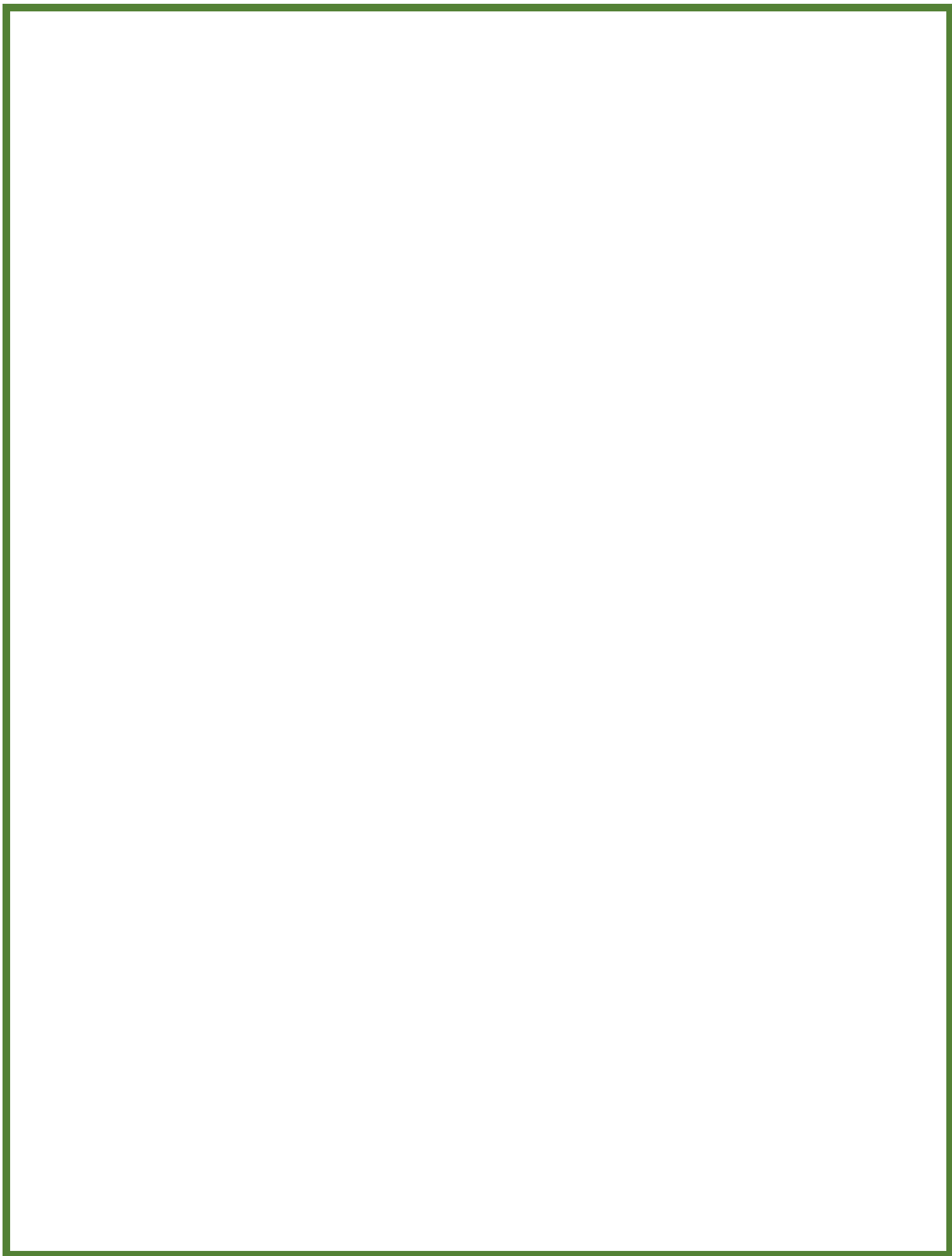


LOW CARB & TASTY RECIPES





My name is Amelia Easterbrook and I am a senior studying Public Health and Nutrition at the University of Nevada, Reno. As part of my curriculum, I have had the wonderful opportunity to be an intern at Nevada Diabetes Association. I chose to create a cookbook that proves eating a low carb diet can be tasty and fun! I really hope you try some recipes and learn something new. Enjoy!





Broccoli and Cheese Mini Egg Omelets

Total time: 30 mins Servings: 4

Ingredients

- 4 cups broccoli florets
- 4 large eggs
- 1 cup egg whites
- ¼ cup shredded cheese (such as cheddar or monterey jack)
- ¼ cup freshly grated parmesan cheese
- 1 tsp olive oil
- Black pepper
- Salt
- Coconut oil

Directions

1. Preheat oven to 350°F.
2. Steam broccoli in microwave with a little water and a pinch of salt for 6 minutes.
3. When broccoli is cooked, crumble into smaller pieces and add olive oil. Mix well.
4. Grease muffin tins by using a paper towel to apply a thin layer of coconut oil to 9 tins.
5. In a medium sized bowl, beat together eggs, egg whites, and ½ of cheese. Salt and pepper to taste.
6. Add an even amount of broccoli to each tin.
7. Pour egg mixture over prepared tins until about ¾ full.
8. Top with additional cheese and bake in oven until cooked, about 20 mins.



Tip: Store leftovers in air tight container and save for busy mornings. Heat in microwave for 1 minute or until hot. Should be eaten within one week.

Avocado Chips

Total time: 25 mins Servings: 4

Ingredients

- 1 large, ripe avocado
- ¾ cup freshly grated parmesan cheese
- 1 tsp. lemon juice
- ½ tsp. garlic powder
- ½ tsp. Italian seasoning
- Salt
- Black pepper



Directions

1. Preheat oven to 325°F.
2. Line a medium sized baking sheet with parchment paper.
3. In a medium bowl, mash avocado with a fork until smooth. Stir in cheese, lemon juice, garlic powder, and Italian seasoning. Season with salt and pepper.
4. Place heaping tablespoon-sized scoops of mixture on baking sheet, leaving about 3 inches between scoops. Flatten each scoop with the back of a spoon or measuring cup. (If you are having difficulty, spray back of measuring cup with non-stick cooking spray)
5. Bake until crisp and golden, 15 to 18 minutes, then cool completely. Serves at room temperature.

Salsa

Ingredients

- 3 large ripe tomatoes
- 1 small red onion, peeled
- ½ cup cilantro
- 1 or 2 jalapeno peppers (remove seeds for less heat)
- 2 cloves garlic
- 3 tbsp. lime juice
- Salt to taste

Directions

Option 1

- Chop all ingredients up small for a chunkier salsa

Option 2

- Place all ingredients in food processor for a smoother salsa

Making your own salsa is easy and customizable! It also doesn't have sneaky added sugar that most store bought salsa have!

Kale Chips

Total time: 25 mins Servings: 4

Ingredients

- 8 loosely packed cups kale, torn into 1-1½" pieces, tough stems removed
 - 2 tbsp. avocado oil (olive oil or melted coconut oil can be used as an alternative)
 - ¼ tsp. salt
 - Seasonings (optional)
- *my favorite seasoning combination is lemon pepper and garlic powder

Directions

1. Preheat oven to 325°F.
2. Wash and dry kale. Place in large container that has a lid.
3. Pour oil over kale, close container lid, and shake until kale is evenly coated.
4. Spread out over baking sheet and sprinkle with salt and seasonings if desired.
5. Bake until crispy, 20 to 22 mins.

Tip: Store chips in an airtight container for up to one week. Make sure chips are completely cool before storing.



Fruits and Veggies as Snacks

Fruits and Vegetables are great quick and easy snacks. Spend the time at the beginning of each week, or whenever you do your grocery shopping, to wash and cut your fruits and vegetables. Store them in single serving containers. I use small mason jars, but plastic bags work well too! Now you have a snack already prepared for when you are on your way out the door

1 serving equals 1 cup cut up

Low carb fruits

Watermelon 11g
Strawberries 13g
Blackberries 14g
Raspberries 15g
Cantelope 13g
Avocado 12g
Honeydew 15g
Peaches 15g

Low carb vegetables

Cucumber, peeled 3g
Cucumber, with peel 4g
Celery 3g
White mushrooms 2g
Cabbage 5g
Iceberg lettuce 2g
Romaine lettuce 2g
Spinach 1g
Broccoli 6g
Bell peppers 6g
Zucchini 4g
Cauliflower 5g
Asparagus 5g
Radishes 4g
Roma tomatoes 8g



Cabbage Enchiladas

Total time: 40 mins Servings: 4

Ingredients

- 1 head green cabbage
- 1 tbsp. avocado oil (olive oil can be used as an alternative)
- 1 large onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 2 tsp. ground cumin
- 2 tsp. chili powder
- Salt
- 3 cups shredded, cooked chicken (you can cook your own, or to make things easier, buy a precooked rotisserie chicken)
- 1 1/3 cups red enchilada sauce
- 2 tbsp. chopped cilantro, plus more for garnish
- 1 cup shredded monterey jack cheese
- 1/2 cup shredded cheddar cheese
- Coconut oil
- Sour cream, for drizzling

Directions

1. Preheat oven to 350°F.
2. In a large pot, boil 4 cups of water. Using tongs, dip each cabbage leaf in water for 30 seconds and place on a paper towel-lined plate to dry.
3. In a large skillet over medium heat, heat oil. Add onion and bell pepper and season with a pinch of salt. Cook until soft, about 5 minutes, then stir in garlic, cumin, and chili powder. Add shredded chicken and 1 cup of enchilada sauce then stir. Turn off heat and stir in cilantro.
4. Grease a 13x9 in baking dish by applying a thin layer of coconut oil with a paper towel to dish.
5. Place a heading amount of chicken mixture into the center of each cabbage leaf. Fold the short sides of the cabbage leaf first, then roll into cylinder- like a burrito! Place in prepared baking dish and repeat until all of the chicken mixture is used.
6. Spoon remaining 1/3 cup enchilada sauce over cabbage enchiladas and sprinkle with both cheeses. Bake until melty, about 20 mins. Garnish with sour cream and more cilantro and serve.



If you try this and cabbage just isn't your thing, opt for a low carb tortilla!

Zoodles (Zucchini Noodles)

Total time: 10 mins Servings: 4

Ingredients

- 3 medium zucchini
- 1 tbsp. avocado oil or olive oil



Directions

1. Using a peeler, make long peels down the length of the zucchini. Keep peeling until you have used as much of the zucchini as you can. (If you want to get serious about zoodles, you can purchase a spiralizer. You will get about the same results, but the spiralizer will save you some time.)
2. Add oil to sauce pan over medium heat and sauté your zoodles until they become tender, about 4 to 6 minutes.

Homemade Pasta Sauce

Total time: 55 mins Servings: 4

Ingredients

- 1 lb lean ground beef or ground turkey
- 1 cup tomato sauce (no salt added)
- 1 can tomato paste
- 2 large tomatoes, cut into chunks
- 1 tsp. butter
- Salt and pepper to taste
- 4 garlic cloves, minced
- 1 ½ tbsp. Italian seasoning

Directions

1. Brown the ground meat with the butter in a large skillet over medium heat. Season it lightly with salt and pepper.
2. When the meat is cooked, add the tomato sauce, tomato paste, and chunks of freshly chopped tomatoes.
3. Add the garlic and Italian seasoning as you continue to simmer.
4. Cook and stir over medium-low heat until the tomatoes have mostly broken down, about 30 to 45 mins.

Cauliflower Pizza

Total time: 35 mins Servings: 2-3

Ingredients

- Cauliflower pizza crust (can be purchased frozen at Trader Joe's)
- Olive oil
- Toppings for pizza



Directions

1. Preheat oven to 450°F. Place baking sheet (or pizza stone if you have one) in the oven to heat up while oven is preheating.
2. When oven is done preheating and baking sheet is hot, place frozen pizza crust and bake for 10 to 12 mins. Flip and bake an additional 10 to 12 mins.
3. Brush olive oil all over pizza crust making sure you get all the way to the edges. Place toppings on pizza and bake until topping is bubbly and brown, about 6 to 8 mins.

Prosciutto and Pear

- 1 yellow onion, thinly sliced and caramelized
- 1 pear thinly sliced
- 1 tsp. thyme
- ½ cup smoked gouda, shredded
- ½ cup mozzarella, shredded
- ¼ cup gorgonzola, crumbled
- 3 slices prosciutto, rolled up and thinly sliced



Margherita

- ¾ cup pizza sauce
- 2 roma tomatos, thinly sliced
- Half cup fresh basil
- 1 cup shredded mozzarella cheese

Turkey Burgers with Lettuce Buns

Total time: 20 mins Servings: 4

Ingredients

- 1 lb lean ground turkey
- ½ cup crumbled feta cheese
- ¼ cup chopped fresh basil
- 1 tsp. Worcestershire sauce
- ½ tsp. salt
- Black pepper
- 8 pieces of iceberg lettuce



Directions

1. In a large bowl, mix together ground turkey, feta cheese, chopped basil, Worcestershire sauce, salt and pepper with your fingertips. Make sure to not over work the meat. Shape the meat mixture into 4 patties. Don't make the patties too thick or they will take too long to cook.
2. Heat up a cast iron skillet over medium heat for a couple of minutes. (Or if you have a grill, that would work great too)
3. Once the pan is hot, add the turkey patties (you might have to do a couple of batches depending on the size of your skillet) and cook for about 3 minutes on each side or until center of burger reads 165°F.
4. Serve immediately using pieces of iceberg lettuce as a bun!

Creamy Mashed Cauliflower

Total time: 10 mins Servings: 4

Ingredients

- 1 head of cauliflower, cut up into small pieces
- 4 cloves of garlic, crushed and peeled
- 1/3 cup milk
- 2 tsp. olive oil
- 1 tsp. butter
- ½ tsp. salt
- Black pepper

Directions

1. Place cauliflower florets into microwave safe dish with ¼ cup water and garlic. Cover and microwave on high until tender, about 3 to 5 minutes.
2. Drain water and place cauliflower in food processor with milk, olive oil, butter, salt, and pepper. Process until creamy. Serve warm.

Stir Fry

Total time: 35 mins Servings: 8

Ingredients

- 1 can (14 ½ oz) chicken broth
- ¼ cup reduced sodium soy sauce
- 2 tbsp. cornstarch
- 1 tbsp. sugar
- 2 tsp. minced garlic
- 1 tbs. fresh grated ginger
- ¼ tsp. crushed red pepper (optional)
- 1 tbsp. avocado oil
- 1 ½ lbs. chicken breasts, cut up into thin strips
- 1 cup broccoli florets
- 1 cup thinly sliced carrots
- 1 cup red bell peppers strips
- 1 cup sugar snap peas

*feel free to use 4 cups of whatever vegetables you would like! I always use whatever I have on hand.



Directions

1. Mix broth, soy sauce, cornstarch, sugar, garlic powder, ginger and crushed red pepper in small bowl until smooth. Set aside.
2. Heat oil in large nonstick skillet on medium-high heat. Add chicken in several batches; stir fry 5 minutes until cooked through. Remove from skillet. Repeat with remaining chicken, adding additional oil if needed. Add vegetables to skillet; stir fry 3 minutes. Return chicken to skillet.
3. Stir soy sauce mixture. Add to skillet; stirring constantly, bring to boil on medium heat and boil 5 minutes or until sauce is slightly thickened. Serve with cooked rice, if desired.

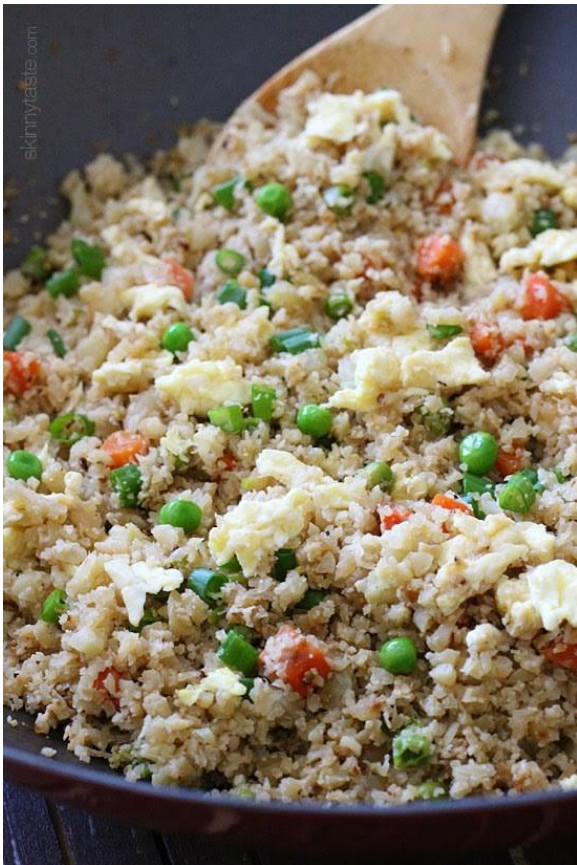
Tip: making your own sauce reduces the amount of added sugar!

Fried Cauliflower Rice

Total time: 30 mins Servings: 4

Ingredients

- 1 medium head (or 4 cups) cauliflower, rinsed
- 1 tbsp. sesame oil
- 2 egg whites
- 1 large egg
- pinch of salt
- cooking spray
- 1/2 small onion, diced fine
- 1/2 cup frozen peas and carrots
- 2 garlic cloves, minced
- 1 tbsp. freshly grated ginger
- 5 scallions, diced, whites and greens separated
- 3 tbsp. soy sauce



Directions

1. Remove the core and let the cauliflower dry completely.
2. Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.
3. Combine egg and egg whites in a small bowl and beat with a fork. Season with salt.
4. Heat a large sauté pan or wok over medium heat and spray with oil.
5. Add the eggs and cook, turning a few times until set; set aside.
6. Add the sesame oil and sauté onions, scallion whites, peas and carrots, garlic, and ginger about 3 to 4 minutes, or until soft. Raise the heat to medium-high.
7. Add the cauliflower "rice" to the sauté pan along with soy sauce. Mix, cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside.
8. Add the egg then remove from heat and mix in scallion greens.