oil, garlic & lemon juice. Place fish packet in oven. Mix the ricotta cheese with yogurt & stir in snipped chives. When fish is done, remove & serve with ricotta/yogurt sauce. Yield: 4 Servings.

Carb Count: Recipe Total 6.6 grams of carbs, Carbohydrates Per Serving 1.6 grams of carbs

Cinnamon Meringues

2 egg whites (0.6 grams of carbs)
1/4 teaspoon cream of tartar
dash salt
1/2 cup Splenda
2 teaspoon ground cinnamon (3.6 grams of carbs)
1 teaspoon vanilla extract (1.5 grams of carbs)
1/2 teaspoon almond extract

In a medium bowl, combine egg whites with cream of tartar and salt; beat until soft peaks form. Fold in cinnamon, vanilla and almond extracts Drop by tablespoonfuls onto greased cookie sheets. Bake at 300 degrees F for 30 minutes. Yield: 4 Servings

Carb Count: Recipe Total 5.7 grams of carbs, Carbohydrates Per Serving 1.4 grams of carbs

Bacon Muffins

6 bacon slices, fried crisp
2/3 cup oil
1/2 cup water
1/3 cup heavy whipping cream
3 eggs
1 teaspoon vanilla or butter extract
1 1/4 cup vanilla whey protein powder
2 Tablespoons oat flour
2 Tablespoons high gluten flour
2 teaspoons baking powder

Preheat oven to 350°F.

Combine oil, water, whipping cream, vanilla (or butter) extract, and eggs. Mix well. Add vanilla whey protein powder, oat flour, high gluten flour and baking powder; mix until moistened well. Break bacon into small bits and stir into batter. Pour into greased muffin tins (or use non-stick muffin liners.) Bake at 350°F. for 10–15 minutes, keeping an eye on them so as not to over-bake. Cool at least 5 minutes before removing from pan or liners. Makes 12 muffins. 3 carbs per muffin.

Belgian Waffles

4 large eggs, separated
4 tablespoons (1/2 stick) unsalted butter (slightly chilled)
1/4 cup oat flour
1 cup sour cream
1/2 teaspoon pure vanilla extract
1/2 teaspoon salt
grated nutmeg, optional

Beat the egg whites with an electric mixer until they form soft peaks. Set aside in another bowl. In the same mixer bowl, cream the butter until fluffy and beat in the egg yolks — one at a time. Add the flour and sour cream alternately, beating well after each addition. Stir in the vanilla, salt and nutmeg, if desired. Fold in the egg whites. Bake in a preheated waffle iron according to manufacturer's directions.

Makes 3 very large belgian waffles. 7.3 carbs per full waffle.

Banana Spice Cake

1/2 cup butter (1 stick) softened at room temperature
1/2 cup cream cheese (full fat) – softened
1 cup granulated Splenda
1/2 cup Diabetisweet
1 teaspoon Brown SugarTwin
5 eggs, at room temperature
2 cups almond flour
1 teaspoon baking powder
1 teaspoon cinnamon
1/8 teaspoon ground cloves
2 teaspoons sugar free banana extract
1 teaspoon sugar free vanilla extract

Cream butter, cream cheese, and sweeteners well. Add eggs – one at a time – beating well after each. Mix almond flour with baking powder and spices. Add egg to mixture a little at a time while beating. Add banana and vanilla extracts. Pour into greased 9"–10"

Springform

pan (or 9" round cake pan) and bake at 350°F for 50–55 minutes.

Makes 8 servings. 6.2 grams of carbohydrate per serving.

Pork Medallions Dijon

- 1 package pork tenderloins (approx 2 lbs.) cut into 1/2" thick rounds
- 2 Tablespoons butter or olive oil
- 1/4 cup sliced shallots
- 4 Tablespoons heavy cream
- 1/3 cup chicken broth
- 3 Tablespoons capers, drained
- 2 Tablespoons coarse grained Dijon mustard

Using a meat mallet or rolling pin, flatten pork rounds slightly to scant 1/2" thickness. Sprinkle w/salt & pepper. Saute in butter or olive oil until brown and cooked through, about 2 minutes per side. Transfer pork to a plate. Add shallots to skillet and stir 1 minute. Add chicken broth and cream. Boil until sauce is thick enough to coat a spoon, stirring up browned bits, about 3–5 minutes. Mix in capers and mustard. Return pork to sauce. Simmer to heat through.

Makes 4 servings – 4 carbs per serving.

Burgers ala Lobster Club

1 pound unsalted butter, at room temperature
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh sage
2 tablespoons chopped flat leaf parsley
1 tablespoon chopped chives
1 teaspoon chopped fresh rosemary
2 pounds freshly ground beef – a combination chuck & shoulder works best
Coarse salt and freshly ground pepper
Vegetable oil for grill
Baby lettuce

In a medium bowl, make compound herb butter by combining softened butter, thyme, sage, parsley, chives, and rosemary; this can also be done in a food processor. Turn out onto parchment or plastic wrap and roll into a log, 1 1/2–to 2–inches in diameter. Chill until firm, or freeze for up to one month

Heat grill or grill pan. Form 4 eight–ounce burgers, 1–inch thick. Cut four 1/4–inch thick slices of compound butter from the log. Make an indentation in the center of each burger, and place half of a 1/4–inch slice of compound butter inside. Reshape meat to cover butter, making sure it is not visible from either side; season both sides with salt and pepper. Oil grill with a small amount of vegetable oil to prevent sticking. Grill burgers for 5 to 7 minutes per side for medium doneness. Remove from grill and place each burger on a baby lettuce leaf and serve.

Serves 4. 1 gram carbs per serving.

Snickerdoodles

1 3/4 cups soya flour
1/2 cup almond flour
1/2 cup oat flour
1 cup (1/2 lb.) unsalted butter
1 3/4 cups Splenda
2 eggs
2 tsp cream of tartar
1 tsp cinnamon
1 tsp baking soda
1/4 tsp salt
1 tsp cinnamon

Topping Mixture:

1/4 cup Splenda
1 Tbs cinnamon

Preheat oven to 350°F.

Sift together the flours, cream of tartar, baking soda, 1 tsp cinnamon and salt. Set aside.

With a hand held mixer or the bowl of a standing mixer, cream the butter and Splenda for 3 minutes. The color should lighten noticeably. Add the eggs one at a time and blend one minute after each is added.

Stop and scrape down the sides of the mixing bowl at any time during this process when necessary to mix thoroughly. Blend in the flour mixture in 3 parts, mixing at least 20 seconds after each addition.

For the topping: Mix together the 1/4 cup Splenda and 1 Tbs cinnamon in a small bowl. Using a fork or a wire whisk, blend well to evenly combine the two.

Roll the cookie dough into walnut size balls and drop into the topping mixture roll to coat the cookie and place at least one inch apart on cookie sheet. Bake for 12 to 15 minutes.

Makes 30 cookies. Approx. 1.5 carbs per cookie.

Veal Chops in Mustard Sauce

- 1 tablespoon butter
- 4 thick, lean rib veal chops, each weighing approx 8-oz
- 2 tablespoons softened butter
- 2 tablespoons wine vinegar
- 1 1/2 teaspoons Dijon-style mustard
- 3 tablespoons heavy cream
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 tablespoons finely chopped fresh parsley

Melt the butter in a heavy, non-stick skillet. Add the chops to the skillet and cook them over medium heat for approx. 10 minutes on each side or till done. In a tiny saucepan, heat the next 7 ingredients together, stirring frequently. Do not boil the mixture. When the chops are cooked, remove them to a heated platter. Pour off any excess fat that may have accumulated in the skillet and add the mustard mixture to the pan. Heat over a low flame to combine the mustard mixture with the pan juices. Pour the sauce over the chops and garnish with parsley.

Belgian Waffles

4 large eggs, separated
4 Tbsp (1/2 stick) unsalted butter (slightly chilled)
1/4 cup oat flour
1 cup sour cream
1/2 tsp pure vanilla extract
1/2 tsp salt
grated nutmeg, optional

Beat the egg whites with an electric mixer until they form soft peaks. Set aside in another bowl. In the same mixer bowl, cream the butter until fluffy and beat in the egg yolks — one at a time. Add the flour and sour cream alternately, beating well after each addition. Stir in the vanilla, salt and nutmeg, if desired. Fold in the egg whites. Bake in a preheated waffle iron according to manufacturer's directions.

Makes 3 very large belgian waffles. 7.3 carbs per full waffle.

"Rice" Pudding

1/2 cup finely grated (riced) RAW cauliflower
1/2 cup Splenda®
1/4 cup Brown Sugar Twin®
4 oz. cream cheese
2 egg yolks
1 cup heavy whipping cream
1 teaspoon vanilla extract
1/2 teaspoon nutmeg
1/8 teaspoon ground cloves

Mix 1/4 cup of cream with sweeteners, extracts, spices, and cauliflower. Heat in microwave for 1 1/2 minutes. Let stand for 15 minutes. Beat egg yolks with 1/4 cup of cream; set aside. Pour remainder of cream in sauce pan, add cream cheese and cook on medium heat, stirring constantly, until thickened. Add cauliflower mixture and egg mixture to pan and stir to rethicken.

Pour into 4 small ramekins or pudding dishes and refrigerate 1–3 hours. Serve and enjoy!

Makes 4 servings. 5 net grams of carbohydrate per serving.

Lemon Spare Ribs

3 lbs Pork Spare Ribs
Salt and White Pepper
6 Tablespoons Malt Vinegar
4 teaspoons Brown Sugar Twin
1 Tablespoon Granular Splenda
1 1/2 teaspoon Dark Soy Sauce
1/2 teaspoon grated Lemon Zest
1/2 cup pre-made Keto Lemonade
(or unsweetened Kool-Aid Lemonade made up with Splenda)
2 Eggs, beaten
Soy or Oat Flour for dusting

Chop the spare ribs into 3 inch lengths. Season with salt and pepper and rub in well. In a large bowl mix together the vinegar, Sugar Twin, Splenda 1/2 teaspoon salt, 1/4 teaspoon pepper, soy sauce, lemon zest and Lemonade. Add the spare ribs and leave to marinate for several hours.

Dip the spare ribs into the beaten egg, then dust with soy or oat flour. Heat the oil to 320°F in a wok or deep-fryer and deep-fry the spare ribs in batches for 2 minutes until the pork is cooked through and a good rich color. Drain in a wire sieve/colandar. Serve hot.

Serves 4 – 3 carb grams per serving.

Taco Meatballs

1 1/2 lb ground beef (pretty lean)

1 package taco seasoning mix (Taco Bell, Ortega, etc.)

1 green onion, finely diced

2 eggs

1 clove garlic, minced

1 block sharp cheddar cheese, cut into small cubes

Preheat the oven to 425°F.

Beat eggs and mix all ingredients except the cheese together. Mold a
Tablespoon of meat around a cube of

cheese to form a small shaped meatball. Repeat with all meat. Place on
edged cookie sheet (sprayed with PAM)

and bake at 425°F for 7 – 10 minutes or until meat is done and cheese has
melted.

Serves 10–15 people. Less than 1 carb per meatball.

Fried Cabbage with Onion & Bacon

5 thick slices or 7 thin slices of bacon

2 Tablespoons butter

1 small white onion, sliced very thin

1 small head of cabbage – cut in half

2 Tablespoons cider vinegar

1 bay leaf (optional)

water

Cut bacon into 1" pieces. Place in large frying pan and cook until ready to turn. Add butter and onion and

cook till medium brown. Add cut cabbage and add bay leaf if using. Add enough water to cover (1/4 cup at a time.)

Cover and allow to steam, stirring often, and adding water as needed to help loosen the brown bits in the pan.

Cook 15–20 minutes (it will cook down quite a bit in volume.) Taste to check for desired tenderness. When almost

done, add vinegar, stir, and heat an additional 5 minutes. Sprinkle with coarse black pepper just before serving if desired.

Makes 4–6 servings. 4 – 6 grams carbs per serving.

Molded Cherry Coke Salad

- 1/2 Cup very cold water
- 3 pkg. Knox® unflavored gelatin
- 4 Cups flat diet cola
- 1 pkg. unsweetened Black Cherry Kool Aid®
- 3 pkts Splenda®, NutraSweet® or Sweet-N-Low®
- 8 oz. cream cheese
- 1/2 Cup fresh grated coconut
- 1/2 Cup chopped celery
- 1/2 Cup pecans

Soften gelatin in cold water for about 2 minutes in a glass measuring cup. Set cup in the microwave and cook on high for 1 1/2 minutes. Stir well and check to see if you can see through it. If not, microwave for a few more seconds. Pour into a large bowl. Add flat cola, sweetener, and Kool-Aid®. Stir until there is no fizz at all.

Place 1 cup of this liquid mixture into blender with cream cheese and whip until the cheese is completely blended.

Pour cream cheese mixture back into the bowl with rest of mixture. Stir to blend. Place in the refrigerator and watch it for the beginning signs of gelling. Stir occasionally to keep cream cheese blended. When mixture begins to thicken, add pecans, coconut, and celery. It should be thick enough to suspend the chopped ingredients at this point. Now is the time to pour it in an elegant mold if you like. Return to refrigerator and allow to set firm. Serve with low-carb whipped cream and/or diced strawberries.

Makes 8 servings. 4.2 net grams of carbohydrates per serving.