

# **Low Carb for the Holidays**

**Holiday Recipes plus a dozen recipes  
for all those Leftovers!**

**Sharon Wertz**

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**For more delicious low carb recipes see my full cookbook, available as an eBook or a paperback at Amazon and other fine booksellers.**

# **That's Low Carb?!**

## **NINETY Tried-and-True Recipes for Low Carb Diets**

### **Second Edition**

**Sharon Wertz**

## About Me

My husband is an insulin dependent diabetic, and I am insulin resistant hypoglycemic. We have been eating low carb for more than 20 years. He has lost almost a hundred pounds since first being diagnosed with diabetes, and his blood sugar is now under excellent control. We discovered that the standard “diabetic diet” didn’t work for either of us. For a while we followed the Atkins diet, and later we developed our own way of eating that works for us.

Now it isn’t a diet...it is a way of life. I have managed to convert almost all of our old familiar “comfort foods” to low carb.

If you have any questions, feel free to email me at [sbwertz@gmail.com](mailto:sbwertz@gmail.com)

Watch my website for new recipes! (I’m working on a low carb pie crust.)

<http://lowcarbliving.webs.com/>

Sharon Wertz

# Introduction

Almost all the ingredients for recipes in this book that cannot be found in your local supermarket are available online from NETRITION.COM. I have no connection with NETRITION.COM, but they are where I have purchased most of my low carb ingredients for many years, mostly because of their large selection and low shipping cost. You may have another favorite source for ingredients

Everyone knows you can lose weight on a low carb diet. However, many people eventually gain the weight back! Why? Most people simply cannot face the idea of eating such a limited diet for the rest of their lives!

Carbs begin to creep back into the diet. And if you don't keep the carbs below your own personal tolerance level, a low carb diet becomes a weigh GAINING diet because by definition low carb is high fat and high calorie. If your body drops out of fat burning mode and back into carb burning mode, you WILL gain weight.

In order to be successful at keeping the weight off, you have to have a diet that you can live with without feeling deprived. That is why I have spent so many years in developing recipes that duplicate the "comfort foods" we all grew up with and love.

These are not fancy recipes. Most are easy to make. Some are my grandmother's recipes, adapted to low carb. Some came from my New England husband's grandmother. Most I made up from scratch. I hope you find them useful and satisfying.

Sharon Wertz

# About the Ingredients

There are many different artificial sweeteners on the market. These recipes can be made with any of them. My sweetener of choice is liquid sucralose, which is zero carbs. Powdered Splenda, Equal, etc. contain about 24 grams of carbs per cup of sugar equivalent because of the dextrose used to make up the powder that carries the sweetener. Liquid sucralose or other liquid artificial sweeteners avoid the extra carbs in the powdered sweeteners. Stevia is another popular sweetener available in both liquid and powdered form.

Sugar alcohols, such as malitol and erythritol are also available, but can cause intestinal distress in sensitive individuals. Use them with caution until you find out if they upset your system. In general, erythritol is less likely to cause problems than are the other sugar alcohols, but they can all have a laxative effect on some people, or if consumed in excess. Malitol will caramelize like sugar, and can be cooked to soft crack and hard crack stages. (If you have dogs, avoid xylitol...it is highly poisonous to dogs.) For brown sugar substitutes, use malitol brown or Natural Sweet Brown. **Warning:** Splenda Brown is half real sugar!

If you can't find the brown sugar substitute, you can use any artificial sweetener and add one teaspoon of blackstrap molasses to the recipe. The blackstrap molasses has a very strong flavor and one teaspoon will flavor a cup of artificial sweetener to taste like brown sugar while only adding 4 grams of carbohydrate to the whole recipe. Be sure it is **blackstrap** molasses. It is much stronger flavored than regular molasses. A teaspoon of blackstrap molasses will give as much flavor as an ounce of regular molasses.

Another ingredient I use a lot is polydextrose (polyD.) It is classified as a fiber by the FDA. Unlike other fiber, however, it has the cooking characteristics of sugar. You can cook it to soft ball to make caramels. You can cook it to hard crack to make hard candies and peanut brittle. It keeps baked goods moist, and adds "chewiness" to brownies. It makes foods made from Carbquik less crumbly. It is slightly sweet...about 10 percent as sweet as sugar, so you need to add sweetener in addition to the polyD in sweet recipes.

Sugar free pancake syrup can be used in recipes to replace corn syrup or honey. Sugar free honey is also available. It is actually a honey flavored malitol syrup.

Tova Industries' Carbquik and Carbalose flour are also staples in my kitchen. Carbquik is basically a low carb biscuit mix similar to Bisquick. It has 2 grams net carb per serving, and 14 grams of fiber. You can basically take almost any Bisquick recipe and convert it

to low carb using Carbquik. Carbalose is the flour used in Carbquik. Use it when you don't want the baking powder and fat that are in the Carbquik. It is one of the flours used in making low carb pasta.

Nuts and nut meals are used in many baked goods and breads to add texture, flavor and body to many recipes. You can buy almond meal in most grocery stores, (Bob's Red Mill is a well known brand,) or you can grind it yourself in a blender or food processor. I use pecan and walnut meal most often, since they are lower carb than almond meal. Pecan meal has the lowest carb count.

Flax seeds are used both whole and ground into meal in many recipes. I recommend golden flax rather than brown flax because of its mild nutty flavor. You can grind your own seeds in a blender, or buy flax meal already ground. Keep it in the refrigerator or freezer, since it goes rancid at room temperature.

I make my own low carb pasta, but if you don't want to make it you can use a tofu/shirataki noodle blend made by House Foods. (Use their spaghetti to make faux rice.) You can get it online or at an Asian market. Some supermarkets are carrying it now, and it is available at Sprouts markets. Look for it near the tofu. It comes in angel hair, fettuccine, spaghetti and macaroni shapes, and has less than 2 grams of carb per serving. As with any shirataki noodle, be sure to rinse it thoroughly, since the solution they pack it in has a distinctly fishy smell that disappears when well rinsed under running water. To prevent watering down sauces, put it in the microwave for 2 minutes before adding it to your recipes. This will evaporate out excess water.

For thickening sauces and gravies, I prefer glucomannan (also called konjac) powder. It is the powder that shirataki noodles are made from. It is available online or at some health food stores. Use it like you would use flour or cornstarch for thickening sauces, (but it just takes a tiny bit!) I keep a salt shaker by the stove and shake a tiny bit into sauces and gravies to thicken them.

Wheat protein isolate 5000 is a flour substitute. It is wheat flour that has had the carbohydrate and fat removed, leaving only the protein. It is a key ingredient in home made low carb pasta.

Some recipes call for low carb breadcrumbs. If you don't make your own bread, use a low carb tortilla. Run it in a blender or food processor until it is cut into fine crumbs.

Avocado Oil has all the health benefits of olive oil, but has a milder taste and a very high smoke point for frying. It is much lower than canola oil in Omega 6 fatty acids.

For pie crust, I make my own but if you want a mix, , I like the Dixie Diner Press and Bake Pie Crust mix from NETRITION.COM. It is easy to make and tastes pretty much like real pie crust.

Waldon Farms makes several very good salad dressings. In particular, their Honey Mustard, Sesame Ginger and Asian dressings are excellent. They are available in the diet foods section of many supermarkets, as well as online. Sprouts also carries them.

Torani and DaVinci both make sugar free syrups in many different flavors. They are available online, or at such stores as Smart and Final, Cost Plus, and Costco. In addition to flavoring beverages, the caramel syrup adds a “brown sugar” flavor to recipes. The fruit flavors are great for flavoring muffins and desserts.

Carbmaster yogurt is 4g carbs per container. It is a Kroger house brand.

I prefer Hershey’s Special Dark cocoa powder over other types because it gives an intense chocolate flavor with less cocoa, saving on carbs.

Campbell's Chicken and Mushroom Soup is a low carb substitute for gravy or white sauce. It is lower in carbs than regular mushroom soup or cream of chicken soup. A whole can is 12g carbs compared to 23g carbs in the others. In a recipe that serves 4 it adds 3g carbs per serving.

For milk substitutes, I use a mixture of half cream and half water, or unsweetened almond milk. I am allergic to coconut, so I don’t use coconut milk or flour in my recipes. You could also use soymilk if you prefer. If you live in an area where you can get Hood Calorie Countdown milk, that is also good, but it is not available in Arizona.

EAS Whey Protein Powder is my favorite because it is the lowest in carbs that I have found, and it has a good flavor. I use both the chocolate and vanilla powder. It is especially useful in baked goods made with Carbquik because they tend to be crumbly without the protein powder. It improves the texture of the finished baked goods.

Ragu Alfredo Sauce is only 2g carbs per serving, and they have a new Four Cheese Sauce that is also only 2g carbs per serving. Both are quite good.

LaNouba makes an excellent sugar free marshmallow that can be used like regular marshmallows. They are pretty much carb free (0.01g carbs per large marshmallow) and are available from [Netrition.com](http://Netrition.com)

If you love Nutella, there is an excellent low carb version available from [Netrition.com](http://Netrition.com). Try GO LO Sugar Free Dark Hazelnut Spread.



# HOLIDAY STAPLES

**It just wouldn't be the holidays without these!**

## **Cranberry sauce**

3 cups whole cranberries

1 cup water

Artificial sweetener equivalent to 1 cup sugar (I use liquid sucralose)

Put all ingredients into a sauce pan and bring to a boil. Simmer 10 minutes.

Cool or serve hot.

This makes 2 pints at 18g carbs per pint, a little over 1g carbs per 2 tbsp serving if made with liquid sucralose.

You can add a little grated orange peel, orange extract, or Torani or DaVinci orange syrup and a sprinkle of cloves and cinnamon to make a spiced cranberry-orange relish.

## **Mashed Fauxtatoes**

1 head cauliflower  
2 tbsp cream  
2 tbsp butter  
1 tsp chicken bullion  
Pepper to taste

Cut up one head of cauliflower and steam or microwave until tender. Do not boil in water, or your “potatoes” will be too runny. Steam about 10 minutes or until the cauliflower is very tender. Put into a colander and press with a paper towel to remove any excess moisture.

Using a food processor or stick blender, blend the cauliflower until it is smooth, adding the cream, butter, chicken bullion, and pepper. Serve with gravy or pan juices.

For garlic fauxtatoes, add a couple of large cloves of garlic to the cauliflower before you steam it. Mash with the cauliflower.

Depending on the size of your head of cauliflower, this makes 4 to 6 cups of mashed cauliflower at 1g carbs per cup.

Note: If, after you puree the cauliflower, it is too runny, add a tablespoon of psyllium husk or a quarter teaspoon of glucomannan powder and blend it in. It will firm up the “potatoes” without affecting taste or texture.

## Turkey gravy

**Note: Don't try to make a roux with Carbquik. It becomes gritty if cooked in fat.**

Pan drippings from the turkey

(If you don't have pan drippings, use 1 tbsp oil or melted butter and 2 tsp dry chicken stock concentrate or bouillon.)

2 cups unsalted chicken or turkey broth

1/4 cup Carbquik

Put half the broth in a jar and add the Carbquik and shake it well.

Put the rest of the broth and the drippings in a skillet and add the chicken broth concentrate. Over medium heat, stir in the flour mix and stir until thickened. Makes 2 cups. Reheats well.

Makes 8 quarter-cup servings at 1/2g carb per serving.

Note: If it is still not thick enough, shake a little konjac (glucomannan) powder on and stir it in. (I keep a little in a shaker by the stove for thickening.) IT ONLY TAKES A LITTLE. Shake a tiny bit at a time...maybe 1/8 tsp. This stuff REALLY thickens

## **Faux Candied Sweet Potatoes**

1 15oz can of pumpkin  
1/4 cup sugar free pancake syrup  
1/4 cup Torani or DaVinci caramel syrup  
2 tbsp butter  
1/4 cup polydextrose  
1 tbsp cinnamon  
12 low carb sugar free marshmallows cut in quarters

Mix together pumpkin, syrup, molasses, butter, polydextrose, and cinnamon in a microwave safe bowl. Microwave on high for one minute. Stir, and microwave two more minutes.

Pour into a 1 1/2 quart casserole and top with the marshmallows. Bake in a 450 degree oven until marshmallows are melted and lightly browned.

Makes 6 half cup servings at 4g carbs each.

# HOLIDAY BREADS

## Cranberry Orange Muffins

2 cups Carbquik  
2 eggs  
2 tbsp avocado oil  
1/4 cup flax meal  
1/4 cup nut meal (usually pecan or almond)  
Artificial sweetener equivalent to 1 cup sugar  
2 scoops of vanilla whey protein powder  
1/2 tsp orange extract  
1/4 cup Torani or DaVinci orange syrup, or 1 single serve packet of sugar free orange drink mix plus 1/4 cup water.  
The grated zest from one orange  
2 tbsp orange juice (optional)  
1 cup of frozen, fresh, or home dried cranberries that have been soaked in a mixture of sucralose and water for a while, (then use the sucralose water for some of the liquid in the muffin mix).

(Don't use commercial "craisins" because they are loaded with sugar.)

Preheat oven to 375 degrees.

In a large bowl, mix all the ingredients. Add the sweetened water from the cranberries and enough additional water to make a stiff batter, spoon into muffin cups, and bake at 375 for 15-20 minutes.

Makes 12 muffins, 2.5g carbs each if made with liquid sucralose

## **Pumpkin Muffins**

2 cups Carbquik  
2 eggs  
2 tbsp avocado oil  
1/4 cup flax meal  
1/4 cup almond meal  
Artificial sweetener equivalent to 1 cup sugar  
2 scoops of vanilla whey protein powder  
1 cup canned pumpkin  
1 tbsp pumpkin pie spice  
1/2 cup chopped nuts  
1/2 cup water

Preheat oven to 375 degrees.

In a large bowl, mix all the ingredients, spoon into muffin cups, and bake at 375 for 15-20 minutes.

Makes 12 muffins, 2.5g carbs each if made with liquid sucralose

# HOLIDAY DESSERTS

## Bread Pudding

4 slices low carb white, wheat or cinnamon bread, crusts and all, cut into 1/2 -inch cubes (about 2 cups).

2 1/2 cups unsweetened almond milk

1/2 cup heavy cream

2 tbsp butter

Artificial sweetener equal to 1/2 cup sugar (I use liquid sucralose)

6 eggs

Dash of salt

1 tsp vanilla

1 tsp nutmeg

Place the bread cubes in a buttered 1 1/2 quart baking dish. Heat the milk with the butter and sweetener. Beat the eggs lightly; add salt, then stir in the warm milk mixture and the vanilla and nutmeg. Pour the mixture over the bread cubes in an ovenproof dish.

Set the dish in a pan containing hot water half way up the baking dish and bake in a preheated 350 degree oven about 1 hour or until a knife comes out clean when inserted in the center of the custard.

Makes 6 servings, 3g carbs per serving.

## **Pumpkin Cheesecake**

8 ounces cream cheese, softened

5 eggs

Artificial sweetener equal to 1/2 cup sugar (I use liquid sucralose)

15 ounce can pumpkin

2 tsp Pumpkin Pie Spice

1 tsp vanilla

Leave the cream cheese at room temp for at least an hour to soften, or soften in the microwave for 30 seconds. Place the cream cheese in the bowl of your mixer and beat until smooth. Add the remaining ingredients and beat well. Pour into a greased glass 8" baking dish or pie plate. Bake in a preheated 350 degree oven about 45 minutes or until the center is firm and a knife inserted in the center comes out clean. Chill before serving.

Makes 8 servings, 3g carb per serving



## **Southern Pecan Pie**

3 large eggs

Artificial sweetener equal to 1 cup sugar (I use liquid sucralose)

1/2 cup sugar free maple syrup

1/2 cup sugar free honey

1 tsp vanilla

1/4 tsp salt

2 tbsp melted butter

1 1/2 cup pecan meats

1 recipe low carb pie crust (see below) or 1 Dixie Diner Press and Bake pie crust

Make pie crust according to directions.

Beat eggs slightly; add sweetener and beat well. Add syrup, honey, vanilla, salt and melted butter. Stir in pecans and pour into pie crust.

Bake in preheated 350 degree oven for 45 minutes or until done.

Makes 8 servings, 3.5g carbs per serving, including crust.

### **Pie Crust**

1/2 c. lard

1/2 c. Carbalose flour

1/4 c wheat protein isolate 5000

1/4 c. resistant wheat starch

2 tbsp + 1 tsp ice water

Cut shortening into flour until the particles are like small peas.

Sprinkle in water, 1 T. at a time tossing with fork until all flour is moistened and pastry is clinging to the side of the bowl.

Roll out between 2 sheets of parchment.

(8 servings, 1.5g carbs per serving for crust)

# Pumpkin Pecan "Impossible" Pie

Needs no crust.

1 cup canned pumpkin (not pumpkin pie mix)  
1 cup cream  
1/2 cup Carbquik mix  
Artificial sweetener equal to 1/2 cup sugar (sucralose or stevia)  
1/4 cup malitol or erythritol  
1 tsp vanilla extract  
1 tbsp pumpkin pie spice  
2 eggs  
1 cup chopped pecans

Preheat the oven to 350 degrees.

Spray a 9 or 10" glass pie plate with cooking spray. In large bowl, stir the pumpkin, cream, Carbquik, sucralose, malitol, pumpkin pie spice, vanilla and eggs until blended. Stir in the pecans and pour into the pie plate.

Bake for 35 to 40 minutes or until a knife inserted in center comes out clean. Cool COMPLETELY (at least an hour.)

NOTE: This needs both types of artificial sweeteners. The combination of the two gives the best result.

I chill this in the refrigerator to make it easier to cut and serve. I top it with some sweetened whipped cream and sprinkle a few chopped pecans on the whipped cream.

Makes 8 servings, 5g carbs each.

## **Microwave Pumpkin Custard**

4 eggs, beaten

1 16 oz can pumpkin

Artificial sweetener equal to 1 cup sugar (I use liquid sucralose)

1/3 cup polydextrose

1/2 tsp salt

1 tbsp pumpkin pie spice

8 oz cream

8 oz almond milk

Combine all ingredients and mix well. Pour into a greased, microwave safe 2 quart casserole and microwave on high for 15 minutes, rotating several times, until a knife inserted in the center comes out clean.

Makes 12 servings, 4g carbs each.

## Low Carb Ginger Thins

These are like the very thin Swedish ginger cookies.

1/4 cup butter  
1/2 cup shortening  
1 cup brown malitol crystals or Natural Sweet Brown \*  
1/4 cup sugar free pancake syrup or sugar free honey  
1 egg  
2 1/4 cups Carbalose flour  
2 tsp baking soda  
1/4 tsp salt  
1 tsp powdered ginger  
2 tsp ground cinnamon  
1/2 tsp ground cloves

Preheat oven to 350 degrees.

Cream the butter, shortening, brown "sugar", syrup, and egg in a mixer until light and fluffy. Mix together the dry ingredients. Add to the mixture in the mixer and mix until well combined.

Form the dough into 3/4 inch balls. Place the balls on a baking sheet lined with baking parchment. Press the dough out into circles with the bottom of a flat bottomed drinking glass with a small piece of parchment on top of the dough to keep it from sticking to the glass. Press them THIN, about 1/8 inch. The cookies will be about 2 1/2 inches in diameter.

Bake about 8 minutes. Store tightly sealed to keep them crisp.

Makes 6 dozen. 2 cookies = 1g carbs.

\*If you can't find the brown sugar substitute, you can use malitol and add one teaspoon of blackstrap molasses.

## **Cheesecake Bites**

**Add a little orange food color for Halloween!**

16 oz cream cheese, softened

1 egg

1/2 tsp vanilla

1/2 cup chopped nuts

Artificial sweetener equal to 1/2 cup sugar

Beat the softened cream cheese with the egg. Add in the vanilla, nuts and sweetener and beat until thoroughly mixed. Drop by spoonfuls onto a cookie sheet lined with foil or parchment.

Bake in a preheated 350 degree oven until the edges are browned. Start at 15 minutes and watch them closely until you find out how fast they cook in your particular oven. They will puff, then fall, when they begin to wrinkle on the top, they are ready.

Remove from the cookie sheet and place onto cooling racks. Store in an airtight container.

Makes about 60 cookies. 3 cookies = 1g carbs.

## Chocolate Mint Truffles

1 8oz package cream cheese  
7 scoops chocolate whey protein powder  
1/4 cup butter, melted  
1/2 cup finely chopped nuts (I use macadamia or pecans)  
2 tbsp Hershey's special dark cocoa powder  
Artificial Sweetener equal to 1/2 cup sugar (I use liquid sucralose)  
1/2 tsp peppermint extract  
Nuts and cocoa powder for coating.

Mix all ingredients well. Roll into balls about 3/4" in diameter. Chill.

Roll half the truffles in finely chopped nuts, and the other half in cocoa powder.

Makes about 40 truffles. Two truffles = 1g carbs.

## Chocolate Chip Coconut Pecan Cookies

2 cups wheat protein isolate 5000  
2 tsp vanilla  
Artificial Sweetener equal to 1/2 cup sugar (I use liquid sucralose)  
1/4 cup Torani or DaVinci sugar free Caramel or English Toffee syrup  
1/4 teaspoon blackstrap molasses  
3 tablespoons sugar free maple syrup  
1/2 cup unsweetened coconut meat  
2 tablespoons water  
1 cup chopped pecans (8g)  
1 teaspoon baking soda  
1 teaspoon baking powder  
3/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 egg (1g)  
1/2 cup unsalted butter, softened  
1/4 cup cream cheese, softened (2g)  
3 oz Hershey's sugar free chocolate chips

Add water to coconut and allow to rehydrate.

Mix softened butter with sweetener; add maple syrup, vanilla, caramel or English toffee syrup, and egg.

Mix WPI 5000 with baking soda and powder, cinnamon, nutmeg, and add to first mixture. Then add coconut, pecans, then chocolate chips.

Make tablespoon sized (about 1 inch) balls, put on cookie sheet lined with parchment paper, then bake at 350 for 10-12 minutes (cookies will brown.) These spread to about 2.5 inches, so leave room.

Remove to a rack to cool then store in a covered container.

Makes 30-36 cookies 1 g carb per cookie.

# Chocolate “Nutella” Cookies

**If you like Debora Geary’s “Witch Central” books, these are my version of Nell’s favorite cookie!**

1 1/4 cups Carbquik  
1 teaspoon baking powder  
2/3 cup unsweetened cocoa powder  
1/2 cup (1 stick) butter, softened  
1/2 cup polydextrose  
Artificial sweetener equal to 1/2 cup sugar (I use liquid Splenda)  
1/2 cup brown artificial sweetener (I use Natural Sweet Brown)  
2 teaspoons vanilla extract  
1/2 cup Go Lo Dark Hazelnut Spread  
1/3 cup almond milk

Preheat oven to 325 F.

In a small bowl whisk together flour, baking powder, salt, and cocoa powder. Set aside.

In a large bowl, cream together butter, polydextrose, and brown sugar with an electric mixer on medium speed until smooth (about 2 minutes). Add vanilla extract and beat for another 30 seconds. Add in hazelnut spread and beat until smooth and well incorporated.

With the mixer running, add half of the flour and mix until well combined. Add in the milk, mixing well. Add the rest of the flour mixture and mix completely. Cover and refrigerate the dough for at least 15 minutes.

Line a baking sheet with parchment paper. Roll a tablespoon of the dough into a balls and place on the cookie sheet, allowing about 2 inches between the dough balls. Flatten slightly.

Bake for 10-12 minutes. Remove from the oven and allow them to stand for about 5 minutes, then transfer the cookies to a cooling rack and allow them to cool completely. Store in an airtight container.

Makes about 3 dozen cookies, 1 g carb per cookie



# HOLIDAY APPETIZERS

## **Cheese Dreams**

3 slices cheddar cheese, cut into 1 inch squares (9 squares per slice)

6 slices bacon, cooked crisp and crumbled

14 cherry tomato, sliced in half

Mayonnaise mixed with a little Dijon mustard

Place the cheese 9 pieces at a time on parchment paper in the microwave and cook on high 1 minute. It will bubble and spread out, so leave space between the pieces. Repeat with the other 2 slices.

Remove to a plate and spread a little of the mayo mixture on each piece of crisp cheese. Add some of the crumbled bacon, and top with half a cherry tomato.

Makes 27 appetizers, 1/2 g carb each.

## Mexican Appetizers

8 oz breakfast sausage or chorizo  
2 tbsp diced bell pepper  
2 tbsp diced onion  
1 tsp coriander powder  
1 tsp cumin powder  
1 tbsp chili powder

Egg mix:

6 eggs  
2 tbsp cream  
1/2 tsp salt  
1/4 tsp pepper  
1/4 cup salsa  
1/2 cup shredded cheddar or Mexican cheese

Cook sausage with pepper, onion and spices.

Mix eggs with cream, salt, pepper, salsa and cheese.

Preheat oven to 350.

Spoon the sausage mix into mini muffin tins, filling them half full. Top with the egg mix, filling cups not quite to the top.

Place the muffin tin on a cookie sheet to catch drips, and bake 15 minutes at 350 degrees.

Makes 24 mini muffins. 1/2g carbs each

## Chicken Liver Pâté

1 lb chicken livers  
1/2 lb butter, softened  
1/2 lb cream cheese, softened  
1/2 lb bacon  
1 sprig fresh rosemary or 1/4 tsp dried rosemary  
1/2 cup chicken broth

Place the chicken livers, chicken broth, and rosemary in a microwave-safe dish, cover, and cook until just barely done. (Microwaves vary. In mine it takes about 5 minutes.) Or cook on the stove until the livers are tender.

While the livers are cooking, cut the bacon into small pieces and fry until crisp. Do not drain. Set aside to cool.

Remove the sprig of rosemary. In a food processor, combine the livers and broth, cream cheese, and butter. Process until very smooth. Add the bacon and bacon fat and pulse until well mixed, but pieces of crisp bacon are still whole.

Spoon into covered containers and chill

Pipe into sautéed mushroom caps for a fancy appetizer, or spread on celery, low carb homemade Melba toast, or low carb crackers.

Makes 2.5 lbs pate, 15g carbs in WHOLE RECIPE.

This is a great party appetizer.

## Easy Oven Nut Clusters

Be careful with this one. It is REALLY easy to overeat with these...they are habit forming.

24 oz raw pecans  
8 oz raw walnuts  
6 oz raw almonds  
6 oz raw peanuts  
4 oz raw sunflower seeds

1/2 tsp salt  
1/4 cup sugar free honey  
2/3 cup polydextrose  
2 tbsp water  
Artificial sweetener equal to 1 cup sugar (or to taste)

Preheat the oven to 315 degrees.

Weigh out all the nuts and set them aside. In a large microwave safe bowl mix the salt, honey, polydextrose, artificial sweetener and water. Microwave on high one minute. Mix well, and add the nuts. Mix THOROUGHLY until all the nuts are coated with the syrup. Return to the microwave for 1 minute. Stir again to evenly coat the nuts with the syrup.

Line a rimmed cookie sheet with baking parchment. Spray the parchment lightly with cooking spray, and spread the nut mixture evenly over the pan. (Let the parchment hang over the edge so the syrup does not run under the paper.) Use a spatula coated with cooking spray to spread the mix to an even thickness so it will heat evenly.

Bake for 30 minutes. Allow to cool, tip out of the pan, peel off the paper and break into bite sized pieces

Makes 48 ounces at 2g carbs per ounce.

## Cheese Crackers

2 slices cheese (use cheddar, swiss, provolone, etc.) cut in quarters, then diagonally to make 16 triangles

Place cheese on baking parchment on a large plate and microwave for 2 minutes. The cheese will bubble and spread, so leave room between the pieces. They will become crisp as they cool. Makes 16 crackers.

You can also make these with grated parmesan. Or shredded cheese. Just put a teaspoon of grated or shredded cheese for each cracker in a little mound on the parchment. Cook 1 minute for each 8 crackers.

These can be used in place of crackers for appetizers and dips.

If you are making these for a crowd, use the regular oven. Use a large cookie sheet and cover with baking parchment. (You must use parchment...foil or cooking spray will NOT work.)

Place them in a 350 degree oven for 5-7 minutes until bubbly and beginning to brown around the edges.

Makes 16 crackers, 2 g carbs in **whole recipe**.

## Pasta Chips

1/4 cup carbalose  
1/4 cup WPI 5000  
1 tsp avocado oil  
1 large egg

Optional  
1/4 tsp garlic powder  
1/2 tsp chipotle seasoning

Mix all ingredients, knead about 5 minutes and let rest 15 minutes.

I ran it through the pasta machine to thickness 7. By hand, roll it as thin as you can.

Cut into squares, then cut the squares diagonally into triangles.

Cook in boiling salted water for 2 minutes, drain on paper towel a bit, then fry in 350 degree oil until slightly golden. (Try one to make sure it is crisp all the way through.) sprinkle with salt and serve with your favorite dip.

The number of chips will depend on how thin you roll the dough, and how big you make the chips.

6 g carbs in whole recipe.

# **ALL THOSE LEFTOVERS!**

**Great ways to use up those Holiday Leftovers**

## **Ham Breakfast Muffins**

2 cups diced leftover ham  
8 eggs  
2 tbsp heavy cream  
1/4 cup diced onion  
1/4 cup diced bell peppers  
1/4 tsp garlic powder  
1/2 tsp salt  
1/2 cup shredded cheese

Preheat oven to 350 degrees.

In a large skillet, cook the peppers, onion and garlic until the veggies are tender, then add the ham and cook another minute or so.

In a bowl, beat the eggs with the cream and salt.

Spray muffin tins well with cooking spray. In the bottom of each muffin tin place about a tablespoon of cheese. This will cook crisp and make a bit of a “crust” on the bottom so the bottoms are not soggy.

Divide the ham and veggies equally among the muffin cups, and top with the egg mixture. Place a cookie sheet in the oven to catch any fat that overflows the muffin tins.

Bake at 350 degrees for 30 minutes. Remove from the tins immediately or they will stick as they cool. (These work really well in silicone muffin cups.)

These reheat well and are also good cold.

1g carbs per muffin





## **Easy Macaroni, Ham and Cheese Casserole**

2 cups diced leftover ham  
8 oz. shredded cheddar cheese  
1/2 jar Ragu Four Cheese Sauce  
1 cup unsweetened almond milk or half cream and half water  
1 recipe low carb macaroni, cooked as directed, (see below)  
Salt and pepper to taste.

1/2 cup low carb breadcrumbs  
1 tbsp butter, melted

In a large saucepan, combine all ingredients except bread crumbs and melted butter, and bring to a simmer. Stir and simmer until the cheese is melted and the sauce is smooth. Pour into an oven safe casserole dish. Mix the breadcrumbs with the melted butter and sprinkle over the top of the casserole.

Bake in a preheated 350 degree oven 30 minutes until the top is browned and the sauce is bubbly.

Note: This is also good with chopped cooked cauliflower instead of the macaroni.

Serves 4, 4g carbs per serving.

## Macaroni

1/4 cup Carbalose flour  
1/4 cup WPI 5000  
1 egg  
1/4 tsp salt  
1 tsp olive oil

Combine all ingredients, Turn out on a floured surface and knead for five minutes until smooth and elastic. Cover with a damp cloth and let rest 15 minutes.

If you have a pasta machine, use it to roll the dough out to a thin sheet, about the third or fourth thinnest setting.

If you don't have a pasta machine, cut into fairly small pieces and roll out with a rolling pin.

When the dough is rolled into a thin sheet, cut into strips about 3/4 inch wide. Take each strip by the long edge and roll into a tight tube, rolling several times to seal the edge. Cut into half inch lengths with a knife or pizza wheel.

Bring a large pot of salted water to the boil. Put the pasta, all at once, into the boiling salted water. Boil two minutes. Remove the pasta with a slotted spoon and use immediately, or toss with melted butter or olive oil to keep it from sticking together until ready to use.

Makes 4 servings, 1.5g carbs per serving.

## Ham Casserole

This is one of our favorites. It is a variation on the tetrazzini recipe.

1 recipe low carb noodles, cut 1/4 inch wide and cooked as directed, (see recipe below) or  
1 package tofu/shirataki fettuccine noodles, drained and rinsed thoroughly under running water..

2 tbsp butter

1 (6 ounce) can sliced mushrooms or 5 oz fresh mushrooms, washed and sliced.)

1 tsp salt

1/8 tsp pepper

2 cups chopped leftover ham

1/2 jar Ragu Four Cheese Sauce

1 cup sour cream

1/2 cup shredded cheddar cheese

1/2 cup low carb bread crumbs

Melt the butter in a large heavy skillet. Sauté the mushrooms for 3 minutes. Season with salt and pepper, and stir in the ham, cheese sauce, and sour cream. Add the pasta and stir to coat with the sauce. Bring just to a simmer. Pour the mixture evenly into a 1 1/2 quart baking dish. Top with the cheddar cheese and bread crumbs.

Bake in a preheated 375 degree oven for 20 to 25 minutes, or until the sauce is bubbling.

Makes 4 servings, 6g carbs each.

## Turkey Tetrazzini

This is one of our favorites.

1 recipe low carb noodles, cut 1/4" wide and cooked according to the recipe or 1 package tofu/shirataki fettuccine noodles drained and rinsed.

2 tbsp butter

5 oz fresh mushrooms, washed, and sliced or 1 can of sliced mushrooms, drained

1 tsp salt

1/8 tsp pepper

2 cups chopped cooked turkey

1 cup low carb turkey gravy or 1/2 jar Ragu Four Cheese sauce, or 1 can Campbell's Chicken and Mushroom soup.

1 cup sour cream

1/2 cup grated or shredded Parmesan cheese

1/2 cup low carb bread crumbs

Preheat oven to 375 degrees F.

Melt the butter in a large heavy skillet. Sauté the mushrooms for 3 minutes. Season with salt and pepper, and stir in the turkey, gravy or sauce, noodles and sour cream. Bring just to a simmer. Pour the mixture evenly into a 1 1/2 quart baking dish. Top with the Parmesan cheese and bread crumbs.

Bake in preheated oven for 20 to 25 minutes, or until the sauce is bubbling.

Makes 4 servings, 6g carbs per serving.

## Noodles

1/4 cup Carbalose flour

1/4 cup WPI 5000

1 egg

1/4 tsp salt

1 tsp olive oil

Combine all ingredients, Turn out on a floured surface and knead for five minutes until smooth and elastic. Roll out on a floured surface to 1/4" thickness. Cover with a damp cloth and let rest 15 minutes.

If you have one, use a pasta machine.

If you don't have a pasta machine, cut with a pizza wheel or knife into 1 inch wide strips about 3 inches long. Take each strip and roll it as thin as you can, turning over often. When it is paper thin, use a pizza wheel to cut it into 1/4" wide strips for fettuccini, or 1/8" wide strips for linguini. Cook immediately or freeze to cook later.

Bring a large pot of salted water to the boil. Put the strips, all at once, into the boiling salted water. Cook 2 minutes. Remove the pasta with a slotted spoon and use immediately, or toss with melted butter or olive oil to keep it from sticking together until ready to use.

Makes 4 servings, 1.5g carbs per serving.

## Turkey Alfredo with Garlic Basil Noodles

First make the pasta

1/4 cup Carbalose flour  
1/4 cup Wheat Protein Isolate 5000  
1/2 tsp salt  
1 tsp dried sweet basil (or 1 tbsp minced fresh sweet basil)  
1/2 tsp garlic powder  
1 whole egg  
1 tsp olive oil or avocado oil

Mix all dry ingredients in a medium bowl. Add the egg and oil, and mix until it gathers into a ball. Knead until smooth and elastic.

Roll out to about 1/4 inch thick, cover with a damp towel and allow to rest for at least 15 minutes.

Start a large pot of salted water boiling on the stove.

Cut the dough into strips about an inch wide and 3 inches long. Roll each strip out as thin as you can roll it. Using a pizza wheel, cut into 1/4 inch wide strips.

Then make the Alfredo sauce (or use from a jar)

1/4 cup butter  
1 cup heavy cream  
1 1/2 cups grated Parmesan cheese

2 cups diced leftover turkey  
5 oz fresh sliced mushrooms sautéed in 2 tbsp butter, or canned mushrooms  
1/2 cup cooked chopped broccoli, asparagus, or spinach.

In a large skillet, mix the butter, cream and cheese over medium heat. Stir until all the cheese is melted and sauce is smooth. Add the mushrooms and the diced turkey and cooked veggies. Stir until well blended.

When the water has come to a rolling boil, add the pasta strips. When the water returns to the boil, start a timer and cook for 2 minutes. Drain and add to the meat and sauce. Stir well to coat all the noodles with sauce, and heat through. Serve with a sprinkle of parmesan cheese.

Makes 4 servings, 5g carbs per serving

# Turkey Bake

This is a variation on one of Dana Carpender's recipes.

2 cups diced leftover turkey  
1 package (10 ounces) frozen chopped spinach  
2 tbsp butter  
5 oz mushrooms, sliced or 1 can of sliced mushrooms, drained  
1 tsp chicken bullion  
1/2 cup heavy cream  
1/2 cup sour cream  
1/2 cup grated Parmesan cheese  
1 tbsp Poloku mushroom seasoning (or 1/2 tsp salt)  
1 clove garlic, put through a garlic press or minced fine  
2 tbsp diced onion

## Topping

1 slice low carb bread or 1 small low carb tortilla broken into pieces  
1 tbsp grated parmesan cheese  
1 tsp dry chicken bullion  
1 tbsp cold butter cut into small chunks.

Preheat the oven to 350 degrees.

Put all topping ingredients except butter in the bowl of a food processor and run until fine. Add the butter and process just long enough to mix. Set aside.

Put the spinach in a microwave safe dish and cook 4 minutes in the microwave.

Meanwhile, melt the butter in a heavy skillet over medium heat and sauté the mushrooms and onions for five minutes. Add the diced turkey and the garlic to the skillet.

When the meat is heated through and the onions are translucent, add the bouillon to it. Stir in the heavy cream, sour cream, and Parmesan and just heat it through (don't let it boil). Remove the spinach from the microwave and drain it well by putting it in a strainer and pressing it with a paper towel to make sure all the liquid is removed.

Spray a 1 1/2 qt casserole dish with nonstick cooking spray and spread half of the spinach in the bottom of it. Put half of the meat and sauce mixture over that. Repeat the layers with the rest of the spinach and the rest of the sauce. Top with the breadcrumb mix. Bake for 45 minutes.

Yield: 4 servings 5g carbs each.

# Turkey Pot Pie

## Gravy:

1 can unsalted chicken or turkey broth  
2 tsp dry chicken stock concentrate or bouillon  
4 tbsp Carbquik

5 oz package sliced mushrooms or 1 can sliced mushrooms  
2 tbsp butter  
12 large radishes, cut in quarters or one large turnip, cubed  
2 oz baby carrots diced  
1/2 cup diced celery  
2 cups diced leftover turkey

## Crust:

1/2 cup Carbquik  
1 egg  
1/4 cup cream

In a small skillet, cook the mushrooms in the butter. Put half the can of chicken broth in a jar and add the Carbquik and shake it well.

Put the rest of the broth in the skillet and add the chicken broth concentrate. Over medium heat, stir in the flour mix and stir until thickened. If it isn't quite thick enough to suit you, shake a little konjac powder in and stir. (Don't use too much! A tiny bit is all it takes.)

Put the veggies in the microwave for about 3 minutes, and then add to the gravy. Stir in the meat, and put it all in a 1 1/2 quart casserole dish.

Mix together the crust ingredients and pour over the top. Bake in a preheated 375 degree oven for 25 to 30 minutes, or until the crust is brown and done all the way through.

Serves 4 at 4.5g carbs per serving



## Curried Turkey Salad

2 cups diced leftover turkey  
1/2 cup diced cucumber  
1/2 cup diced bell pepper  
1/2 cup diced celery  
1 hard boiled egg, cut into wedges  
1 romaine heart, cut up (or other salad greens)

### Dressing:

1 carton Kroger CarbMaster yogurt (any fruit flavor)  
1 tbsp mild curry powder

Combine all salad ingredients except romaine and egg, and toss to mix well.

Mix the curry powder into the yogurt and beat with a whisk until creamy. Add the dressing to the meat and veggies and stir until well coated. Put the romaine into four salad bowls and top with the turkey salad. Garnish with hard boiled egg wedges and one or more of the following: pine nuts, unsweetened coconut, or toasted sesame seeds.

4 servings, 4.5g carbs each.

## **Chinese Turkey Salad**

1 romaine heart, cut up (or other salad greens)  
1/2 cup diced cucumber  
1/2 cup celery, diced  
1/2 cup diced bell pepper (green or red)  
2 cups diced leftover turkey  
1 tbsp toasted sesame seed or sliced almonds

Chinese salad dressing (I use Walden Farms 0 carb Sesame Ginger or Asian)

Toss together the greens, cucumber, celery, and bell pepper in a large bowl. Top each serving with the turkey and dressing. Sprinkle with the sesame seeds or almonds.

Makes 4 salads, 3.5g carbs each.

## **Turkey Salad with Pecans and Honey Mustard Dressing**

4 cups cut up salad greens (I use romaine and spring greens)  
2 cups diced leftover turkey  
4 slices thick-sliced bacon, cooked and cut into bite-sized chunks  
1 small avocado, diced  
1 medium tomato, diced  
1/2 cup diced cucumber  
1/2 cup coarsely chopped pecans

Combine all ingredients in a large salad bowl and toss thoroughly.  
4 salads at 3.5g carbs not including dressing.

Serve with Waldon Farms 0 carb Honey Mustard dressing, or try this home made recipe

### **Honey Dijon Salad Dressing**

1/2 cup Dijon mustard  
4 Tbsp sugar free honey  
1/4 cup olive oil  
1 tsp lemon juice  
1/2 tsp garlic powder  
1/4 tsp pepper  
1/4 cup vinegar

Put everything in a jar or shaker, stir lightly with a fork, and then shake until smooth.  
Store in the refrigerator.

Makes 8 servings, 1g carbs per 2 tbsp serving