

Breakfast Ideas Low Carb 2018

Use 8 or 9 inch square pan or small rectangular pan. I brushed inside of baking dish with butter, then cut non stick Reynolds foil to place on the bottom. IT worked great. This will keep if you want it for several mornings. I bake it the night before, and refrigerate it. Then slice of a large section for breakfast. Heat in microwave on defrost.

Preheat Oven to 350

Broccoli Casserole

1 ½ lb broccoli crowns

Boil till tender Then put in buttered baking dish

1 TAB butter

1 small yellow onion sliced thin, cut

Saute onion and garlic in butter /or olive oil

2 cloves garlic chopped fine

8- 10 oz sliced mushrooms

Saute in mix of butter/olive oil

1 tsp dried thyme

4 eggs, room temp

Whisk eggs, add milk, S & P and thyme and

1 cup milk (room temp)

I added 1/3 cup feta cheese to mixture

S & P to taste

Pour mixture over broccoli and bake 1 hour

Top with grated cheese (your favorite)

KETO OATMEAL

1/4 CUP PECANS
1/8 CUP WALNUTS
1/2 SCOOP VANILLA MCT POWDER
1 tsp CHIA SEED
2 tsp WHOLE PSYLLIUM HUSK
5-6 ALMONDS
1 Tbsp COCONUT FLAKES
CINNAMON
CARDAMOM (OPTIONAL)
1/3 CUP COCONUT ALMOND MILK
5 SPOONFUL GREEK YOGURT
2 tsp ALMOND BUTTER

Cauliflower Hash Browns

Course Side Dish
Cuisine Breakfast

Servings	Prep Time	Cook Time	Passive Time
6 HASHBROWNS	20 MINUTES	15 MINUTES	10 MINUTES

Ingredients

- 1 small head **grated cauliflower**(about 3 cups)
- 1 large **Egg**
- 3/4 cup **Shredded Cheddar Cheese**
- 1/4 tsp **Cayenne Pepper** (optional) We use this!
- 1/4 tsp **garlic powder** We use this!
- 1/2 tsp **salt**
- 1/8 tsp **black pepper**

Instructions

1. Grate entire head of cauliflower.
2. Microwave for 3 minutes and let cool. Place in paper towels or cheese cloth and ring out all the excess water.
3. Place rung out cauliflower in a bowl, add rest of ingredients and combine well.
4. Form into six square shaped hash browns on a greased baking tray.
5. Place in a 400 degree oven for 15-20 minutes.
6. Let cool for 10 minutes and hash browns will firm up. Serve warm Enjoy!

Cauliflower Mac and Cheese

Recipe Video is included in the body of the blog post!

Course Side Dish
Cuisine American

Servings 4 PORTIONS
Prep Time 5 MINUTES
Cook Time 35 MINUTES

Ingredients

Cauliflower Base

- 6-8 cups cauliflower
- 2 slices bacon thick cut
- 1/2 medium Onion diced
- 2 cloves garlic finely chopped

Cheese Sauce

- 2 tbsp Butter
- 1 cup Cheddar Cheese shredded
- 1/4 cup Heavy Whipping Cream
- salt and pepper To Taste

Baked Topping

- 1/2 cup Cheddar Cheese shredded
- 1/2 cup Pork Rinds crushed - [We use these!](#)

Instructions

Cauliflower Base

1. Heat a skillet on medium heat and preheat the oven to 425 degrees.
2. Dice the bacon and separate the cauliflower into "macaroni" sized pieces. We do this by hand, but you can also use a knife. Add bacon and cauliflower to the skillet and allow to cook for 5 minutes, or until the bacon is nearly fully cooked.
3. Dice the onion, finely chop the garlic and add items to the skillet. Cook for 10 more minutes or until the cauliflower is cooked and the onions are translucent. You'll want to cauliflower to be slightly al dente so that it cooks the remainder of the way in the oven.

Cheese Sauce

1. Combine butter, cheddar cheese(1 cup), and heavy cream in a small saucepan. Cook on low heat until everything is melted and combined. Season with salt and pepper.

Bake

1. Place the cauliflower mixture into a baking dish. We use an 8x8.
2. Pour the cheese sauce over top and mix everything together with a spoon.
3. Top with crushed pork rinds and the remaining cheddar cheese.
4. Bake at 425 for 10 minutes and then broil for 3-5 minutes to crisp up the topping. Enjoy!

Low Carb Chicken Salad

Servings

4 SERVINGS

Prep Time

10 MINUTES

Cook Time

15 MINUTES

Ingredients

- 1.5 lb Boneless/Skinless Chicken Thighs
- 1/3 cup mayonnaise
- 2 tbsp sour cream
- 1/2 lemon juice
- 2 stalks celery
- 1/4 cup Pecans
- 1.5 tbsp parsley
- 1.5 tbsp chives
- 1/4 tsp salt
- 1/8 tsp black pepper

Instructions

Cooking Chicken

1. 1. Cut chicken into bite sized chunks. Add 1 tbsp coconut oil to a medium heat pan and add the chicken. Cook fully through.

2. 2. Add chicken thighs to a microwave safe dish and submerge chicken with water. Cook 6-8 minutes or until chicken is fully cooked through. Cut up into bite sized chunks

Chicken Salad

1. Combine all the ingredients above except the pecans and cooked chicken into a bowl.

2. Once fully combined add the chicken and toss. Add the pecans and toss again.

3. Store in fridge and serve cold!

Low Carb Cheese Crackers | Cheddar Basil Bites!

Servings

Makes 24 BITES

Prep Time

15 MINUTES

Cook Time

12 MINUTES

Passive Time

20 MINUTES

Ingredients

- 6 T butter, room temperature [We use this!](#)
- 2 T Heavy Whipping Cream
- 1 C coarsely shredded cheddar cheese [We Use This!](#)
- 1/4 C grated parmesan cheese [We Use This!](#)
- 1/4 C Coconut flour [We use this!](#)
- 2 T fresh basil, roughly chopped

Instructions

1. Preheat the oven to 350 and line two baking sheets with parchment paper.
2. Put the soft butter in a medium mix bowl, add heavy cream and combine using a hand mixer.
3. Add the cheddar and Parmesan cheese and combine using a spatula. Add the coconut flour and combine with the spatula.
4. Fold in the basil, using your hand to full incorporate the mixture if necessary.
5. Lay out a piece of parchment paper on your counter top and place the cheese dough in the center, forming it into a ball with your hands.
6. Place another piece of parchment paper over top and roll out the mixture to 1/4 inch thick. Using a cookie cutter, cut out 24 crackers. Remove the cut outs gently and place them onto the baking sheets. They will may be difficult to remove so be gentle or they will break. You likely won't get 24 from the first roll out so you can re-roll out the remaining dough and cut more crackers.
7. Bake for 12 minutes. Towards the end keep an eye on them to make sure they don't over cook/burn.
8. **Note:** Do not use the finely shredded cheddar for this recipe. Make sure the cheddar is the large shred so it will result in more cracker like bites!

Low Carb Keto Tortilla Chips

INGREDIENTS

- 2 cups Almond flour
- 1/2 tsp Chili powder
- 1/2 tsp Garlic powder
- 1/2 tsp Cumin
- 1/4 tsp Paprika
- 1/4 tsp Sea salt
- 1 large Egg (beaten)
- 1/2 cup Mozzarella cheese (shredded)



INSTRUCTIONS

1. Preheat the oven to 350 degrees F.
2. Line a baking sheet with parchment paper.
3. In a large bowl, mix together the almond flour and spices.
4. Add the egg and mix using a hand mixer, until a crumbly dough forms.
5. In a small bowl, microwave the mozzarella until it's melted and easy to stir. (Alternatively, you can melt it using a double broiler on the stove.)
6. Add to the dough mixture and knead/squeeze with your hands until well incorporated.
 - ❖ If it stops incorporating before it's fully mixed, you can reheat it for 15-20 seconds again before kneading more.
7. Place the dough between two large pieces of parchment paper.
8. Use a rolling pin to roll out very thin, about 1/16" thick.
9. Cut the dough into triangles and arranged on the parchment lined baking sheet.

Bake for 8-12 minutes, until golden and firm.

NOTE: The chips may release some sizzling oil on the top - just pat dry with a paper towel.
They will crisp up as they cool.

NUTRITION FACTS

Serving size: 10 ½ chips
Calories 220 (Calories from Fat 162)
Total Fat 18g
Total Carbohydrates 8g
Dietary Fiber 4g
Sugars 1g
Protein 10g
NOTE: Net carbs per serving 4g

WATCH LIVE TV ON ANY OF THESE DEVICES

START FREE TRIAL

firetv WATCH LIVE TV ON ANY OF THESE DEVICES START FREE TRIAL

SparkRecipes is powered by **SPARKPEOPLE**
Trackers | Articles | Commun

Calories in Baked Pesto Chicken

View the full [Baked Pesto Chicken Recipe & Instructions](#)
Submitted by: [RUNNINGONCOY](#)

TAGS: Poultry · Dinner · Poultry Dinner

Calories per Ingredient

Here are the foods from our food nutrition database that were used for the nutrition calculations of this recipe.

Calories per serving of Baked Pesto Chicken

- 161 calories of DiGiorno Basil Pesto Sauce, (0.13 cup)
- 140 calories of Tyson boneless, skinless chicken breast, (4 oz)
- 26 calories of *Kroger Mozzarella Fat Free Shredded Cheese, (0.13 cup)
- 8 calories of Red Pack Whole Peeled Plum Tomatoes, (0.13 cup)

Nutrition Facts

Servings Per Recipe: 4
Serving Size: 1 serving

Amount Per Serving	
Calories	287.5
Total Fat	16.0 g
Saturated Fat	2.3 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	65.0 mg
Sodium	655.0 mg
Potassium	0.0 mg
Total Carbohydrate	4.3 g
Dietary Fiber	1.0 g
Sugars	1.8 g
Protein	30.3 g



WATCH LIVE TV ON ANY OF THESE DEVICES

START FREE TRIAL

Recipe BASIL PESTO CHICKEN

From mom Serves 4-6

Cooking time 40-45min Preheat oven to 400°

- 4-6 SKINLESS BONELESS CHICKEN BREASTS
- BASIL PESTO SAUCE
- ROMA TOMATOES (SLICED) OR ONION SLICES
- 2C SHREDDED MOZZARELLA CHEESE

PLACE CHICKEN IN GREASED PAN, SPREAD
BASIL PESTO SAUCE ON TOP OF CHICKEN.
PLACE SLICED TOMATOES ON TOP OF SAUCE
SPRINKLE MOZZARELLA ON TOP, BAKE

ENJOY :)

Nutrition & Calorie Comments

This was my 1st time eating pesto and I loved it! Very tasty. I did add a pinch of salt and skipped the tomatoes but really enjoyed this dish and will DEFINITELY make it again!!

Submitted by: [MONTZUM](#)
(11/1/11)
[report inappropriate](#)

Calories in Baked Ziti Chicken Sausage Spinach Tomato
by: MARPHMARP
This is my version of a baked ziti dish from Bon Appétit November 1994

Easy Broccoli Cheese Soup Recipe - 5 Ingredients

This easy, low carb broccoli cheese soup is gluten-free, healthy, SUPER CHEESY and needs just 5 ingredients. Ready in only 20 minutes!

Servings 8 servings (1 cup each)

Cook Time 20 minutes

Ingredients

- 4 cups Broccoli (cut into florets)
- 4 cloves Garlic(minced)
- 3 ½ cups Chicken broth(or vegetable broth, or bone broth)
- 1 cup Heavy cream
- 3 cups Cheddar cheese(pre-shredded - see notes)

Instructions

1. In a large pot over medium heat, saute garlic for one minute, until fragrant.
2. Add the chicken broth, heavy cream, and chopped broccoli. Increase heat to bring to a boil, then reduce heat and simmer for 10-20 minutes, until broccoli is tender.
3. Add the shredded cheddar cheese gradually, stirring constantly, and continue to stir until melted. (Add 1/2 cup, simmer and stir until it melts fully, then repeat 1/2 cup at a time until all the cheese is used up.) Make sure to keep it at a very low simmer and avoid high heat, to prevent seizing. Remove from heat immediately once all the cheese melts.

Recipe Notes

1. Make sure the temperature is not too hot. This is super important! The heat should be very low when adding the cheese. If it's too hot, the cheese can seize and clump.
2. The broccoli florets should be small. The cheese tends to stick to larger pieces more.
3. Use pre-shredded cheese OR add a de-clumping agent. The recipe works best with pre-shredded cheese that comes in a bag. If you shred a block of cheese yourself, or if your shredded cheese already seems clumpy to begin with, toss it with a little arrowroot powder or cornstarch first, before adding to the soup.
4. Add only a little cheese at a time. If you dump all the cheese in at once, it will clump more.
5. Stir, stir, stir! Keep stirring as you add the cheese.
6. Backup plan #1: Puree it! If all else fails, just throw the soup in a blender (or use an immersion blender).
7. Backup plan #2: Remove the broccoli first! Thank you to a reader for suggesting this. If you'd like, you can scoop out the broccoli florets before adding the cheese and set them aside. A large slotted spoon works best for this. Melt in the cheese, then add the broccoli back in afterward.

Nutrition Facts / Amount per serving

Net carbs per serving 4g

Calories	291
Calories from fat	225
Total Fat	25 g
Dietary Fiber	1 g
Total Carbohydrates	5 g
Protein	13 g

Sourdough Keto Baguettes

By Martina Slajerova | Nov 4, 2015 | 98

I love sourdough bread. In fact, it was what I missed most when I gave up grains and sugar, and started following a healthy keto & paleo diet. Making good sourdough bread has been one of the biggest challenges I've faced when adapting traditional all-time favourites so they can be eaten on a ketogenic diet. It took some fine-tuning but I finally got the recipe I wanted.

This bread is not the first sourdough recipe I've created - there is a [similar recipe](#) in the KetoDiet app and also in [my upcoming cookbook](#). Both use slightly different ingredients and a different cooking technique. Unlike the traditional sourdough bread, this one doesn't require several days of culturing - it takes just over an hour. To recreate the typical taste of a sourdough bread, I used vinegar and buttermilk. Also, because I used vinegar, I omitted cream of tartar which I use in most of my baked recipes. As I mentioned before, vinegar is a good alternative to cream of tartar when making [gluten-free baking powder](#).

Compared to my other [keto bread recipes](#), I used slightly different temperature and cooking time because these baguettes seemed to be more prone to burning - maybe due to the buttermilk.

Tips & Similar Recipes:

- For more tips on how to make the perfect low-carb loaf, have a look at [this post](#) (troubleshooting at the end of the post).
- This dough is based on the [these Keto Buns](#) (without the garlic powder, onion powder, sesame seeds and cream of tartar)
- [Nut-free keto buns](#) - include flaxmeal and coconut flour.
- [Psyllium-free buns](#) - include flaxmeal, almond flour and coconut flour.
- [Flax-free, multi-purpose bread](#), includes coconut flour and a nut-free option.
- *If you don't want to use coconut flour:* Although I haven't tried it, I'd use twice the amount of almond flour or flaxmeal instead of coconut flour (1 cup of almond flour / flaxmeal instead of ½ cup coconut flour). Or you can use the same amount but reduce the water by ~ ½ cup.

Hands-on **10-15 minutes** Overall **60-75 minutes**

Nutritional values (per 1 regular baguette)

Total Carbs	14.1	grams
Fiber	9.6	grams
Net Carbs	4.5	grams
Protein	12.2	grams
Fat	16.4	grams
of which Saturated	2.7	grams
Energy	232	kcal
Magnesium	100	mg (25%)

Potassium

359 mg (18%)

Macronutrient ratio: Calories from carbs (8%), protein (23%), fat (69%)

Ingredients (makes 8 regular baguettes or 16 mini baguettes)

Dry ingredients:

- 1 ½ cup almond flour (150 g / 5.3 oz)
- ⅓ cup psyllium husk powder (40 g / 1.4 oz)
- ½ cup coconut flour (60 g / 2.1 oz)
- ½ cup flaxmeal (75 g / 2.6 oz)
- 1 tsp baking soda
- 1 tsp salt (pink Himalayan or sea salt)

Wet ingredients:

- 6 large egg whites
- 2 large eggs
- ¾ cup low-fat buttermilk (180 g/ 6.5 oz) - *full-fat would make them too heavy and they may not rise*
- ¼ cup white wine vinegar or apple cider vinegar (60 ml/ 2 fl oz)
- 1 cup lukewarm water (240 ml / 8 fl oz)

Lukewarm water in this recipe will slow down the raising effect of baking soda. I tried both boiling water and lukewarm and although it made no difference for baguettes, some people have been experiencing air bubbles / hollow insides when making a loaf. More tips on the perfect loaf are listed [here](#).

For a paleo, dairy-free option, try [this recipe](#) instead of the buttermilk. Make sure you use a kitchen scale for measuring all the dry ingredients. Using just cups may not be enough to achieve best results, especially in baked goods. Weights per cups and tablespoons may vary depending on the product/ brand or if you make you own ingredients (like flaxmeal from flaxseeds). Psyllium absorbs lots of water. When baking with psyllium, you must remember to drink enough water throughout the day to prevent constipation!

Instructions

1 Preheat the oven to 180 C / 360 F. Use a kitchen scale to measure all the ingredients carefully. Mix all the dry ingredients in a bowl (almond flour, coconut flour, ground flaxseed, psyllium powder, baking soda, and salt).
Do not use whole psyllium husks - if you cannot find psyllium husk powder, use a blender or coffee grinder and process until fine. If you get already prepared psyllium husk powder, remember to weigh it before adding to the recipe. I used whole psyllium husks which I grinded myself. Do not use just measure cups - different products have different weights per cup!

2 In a separate bowl, mix the eggs, egg whites and buttermilk.

The reason you shouldn't use only whole eggs is that the bread wouldn't rise with so many egg yolks in. Don't waste them -

use them for making *Homemade Mayo*, *Easy Hollandaise Sauce* or *Lemon Curd*. For the same reason, use low-fat (not full-fat) buttermilk.

3 Add the egg mixture and process well using a mixer until the dough is thick. Add vinegar and lukewarm water and process until well combined.

4 Do not over-process the dough. Using a spoon, make 8 regular or 16 mini baguettes and place them on a baking tray lined with parchment paper or a non-stick mat. They will rise, so make sure to leave some space between them. Optionally, score the baguettes diagonally and make 3-4 cuts.

5 Place in the oven and cook for 10 minutes. Then, reduce the temperature to 150 C / 300 F and bake for another 30-45 minutes (small baguettes will take less time to cook).

6 Remove from the oven, let the tray cool down and place the baguettes on a rack to cool down to room temperature. Store them at room temperature if you plan to use them in the next couple of days or store in the freezer for up to 3 months.
Baked goods that use psyllium always result in a slightly moist texture. If needed, cut the baguettes in half and place in a toaster or in the oven before serving.

7 Enjoy just like regular baguettes!

Tip: To save time, mix all the dry ingredients ahead and store in a zip-lock bag and add a label with the number of servings. When ready to be baked, just add the wet ingredients!

Creamy Tuscan Garlic Chicken

Author: Alyssa Prep time: 10 mins Cook time: 15 mins Total time: 25 mins

Creamy Tuscan Garlic Chicken has the most amazing creamy garlic sauce with spinach and sun dried tomatoes. This meal is a restaurant quality meal ready in 30 minutes!

Ingredients

- o 1½ pounds boneless skinless chicken breasts, thinly sliced
- o 2 Tablespoons olive oil
- o 1 cup heavy cream
- o ½ cup chicken broth
- o 1 teaspoon garlic powder
- o 1 teaspoon italian seasoning
- o ½ cup parmesan cheese
- o 1 cup spinach, chopped
- o ½ cup sun dried tomatoes

Instructions

1. In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center. Remove chicken and set aside on a plate.
2. Add the heavy cream, chicken broth, garlic powder, italian seasoning, and parmesan cheese. Whisk over medium high heat until it starts to thicken. Add the spinach and sundried tomatoes and let it simmer until the spinach starts to wilt. Add the chicken back to the pan and serve over pasta if desired.

Notes

*If you are serving over pasta and like it saucy, definitely double the sauce. :)

Recipe by **The Recipe Critic** at <https://therecipecritic.com/2016/05/cr-reamy-tuscan-garlic-chicken/>



Keto Crumbs – Low Carb Gluten Free Breadcrumb Mix

Print

Prep Time: 5 minutes

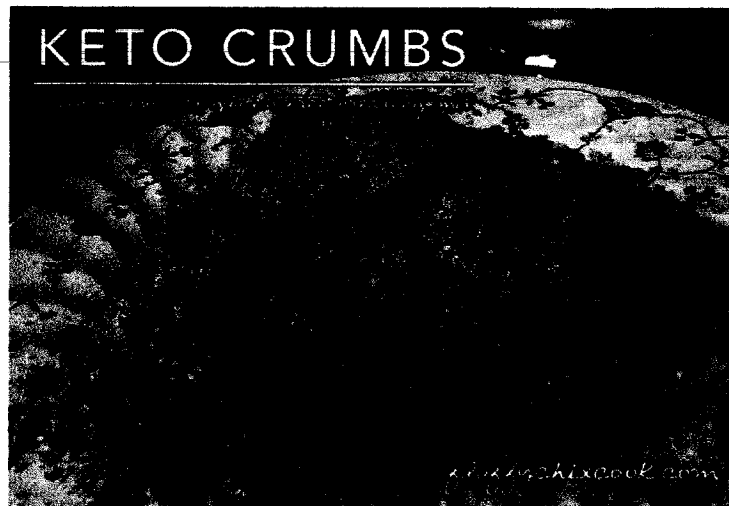
Total Time: 5 minutes

Yield: 16 Tablespoons

Serving Size: 1 Tablespoon

Calories per serving: 17

Fat per serving: 1g



Fluffy Chix Cook Keto Crumbs as a low carb breadcrumb replacement. Keto Crumbs are Induction friendly and suitable for ketogenic, gluten free, sugar free, diabetic friendly lifestyles. Why give up "fried food" when you can switch to oven fried with this tasty, low carb keto, panko-style breadcrumb mix?

Ingredients

- 2/3 cup [pork rind crumbs](#) (12 tablespoons)
- 1/3 cup [Parmesan cheese Kraft](#) or [Organic Parmigiano Regiano Wedge](#), [grated](#)
- 1/2 teaspoon [granulated garlic](#)
- 1/4 teaspoon [cayenne](#)
- 1/2 teaspoon [dried thyme leaves](#)
- 1/2 teaspoon [paprika](#)
- 1/2 teaspoon [fresh ground black pepper](#)
- 1 tablespoon [freeze-dried parsley](#)

Instructions

1. **Pork Rind Crumb Note:** Grind up an entire bag of original flavor pork rinds using a food processor and store in a tightly sealed mason jar in the fridge or freezer. B/T (Bag and Tag). We use Bakenet's or Mac's brand. (Ingredients: pork, salt). Crumbs should be similar in texture to Japanese panko crumbs. They become "pork rind flour" at this point.
2. Combine ingredients in a large spice jar. Shake to mix well. Shake every time before applying Keto Crumbs to breaded foods.
3. Store in an airtight spice bottle or mason jar in the fridge or freezer up to 1 month.

Notes

This is an inexact recipe. It's inexact because you can own it. That's right another "own it" recipe! If you like a more tender, cheesier breading, add more Parmesan. If you like a heavier, tougher, more pork-tastic breading, go with more pork rind crumbs in it. Adjust the spices to your preference. Don't add salt here because the pork rinds and Parmesan are both salty.

Fluffy Chix Cook a double recipe and store it in a large, empty Tonic's Spice Jar with the shaker lid (the big ones you buy at Sam's on the spice aisle). You can also keep Keto Crumbs in an old Parmesan cheese can or mason jar. Store in the fridge or freezer. Having low carb keto breading ready to go, makes oven-frying quick and easy! (You can also deep fat fry with these, but why have the hassle and clean-up? Grab 'n' Go!

Gluten Free Note – If you are gluten intolerant or sensitive, please be SURE to ONLY use certified gluten free herbs and spices. Grate your own Parmesan cheese – don't risk using the "green can."

Serving Ideas Use as a breading mix for proteins and veggies or as part of a crumb topping on casseroles.

Nutritional Information Per Tablespoon: 17 Calories; 1g Fat (57.7% calories from fat); 2g Protein; 0.25g Carbohydrate; 0.06g Dietary Fiber; 4mg Cholesterol; 0.19g Effective Carbs

homemade zucchini tots flavored with parmesan cheese

PARMESAN ZUCCHINI TOTS

INGREDIENTS:

- 1 1/2 cups shredded and lightly patted dry zucchini (about 1 1/2 medium zucchini)
- 1 cup panko bread crumbs → Substitute Crisped pork rinds
- 1/2 tbsp dry Italian seasoning
- 1/2 cup shredded parmesan cheese
- 1 large egg

DIRECTIONS:

1. Shred zucchini with a vegetable grater. When done, pat zucchini dry with a few sheets of paper towels. While you don't need to completely dry the zucchini, you do want to absorb some of the moisture. I used about 4 sheets of paper towels. You want to keep drying the zucchini until the stage where when you pat the shredded zucchini with a paper towel, the paper towel is moist but no longer soaking with water.
2. Preheat oven to 400 F. Measure out 1 1/2 cups of patted dry zucchini and add to a large mixing bowl. Add egg, cheese and breadcrumbs. Stir until everything is thoroughly combined.
3. Take 1 tablespoon of zucchini batter and squeeze between palm of hand, compressing it. Some water should also release out. Using both hands now, shape to resemble a cylinder tater tot shape. Place onto a baking sheet lined with silicone baking mat or parchment paper. Repeat with remaining zucchini.
4. Bake 15-20 min until bottoms are golden brown and crispy. Flip and bake 5 min