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CHAPTER 1 - APPETIZERS

(Volume 2)

Oysters in Gruyere Sauce – from Bossss

24 oysters on the half shell
1 tsp. cornstarch
3/4 cup heavy cream
1 tablespoon unsalted butter
1/2 cup plus 1/3 cup coarsely shredded Gruyere or swiss cheese
1 tbsp. Pernod (anise-flavored liqueur)
Fresh chervil or parsley for garnish

Heat Broiler. Arrange oysters on large broiler pan. Whisk cornstarch into cream in small saucepan. Add butter and bring to boil, whisking; boil 1 minute. Remove from heat, stir in 1/2 cup cheese and Pernod until cheese melts. Divide and spoon sauce over oysters; top evenly with remaining 1/3 cup cheese. Broil oysters 4 inches from heat 4 to 6 minutes, until golden. Transfer to serving plates and garnish. Makes 8 servings.

Per Serving: 175 calories, 14.5 g fat, 3 g carb, 7 g protein

MarkieZ's Low-Carbohydrate Guacamole

1/2 avocado
1 cup of mayonnaise
A squeeze of lemon juice
2 cloves of garlic
1 teaspoon of salt
1 teaspoon of chili powder.

YUM! Use cheese "crackers" or celery to dip.

Tapenade: Provençal Olive Paste – posted by MarkieZ

From Gourmet Vegetarian Feasts by Martha Rose Shulman

1. Pit 1/2 lb. Provençal olives (or Greek) and mash to a puree with 2 cloves garlic and 2 Tbs. capers, using a mortar and pestle.
2. Blend in 1/4 t thyme, 1/4 t crushed rosemary, 2 TBS. olive oil, 2 TBS. lemon juice, 1 teaspoon Dijon mustard and black pepper to taste.
3. Chill

This is traditionally from the South of France. Anchovies are usually in it. You could add them at the end a little at a time until you get the flavor you want. The same with an herbed vinegar.

Marcy's Tapenade

1 c. black olives (kalamata suggested)
2 drained anchovy fillets (optional)

1 tbsp. drained capers
2 tbsp. lemon juice
1 tbsp. olive oil
2 tbsp. brandy
1 tsp. Dijon mustard
1 tsp. chopped fresh thyme or 1/4 tsp. dried
1/4 tsp. black pepper

Place pitted olives in food processor/blender with remaining ingredients. Blend until finely chopped.

Mew's Mozzarella Sticks

3 chicken thighs with skin (this left a lot of leftover 'batter' for use on other days. Use less if you like, but make sure to use less of the other ingredients as well.)
8 sticks of mozzarella cheese (size is a preference thing; mine were 1 1/2" long and 1/2" around)
1/4 cup of crushed pork rinds
Hot sauce to taste
1 large egg
2 tablespoons of Parmesan cheese

Boil the chicken thighs in a pan of water until they are thoroughly cooked. Remove them from pan and pour the stock into a freeze-able container to use with other recipes later. Remove all the meat from the bones in whatever manner you like. Waiting until they're cool is probably a good idea, but if you have little time use a knife and fork and cut the meat off.

Get out your blender and grind the chicken into a paste, trying to make sure there are no unground bits left. Somehow get it out of the blender and into a bowl. Add the hot sauce, pork rinds, and egg and mash with a fork until all ingredients are thoroughly blended.

Take a stick of cheese and coat it with some of the 'batter'. It will be VERY sticky, so expect to have messy hands. Try to keep the coating as thin as possible while entirely covering the cheese. Rolling them between your hands helps the 'batter' to hold together better. After you have them coated, roll them in the parmesan cheese so that they're lightly dusted and not sticky to the touch.

When all the sticks have been coated, fry them in a pan of hot oil, turning them often to make sure they don't burn. Once they are crispy golden, you have your delicious Mozzarella Sticks! Enjoy!

Obviously, you can add whatever seasonings to the 'batter' that you like. I'm a hot sauce addict, so that's what I used. You can add Parmesan right to the 'batter' mixture, salt and pepper, whatever! Use your imagination!

Vietnamese Summer Rolls – from Diem

Use rice paper or lumpia wrappers (I know, it's carby...but on maintenance you can afford the carbs!)

Filling:

Cooked shrimp, pork (or chicken if you don't eat pork)
Thinly sliced cucumbers
Chinese parsley (cilantro)
Green onions
Mint, basil (optional)
Lettuce...red or green leaf is more pliable
Rice noodles (omit this to cut the carbs)

Again, dip rice paper in hot water to make it soft and pliable or use lumpia wrappers. They are square and can be found in the frozen section or in any oriental store.

Put all the filling on the bottom third and roll up cigar style. You can use ANYthing for fillings. if you don't like something, leave it out. Use shredded cabbage in place of noodles etc...

Dipping Sauce:

2 T chunky peanut butter (you can use sugarfree)
1 T hoisin sauce (use soy sauce if you don't have it)
1 T peanut oil
hot pepper paste to taste
1/4 cup chicken broth (optional)

Mix all together and use as peanut dipping sauce. This sauce is also good for grilled chicken or satays.

Fried Vietnamese Spring Rolls – from Diem

My mother's 50 year old recipe!

1 lb. ground chicken or pork (uncooked)
2 cups shredded cabbage
2 cups shredded carrots
1 bunch green onions chopped
1/2 cup shitake mushrooms, soaked, drained, finely diced
1 package small cellophane noodles, soaked, drained, chopped finely
2 eggs
1 T garlic powder/garlic salt
1 T onion salt
1 T pepper
1 tsp. salt
1 tsp. sugar
Lumpia wrappers or rice paper.

Mix all ingredients together for filling. If using rice paper, you have to dip them into hot water and lay them on the counter. They will become soft and pliable.

If using lumpia wrappers, keep them covered with a wet paper towel so they don't dry out. Mine are 4g carbs per sheet.

Use won ton wrappers for dumplings or pot stickers, (mine are 16 grams of carbohydrate for 5 pieces).

For the spring rolls, lay the filling on the bottom third (not middle) and fold up bottom, then the two sides and roll up cigar style. For potstickers and dumplings, place filling in the middle and fold up half like moon shape. Pan fry dumplings till golden brown on each side, then put in a little chicken broth to steam for about 15 minutes.

For low carb filling, I omit the noodles, cut the carrots and onions in half and omit sugar. My mother currently makes them with just chicken. She's tired of all that chopping! Food processors do great for shredding carrots and cabbage etc....

Dipping sauce:

Make your own low carb sweet and sour sauce or the traditional Vietnamese dipping sauce:

1 part water
1 part sugar
1 part white vinegar

Microwave for till sugar dissolves. Add 1 part Asian fish sauce (nouc mam) and add hot chili peppers to taste.

This refrigerates till the end of time and can be used as a dipping sauce, marinade, dressing etc.... You can make gallons or 1 cup. Just use EQUAL PARTS!!!

If you make say a cup, I think my mother has used 1/4 cup water, 1/4 cup vinegar, and 4 packets EQUAL and 1/4 cup fish sauce.

Maguire's Homemade Antipasto

Crush (or shave with a garlic shaver/grater rather than a press) 4 cloves of garlic and mix with olive oil, vinegar (I used red wine and balsamic vinegars), basil, oregano, pepper, & rosemary. Chop in pepperoni, mild white cheese (I used mozzarella and havarti). Add olives, quartered, artichoke hearts, and just about anything else you could want... I let it steep in the fridge for 2 days and gave it an occasional shake. The only thing with much carbs are the artichoke hearts, but you only eat 2-3 pieces of artichoke (1/2-3/4 of a heart) per serving because it is so pungent and filling. YUM!

Salmon Ball – from Richard/Wendy Lee

This is a family favourite and something low carb to take to parties. I surround the ball with celery sticks and crackers (for those who are LC).

1 15oz can salmon OR 2 cups cooked, flaked salmon OR (this is what I do) 1cup smoked salmon, flaked and 1/2 can of salmon (large backbones and larger bones removed)
16 oz cream cheese room temp.
1 tsp. lemon juice
2 tsp. (or to taste) liquid hickory smoke---OMIT IF using 1/2 smoked salmon
1/4 cup minced onion
Black pepper to taste
1/4 cup parsley (fresh or dried)
1/2 cup chopped nuts

Mix lemon, pepper, onion and salmon in food processor until very fine. Then mix that with your cream cheese to for a nice paste. Make into two balls and roll it in the parsley/nut mixture.

Mushroom Pate – by Connie G

Posted by Maguire – Maguire's NOTE: Nicely LC and sounds like it would go great on a Wasa or some celery!

1 Tbsp. butter
1 (8oz.) package chopped mushrooms
1 oz chopped Portabello mushroom
1/4 cup crumbled blue cheese
2 tbsp. dry sherry

In a large frying pan melt butter over high heat; add mushrooms. Cook, stirring often, 4 minutes or until mushrooms begin to brown and liquid is gone. Sprinkle with blue cheese; stir in sherry. Continue cooking until cheese is melted.

Crab Stuffed Mushrooms – from Debbie

Serves 4-6 - 11(?) carbs(as per PP)

18 mushrooms-medium size to stuff
7-10 oz crab meat(I used crab leg meat, chopped in food processor)
5- Scallions- chopped fine
1/4 tsp. Thyme & Oregano
Black Pepper to taste
1/3 cup Mayo
1/2 cup grated Romano cheese

Preheat oven to 350. Remove stems & gills from mushrooms to make a small cup. Combine all other ingredients. Chill. Stuff the mushrooms, sprinkle w/grated Romano & paprika. Bake for 15 minutes. Serve w/ Lemon wedges.

Pickled Shrimp – posted by EVOLDOG

Serves 12 to 15 as an hors d'oeuvre

This popular cocktail party dish never fails to please a crowd, and there is never any left over. The fact that it should be made at least a day in advance is a big bonus when planning a party, and the proportions can be increased to serve any number of guests. Remember to go easy on the salt when increasing the recipe.

3 pounds shelled and cooked shrimp
3 onions, sliced very thin
7 or 8 bay leaves
1 1/4 cups salad oil
1/4 cup white vinegar
1/2 tablespoon salt
2 1/2 teaspoons celery seeds
2 1/2 tablespoons undrained capers
Generous dash of Tabasco Pepper Sauce
1 garlic clove, crushed

Alternate layers of shrimp and onions in a shallow glass dish. Combine remaining ingredients and pour over shrimp. Cover and refrigerate for 24 hours or longer. Drain off marinade and serve icy cold in a bowl (in a large shell looks great) with a small container of toothpicks to spear the shrimp.

Wendy's Crabmeat Dip

This makes a double batch. I used to eat this on crackers but now I enjoy it on anything from cukes to pork rinds.

4 cans crabmeat (drained)
2 small chopped onions
1 cup mayonnaise (or more if needed to make it creamy)
garlic powder to taste
Parmesan Cheese
Paprika

Mix first four ingredients and place in casserole dish. Sprinkle Parmesan cheese on top to cover and sprinkle a little paprika on that. Bake at 350 degrees for 15 minutes or until bubbling at edges.

Salmon Dip – from MsCellaneous

1 8oz cream cheese
1 tbsp. Horseradish or Worcestershire sauce
Chives (lots or little your choice)
1 small can pink salmon, drained
A nice little shot of Lemon juice
A drop or two of red food coloring (to make it all pinkish)

Once cream cheese is softened mix all ingredients together, as desired.

Carbohydrate-free Nachos – from Tarzan 1971

Cook some ground beef, and toss in a package of taco mix. Then place pork rinds on a plate, arranging them optimally to catch the “fixin’s”, put the taco meat all over the pork rinds, then the shredded nacho cheese, next the jalapenos. Now nuke for about 1 minute or until cheese is melted. Wallah!!! Not too bad. Not bad at all. The seasoned meat helps you forget the refried beans. And you don’t have to use jalapenos if you don’t like em that hot. Or you can toss on Tabasco or low carb salsa.

APPETIZERS

(Volume 2 – Update 1)

Stuffed Mushroom Caps – from Pamela Elkin

Mix equal amounts of cream cheese and herbed cheese. Stuff into mushroom caps that have stems removed. Put in greased pan and bake in 350 degree oven until browned on top. I have been making these for years.....before LC!

Smoky Salmon Spread – from Fanny

2 6-oz cans boneless, skinless pink salmon
2 8-oz packages cream cheese
3 Tbs. lemon juice
3 Tbs. cream
1 tsp. dill weed
1/4 cup green onions
3-4 drops liquid smoke flavoring
Pork skins

Drain salmon. Beat cream cheese with lemon juice, cream and dill weed in mixer until light and fluffy. Beat in salmon and green onions until thoroughly combined. Season with liquid smoke to tast. Chill several hours before serving to allow flavors to blend. To serve, spread on pork skins.

Fanny's Spinach Dip

1 box frozen chopped spinach
3 tablespoons grated Parmesan cheese
3 tablespoons low-carb ranch dressing
1/2 cup sour cream
1/2 tsp. dried basil
1/2 tsp. garlic powder

Thaw spinach. Combine all ingredients in bowl; mix well. Serve chilled

Steve's Hot Crab Dip

1 pound (16 ounces) Maryland backfin or jumbo lump crabmeat
1 package (8 ounces) cream cheese, softened
1/2 cup sour cream
2 tablespoons mayonnaise
1 tablespoon lemon juice
1-1/4 teaspoons Worcestershire sauce
1/2 teaspoon dry mustard
1 tablespoon milk
1/4 cup cheddar cheese, grated
Pinch garlic salt
Paprika, for garnish

Carefully pick through crabmeat, removing any shell pieces. In a large bowl, mix cream cheese, sour cream, mayonnaise, lemon juice, Worcestershire sauce, mustard and garlic salt until smooth. Add

enough milk to make mixture creamy. Stir in 2 tablespoons of grated cheese. Fold crabmeat into cream cheese mixture.

Portobellos with Feta and Artichokes – from Pam Elkins

Brush 4 large mushroom caps with liquid from artichoke marinade and broil on both sides, 2 minutes on each. Chop artichoke hearts and add 1/2 cup crumbled feta and 1 small tomato diced. Place mushrooms on plate, ribbed side up and put 1/4 of mixture on each. This is a great first course.

Scallops or Shrimp with Bacon – from Pam Elkins

Marinate sea scallops cut in half or large deveined shrimp in your favorite dressing or teriyaki for a few hours or overnight. Take skewers and put one end of a slice of bacon on, then a piece of seafood, bring bacon over and onto skewer and repeat till you have 6 shrimp or scallops on ending with bacon. Grill or broil until bacon is cooked. 2 per person for entree or one each for first course.

Low-Carb Cheesesticks – from Russ

I cut small square strips of mozzarella, dipped them in egg and rolled them in crushed pork rinds (plain or hot n spicy) and set them in a non stick pan with some hot oil for a few seconds and flipped them until they were done and they were great.

Cream Cheese Roll ups – from Angie

20 Slices of thin sliced sandwich ham (like Carl Budding--needs to be carbohydrate free or only one carb for 9 or 10 slices)

A half package of cream cheese

Chopped Green onions to taste(I use 4 tbs.)

Pepper or seasoned salt of you like

Bring cream cheese to room temp and stir in green onions. Take cream cheese mixture and spoon about a teaspoon into the middle of a piece of ham. Roll ham so that it forms a square and secure with a toothpick. This is a great snack and perfect for midnight munchies.

Thai Shrimp Dip – posted by Michele

1 pound medium shrimp, cooked and peeled

1/4 cup (2 ounces) cream cheese

2 tablespoons mayonnaise

2 tablespoons fresh lime juice

2 teaspoons Thai fish sauce or low-sodium soy sauce

1 (12.3-ounce) package firm tofu, drained

1 teaspoon dark sesame oil

1 tablespoon minced peeled fresh ginger

1 garlic clove, minced

3 tablespoons minced green onions

3 tablespoons chopped fresh cilantro

Cooked and peeled shrimp (optional)

Cilantro sprig (optional)

Place the first 3 ingredients in a food processor, and process until minced. Add lime juice, fish sauce, and tofu; pulse until blended. Heat oil in a small skillet over medium heat; sauté ginger and garlic 2 minutes. Add to shrimp mixture, and pulse until combined. Add onions and chopped cilantro, and pulse 3 to 4

times. Spoon into a bowl; cover and chill 1 hour. Garnish dip with additional shrimp and cilantro sprig, if desired.

Yield: 3 cups (serving size: 1/4 cup).

Anne's Number One Hot Dip

Sauté chopped celery (2 - 3 stalks), mushrooms, and thawed frozen chopped broccoli in a lot of butter, add a package of cream cheese, stir until melted. Add salt, pepper, and Tabasco sauce to taste.

Macadamia Pesto - Posted by Hilaria

From Sunset magazine

In a blender or food processor, whirl 1 tablespoon lemon juice, 3 tablespoons olive oil, and 1/4 cup salted, roasted macadamia nuts until coarsely ground. Add 3 tablespoons grated parmesan cheese and 1 1/2 cups lightly packed rinsed and drained fresh basil leaves. Whirl until smooth, scraping container sides as needed. Add salt to taste. Makes about 1/2 cup.

Per tablespoon: 90 cal., 88% (79 cal.) from fat; 1.7 g protein; 8.8 g fat (1.5 g sat.); 1.8 g carbs (0.9 g fiber); 54 mg sodium; 1.5 mg cholesterol.

Serve with (suggestions from the group)

- We use pesto on spaghetti squash all the time. It's also great on shrimp, chicken breast meat, and grilled veggies. (from Susan Fein).
- Add some garlic to the pesto when you make it, then slather on top of chargrilled red/yellow/orange capsicums or any other grilled vegetables. Add to chicken salad with mayonnaise and cheese. Anoint a hot grilled steak, even on top of a cheese omelet. Also try - mixing with cream cheese and filling celery sticks. (from Christina)

Chili Potato Skins - from Sue Larkin

3 russet potatoes (the largest I could find! One 38gram potato skin is 4.727g of carbs.)

1-2 packages. Yves veggie ground round (depends on size of potatoes. 1/3 cup of "meat" has 3g carbs, 3g fiber, 0g fat, 14g protein...IIRC!)

1/4-1/2 cup salsa, the "heat" of your choice (4g carbs per 2 tbsp.???)

4-8 oz. (depending on amount of meat) shredded sharp cheddar cheese (1g per 1/4 cup)

Bake potatoes and cool before cutting them in half lengthwise. Scoop out *all* the potato, as much as possible (less potato = less carbs). Mix "meat", salsa and cheese in a bowl. Stuff skins with 1/3-1/2 cup of "meat" mixture. At this point I wrap the skins individually in baggies or plastic wrap and freeze or refrigerate. For lunch or dinner I nuke 1 serving (1/2 potato) and serve it with a salad or other vegetable.

I wouldn't recommend this for induction!

CHAPTER 2 - BEVERAGES

(Volume 2)

NY Times Cookbook Eggnog – posted by Jamie

12 eggs, separated
1 cup granulated sugar (replace with Splenda)
1 cup bourbon whiskey
1 cup cognac
1/2 teaspoon salt
3 pints heavy cream
Grated Nutmeg

In an electric mixer, beat the egg yolks with the sugar until thick and lemon colored. Slowly add the bourbon and cognac, while beating at a slow speed. Chill several hours.

1. Add the salt to the egg whites and beat until almost stiff, or until the beaten whites form a peak that bends slightly. Whip the cream until stiff. Fold the whipped cream into the yolk mixture, then fold in the beaten egg whites. Chill one hour.
2. When ready to serve, sprinkle the top with freshly grated nutmeg. Serve in punch cups with a spoon.

Barbaritas from Barbara Ashley

They aren't exactly LC, but they will knock you on your *ss :-), especially given the cheap date syndrome of LC eating.

In a blender, combine the following:

2/3 cup Cuervo Gold or better
2/3 cup lemon juice (fresh is best, but bottled is easier)
1/3 cup Cointreau or if you're feeling reallllly decadent, Grand Marnier

Fill with ice and a little water so it's not too slushy. Blend until it sounds done (it's a Zen thing ;-)

If you use cheaper booze, they're not as smooth, and I used to add sugar to cut the zing. With the good stuff, there is no zing, and it's knocks you on your ass in nothing flat :-). Oh, yeah. Watch out for "ice cream" headache!

This is a nice way to get hammered in the privacy of your own home ;-) I skip the salt, but whatever floats your boat, babe. ;-)

Egg Not – from Penny

2 cups Skim milk (sub. half cream - half water (?))
2 packages substitute sweetener
2 tsp. vanilla extract
1/4 tsp. rum extract
1/2 cup egg substitute(thawed if frozen)
1 tsp. nutmeg

Combine milk, sweetener, vanilla and rum extract. Beat with egg substitute until well blended. Chill and stir before serving.

One serving (1/3 recipe): Carbs (w/milk) 10 grams

I've made this by this recipe (with milk) and it's very delicious. Haven't tried it with cream yet.

LC Kahlua – from Debbie Cusick

3 cups boiling water
4 cups Splenda
1 vanilla bean
3/4 cup freeze-dried coffee (I use decaf)
750ml bottle of vodka

Add Splenda to 2 1/2 cups of the boiling water. Simmer for 20 minutes and then allow to cool. Dissolve the coffee in the remaining 1/2 cup of boiling water. Then allow everything to cool completely. Add all the ingredients together in a sealed container and allow to stand somewhere coolish for 2-3 weeks. Take out and shake container at least once a day to keep the Splenda mixed it. Tastes heavenly with some cream, and one needn't feel *terribly* guilty over it, just a little bit guilty because of the vodka. :-)

The “Other” Grande Marnier – from Tina MacDonald

1 26-oz. bottle of brandy (does not need to be high quality - good brandy is a waste)
1 tbsp. glycerin (druggists have this)
1 large Seville orange
1 cup sugar (Splenda?)
8 oz. vodka

Thoroughly clean a glass container with an opening at least four inches in diameter. Heat brandy slowly, just until Splenda dissolves... DO NOT BOIL OR EVEN SIMMER!!! - just warm. Pour into glass jar. Wrap orange in a cat's cradle of string so that the orange is not pierced. Lower into the glass jar so that it does not touch the brandy/Splenda mixture. (Using skewers to support the orange on the jar rim works well - run the skewers under the knot on the top of the orange). Cover the top of the jar with Saran wrap or aluminum foil.

Now comes the patience... put away for at least 30 to 40 days. The back corner of a kitchen cupboard works well. After a month or so, the orange isn't orange anymore - all the oils have dripped into the brandy. Throw away the orange. Add the vodka and glycerin (if you stall on glycerin, omit it, it only effects the texture/stickiness of the liqueur). Stir and serve.

I have done this often with sugar, but never with Splenda. It is the brandy fumes that leach out the orange oils - the sugar, I think, is just for taste. I can see no reason why it would not work just the same.

Irish Creme Liqueur - from Jamie

Makes about 5 cups

1 pint or half liter bottle Irish whiskey (brandy or rum works fine, but ain't Irish)
1 can (14 oz) sweetened condensed milk (not evaporated milk)
1 cup heavy cream
4 eggs
2 Tablespoons chocolate syrup
2 teaspoons instant coffee
1 teaspoon vanilla extract

1 teaspoon almond extract.

Combine all ingredients in blender until smooth. Store tightly covered in refrigerator up to one month. Shake or stir well before serving.

To make this LC friendly, the condensed milk needs to be changed to cream plus sweetener, and the chocolate syrup needs to be changed to a sugarfree chocolate syrup. The rest of the recipe is OK.

Simply Good Shake – from NLFYHOVER

1/4 c. heavy cream

1/2 c. water

2 heaping tablespoons splenda or equal

6 frozen strawberries

1 t vanilla extract

Blend till smooth. Yum.

BEVERAGES

(Volume 2 – Update 1)

Fanny's Low Carbohydrate Hot Cocoa

3/4 cup boiling water
1 Tbs. cocoa powder
1 Tbs. Davinci Gourmet Sugar Free Hazelnut syrup (optional)
1 tsp. stevia
1/4 cup cream

Mmmm....mmmm....steamy chocolate! :-)

Anne's Breakfast Shake

4 oz aloe vera or water
4 oz unsweetened soy milk
4 oz plain full fat yoghurt
1 scoop vanilla whey protein powder
2 tbsp. flaxmeal
2 tbsp. flax seed oil
1 tbsp. psyllium husks (I use Colon Cleanse brand)
Some DaVinci sugar-free syrup (I like orange or raspberry)

Blend on high for a few seconds, then add 7-8 small ice cubes and blend for another couple of minutes. I love this, plus it's an easy way to get the psyllium and flax seed oil in.

Nutella Mocha – from Maguire

OOH! HAVE to share this! Got some Splenda-sweetened Swiss Miss last night and mixed 1 packet into a large cup of decaffeinated coffee and 1 teaspoon of DaVinci's Splenda-sweetened hazelnut syrup... OMG! Died and gone to heaven!

Cin's Liquid Dessert

1/2 can Canfield's Chocolate soda
2 T. heavy cream
1 shot of liquid coffee concentrate
Couple of ice cubes

Stir and enjoy

I think if I blended it, it would be damn close to a Frappacino <sp?>. It also reminds me of Bailey's Irish Crème.

Linda's Low-Carb Pina Colada

My recipe for Pina Colada (non-alcoholic) is 2 scoops Atkins vanilla protein shake mix (probably any vanilla protein shake mix would do), 1 cup water, 2 packs equal, 8 ice cubes, 1 teaspoon pineapple extract, 1/2 teaspoon coconut extract. Mix in a blender till smooth and creamy. Wonderful. I'm sure you could add alcohol to it if you wanted to. That wouldn't add any carbs. Enjoy.

Dawn's Low-Carb Chai Tea Concentrate

(makes 2-4 drinks)

2 cups water
3 Bigelow Darjeeling Blend tea bags (or any other black tea of your choice)
4 1/2 in. slices fresh ginger (use vegetable peeler)
1 2 in. cinnamon stick
4 whole cloves
1 teaspoon powdered cardamom
1 dash nutmeg
1 6 in. vanilla bean (cut up into 1 in. pieces)
1/3 cup Splenda

Bring 2 cups of water to a boil and toss in teabags then all other ingredients except Splenda. Reduce heat and simmer about 5 minutes, stirring occasionally. Remove from heat; stir in Splenda to dissolve.

Drink hot or cold - I drink this either 50/50 with unsweetened soy milk or (usually) with some cream or half-and-half splashed in. Refrigerate leftover concentrate.

NOTE: It also works well with powdered equivalents of the ginger and cinnamon and with vanilla extract.

LowCarb Dreamsicle in a Glass - posted by the Brick Tapper

1 can of diet orange soda
2 Tbls heavy cream
1 or 2 scoops of vanilla flavoured egg protein powder.
Ice, if desired.

Blend at medium speed for 1 minute.

CHAPTER 3 - BISCUITS, BREADS AND CAKES

(Volume 2)

Butter Cream Frosting – from RockrMom

1/2 cup water
2 Tbsp. instant dry milk
2 1/2 Tbsp. all purpose flour
1/2 cup butter
10 packets equal
1/2 tsp. vanilla, almond or lemon flavouring

Combine water, dry milk and flour and stir until smooth. Cook, stirring constantly, over medium heat until thick and smooth or cook in microwave oven on high for 2 minutes, stirring every 30 seconds. Place container in cold water and stir until cool. Set aside. Cream butter and equal together until light and fluffy. Add cooled sauce 1 Tbsp. at a time while beating at medium speed. Add vanilla or other flavouring and beat at high speed until light and fluffy. Refrigerate until ready to use on a cooled cake using 1 tbsp. per portion.

Makes 20 servings 1 gram carb per Tbsp.

Garlic/Cheese “Crackers” – from fre2bmeagn

3 eggs, slightly beaten
1 1/2 cup Atkins Bake Mix
1/4 tsp. garlic powder
1/4 tsp. dill
1/8 cup oil
1/2 cup cream
1/4 cup water
3 oz grated cheddar cheese
2 TBS baking powder

Preheat oven to 350. Mix all ingredients together (add water slowly so as not to get dough too thin).

Spread mixture thinly on a greased cookie sheet (about 1/8" thick). Bake 10 minutes. While it is hot, I cut into 2"x2" pieces, put them back in the oven, reduce the heat to as low as possible (about 125 degrees) and let them dry out.

Pumpkin Cake – from Shelley Brisbin

2 cups Splenda (48 carbs)
2 cups soy flour (64 carbs)
1- 1/4 cup vegetable oil
1 tsp. salt
2 tsp. baking soda
1 Tbsp. cinnamon
1 tsp. nutmeg
1 can pumpkin (40 carbs, minus 16 fiber = 24 carbs)

Total carbs=136 grams (about 8.5 grams per slice)

BISCUITS, BREAD and CAKES

Combine and mix all ingredients, and pour into one or two loaf pans or a tube cake pan. Bake for 45 minutes to 1 hour (1 hour was a bit too long when I did it the first time) at 350 degrees.

Nancy's Muffins

3/4 cup of full-fat soy flour
1 tablespoon baking powder
Dash of salt
3 extra large eggs
1/4 cup heavy cream
1/2 cup cold water
1/4 tsp. of nutmeg
1 1/2 tsp. vanilla extract
1 1/2 tsp. butter extract
1 teaspoon cinnamon
Artificial sweetener = 6 tablespoon of sugar

Preheat oven to 400 degrees. Mix wet ingredients, and sift dry ingredients over wet. Mix well. Grease muffin tin or use paper. Bake for 17 minutes. Makes 12 muffins, each muffin has 2.6 grams of carbs. (total grams of carbohydrates is 30.7)

Just tried this recipe and thought they were okay muffins.... not as sweet as I wanted but sorta like a dinner roll when I spread butter on it.

Bethany's Pancakes

1 tsp. vanilla
2 tbsp. cream cheese
2 tbsp. cottage cheese
2 eggs
2 large tbsp. soy flour
1 tsp. baking powder
1/2 tsp. baking soda
No carb sweetener to taste

Mix eggs, no carb sweetener, cream cheese, vanilla and cottage cheese till smooth in blender. Add flour and pulse it till its mixed in. Fry em up in lots of real butter. You might want to tweak this recipe till it's how you like it. (Sometimes I use another egg) Use a low carb maple syrup- to lower the carbs even more melt a little with a big chunk of butter. The weird thing is, no matter how I change this recipe (just a little), it still comes out really good... I used to eat it every day. I don't remember the carb count, you'll have to read the labels

IndigoSoda's Fake Cereal

The following is a LEGAL CHEAT. Do NOT mess with this if you're on induction.

Grind up 1/8 cup brazil nuts and 1/16 cup almonds in your blender on chop. Add sesame seeds, about 1/16 cup as well. Pour in a bowl with a little butter and put in the microwave until the butter is melted.

Stir; add a dollop of cream and a packet of sweetener.

Cereal! It was the same texture as moistened granola with kind of a maple flavour. Be careful to only eat a little, though -- the nut monster is lurking anywhere over a 1/4 cup of any type of nut per day. I'd do a carb count but it's pointless, since the packages state one effective carb gram per serving for both brazils and almonds, and I don't believe a word of it. I'm going to say it was ten, but that's a plain guess.

It's a cheat. :). But good.

Nutty Bread – from SpinDizzie

1/2 cup flax meal (6.096 carbs)
1/2 cup pecan meal (4.536 carbs)
1/2 cup macadamia flour (6.1 carbs)
1 cup wheat gluten (16 carbs)
1/2 cup heavy cream (3.32 carbs)
3 eggs (1.35 carbs)
2 teaspoons baking powder (2.548 carbs)
1/2 cup water

Preheat oven to 350 degrees.

Add all ingredients together in a bowl except the water. Mix until incorporated and then add the water. This will make a nice, heavy batter. Spray whatever tins you will use with non-stick spray and fill. I used a large loaf pan. Smooth batter and bake 40 minutes. If you use muffin or cupcake tins, bake for 35 mins and check.

Total carb count is 39.95. I got 14 slices from my loaf, and you should be able to get 25 cupcake-sized biscuits or 12 muffin-sized biscuits. Hope you enjoy it!

Quick and Easy Low Carb bread – from Debbie Cusick

1/4 cup flaxmeal
2 tbsp. pecan meal (or other nut meal)
1/2 cup protein powder, plain or vanilla
2 large eggs
1/2 tsp. salt
1 tsp. baking powder
1/2 cup heavy cream
1/4 cup seltzer water

Preheat oven to 350 degrees F. Generously butter a standard loaf pan. Beat all ingredients for 1-2 minutes using a food processor or electric mixer. Pour into pan and bake 25-30 minutes until middle of loaf springs back to the touch. Enjoy.

Myra's Bread Machine Bread

If you don't mind the soy flour, here's the list of ingredient to add to the bread machine:

3/4 cup lukewarm water
1 tablespoon butter or oil
1 egg, slightly beaten
1 cup vital wheat gluten
1/2 cup soy flour
1/2 cup oat flour
1 teaspoon sugar (needed for the yeast)
2 teaspoons or 1 package rapid rise yeast

White cycle, regular crust, small loaf (but use the extender, if you have one, because this really rises well).

Nutty Atkins Pancakes – posted by Sandy and BJ

Ingredients:

1/2 Cup Dr. Atkins Bake Mix
2 Large Eggs
1/3 Cup Ground Almonds
1/2 tsp. Salt
1/2 Pack Sweetener
Few Dashes Cinnamon
2/3 Cup Seltzer Water – Reserve 1/3 cup to add till desired consistency
2 Tbsp. Heavy Cream
1/2 tea Vanilla or Almond Flavouring (Optional)

Combine all ingredients, using the reserved 1/3 seltzer water as needed. Cook on hot griddle.

BISCUITS, BREADS AND CAKES

(Volume 2 – Update 1)

Almond Biscotti – from Myra S.

16 ounces sliced, blanched almonds
1 cup soy flour
1 teaspoon salt
1 teaspoon baking powder
2 1/2 teaspoons ground cinnamon
1 cup cooking oil (not olive)
1 cup Splenda or equivalent artificial sweetener (not Equal)
3 large eggs
1 teaspoon vanilla extract
1 teaspoon orange extract (see NOTE)

Preheat oven to 325 degrees.

Measure out 1 cup of almonds and set aside. In a blender (not food processor), process the rest of the almonds to make flour. Put the almond flour in a bowl, and add the soy flour, salt, baking powder and cinnamon. Mix the dry ingredients together and set aside.

In a large mixing bowl, blend the oil and Splenda. Add the eggs, one at a time, mixing well after each addition. Add the vanilla and orange extracts, mixing well.

Add the dry ingredients to the oil mixture, blending well. Add the reserved sliced almonds. This will make an oily soft dough.

Divide the dough into four sections, and form each section in a small loaf approximately 2 inches wide and 1 inch high. Put the loaves on a large greased cookie sheet (I lined mine with foil for easy clean up). Bake at 325 degrees for about 40 minutes.

When the loaves are done, remove from oven, and reduce the oven's temperature to 200 degrees. Take the loaves off the cookie sheet and put them on a cutting board. Using a sharp knife, slice each loaf into about a dozen pieces, about 1/2-3/4-inch thick. Put the slices back on the cookie sheet, cut sides down.

When all the loaves are sliced, put the cookie sheet back in the oven for 10-15 minutes. Remove, turn the slices over, and put back in the oven for another 10-15 minutes.

Makes about 48 biscotti, each about 2 carbs. These can be stored in an airtight container or in the freezer for several weeks.

NOTE: I used the Nature's Flavours orange flavour - about 1/4 teaspoon (it's very strong stuff). Next time, I'll try using the cinnamon flavour, as well, as it will cut the carbs down a tiny bit. Also, if you have the tablets instead of the powdered Splenda, that will cut down the carbs to about 1 1/2 each.

Karen's Strawberry Pancakes

I had this awful craving for strawberry pancakes the other day and since I'm on induction, couldn't have strawberries :o) This may sound gross but I used the pancake recipe in Dr. Atkins book but before I added the water to the other ingredients, I boiled it and added a package of SF strawberry Jello and then mixed it all together...strawberry pancakes! They were so good my 2 year old wanted mine instead of hers!

Bread Recipe 1 – from Mark De Levie

I have achieved my first good loaf of bread (after many trials):

Dry Ingredients:

2 cups organic soy flour
6 tablespoons organic flax seeds, ground to a fine meal
5 tablespoons yeast
1.5 tablespoons organic wheat gluten

Wet ingredients:

4 tablespoons extra virgin olive oil
1.5 cups tepid water

Mix the dry ingredients together, then add the oil and water. Oil a bread pan with virgin olive oil, then spread the mix into the bread pan. Set in a sunny window or some other warm place to rise. Once during rising, press down in several places to collapse the larger CO2 bubbles, then return to warm spot for more rising. Bake in 350F oven for 35-40 minutes.

The resulting loaf has a beautiful dark-brown crust, is light brown inside, has a very nice nutty flavour (you taste the flax more than the soy). It's quite dense, and holds its shape when sliced as thin as 1/4". This isn't wonder bread. I sliced it into 16 slices of about 3/8".

Nutrition counts:

Soy flour, 2 cups - cal 742, prot 58, carb 60, fat 36, fiber 16
Flax seeds, 6 tbsp. - cal 280, prot 10, carb 22, fat 20, fiber 12
Yeast - still need data for yeast -- anyone?
Wheat gluten, 1.5 tbsp - cal 44, prot 10, carb 1, fat 0, fiber 0
Olive oil, 4 tbsp. - cal 480, prot 0, carb 0, fat 56, fiber 0

Totals: cal 1550, prot 78, carb 83, fat 112, fiber 28 - effective carb count 55g per loaf, 3.5 g carb per slice, 97 calories per slice.

Bread Recipe 2 – from Mark De Levie

2 cups soy flour
4 tbsp. sesame seed (from a suggestion on a.s.d.l-c)
1.5 tbsp. wheat gluten
2 tbsp. yeast (new, fresh yeast)
10 tbsp. flax seed, ground fine
A few shakes of salt
4 tbsp. olive oil

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1.5 cups water

Same directions as before. (By the way, no kneading is required. Just mix and spread in bread pan)

The sesame seeds made a big improvement. This loaf still didn't rise as much as I want, so I'll increase the amt. of yeast next time.

Flaxseed Pancakes – from NLFYHOVER

1/4 c. soy protein powder isolate
1/4 c. fresh ground flaxseed
1 T Splenda
1 t baking powder
1 egg
2 T cream
2 T oil
A little water to thin

Mix and cook on hot buttered pan. You can add some cinnamon, a few blueberries or some chopped nuts.

Mew's Quick and Easy bread/pancake

2 eggs (1.5g carbs)
1 tbsp. psyllium husks (5g)
1 tbsp. Splenda (1.5g)
1 tbsp. organic kamut flour (6.5g)
1 tsp. oil (0g)

14.5g of carbs in total for one large or 7.25 each for two thinner ones.

Mix all ingredients in a bowl. Make sure it is well blended and smooth. My batter sat in the fridge for an hour or so before cooking and 'firmed up' a bit. Pour into a hot pan with a bit of oil or butter and cook until edges look slightly done and a couple of bubbles have risen through the cake. It is very dense so flipping is easy and there won't be very many bubbles at all. Cook until second side is done, and enjoy.

Of course you can leave out the Splenda for fewer carbs and a less sweet cake. I'm going to experiment with different flavours, maybe using jello for a fruity cake, or different herbs and spices. I haven't tried baking this at all, since I was going more for a very quick, dense stovetop cake that could be used for sandwiches or as a pancake. It does have a slightly eggy taste, but I think that could be easily disguised when adding flavours.

I used organic kamut flour, which I think is higher in carbs than soy flour or protein powders. I can't tolerate the taste of soy flour, though, and find kamut delicious. I'm also trying to find different ways to incorporate psyllium husks into my diet, since I dislike drinking them in water.

Julie's Low-Carbohydrate Pancakes

6 eggs
1/2 cup soy flour
1 teaspoon baking powder
1 teaspoon salt
1 tablespoon oil
1/2 cup liquid (we used 1/4 cup half n half, 1/4 cup water)
2 packets equal

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Optional: boil the 1/4 cup of water, and add 1-3 teaspoons Sugar Free Strawberry Jello

Use a mixer, as the blender didn't want to catch all the flour. This is what we will add next time... 1 more teaspoon baking powder for fluffiness and a bit more artificial sweetener.

Now, when I just talked to my mom on the phone to get the recipe, she said to tell everyone the the mix comes out runnier than the high carb version, so keep that in mind when you're making pancakes

Sally's Muffins

The recipe makes 6 good-sized muffins:

1/2 cup vanilla protein powder
1/2 cup almond flour
1/4 cup or so of desiccated coconut, unsweetened
1/3 cup of flax seed (I just threw in a handful)
1 tsp. baking powder
2 eggs
2 tbsp. cream
2 tbsp. sour cream
2 tbsp. melted butter
Heat resistant sweetener of choice, to taste (I used splenda)

Blend the dry ingredients in a bowl. Mix the wet ingredients in another bowl. Combine the two, don't mix too much...just enough to get a fairly homogenous mixture. Pour into muffin tins and bake at about 350 for 30 minutes, or till golden brown.

Next time, I may nix the protein power and use all almond flour for more fibre and less carbs. I may also try using some ground flax seeds for flour. Also, you can add any flavour extracts you may have...I'm gonna try butterscotch next time.

Soy Fritters (Or Dough-nots) – from Net Mama

Ingredients:

1/2 tsp. vanilla extract
A shake of nutmeg
1/2 c soy flour
1 egg
1/8 cup 1/2&1/2
1/8-1/4 tsp. salt
1 tbsp. butter (melted)
1/8 cup Splenda
1/2 tsp. baking powder

Instructions:

Mix all ingredients together. With two spoons, drop smaller-than-walnut-sized pieces into deep frier. Fry for about 10-20 seconds on each side, flipping to finish cooking.

Hints:

The more elongated and thinner the pieces of batter, the better because the soy flavour is more pronounced in thicker pieces. The smaller the piece, the crunchier and yummiier. You can, if you wish, dust with Splenda afterwards.

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TOTAL CARBOHYDRATES: (Serves 3, so do your division.)

From Soy: 1/2 cup is 16 g carbs of which 8 g is fiber
From Splenda: I'm guessing 2-3 g carbs total in 1/8 c
From 1/2&1/2: I'm guessing 2 g total for 1/8 c

Psyllium Husk Crackers – posted by Cin

3 heaping T. psyllium husk powder
1 T. olive oil
1 t. salt
1 t. onion powder (didn't have any - used garlic powder)
Water, added in 1/2 c. increments - used approx. 1 1/2 cups.

There were not complete mixing and cooking instructions with this recipe, but this is what I did: Mixed psyllium, olive oil, salt garlic and 1/2 c. of water. Mixed by hand. Added another 1/4 c. water and mixed again by hand. Added another 1/2 c. and got out the electric mixer. This is the most slimy, gooey mess of a batter you've ever seen in your life!! :-)

Sprayed a cookie sheet liberally w/ PAM and spread the mixture as thin as possible, keeping my fingertips wet (that was part of a tip). The batter was still chunky - wasn't sure this was the consistency I was looking for, but it worked.

I cooked it @ 200* for approx. 1 1/2 hours. (Not sure – started at 30 minutes and every time I checked it was still a bit 'wet' so I'd set the timer for another 15-20 minutes. When done it looked a lot like Nori.<sp?> Broke it up into pieces and placed in a air tight Tupperware. They're really quite good.

CALP Pancakes – posted by Loretta Huggan

2 eggs
1 tablespoon soy flour
1/2 teaspoon cream of tartar
1/2 packet sugar substitute
1 cup regular cottage cheese
1 teaspoon butter (or low-fat)

Beat egg whites until frothy, add cream of tartar and continue to beat until stiff, dry peaks form. In another bowl combine other ingredients. Mix (except butter) well. Gently fold the yolk mixture into the beaten egg whites. Melt butter on griddle and make your pancakes as usual.

"Buttermilk"-Blueberry Scones – a Rima/Myra S. collaboration

2 cups almond flour OR soya flour (or combination of the two)
2 teaspoons xanthan gum
1/4 cup Splenda
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/4 cup butter
2 tablespoons heavy cream
2 tablespoons water
1 teaspoon white vinegar
1 large egg
1/2 cup fresh blueberries
1/4 cup pecans, chopped

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Preheat oven to 400 degrees.

In a bowl, mix together the almond flour, xanthan gum, Splenda, baking powder, baking soda and salt. In a small bowl or measuring cup, combine the cream, water and vinegar.

Cut the butter into the dry ingredients with a pastry knife until mixture resembles coarse meal (or coarser meal - we're dealing with almond flour here <g>). Add the cream/water/vinegar mixture and egg and mix just until everything is moistened. Fold in the blueberries and pecans.

Turn dough out onto a lightly floured (with almond flour) surface. Knead 4-5 times. Pat dough into a 1/2-inch thick circle. Cut 2-inch circles from the dough with a biscuit cutter or water glass. Place circles on a baking sheet either greased or lined with parchment paper. Bake for 6-12 minutes, or until golden.

Makes 1 dozen. About 63.5 carbs for the whole recipe, or about 5.3 carbs each.

NOTE: Buttermilk is *way* too carby to use, but a good substitute is cream, water and vinegar. You need an acid, like buttermilk or vinegar, to get the baking soda to work.

NOTE 2: If you're using almond flour and not the soya, you might want to cut down on butter, or even eliminate it. Almond flour is a fatty flour. Try it with the butter, and if the scones spread too much while baking, cut back on it the next time.

Red Lobster Cheese Biscuits – posted by

1 cup Atkins bake mix
1/4 cup butter
1/2 t. salt
1 t. garlic powder
3/4 cup half cream, half seltzer (you may need much less)
3 - 4 oz. shredded cheddar (to taste)
3 T. sour cream

Mix the bake mix, salt and garlic powder together. Cut in butter until crumbly (or size of small peas). In a small bowl, stir together sour cream and seltzer/cream mixture. Add the liquid to the dry mixture. Add only enough to make it spoonable. Add shredded cheddar, mix well.

Spoon onto cookie sheet or muffin tins (greased well). Bake at 375 degrees for 15 - 20 minutes or until golden brown. Cool for 15 minutes on wire rack (if you try to eat them hot, they'll fall apart. They still taste good but it's quite a mess!).

Flaxmeal Cereal - by Linda S

For any of you that want something different for breakfast, this is how I made it.

1/4 cup flaxseed meal
1/2 cup water

Mix in a bowl and nuke for 1 1/2 minutes. Then I put a couple of pats of butter on top, drizzled some DaVinci maple syrup on that and topped it all off with some cream. I took one bite and thought I'd died and gone to heaven. A little carby (8 carbs I think), so not for induction, or for everyday, but a wonderful change from eggs.

Gary's Muffins

1 cup unprocessed wheat bran
1 1/2 cup finely ground nuts (almonds, pecans or walnuts)
2 tsp. baking powder
1 tsp. baking soda
3/4 cup heavy cream
1/2 cup sugar-free pancake-type syrup
2 tbsp. butter
2 eggs
4 tbsp. Splenda
1 tsp. vanilla

Mix all ingredients well and bake in greased muffin tin x 30 minutes at 350 degrees. Makes 12 regular size muffins. Each muffin contains 3 gm of carbohydrate and 4-5 gm protein.

Chocolate Muffin variation: Add 3 tbsp. baking cocoa (unsweetened) to the above recipe. These are great with a very good flavour.

Marcy's Biscuits and Gravy

1/2 lb. browned pork sausage
1/2 c. water mixed with 1/2 c heavy cream
1 T Arrowroot to thicken
Salt and pepper to taste

Melted 3 T butter, mixed in arrowroot. Then added milk/cream mixture and whisked until thick. Added browned pork sausage.

Biscuits

1 egg, beaten slightly
1/4 C arrowroot
1/4 C flax (ground fine in coffee mill)
1/4 C walnuts (ground fine in coffee mill)
2 tsp. baking powder
small amount of cream (I didn't measure)
pinch of salt

Baked in muffin tins for approximately 12 mins. (it made 4)

Biscuits and gravy was about the only thing I've missed on this WOL. While not exactly baking powder biscuits, these biscuits did the trick and DH and I had biscuits and gravy Friday and Saturday morning.

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CHAPTER 4 - DESSERTS

(Volume 2)

Low GI "Apple" Crisp – posted by Linda Smith

(from busycooks.com)

One of the toughest concepts of the Sugar Busters and other low GI diets is the limitation to consume fruit all by itself, not mixed with any other ingredients. Here is a mock Apple Crisp that is acceptable because it utilizes zucchini, a vegetable that has a low GI value. People never guess that this dish contains zucchini. (This dish is not suitable for regular low-carb diets without adaptation.)

1 jumbo zucchini
1 cup fructose (or Splenda)
1 teaspoon cinnamon
1/4 teaspoon nutmeg
2 Tablespoons 100% whole wheat flour

Topping:

1 cup 100% whole wheat flour
1/3 cup fructose (or Splenda)
1/2 teaspoon cinnamon
3/4 cup rolled oats (regular)
1/2 cup butter, melted

Preheat oven to 350 degrees. Bring a large pot of water to a boil. Peel and trim zucchini. Slice it lengthwise into quarters. Cut all the seeds out. Slice the zucchini into slices that resemble apple slices. You should have about 6 cups of slices.

Boil the zucchini slices in the boiling water for 3 minutes. Drain well.

Mix together the 1 cup fructose, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, and 2 tablespoons whole wheat flour. Sprinkle over the zucchini slices and toss to coat evenly. Place zucchini slices into a greased 8 or 9 inch square baking pan. Mix the remaining ingredients together to make the crumb topping. Distribute it evenly over the zucchini. Bake for 45 minutes, until topping is browned and crispy.

May be served warm, cold or at room temperature.

Yield: 6 to 8 servings.

Black Cherry Cream Cheese Pudding – from Nancy

1/2 Cup cream
1/2 Cup cream cheese
3 Tbsp. Splenda (heaping)
1 egg
1 prepared snack-size Jello brand Black Cherry sugar-free gelatin dessert
1 tsp. vanilla

Blend all six ingredients in a mixing bowl and then whip on high speed until smooth and fluffy. The fluffier the better. Pour it into a small shallow casserole dish and bake uncovered at 400° F for 30 minutes, until mixture has a skin on top and doesn't look like it would pour out of the dish easily.

Remove from oven and let cool. Refrigerate for 2 hours. Spoon into serving dishes. I have no idea what the nutritional information is, perhaps someone can help here?

It's great, by the way. The black cherry Jello, liquefied by the heat of the oven, re-gels on the bottom of the dish during refrigeration. I loved it!

Lemon-Coconut Bavarian – from Debbie Cusick

1 box SF Lemon Jello
1 12-oz can of coconut milk
1/2 cup unsweetened coconut flakes
1 cup boiling water
1 tsp coconut extract
1 pkg. Knox's unflavored gelatin
1 tbsp Splenda (or equivalent)
4 ice cubes

In large bowl combine Lemon Jello, unflavored gelatin, Splenda and boiling water, and stir until gelatin has all melted. Then add the ice cubes and stir until they have all melted (if using aspartame for sweetener, add it now). Then add in coconut extract, coconut milk and coconut flakes. Beat with hand mixer for a minute or two until the mixture is smooth. Then pour into a pretty bowl or a mold. I put mine in one of the mini Bundt pans I just bought the other day, and it unmolded beautifully and looked really really elegant. I just dipped the bowl in hot water for 7-8 seconds and then unmolded onto a plate. Really cool looking, and tasted good too. The entire recipe has 17g carbs and 3g fiber. Divide by as many servings as you plan to get from it - anywhere from 4-12 I would guess!

Nancy's Lumpy Cocoa Whip

Half cup cream
Dollop of sour cream
Dollop of cottage cheese (or coarsely chipped macadamia nuts)
Tsp. of cocoa powder
Sweetener to taste

Whip until the kids complain about the noise. Spoon in into bowl, and don't forget to lick the beaters.

Cimarene's Butterscotch Cheesecake

1 3-oz. package any flavor Jello (lemon and lime are my favorites)(this is optional I don't remember it from the first cheesecake but i added it in)
2 tablespoons of sugar-free butterscotch Jello
2 8-oz. packages cream cheese
1 cup boiling water
3-4 packets Equal

Soften cream cheese. Mix lemon Jello with 1 cup boiling water (if using, if not add 1 cup hot water)

Add cream cheese and whisk until smooth. Add butterscotch and Equal, stir some more. Pour into pie dish and chill about 3 hours. I ground up some almonds and placed on the bottom.

Perfectly Pretty Parfait – from Kali Blonde

SF Orange Jello (the large size, instead of using 4 cups water I use 3 cups water)
SF Vanilla Pudding made with cream and water

In a tall glass, layer set and cubed SF Jello with SF Vanilla Pudding. Tastes like a creamsicle and looks very pretty.

Diem's Bread Pudding

Start by making:

Desiree's muffin recipe

1/2 tsp. vegetable oil
4 eggs separated
1/2 tsp. cream of tartar
1/4 cup low fat cottage cheese
2 T soy flour (I substituted Proformix apple cinnamon powder)
1 package of artificial sweetener

I added 1 tsp. cinnamon. I separated the eggs and whipped the egg whites with cream of tartar. I mixed the other ingredients in another bowl. I added a little of the egg white mixture into the cottage cheese egg mixture to lighten the batter, then added the rest of the egg whites and folded it in. Poured into paper lined muffin tins (12) and baked 30mins at 300 degrees.

I substituted 2 T proformix apple cinnamon flavor for the 2 T of soy flour (I was trying to make apple cinnamon muffins) and added the spices to make spice muffins. They came out fine and were very light and "eggy" looking and tasting, but I needed more sweetness.

I didn't want to waste them, so I was wondering what I could do with them. (Other than slather SF jelly on them). I took them and sliced them into cubes and air-dried them overnight.

I took the "bread cubed muffins" and put it in a casserole pan. Then I took 2 eggs, and 1 cup cream and mixed it together with more sprinkles of cinnamon. Poured the mixture over the "bread cubes" and sprinkled some log cabin syrup made with Splenda on top and nuked it in the microwave for 6. It's great! Bread pudding, made from Desiree's muffin recipes and a few other experimentals.

I think next time, I'll pour the whole batter into a loaf pan and bake it like a loaf of bread. the result is very light, and is probably good for French toast as well.

Pudding mixture: take 2 eggs and 1 cup cream and mix with 1 tsp. vanilla. Pour over bread cubes. Top with low carb pancake syrup. Bake in 350 oven about 20-30 minutes. (I nuked mine in microwave for 6 minutes, I was impatient).

MarkieZ's No-Bake Chiffon Cheesecake

(about 1/2 hour to make):

Crust:

3 cups any nuts (I used one cup each: walnuts, pecans and almonds) chopped fine in a food processor. Toast lightly in a skillet or under the broiler. Add one stick of softened butter (I bet you could even add some peanut butter!) and then press into a large spring-form pan, make sure to go up the sides about an

inch or use a 10 inch pie plate. (The spring-form makes it look so beautiful, though) Put into oven for 2-5 min under the broiler or until toasted brown. Cool

Filling:

1 packet of unflavored gelatin: dissolved in 1/4 cup water.
3 eggs- separated
1/2 pint heavy whipping cream
1 cup of sweetener-divided into two 1/2 cups (I used Splenda)
1 cup pumpkin or anything else like more cream cheese or berries.
1 pkg. of cream cheese (not low-fat!) (optional-leave it out for a lighter-more chiffon texture)
1/2 teaspoon of each of the following: salt, nutmeg, cinnamon, ginger. (use any other flavoring for anything else but pumpkin i.e.; lemon juice, vanilla, cocoa, etc.)

Combine cream, pumpkin, cream cheese, spices and 3 egg yolks in a double boiler (I just put one smaller sauce pan into another one) and while the water is boiling underneath, stir for 10-15 min until thickened and cooked. Stir in 1/2 cup of sweetener and gelatin at the end. Remove from heat.

Whip the egg whites and when they form soft peaks, add the other 1/2 cup of sweetener. Fold egg whites into the cooked mixture slowly. Pour into nut shell and chill.

Of course, serve with lightly sweetened whipped cream! This is RICH!

Not sure of the carb count. It's the nuts that bring it up but it is at least large enough for 16 servings.

Tanya's Great Cheesecake

Preheat oven to 500

Mix together:

16 oz cream cheese
2/3 c Splenda
4 tsp. vanilla

Add 4 eggs, then lastly blend in 8 oz heavy cream. Do not over-mix.

Pour into springform pan and bake at 500 for 10 minutes then reduce heat to 250 and bake for 15-20 minutes. Cool completely then mix together:

1 c sour cream
1/4 c Splenda
1 T vanilla
1/8 tsp. salt

If your carb allowance permits, top with sliced strawberries or fruit of your choice.

Laura's "Tiramisu" Custard

1 container marscapone cheese
Splenda or other sweetener
Coffee
Cocoa powder

Beat the marscapone until it is creamy. Add 2 tablespoons coffee and beat. Add Splenda to taste (add more coffee and/or Splenda to taste). Put in custard cups. Sprinkle a fine mist of cocoa powder of the top

Home-made Jello – from Alice Faber

(For anyone with a sensitivity to aspartamane)

1 envelope unflavored gelatin.
1/2 envelope unsweetened Kool-Aid, in the flavor of your choice
3/8 cup + 1 tsp Splenda
1 cup boiling water
1 cup cold water

Prepare as you'd expect (dissolve gelatin, Splenda, Kool Aid in boiling water; stir in cold water; divide into 4 little dishes; chill overnight).

The flavor isn't quite as intense as that of packaged Jello. I have a feeling though that a whole packet of Kool-Aid would be too much.

Egg Custard for 2 – revised by Julie

1 egg
1 egg yolk
1 c. 1/2 and 1/2 or cream
3 tsp. sugar substitute (Splenda or another heat stable sweetener)
1 tsp. vanilla extract
1/8 tsp. salt
1/8 tsp. ground nutmeg, cinnamon, or Pumpkin Pie spice

Lightly beat the egg and yolk. Add cream, Splenda, vanilla and salt. Pour into two ungreased 6 ounce custard cups. Sprinkle with nutmeg. Set in a pan containing 1/2 to 1 inch of hot water. Bake at 350 degrees for 35 minutes or until set.

Yield: 2 servings.

Renee's Pumpkin Custard

In blender combine:

5 eggs
1 cup cream
1 cup water
1 tsp vanilla
4 - 6 tsp. artificial sweetener (I used Splenda and I probably used more)
1/2 can pumpkin
Cinnamon and nutmeg to taste

Pour in baking dish and set dish in a larger dish half filled with water. Bake for 40 minutes or more until set in 350 degree preheated oven.

Fanny's Quick and Easy, No-bake, Two-layer Pumpkin Pie

First, you'd just do a crust like the one you do for your cheesecake (1c finely chopped nuts, 5T butter, 1 egg yolk, AS). Then:

Bottom Layer:

A can of pumpkin
A box of sugar-free vanilla pudding
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. cloves

Topping:

8 oz cream cheese
1 cup heavy cream whipped
1/2 tsp vanilla extract
AS to taste

Mix bottom layer ingredients together and pour over crust.

Cream cream cheese and fold together with whipped cream, AS and vanilla. Pour on top of bottom layer. Let set in refrigerator for a few hours.

Cream Puffs with Stabilized Whipped Cream – from Myra S.

Actually these can be either cream puffs or shortcake. Using the recipe for gluten popovers in Tina's cookbook (page 3.3), add 1/2 c Splenda.

I used a shortcake pan for baking. Make sure it is very well greased. Fill each shell about 2/3 of the way (about 1/4 c mix) and bake according to directions.

I had a little batter left over and I put it in mini muffin tins and baked at the regular time. They became hard and could be sliced crosswise to make little, sweet, low carb crackers for a spread.

Let sit for 5 minutes and take out of pan.

After they have cooled, fill with stabilized whipping cream and garnish with a berry and some mint leaves. If you want to make a shortcake, cover the whipping cream with the berry sauce of your choice. Very light and tasty.

Stabilized Whipped Cream

This whipping cream has a little more body and can be used for Cream Puffs.

1 tsp. unflavored gelatin
4 tsp. cold water
1 c heavy whipping cream (at least 24 hours old & very cold)
1/2 c Splenda
1/2 tsp. vanilla

In small saucepan, combine gelatin and cold water. Let stand until thick. Place over low heat, stirring constantly until gelatin dissolves (about 3 min.). Remove from heat and cool slightly. Whip cream, sugar

and vanilla until slightly thickened. While beating slowly, gradually add gelatin to whipped cream mixture. Whip at high speed until stiff. Makes 2 Cups.

This can be used as an icing and for decorating. A little stiffer than regular whipping cream.

Sharon's New York Style Cheesecake

Crust (optional, I don't make a crust)

1 c crushed almonds
4Tbs butter softened
3pkt Equal or equivalent

Filling:

3 8oz. packages Cream Cheese
2 eggs
2 egg whites
18 packets Equal or equivalent
2 tbsp. cornstarch
1 cup sour cream
1 tsp. vanilla

Preheat oven to 350. Mix almonds, butter and sweetener and press into a 9 inch springform pan evenly on bottom and 1/2 inch up on side of pan. Bake about 8 minutes until almonds are lightly toasted. Cool.

Preheat oven to 350. Beat Cream cheese, 18 pkts Equal and vanilla until fluffy.

Add eggs, egg whites, cornstarch and sour cream. (I use a processor and it comes out very smooth). Pour mix, over crust. Place cheesecake in pan with one inch of boiling water and bake about 45-50 minutes. Remove cheesecake and cool. Sliced strawberries are a nice topping!

Berries with Crème d'Anglais – from Laura LaGassa

I've now found the ultimate low-carb dessert: berries with crème d'anglaise. It's rich and creamy like ice cream, much less work, and the taste of the berries really comes through. And here is the technique:

Crème d'Anglaise is basically a thin custard. To make it, start with:

1 cup heavy cream, half-n-half, or a combination thereof
3 egg yolks
3 packets Splenda (or other sweetener)
1 1/2 teaspoons vanilla extract (or experiment with 1 teaspoon of other flavors)

If you have extra cream sitting around as "leftovers" from another project, you can add up to another 1/4 cup to this recipe.

Put the cream in a saucepan and heat it on medium heat until it is quite hot (steaming). Meanwhile, whisk the egg yolks, Splenda, and vanilla until it is quite smooth. When the cream is hot, slowly pour it into the egg yolks while whisking. Then, pour the mixture back into the saucepan and turn the heat down to medium-low.

Cook the custard, stirring constantly with a wooden spoon. If the custard near the bottom of the pan seems to be cooking too fast, turn the heat down. Keep stirring! The crème d'anglaise is done when it nicely coats the wooden spoon.

Pour the custard into a clean bowl, and let cool on a wire rack. You can put a piece of plastic wrap on the surface of the custard to keep it from forming a skin -- or you can just do like I do and let it form a skin which you then skim off later. I just don't like fiddling with the plastic wrap.

After about an hour, put the custard in the fridge. It's best if you let it cool overnight, but if you give it at least an hour that is probably good enough.

Now put some clean berries in a bowl and pour some of the custard over it. Mmmmmm.

Each 1/3 cup of custard has about 5 grams of carbs. Could be more or less depending on the ratio of cream to half-n-half you use.

Lemon Souffletta – from Heather

Makes 8 servings. Per serving: 80 calories; 10.8 grams carbohydrates; 0.1 grams fiber

1-2/3 cups water
1/3 cup quick-cooking tapioca
2/3 cup Splenda
1/4 tsp. salt
2 Tbsp. butter
1/3 cup lemon juice
1 tsp. lemon rind
3 eggs, separated

Preheat oven to 350 degrees. Combine water, tapioca, Splenda and salt and mix well. Heat to boiling, stirring constantly. Remove from heat immediately. Stir in butter, lemon juice and rind. Cool slightly. Beat egg yolks until thick and lemon coloured. Add to tapioca. Beat egg whites until stiff, but not dry; fold into mixture. Turn into a greased baking dish, place in a pan of hot water and bake for 50 to 60 minutes or until firm.

DESSERTS

(Volume 2 – Update 1)

Jerry's Favourite Cheese Cake Recipe

(Adapted from Kraft package)

2- 8 oz packages of cream cheese
1/2 cup of SUGAR (you make your favourite substitution here, I like to blend a couple sweeteners)
1/2 tsp. vanilla
2 eggs

Mash the creme cheese and sweetener of choice together, add vanilla, mash again. throw in the eggs and get the beater out, beat until smooth.

Put in a lightly buttered 9 " pie pan and bake at 350 for 40 min. Let cool and eat.

Tara's Tofu Breakfast/Dessert

...and I don't even like tofu. I'm not a big dessert eater, so I enjoy these for breakfast. I get about four servings from each batch.

Chocolate Pudding:

One 12 ounce package soft silken tofu (according to the package: 4 servings/container. Per serving: 2g carb, 4g protein, 2.5g fat, 0 sat fat, 45 cal)
One tablespoon cocoa
One teaspoon vanilla
Sweetener to taste
Pinch of cinnamon

Blend in blender until smooth. Chill and eat.

Fruit pudding:

One 12 ounce package soft silken tofu
Sugar free Jello to taste (I use about half a pack)

Blend and chill.

I'd add some different extracts or syrups for variation if I had them. Buzz in some berries or melon if your plan allows for them. Enjoy!

Vicki's Fancy Jello

Take 1 box of sugar free Jell-O any flavour. Make as directed. When Jell-O is getting thick- but not solid yet- beat the dickens out of it with a mixer - you want it frothy and creamy looking. Then add 8oz of softened cream cheese. Beat some more (a lot if you want it totally mixed in, a little if you like little hunks of cheese in it still). Add 2 packets equal, mix well and set aside. Next, take a little carton 8oz of whipping cream and whip it into cream adding 2 packets of equal.

With a spatula or large spoon carefully FOLD it into the Jell-O mixture (if you beat this in you will knock all the air out of the cream and destroy it). It will look marbled with the Jell-O and the white cream - swirly sort of. Put in the refrigerator for an hour to re-gel. Then enjoy, it is wonderful!

Lynn's Chocolate Creme Pie

Crust (make up in advance):

2 cups processed walnuts
2 tbs. butter
3 packets nutrasweet
1 tsp. vanilla extract
2 egg whites (save yolks)

Process walnuts to a powdery paste. Mix in a bowl with melted butter, sweetener and extract. In a separate bowl, whip egg whites to a froth. Blend in walnut mixture. Press into an oiled pie pan, forming the desired thickness. Bake at 350 for 15 minutes. Cool thoroughly before adding chocolate filling.

Filling:

2 cups heavy cream
4 egg yolks
10 packets sweetener
1/2 cup cocoa
2 Tbsp. sugar free instant chocolate pudding mix
1 tsp. chocolate extract (optional)
1 tsp. vanilla extract
1 tsp. glycerol (prevents solid freezing, improves texture, I found a reasonably priced bottle in the bodybuilders section of my health food store. Or use glycerine found in drugstores)

Using a heavy pan on medium-low heat, warm cream, whisking in egg yolks, one at a time. Whisk in the cocoa and glycerol. Continue to whisk until mixture starts to thicken. Remove from heat, stir in extracts, sweetener and pudding mix. Allow to cool to room temperature. Run through ice cream maker. When finished, spoon onto cooled crust and freeze.

Topping:

1 cup heavy cream
1 packet sweetener
1 tsp. vanilla extract
1/8 tsp. cream of tartar

Whip cream, adding sweetener, extract and tartar. When pie is cold, top with whipped cream. Garnish with grated low-carb chocolate and sliced strawberries. Serves 8/carb count for the entire pie is 22gms with 5.8 gms fibre.

LC Cannolis – from jimman

The total carb count is 15 or so, I don't have exact measurements. I use as I see fit.

1 Ferrara (brand) large cannoli shell - 8 carbs
3 tbs. of Sorrento ricotta cheese - 1 carb
Splenda (I used the pourable) to taste
1 tsp. of real chocolate chips - 4
1/4 tsp. pure vanilla extract

Mix all ingredients, put into a baggie, cut tip and pipe into shells. Top with whip cream.

Chocolate Mousse – from Emz

Adapted from recipe by Martha Stewart

6 oz. semisweet chocolate (96g's)
1/4 lb. (1/2 cup) unsalted butter (.7g's)
3 eggs separated (1g)
12 packets equal (10g's)
3/4 cup heavy cream (5g's)
1/2 tsp. vanilla (.25g's)

1. Melt the chocolate and butter together, stir and let cool to room temperature.
2. Whip egg whites until soft peaks form, add sweetener and whip until peaks are stiff.
3. Add small amount of whipped whites to cooled chocolate to "lighten" it, then mix in remainder of whites and gently fold together.
4. Whip cream and vanilla until stiff peaks form. Gently fold into chocolate mixture.
5. Chill for at least 2 hours.

Makes 4 servings. (28g's per serving) or for 6 servings (19g's per serving)

Berry Ricotta Cream – from Laura

Ricotta cheese
Berries
Vanilla or almond or other extract
Sweetener
Half-n-half or cream
Food processor with metal blade

Put ricotta cheese and berries in food processor. Add 1/4 teaspoon extract (might need 1/2 teaspoon, you can always add more later). Add 3-4 packets of sweetener (or whatever, to taste). Blend in the food processor until everything is creamy, adding half-n-half or cream if needed to make it easier to blend.

Mmmmmm, tasty!

P A N N A C O T T A – from Net Mama

Ingredients

2.5 cups Cream
1/2 c Splenda (or to taste)
2 squares of unsweetened chocolate (4 g carb total), (melted, if you like)
50 ml. Davinci Raspberry Syrup, Sugar free (0 g carb)
1 tbsp. Vanilla Extract
1 packet Kojel (Or, your unsweetened/unflavoured gelatine of choice) (parve)
1 box raspberries
Handful of almonds/blanched & slivered, ground up.

Instructions:

- Soften (parve) Kojel in 1/2 cup cream.
- Grease 4 cups with butter. Sprinkle bottoms with almond dust & add 1/4 of your raspberries.
- Add all ingredients (you can add the chocolate later if you like) into saucepan and heat on medium until hot/near boiling. Stir & reduce a wee bit.
- Pour into cups and refrigerate until set.

The Sacred Ice Cream Secret – from Bedwarmer

This is for a three quart freezer: Basically, beat three jumbo eggs well. In a separate bowl apply The Sacred Ice Cream Secret. That is, whip 1 quart heavy cream until it's thickened to about the consistency of thin cake batter. It should almost double in volume. Stir in the eggs and sweeten and flavour to taste. Make sure you make it very sweet as it will taste much less sweet when frozen. Use only a pinch of salt. The whipping is the trick. It's what makes ice cream smooth and creamy. It also stretches the cream and allows you to use less sweeteners and flavours. Don't forget to whip it! Also, don't fill the freezer drum more than 2/3 full or it will leak out when the cream freezes and expands. Refrigerate any leftover mix for later and reduce the next recipe depending on the size of your freezer.

I usually make French Vanilla by adding three extra egg yolks. For other flavours omit the extra yolks. Sweeten to taste two cups of strawberries the day before and let them sit in the fridge over night. Crush two cups blue or other berries, simmer until tender, sweeten to taste and chill overnight. (MMMM... raspberry ice cream!) Do the same with diced peaches. Ice cream is a great way to fill that fruit craving without eating just fruit. Two cups of peaches in half a gallon+ of ice cream is still a bargain per serving.

Lisa's Fast Easy No Bake Raspberry Cheesecake (sort of)

8 oz Cream Cheese softened
1/2 cup whipping cream
3 tsp. Raspberry or other DaVinci Syrup (or to taste)

Beat the whipping cream till peaked, beat cream cheese w/ syrup, fold together, fill 4 Pyrex or other small cups or wine glasses, chill, try to resist!

Luminaria's Ice Cream Collection (8 recipes!)

Note: use Splenda, or spoonable versions of Equal or Sugar Twin in place of sugar. Recipes will call for "sugar equivalent" - use whatever you like best. No recipes have been tested by me for use with Stevia.

If sugar needs to be heated, I'd recommend using Splenda. These recipes assume you have an ice cream maker.

Basic Vanilla Ice Cream

4 cups heavy cream
2/3 cup sugar equivalent
2 Tb. vanilla

Heat cream and sugar together until sugar is dissolved. Add vanilla.

Cool. Make in ice cream machine.

Variations: Cinnamon Ice Cream - Reduce vanilla to 1 tablespoon and add 1 teaspoon of cinnamon.

Blueberry Ice Cream

2 pints fresh blueberries
1 1/2 cups sugar equivalent
3 tablespoons lemon juice
4 cups heavy cream
1 teaspoon vanilla extract

In a 3-quart saucepan combine blueberries, sugar substitute and lemon juice. Mash berries slightly and cook over medium heat, stirring occasionally, until the mixture comes to a boil. Simmer 5 minutes.

Remove from heat and puree in a food processor or blender. Push mixture through a strainer with the back of a wooden spoon. Cool the mixture.

In the chilled canister of ice-cream maker combine blueberry mixture, Cream and vanilla. Freeze according to manufacturer's directions.

Butter Pecan Ice Cream

4 cups heavy cream
1 cup brown sugar twin, or Splenda
2 tablespoons butter
1 teaspoon vanilla extract
1/2 cup toasted chopped pecans

Combine the half of the cream, sugar substitute, and butter in a medium saucepan. Cook, stirring constantly over low heat until bubbles form around the edges of the pan.

Let the mixture cool and put it in the ice cream machine.

Stir in the rest of the cream and vanilla. Freeze as directed by your machine's manufacturer.

Add pecans after ice cream begins to harden.

Chocolate Ice Cream

2 oz Unsweetened chocolate
1/3 c Unsweetened cocoa powder
2 Large eggs
1 c Sugar substitute
2 c Whipping cream
1/2 cup water
1 t Vanilla extract

Melt the unsweetened chocolate on top of a double boiler over hot, not boiling, water. Gradually whisk in the cocoa and heat, stirring constantly, until smooth. (The chocolate may "seize" or clump together. Don't worry, the liquid will dissolve it.) Whisk in the cream, then the water, adding each a little at a time, and heat until completely blended. Remove from the heat and let cool.

Whisk the eggs in a mixing bowl until light and fluffy, 1 to 2 minutes. Whisk in the sugar substitute, a little at a time, then continue whisking until completely blended, about 1 minute more. Pour into the cream and vanilla and whisk to blend.

Pour the chocolate mixture into the cream mixture and blend. Cover and refrigerate until cold, about 1 to 2 hours, depending on your refrigerator.

Transfer the mixture to an ice cream maker and freeze following the manufacturer's instructions.

Makes 1 quart.

Variation: add 1 tsp. crème de menthe for chocolate mint ice cream

Peanut Butter Ice Cream

2 eggs
1/2 cup sugar substitute
1/2 cup sugar free chunky peanut butter
3 cups heavy cream

Whisk together the eggs and sugar until light and fluffy. Add the peanut butter and whisk until smooth. Mix in the whipping cream. Transfer the mixture to the ice cream maker and process according to manufacturer's instructions.

Coffee Ice Cream

6 egg yolks
1/2 cup sugar substitute
2 cups cream
1 1/2 cups coffee beans

Beat the egg yolks with the sugar substitute until light and pale in colour. Scald the cream with the coffee beans and pour onto the yolks and sugar, stirring until combined. Pour back into the saucepan and stir over a low heat until the mixture thickens and coats the back of the spoon. Allow the mixture to cool leaving the beans in the custard. Strain the mixture and transfer to ice cream maker and process according to manufacturer's instructions.

Cream Cheese Ice Cream

1 1/2 8 ounce packages cream cheese, softened
1 1/4 cups sugar substitute
2 eggs
1 tablespoons lemon juice
1 teaspoons vanilla
2 1/2 cups heavy cream

In a large mixer bowl beat cream cheese and sugar with an electric mixer on low until smooth. Beat in the eggs, lemon juice, and vanilla until well combined. Stir in the cream. Freeze in a ice cream freezer according to the manufacturers directions.

Sweet Cream Mint Ice Cream

4 egg yolks
3 cups heavy cream
3 tablespoons fresh chopped mint leaves

2/3 cup sugar substitute

Combine half of the cream and mint in a saucepan. Bring to simmer. Remove from heat and let stand for 30 minutes. Mix in the rest of the cream.

Beat the egg yolks and sugar substitute until pale yellow. Gradually beat in the cream mixture.

Return mixture to saucepan and stir over medium heat until custard thickens and leave a path on the back of the spoon when you draw your finger across it. Do not let the mixture boil.

Strain through sieve, to remove the mint leaves, and chill.

Once the mixture is cold, pour it into ice cream machine and freeze according to manufacturer's directions.

Classic Baked Custard from KAT

3 eggs

1 1/2 cups heavy cream

1/2 cup water

1/4 cup Splenda

1/2 teaspoon vanilla

Combine cream and water, and scald just until bubbles start to appear around the edge of the pan.

Combine eggs and Splenda. Temper with hot cream; add remainder of hot cream.

Partially fill four 6-oz. custard cups set in a baking pan. After setting baking pan with custard cups on oven rack, add water to baking pan to a level halfway up the custard cups. Finish filling custard cups with mixture and sprinkle with cinnamon or nutmeg if you wish.

Bake for 45-50 minutes until knife inserted halfway between the centre and the edge comes out clean.

Serve warm or cold.

CHAPTER 5 - EGGS AND CHEESE

(Volume 2)

Panned Eggs with Parmesan Cheese – from Myra's 1919 Diabetic Cookbook

2 eggs
1 tablespoon Parmesan cheese
Butter for frying

Boil eggs hard, cool, halve them, roll in Parmesan cheese. Fry in butter. Serve hot. Makes 1 serving.

Protein: 15.12 grams
Fat: 12.95 grams
Carb: 0.02 grams (that's what the book says)
Calories: 177

Cheese Danish – from EmmBee

You need a mini casserole pan - 4" X 4"
About 2 T crushed almonds
1 packet equal
1 T butter

Melt butter, mix together almonds, equal and butter in mini casserole pan. Press to bottom of the pan.

4 oz cream cheese
2 - 3 packets of equal
1 egg

Beat together in a bowl until smooth. Pour on top of almond "crust", bake at 350 for 20 minutes. Take out and cool (I stuck mine in the freezer for 30 minutes while taking a shower). Yummy!!!!

Rueben Omelet – from Gingersnap

2 large eggs
2 tablespoons of water
salt and pepper to taste
1 tablespoon butter
4 slices thin-sliced deli corned beef
1/3 cup drained sauerkraut
1/4 cup shredded Swiss cheese
Optional 2 tablespoons Thousand Island dressing

Put together an omelet using ingredients

Michael's Deluxe Deviled Eggs

6 hard-cooked eggs
1/2 cup sour cream
1/2 cup flaked canned salmon
1/8 teaspoon curry powder

2 teaspoons prepared mustard
2 teaspoons lemon juice
1-1/2 teaspoons Worcestershire sauce
Salt, pepper
Paprika

Shell eggs, then cut in halves lengthwise and remove yolks. Mash yolks and mix with sour cream, salmon, curry powder, mustard, lemon juice, and Worcestershire and season to taste with salt and pepper. Pile mixture into whites and garnish with Paprika. Makes 12 halves.

Marcy's Crepes/Eggrolls

12 tsp. Arrowroot (can be purchased at most groceries in spice section)
1 T sweetness of your choice
1/8 tsp. salt
2 eggs
1/4 cup water
1/4 cup heavy cream
1/4 tsp. vanilla extract
(You may also use 2 T brandy, for extra lightness, omitting 2 T of the water)

In blender combine arrowroot, sugar substitute, salt, eggs, milk and vanilla. Blend at high speed for a few seconds. Turn off machine, scrape down the sides of the jar and blend again for about 30 seconds. Cover tightly and let batter rest at room temperature for at least 1 hour before using.

Using an 8 inch crepe pan over high heat, lightly grease bottom and sides of heated pan with melted butter (clarified butter is best).

Stir batter lightly with wire whisk or spoon and pour less than 1/4 cup batter into pan, tipping the pan from side to side so that the batter quickly covers the bottom; then flip and do other side (the whole process takes less than 1 minute.

This recipe makes 8 to 9 crepes. Total carb count is approximately 30 grams making each crepe less than 4 grams.

Arrowroot (per McCormick) has 9 gms. carb per 1-1/2 T (4-1/2 tsp.), which is approximately 27 gms., approx. 1 gm. for sweetener, 2 grams for eggs, negligible for cream, for a total of about 30 gms., making each crepe less than 4 gms.

Eggroll "Guts" – posted by Marcy

1 cup finely shredded cooked pork
1 cup finely shredded celery
1/2 cup finely shredded bamboo shoots
1 tsp. salt and a dash of pepper
1/4 tsp. gourmet flavoring powder
2 T oil
1 cup finely shredded cooked shrimps
4 finely shredded scallions
1/2 cup finely shredded Chinese water chestnuts

Beat up one egg and use it for brushing edges of skins when folding so that they will stick together. Take one skin and place a tablespoon of filling mixture on center, brush edge of skin with beaten egg, then fold over the end near you, fold both sides toward center and roll away from you and press edge to close.

EGGS AND CHEESE

This is from "Enjoy Chinese Cooking At Home" by Richard Wong, Founder of Dragon Inn, New York City, Copyright 1949

Nancy's Sweet Breakfast Treat!

Blend 2 eggs, 2 TBS of cream, and 2 TBS of Splenda with a whisk. Heat some oil in a small frying pan. When it's ready, pour half the mixture into the heated pan and coat the bottom. When the sides are cooked, carefully flip and cook the other side for about 30 seconds. Then flip it out into a plate. Fill with some cottage cheese mixed with Splenda and roll it up.

Then make another one. I dusted them both with Splenda and went to work this morning with a very happy tummy!

Connie's Special Scrambled Eggs

One of my favorite breakfasts is to scramble 2 eggs with a little paprika until a bit dry, toss in some diced onion and diced tomatoe (I use one slice of onion and one slice of tomato to dice) and stir around until the onion just starts to clarify. (I don't like mushy onion) Toss in a tablespoon of shredded cheddar and stir once and plo on plate. Top with a dollop of sour cream and another tablespoon of shredded cheddar cheese.

Fantastic! It looks great! Tastes wonderful! Is really quick to prepare.

Chiles Rellenos Casserole – from Cin

6 eggs, separated
1/4 tsp. salt
1 can (4 oz.) whole Ortega chilies, spread open
1/2 lb. jack (or pepper jack) cheese, sliced thin.

Beat egg whites until soft peaks form. Beat yolks lightly w/ a fork, add salt and mix until smooth. Fold into egg whites until well blended. Put 1/2 egg mixture in greased 8x8" backing dish. Stuff chiles w/ cheese and place on top of egg mix. Cover with remaining egg mixture. Bake in preheated 325* oven for 30 mins.

Variations - use diced chilies and shredded cheese. Serve w/ a sauce made up of sour cream and LC taco or hot sauce.

EGGS AND CHEESE

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Michael's Deluxe Devilled Eggs

6 hard-cooked eggs
1/2 cup sour cream
1/2 cup flaked canned salmon
1/8 teaspoon curry powder
2 teaspoons prepared mustard
2 teaspoons lemon juice
1-1/2 teaspoons Worcestershire sauce
Salt, pepper
Paprika

Shell eggs, then cut in halves lengthways and remove yolks. Mash yolks and mix with sour cream, salmon, curry powder, mustard, lemon juice, and Worcestershire and season to taste with salt and pepper. Pile mixture into whites and garnish with Paprika. Makes 12 halves.

Favourite Quiche

Adapted from Betty Crocker

4 eggs
1 cup of heavy whipping creme
12 strips of bacon chopped fine (or what ever meat you like, even veggies work)
1 cup cheese (I use cheddar or what ever is available)
1/4 cup chopped onion
1/8 tsp. cayenne pepper
1/2 tsp. pepper
1/4 tsp. salt (I use the lite)
A little garlic, powder or fresh.

Mix it all up and dump into a lightly buttered 9" pie pan and bake at 425 for the first 15 minutes, then 300 for the next 30 minutes, remove let and let sit for 10 minutes. EAT!

Spinach-Cheese Turnovers – from Connie LP

20oz spinach (chopped) (I use pre-packaged baby leaves so I didn't chop)
8oz feta (crumbled)
8oz mozzarella (grated)
1/2 c Parmesan (grated)
2 green onions (chopped)
1egg
1 tsp. dill weed (crushed)
Pepperidge Farms phyllo dough
1/4 c melted butter
2+ tbs. olive oil

I treat carbs like money and decide how I spend them based on what I want to eat. Whether I'm in induction or maintenance matters of course. Right now on the PP I have 30 grams of carbs to spend a day. I think this recipe is worth it. This recipe costs 12 carbs per turnover. There is 15 grams of protein

EGGS AND CHEESE

from the cheese. And of course the loads of nutrients in the spinach. I think it would be great with grilled chicken. Maybe chicken in it. I love to cook! (part of what got me here in the first place:o)

I do this part in a deep pot. Sauté onions in oil, add spinach leaves and drizzle with a little more oil and stir to coat well and sauté until spinach is all limp. About med heat. In mixing bowl combine cheeses, egg and dill. Mix in spinach after it has cooled somewhat.

Phyllo dough is fragile so be careful with this next part. Take 1 sheet of dough and fold it in half lengthways. Smear lightly with melted butter. Put 1/8 of mixture in corner and fold over, butter again and fold again. Continue until you have a turnover. Cover with more butter. Place on buttered cookie sheet and bake at 375 until golden brown. There is a recipe on the back of the box but I saw it done this way on a cooking show recently. It cuts way down on carbs because you are only using 1 sheet instead of all the layers the rec. on the box has.

As a short cut you can use 2 (10oz) boxes of frozen spinach thawed then dried of excess water with paper towels. No need to sauté. But I like fresh better.

Steffie's Green Eggs

Mix two tablespoons of pesto (see recipe below) into 2 beaten, raw eggs. Melt butter in sauté pan and scramble egg/pesto mixture to your desired doneness. Delicious! I sometimes add sautéed mushrooms also.

Pesto:

In food processor, blend 2 cups basil leaves, 2 cloves garlic, and 1/2 cup Parmesan cheese. (I don't use pine nuts) With the processor running, pour in 1/2 cup olive oil. Scoop the mixture into a small bowl and stir in 1 T. softened butter.

Souflake (Or Phake Souffle) – from Net Mama

Ingredients:

3 eggs, separated
1/2 cup Splenda
1 tsp. vanilla extract
Two one-handfuls of blanched slivered almonds, ground to a powder
1/4 cup 1/2 and 1/2
1 square unsweetened baking chocolate
Handful of walnut pieces

What we did:

- Preheated oven to 350
- Separated the eggs
- Whipped the egg whites to stiff peaks
- Blended 1/2&1/2, egg yolks, almond dust, vanilla & Splenda
- Melted chocolate square in microwave
- Blended melted chocolate into yolk mixture.
- Folded (and I mean fold! Do not stir!) egg whites into yolk mixture, very Gently!
- Folded walnut pieces into batter and poured into glass baking dish. (It was a loaf dish)

- Baked at 350 for 30-40 minutes. (Okay, until it looked "right")

We took it out, let it cool and it was *DELISH*! No, this is not based on any recipe whatsoever. We guessed on everything and everything worked. Whee!

LC Spinach Pie – posted by Tara

From the Low Carb Cookbook by Fran McCullough

Serves 8

2 10 oz packages whole leaf frozen spinach, defrosted
2 tbsp. butter
1 bunch scallions including the firm green, chopped (about 3/4 c)
1/2 medium onion, chopped
6 eggs beaten well
1 15 oz container whole milk ricotta
1/2 lb. feta, crumbled
1 tbsp. chopped dill
1/4 c chopped parsley
Pinch of grated nutmeg
Salt and pepper to taste
Olive oil for pan

Per serving: protein 9 g fat 16.9 carb 5 g

Preheat oven to 350

Let spinach drain in a colander in the sink. Easiest way to get excess moisture out is to line hand with double thickness of paper towels and squeeze handfuls of spinach dry. Chop and set aside.

Melt butter in large skillet; when it foams add the scallions and chopped onion. Cook over medium heat until soft then add spinach and sprinkle of salt and pepper; cook for 3 min stirring from time to time.

Beat eggs in large mixing bowl and whisk in the ricotta.

Stir in remaining ingredients then oil a 13x9 inch baking dish well including the sides. Mix spinach with egg/cheese mixture, taste for seasoning, and pour in the pan (note: at this point I added more salt).

Bake pie for 30-40 min until moisture disappears and top has dappled golden spots. Remove from the oven and let sit 5 min before serving. Even yummiier the next day!

McSausage and Egg – from Greyeagle

Looked in my refrigerator and all my fresh eggs were gone but I did have a few hard boiled eggs. Time to improvise.

Preparation: Press out some sausage, I used Jimmy Dean Sage Flavored, into THIN patties about the size of a small tuna can. Slice the hard-boiled eggs a little thick.

Assembly: Place a slice of egg on a sausage patty, use the ones with yolk, put another patty on top and pinch the edges to seal.

EGGS AND CHEESE

Cook: Fry or as I prefer broil. After turning them over sprinkle some grated cheese over each one. I used muenster.

Serve: One grind of some fresh pepper and sprinkle with a little parsley flakes. I served it some fancy lettuce (1/4 cup). Plate looked good!

Legal Crunchy Snack – from JenKen

I decided to bake my own cheese -- with very tasty results. I just sliced jack and cheddar cheese and lay it out on a glass baking dish, then sprinkled it with garlic powder. Then I baked it @ 450 for about fifteen minutes, until it's really bubbly and brown on top and the edges are hard and crisp. Then let it sit for a while until it hardens up. It won't do this if you haven't baked it long enough. MMMMM good! It tastes like garlic bread, only without the bread.

Homemade Cheese – from Georg

Ricotta:

Take half a gallon of whole milk and heat on the stove to 200F. DO NOT LET BOIL. Take off heat. Add 1 oz. vinegar, stirring well. If it doesn't curdle, add another teaspoon of vinegar. Strain for one minute in a cheesecloth lined colander (I like a bowl under it to catch the whey - great for breadmaking- but be aware, that's where all the carbs go).

Then dump in a bowl with a tablespoon of butter and a teaspoon of baking soda. Mix well. The butter breaks up the lumps, and the baking soda neutralizes the acid so it won't continue to make whey. That's what makes your ricotta slightly lumpy and creamy. This cheese lasts one week, or can be frozen.

Queso blanco:

Take half a gallon of whole milk and heat on the stove to 180F. DO NOT LET BOIL. Take off heat. Add 1 oz. vinegar, stirring well. If it doesn't curdle, add another teaspoon of vinegar. Strain for one minute in a cheesecloth lined colander. Gather up the corners of the cheesecloth, and hang for an hour. That's why this is called a bag cheese. It will drip. Then you can put the cheese in the fridge. Let age in fridge 24 hours. Then you can eat. This cheese is best when cubed and tossed in a stir fry- it doesn't melt. It can also be used as a substitute for tofu in recipes (same texture - different taste). This cheese doesn't freeze as nice.

Note: different vinegars make different flavoured cheese. I like malt vinegar, and garlic vinegar. :)

Southwestern Eggs – from Sharon P

Melt 1 tbsp. butter in non-stick skillet and sauté:

- 1 oz. diced tomatoes
- 1 oz. chopped mushroom
- 1 oz. chopped spinach

Add 3 eggs and scramble until the eggs are cooked. Add a spoonful of cream cheese or sour cream and heat, while stirring, until warm (also makes a good omelette). Put on plate and cover with 1/4 cup salsa. Enjoy!

Russell's Great Scrambled Eggs

The secret is cooking the butter, and salting the uncooked eggs.

I beat 4-6 eggs in a bowl with a fork, really working them up for about 2 minutes (which seems like much longer). Then I set the eggs aside and heat about 2-3 tablespoons of butter in a skillet.

This is where the secret of life comes in. Using medium heat, I let the butter melt and then the water that naturally resides in butter begins to cook off, leaving the solids. In a minute or so, the solids have begun to cook, turning a sort of golden brown. It is essential not to burn the butter, but with practice you can learn how to cook the solids, almost roasting them... in butter! (There is still plenty of liquid in the skillet, but it is pure concentrated flavour at this point.)

When the butter is about ready I throw some salt in the beaten eggs, and whip them for another 15 seconds. I have noticed that salt changes the eggs -- they begin to look more translucent and deepen in colour.

Then I pour the eggs into the butter and, using a wooden spoon, gently stir the mixture to make sure the eggs don't scorch. Because the butter has turned very slightly brown, the eggs don't come out perfectly bright yellow, but I don't want them to scorch, which ruins the flavour for me.

When the eggs are nearly done (and the kitchen smells like my grandmother's house), I turn the heat off for the last 15 seconds or so, and continue to gently rake and stir the eggs, breaking up large chunks into smaller pieces. However, I never shred or maul the mixture.

Plate up these beauties and enjoy them, warm, moist, and absolutely delicious! And as far as I know, ZERO carbs.

I think the cooked butter would make anything taste better - I haven't tried cardboard or catfood, but I can't imagine that they would not also taste heavenly (relatively speaking).

7 Egg Scallion Omelette Recipe - from Russell C.

Chop scallions into 1/4" pieces, including the green leafy part. Sauté scallions in butter until lightly browned and tender. Thoroughly beat 7 eggs in a bowl; add 1 tsp. salt just before cooking. Pour egg mixture into a skillet with butter (and sausage drippings) using medium heat.

When eggs begin to set, pour in scallion mixture. While lifting up various parts of the Omelette, tip the skillet to allow the egg mixture to run "under" the Omelette, so that you are constantly building up the Omelette from underneath. (I hope this makes sense). When the Omelette is pretty firm and has just a little liquid on top, fold it in half over on itself. Top with sour cream and serve immediately.

CHAPTER 6 - FISH MAIN DISHES

(Volume 2)

Alice Faber's Tuna Salad

1 can tuna (well drained)
2 chopped hardboiled eggs,
A little chopped onion (2 slices) or 2 cut up scallions,
Some chopped herb (parsley, dill, cilantro) or 1/4-1/2 tsp dried herb,
1/2 tsp. dried mustard
1/4 tsp. paprika
1 tbsp. cider vinegar or lemon juice
A big handful of chopped lettuce (you could use celery or green pepper, but why?)
Mayonnaise to taste

I use solid white or chunk white, whichever I can get that doesn't have hydrolyzed soy protein (aka MSG).

Hal's "Salmon Fritter/Burger Things" - in honor of dad :-)

1 can (14.75 oz) Pink salmon
1/2 oz. cream cheese (softened)
1 egg
1 T onion - finely minced
And the old stand-by: pork rinds :-)
1 T Liquid Smoke (or whatever your taste buds can stand)
Couple of shakes of Old Bay seasoning.

Drain and mush the salmon with a fork (and pick through it for bones, if you're like me!) Scramble the egg in a bowl. Add the salmon and cream cheese to the egg. Squish up enough pork rinds to stiffen the mixture to something approximating hamburger texture (I used about 6 mid-size rinds). Heat approximately 2-4 T oil in skillet. Grab a handful of salmon stuff and form into a patty. Fry till golden brown. Yummmmm! The pork rinds help it keep its shape while the cream cheese keeps it pretty moist.

Yield: 4 Salmon Fritter/Burger things. Breakdown for each:

Cal: 240
Fat: 22 g
Protein: 14 g
Carbs: <1

Diem's Stuffed BBQ Shrimp

I take shrimp, peeled, deveined and split but not all the way through. Place a thin strip of mozzarella cheese in the split, then wrap it back up with half slice bacon. Grill or broil for a few minutes. Dip in SF BBQ sauce. This is an old restaurant recipe I used to work for.

If you can't find suitable SF BBQ sauce, just sprinkle the shrimp with BBQ seasoning before you wrap with bacon.

By the way, pork rinds are great with "pop corn" shrimp. Just roll the shrimp in egg batter, then dip into crushed pork rinds seasoned with cayenne or your favourite spices.

Shrimp Stir Fry – from Sweetpea

1/4 cup of tomato, chopped
1/2 cup green peppers, chopped
1 Tbsp. of soy sauce
1/2 cup chopped scallions (green onions)
2 Tbsp. olive oil
1 tsp. garlic salt
2-3 cups of large, frozen shrimp
Pepper to taste

Heat olive oil in large, non stick frying pan. Add garlic salt and soy sauce. Add shrimp, green peppers, tomatoes, and scallions. Cover with a lid and cook for 5 minutes, stirring occasionally. Uncover and cook the remainder of the time until most of the liquid is cooked off. Add pepper to taste.

Be careful to stir frequently when cooking off liquid so that the shrimp doesn't burn.

Makes one serving (I like to eat a lot). Total carbs= 8.7 This seems like a lot of carbs, but you get your meat and good veggies in there too.

Julie's LC Tuna Melt

I miss tuna melts so I just made one with somewhere around 0-2 carbs! I took my usual tuna salad, mixed in shredded cheddar, spooned it into a little custard cup, topped it with more cheddar and zapped it for a few seconds in the microwave. If you pop it into the broiler once the tuna is hot the cheese gets bubbly and crusty... munch away with a fork - very tuna-melt-y and no bread is needed! If you can spare the carbs you could make it even better by laying a slice of tomato over the hot tuna before you top everything with cheese and broil it.... oooh perfect chilly weather lunch!

Shrimp in Cream Cilantro Sauce – from Emz

2 tbsp. unsalted butter
2 tbsp. minced shallots
1 tbsp. minced garlic
1/2 lb. Raw shrimp, shelled and deveined
1/4 cup minced fresh cilantro
1/2 cup chicken stock
1/2 cup heavy cream
Kosher salt
Freshly cracked pepper

In hot, heavy saucepan, melt butter over medium heat. Add shallots, and sauté until almost translucent; stir in garlic and sauté for a few seconds. Quickly add in shrimp, then season with salt and pepper. Stir-fry until shrimp barely begin to turn to turn pink; sprinkle with cilantro. Pour in stock and stir; let cook for about 1 minute. Mix in cream. Remove shrimp from sauce when they begin to curl inwards (if you wait for them to curl in tightly they will be over cooked!). Place in serving dish(es) and keep warm. Cook sauce, stirring, until it begins to brown slightly, thicken, and bubble. Remove from heat and pour sauce over shrimp. Delicious with steamed haricots verts.

Fresh Lobster Salad – posted by Emz

Recipe courtesy of Emeril Lagasse, 1998

1 cup extra virgin olive oil

6 oz. orange juice (16 grams of carbs)
2 tablespoons minced shallots
1 teaspoon minced garlic
1 tsp. honey (8 grams of carbs)
Salt
Freshly ground black pepper
6 cups fresh baby arugula, washed and patted dry
1 pound cooked lobster meat, sliced 1/4-inch thick
1/4 pound fresh haricots verts, stemmed and blanched
1/2 cup cured black olives, pitted and halved
2 hard boiled eggs
1 tablespoon finely chopped fresh parsley leaves

In a mixing bowl, whisk the oil and orange juice until emulsified. Whisk in the shallots and garlic. Season with the honey, to taste. Season with salt and pepper. Toss the arugula with 1/3 of the dressing. Season with salt and pepper. Mound the greens in the center of each plate. Toss green beans and olives with 1/3 of the dressing. Season with salt and pepper. Mound the beans on top of the greens. Toss the lobster with the remaining dressing. Season with salt and pepper. Mound the lobster on top of the bean mixture. Slice the eggs thin. Season with salt and pepper and garnish the salad with the eggs. Garnish with parsley.

Yield: 4 servings

Linnen's Sesame Salmon with Wasabi Sauce

One hefty salmon steak
2 Tbsp. sesame seeds
Oil for sautéing
Soy sauce
1 tsp. wasabi powder
1 tsp. water
1 Tbsp. heavy cream
Salt to taste
Slivered red bell pepper (for garnish)
Slivered green onion (scallion, for garnish)

Make wasabi sauce: mix wasabi powder and water to make a paste, let stand for 10 minutes. Mix in heavy cream and season to taste with salt. Watch it in tasting, this stuff is *hot*, but if you have any residual sinus congestion, it will be taken care of.

Coat the fish with sesame seeds and sauté in oil on both sides, in a skillet, until it flakes (i.e., is just done). Season to taste with soy sauce. Transfer to a serving plate and top with the wasabi sauce, sprinkle with a garnish of finely slivered red bell pepper and green onion, and serve. (The green onion is prettiest if also slivered rather than chopped, but it's more of a hassle to prepare it that way.)

I've made this with other types of fish, good but salmon is the best. I have also breaded it with a mixture of sesame seeds and a spoonful of Atkins baking mix. Good, a little higher in carbs. You can count the carbs in the sesame seeds if you want, but they are mostly undigested I suspect, just like flax seeds.

FISH MAIN DISHES

(Volume 2 – Update 1)

Adam's Best Canned Tuna Recipe

Chopped spinach, steamed (or boiled) until soft. Drain well, add a half stick of butter and stir until melted. I get 3 servings per frozen package.

Make your basic tuna salad - add mayonnaise, garlic powder, a little dill pickle relish, or whatever you like.

Spread 1/3rd of the spinach on a plate, out a large scoop of the tuna salad on the spinach, cover with one or two slices of provolone cheese (or Swiss – use your favourite) and stick in the microwave until the cheese melts.

It's really good and extremely nutritious. And except for cooking the spinach, it's fast.

Smoked Chile Butter-Brushed Shrimp w/ Tomatillo Salsa – from Cin

Recipe to serve 8

Smoked Chile Butter:

2 sticks unsalted butter, soften (I used salted)
2 chipotle peppers in adobo (I pureed the whole can and used about 2 T.)
2 cloves garlic, minced
2 T. chopped shallots
1 lime, juiced
Salt and pepper (I omitted because I used salted butter and the chipoltes are hot enough w/o the added pepper)

Place all ingredients in food processor and process until smooth.

Tomatillo Salsa:

10 tomatillos, husked & washed, 5 cut in half & 5 coarsely chopped
3 T. fresh lime juice
1/4 c. finely chopped red onion (I used yellow)
1 jalapeno, finely chopped.
2 T. olive oil
1 T. honey (Used 1 packet Splenda)
Salt and Pepper to taste
1/4 coarsely chopped cilantro

Place the 5 halved tomatillos and the lime juice in a blender and blend until smooth. Place the 5 coarsely chopped tomatillos, the onion and the jalapeno in a bowl, add the blended mixture and toss to coat. Add the olive oil and honey (Splenda), S & P. Fold in the cilantro just before serving.

Now, what I did: I find raw tomatillos to be a bit - well - raw! Simmered the entire mixture (less the cilantro) for about 10-15 minutes. This really mellowed the flavours. Then add the cilantro just before serving.

Shrimp:

48 large shrimp, shelled and deveined, tail intact.

Preheat grill or grill pan. Using bamboo (pre-soaked) or metal skewers, thread shrimp. Grill the shrimp on both sides for 2-3 mins, brushing with the chile butter every 30 seconds. (I melted the butter.) Remove shrimp to platter and immediately brush with more butter, sprinkle w/ S & P (I didn't, didn't need it!) Serve with salsa.

I ran this recipe thru DietPower, which I use to log all my food intake and exercise. It came out as 7.14 carbs w/ 1.2 fibre per serving. This is going to become a new fav around here! I'll keep some of the butter on hand for meat, fish and veggies. Enjoy!

Tuna Stuffed Peppers – from Pammers'

I take a bell pepper, cut out the top and the seeds and roast it over my gas stove's flames until the skin is all nice and black. I then take some tuna and add mayonnaise, pepper, diced bell pepper from the cut out lid, a bit of onion (not much), salt, celery diced, and some string cheese diced up. I fill the pepper, put it in a bowl and cover it, and then microwave it for about 5 minutes or until the pepper is cooked through. I love the charred skin flavour mixed with the tuna and cheese. You could do the same way without charring it if you wanted to.

Tuna Salad - from Skip Smith

1 can tuna, drained
One big dollop of cottage cheese
One big dollop mayonnaise
About 1/2 cup celery
1 or 2 chopped hard boiled eggs.

Sometimes I'll eat this on a stick of celery or on pieces of cheese instead of eating it straight out of the bowl.

CHAPTER 7 - MEAT MAIN DISHES

(Volume 2)

Meat Crust Pizza – from SCS46

1 lb. lean ground beef
1 egg
Garlic powder, oregano or Italian seasonings to taste

Mix together, press into pie plate (press up the sides of the plate also) so that its evenly spread.

Bake in 375-degree oven for about 15-20 min. Remove and drain off water and fat. Pat dry with paper towel. (It will shrink a lot!)

Top with sauce, peppers, onions, sausage, pepperoni and mozzarella cheese or any toppings you like. Return to oven and cook until cheese is melted and toppings are cooked.

“Hot Meat” – from Richard in Texas

Hamburger, French-cut green beans, julienne jalapenos, a tad of onion & garlic, cover with shredded cheese and bake like a casserole. Regulate the heat with the jalapenos.

Myra’s Rueben Casserole

Shred cooked corned beef into a casserole dish, top with drained sauerkraut, sprinkle on some caraway seeds and top with Swiss cheese. Bake at 350 until the cheese is melted and the corned beef and sauerkraut are heated through.

Eggplant Lasagne – from TeriDee55

3 - 4 dashes of Tabasco pepper sauce (Optional)
2 tbsp. olive oil
1 eggplant, peeled and sliced thinly, you will need 15 slices
1 lb. ground round
1/2 jar spaghetti sauce (look for one with lower carbs like 5 Brothers 4 cheese)
1 1/2 cups mozzarella cheese
1/3 cup grated Parmesan
Sprinkle of basil or Italian seasonings

Combine olive oil and Tabasco sauce, and brush on eggplant slices. Broil for 3 minutes on each side.

Turn oven down to 400 degrees.

Brown ground round, drain, then add spaghetti sauce. Lightly spray an 8 x 8 inch casserole dish with Pam and then lay 5 slices of eggplant for bottom layer. Top with a little spaghetti/beef mixture. Mix mozzarella, Parmesan and spices in a bowl. Put 1/3 of the cheese mixture on top of eggplant and sauce. Repeat 2 more times - 5 eggplant, sauce, and cheese. Bake uncovered for 15 minutes or until hot and bubbly. Let stand 10 minutes before serving. Enjoy!

You could also add a layer of cottage cheese or ricotta if you like. Try to go light on the sauce because that is where the carbs would be. Be sure not to cut the eggplant slices too thick, I made this mistake once and they came out chewy. I like it better when you hardly even notice them in the dish.

Zucchini Lasagna – from Gingersnap

3 medium zucchini
2 tablespoons water
1 lb. bulk pork sausage
Low carb spaghetti sauce (26 1/2 oz. can)
Cooking spray
1 (8 oz.) package shredded four-cheese mix or 2 cups of any shredded cheese mixture

Cut zucchini crosswise into 1/8-inch-thick slices (about 4 cups), and place in microwave-safe baking dish. Add water to zucchini; cover dish with plastic wrap, turning back one corner to vent. Microwave on HIGH 4 to 5 minutes or until just tender. Drain.

While zucchini cooks, brown sausage in large skillet, over medium heat, stirring to crumble meat. Drain and set aside

Coat a 2-quart microwave-safe baking dish with cooking spray. Layer one-third of zucchini in bottom of dish. Top with one-third of spaghetti sauce and one-third of cheese. Repeat layers twice, ending with cheese. Cover and microwave on HIGH 4 minutes or until cheese begins to melt. Makes 4 servings.

Aristo's Chili

1 lb. ground sirloin
1 finely chopped small Onion (6gm carb, per Corinne Netzer)
1 can diced tomatoes (18g Carb)
2 TSP Olive oil
Salt
Chili Powder
Pepper

Browned the ground beef in the olive oil, added the Onion and tomatoes, added seasonings to flavour and voila! Chili for a total of 24G carb!! Took all of 10 minutes..

SweetPea's Flying Saucers

6 thick slices of fully cooked ham
16 oz. Kraft Deluxe American Pasteurised Process American Cheese
Debbie's Recipe for fauxtatoes
1 cup water

Prepare fauxtatoes, set aside. Place ham slice in a shallow microwave safe dish with 1 cup of water; microwave for 5 minutes or until ham is heated clear through. Remove ham from microwave and set aside. Place the cheese in a microwave safe container and microwave until cheese is melted. Place 1 ham slice on a plate, add a "scoop" of potatoes, cover with melted cheese.

Makes 6 servings. Carbs per serving: 8

Chicken-Fried Steak – from Dave Brickler

I've been staring at this 24 oz. slab of cube steak in the fridge for four days now, not knowing what to do with it. It's good for one thing & one thing only -- Chicken-Fried Steak. But what to do on LC? Here's what I did.

- Cut the meat in 4 ~6 oz. steaks. Marinated in the fridge for ~1 hour in a beaten egg & whipping cream wash, S&P, a little cayenne, paprika & dash of garlic powder.
- Ground the pork rinds -- I mean worked real friggin' hard to grind them suckers down to powder, which, when they're that finely pulverized, they're very soft & lite -- almost "feathery".
- Got out my "wokman", 1/2 full with canola oil, MEd/Hi heat. It's ready when you sprinkle water drops on it and the water 'rolls' around on top of the oil.
- Dip the washed meat in the rinds & into the skillet they go. A few minutes per side does it.

Perfect fry job. It smelled like chicken-fried steak, it looked like chicken-fried steak, and it tasted like chicken-fried steak. Even made cream gravy with the 'drippings', a tbsp of leftover oil and more cream. This was a little less than mom's old-fashioned cream gravy. The rinds don't bind & thicken the liquid like flour -- a bit thin, but tasty. Total carb count for all that meat was maybe 7 or 8gm, counting the "less than 1 per serving" for the cream, and a couple in the spices & eggs, and the kids didn't know the diff.

Tofu Lasagne – from April Jones

1 lb. firm tofu
1 lb. extra lean ground beef
1 lb. pork Italian sausage
1/2 cup onion, chopped
4-5 cloves garlic, minced
1 jar (26 oz.) Classico Tomato Alfredo Sauce
1 cup mushrooms, sliced
1 T. Italian seasoning
Crushed red pepper to taste
1 pkg. frozen chopped spinach
Handful fresh basil leaves
1 15 oz. container of ricotta cheese
1 egg
1/2 cup Parmesan cheese
1 lb. mozzarella cheese

Cut the block of tofu into thin slices and place the slices between sheets of paper towels. Try to absorb as much moisture as possible, pressing down on the tofu and changing towels if necessary. These are to be the "lasagne noodles". Trust me it works. Sauté the onion and garlic in a little olive oil in the pot you plan to make the sauce in. Add the ground beef and sausage: cook until the pink is gone. Add the jar of sauce, the mushrooms and seasonings. Throw in 1/2 red wine if you like.

Let this simmer about 20 -30 minutes. Season to taste.

Thaw the spinach and squeeze out the excess moisture. Add the chopped basil to the spinach. Set aside.

Combine the ricotta cheese with the egg and the parmesan cheese, Set aside.

Now to assemble the lasagne...I use a 12"x8" pan, if you don't have one use a 13"x9". Pour about 1 cup of sauce in the bottom of the pan. Place 1/2 of the tofu slices on top of the sauce. Cover the tofu slices with 1/2 of the ricotta cheese mixture. Place 1/2 of the spinach/basil mixture on top of the ricotta. Sprinkle some mozzarella cheese over the spinach. Repeat the layering. There should be 2 layers of the tofu, cheese and spinach and 3 layers of sauce. Atop the last layer of sauce, sprinkle mozzarella cheese to cover. Bake at 350°F for about 1 hour. Let set about 10 minutes before cutting. Makes 8 nice servings. The carbohydrate count is 102 for the dish, about 12 grams per serving. I use Trader Joe's herbed tofu at 2 grams per serving, the fibre is also 2 grams per so if you use effective carb count you could subtract 10 grams from the total count. I use extra lean ground beef because I believe the fat in the pork sausage is enough for this dish.

Stuffed Cabbage – from George Freeman

For the stuffing:

1 1/2 lb. shoulder or best end of pork
2 oz. streaky bacon
1 egg
2 oz. cooked rice
1 oz. lard
1 small onion
Pinch of salt
Pinch of ground black pepper.

For the stew:

1 lb. sauerkraut
6 large sour or fresh cabbage leaves
2 oz. lard
2 tbs. Flour
1 tsp. paprika

1 gill sour cream

Cut cabbage leaves in two, trimming of the thick vein in the middle.

Mince the meat together with the bacon. Heat lard in small saucepan, add finely chopped onion and fry till golden-yellow. Pour it over the minced meat. then add cooked rice, 1 egg, salt and pepper. Knead mixture well together. spoon even heaps onto the cabbage leaves. Roll them up.

Push the edges of leaves in at both ends. Put the sauerkraut into a large saucepan, add 1/2 pint water, bring to boil. Arrange the stuffed cabbage leaves on top, cover and simmer slowly for 1 hour. Remove stuffed cabbage leaves from top into a deep dish but keep them hot under cover. Heat 2 oz. lard in a small saucepan. add flour and fry till golden- brown, then add this roux into the sauerkraut. Stir well, bring to the boil, add sour cream and boil briskly for 5 minutes. Spoon sauerkraut and gravy over stuffed cabbage leaves and serve hot.

Red Chile – from Mike Graham

Very authentic, very San Antonio, and very good. A bit of preparation is required.

You need 15 dried chile pods (as in chile peppers - watch out, some of them are reeeeeally hot! best to ask before you buy). Drop them in the blender with 2 teaspoons of oregano, 4 cloves of garlic, and 2 teaspoons of salt. Blend it well.

MEAT MAIN DISHES

You need a heavy pot. Heat it up hot and pour in enough peanut or other cooking oil to coat the bottom. Drop in 2 pounds of stewing beef that has been cut into 1/2" cubes, and stir them around to sear them. You want some good colour on there to seal in the juices so they don't get tough. At this point you'd normally stir in some flour to coat the meat. I haven't come up with a good substitute for flour for this purpose yet - any thoughts, anyone? Anyway, add 1 1/2 cups of water. Normally you'd stir until it thickens. If you don't use flour then it won't thicken, and it will be more like a soup than a 'standard' chili. Anyway, add the blended chile pods and simmer for an hour. Keep a pile of celery sticks handy for dipping, and some sour-cream as well.

Spinach Stuffed Pork Tenderloin – from Debbie

Serves more than 6 (24 carbs)

2 Pork Tenderloins
1/2 cup Onions-chopped
1 Garlic clove-minced
10 oz mushrooms- sliced
10 oz Frozen Spinach- thawed, drained & chopped
3 Tbsp. Dijon Mustard
2 tsp. Rosemary
1 tsp. Parsley
1/2 cup White Wine
1 can College Inn Chicken Broth(or your own fresh)

Preheat oven to 350. Butterfly Pork & pound each to rectangle. Cook onions, garlic, add 1 cup sliced mushrooms. Cook 2-3 minutes. Add spinach cook 1-2 minutes. Add 1 Tbsp. Dijon, salt & pepper. Place 1/2 spinach mixture on each tenderloin. Spread out evenly. Roll like jelly roll. Tie. Roast for 45 minutes. The sauce is the remaining sliced mushrooms sautéed in a little butter, add the wine, rosemary, parsley. Cook to reduce the wine a little. Add chicken broth stir in remaining Dijon. Let Pork rest before slicing on diagonal. Pour sauce over slices.

Cauliflower au Gratin with Spam – posted by Bossssss

1 head (about 11/2 pounds) cauliflower
3 tablespoons butter or margarine
3 tablespoons flour
1/8 teaspoon salt
1/8 teaspoon pepper
1 3/4 cups milk
1 (12-ounce) can SPAM luncheon meat, cubed
1/2 cup shredded Swiss cheese

Separate cauliflower into small flowerettes. Cook in small amount boiling salted water until tender; drain. In medium saucepan, melt butter; blend in flour, salt, and pepper until smooth. Mix in milk. Cook over medium heat, stirring until mixture thickens and boils. Mix in SPAM. Place cauliflower in lightly-greased 1 1/2-quart baking dish. Pour on SPAM mixture; stir to mix well. Sprinkle cheese over top. Bake in 450°F oven 8 to 10 minutes, until lightly browned on top.

Heavenly Hash – from Linnen

1 large head of cauliflower, steamed until tender
1/2 c. onion, diced
1/2 pound ham, diced
1 cup cheese (I usually use a mild cheddar), shredded
2 Tbsp. cooking oil

1/2 c. sliced or chopped jalapeno peppers (from a jar or can)

Heat the oil (I use olive) in a skillet, add onions and saute till just tender. Add cauliflower, breaking up and stirring. Add ham and cook till heated. Stir in jalapenos. Sprinkle cheese over top, cover, and let melt.

If you're serving to people who might not like jalapenos (I know, hard to believe, but there are such folks), you can leave these out and serve on the side. If you want a casserole presentation, which is nice on a buffet, you can prepare everything in advance, and heat before serving, adding the cheese and allowing it to melt near the end.

Mike Graham's Very Best Steak

First, you want to fry up what is known in the business as a "peking pancake", which is a very very thin omelette which isn't folded. For a peking pancake you whip the eggs thoroughly with 1/4 volume of water (1/2 eggshell for 2 eggs) before frying it, and you use a 10" frying pan for 2 eggs. Try to cover the whole bottom of the pan, and use butter, of course. They cook **real** fast. When it's done (as soon as it stops steaming it's done), pull it out and lay it on a tea towel. Now you pan-broil the steak.

If you have a heavy cast-iron frying pan, that helps. Get a pan cranked just **screaming** hot. So hot the pan tries to crawl off the stove. **That** hot. Now in the **dry** pan, shake in enough salt to give sparse coverage over the whole area where the steak will lie. Now drop on the steak. The steak has been rinsed off and dried with a tea towel, but nothing has been added to it. When the steak is dropped in the pan it will steam like blue blazes and very soon you will have smoke coming off. You will want to have the vent fan on 'maximum' for this operation. Let the steak spend about 90 seconds on the first side, then using a spatula or tongs (not a fork! Don't poke it!) turn it over and give the other side about 60 seconds, then turn the heat down to medium. I like my steaks almost blue, so I'd be about done, here, but if you like your steak cooked more then keep going until it's the way you want it. By searing the outside you have locked in the juices. It's a beautiful thing.

When the steak is cooked to your liking, place the peking pancake on a plate and set the steak at one end. Spread butter (YES!) on the steak.

Roll the steak up in the pancake, tucking in the ends like a cabbage roll. Add a tablespoon or two of water to the still-hot-on-the-burner pan, and stir madly with a wooden spoon to deglaze the pan (get all the goodness out; all of the flavour from the steak) and before the water can evaporate add a tablespoon of butter and stir it up. It will get a bit thicker. Now pour the contents of the pan over the wrapped steak. Add a heavy grinding of black pepper, and by the time you're done eating your fork will be smoking.

If you like coffee, a gustatory gem from our Brothers to the South is red-eye gravy, and it's a beautiful thing. Instead of using water to deglaze the pan, use heavy dark, strong, nasty, yesterday's coffee. If that doesn't make you kick up your heels then you **must** be dead. Red-eye gravy is more common with ham-steak for breakfast, but if you like coffee then it's good **any** time.

MEAT MAIN DISHES

(Volume 2)

Corned Beef Quiche – from Harriet Hedgehog

1 large tin lean corned beef
225g cottage cheese
3 eggs
1 onion, chopped
Seasoning to taste
Pinch mixed herbs

Pre-heat oven to 190C/375F/Gas 5. Mix the corned beef and onion together.

Place in the base of a flan dish and press down well. Beat the eggs with the cottage cheese, season to taste and pour this mixture onto the beef base. Bake for 30 minutes until set and golden brown. Serve hot with green vegetables or cold with salad.

(May also be cooked in a microwave on high for 10 minutes and browned under a hot grill.)

McDonald's Burger – created by Marty Fisher

2 Beef Patties (pre-made patties work best...but make sure they're 100% ground beef...some have fillers)
2 Slices American Cheese (usually less than 1 carb per slice)
Shredded Lettuce
A few thin sliced dill (unsweetened) hamburger pickles.
A little finely chopped onion.

Sauce:

1 Tablespoon chopped dill pickles.
2 Tablespoons Mayo
1 teaspoon Kraft or other CREAMY French dressing (has less than 1 carb per teaspoon).
1/2 teaspoon white vinegar +/- (may require a little more).
A little (very Little) Equal or other low carb sweetener.
A sprinkle of onion powder (optional)

This is usually plenty of sauce for 2 burgers. Top Cheeseburgers with the chopped onion, shredded lettuce, pickles and sauce.

Pilgrim's Sandwich Spread

Back in the '50s :-), "Prem", a Spam look-alike, published a recipe for a sandwich spread. It was good then, and better now that I make it with leftover ham, roast pork, roast beef, pot roasts, turkey or chicken. We pile it on lettuce leaves for a lo-carb lunch. Not bad for breakfast, either. Hope you like it.

Put through a food grinder (or a food processor) a pound of leftover meat, 2 carrots, a stalk of celery, 2 hard boiled eggs, a 2 ounce chunk of cheddar cheese (or jack or swiss, etc.), 2 dill pickles, a small onion. Blend in enough mayonnaise to bind (add mustard if you like).

Sounds awful, but this stuff is good! And depending on what meat and cheese you use, it is always a little different.

Phoebe's Divine Burgers

1 pound ground beef
1 package Hidden Valley Ranch dressing mix
1 cup cheddar cheese (I used Colby, and quite a cup of it)

Mix together, grill or I suppose you could broil them as well.

They were heavenly, and have enough flavour that you don't need steak sauce or anything else. My hubby loved them. Even my daughter (seven) thought this was great!

One mention... if you are salt sensitive you may want to watch out, or be careful of the rest of your salt consumption during the day when you eat this. The ranch dressing mix has quite a bit of sodium in it.

Jo's Lo-Carb Mock Reuben

1/2 lb. hamburger patty (0g)
1/2 c sauerkraut (I used Claussen) (2g)
1 slice Swiss cheese (1g)
2T mayonnaise mixed with a tsp. of ketchup (estimated at 1g)

Grill the burger on George Foreman grill approximately 4 minutes. Place kraut on the grill, next to the burger, with a small pat of butter on top. Cook an additional 3-4 minutes (till burger is done as desired).

Remove burger, top with slice of cheese, then hot kraut. Use the mayo/ketchup mix for dippin'!

South African Bobotie – from Margaret Wolfe

2 lbs. lean ground beef
2 finely chopped onions
1 apple, diced
2 T butter
2 T curry powder
2 T Splenda
2 eggs
2 T vinegar
2 t salt
1/4 t pepper
1/4 c raisins
12 blanched almonds, quartered
1 c milk
1 t turmeric

Sauté onions and apples in butter. In a large bowl mix meat, curry powder, splenda, 1 egg, vinegar, salt, pepper, raisins and almonds. Add onions and apples. Place in casserole dish. Add bay leaves. Bake in 350 F oven for 1 1/2 hours, or until done. Remove bay leaves. Beat 1 egg with milk and pour over Bobotie about 10 minutes before removing from oven.

Serve with Yellow Rice (page 14-3). Serves 4 – 6.

Pizza Goulash – from Grace Lippard

Brown ground beef (0 carbs). Drain, put in deep pan. Add pepperoni (0 carbs). Add mushrooms (3 carbs). Add bag of cheese blend (1 carb). Top with Parmesan cheese (0 carbs). Also add pizza sauce (4

carbs). Can also top with dollop of horseradish (1 carb). Can also add green pepper , onion, sausage and that's it! And stir and spoon and eat.....

Stroganoff Superb – from Michele

1 pound ground beef or beef sirloin steak, cut into thin strips
3 Tablespoons real butter
1/2 cup chopped onion
1 4-ounce can mushrooms, drained
1/2 teaspoon salt
1/4 teaspoon dry mustard
1/4 teaspoon pepper
4 oz Cream Cheese, cubed
4 oz Sour Cream
1/3 cup heavy cream
1/3 cup water

Brown beef in butter in large skillet. Add onions, mushrooms and seasoning, cook until vegetables are tender. Add cream cheese, sour cream, milk, and water; stir over low heat until cream cheese is melted.

Serve over your favourite noodle substitute or eat as it!

BLT “Bowlwich” – from Ellen Glassett

First of all I'd like to say that this first idea came to me while I was rolling bacon, tomato and Mayonnaise in lettuce for lunch. Very good, but pretty messy so I just grabbed a handful of lettuce (which I keep in a container in the fridge pre-washed, cut-up and stored with paper towelling). Cut the tomato pretty small and took about 6 slices of bacon (also cut-up) - threw it in a bowl and added Mayo to taste. Super yummy. Easy to eat with a fork - BLT without the mess and the bread. Going to add some turkey next time so I can have a club bowlwich.

Italian Sausage Parmigiana – from Ellen Glassett

First I boil a large pot of water and throw in several pounds of Italian Sausage I lower to simmer and cook for 20 to 30 minutes. Drain the water and rinse the sausage. In the same pot I add olive oil (a couple of tablespoons full) and add minced garlic 2 sliced peppers and a large sliced onion. I brown the sausage and when that is done I add tomato sauce. (I cook my own sauce and keep a good supply on hand.) I let that cook for a good 30 minutes at which time I move the concoction to a baking dish and top with a generous amount of Mozzarella cheese. I bake until the cheese is all nice and melted. This is great for several meals and freezes beautifully. Only tastes better with age.

Maquire’s Reuben Casserole

Mix 1 jar of drained and rinsed sauerkraut with 1/4 cup of LC 1000-Island dressing and a good sprinkle of caraway seeds, then layer it with 1/2 pound (or so) chopped up sliced corned beef from the deli and 1/2 pound (or so) sliced Swiss cheese. Bake the whole thing in a nice deep dish until hot and bubbly.

Meat and Veggie Stir-Fry – from Michael E. Hedman

2-3 Tbsp. Peanut Oil
1-2 Tbsp. Butter
Handful of fresh ground parsley.
1/4+ Cup Soy Sauce
2 Tbsp. Garlic paste (or 6+ cloves)

1 Tbsp. Chili-garlic Paste
1.5 Tsp. Ground Ginger
Habenero Pepper Sauce to taste
1.5 lbs. your favourite MEAT
2 Onions, chopped
5 stalks celery, chopped
1 bag Vege Stir Fry

Try it with some of these good veggies: Spinach / turnip greens, Green Beans, Cauliflower, or Broccoli

Pot Roast and Brisket – from Jeri Vondera

POT ROAST

Slow cook pot roast in crockpot or on stove top. On stove top, season roast as desired, cover roast with water, and simmer (very slow boil) roast for 4 - 5 hours. (Cover pot with tight fitting lid.) Before serving, remove roast to serving dish. In a separate pot, heat a can of beef gravy (15 carbs) and add 1/2 - 3/4 can of water that the beef was cooked in. This makes a very rich gravy with about 2 carbs per 1/4 cup. Pour gravy over pot roast and serve.

In crock pot, no need to add water. Slow cook roast for 10-12 hours. For gravy, heat a can of gravy. Add a couple of teaspoons of liquid from crockpot, 1/2 - 3/4 can of water, and 1 beef boullion (sp) cube. The liquid in the crockpot is mostly fat, so I don't use much of that to dilute the gravy. Pour gravy over pot roast and serve.

BRISKET

Shake a very small amount of flour in a Reynolds Cooking bag to prevent the bag from sticking to the meat. Place seasoned Brisket in bag (fat side up) and pour in liquid smoke (whole bottle for very large brisket, 1/2 bottle for small brisket). Marinate for up to 12 hours if desired. Bake brisket at 200 degrees (not hotter) for 6-12 hours depending on size. Slice thin and serve. (Somtimes, I bake the brisket overnight, and then chill brisket next morning. Slice brisket after it has chilled. Then serve cold or cover and reheat in oven with some LC BBQ sauce on it)

Maguire's Pot Roast

I do pot roasts (and pork roasts too!) in the crockpot. We had pot roast for dinner last night as a matter of fact :) What I usually do is put about 1/2 an onion, 2-3 chopped garlic cloves, and 3-4 chopped celery stalks in the bottom of the crockpot and top that with about 2 cups of boiling water (not necessary to use hot water, but it sort of kick starts the cooking process) and my salt, pepper, and other seasonings.

Then I put in my roast that has been seared on all sides in a red-hot skillet. I don't always sear the meat, but when I do I get a much juicier roast. My crockpot has an "auto" setting which is high heat for 4-5 hours then low for the rest of the cooking time, so that's what I use. When I take the meat out of the pot to "rest" before carving, I add a couple of tablespoons of flax meal to the pot (NotStarch or some other thickener would probably work well too if you dislike the flax flavour although it is VERY mild when used like this). I like to use an immersion blender to puree the onions, etc. into the gravy. I taste the gravy for seasoning, add pepper, etc. and then let the gravy cook for another 5 minutes or so in the crockpot before serving. Good luck!

Chicken Fried Steak – from Xando

Dip Cube Steaks in beaten eggs, seasoned with salt and pepper.

Mix together:

Soya powder - any type - or Atkins Baking Mix

Seasonings to taste – Salt & Pepper, LOTS of garlic powder, celery salt...whatever you like.

Roll the dipped cube steaks in the "flour" mixture. Pat the dry mix into the meat.

Fry in favourite oil until crispy and brown. Remove steaks from pan. Pour excess oil out of pan. Deglaze pan with a little bit of water. Scrape loose all of the good brown bits. Pour in some cream and more water if necessary to make a fairly thin gravy. Season to taste.

Return steaks to the pan full of gravy, and cook for a couple of minutes.

Delicious! I used plenty of garlic, some oregano, chili powder, etc..., and couldn't even tell that the breading was soy.

Trina's Beef Chili

Cube 2 lbs. stew beef. Brown in butter, toss into crockpot. Cook 1 medium to large onion (diced) in drippings until translucent; add about 3 cloves (minced) garlic for about 2 minutes. Toss into crockpot. Chop 1 red pepper, sauté briefly till begins to slightly soften. Toss into crockpot.

Add 3 T high quality "sweet" chili, 2 T cumin, 1 T salt, 1 T Italian seasoning. If you like hot chili, add 1 or 2 tsp. hot pepper sauce (but be careful; might be more prudent to add at the end). Put half a small can of crushed tomatoes in, pour in 2 1/2 cups water and blend.

Cook in crockpot on low about 8-10 hours, till meat falls apart. Remove lid, cook on high (slight simmer), about an hour till thickens. Serve with sour cream to fold in, onion and cheese to sprinkle on top.

This recipe uses stew meat which breaks down into nice stringy bits which does create a nice thick chili. I believe it is similar to authentic Texan chile which some claim has no beans and is made with stew meat not burger.

Mystery Meat Loaf – from Karen Edidin

3 pounds ground round beef (80 percent lean)

Seasoned salt, to taste

Seasoned pepper, to taste

Garlic salt, to taste

4 to 6 large eggs, hard boiled

1 (16-ounce) can tomato sauce

Chopped parsley

Preheat oven to 350 degrees. In a large bowl mix together ground round, seasoned salt and pepper and garlic salt to taste. In the bottom of a 13 by 9-inch pyrex pan form 1/2 meat mixture into a free form/oval shape. Place eggs end to end across meat lengthways. Arrange remaining 1/2 meat covering eggs. With a fork score meat all the way around. Pour tomato sauce over top and around meat loaf.

Sprinkle with chopped parsley. Bake for 1 1/2 hours, cut into slices and serve.

Yield: 6 servings

Suzie's Cabbage Stew

I started with leftover cooked London broil, shredded, a can of tomato sauce and a couple cans of water, 1 quartered onion, a few carrots, one can of tomatoes cut up, and plenty of seasonings like salt, pepper garlic and added a couple bay leaves.

Also added more water as needed and simmered till the beef was tender and then add a head of cut up cabbage, cover and simmer till tender.

Pork Chops with Gravy au Burrelli – from Kristina Hartman

This was really great for lunches and lasted about a week! Here is a recipe my mother learned from a retired chef. You need some time to do them, but they always turn out tender and yummy. You'll need to be careful of how you thicken the gravy, but you can use the method of your choice and it should be fine. I am posting the original (non-diet) recipe. I have never calculated carbs on this, but it shouldn't be excessive.

6 or more pork chops (bone-in is fine), fat trimmed
1 medium onion (sliced or diced)
1 cup chicken broth (bullion cube and water is fine)
1/2 tsp. mustard powder
cornstarch & water to thicken

Lightly grease frying pan. Brown chops, set aside. Sauté onion in same pan on low to medium heat until clear. Add 1 cup chicken broth/bullion to onions, plus mustard. Whisk. When bubbling, add cornstarch and water to thicken. Put the chops into a glass baking dish. Pour the gravy over the chops. Cover and bake at 350 for 45 minutes. Gravy can be doubled if desired.

This one has been a favourite for me for many years. Flour is an equally good thickener. Other methods would be fine, too, but you might not be able to apply them til after you remove the chops from the oven. I usually use tinfoil to cover the baking dish.

Dawn's Reuben Pizza

This is great! DH and I made this for company. We didn't tell them it was low carb but they LOVED it!

1 batch Atkins Bake Mix for bread 16.8 gms
2 cans Sauerkraut (drained) 28 gms
2 tbsp. Catalina Salad dressing 8 gms
1 can Corned Beef (crumbled) 0 gms
1/2 lb. sliced Corned Beef 0 gms
1 lb. Swiss Cheese (thin slices) 8 gms

Using Atkins Bake Mix for the crust. Mix up one batch as for bread. I add extra Seltzer water to make it a runnier dough. Then I spread it out on a huge cookie sheet and bake it till it's golden brown.

Spread out the sauerkraut over the crust. Place sliced corned beef over the sauerkraut and sprinkle the Catalina randomly over that. Layer on the Swiss cheese...and then sprinkle the crumbled canned Corned beef on top. Bake at 375 degrees for 15 - 20 minutes or until the cheese is all melted.

It works if you cut into 10 slices = 6.08 gms per slice 8 slices = 7.6 gms per slice. Everyone could only handle one slice...it's so filling and DELICIOUS! ... and it's great with a tossed salad!

LC Lasagne from Maguire

All proportions can be adjusted to meet your individual carb budget:)

Cheese:

Mix approximately 2 cups whole milk ricotta with 1/2 cup grated Parmesan and add some fresh chopped basil if you have it. Taste for seasoning and then mix in 1 slightly beaten egg.

Grate 1/2-3/4 pound of mozzarella.

Sauce:

1-2 cloves garlic chopped and sauté in a small amount of olive oil with 1/2 chopped onion

1 can of chopped tomatoes

1 teaspoon Italian seasoning (or some basil, oregano, rosemary, etc.)

Simmer to thicken.

Meanwhile, brown 1 pound ground beef and 1/2-3/4 pound Italian sausage (take out of casings before cooking or buy bulk sausage) and any other ground meat you might want to add in (ground pork, ground turkey, etc.). When the meat is all browned and drained mix in 1/2 head of Napa cabbage cut into 1" strips -- probably 3-4 cups once it's all chopped and "fluffed" – the top of the cabbage is nice and light in salads, the thicker parts towards the root end make better "noodles". Allow cabbage to wilt and cook slightly then pour off any water that is released. You can skip the pre-cooking of the cabbage, but it makes a watery lasagne that will need to be drained.

In a 9x13 baking dish: Layer 1/3 of the meat and cabbage mixture, 1/3 of the sauce, 1/2 of the ricotta mixture and top with a sprinkle of mozzarella. Repeat 1/3, 1/3, 1/2 then mix the remaining meat and sauce together and top off the pan. End with a layer of approximately 1/2 of the shredded mozzarella. Bake in a medium (350 degree) oven until melted and bubbly (30-45 minutes??) and the top is starting to brown. Allow to rest for about 10 minutes before serving. Like all lasagne this is even better as leftovers the next day.

Basic Meatballs - by Brenda Laughlin

Serves 6

1 pound ground beef

1/4 cup Milk

1 large egg

3/4 teaspoon salt

1/4 cup onion, chopped

1/8 teaspoon pepper

1/3 cup crushed pork rinds

1 tsp. Worcestershire Sauce

Mix all the ingredients together. Shape mixture by Tablespoonfuls into 1 1" balls. Place the meatballs in a lightly greased baking pan and bake, uncovered, in a 400~ oven until light brown, about 20 minutes. Drain off the excess fat.

Per Serving: (about 4 meatballs) Protein: 14.0g Carbs: 1.3g Dietary Fiber: 0.1g

Rob's Pizza Casserole

Brown 1.25lbs ground beef with lots of Italian seasoning. Drain grease. Add 1/3 jar of low carb tomato or pizza sauce. Add Pepperoni slices-- lots of em. Add Mozzarella cheese to the top.

Let the cheese melt. Scoop into a bowl. Yummy.

Makes 4 decent servings. Carb count for the tomato sauce varies—but my estimate is that it's less than 5 carbs per serving. Yummy <-- did I mention that?

Russell's Steak and Onions

1 12 ounce steak - London broil works especially well
1 large red onion, chopped coarsely
1 large clove of garlic, cut into coarse slices
salt, fresh ground pepper, whole bay leaves
3-4 tablespoons of olive oil

Cut meat into 1" - 2" squares. Heat skillet, add olive oil. Add meat, and brown on medium-high heat for 2-4 minutes. Turn meat over, reduce heat. Add onion and garlic, salt and pepper, and 3-4 whole bay leaves. Continue to cook mixture on medium-low heat for 10-12 minutes or until onions are very tender and translucent.

Optionally, I sometimes add 3-4 tablespoons of tomato paste, which makes an incredible "gravy" to add extra flavor and substance to the meal.

Serve in a soup bowl, making sure you serve all the drippings, which are full of fat but have negligible amounts of carbohydrate. The magic of this dish is the savoury flavour provided by the onions, garlic, and bay leaves (but don't eat the leaves). Although I have not calculated the total carbs, it has to be extremely low, and the flavour is out of this world! Plus the dish has lots of "presentation appeal" because of the bay leaves and onions.

Served in a soup bowl the dish can be stew-like, and you'll find it has a complex aroma and flavour. I eat this with a big green salad with oil/vinegar, tomatoes, and onions.

CHAPTER 8 - POULTRY MAIN DISHES

(Volume 2)

Make-ahead Chicken – from Diane

Here is one suggestion that I use not only for office working but for having handy food in general. It does take some ahead prep time, but if you do it on a weekend, you are set for that week. Of course this is only good if you like chicken. I get a package of 8 or so good quality skinless boneless chicken breasts and split it so it's the 2 halves. Then I pound them with a meat mallet till about 1/4 thick. I season them with whatever comes to mind that day.. Could be garlic, salt, pepper, oregano, Lowry's seasoned salt, Montreal chicken seasoning.. Whatever... then I heat some olive oil and fry the breasts about 6 minutes on each side. When they are browned, and cooked inside I take them out of the oil and do the next batch till all 16 halves are done. These keep really well all week, and I would take a few with me wherever I go. I also would keep a variety of toppings.

If you have a microwave available you could do the following variations

1. Mexican chicken - places a spoon of salsa, a bit of cheddar, nuke till melted, and eat with a spoon of sour cream. This is one of my very faves!
2. Italian chicken, - spoon of tomato sauce, mozzarella cheese, nuke till melted
3. American chicken just melt some American cheese over it.
4. Add cooked chicken to a fast food garden salad
5. Just eat cold with some slices of cucumber

Suzanne Somer's Low-Carbohydrate Stuffing

4 onions, thinly sliced
2 - 4 t. Olive oil
4 cups coarsely chopped shiitake and/or oyster mushrooms, or regular white
Mushrooms
Salt & pepper
1/4 c. Dry white wine
2 tbsp. Butter
2 lbs. Spicy turkey sausage meat, removed from casings.
1 bunch fresh tarragon, leaves only

Sauté the onions in olive oil over medium-low heat until caramelized, about 30 minutes. Turn the heat up to medium-high and add mushrooms, sauté the mushrooms until crisp on the edges, about 10-15 minutes. Season with salt and pepper. Turn the heat on high and add the wine. Let the wine cook off for a couple of minutes, then lower the heat and simmer with the mushrooms for another ten minutes.

Stir in the butter, 1 tbsp. at a time until combined. Remove from heat and set aside. In a large skillet, brown the sausage. When cooked through, about 5-7 minutes, add to the mushroom mixture along with the tarragon and combine thoroughly.

Dressing/Stuffing – from Gingersnap

2 lb. Jimmy Dean Sage Pork Sausage
2 4 oz. bags crushed pork skins
1 large onion chopped
4 stalks celery chopped
2 large eggs
Sage, black pepper, & salt to taste
Chicken broth if you want moister dressing

Combine ingredients and stuff turkey and stuff yourself.

Lunchmom's Sausage Stuffing

2.5 lb. pork sausage
1/4 cup fresh parsley, chopped
1 clove garlic, minced
1 tsp. thyme
1 tsp. salt
2 eggs, slightly beaten
1 tsp. pepper
1/4 tsp. nutmeg
1 tsp. sage
1/2 tsp. Tabasco sauce

Brown sausage in a frying pan, break up with fork. When no longer pink, drain fat. remove from heat add remaining ingredients and set aside in frig till ready to use - then when ready I baked it in the oven.

Makes about 5 cups!

Aristo's Chicken Wings

Fry wing & drumettes until golden brown. Remove from oil and place on paper towels to drain

While all of that is happening, drop a cube of real butter (not that crummy fake stuff) in a small pot, along with about a cup of vinegar and a whole bottle of Franks Hot Sauce (small bottle) I sometimes add a bit of cayenne or Cajun seasoning. Bring this mixture to a light boil then drop in the wings for 4-5 minutes. (stir them a few times to get them all covered)

Pile on a plate with a ramekin full of Bob's Big Boy Bleu Cheese and you're good to go!!

Outback Steakhouse's "Alice Springs Chicken" – posted by Mr. America

Fully cook some seasoned Boneless Chicken Breast or Thighs. At the same time fry up some Bacon (75% done), enough for 3-4 slices each breast/thigh.

Once the Chicken and Bacon are finished then place the Chicken in a dish then cover with the bacon and then pile on Sharp Cheddar, Monterey Jack and Hot Pepper Cheese and bake for about 10 minutes at 350!

Heaven on Earth!

Chicken with Pistachios – from Virginia Jennings

4 chicken breasts
1 Cup Sour Cream
1/2 Cup chopped Green Chile Pistachios

Spray baking pan with oil. Lay in the chicken breasts, cover with the Sour Cream and sprinkle over the top with Green Chile Pistachios. Bake uncovered in 375 degree oven until the chicken is tender, about 45 minutes.

Luna's Macadamia Nut Chicken

4-6 chicken or fish cutlets
1 cup Macadamia nut crumbs
Salt and pepper
1/2 cup Macadamia nut oil (or an olive oil/butter combination)
1 egg
2 tbsp. lemon juice
Fresh chopped parsley

Dry the cutlets and roll in seasoned flour. Cover cutlets with beaten egg and roll in Macadamia nut crumbs. Heat oil in pan and fry cutlets gently until light brown either side. Add lemon juice and continue cooking for 5 minutes. Serve garnished with parsley.

Chicken with Wild Mushrooms – from Rachel

1 Lb. White meat chicken
2 sprigs of each (Sage & Rosemary)
3 cups assorted wild mushrooms (sliced)
2 Tbs. Shallots (diced)
2 Tbs. of butter
2 Leeks (sliced thin)
1 cup Ricotta cheese
1 cup cottage cheese
1 cup Dutch Gouda cheese (shredded) or any of your favorite melting cheeses)
2 Eggs
1 tsp. poultry seasoning
Salt and pepper to taste

Slice the chicken in thin strips (against the grain). Bring to a boil a large pot of salted water and add the sage and rosemary. Turn the heat down to a simmer and add a handful of chicken to poach for 3-4 min. (until chicken is opaque). set aside cooked chicken to drain. In a pan sauté melted butter and add shallots and leeks (make sure you wash leeks very well) cook until soft and add mushrooms. Cook till soft. Then set aside.

In a mixing bowl combine Ricotta, cottage cheese, half the shredded Gouda and both eggs. Mix well add the poultry seasoning and salt and pepper to taste.

(Pre-heat oven to 400 degrees)

In a baking dish lay out the chicken and mushrooms combining them at the same time. Pour cheese mixture evenly over top and sprinkle the remaining shredded Gouda in a single layer. Bake at 400 degrees for 45-60 min or until golden brown on top.

Broiled Chipotle Chicken with Creamy Spinach – from Petra Hildebrand

Serves 4

2 to 3 canned chipotle chiles in adobo, finely chopped (about 2 tablespoons)
1 1/4 cups Thick Cream (recipe follows), whipping cream, or crème fraîche
4 medium-large (about 1 1/3 pounds) skinless and boneless chicken-breast halves
1/4 cup chicken stock, preferably homemade
6 cups (about 10 ounces) spinach, stems removed, well rinsed
Salt

Marinate the chicken several hours in advance, and cook it just before you sit down to dinner, as it only takes a few minutes to broil. If you don't care for very spicy dishes, you can reduce the heat by splitting the peppers in half and scraping out the seeds with the back of a knife before chopping.

Thick cream is cooked in the roasting pan with the chicken before it is added to the spinach; this lends it the smoky, spicy flavor of the chipotle peppers.

1. Place the chopped canned chipotles and 2 tablespoons thick cream in a small bowl, and mix to combine.
2. Place the chicken in a large bowl, and pour the chipotle mixture over it, making sure to coat the chicken well. Cover with plastic wrap, and transfer dish to the refrigerator. Marinate the chicken 2 to 3 hours.
3. Heat the broiler. Place the chicken breasts in a baking dish (preferably earthenware) just large enough to accommodate them. Place the baking dish 6 inches away from the broiler, and broil chicken until deep brown in color, about 4 to 5 minutes.
4. Remove dish from broiler. Turn chicken breasts, and drizzle remaining 1 cup plus 2 tablespoons thick cream around the chicken. Return the dish to the broiler, and broil until chicken is deep golden and no longer squishy when you lightly press it with your finger, 4 to 5 minutes more.
5. Transfer the chicken breasts to a warm platter, and transfer platter to a warm oven.
6. Scrape the cream mixture from the baking dish into a medium-large saucepan. Add the chicken stock and the spinach. Bring the mixture to a boil over high heat, and cook, stirring constantly, until the spinach has wilted and the cream has reduced and thickened, about 3 minutes. Season mixture with salt, and serve creamy spinach with the broiled chicken.

Thick Cream

Makes about 1 1/4 cups. (I did not make this but used double cream)

1 1/2 cups whipping cream

3 teaspoons active culture, such as buttermilk, crème fraîche, sour cream, or plain yogurt

1. Pour the whipping cream into a small saucepan, and set over low heat. Stir until the chill is off; do not heat above 100 degrees (lukewarm). Remove pan from the heat, and stir in the buttermilk. Pour the liquid into a clean glass jar.
2. Place the lid on the jar, without tightening it, and place the jar in a warm (80 to 90 degrees) spot. Let the cream develop until it is noticeably thicker, 12 to 24 hours. Stir gently, and refrigerate at least 4 hours to overnight, chilling and thickening thoroughly. Cover, and refrigerate up to 10 days.

Raspberry Chicken with Brie – from Jae, the Cakelady

Caramelize an onion in butter. Puree some fresh or frozen raspberries, strain. Add a bit of Splenda/Sweetener to the raspberry sauce. If you have a grill, mark a boneless chicken breast. Put into an oven proof dish, add some wine and some seasoning salt. Bake for 10 minutes or until done. Take it out, cover with sauce and a big piece of Brie. Stick back under the broiler until Brie melts. Put the onions on a plate, then top with the raspberry/brie/chicken breast. It's to die for!!

Sharon's Chicken Roll-ups

6 chicken breasts, thawed and pounded gently in plastic wrap until thin. (Can be done with a skillet or the blunt side of a meat tenderizer). Set aside.

Mix together:

8 oz cream cheese, softened

ADD: salt, garlic, onion and pepper to taste

Herbs: (chives parsley, etc.)

Spoon cream cheese mixture onto chicken breast and top with sliced green pepper and/or mushrooms. Roll up chicken breast tightly, fold in ends and secure with toothpick. Heat 1 TBSP olive oil in skillet and brown chicken for about 10 min. Bake at 350 degrees for 10 minutes. Slice chicken without pressing down on it and serve with Arugula and vinaigrette, or refrigerate slices and top on our salad.

Baked Almond Chicken Casserole – from KBOUT78971

3 cups cooked chicken breasts, chopped (about 3 whole)

1 cup salad dressing

6 ounces Swiss cheese, cut up

1/4 cup onion, chopped

2 tablespoons pimiento, chopped

1 teaspoon salt

Dash of pepper

1/4 cup slivered almonds

Combine cooked chicken, celery, salad dressing, Swiss cheese, onion and pimiento. Season with salt and pepper. Place in an 8 x 12 baking dish. Sprinkle with slivered almonds. Bake at 350 degrees for 30 to 45 minutes, or until bubbly. Serves 6 to 8.

Nutrition information per serving: 477 calories, 36grams protein, 32 grams fat, 9 grams carbohydrate, 112 milligrams cholesterol, 747 milligrams sodium.

POULTRY MAIN DISHES

(Volume 2 – Update 1)

Chicken in Creamy Mushroom Cheddar Sauce – from Carolyn Horowitz

The basic sauce is the Cream Sauce from Dr. Atkin's Cookbook.

Serves 4

2 Boned, skinned chicken breasts
1 cup sliced mushrooms
1 cup white wine, dryer is better
3/8 lb. butter (1 1/2 sticks)
1/4 cup heavy cream
1/4 cup water
3 egg yolks
2 oz cheddar cheese, cubed
Salt & Pepper to taste

In a small skillet, sauté the mushrooms in 2 tablespoons of butter and a pinch of salt. Cover and set aside when the mushrooms are tender.

In a large skillet on low heat, melt 2 tablespoons of butter. Add white wine. Place chicken breasts in skillet. Sprinkle with salt and fresh cracked pepper. Cook for 5 minutes, covered. Turn the breasts and sprinkle with additional fresh cracked pepper. Cover and poach chicken until tender. About 20-30 minutes.

While the chicken is cooking, prepare the sauce. In a double boiler, melt 1/4 lb. butter (1 stick) over hot (not boiling) water. Take 2 teaspoon of the melted butter and beat it in a separate bowl with the 3 egg yolks (beating a small amount of melted butter into egg yolks will prevent them from hard-cooking when added to double boiler). Slowly add the egg mixture to the double boiler. Stir constantly with a wire whisk. Add the water and heavy cream. Continue whisking. Add cheddar cheese cubes and continue to whisk. Continue whisking until thick and creamy.

IMPORTANT: Once cheese is added, only stir in one direction to keep the sauce from becoming stringy. Remove 5 tablespoons of wine/butter mixture from the chicken pan. Incorporate into sauce. Immediately before serving, stir mushrooms into sauce.

To Serve: Cover chicken with sauce. Bon appetit! I'm guessing 8 or so carbs a serving.

Kadi's Thai Chicken

1 tablespoon Thai green curry base
1 14 oz can coconut milk
2 chicken breasts, sliced
1-2 cups veggies (I prefer a mixture of eggplant, zucchini and summer squash) but you can use the veggies you prefer.

In a large sauce pan add approx. 4 tablespoons of coconut milk and the green curry base. Stir until curry base is dissolved. Add the rest of the coconut milk, and bring to a boil. Turn down heat, add the chicken and the veggies, and cook until the chicken is done. You can also make this using Thai red curry base.

Cheese Stuffed Chicken Breasts – from Don and Laurie Cobbett

Serving Size: 8

1/2 package frozen chopped spinach -- thawed
1/2 cup ricotta cheese
1/4 cup grated parmesan cheese
1/4 cup cottage cheese
3 eggs - beaten
4 chicken breasts - boned
1/2 teaspoon paprika
1/4 cup butter or margarine - melted
1 dash garlic powder
1 dash salt
1 dash white pepper

Drain spinach well and squeeze out excess moisture. Combine spinach, the three cheeses and eggs. Gently stuff under skin of each chicken breast. Combine butter, paprika, garlic powder, salt and pepper. Brush chicken breasts generously with butter mixture. Bake at 350 for 20-25 minutes. Cut each chicken breast in half.

NOTES : Choose chicken breasts with lots of skin left on if possible. Also you may cut breasts in half before stuffing.

PS: According to Mastercook these have 2.1 carb gms per serving

Turkey Crust Pizza – from Amy Hughes

Make a thin 1/4 pound patty out of extra lean ground turkey and cook it until almost done. Keep covered while cooking to keep turkey from drying out. Spread one spoonful of pizza sauce on top. Add shredded mozzarella cheese, a very thin slice of onion, and a little more cheese. Sprinkle with grated parmesan cheese. Cook, covered, until the cheese is melted.

There's enough room for a few pepperoni slices but it won't get crisp. You could fry the pepperoni before putting it on the "pizza" or you could just eat it without crisping it. I haven't tried using the broiler.

About 175 calories without pepperoni, more with less lean turkey. About 350 calories when made with beef. About 6 grams carbs.

Lemon Chicken – from Pam Elkins

Put whatever # of chicken wings (or other parts) you want on a oiled cookie sheet and sprinkle with both garlic and onion powder, squirt with lemon juice and broil till golden brown, turn them over and do the same to the other side. you may salt them at the start if you wish.

Sesame Chicken – from Pam Elkin

Put as many chicken wings as you want in a resealable bag or covered container and add your favourite Italian dressing. Put in fridge for a few hours or overnight. Place on cookie sheet, sprinkle with sesame seeds and bake at 350 degrees until deep golden brown.

CHAPTER 9 - PRESERVES, PICKLES AND RELISHES

(Volume 2)

Mama Stamburg's Cranberry Relish – posted by Debbie Cusick

"I'm happy to share my late mother-in-law, Marjorie Stamberg's recipe.:-) My family and I hope you enjoy it, and that it will become a tradition in your household. And remember, it's the recipe that SOUNDS terrible, but TASTES terrific! Happy holidays! -- Susan Stamberg"

2 cups raw cranberries
1 small onion
1/2 cup sugar (replace with Splenda)
3/4 cup sour cream
2 tbsp. Horseradish

Grind the cranberries & onion together...Add remaining ingredients and mix. Put in a plastic container and freeze. An hour before serving, move the container from the freezer to the refrigerator compartment to thaw. The relish will be thick, creamy, and shocking pink. Makes 1 1/2 pints!

Orange-Cranberry Nut Relish – from Gingersnap

1 package of fresh cranberries
1/4 cup English walnuts
Zest of 1 orange
Splenda or Equal to taste

Coarsely chop washed drained cranberries and nuts in food processor. Add orange zest and sweetener to taste. Cover and put in refrigerator at least 2 hours before eating with turkey and dressing or ham.

Wendy's Zucchini Relish

10 cups shredded zucchini (I froze a bunch)
5 cups onion
1 red pepper
1 green pepper

Chop and mix together. Then stir in 5 T. pickling salt and let stand overnight covered in the fridge. Drain well in colander.

Add:

5 c. Splenda
1 T dry mustard
1 T turmeric
2 T. celery seed
1T cornstarch
1/2 t. pepper
2 1/2 c. white vinegar.

PRESERVES, PICKLES AND RELISHES

Boil for 15 min in open kettle. Put into sterilized jars and hot canning lids. The heat should seal the jars. Makes approximately 6, 2 pint jars.

CHAPTER 10 - SALADS AND SALAD DRESSINGS

(Volume 2)

Cole Slaw – from Debbie Cusick

I make cole slaw all the time - and in various ways, but this is probably my most "standard" version:

2-3 cups shredded cabbage
2 tsp. olive oil or Udo's Choice Oil
2-3 tbsp. mayonnaise
Pepper and Morton's Lite salt to taste
1/2 package equal, Splenda or equivalent sweetener

Combine all ingredients and enjoy! I adore this.

Mary's Low-Carbohydrate Waldorf Salad

Start with: chopped raw cabbage

Sprinkle in: garlic powder, dry minced onion, dry parsley, curry powder

Add: minced celery and a little bit of apple, chopped walnuts, cooked bacon

Mix with lots of mayonnaise . Let the flavors mix and mingle for at least a half hour.

Low-carb Thousand Island Dressing – from Jeri Vondera

1 cup Mayonnaise
2 Tbsp. dill pickle relish
2 Tbsp. low-carb ketchup (I used Westbrae's Unketchup)
1 green onion, white part only, chopped
1 hard cooked egg, chopped
1/2 tsp. paprika
1 - 2 packets sweetener, to taste
1 Tbsp. snipped parsley, optional

Mix ingredients. Cover and refrigerate. About 10 carbs for entire recipe. Makes approx. 20 Tablespoons.

Terrie's Mixed Slaw

1 bag each of Coleslaw and Broccoli Slaw
1 cup each of Sour Cream and Mayo

I sprinkled just a wee bit of Splenda over the top, then added 3-5 drops of Rice Vinegar (I mixed mine with the Sour Cream and Mayonnaise to make sure it would spread evenly.

It is wonderful, it's delicious and it's pretty and it's great because it's so crunchy.

SALADS AND SALAD DRESSINGS

Theresa's Chicken Salad

This is what I used this time and it's really good.

Half a bowl of cooked, chopped chicken.

1 cup (combined) of red bell pepper, green onion, cucumber and celery, all finely diced.

The dressing...

Equal parts mayonnaise and sour cream,

Two teaspoons lemon juice,

Some salt

2 teaspoons Mrs. Dash.

Stir dressing and mix into chicken and diced veggies. Allow time in fridge for flavors to blend. There you go. Too easy, huh? Non dieters will love this!

Stephanie's Chicken Salad

2 large cans of chicken

1 cup sliced celery

1/3 cup slivered almonds

1/2 cup mayonnaise

1/2 tsp. garlic powder

1/4 tsp. pepper

1/4 tsp. ginger

We spread it on celery stalks or just eat it on a lettuce bed with a few bits of chopped tomato.

Honey Mustard Salad Dressing – from Wendy

1/2 cup oil

1/4 cup Dijon mustard (I just use French's, we like it better that way)

1 cup mayonnaise

3/4 tsp. vinegar

Dash of garlic powder

Dash of onion powder

1/4 cup spoonable sweetener

Blend it all together and you are finished! This is quite thick and can be thinned down with water if you like a "runnier" dressing. Great on grilled chicken too

Hot Bacon Dressing – from R. Sanchez

1/2 pound bacon slices

2 tablespoons minced shallots

1 garlic clove, minced

1/4 cup firmly packed brown sugar (use Brown Sugar Twin)

1/4 cup cider vinegar

1 teaspoon chopped fresh parsley

1/4 teaspoon salt

1/2 teaspoon pepper

Serve with spinach salad.

SALADS AND SALAD DRESSINGS

Red Onion Salad Dressing – from Susan Jamieson

In a blender put:

1 c. vegetable oil
1/4 c. vinegar
1/3 c. Equal/Splenda or ??
1 tsp. dry mustard
1 tsp. salt (I use less)
2 Tbsp. water
1/2 small to medium size red onion.

Turn on the blender. -- It comes out in varying shades of pink -- depending on the colour & amount of the red onion you use.

Put in a dish -- a bunch of lovely romaine lettuce. Decorate with a few segments of mandarin orange, and a few pecans (or sunflower seeds, or pinenuts), either toasted or raw. Pour on some dressing. Enjoy!

I store the rest of the dressing in an old liquid honey dispenser -- makes a great salad dressing server. Shakes without spilling, pours in controllable amounts, and doesn't take up too much room in the fridge.

Kevin's Southwest Chicken Fajita Salad

This salad is sooo good and easy to make that I have had it three times this week. It works perfect w/ my Foreman grill and I use frozen boneless skinless thighs or breasts. This is my Induction version - if you've got carbs to spare, add grilled onions, peppers, and anything else you like.

Put a bed of lettuce on a plate. Fry 4 or 5 strips of bacon real crisp / cut up and put on lettuce. Fry chicken and add copious amounts of Cumin while cooking :). Chop chicken and put on salad. Add shredded cheddar, several hefty dollops of sour cream, fresh cilantro (a must) and hot sauce.

SALADS AND SALAD DRESSINGS

(Volume 2 – Update 1)

Maguire's Italian Salad Dressing

1 packet Good Seasons Italian (8g carbs per packet)
1/2 cup mayo (0g)
1/2 cup water (0g)
1/2 cup vinegar (7.2g? Atkins lists all vinegars at .9 per tablespoon, even balsamic... I used red wine vinegar, balsamic would be faboo!)
1 cup oil (0g - I used safflower)
3 cloves garlic (2.7g total - you could use less)

Whip it all together in a BLENDER (practically required to emulsify the oils so it doesn't separate). This will make 2 1/2 cups with total carbs 17.9 so just under 1g of carbs per tablespoon... and a little goes a looong way.

Linda's Fabulous Spinach Salad

For those of you who like spinach salad, you've got to try this. Its to die for. This recipe is for 2 large side dish salads. Very few carbs, I think.

1/2 bag spinach, washed and torn into mouthful size pieces
4 slices bacon. diced
1 teaspoon minced onion
2 tablespoons wine vinegar
1 teaspoon lemon juice
1 tablespoon Splenda
1 tablespoon oil
1/2 teaspoon salt
Some freshly ground pepper
4 large mushrooms, sliced
1 hard boiled egg, coarsely chopped

Put the spinach in a bowl and set aside. Then fry the bacon and minced onion in a skillet until the bacon is crispy. Add vinegar, lemon juice, oil, splenda, salt and pepper and just mix together. Pour over spinach and toss until the leaves are well coated. Add the mushrooms and egg and toss a little more. Serve immediately. Hope you enjoy it as much as I did.

Pretzel Jello-Salad -from Joe Muha

2 Cups Planters Dry Roasted Sunflower Kernels (48 Carbs minus 32 - 16 Carbs)
1.5 Sticks of Butter - 0 Carbs
2 Cups Non-Dairy whipped Topping (High CARB, may try Redi-Whip or real whipping cream) - 100 Carbs
8 oz Cream Cheese - 16 Carbs
10 Packets equal (Or other artificial sweetener) - 0 Carbs
3 - 3oz Packets of Sugar Free Cherry Gelatin (May use another flavour) - 0 Carbs
3 Cups boiling water - 0 Carbs

TOTAL - 132 Carbs

SALADS AND SALAD DRESSINGS

Melt the butter. Mix the butter and the kernels in a 9x13 baking dish. Spread evenly along the bottom. Bake in a 400F oven for about 10 minutes. LET COOL!

Mix 2 C Non-Dairy topping with 8oz Cream Cheese and 10 packets of Equal, mix well with electric blender. Spread over the kernel/butter mix THAT HAS COOLED!

Mix 3 cups of boiling water with the gelatine and mix well. Let cool for about 15 minutes in the refrigerator. Once cooled, pour over the cream cheese mix. Cover with Saran Wrap, refrigerate until firm.

The 9x13 pan has 117 sq. in. and the recipe has 132 carbs. Therefore, each sq. inch has 1.12 carbs. A 2x2 square only has 4.48 carbs and a BIG 3x3 square has 10.08 carbs. I eat a 2x2 square and get about 28 pieces out of the batch.

Cimarene's Thousand Island Dressing

3/4 cup mayonnaise
1 tbsp. sweet pickle relish (any pickle relish)
2 tbs. chili sauce or ketchup (The Volume 1 Cookbook has lots of good low carb ketchup recipes)
2 tbsp. chopped green bell peppers
2 tbsp. onion (chopped)
1 tbsp. lemon juice
1 pkg. sweetener
1/4 tsp. Worcestershire sauce
1 hard cooked egg, chopped.

Combine all in a small bowl (I use the blender) add egg last. (though I usually DON'T use the egg.. grin). Makes approximately 1 1/3 cups.

Cimarene's Ranch Dressing

1 cup mayonnaise
1 cup buttermilk (i use 1 cup cream with 1 tsp. lemon instead and it works fine)
2 tbsp. onion (chopped)
1/4 tsp. powdered onion
2 tsp. minced parsley
1/3 tsp. garlic powder
1/4 tsp. paprika
1/2 tsp. cayenne pepper
1/4 tsp. salt
1/4 tsp. pepper

Combine (again, I use the blender), and place in refrigerator. Makes approximately 2 cups.

Avocado Shrimp Salad – from Tina MacDonald

Dressing:

This is based on the Hot Bacon Salad Dressing from R. Sanchez

1/2 pound bacon slices, diced
2 tablespoons minced green onions
1 teaspoon minced garlic
1/4 cup Brown Sugar Twin
1/4 cup cider vinegar
1 tablespoon mixed salad herbs (I used a mixture of parsley, tarragon, oregano and basil)

SALADS AND SALAD DRESSINGS

1/4 teaspoon salt
1/2 teaspoon pepper

Fry diced bacon until crisp. Mix together the remaining ingredients and add to frying pan. Cook until very hot (do not boil – the Sugar Twin can become bitter at high heat).

Salad:

1 large bunch fresh spinach
1 small red onion, sliced and separated into rings
2 small cans medium shrimp
2 avocados, peeled, stone removed and coarsely chopped

Clean spinach, removing stems. Place in large salad bowl with remaining ingredients. Pour the hot bacon dressing over the salad, and toss till coated. Serve as a first course, and watch it disappear!

Connie's Wilted Spinach Salad

Mound of steamed (then cooled) spinach (I just used canned today 1/2 can)
Dollop of mayonnaise on top
Squirt of mustard

Slice 2 boiled eggs and layer over the mound. Sprinkle with bacon. Eat!

No-Carb Salad Dressing - from Aldont

In a jar or processor slop in 2/3 cup of very virgin olive oil (no carbs here). Add 1/3 cup of really good balsamic vinegar (no carbs here). Plop in two good and full tablespoons of good mustard (no carbs here). Add about the same of .02 carb mayonnaise. (sorry, that would make .04 carbs). Drop in a good dash or two of dry dill weed spice (don't think it would count). Throw in a goodly amount of pure garlic powder (to taste). Toss in a Two Fat Ladies pinch or two of course salt. (should be no carb type). Taste it. If it's too vinegary add as much water as you think best. Maybe a half cup or so. Put the lid on tight and shake like hell. Voila!! A tasty dressing without any carb sin to speak of.

CHAPTER 11 - SAUCES

(Volume 2)

Low-Carbohydrate Cranberry Sauce – posted by Deb P 1229

(from Fran McCullough's Cookbook)

1 lb. Cranberries
Zest of 1 Orange
1/2 cup water
Sweetener to taste

Put cranberries in heavy pot with water/ Cook over medium heat until cranberries pop & deflate into a sauce. Add orange zest & sweetener. Chill. Serves 12 @ 2carbs/serving as per PP.

Deglazing Sauce for Meat – from Philip Bayles

For the bachelor cooks like myself, I have a way to improve all those chunks of meat. When the meat is done, take it out, let the pan cool a bit, and add about 1/3 cup of appropriate wine, and 1/3 a cup of water. When it comes to a nice boil, add about a tablespoon or two of flax meal, and voila, a nice rich wine gravy/sauce to pour over the meat.

I have tried it so far with fish and pork (white wine or sherry), and beef or sausage (red wine). A bit extra salt, pepper, or herbs can also be added, and with beef I like a teaspoon of plain hot horseradish. It makes the meat more elegant, gives me a nice dose of much needed fibre, and makes the skillet or roasting pan much easier to clean.

The proper term is deglazing I think, and you experienced cooks probably know all about it, but for me it is a great way to make all this meat much more interesting.

Outback Steakhouse's "Tiger Dill Sauce" – posted by eisens

2/3 Cup Sour Cream
1/4 Cup Mayonnaise
3 tsp. Horseradish
3/4 tsp. Sugar Substitute (a little less than a packet)
1/4 tsp. fresh Dill

Serve with Prime Rib.

Jen's Cheese Sauce

2 tbsp. Butter
2 tbsp. flour (or Soy flour)
1 tsp. dry mustard
1/4 tsp. salt
Dash of pepper
1 C. heavy cream (could use 1/2 Cream & 1/2 water)
1 C. shredded sharp cheese (about 4 oz.)
5 drops hot pepper sauce

Heat butter until melted. Blend in flour, mustard, salt and pepper. Cook over low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in cream. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese and pepper sauce. Cook and stir over low heat until cheese is melted. Pour this over a whole head of cooked cauliflower and sprinkle with paprika. A pretty and delicious dish.

Greebo's Cooked Mayonnaise

2 egg yolks
2 tbsp. vinegar or lemon juice
2 tbsp. water
Sweetener equivalent to a tsp. sugar
1 tsp. mustard (dry or wet)
Dash pepper

Plus, whatever else takes your fancy, e.g. a dash of curry powder or garlic. 1 cup oil (I use olive, but whatever, there is lots of debate about oils, I suppose canola might be ok, its cheaper)

In a small saucepan, stir together egg yolks, vinegar, sweetener, mustard, salt and pepper until blended. Cook over a very low heat, stirring constantly, until mixture bubbles in 1 or 2 places. Remove from heat. Stand to cool slightly (about 4 minutes), then pour into blender. Blend at high speed while slowly pouring in oil in a very thin stream. (need to be patient with at least the first 1/4 cup so as the oil will emulsify). Occasionally stop the blender, and scrape down sides if necessary. put in a glass jar in fridge.

Greebo's Uncooked Mayonnaise

1 egg (whole)
1 tbsp. lemon juice
1 tsp. mustard
Pepper and salt
2 tbsp. vinegar or lemon juice (I have used lime and it had a Tai flavour)
1 tsp. crushed garlic or half that if using powder
1 cup oil

Put egg and flavouring in blender, blend a couple of seconds, then as add oil in a steady slow drizzle. if it curdles, pour it out, wash blender, put another egg in and trickle in the curdled mix. Bingo, actually works.

Notes. Any flavouring can be added, depends on your taste e.g. for Russian dressing, add to 2 cups of the basic mayonnaise, 2 tbsp. chilli sauce, 1 tbsp. pimento and 1 tsp. minced onion. Another great one, is herbal mayonnaise, i.e. 1 cup mayonnaise add 1 tbsp. horseradish and 1/4 cup of very finely chopped celery leaves and parsley, plus 1 small spring onion. Just remember to add a carb or two, depending what you put in.

The mayonnaise that is cooked keeps about 2 weeks in the fridge. The other uncooked one, a few days in the fridge, its the one I usually make if I intend on using it all at once. ie. a big family batch of coleslaw.

Bill's Cilantro and Lime Butter

Makes 1 cup

1 cup unsalted butter
2 tablespoons lime juice
1/4 cup chopped fresh cilantro
Salt to taste

Soften butter, mix in cilantro and lime juice. Salt to taste. Chill for 1 hour or more.

GreyEagle's Flavoured Vinegars

Every couple of months or so I line up some glass jars, about a cup in size, put 1/2 to 1 cup of white vinegar in each then start creating. Celestial Seasons, and others, makes some wonderful herb teas. Put a tea bag in each for 10-20 min and you have just made your own flavoured vinegar. No heating necessary. Yesterday I made some Harvest Chamomile, Orange Mango Zinger and Raspberry Zinger from teas. And I also crushed some Juniper Berries for another. Imagination is important here -- throw in some pepper corns or other herbs or spices too. Most herb teas are 0 carbs, the Celestial Seasons ones that have a fruit name are "less than 1 carb" per cup of tea but you will only need a teaspoon or less for a salad!

I use just a bit in some mayonnaise for a dip sometimes. Use in marinades. And today in an effort to find something new to flavour my water I put just a 1/2 teaspoon of my Harvest Chamomile Vinegar in a 32 oz mug of ice and water -- amazing! it is refreshing and delicious! Sort of like putting lemon in ice water, I guess, but different flavours.

Of course, in a fancy bottle and with a sprig of herb they make wonderful gifts too.

SAUCES

(Volume 2 – Update 1)

Splenda BBQ Sauce – from Diane

1 can tomato paste (6 oz.)
1 cup water
1/4 cup cider vinegar
2 tbsp. Worcestershire sauce
1 tbsp. dry mustard
1 tbsp. chili powder
2 tbsp. Splenda Granular

In a medium bowl, whisk together the sauce ingredients.

Low-Carbohydrate Cheese Sauce – from Marion

1/4 cup sour cream (or cream cheese)
1/4 cup grated sharp cheddar
1/4 cup of heavy cream (or to your preferred consistency)

Stir cheese into sour cream. Microwave for 45-60 seconds (depends on your machine). Remove, stir while piping hot. Add cream, stir. Add any spices you want: i like fresh cracked black pepper, oregano, and basil. And if the cheddar wasn't sharp enough for me to taste, I'll add some Parmesan.

Serve over cooked cauliflower or broccoli.

CHAPTER 12 - SOUPS

(Volume 2)

Beef Vegetable Soup – from Laurie

3 pound Chuck Roast
1 onion - diced
1 rib celery - diced
3 tablespoons Atkins Bake Mix (or Not Starch) *Optional
1 tablespoon Olive Oil
1 tablespoon Vegetable Oil
3 cups beef broth
1 cup water
1/4 cup red wine (Merlot)
1 (14.5 oz) can diced tomato - with liquid
1 bay leaf
Thyme - ground (to taste)
Salt (or Morton's Lite or No Salt)
Pepper
1 small cabbage - diced up
1 cauliflower - cut up (or 16 oz. bag of frozen cauliflower)
Brussels Sprouts (or 16 oz. bag frozen)

Cut roast up into 1-1/2 inch squares. Heat oil in a Dutch oven, and add the roast, onion and celery. Cook until meat is browned on all sides and veggies are tender. I sprinkled Atkins Bake Mix over the meat/veggies as it cooked to help with browning, and so the broth would be a bit thicker, but you don't have to do this (and the mix didn't ruin the taste, so don't worry about that).

After meat is browned, if there is still any oil left in the pan, drain it. Add the broth, water, tomato with liquid, wine and spices to the meat in the Dutch oven. Bring to a boil, then cover and turn down the heat. Let simmer gently for 1 hour and 15 minutes, stirring occasionally.

Add the cabbage, cauliflower and Brussels sprouts (fresh or frozen). Bring back to a boil, cover, turn down the heat, and cook another 15 minutes (or longer if you like your veggies mushy).

You could use any veggies in the soup, I just used the above because they were what I had on hand.

Barbara's Quick Chicken Vegetable Soup

1 large can of Cottage Inn Chicken broth
1 onion
A couple of stalks of celery
2 small turnips (white)
2 carrots (first time they've been in my house since April)
1/2 of a parsnip (a whole one is 31.3 gms carb!!!)
1/2 cup string beans
Diced boneless chicken breast (they defrost quickly)
1 tbsp. dried parsley
1/2 tsp. dried dill
8 turns of the pepper mill

It came out to about 50 carbs for the pot, and DH and I finished it off. So figure about 25 carbs each. But it tasted sooo good and made me feel better.

Meat Broth – from Myra’s 1919 Diabetic Cookbook

1 cup strong beef stock
1 egg yolk
1 tablespoon finely ground almonds
Seasoning to taste

Heat the stock, stir in almonds; boil for two minutes. Pour over the egg yolk, stirring carefully to avoid curdling. Serve very hot, at once. Makes 1 serving.

Protein: 9.95 grams
Fat: 10.84 grams
Carb: 1.42 grams
Calories: 142

Vegetable Soup - – from Myra’s 1919 Diabetic Cookbook

2 cups beef stock
1/2 white onion
3 sprigs parsley
3 sticks celery with leaves
1 leek
3 cabbage leaves

Wash vegetables; chop very fine, and simmer in a little stock until nearly tender; then add the two cups of stock, and simmer for one hour. Serve very hot. Makes two servings.

Entire recipe:

Protein: 12.36 grams
Fat: 1.54 grams
Carb: 5.14 grams
Calories: 85

Soup with Egg Dice - – from Myra’s 1919 Diabetic Cookbook

1 egg
1/2 teaspoon butter
1/4 cup cold beef or chicken stock
Pinch salt
2 cups hot beef or chicken stock

Beat the egg until foamy; add butter, creaming together, salt and cold stock. Pour into a well-buttered custard mould, place mould in pan of boiling water, and steam for one hour. Cool, remove from mould, and when cold cut into dice. Put into soup tureen, pour clear well-seasoned boiling hot stock over the dice and serve at once. Makes one serving.

Protein: 18.99 grams
Fat: 8.41 grams
Carb: Negligible
Calories: 152

Soup with Chicken Dice - -- from Myra's 1919 Diabetic Cookbook

1/2 cup white meat of chicken, cut in cubes
1 1/2 cups clear chicken broth
1 egg
1/4 teaspoon finely chopped parsley
Seasoning to taste

Heat the chicken in 1 1/2 cups broth. Meanwhile, beat an egg foamy in the tureen in which the soup is to be served; pour the chicken and broth over the egg, stirring to prevent curdling. Sprinkle with the parsley and serve very hot, at once. Makes 1 serving.

Protein: 18.44 grams
Fat: 12.64 grams
Carb: Negligible
Calories: 187.7

Cindy's Holiday Soup***Ingredients:***

1 Medium sized whole chicken (cheap fatty kind-not Perdue!)
1 celery stalk, diced (2 carbs)
8-10 fresh spinach or escarole leaves (1 carb)
1/4 c. Parmesan/Romano cheese (1-2 carbs)
1/4 c. parsley
Garlic powder, salt, pepper to taste
1 lb. lean ground beef
1/4 c. onion, diced (3 carbs)
6 eggs (4 carbs)
1 tsp. baking powder (2)

Chicken soup -- Boil chicken with celery and onion (salt, pepper and garlic powder to taste). Transfer the chicken & veggies and strain the broth if necessary. Remove bones and tear into bite sized pieces.

Spinach -- Wash leaves and remove hard stems. Boil in water until tender. Drain, then cut into thin strips. (Extra can be frozen for later.)

Meatballs -- Mix 1 egg, garlic powder, 1/8 c. parsley, salt, pepper and 1/8 c. cheese with meat. (You can add 1/8 c. dry bread crumbs for easier handling if you like, but add 10 carbs to the pot's grand total). Shape 50/60 marble sized meatballs and brown in skillet. Drain.

Egg Sponges -- Blend 4 or 5 eggs with remaining cheese, parsley and baking powder. Add a little water for more volume. Pour in small cookie sheet (use PAM first), bake at around 250-300 degrees until firm and lightly browned. Cut into thin strips to form 1/4" squares.

Putting it together:

Bring the broth to a boil (add water as needed--about 8 cups). If broth is not "chickeny" enough, add a few bouillon cubes or canned stock for flavour. Add chicken, spinach, meatballs, and sponges back into broth and simmer. Top with additional cheese if desired and enjoy.

NOTE: I've adapted this recipe from my mother-in-law's speciality--Italian wedding soup. It may look a bit strange to those who have never tried it (because of the spinach and little floating egg sponges), but it is

absolutely delicious! Even my kids beg me for it--to me that says a lot! Best of all, I figure it comes to about 15-20 carbs FOR THE ENTIRE POT!!

Cream of Cauliflower Soup – posted by Diva

I tried this Cream of Cauliflower soup recipe and it is excellent. Use hot or chill as Vichyssoise. Garnish with chives

1/2 sweet onion, sliced thin
1 small head of cauliflower florets
1 can Campbell's Chicken Broth
Dried or fresh, parsley, salt and pepper to taste
3 tablespoons olive oil
Dash of Lite Soy Sauce
1 cup water
1 cup 15% cream

Heat oil over low heat in large saucepan and sauté onions for 3 minutes. Add cauliflower and parsley. Cover partially and cook 8 to 10 minutes more. Add water and stock and bring to a boil. Cover partially and simmer 5 minutes. Puree in blender, gradually adding cream or milk. Makes 6-8 1/2 cup servings

Carbs 3 grams, protein 2.5 grams

Turkey Meatball Soup – from Megan M.

1 lb. ground turkey mixed with minced garlic, Parmesan cheese (instead of bc) two eggs and finely chopped spinach. If it doesn't look like enough meatballs when its done, I am going to throw in some pre-cooked ones that are in the freezer.

I am going to brown them and add a can of diced tomatoes and a can of Italian seasoned chicken broth in my crock-pot. I'll add whatever water seems right. Shortly before serving I will add torn fresh 2 1/2 cups spinach leaves and let them wilt. Sprinkle more Parmesan on top.

Its about 31 pro, 25 fat, 14 carbs and 4 fibre

SOUPS

(Volume 2 – Update 1)

Maguire's Italian Chicken Soup

Sauté 2-3 garlic cloves in olive oil for a few minutes until softened. Add a good sprinkling of any seasoning you like (I usually use the "Italian seasoning blend" or rosemary, oregano, and basil) and a good pinch of salt. Add 4 cups of a good low salt LC chicken broth (I use home made stock and water so I know there's no added sugars or carbs) and allow to simmer for a few minutes to bring out the flavour in the herbs. Cut 3-4 cooked chicken breasts into bite size cubes and add to stock. At the last minute add frozen chopped spinach and allow the soup to return to a simmer. Serve with freshly shredded parmesan cheese. You could add tiny LC meatballs to make this more of an Italian wedding soup or stir in 1 or 2 scrambled raw eggs (egg-drop style) and allow them to cook in the broth to make this another traditional Italian soup (which I completely forget the name of!!).

Fresh basil leaves added with the spinach is another good addition.

Egg Drop / Tofu Soup – from Heather

1 20oz. can salt-free chicken broth
3 eggs
4oz. firm tofu, cut in thin strips
1 scallion, chopped (green part only)
1 tbsp. Chinese parsley
1/2 tsp. each Chinese white pepper and mustard powder
Dash salt-free soy sauce

Separate two of your three eggs. Lightly beat the two yolks and one whole egg and set aside. In a medium saucepan, whisk the egg whites into the *cold* broth. Slowly raise broth to almost boiling. "Drop" the beaten egg into the hot broth, a little at a time. It should cook immediately and each "drop" should hold together. Stir gently. Add tofu, pepper, mustard and soy sauce and simmer five minutes. Just before serving, stir in the Chinese parsley and scallion. Makes two big dinner portions.

Taco Soup – from Tina MacDonald

The next time you make tacos (without the shell), make extra meat so you can use the leftovers for the following soup.

About 3/4 pound of leftover taco seasoned ground beef
Half a chopped onion
Half a chopped green pepper
About 3/4 cup of salsa

Make about 6 cups of beef stock (from Knorr's Stock base), and chuck in all the above. Simmered it for about half an hour. It tasted great, and cleared our sinuses too! A little carby, but a great cold cure!

Portuguese Soupas – posted by Greyeagle

Serves 6 (or three hungry lowcarb'ers)

Ingredients

3 1/2 or 4 lb Pot Roast
2 onions - quartered (I cut it back to 1 medium one for LC'ing)
2 cloves of garlic (peeled and smashed a bit)
1 small can Tomato Sauce (I use LC Tomato Paste)
1/2 c white vinegar (wine vinegar might be interesting too)
2 Tbsp. of pickling spice (Tie in cheese cloth; discard after cooking)

Instructions

1. Cut Pot Roast into 1-1 1/2 in. chunks, wash, and put into pot.
2. Cover meat with water and add all other ingredients.
3. Cook 1 1/2 - 2 hrs until very tender. Add water as needed.

Serving

1. Place slices of French bread on a plate and place a sprig on fresh peppermint on them.
2. Ladle the Soupas over the bread and peppermint.

NOTE: This was stressed as being very important in serving it in the traditional style. It tastes very different if served without this step. Although an LC'er will have to make one omission - the bread. I served it in a wide soup bowl with the peppermint scattered over the top of the Soupas sans bread. It was delicious.

Myra's New England Clam Chowder

I haven't figured out the carb count yet - I'm sure it's not as low as I usually like, but for an occasional treat, it was very good.

2-3 slices bacon, cut into small pieces
1/2 medium onion, coarsely chopped
1 6-ounce can chopped clams
Water
1 1/2 cups raw cauliflower, cut into small pieces
1/4 teaspoon xanthan gum
1 cup heavy cream
1/4 teaspoon white pepper
Salt to taste

In a saucepan, sauté the bacon until it almost cooked through. Toss in the onions and slowly cook until the onions are translucent. In the meantime, drain the clam juice into a measuring cup, and add enough water to make 1 1/2 cups. When the onions are ready, add the clam juice & water, the cauliflower and the xanthan gum. Cover and simmer for about 15-20 minutes, or until the cauliflower is just tender. Add the chopped clams, and cook for about 5 minutes. Turn off the heat and add the cream and pepper. Season to taste with salt. Makes two HUGE servings.

Jamie's Lithuanian Sauerkraut Soup

Beef soup bones

1 to 1 1/2 pound stew meat, cut into soup-bites

2 cans (approximately 16 oz each) sauerkraut

1 small can (8 oz) stewed tomatoes,

1 bay leaf

Black pepper to taste,

Usually needs little or no salt, depending on the kraut

Rinse bones, brown bones and meat thoroughly. Add enough water to cover meat and bones, simmer covered about 2 hours.

(This step is cosmetic, for clearer broth. If you don't care how the broth looks, just remove the bones). Remove bones and meat, discard bones. Rinse meat. Strain stock through fine mesh or cheesecloth. Return meat and stock to pot.

Drain and slightly rinse sauerkraut, and add to pot. Cut up the stewed tomatoes with a scissors while still in the can, and add the stewed tomatoes with their juice to the pot. Add bay leaf, and pepper to taste (additional water if needed). Simmer covered at least 2 more hours. Taste to see if it needs any salt. (The crisp sauerkraut that comes in a jar can be used instead of canned, but tends to be extremely smelly during the cooking process. The end product comes out the same.)

Double Mushroom Soup - posted by Susan Jamieson

From Protein Power (makes 1 qt, 4 servings, ea. 3 gm carbs, 5 gm protein)

1/4 c. butter

2 c. chopped mixed mushrooms (several kinds)

1/2 c. minced scallion

2 garlic cloves, minced

Salt & cayenne pepper to taste

1 tsp. dry mustard

2 tsp. wild mushroom powder (grind dried wild mushrooms in blender or food processor)

3 c. chicken broth

2 tbsp. dry sherry

2 egg yolks mixed with 1/4 c. heavy cream

- Melt the butter in a large skillet over med-low heat.
- Sauté the mushrooms, scallion, and garlic in the butter for about 30 minutes, until the mixture is thick. Add the salt and cayenne, dry mustard, and mushroom powder, mix well and cook 5 minutes.
- Pour in the chicken broth and sherry and bring to a simmer.
- Whisk a little hot liquid into the yolk mixture, then whisk back into the soup, stirring till it thickens.

Their serving suggestion is before a roast chicken or broiled fish fillet with a big salad. When I made it we started with this, then the orange/pecan salad, then filets & asparagus! It was a beautiful dinner! (all served on the good china!)

Low Carbohydrate "Olive Garden" Zuppa Toscana soup - from Jillena

1 lb ground sausage
16 oz bag of frozen cauliflower (use fresh if you want)
4 oz cream cheese
3 tbsp. butter
1 onion
1 cup heavy whipping cream
1 cup Kale
4 cups water
Garlic, salt, pepper to taste

Microwave or steam cauliflower for 10 minutes until soft. While cauliflower is softening, cook sausage, bacon and onion together until done, drain well. Mash cauliflower together with cream cheese and butter. Put water and kale in soup pot and cook for about 2 minutes. Add the meat, cauliflower mixture, and seasonings. Simmer about 5-10 minutes until kale has your desired tenderness.

Italian Sausage Soup - from Linnen

1 lb. Italian sausage, mild or hot depending on you taste (I use hot), sliced.
Olive oil
1/2 onion, sliced into rings
Celery, 2 ribs
Garlic, 1 clove, minced

Sauté the sausage in a tbsp. or two of oil in a stockpot. Add onion, celery, and garlic, cook until lightly browned. Add:

Chicken broth, 2 quarts
Tomato paste, 1 tbsp.
Oregano, pinch
Basil, pinch
Zucchini, 2 or more, sliced
Few leaves of chard (not red), spinach, or even cabbage, cut into long slivers

Add the broth, tomato paste, seasonings, and additional vegetables, bring to a boil, reduce heat and simmer for 4 hours or more. Serve with lots of grated fresh parmesan cheese.

I've varied this in many ways, depending on what vegetables are available, and on how many carbs my budget will allow. Mushrooms are a good addition, as are sliced fresh green beans. The original recipe called for canned tomatoes. Although I prefer the paste, I sometimes add some chopped tomato if I have leftovers. I occasionally add diced leftover meat or poultry, also. The sausage provides quite a bit of seasoning, so you should probably taste before adding additional seasoning. I sometimes add red pepper flakes if I want more zip.

This makes an appealing meal on a chilly day, and leftovers are wonderful to have in the refrigerator.

CHAPTER 13 - SWEETS

(Volume 2)

Jamie's Coconut Macaroons

(adapted from an ancient Betty Crocker cookbook)

1/2 cup egg whites (I used 3 jumbo, probably 4 large)
Sweetener equivalent to 1 1/4 cups sugar (30 packets)
1/4 tsp. salt
1/2 tsp. vanilla extract
2 1/2 cups unsweetened moist shredded coconut

Beat egg whites until fluffy but not stiff. Stir in sweetener, salt, vanilla. Blend in coconut.

I used a measuring tablespoon to form the cookies. Recipe makes about 30 cookies. Bake at 325 about 15 to 20 minutes, or until lightly browned.

Per cookie (30 cookies): about .6g protein, 2g carb, 29 cal

Notes: I've seen unsweetened coconut either in the frozen fruit area, or in bulk bins, but never in the regular baking aisle. Mine from the bulk bins is pretty dry, and the first time I made the recipe, it came out rather dry, so when I made my second batch, I mixed the 2 1/2 cups of dry coconut with about 1/2 cup water and let it sit in the fridge a little while before making the recipe.

Ginger Cookies - from Myra's 1919 Diabetic Cookbook

1/4 cup almond flour
2 eggs, separated
4 saccharin tablets (see note)
1 tablespoon heavy cream
1/2 teaspoon ground ginger

Foam egg yolks with saccharin dissolved in a few drops of water. Beat egg whites until stiff. Add almond flour, ginger and cream to yolks, stir smooth. Fold in egg whites. Drop from teaspoon on a buttered tin; flatten out, and bake in a moderate oven.

NOTE: I'm guessing that a saccharin tablet is equivalent to 1 teaspoon of sugar, so you could probably substitute an equivalent amount of Splenda. Also, I'm pretty sure a "moderate" oven is 350 degrees F.

TOTAL RECIPE:

Protein: 28.51 grams
Fat: 22.31 grams
Carb.: 5.63 grams
Cal: 340

Spice Cookies - from Myra's 1919 Diabetic Cookbook

1/4 cup almond flour
2 eggs, separated
3-4 saccharin tablets (see note)

1 tablespoon heavy cream
1 teaspoon mixed spices (cinnamon, cloves & nutmeg)
1-2 tablespoons coarsely chopped blanched almonds

Foam egg yolks with saccharin dissolved in a few drops of water. Beat egg whites until stiff. Add almond flour, spices and cream to yolks, stir smooth. Fold in egg whites. Drop from teaspoon on a buttered tin; flatten out, sprinkle chopped almonds on top, and bake in a moderate oven.

NOTE: I'm guessing that a saccharin tablet is equivalent to 1 teaspoon of sugar, so you could probably substitute an equivalent amount of Splenda. Also, I'm pretty sure a "moderate" oven is 350 degrees F.

TOTAL RECIPE:

Protein: 31.95 grams
Fat: 31.32 grams
Carb.: 8.47 grams
Cal: 445

Chocolate (Cocoa) Cookies - from Myra's 1919 Diabetic Cookbook

3 tablespoons almond flour
2 eggs, separated
4 saccharin tablets (see note)
1 tablespoon cocoa powder
1/2 teaspoon grated lemon rind
1/2 teaspoon ground cinnamon
6-8 drops vanilla extract

Foam egg yolks with saccharin dissolved in a few drops of water. Beat egg whites until stiff. Add almond flour, cocoa, lemon rind and cinnamon to yolks, stir smooth. Fold in egg whites. Drop from teaspoon on a buttered tin; flatten out, and bake in a moderate oven.

NOTE: I'm guessing that a saccharin tablet is equivalent to 1 teaspoon of sugar, so you could probably substitute an equivalent amount of Splenda. Also, I'm pretty sure a "moderate" oven is 350 degrees F.

TOTAL RECIPE:

Protein: 26.04 grams
Fat: 17.56 grams
Carb.: 6.83 grams
Cal: 289

Cinnamon Bars – from Myra's 1919 Diabetic Cookbook

8 tablespoons almond flour
2 eggs, separated
1/2 tablespoon ground cinnamon
3-4 saccharin tablets

Beat egg whites until stiff. Mix the rest of the ingredients together, folding in stiffly beaten egg whites last. Butter a baking pan. Form narrow bars of the mixture and bake in a moderate oven.

NOTE: I'm guessing that a saccharin tablet is equivalent to 1 teaspoon of sugar, so you could probably substitute an equivalent amount of Splenda. Also, I'm pretty sure a "moderate" oven is 350 degrees F.

TOTAL RECIPE:

Protein: 45.58 grams
Fat: 24.08 grams
Carb.: 10.48 grams
Cal: 433

Lauren's Cookie Wafers

You can add nuts or coconut or sandwich 2 together with chocolate or Low Carbohydrate jelly... use your imagination.

4 oz cream cheese
4 oz butter (1/2 sweet and 1/2 salted would probably be best)
4oz (by weight) vanilla (or chocolate) protein powder (I use Proformix soy)

Cream butter and cream cheese together after softening...till just mixed. Add powder until it resembles streusel and finish mixing by hand until it is all together... Refrigerate a few hours. I rolled balls (cherry tomato sized) and flattened slightly. Bake at 350 until edges start to brown. Cool and eat...

Velveeta Cheese Fudge

1 pound Margarine or Butter
4 pounds Powdered Sugar
1 pound Velveeta Cheese
2 cups Nuts, chopped
1 cup Cocoa
2 teaspoons Vanilla

Melt margarine and cheese together. Mix in remaining ingredients. Spread in greased pan. Cool. Cut in squares. Keep in refrigerator. Makes enough for a big party.

Laura's Cream Cheese Cookies

For the bottom crust:

I coarsely ground up 1/2 cup almonds (about 2 1/2 ounces) and mixed it with 1/2 cup gluten flour. You might add some Splenda. Then I cut up some butter in to the mixture and patted it into the bottom of an 8 inch square pan.

Bake this at 350 degrees until golden brown.

For the topping I mixed:

1/4 cup Splenda
8 ounces cream cheese
1 egg
2 tbsp. cream
1 tsp. vanilla
1 tbsp. lemon juice

Spread this over the crust and bake for 25 minutes at 350 degrees. It was great!

I estimate about 45 carbs (w 7.5 carbs fibre) and without Splenda in the crust. If you cut it into 16 square that would be less than 3 carbs per cookie. You might also look at other ways to save carbs by using almond flour or soy flour or sweetener tablets instead of the powder.

Dr. Atkins Vanilla Ice Cream – posted by Dave Bentley

This version does not require an ice cream maker... just a blender. Makes 1 quart or 8 servings (1/2 cup each).

5 egg yolks
3 teaspoons vanilla extract
8 teaspoon-equivalents sugar substitute
1/4 cup water
2 cups heavy cream, whipped

Place yolks, vanilla extract, sugar substitute, and water in blender. Blend at medium speed for 30 seconds. Fold yolk mixture into whipped cream. Blend well, being careful not to break down volume of whipped cream. Empty into refrigerator tray. Freeze for 2 hours. Total Grams of Carbs 8.8. Grams of Carbs per serving 1.1

Jo's Chocolate Fudge

2 squares unsweetened chocolate (16g)
4Tbsp butter (0g)
3T heavy cream (1.5g)
1/2 tsp vanilla (1.5g)

Combine in microwave safe bowl and zap for 1 minute. Stir, and cook for another minute. Stir in 12 packets sugar substitute (12g) until smooth. Pour into container and refrigerate, then cut into small squares. Total carb count = 31g . Cut into 20 pieces for 1.5g each.

Mike Graham's Cocoa Ice Cream

For future reference, the normal ratio to sweeten cocoa is 1:1 cocoa to sugar, so 1/2Tbsp of cocoa and 1/2tbsp of equal or whatever should (!) give you the proper sweetness. Mix the cocoa and sweetener into whipping cream, then whip it into whipped cream, then put it in bowls and put it in the freezer to set. It's not unlike chocolate ice cream if it gets chilled for the right length of time. Taste the mixture before you whip it to make sure it has enough cocoa/sugar in it – no point in making it weak. Add a bit of strong coffee if you like coffee.

Maquire's Chocolate Frosty

1/2 cup of cream whipped
A dash of vanilla
1 packet of the Low Fat/Sugar Free cocoa mix

Mix it together and stick it in the freezer. Every 15 minutes or so give it a stir with a fork and break up the frozen parts around the edges. In 30-45 minutes or when it's a good texture serve it up in 2-3 little cups and ENJOY - it tastes like a Wendy's Frosty!

SWEETS

(Volume 2 – Update 1)

Fanny's Snow Cream

I'm gonna make some snow cream. Just waiting on the main ingredient to arrive! :-)

1 cup cream
1 cup water
1/2 cup Splenda (more or less to taste)
1 tsp. stevia
1 tsp. vanilla
3 egg yolks

Whip all ingredients together in large bowl. Add clean snow until thick and icy! Enjoy in front of warm fire with mug of low carb hot cocoa.

Myra's Coconut-Almond Macaroons

4 egg whites
1/4 teaspoon salt
1 teaspoon vanilla
1 cup Splenda (or equivalent AS)
1/2 cup finely ground, blanched almonds

2 cups shredded, unsweetened coconut

Preheat oven to 325 degrees.

In a mixing bowl, whip the egg whites, salt and vanilla until frothy, then, as you keep whipping, slowly pour in the Splenda. Whip until stiff peaks form - but not dried out. Fold in the almonds and coconut.

Line a cookie sheet with parchment paper. Drop the macaroon batter by rounded tablespoons about 1/2-1 inch apart on the parchment (macaroons don't rise or spread, so you can put them close together).

Bake in the preheated oven for about 20 minutes, or until golden brown.

Turn off the oven heat, open the door slightly, and let the macaroons sit in the oven until cool - this keeps the moisture content down.

Store in an airtight container.

Makes about 2 dozen macaroons, about 1.67 carbs each. If you make this recipe with Splenda tablets instead of bulk, the carb count drops down to about .8 carb each.

Chocolate Macaroons – from Lisa

2 cups almond meal
1 cup unsweetened coconut
1 1/2 cups Splenda (bulk powder)
3 eggs
1 square of melted bakers chocolate

2 tsp. vanilla

Mix all together well with a mixer. Using a small scoop (#50 scoop) or a tablespoon, drop icecream scoop shaped cookies onto a baking sheet covered with parchment paper. Bake at 325 degrees for 20-25 minutes.

Phoebe's Raspberry Mousse

1/3 c. Creme

1 Tbsp. Creme cheese (softened -- I nuked mine 10 sec.)

SF Raspberry Jello mix to taste

Whip the creme a little until it starts to stiffen up, then add the creme cheese and blend. Add Jello mix (dry) to taste. Put in freezer about 15 minutes.

This is great. Tastes a lot like the Texas Gold Strawberry Cheesecake ice-cream. :-)

Myra's Basic Cookie Recipe

2 1/2 cups almond flour (see NOTE)

1 1/2 cups Splenda

1 teaspoon xanthan gum (see NOTE)

1 cup butter, softened

1 egg

1 1/2 teaspoons baking powder

1 teaspoon vanilla

1/4 teaspoon salt

Mix all ingredients together in a mixer until well blended. Divide into 4 ziplock bags or plastic covered bowls and flavour according to your tastes. Refrigerate for at least 4 hours before baking.

Make cookies by forming dough into 1/2-inch balls, placing the balls on a cookie sheet (I use the air bake pans). Flatten the balls with the bottom of a glass tumbler dipped in water to about 3/8-inch thick. Bake at 375 degrees for about 8-12 minutes, until lightly browned. Remove from cookie sheets and cool.

Entire batch of dough makes about 12 dozen cookies. Entire batch has about 89 carbs, about .62 carb per cookie.

NOTE: I buy almond flour from <http://www.almondsonline.com/>. If you have a blender or mill, you can grind your own - 8 ounces of blanched almonds makes about 2 cups of almond flour.

NOTE: Xanthan gum is a natural product that add stability to mixtures. Without wheat flour (and the gluten in wheat flour), these cookies come out *very* crumbly. The teaspoon of xanthan gum gives the cookies a very good texture - crisp without falling apart when you pick them up. Xanthan gum is expensive - \$9.99 for an 8-ounce bag at Whole Foods - but a little goes a long way.

Flavoring:

Add 1/2-1 teaspoon extract (or 1/4 teaspoon Nature's Flavour) to each portion. I've found that lemon and orange work *really* well. Adds negligible amount of carbs. For chocolate cookies, add 1 square melted unsweetened chocolate to one portion (1/4 recipe), along with an additional tablespoon or so of Splenda. For this variation, add about .25 carb to each cookie. For nut cookies, add some chopped walnuts, pecans or macadamia nuts (try adding macadamia to the chocolate variation). Add appropriate amount of extra carbs for the added nuts.

Rob's Chocolate Peanut Butter Protein Bars

2 scoops Designer Protein powder (natural flavour)
Splash of vanilla extract
1 package nutrasweet
4 tablespoons peanut butter
4 tablespoons cream

I combined the first 4 ingredients in a small bowl and folded in the cream. You should come out with something that resembles peanut butter cookie dough... I pressed the "dough" into a 3 inch x 6 inch Tupperware container. I then made a single batch of Lynne's chocolate and poured it over the top. :)

2 tablespoons butter
1 1/2 oz square unsweetened baking chocolate

Melt above over low heat, then remove from heat and add the following:

1 teaspoon vanilla extract
4 tablespoons cream (i like extra cream in this recipe... it makes the chocolate more like milk chocolate)
7 packets nutrasweet

Pour the chocolate over the top of the peanut butter "dough" and chill. Try not to eat the whole thing by yourself in one evening!

Chocolate-Walnut Brownies – from Myra S.

1/2 cup butter, softened
1 1/2 cups Splenda
2 eggs
1 teaspoon vanilla
2 tablespoons cream (or water or coffee)
1 cup almond flour
1 teaspoon xanthan gum
Pinch salt
1 teaspoon baking soda
4 ounces unsweetened chocolate, melted
1/4 cup chopped walnuts

Preheat oven to 350 degrees. Grease an 8x8 square pan.

In a mixer, cream together the butter and Splenda. Add the eggs, one at a time, incorporating well. Add the vanilla and cream, blending well. In a small bowl, mix together the almond flour, xanthan gum, salt and baking soda. Add the almond flour mixture to the butter mixture, alternating with the chocolate. Fold in the nuts. This makes a very stiff batter - almost dough-like. Spread the batter in the greased pan, and bake for about 15 minutes, or until a knife inserted comes out clean. Cut into 16 1-inch squares.

Makes 16 servings, 3.38 carbs per serving.

Hot Fudge Sundae Topping – from Marcy

I make homemade ice cream regularly and have found DaVinci syrups much too thin to make a good ice cream topping. Today I took 1/4 cup of chocolate DaVinci syrup (with Splenda) and heated it with 1 tsp. of Arrowroot and 1/2 ounce of Baker's chocolate.

It thickened beautifully and when the ice cream was ready, I reheated the syrup in the microwave for 15 seconds and had a fantastic hot fudge sundae.

Coconut Chewies – from Marcy

2 eggs
1 cup sweetener of choice or to taste (I use 22 pkts. Equal)
1/4 tsp. maple flavouring
1/4 C butter, melted
1 tsp. vanilla
1/4 C arrowroot
1 tsp. baking powder
1/4 tsp. salt
1 C unsweetened coconut, finely chopped
1/2 C chopped walnuts
1/4 C cranberries (cooked until they pop and lightly sweetened)

Beat eggs, sweetener and maple flavouring in medium bowl; mix in melted butter and vanilla. Combine flour, baking powder and salt in small bowl; stir into egg mixture (I *beat* into egg mixture which increased the volume a bit). Mix in coconut, walnuts and cooked cranberries. Spread batter evenly in greased 8-inch baking pan.

Bake in preheated 350 deg. oven until browned and toothpick inserted in centre comes out clean, about 20 minutes. Cool in pan on wire rack; cut into squares.

Makes 16 bars.

Total: Approximately 50 carbs - 16 pieces equal about 3.2 per piece. If you deduct fiber, even less. (of course, the sweetener has carbs)

Notes: The original recipe called for 1/2 C margarine (butter). We found that too greasy. I also found that no matter how well I greased the pan, they stuck. I solved that problem by lining the pan with parchment paper and spraying with Pam. Eventually I intend to get a Teflon pan and try that.

Since there's no flour in these they don't rise very much. I eventually began making them in disposable meatloaf pans (I don't dispose ... I wash). The last batch I made (Tues.) I added 2 tsp. of baking powder. They raised higher and we're satisfied with the results. This might have added up to 1 carb. Instead of cutting into squares now we slice thin like a fruitcake. Since we're both on maintenance now, I have increased the cranberries to 1/2 cup.

After cooling on wire racks, I put in freezer until firm. If you cut while warm they will crumble. After they are firm, I keep in refrigerator.

I began by using dried persimmons, chopped, because I have a persimmon tree and dried all the persimmons. The original recipe calls for raisins which are really a carb no-no. Then I dried some cranberries and that worked well, but drying cranberries is a long process with very little finished product, and we can't seem to buy dried cranberries that aren't sugared. So, I tried the cranberries without drying them. They work well and taste better than the dried.

Chocolate Orange Candy - from Bunnie

I've tried making some of the low-carb chocolate recipes floating about and never liked the results too much, even when using Splenda as a sweetener. So tonight I experimented a bit and came up with this:

1 ounce unsweetened chocolate

1/4 cup heavy cream
1/2 teaspoon vanilla extract
1/4 teaspoon orange flavouring
8-10 teaspoons granular Splenda (or use 4-5 packets)

Put the chocolate in a microwave safe container and nuke on medium power 1 to 1 1/2 minutes. The chocolate should just be starting to melt. Pour in the cream and nuke at low power 2 to 3 minutes, stirring occasionally until chocolate is melted and mixture is smooth and creamy - watch carefully so the cream doesn't overheat and scald. Let cool a few minutes, then stir in vanilla, orange flavouring and Splenda. Spoon into small tinfoil cups and chill 1-2 hours.

I was happy with how this turned out; nearly as satisfying as the real thing. I'd estimate the carb count to be 15-16 grams for the entire batch: figuring in 8 grams for the chocolate, 1.65 for the cream, 4-5 for spleen and 1 or 2 carbs for the flavourings. I got 5 pieces out of the batch, but they could be made bigger or smaller. I used Ghirardelli unsweetened chocolate this time instead of the usual Bakers brand, and I think it made a big difference in taste. Similar recipes call for butter, but I left this out because I don't care for the waxy feel it gives and I think it tastes better without the butter. Next time I'm going to try rolling the chilled chocolate in unsweetened cocoa powder, truffle style. This is only worth doing if you can find a high quality cocoa though - not Hersheys or Nestle.

CHAPTER 14 - VEGETABLES

(Volume 2)

Mock Potato Dumplings – from Diem

1/2 head cauliflower (1 cup mashed)
2 eggs, beaten
1/2 cup grated Parmesan cheese
1 tsp. parsley
1 tsp. nutmeg
4 T soy flour
1 T salt
4 T butter

Boil cauliflower until soft, for about 25 minutes. (I like to boil mine in chicken broth, makes it more flavourful) Drain water and mash with fork or potato masher.

Add eggs, Parmesan cheese, parsley, nutmeg and soy flour. Shape into walnut-size balls.

Bring large pot of water to rolling boil. Add salt. Drop cauliflower dumplings into water. When they rise, remove with slotted spoon.

Heat butter in skillet. Fry dumplings until brown on all sides. Drain on paper towel.

Total grams: 18.1 grams per serving: 1.5

Batter for Frying Onion Rings – from Cheryl

1/2 c Atkins bake mix OR 3/4 cup of soy flour
1/3 c oil or melted butter
2 eggs
1 c water
1 tsp. salt

Blend the bake mix OR flour, salt and eggs in a bowl until it forms a pasty, crumbly mixture, then slowly add a combined mixture of the oil OR butter and the water. Blend thoroughly until batter is smooth-NO LUMPS. You can adjust the thickness to suit your recipe. For a thicker batter, add more flour: for a thinner batter, add more water.

Sesame Green Beans – from Sweetpea

3/4 pound fresh green beans
1/2 cup water
1 Tablespoon butter
1 Tablespoon soy sauce
2 teaspoons of sesame seeds, toasted

In a saucepan, bring beans and water to a boil; reduce heat to medium. Cover and cook for 10-15 minutes or until the beans are crisp-tender; drain. Add butter, soy sauce and sesame seeds; toss to coat.

Makes 6 servings, each 1/2 cup serving= 4 gm carb

Julie's Creamy Celery Bake

Clean one bunch celery and chop into chunks approximately 1 inch long, discard tops. Chop one small onion. Sauté celery in 2 tsp. butter (more if needed) for about 5 minutes then add the onion. Cook over medium heat until celery is beginning to soften and onion is beginning to brown. Mix in dill, salt, and pepper (to taste) and add 1 Tbsp. lemon juice (if you can afford the carbs the flavour is great!). Add 1/4-1/2 cup heavy cream and simmer for a few seconds to thicken slightly (taste sauce for seasoning and add dill or salt or pepper as needed). Pour into casserole dish or loaf pan. Top with 1/2 cup or more of shredded mozzarella and a good sprinkle of grated Parmesan. Bake in medium high oven (350-400?) until bubbly and beginning to brown on top. The celery will be firm but soft and not slimy or mushy. I ate half a pan of this for dinner tonight... it just hit the spot! I'm going to try the same thing with salmon or boneless chicken chopped up in it next time!

Maquire's Eggplant Greek-ish Lasagne

I have to tell you about the side dish we had tonight with our steaks... Eggplant, peeled and sliced into thin rounds, sautéed with "Italian seasoning" and garlic in olive oil (it takes a bunch of oil but it doesn't taste oily), and layered in a casserole with crumbled feta, parmesan, and cottage cheese or some other soft cheese... top layer is feta and parmesan. Bake it until it's starting to brown and is all heated through and melty... if I can afford the carbs, I'd add chopped tomato and maybe sliced Greek olives next time. 1 eggplant, 1/2 cup parmesan, 1 small block of feta and about 3/4 cup of cottage cheese made a casserole of 6-8 servings - it's VERY rich!

Note from Myra

Eggplant is like a sponge with oil. It helps a bit if you "kasher" it - sprinkle kosher/coarse salt on the eggplant slices and let them drain for about half an hour. Then, rinse really well with cold water.

Weaselle's Just Like Stuffed Baked Potatoes – posted by Jo

2 1/2 c. cauliflower
1 c. sour cream
3/4 c. grated cheddar
3 finely chopped green onions (separate the whites from the greens)
3 slices cooked, crumbled bacon (I use 6 slices)
Salt/pepper to taste

Cook cauliflower until tender but firm. Chop into pieces about the size of hash browns. Mix sour cream, 1/2 the grated cheddar, 1/2 of the bacon, and the onion whites, salt & pepper. Stir into cooked cauliflower. Place in greased baking dish and sprinkle rest of cheese and bacon on top. Bake @350 for 20 minutes or until heated through. Sprinkle green onions on top.

Servings: 5. Carbs per serving: 4.4

Roasted Parsnip Fries! – from Spacegirl

Oh, goodness! I'm in heaven. Right...I chopped up a few parsnips into French fry-sized pieces, popped them into a pan with a touch of oil and some seasoned salt, then roasted them until they were crispy. They don't really taste too much like chips (fries) but it's close!

Then I melted some cheese over them and added a bit of guacamole and I can't tell you how heavenly it was!

VEGETABLES

(Volume 2 – Update 1)

Kathy's Eggplant Pizza

My taste buds were calling for pizza - obviously a no-no. However, since I've substituted eggplant for the noodles in lasagne, and boiled cabbage in place of egg noodles, why not for pizza "crust"? It definitely wasn't eat-with-your fingers pizza but it was every bit as good as what I used to make! So was the left over serving I just had for lunch!

I peeled a fairly large eggplant and sliced it into approximately 1/4" slices lengthways. I brushed both sides with garlic flavoured oil and place them on a 12x15 inch jelly roll pan that I'd sprayed with cooking spray.

You'll have to cut and piece the slices to fit and cover as much of the bottom of the pan as possible. Let them overlap a little, as they'll shrink as they cook and you can then move the pieces again to cover the bottom of the pan before adding the toppings. I baked this for 10-15 minutes in a 350 degree oven.

Meanwhile, I diced onion and green bell pepper, chopped black olives, fried some Jimmy Dean Sage sausage and grated a goodly amount of mozzarella cheese. I spread about 2/3 cup of a squeezable pizza sauce I had on hand over the top of my al dente eggplant. I can't recall the name of it but it's made by Contadina. Then I put on my toppings, sprinkled Parmesan over the top and popped it in the oven for maybe 15-20 minutes. I'm sorry my times aren't accurate - I don't measure stuff either!

I'm sure you could add your own favorite pizza toppings just as easily - normally I'd have put pepperoni on too, but didn't have any.

Ruth's Baked Tofu Cubes

Take a block of Extra Firm tofu (1g per 1/5th block) and cut into small cubes. Squish all the juice out. Cover tightly and marinate for several days in some:

Soy sauce
Liquid smoke
Powdered ginger
Wasabi

Or use other spices to suit your taste. I like this because they have a sushi taste.

After a few days put the pieces on a foil lined cookie sheet and bake the heck out of them until they get nice and brown and pretty dried out. Keep the baked cubes refrigerated to throw in salads or to use for dipping. Even my picky 2 year old son will eat these! :-D Not for folks with sodium issues.

Yellow Rice – from Margaret Wolfe

1 head cauliflower
1 T butter
1 T brown sugar twin
1/4 t cinnamon
1/2 t salt
1/2 c raisins (soaked)
1 t turmeric

Grate cauliflower and place in pan with melted butter. Gently cook just to heat the cauliflower. Add the rest of the ingredients and heat. Serve with Bobotie (page 7-8). Serves 4.

Cheryl's Company Cauliflower

Makes 4 servings

1 medium cauliflower (or two 10 oz frozen packages)
1 cup mayonnaise
1 T prepared mustard
1 t. dried mustard
4 oz. shredded sharp cheddar

Cook cauliflower by your preferred method. Meantime mix mayonnaise and mustards. Place cauliflower in serving dish. Pour mayonnaise mix over cauliflower and sprinkle with shredded cheese. Microwave one minute or to melt cheese and serve immediately. 1.1 carbs per serving - and this is great!

Cooking Cauliflower – from Allan

Slice it relatively thin and put it in a skillet. Add some water (not enough to cover it). Boil the water until the cauliflower is slightly tender. Drain the remaining water and put some butter in your skillet. Sauté until the cauliflower starts turning brown. Add a little cream and a lot of sharp cheddar. Still until the cheese melts.

Grate some fresh Romano or Parmesan over the top.

That's how to cook cauliflower!

Pammer's Cabbage Side Dish

Head of cabbage chopped into manageable pieces (larger than one inch square)
4 slices of bacon cut into a large dice
5 button mushrooms sliced
1/2 stick butter
Cream
Nutmeg
Salt
Pepper

In a large deep skillet (I use a cast iron skillet) brown the bacon pieces until almost crisp. Turn the heat to medium or medium high. Add the mushrooms to the bacon and fat, stir it round. Add the cabbage chunks on top of the mushrooms and generously sprinkle pepper and ground nutmeg on top. I mean generously! Cut the butter into pats and top the cabbage with it. Using a spatula smooch (technical term there) the cabbage down into the pan. Every few minutes stir the concoction around so the butter and bacon fat covers all the cabbage. When the cabbage is wilted and the thinner pieces are browned and the mushrooms are browned and lovely, turn the heat to low and pour about 3 tablespoons of cream over the cabbage. Stir it from the bottom to deglaze the pan of all the nice bits of flavour. The cream will turn a nice brown gravy colour and thicken slightly. You may or may not need a bit more cream. Taste for salt. Turn off the heat and serve with steak or chicken or sausages.

Cheesy Spinach Casserole - from Cate

2 10-oz. packages frozen chopped spinach
3 oz. cream cheese

VEGETABLES

1/4 c. butter
1/2 c. pecans, chopped (walnuts work well too)
1/4 c. Parmesan cheese
Salt and pepper

Cook spinach in salted water. Drain. Melt cream cheese and butter together and add to spinach. Put in casserole dish. Top with parmesan and pecans. Heat at 350 degrees. About 4 servings.

Plan on getting 4 servings:

1/4 of entire recipe = ~9.3 carbs

1/6 of entire recipe = ~6.2 carbs

CHAPTER 15 - COMPLETE MENUS

(Volume 2)

CHAPTER 16 - TIPS AND TRICKS

(Volume 2)

Kitchen Tips and Tricks

- Use your salad spinner to get the excess water out of cooked cauliflower and broccoli. No more watery fauxtatos or cheese sauce. – from Laura B.
- Perfect Fried Eggs-- I bought a tiny frying pan. (Found it on sale in the expensive ones at a department store.) It's perfect size for two eggs and I cook them covered with a lid or plate. When the eggs are almost done, I turn off the heat and let them sit a minute with the lid on. This cooks the tops of the eggs and I don't have to turn them over. They slide out on the plate looking as good as a magazine photo. No messed up eggs! – from Theresa Stafford
- When I make devilled eggs I put the filling in a baggie and use shears to cut the edge so I have pretty egg filling and don't have to use a pastry bag. I will hollow out cherry tomatoes and fill with salmon cream cheese, tuna salad, chicken salad, and have a bunch of bite size snacks for the day. – from DebsHonda
- Use as many fresh, chopped herbs as possible! Especially if you are sick of eggs, eggs, eggs for breakfast: vary your breakfasts by experimenting! Try chopping some fresh cilantro and adding that to your scrambled eggs with a little grated Monterey jack on top (and sour cream, if you like it and can afford the carbs). Try chopping some fresh basil and putting that in your eggs. Try adding chopped fresh dill weed or cilantro to your tuna or chicken or egg salad. Fresh oregano or basil on top of roast chicken (with garlic, LiteSalt and fresh ground pepper) makes it! = from Alicat
- How to cook an omelette without ending up with scrambled eggs - I cook them over a fairly hot flame. Melt butter in the pan, then pour in the eggs. Let them just cook over the heat until the edges begin to set and turn brown. Then I gently lift up the corners with a spatula, turn the pan a bit and let the uncooked portion of the egg pour to the bottom. When most of the uncooked part has been poured underneath I add whatever fillings I want to one side of the omelette, use the spatula to flip the other side on top of it, turn off the heat, put a top on the pan and let it sit for a minute or two. Then flip out onto a plate. I whisk my eggs well beforehand with 1/2 an eggshell's worth of water for each egg. – from Debbie Cusick
- We've found some great pure pork breakfast sausages (no fillers) from a local butcher. In the morning, we put a full pound in the microwave, still on the Styrofoam tray they come in (remove the plastic wrapper first), and cook for 1 minute per link. Then we eat whatever we want with breakfast (usually 2 links each). The rest of the tray goes in the fridge for snacking on all day. Repeat the next day (there's never any left by the end of the day). – from Tina MacDonald.
- Keep a supply of 5-ounce paper cups on hand in the kitchen. Filled about a finger-width below the brim, as you normally would fill them, they measure a half-cup portion of anything, with nothing to clean up. Pour half a cup of water into one to see just where it comes to on your paper cup. Most have a design that will mark the half cup for you. My current ones have flower centres right at the half cup line. – from jamie
- When I bring my low carb groceries home It always takes me a long time to put them away. I usually cook 8 chicken breasts up, chop them and put them in a see through container in fridge. I

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also cook up 2 packages of bacon. Fry almonds, mushrooms etc. in butter. I chop up celery, grate cheese, etc. I chop, cook, fry, as much as I can right then and there. Put them all in see through containers in the fridge. Then whatever recipe that I use during the week won't take that much time or effort. – from John Eyre

- The one and only kitchen tip I can give is to always keep a fire extinguisher handy. I have unintentionally set fire to my stove twice and have been banned from the kitchen. When a thread starts about how to low carb while eating out for nearly every meal I'll have more tips available:-)
– from Terri

TIPS AND TRICKS

(Volume 2 – Update 1)

The Best Way to Weigh Yourself

A couple of threads copied from alt.support.diet.low-carb

Original post:

To all those people who measure their progress by weighing themselves, here is how to do it:

1. Use the same scales, everytime
2. Take your weight at the same time of day, EVERYDAY
3. Then take your weight as an average of the last seven days
4. That way, you get a seven-day moving-average, which smoothes out abnormalities

Here are the responses:

- You forgot to say don't eat before you weigh yourself. Take all the clothes off so you don't weigh them. Potty first. And suck in as you step on the scale. (It won't make you weigh less but it does make you LOOK skinnier.) :)
- And, most important, kinda ease your way onto the scale. Sneak up on it. You don't want to startle those numbers into doing something bad.
- The proper small-animal sacrifice beforehand doesn't hurt either....
- As long as you can eat it afterwards. :-)
- Also shower first to rid yourself of that heavy "dirt"... Dry body and hair vigorously to avoid unnecessary water weight. Be sure to clean water and wax out of ears. Brush lint and cat hair off scale
- Weigh WITH your clothes. Then frown, take off your shoes and try again. Frown just a little. Take off your pants, and try again. Nod to confirm that the number looks better. Take off your shirt and weigh again....Take off your socks and underwear....weigh again. Smile and affirm that even if it is heavier than yesterday, it is still lighter than 5 minutes ago!

Another Thread - How To Lie To The Bathroom Scale

1. Weigh yourself with clothes on, after dinner... as well as in the morning, without clothes, before breakfast, because it's nice to see how much weight you've lost overnight.
2. Never weigh yourself with wet hair.

3. When weighing, remove everything, including glasses. In this case, blurred vision is an asset. Don't forget the earrings, these things can weigh at least a pound.
4. Use cheap scales only, never the medical kind, because they are always five pounds off...to your advantage.
5. Always go to the bathroom first.
6. Stand with arms raised, making pressure on the scale lighter.
7. Don't eat or drink in the morning until AFTER you've weighed in, completely naked, of course.
8. Weigh yourself after a haircut, this is good for at least half a pound of hair (hopefully).
9. Exhale with all your might BEFORE stepping onto the scale (air has to weigh something, right?).
10. Start out with just one foot on the scale, then holding onto the towel rack in front of you, slowly edge your other foot on and slowly let off of the rack. Admittedly, this takes time, but it's worth it. You will weigh at least two pounds less than if you'd stepped on normally.

Ideas for a "Really Quick Meal"

- Take half a package of Yves Ground Round (my saviour food on this diet; find it next to the tofu in grocery stores, 5 carbs per package), dump it and a glug of olive oil into a pan. Break it up and stir it around on medium for a couple seconds. Dump a couple big handfuls of cheese (I get the pre-shredded pizza cheese because I'm lazy and it's quick) on top, stir till cheese is melted, dump out on plate. Tell me that's not just as easy as pasta. - from Mary S.
- Take a package of 3 or 4 boneless chicken breasts, sprinkle on some seasonings, and brown them with a little olive oil in a large heavy frying pan. One green onion chopped up adds some flavour. Fry up a small can of mushrooms too. When the chicken is done cover each breast with a slice of white American or mozzarella cheese and top off with the mushrooms. - from Chuck.
- An oldie but a goodie: 1 can of white tuna, well squeezed, dollop of mayonnaise, sprinkle of onion, garlic, salt. Eat. - from wombn.
- Ground beef, smothered in cheese, taco seasoning. Cook together. Dump out of pan on to a bed of lettuce. Top with sour cream! - from Rosie.
- Here's my fave "Late for class" omelette - six eggs, several slices of cheese, chili sauce. I spray my favorite pan with that olive oil that comes in spray can (LOVE THE STUFF) and break the eggs into it on medium. I let the bottom of the whole mess set, then add the cheese, crank it up to high heat and stir it like crazy with a spatula. It's ready *really fast*, then a few shakes of the chili sauce and I can mow down and take off for school! Not haute cuisine, surely, but in a pinch... - from Big Daddy.
- 1 large can of pink salmon with soft bones, 5-6 saltines (~10-12 gm carbs), 1 egg. Crush saltines very small in a baggie, mix egg in salmon. Stir in just enough crushed saltines to make patties hold together. Sauté in butter until browned on both sides and egg is cooked. Drizzle with lemon

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juice. Makes 4 patties. - from wombn. Note from Jo - I do the same thing, except I use crushed pork rinds instead of the saltines (zero carbs). The hot-n-spicy ones add a nice kick!

- "Fake stroganoff" - Just fry a pound or so of hamburger in a Tbsp. olive oil with some chopped onion and garlic. I like this better if I let the meat stay in coarse chunks rather than fully breaking it up. When browned, add a bunch of sliced mushrooms and continue to cook. I usually put the top on the pan for 5 or 10 minutes to let it steam. Add salt, pepper, a dash or two of Worcestershire sauce, and enough cream to make a bit of sauce. Cook the cream down over medium heat, stirring to incorporate brown glazing on pan bottom into sauce. Eat. Good with steamed zucchini or a spinach salad. - from Linnen.
- Take left over pieces (sliced thin) of porterhouse and T-bone and filet warmed in a frying pan with butter, salt, and pepper. After it is heated, pour into a side dish. Then add thinly sliced mushrooms, season the same way. Pour into the side dish. Then add thinly sliced onions, season the same way. Pour into side dish. Then add sour cream, to frying pan and spice with nutmeg. When it is heated up, add back the meat, onions, and mushrooms from the side dish. Serve hot over CAULIFLOWER RICE! - from Rosie.
- Put chicken breasts in baking pan, drizzle with a couple tablespoons of Caesar salad dressing (I use Paul Newman's. I think it has 1 carb per tbsp.), bake until chicken is no longer pink. Have with tossed salad with seasoned feta cheese crumbles. - from sofaslug.
- For a quick no brainer, I do little smokies, pop some into microwave for one minute and eat with sour cream mixed with mustard. - from Tina.
- I buy huge packages of fresh chicken thighs from Costco, and marinate them overnight in this: 1/2 C soy sauce (I use reduced sodium), 1/4 C red wine vinegar, 1/4 C olive oil, couple of minced garlic cloves, bunch or so of chopped Italian flat leaf parsley. Then, depending on my mood, I add: ginger, sesame oil and cilantro, or cilantro and minced jalapeno or basil and oregano. I let these sit for a couple of days, then wrap them individually in saran wrap, and freeze. When I want a quick snack, I micro to thaw, and finish them off in the toaster oven. They are quick and easy!! - from Jae.
- 2 pounds browned ground beef with LC salsa poured over it for a fake chili (Weis store brand salsa is even lower than Pace Picante but I'm out so I can't give you the #'s) served with a dab of sour cream, some cheese, or just plain. WEIRDNESS ALERT: I also make it with about a cup of water added in and about 1 1/2 cups of frozen okra added in for fiber (adds 6g fiber, 4g carbohydrates for the whole batch - 2 pounds of meat makes a 4-5 serving batch around here) and veggie content sometimes... sounds bizarre, but the texture is good with the salsa and the "slime" thickens the "chili" as it cooks so the end product isn't at all slimy or okra-y. - from Maquire.
- Take a nice thick pork chop. Sprinkle with garlic powder, freshly ground black pepper, a little Morton's LiteSalt and a whole buncha grated Parmesan cheese. Put it under the broiler until the top side is nice and brown. Turn over, coat the new top side with parmesan cheese, put back under the broiler until done (you don't want to eat pink pork!). Have it with some asparagus swimming in butter and more Parmesan cheese. Takes about 7 minutes. (also really good for breakfast!) - from alicat.