

LUSU Cook Book



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this cook book full of delicious recipes!**



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Air Fryer Buffalo Cauliflower Bites

Experience the bold and zesty flavors of Air Fryer Buffalo Cauliflower Bites, a delightful vegetarian alternative to classic buffalo wings.



4.74 from 53 votes

Prep Time 10 mins	Cook Time 15 mins	Total Time 30 mins
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Course: Appetizers, Side Dish Cuisine: American

Keyword: air fryer buffalo cauliflower, buffalo cauliflower, easy cauliflower recipe

Servings: 4 Serves

Ingredients

- 1 head cauliflower cut into florets (you'll need about 4 to 5 cups)
- 2 tablespoons butter, melted
- 1 tablespoon olive oil
- ½ cup Frank's Red Hot Sauce
- ½ cup all-purpose flour or almond flour
- 3 tablespoons dried parsley
- ½ tablespoon garlic powder
- 1 teaspoon Lawry's Seasoning Salt

Instructions

1. Place cauliflower florets in a large mixing bowl and set aside.
2. Melt butter; stir in olive oil and hot sauce until thoroughly combined.
3. Pour the hot sauce mixture over the cauliflower; mix around until all cauliflower florets are coated.
4. In a separate bowl whisk together almond flour, dried parsley, garlic powder, and seasoning salt.
5. Sprinkle about a handful at a time of almond flour mixture over the cauliflower; gently mix until everything is coated.
6. Transfer half of the prepared cauliflower to the air fryer.
7. Air fry at 350°F for 15 minutes, shaking a couple times during the cooking process. Cauliflower is done when the florets are a bit browned, but not mushy.
8. Remove cauliflower from the Air Fryer; set aside and keep covered.
9. Repeat the same process with the remaining cauliflower florets.
10. Serve with celery sticks and bleu cheese dressing.

Oven Method

1. Toss the cauliflower florets in the hot sauce mixture and the breading. Arrange the cauliflower florets on a foil-lined pan and bake for 15 minutes at 450°F. Gently stir the cauliflower halfway through cooking.

Notes

- **Florets:** When cutting your cauliflower into florets, try to keep them about the same size for even cooking.
- **Spice:** You can adjust the seasonings and spices of your buffalo sauce. Feel free to add extra hot sauce, cayenne pepper, or even a touch of Sriracha.
- **Sauce:** When coating the cauliflower in sauce, make sure every piece gets a bit of flavor, but avoid drenching them. Too much sauce can make the florets soggy.
- **Prep Ahead:** You can prepare your cauliflower and sauce ahead of time. Store them separately in the fridge and toss them just before cooking to keep everything fresh.
- **Serving Ideas:** Buffalo cauliflower pairs perfectly with classic dipping sauces like ranch or blue cheese dressing. For a fun twist, try serving it with a yogurt-based dip or hummus.
- **Oven Method:** Place prepared cauliflower florets on a foil-lined pan and bake for 15 minutes at 450°F. Gently stir the cauliflower halfway through cooking.
- **Leftovers:** While these cauliflower bites taste best when served immediately, you can still refrigerate the leftovers in an airtight container for up to 2 days. Leftover buffalo cauliflower can be reheated in the oven or air fryer to bring back its crispness.

Nutrition

Calories: 204kcal | Carbohydrates: 12g | Protein: 6g | Fat: 17g | Saturated Fat: 5g |
Cholesterol: 15mg | Sodium: 1602mg | Potassium: 482mg | Fiber: 5g | Sugar: 3g | Vitamin A:
204IU | Vitamin C: 71mg | Calcium: 78mg | Iron: 2mg

Aloo Tikki (Spiced Potato Patties)

INGREDIENTS:

• For the Patties:

- 3 medium potatoes, boiled and mashed
- 1/2 cup green peas (optional)
- 1 small onion, finely chopped
- 2-3 green chilies, finely chopped (adjust to taste)
- 1 tsp ginger paste
- 1 tsp cumin powder
- 1/2 tsp coriander powder
- 1/2 tsp garam masala
- Salt to taste
- 2 tbsp fresh cilantro, chopped
- 2-3 tbsp all-purpose flour or breadcrumbs (for binding)
- Oil for frying



• For Serving:

- Tamarind chutney or mint chutney
- Sliced onions and lemon wedges

INSTRUCTIONS:

1. Prepare the Mixture:

- In a large bowl, combine the boiled and mashed potatoes, green peas, chopped onion, green chilies, ginger paste, cumin powder, coriander powder, garam masala, salt, and cilantro. Mix well until all ingredients are evenly combined.

2. Shape the Patties:

- Divide the mixture into small portions and shape them into round or flat patties. If the mixture feels too loose, add a little all-purpose flour or breadcrumbs to help bind it.

3. Heat the Oil:

- In a frying pan, heat oil over medium heat. Make sure there's enough oil to shallow fry the patties.

4. Fry the Tikkis:

- Carefully place the patties in the hot oil, cooking in batches if necessary. Fry until golden brown and crispy on both sides, about 3-4 minutes per side. Drain on paper towels to remove excess oil.

5. Serve:

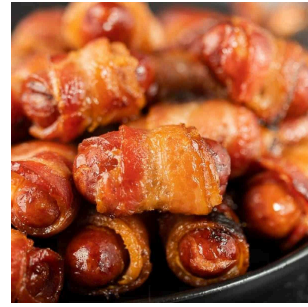
- Serve hot with tamarind or mint chutney, along with sliced onions and lemon wedges for a refreshing touch.

Hope anyone who loves spicy food will like this appetizer.

**Chutney is optional though.*

Bacon wrapped little smokies

Everyone loves this really easy appetizer recipe. This quick and easy Bacon wrapped little smokies recipe is the best and the perfect football appetizer.



Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Appetizer Cuisine: American Servings: 16

Ingredients

- 1 package [little smokies](#)
- 1 package bacon
- 1/2 cup [brown sugar](#)

Instructions

1. Preheat oven to 425 degrees F.
2. Cut the bacon into thirds.
3. Roll one piece of bacon around one little smokie. The bacon will overlap.
4. Then secure the bacon with a toothpick.
5. Continue doing this to all of the little smokies.
6. In a shallow bowl or dish pour in the brown sugar.
7. Dip the little smokies (that is now covered in bacon) in the brown sugar to cover.
8. Place them on a cookie sheet that is lined with foil. Trust me, you want foil to cover the pan for easy clean up.
9. Bake for 10 minutes. Then flip them over and back for another 10 minutes.
10. Remove from oven and allow them to cool slightly. Place on a serving dish and watch them disappear.

Notes

This is the perfect recipe for your next party, gathering, or tailgate.

Nutrition

Calories: 225kcal | Carbohydrates: 7g | Protein: 6g | Fat: 18g | Saturated Fat: 6g | Cholesterol: 36mg | Sodium: 472mg | Potassium: 112mg | Sugar: 7g | Vitamin A: 10IU | Calcium: 10mg | Iron: 0.5mg



Baked Potato Skins Recipe

★★★★★

You are going to love these extra crispy better than restaurant quality potato skins topped with cheddar, Monterey Jack, bacon and green onions.

Course Appetizer

Cuisine American

Keyword baked potato skins, homemade potato skins, how to make potato skins, loaded potato skins, potato skins recipe

Prep Time 10 minutes

Cook Time 1 hour 25 minutes

Total Time 1 hour 35 minutes

Servings 6 servings

Calories 330kcal

Ingredients

- 6 small to medium Russet Potatoes
- 1 ½ tablespoons canola oil or olive oil
- sea salt
- 3 tablespoons butter
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ cup finely shredded cheddar
- ½ cup finely shredded Monterey Jack
- 4 slices bacon crispy cooked and chopped
- 1 green onion finely sliced
- sour cream optional

Instructions

1. Preheat oven to 375 degrees.
2. Scrub, dry and poke the potatoes 8-10 times using the tines of a fork. Using your hands rub the potatoes with a little canola oil or olive oil and sprinkle generously with salt. Place them on a baking sheet. Bake potatoes for 50-60 minutes or until they are cooked through. Let them sit until cool enough to handle.
3. Preheat oven to 450 degrees. Cut potatoes in half lengthwise. Using a spoon, scoop out the flesh, leaving ¼ to ½ inch around the inside of the skin.
4. Melt butter in the microwave. Whisk in garlic powder and onion powder. Brush over the tops and bottoms of the potato skins. Using the same baking sheet that you cooked the potatoes on, place them in the oven for 10 minutes. Flip and bake for another 10 minutes.

5. Top evenly with both cheeses and bacon. Return to oven for 5 minutes or until cheese is melted. Top with green onions and sour cream (optional). Serve promptly.

Notes

- Use Russet Potatoes for this recipe as they will produce the crispiest potato skins.
- Don't skip the canola oil and salt coating before baking. It really helps produce a nice crispy skin.
- Brush both sides of the scooped out potatoes with the butter mixture and place back in the hot oven for extra crispy skins.
- You can substitute chives for the green onions.
- These potato skins are best served promptly however I have reheated them with success in both the oven and the microwave.
- For a party perfect presentation pipe a little bit of sour cream in each skin.
- Store leftovers in an airtight container in the fridge.

Nutrition

Calories: 330kcal | Carbohydrates: 39g | Protein: 9g | Fat: 16g | Saturated Fat: 8g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Trans Fat: 0.2g | Cholesterol: 33mg | Sodium: 175mg | Potassium: 913mg | Fiber: 3g | Sugar: 1g | Vitamin A: 364IU | Vitamin C: 13mg | Calcium: 168mg | Iron: 2mg

KETO MOZZARELLA CHEESE STICKS★★★★★

COURSE: APPETIZER CUISINE: ITALIAN PREP TIME: 10 MINUTES
COOK TIME: 5 MINUTES FREEZING TIME: 1 HOUR
TOTAL TIME: 15 MINUTES SERVINGS: 4 PEOPLE CALORIES: 207



Keto mozzarella sticks are an easy, kid-friendly, low-carb snack or appetizer. Keep some of these gluten-free cheese sticks in the freezer for a quick bite any time.

INGREDIENTS

- 6 pieces string cheese
- 1 large eggs beaten
- ¼ cup [almond flour](#)
- ¼ cup Parmesan cheese the powdered kind in a can
- 1 tablespoon [coconut flour](#)
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ½ teaspoon salt coarse
Kosher salt works best

INSTRUCTIONS

1. Cut string cheese in half crosswise.
2. Beat 1 egg in small bowl. Set aside.
3. Place almond flour, Parmesan cheese, coconut flour, Italian seasoning, garlic powder, and salt in zipper sandwich bag. Shake bag to blend.
4. Dip each piece of mozzarella into the beaten egg and then coat by shaking in the sandwich bag. Freeze for at least one hour.
5. Heat oil in small frying pan to at least half inch high. Temperature of oil should be about 325-375°F. Higher temperatures tend to brown too quickly with cheese melting out. Air frying works too using a temperature of about 370 to 400°F for about 5 to 7 minutes.
6. Cook each coated piece of mozzarella in the hot oil until browned on all sides. Enjoy!

NOTES

Makes 1 dozen mini sticks. A serving is 3 sticks.

Salt can be adjusted to taste. I tried ¼ teaspoon at first, but made another batch with ½ teaspoon and it tasted much better.

For a double coating: Coat and freeze, then take them out and coat them and freeze them again for at least 30 minutes before frying.

Nutrition

Serving: 3pieces | Calories: 207 | Carbohydrates: 4g | Protein: 16g | Fat: 15g | Saturated Fat: 6g | Polyunsaturated Fat: 5g | Cholesterol: 74mg | Sodium: 987mg | Potassium: 21mg | Fiber: 3g | Vitamin A: 350IU | Vitamin C: 0mg | Calcium: 360mg | Iron: 0.7mg

Additional Info

Net Carbs: 1 g | % Carbs: 2 % | % Protein: 31.5 % | % Fat: 66.5 % | **SmartPoints: 6**

Lactose-Free Bacon -Wrapped Jalapenos Poppers



Ingredients:

- 6 Jalapenos (12 halves)
- Block of Lactose free cream cheese
- 1/2 cup Lactose free cheddar cheese
- 1 pound of bacon
- Salt/Pepper/ Lemon Dilly (Spice) to taste



Instructions:

1. Pre- heat oven or air fryer to 400 degrees F.
2. Start by cutting all jalapenos in half and removing the seeds. If you want to keep more spice , keep some seeds aside to add to cream cheese later.
3. Once your Jalapenos are cut. Add your cream cheese to a bowl and microwave until soft, not melted.
4. Add your cheese and spices to taste in your softened cream cheese. Here is where you would add extra seeds in the mix if desired. Blend evenly.
5. Now start to stuff each halves of jalapenos with the cream cheese mix.
6. Once all jalapenos are filled, You will start to wrap each half with a piece of bacon. If the slice of bacon is too big you can cut it down to size.
7. Now add your jalapeno poppers to the oven or air fryer and cook for Aprox. 15- 20 min or until bacon is crispy
8. Remove from oven and let cool. Serve with your choice of dip.

Enjoy

Mashed Potato Balls

Mashed Potato Balls - crispy fried mashed potato balls loaded with bacon and cheddar cheese. The best recipe to use up leftover mashed potatoes.



Prep Time	Cook Time	Total Time
15 mins	5 mins	20 mins

Course: Potatoes Cuisine: American Recipes

Keyword: Mashed Potato Balls Servings: 6 people

Ingredients

- 2 cups cold leftover mashed potatoes
- 1 large egg lightly beaten
- 1/4 cup real bacon bits
- 3/4 cup shredded cheddar cheese
- 2 tablespoons Italian parsley leaves chopped
- 1/2 cup dry bread crumbs
- oil for deep frying

Instructions

1. Place the mashed potatoes in a large bowl and let them stand at room temperature for 30 minutes. Stir in the egg, bacon bits, cheddar cheese, and chopped parsley.
2. Mix all the ingredients together until well combined.
3. Shape the mixture into 1-inch (2.5 cm) balls, rolling them in bread crumbs to ensure they are well coated. Place the potato balls in the refrigerator for 15 to 30 minutes to help them retain their shape.
4. In a skillet, heat 1 inch (2.5 cm) of oil to 375°F (190°C). Fry the potato balls in batches, cooking them quickly. As soon as they turn light brown, remove them with a slotted spoon and place them on paper towels to drain. Serve immediately.

Notes

Recipe Source: Taste of Home.

IMPORTANT: make sure your mashed potatoes are not the loose kind, or else the potato balls will get disintegrated while deep-frying. DO NOT over fry, as soon as the breadcrumbs turn light brown, take them out of the oil. They will continue to brown after removing from the oil.

Nutrition

Serving: 6 people | Calories: 174kcal | Carbohydrates: 23g | Protein: 7g | Fat: 5g | Saturated Fat: 3g | Cholesterol: 42mg | Sodium: 185mg | Fiber: 1g | Sugar: 1g

Pull-Apart Pizza Bread

Our Pull-Apart Pizza Bread is great as an appetizer, snack or even an easy dinner! Made with refrigerated biscuits, cheese and your favorite pizza toppings, this is sure to be your favorite new recipe for a crowd!

Prep Time	Cook Time	Total Time
10 mins	1 hr	1 hr 10 mins



Course: Appetizer, Dinner Cuisine: American Servings: 8
Calories: 650kcal

Ingredients

- 24 ounce pop-cans Flaky Biscuits
- 16 ounce block whole milk mozzarella cheese
- 1 cup thin pepperoni slices
- 4 tbsp unsalted butter melted
- 2 tbsp olive oil
- 2 tbsp minced garlic
- 1 tbsp italian seasoning
- ¼ tsp kosher salt
- 16 ounce jar pizza sauce

Instructions

1. Preheat oven to 350 degrees. Spray a bundt pan with cooking spray. Set aside.
2. In a small bowl combine your melted butter, olive oil, minced garlic, italian seasoning and salt. Set aside.
3. Open your cans of flaky biscuit dough and cut each of the biscuits into quarters.
4. Cut your block of mozzarella cheese into ¼-½ inch cubes.
5. In the bottom of your prepared bundt pan evenly layer half of your biscuit pieces. Make sure that you have a nice even single layer and do not pack the biscuit dough tightly because you want some of the cheese and butter to fill in the cracks.
6. Spoon half of the seasoned butter mixture evenly over the top of the biscuit dough layer.
7. Evenly distribute half of the mozzarella cheese cubes and finally half of the pepperoni slices.
8. Repeat steps 5-7 with the remaining half of your ingredients.
9. Cover your bundt pan with aluminum foil and bake for 30 minutes.
10. Remove the foil and bake for an additional 30 minutes.
11. Allow your pull-apart pizza bread to cool in the pan for 5 minutes then carefully flip it out onto a serving plate. You will want to gently flip it back over on your serving dish so that the cheesy pepperoni topping is showing.

12. You can warm your pizza sauce and place it into a small serving bowl. You can place it in the center, or on the side, of your pull-apart pizza bread for people to dip their pieces into.

Notes

Storage:

This pull-apart pizza bread is best served hot. You can store leftovers in a covered container, in the refrigerator, for up to 2 days. You can reheat individual portions in the microwave for 30-45 seconds.

Tips:

- I highly recommend using a good quality block of mozzarella cheese. It will melt much better and give you more of that gooey pizza effect. Fresh mozzarella, cut into cubes, will work well also.
- I do not recommend using pizza dough for this recipe. I find that it does not cook as evenly in the bundt pan and it sticks to the pan when trying to flip it out for serving. I have used the 'butter' and the 'plain' variety of the pop-can biscuits and they both taste great.
- For those that do not like pepperoni, and want a vegetable version, feel free to add the toppings of your choice like mushroom or onion slices. I suggest that you do not add anymore than the 1 cup of add-ins so that your cook time remains consistent.

Nutrition

Calories: 650kcal | Carbohydrates: 47g | Protein: 22g | Fat: 42g | Saturated Fat: 16g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 16g | Trans Fat: 1g | Cholesterol: 76mg | Sodium: 1777mg | Potassium: 478mg | Fiber: 2g | Sugar: 6g | Vitamin A: 816IU | Vitamin C: 5mg | Calcium: 354mg | Iron: 4mg

Tortellini Party Snacks

Total Time: 30 minutes *Yield:* 8 Servings



Scrumptious tortellini party snacks are the star attraction of any appetizer table! Served with jarred marinara sauce, your guests will be delighted to feast on these cute baked tortellini bites. They're a real crowd pleaser!

INGREDIENTS

- 1 20-ounce refrigerated package three-cheese tortellini, boiled al dente.
- 1 + 1/4 cup all-purpose flour
- 5 large eggs
- 5 tablespoons milk
- 2 + 1/2 cups Panko bread crumbs
- 1 cup Parmesan cheese, freshly grated
- 2 teaspoons dried oregano
- 1 teaspoon red chili pepper flakes
- A sprinkling of sea salt
- A few twists of freshly-ground black pepper
- Garnishes: drizzling of melted butter, grated Parmesan, sprinkling of chili flakes, minced Italian parsley
- Dipping sauce: one regular-sized jar of classic marinara sauce (I used a 23.5-ounce jar)

INSTRUCTIONS

1. Preheat oven to 375 degrees. Line two baking sheets with parchment paper or silicone baking mats. Pull out three shallow bowls, a whisk and a spoon.
2. Bowl #1: Add flour only.
3. Bowl #2: Add eggs and milk. Whisk to combine.
4. Bowl #3: Panko bread crumbs, Parmesan cheese, oregano, chili flakes, sea salt and ground pepper. Mix well.
5. It's best to work in small batches. Place the tortellini in the bowl of flour. Thickly coat each piece. Move the pieces to the egg/milk mixture. Coat all sides evening, taking care that no white spots of flour are visible. This is very important! Transfer the wet pieces to the bowl of

bread crumbs. Generously coat each piece. Place the breaded tortellini on a baking tray, leaving plenty of space between pieces. When baking, this will allow the pieces to crisp up on all sides.

6. Bake for 14-15 minutes, or until the tortellini party snacks are beautifully crispy and golden.
7. Arrange on a party tray alongside a bowl of marinara sauce for dipping. Drizzle melted butter over the top. Sprinkle with Parmesan cheese, red pepper flakes, and minced Italian parsley. Enjoy these festive easy appetizers!

NOTES

EXPERT TIPS FOR EASY TORTELLINI BITES

BOILING PASTA AL DENTE: Boil the three-cheese tortellini al dente according to package instructions. Do not overcook! If the package of pasta does not list the time for al dente, subtract a full minute from suggested cooking time. Transfer to a colander and drain well.

COATING THE TORTELLINI: When assembling these appetizers, work in small batches. Start with half the amount of egg/milk mixture, and half the amount of herb/crumb mixture. This will leave working space in your shallow bowls. When needed, quickly prep the rest of the egg and crumb mixtures and continue the dipping process.

SPACING ON THE BAKING SHEET: Leave room between the pieces on the cookie sheet. This will allow the the baked tortellini to become nice and crisp on all sides!

MAINS AND ENTRÉES

- **Bacon Wrapped Cheese & Mushroom Stuffed Chicken Breasts**
- **Bacon Wrapped Mini Meatloaf**
- **Baked Chicken Fajitas**
- **Baked Salmon in Foil with Asparagus & Garlic Butter**
- **Cheesy Chicken & Broccoli Stuffed Spaghetti Squash**
- **Cheesy Loaded Meatloaf Casserole**
- **Chicken Parmesan**
- **Chicken Pesto Pasta**
- **Chicken Taco Poblano Rice Bowls**
- **Cream Cheese Spinach Stuffed Chicken Breasts**
- **Crockpot Grape Jelly Meatballs**
- **Easy Baked Pork Chops**
- **Ground Beef Pasta Bake**
- **Healthy Jambalaya**
- **Keto Chicken Alfredo**
- **Keto Sausage Sheet Pan Dinner with Veggies**
- **Low Carb Pizza Casserole**
- **Roasted Pork Tenderloin**
- **Smothered Pork Chops**
- **Spinach Chicken Casserole**



Bacon Wrapped Cheese & Mushroom Stuffed Chicken Breasts



Delicious bacon-wrapped stuffed chicken and a video showing how to prepare stuffed breasts so the filling won't come out!

Prep Time	Cook Time	Total Time
15 mins	1 hr	1 hr 15 mins

Course: Dinner

American

Servings: 4

Ingredients

- 4 medium boneless skinless chicken breasts
- 8 slices uncooked bacon
- 1/2 cup onion finely chopped
- 1/2 cup chopped mushrooms
- 1/2 cup shredded Swiss cheese
- 2 tbs chopped fresh parsley or 1 tbs dehydrated
- 1 tsp salt
- 1/2 tsp pepper
- 2 tbs butter

Instructions

1. Melt butter over medium heat in a large skillet. Saute onion & mushrooms until tender. Remove from heat to cool.
2. Preheat oven to 350 degrees F.
3. Meanwhile prepare chicken breasts for stuffing by butterflying and cutting a pocket as per <https://www.youtube.com/watch?v=yqjfQP3Mp2k> Mix shredded cheese and parsley into the cooled mushroom/onion mixture. Sprinkle chicken with salt and pepper. Divide evenly and stuff into pocket created in the chicken. Fold as shown in the video link above.
4. Carefully wrap each folded breast with 2 slices of bacon, securing with a toothpick if needed. Place on a deep baking sheet or in an oblong ovenproof baker.
5. Bake for 45-60 minutes, depending on thickness of rolls. Chicken is done when juices run clear or internal temperature is 180 degrees F.

Nutrition

Serving: 1person | Calories: 433kcal | Carbohydrates: 5g | Protein: 34g | Fat: 30g | Saturated Fat: 12g | Cholesterol: 129mg | Sodium: 1084mg | Potassium: 642mg | Fiber: 1g | Sugar: 2g | Vitamin A: 506IU | Vitamin C: 5mg | Calcium: 120mg | Iron: 1mg

Bacon Wrapped Mini Meatloaf

Bacon Wrapped mini Meatloaf is the best comfort food you can make for dinner. Grass fed ground beef, bacon, and more served as individual portion sizes.



Prep Time 20 mins	Cook Time 1 hr 25 mins	Total Time 1 hr 45 mins
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Ingredients

Meatloaf:

- 1 medium onion diced
- 2 cloves garlic minced
- 1 tablespoon butter
- 1 1/2 pounds ground beef
- 1 large egg
- 1 cup bread crumbs
- 1 cup milk
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme
- 6 bacon slices

Topping:

- 1/2 cup ketchup
- 1 tablespoon brown sugar
- 1 tablespoon spicy brown mustard
- 1/2 cup fried onion pieces

Instructions

1. Preheat oven or grill to 350 degrees F. Line a baking sheet with foil for easy clean up.
2. Melt butter in saute pan over medium heat. Cook onions until fragrant and slightly brown while stirring occasionally, about 3-5 minutes. Reduce heat to low and add garlic, cook for 2-3 minutes. Remove from heat.
3. In large bowl, combine ground beef, egg, bread crumbs, milk, Worcestershire sauce, thyme, and cooked onions and garlic. Use hands to mix well, but try not to over work the meat. Divide into six equal sized portions and shape into disks.
4. Wrap bacon slices around edge of disks. Diameter of meatloaf should be so that the bacon ends just meet or slightly overlap.
5. In a separate bowl, combine ketchup with mustard and brown sugar. Divide equally and spread over the tops of the mini meatloaves. Sprinkle tops with crispy fried onions.
6. Bake in preheated oven or grill until bacon is just golden, about 1 hour and 15 minutes.

Baked Chicken Fajitas

A quick, easy and healthy baked chicken fajita recipe.

Prep Time	Cook Time	Total Time
15 mins	25 mins	40 mins



Servings: 8 servings Calories: 248kcal



Ingredients

- 2 lbs boneless skinless chicken breast, about 3-4 chicken breasts
- 1 tbsp taco or fajita seasoning use this homemade fajita seasoning for gluten free option
- 1 1/2 sweet bell peppers sliced (any combination or green, red, orange, yellow)
- 1 medium sweet yellow onion sliced
- 8 oz sharp cheddar cheese shredded
- 1 tbsp chopped cilantro for garnish optional

Instructions

1. Preheat the oven to 375°F
2. Lay the chicken breasts flat in a baking dish big enough where they aren't quite touching, then sprinkle the fajita seasoning evenly over them.
3. Mix the bell peppers and onions and spread them evenly over the top and place the cheese over the top of the peppers and onions.
4. Bake on the middle rack of the oven for 30-40 minutes or until the chicken is done through (min of 165°F in throughout).
5. Garnish with chopped cilantro and serve hot over rice, cauliflower rice, greens, or in tortillas.
6. Enjoy!

Notes

Tips:

- If you want to cook faster, use thin chicken breast, or cut chicken breast into strips.
- If you prefer your cheese more melty and less crispy, add it only 5-8 minutes before the end of the cook time.
- There is no need to cover the chicken fajitas to bake. If you do, it will substantially increase the cooking time. To keep the cheese melty, add it at the end.

Baked Salmon in Foil with Asparagus and Lemon Garlic Butter Sauce



Ingredients list for the baked salmon recipe with asparagus

- 1 pound (450g) **salmon fillets**, divided
- 2 tablespoons **vegetable broth** or **chicken broth**
- 1 1/2 tablespoon fresh **lemon juice**, or to taste
- 1 tablespoon of your favorite **hot sauce** (we used **Sriracha**)
- 4 teaspoons minced **garlic** (4 cloves)
- **Salt** and fresh ground **black pepper**, to taste
- 3-4 tablespoons **butter**, diced into small cubes (or ghee)
- 2 tablespoons fresh chopped **parsley** or **cilantro**
- 1 lb (450g) medium-thick **asparagus**, woody ends trimmed

Baked salmon in foil recipe

If you want to impress your family at dinnertime with a delicious and easy recipe, then give this baked salmon with asparagus a try! The salmon and vegetables are wrapped in individual foil packets, ensuring they stay juicy and flavorful.

The seasoning includes a zesty mix of garlic, broth, lemon juice, and hot sauce, with a sprinkle of parsley or cilantro for added freshness. After just a few minutes in the oven, your family can unwrap their foil packet and enjoy perfectly cooked salmon with a burst of citrus. It's a flavorful and fuss-free meal that everyone will love!

Directions

1. To prepare the oven-baked salmon in foil packs: Preheat your oven to 425°F (220°C). Cut 2 sheets of 14 by 12-inch (35 x 30 cm) heavy-duty aluminum foil, then lay each piece separately on the countertop. Combine broth, lemon juice, and hot sauce in a small bowl.
2. Season both sides of the salmon fillets with salt and pepper and divide the salmon onto the aluminum foil near the center, then place trimmed asparagus on one side of the salmon, following the long direction of the foil.
3. Adjust the salmon fillets' seasoning with more salt and pepper, then sprinkle garlic on top. Drizzle the mixture of broth, lemon juice, and hot sauce generously over the salmon fillets and asparagus.
4. Divide butter pieces evenly among the foil packets, layering them over the salmon fillet and asparagus.
5. Wrap salmon foil packets in and crimp edges together, then wrap ends up. Don't wrap too tight – keep a little extra space inside for heat to circulate.
6. Transfer the salmon foil packs to a baking sheet and bake salmon in the oven, sealed side upward, until salmon has cooked through – about 9 – 12 minutes.
7. Carefully unwrap the **baked salmon in foil packets**, drizzle with more lemon juice, and garnish with fresh parsley or cilantro and a slice of lemon. Enjoy! ❤️

Cheesy Chicken and Broccoli Stuffed Spaghetti Squash



Prep Time
15 mins

Cook Time
55 mins

Total Time
1 hr 10 mins

Course: Dinners Servings: 3 -4 servings

Ingredients

- 1 large spaghetti squash
- 1 large boneless skinless chicken breast or 2 small, cut into bite sized pieces
- 2 teaspoons olive oil
- 1/4 cup finely chopped shallot
- 1 clove garlic minced
- 1/4 teaspoon red pepper flakes use 1/2 teaspoon if you want it spicier
- 2 cups broccoli florets
- 1 ounce low fat cream cheese room temperature
- 1/4 cup low sodium chicken broth
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup shredded sharp cheddar cheese
- 1/4 cup plain non-fat Greek yogurt
- Kosher salt and black pepper to taste

Instructions

Spaghetti Squash

1. Preheat oven to 400° F. and line a baking sheet with foil.
2. Cut the spaghetti squash in half and scoop out the seeds.
3. Rub or spray the interior with oil and season with kosher salt and black pepper.
4. Place the halves cut side down on the baking sheet and roast in the oven for approximately 30-40 minutes or until a knife can be inserted in the flesh easily.
5. Remove from the oven and let the squash cool until it can be handled.
6. Using a fork scoop out the flesh in long strands and put them in a bowl.
7. Place the skin/shell back on the baking sheet and set aside.

Chicken and Broccoli Filling

1. Preheat oven to broil.
2. Spray a large non-stick skillet with oil and heat over medium high heat.
3. When the skillet is hot add in the chicken, season with salt and pepper and sauté until cooked through.
4. Remove the chicken from the skillet onto a plate.
5. Turn the heat down to medium and add a couple teaspoons of olive oil to the skillet.

6. Swirl the oil to coat the bottom of the skillet then add in the shallot, garlic and red pepper flakes.
7. Sauté for about a minute then add in the broccoli florets.
8. Season with salt and pepper then add in a couple tablespoons of water and cover with a lid.
9. Let the broccoli steam for about 2 minutes, then uncover and add the chicken back in.
10. Add in the cream cheese and chicken broth and stir everything until smooth and a sauce starts to form.
11. Add in half of the shredded cheese and stir until melted.
12. Remove from the heat and stir in the Greek yogurt until combined.
13. Taste for seasoning then pour the filling into the bowl with the spaghetti squash strands and stir together until combined.
14. Divide the filling evenly into the spaghetti squash shells and top with the remaining shredded cheese.
15. Broil in the oven until the cheese is melted then serve.

Nutrition

Serving: 1g | Calories: 477kcal | Carbohydrates: 36g | Protein: 41g | Fat: 20g | Saturated Fat: 9g | Polyunsaturated Fat: 8g | Cholesterol: 84mg | Sodium: 776mg | Fiber: 9g | Sugar: 14g

CHEESY LOADED MEATLOAF CASSEROLE

This Cheesy Loaded Meatloaf Casserole combines layers of flavorful meatloaf, creamy mashed potatoes, gooey cheese, and crispy bacon, creating a hearty and comforting dish that's perfect for family dinners. It's easy to make and can be customized to suit various dietary needs.

INGREDIENTS

- 1 pound ground beef
- 1/2 pound ground pork
- 1 small onion, finely chopped
- 1 cup breadcrumbs
- 1/2 cup milk
- 1 large egg
- 1 tablespoon Worcestershire sauce
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 2 cups mashed potatoes
- 1 cup shredded cheddar cheese
- 1/2 cup cooked and crumbled bacon
- 1/4 cup chopped green onions



INSTRUCTIONS

- Preheat your oven to 375°F (190°C). Grease a 9×13 inch baking dish.
- In a large bowl, combine the ground beef, ground pork, onion, breadcrumbs, milk, egg, Worcestershire sauce, salt, pepper, and garlic powder. Mix until just combined.
- Press the meat mixture evenly into the prepared baking dish.
- Spread the mashed potatoes evenly over the meat mixture.
- Sprinkle the shredded cheddar cheese, crumbled bacon, and chopped green onions over the mashed potatoes.
- Bake in the preheated oven for 35-40 minutes, or until the cheese is melted and bubbly and the meat is cooked through.
- Allow the casserole to cool for a few minutes before slicing and serving.

Prep Time: 20 minutes | Cooking Time: 40 minutes | Total Time: 1 hour
Kcal: 450 kcal | Servings: 8 servings



Chicken Parmesan

★★★★★

Chicken Parmesan (*pollo alla parmigiana, parm, parma, or parmi*) is a classic dinner dish that originates in Italy but is enjoyed worldwide!

Course Main Course

Cuisine Italian

Keyword chicken parmesan sandwich

Prep Time 10 minutes

Cook Time 30 minutes

Servings 4

Calories 361kcal

Ingredients

- 4 chicken breasts boneless skinless
- salt & pepper
- ½ cup all purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 large eggs beaten
- 1 cup panko bread crumbs
- ½ cup breadcrumbs
- ½ cup grated parmesan
- 1 teaspoon Italian seasoning
- 24 ounces high quality marinara or spaghetti sauce
- 8 ounces fresh mozzarella sliced
- ½ cup oil
- fresh basil for garnish

Instructions

1. If desired, pound out the chicken breasts to about 1 inch thick (we did not do this in the pictured recipe). Season both sides with salt and pepper.
2. In a shallow bowl, combine the flour, garlic powder and onion powder. In a second, put the eggs. In a third, combine both types of breadcrumbs, the grated parmesan and the Italian seasoning.
3. First dredge each chicken breast in the flour, then dip in the egg, and then press into the breadcrumb mixture, making sure the chicken breast is fully coated each time.
4. Heat the oil in a medium sized skillet with high walls. Fry the chicken breasts until they are golden brown, about 2 to 3 minutes per side. They do not need to cook fully through.

5. Spread the marinara sauce in the bottom of a large casserole dish, then place the browned chicken breasts on top. If desired, spoon some of the marinara sauce over each breast. Distribute the sliced mozzarella evenly over the top of the chicken breasts.
6. Bake at 450° F for 20 to 25 minutes, until the chicken is fully cooked (internal temp at least 165° F) and the mozzarella has melted.
7. Garnish with fresh basil.

Notes

Calories are automatically generated. For best results calculate based on your exact ingredients.

Nutrition

Calories: 361kcal



Chicken Pesto Pasta



This creamy chicken pesto pasta with tomatoes, noodles and Mozzarella in a rich pesto sauce is a delicious dinner you'll make all summer!

PREP:	COOK:	TOTAL:
10 mins	40 mins	50 mins

SERVINGS: 10 Servings

Ingredients

- 1 tablespoon [extra-virgin olive oil](#)
- 1 ¼ pounds boneless, skinless chicken breasts *cut into bite-sized pieces*
- ½ teaspoon [kosher salt](#)
- ¼ teaspoon [black pepper](#)
- 1 pound whole wheat pasta *penne rigate, rigatoni, fusilli, or similarly shaped pasta*
- 1 (6.35-ounce) jar basil pesto *or homemade [Basil Pesto](#)*
- 1 cup nonfat plain Greek yogurt
- 1 (10-ounce) package frozen spinach *thawed with as much of the liquid squeezed out as possible.*
- 2 pints cherry tomatoes *halved (or 4 cups chopped fresh tomatoes of choice. If the tomatoes are very liquidy, blot away the excess liquid first)*
- ¼ teaspoon [red pepper flakes](#)
- 1 cup shredded part-skim mozzarella cheese *or a blend of mozzarella and provolone*
- ¼ cup tightly packed fresh basil leaves *roughly chopped, divided*
- ¼ cup freshly grated Parmesan cheese

Instructions

- 1 Preheat the oven to 375°F. Lightly coat a 9x13-inch baking dish with nonstick spray.
- 2 In a large skillet, heat the olive oil over medium high. Once the oil is hot and shimmering, add the diced chicken. Sprinkle with salt and pepper. Sauté the chicken until golden on all sides and fully cooked through, about 4 minutes. Remove to a plate and set aside.
- 3 In a large stockpot of boiling, generously salted water, cook the pasta to al dente according to package instructions. Reserve 1 cup of the pasta cooking liquid, then drain. Return pasta to the stockpot.
- 4 While the pasta cooks, in a small bowl, whisk together the pesto and Greek yogurt until evenly combined.
- 5 Stir in the spinach, breaking it up as needed and stirring until evenly combined.
- 6 To the stockpot with the pasta, add the pesto/Greek yogurt mixture. Gently stir to coat the noodles in the pesto mixture. If the sauce is too thick, splash in some of the pasta water. It should be a little saucy.
- 7 Add the cooked chicken, cherry tomatoes, and red pepper flakes. Gently toss to combine.
- 8 Pour half of the pasta into the prepared baking dish. Sprinkle evenly with 1/2 cup mozzarella and half of the basil. Layer the remaining half of the pasta over the top, spreading it into an even layer. Sprinkle with the remaining 1/2 cup mozzarella.
- 9 Bake for 20-25 minutes until the cheese is melted and just barely starts to turn golden. Remove and sprinkle immediately with the Parmesan cheese and fresh basil. Serve warm.

Notes

- **TO MAKE AHEAD:** Assemble the entire chicken pesto pasta in advance and refrigerate unbaked for up to 1 day. When ready to bake, let it come to room temperature, then bake as directed just before serving.
- **TO STORE:** Place the baked chicken pesto pasta in an airtight storage container and store it in the refrigerator for up to 4 days.
- **TO FREEZE:** You can freeze individual portions or large quantities of this chicken pesto pasta, either before or after baking. Place your desired amount into a freezer-safe storage container or zip top bag and store in the freezer for up to 3 months.
- **TO REHEAT:** Defrost chicken pesto pasta in the refrigerator overnight. Then, either bake at 375°F until hot in the center or microwave gently until warm.
- **TO MAKE GLUTEN FREE:** Swap gluten free pasta noodles.

Nutrition

SERVING: 1(of 10)

PROTEIN: 25g

CHOLESTEROL: 47mg

SUGAR: 4g

CALCIUM: 156mg

CALORIES: 300kcal

FAT: 7g

POTASSIUM: 459mg

VITAMIN A: 613IU

CARBOHYDRATES: 33g

SATURATED FAT: 2g

FIBER: 4g

VITAMIN C: 22mg

IRON: 1mg

Chicken Taco Poblano Rice Bowls

★★★★★ 4.96 from 48 votes

These quick and easy Chicken Taco Poblano Rice Bowls are perfect for dinner or to make ahead for meal prep!

PREP TIME:
10 mins

COOK TIME:
15 mins

TOTAL TIME:
25 mins

YIELD: 4 servings COURSE: Dinner, Lunch CUISINE: American, Mexican



Ingredients

- 1 1/4 pounds organic boneless skinless chicken breasts, cut 1/2 inch cubes (from 3 small)
- 2 teaspoons olive oil
- 1 medium red onion (peeled and diced)
- 1/4 cup cilantro (minced plus more for garnish)
- 1 poblano pepper (seeded and diced)
- 1 roma tomato (cored and diced)
- 1 lime (halved)
- taco seasoning (see below)
- kosher salt
- 1 cup frozen or fresh corn kernels
- 3 cups cooked brown rice (heated (use cauliflower rice for low-carb))
- 1/4 cup cheddar-jack cheese
- 1/4 cup 2% sour cream or Greek yogurt (optional)

Taco seasoning:

- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano

Instructions

1. Dice the chicken into small pieces. Combine taco seasoning in a small bowl and set aside.
2. To make the pico de gallo, set 3 tablespoons of the diced onion aside and place it in a bowl with tomato, cilantro, 2 teaspoons lime juice, 1/4 teaspoon salt. Set aside.
3. Add oil to a large skillet over medium-high heat. When hot, add the chicken and cook until it starts to brown, 2 to 3 minutes.
4. Add the remaining onion, poblano pepper and taco seasoning to the skillet and cook until it softens, 2 to 3 minutes. Add 1/2 cup water and corn. Cook 1 to 2 minutes then remove from heat.
5. Divide rice in 4 bowls, top with chicken, cheese, pico de gallo and optional sour cream.

Cream Cheese Spinach Stuffed Chicken Breasts

This delicious cream cheese spinach stuffed chicken breast is super juicy and full of flavor. This 30-minute meal is family-friendly, super quick to make with just a few ingredients, and everyone keeps asking for seconds.



Prep Time
10 mins

Cook Time
25 mins

Total Time
35 mins

Servings: 4 servings

Calories: 425kcal

Ingredients

For the Creamy Spinach Filling:

- 10 oz frozen spinach thawed or 2 cups fresh spinach
- 4 oz [cream cheese](#) softened
- ¼ cup [grated Parmesan](#)
- ¼ cup [mozzarella cheese](#)
- 1 teaspoon [garlic](#) minced
- ½ teaspoon [salt](#)
- ½ teaspoon [pepper](#)

For Preparing and Seasoning the Chicken:

- 4 [chicken breasts](#) boneless, skinless
- 1 teaspoon [chili powder](#) or paprika
- ½ teaspoon [salt](#)
- ¼ teaspoon [garlic powder](#)
- ¼ teaspoon [onion powder](#)
- ¼ teaspoon [pepper](#)
- 1 tbsp [olive oil](#) to drizzle over the chicken before baking

Instructions

1. Preheat your oven to 375°F (190°C).
2. **Make the Creamy Spinach Filling:** Add the spinach to a non-stick pan over medium heat and stir until wilted. Add softened cream cheese and stir until well incorporated. Let it cool slightly and combine with parmesan cheese, mozzarella, minced garlic, salt, and pepper.
3. **Prepare the Chicken Breasts:** Take each chicken breast and make a pocket for the filling. Carefully insert a sharp knife into the thickest side of the breast and slice horizontally, stopping before you cut through the other side.
4. **Season the Chicken:** In a small bowl, mix together ½ teaspoon salt, chili powder or paprika, garlic powder, and onion powder. Season both sides of each chicken breast with this mixture. Lightly season inside the pockets as well.

5. **Stuff the Chicken:** Spoon the creamy spinach filling evenly into the pockets of each chicken breast. If necessary, use toothpicks to secure the openings and prevent the filling from leaking out.
6. Grease a baking dish with a little olive oil, avocado oil, or butter. Place the stuffed chicken breasts in the dish. Drizzle the tops of the chicken with the chosen oil or melted butter.
7. **Bake:** Bake in the preheated oven for 25-30 minutes, or until the chicken is thoroughly cooked through (reaching an internal temperature of 165°F or 74°C).

Notes

Serving:

- Once baked, allow the chicken to rest for a few minutes before serving. Remove any toothpicks you've used to secure the stuffing.
- Serve hot, perhaps with a side of roasted vegetables or a light salad for a complete meal.

Nutrition

Serving: 1 serving | Calories: 425kcal | Carbohydrates: 5g | Protein: 56g | Fat: 19g | Saturated Fat: 9g | Cholesterol: 187mg | Sodium: 545mg | Potassium: 1121mg | Fiber: 2g | Sugar: 2g | Vitamin A: 8861IU | Vitamin C: 7mg | Calcium: 235mg | Iron: 2mg | Net Carbs: 3g

CROCKPOT GRAPE JELLY MEATBALLS

INGREDIENTS

- 1 bottle (18 oz.) Sweet Baby Ray's Original BBQ Sauce
- 2 pounds frozen, prepared meatballs
- 2½ cups grape jelly

DIRECTIONS

Throw it in the crockpot on high for 2 hours or low 4 hours.



Easy Baked Pork Chops

This easy and perfectly juicy **baked pork chops** recipe is quick and super simple to prep! There's no messy frying involved, and it makes a fantastic elevated weeknight dish.



Prep Time	Cook Time	Total Time
5 mins	25 mins	30 mins

Course: Main Course Cuisine: American Servings: 4

Ingredients

- 4 pork chops boneless or bone-in
- 2 tablespoons brown sugar
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/4 teaspoon pepper or to taste
- 1/4 cup butter cut into pats

Instructions

1. Preheat your oven to 400F and move the rack to the middle position.
2. Add the spice rub ingredients (brown sugar, smoked paprika, garlic powder, onion powder, chili powder, Italian seasoning, salt & pepper) to a small bowl and mix together.
3. Add the pork chops to a 9x13 baking dish and coat them all over with the spice rub, then place the butter pats on top.
4. Bake, uncovered, for about 20-23 minutes or until the pork chops have reached 145F. If your pork chops are thin (less than 3/4"), check around 18 minutes, and pork chops over 1" may take longer than 25 minutes. Keep in mind ovens vary and altitude can change cooking time, and bone-in pork chops can take a bit longer to cook than boneless.
5. Let them rest for 5 minutes before serving so they remain juicy. Serve with the pan juices poured over top.

Pasta Bake

The perfect simple dinner recipe! This Pasta Bake is a favorite with my family and it's so simple to make.



Prep Time 10 mins	Cook Time 40 mins	Total Time 50 mins
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Ingredients

- 16 oz pasta
- 6 oz cream cheese
- 1 pound ground beef
- 32 oz marinara sauce
- 2 cups mozzarella cheese (shredded)
- 1 teaspoon basil (dried)

Instructions

1. Preheat oven to 375 degrees F and prepare a 9x13 casserole dish with nonstick cooking spray.
2. Cook pasta according to package directions. Drain and then return to pot over low heat. Add cream cheese to the pasta and allow to cook slowly mixing constantly until cream cheese is melted and coated on noodles. Remove from heat.
3. Cook and crumble ground beef then drain fat. Add in marinara sauce and mix well.
4. Add marinara sauce and beef to the cooked pasta along with 1 cup of shredded mozzarella cheese.
5. Mix together well then place in your prepared casserole dish. Top pasta with remaining 1 cup of shredded mozzarella cheese. Sprinkle on basil and bake for 20-25 minutes.

Notes

I like to remove my pasta just before it's done. This way it does not overcook in the oven.

How to freeze pasta bake:

When you plan on freezing a meal I would suggest baking this recipe in a freezer safe dish. You could also add leftover to a freezer safe dish after cooking and serving if you want to freeze leftovers.

Start by allowing your pasta bake to cool completely. Cover your freezer safe dish with foil or the lid. Freeze for up to 3 months.

How to defrost and reheat:

- **Defrost:** Place in the fridge overnight to defrost.

Reheat: Cover and place in the oven at 400 for 10-15 minutes or until warm throughout.



★★★★★

Healthy Jambalaya (Whole30, Low Carb, Paleo)

40aprons.com/healthy-jambalaya-whole30-low-carb-paleo/

This healthy jambalaya recipe is a Whole30 and low carb version of an authentic Cajun dish. With sausage and shrimp, this paleo Creole recipe is even keto friendly, thanks to cauliflower rice! Surprisingly easy, too, and it comes together in a little less than an hour.

PREP
10 MINUTES

COOK
45 MINUTES

TOTAL
55 MINUTES

Recipe Makes (Approximate): 8

Ingredients

- 1 pound sausage (like Aidell's chicken-apple sausage for Whole30, sliced)
- 1 ½ tablespoons olive oil (or avocado oil)
- 4 cloves garlic (minced)
- 1 red bell pepper (deseeded and chopped (about 1 ½ cups))
- 1 green bell pepper (deseeded and chopped (about 1 ½ cups))
- 1 stick celery (thinly sliced)
- ½ of one onion (chopped)
- 1 ½ - 2 tablespoons Cajun seasoning
- 1 teaspoon black pepper
- ½ - 1 ½ teaspoons salt (use ½ teaspoon if your Cajun seasoning contains salt, up to 1 ½ teaspoons if it doesn't)
- ⅛ teaspoon cayenne pepper (optional)
- 2 14.5-ounce cans fire-roasted tomatoes (29 ounces total)
- 1 cup chicken broth
- 5 cups frozen cauliflower rice
- 1 pound medium raw shrimp (peeled)
- green onions (sliced, for garnish)
- fresh parsley (chopped, for garnish)
- Louisiana hot sauce (to serve, optional)

Instructions

- 1 In a large heavy-bottomed pot or Dutch oven, heat ½ tablespoon olive or avocado oil over medium heat. Add sliced sausage and cook until browned on both sides, stirring occasionally. Transfer sausage to a plate.

- 2 Add 1 tablespoon oil. Add garlic, onion, bell pepper, and celery; sauté until softened, about 5-7 minutes over medium heat.
- 3 Add Cajun seasoning, starting with 1 ½ tablespoons, black pepper, salt, and optional cayenne pepper to pot; stir. Add tomatoes, chicken broth, and sausage to pot, and stir to mix.
- 4 Bring mixture to a boil then reduce heat to low; simmer for 25-35 minutes or until thickened and liquid is reduced.
- 5 Stir in shrimp and cauliflower rice. Cook on low, stirring regularly until rice is heated through and shrimp turn pink and no longer translucent. Don't overcook the shrimp.
- 6 Ladle into bowls and top with sliced green onions and parsley. Serve with Louisiana hot sauce.

Recipe Notes

Recipe yields approximately 8 servings. Actual number of servings will depend on your preferred portion sizes. Nutritional values shown are general guidelines and reflect information for 1 serving out of 8. Actual macros may vary slightly depending on specific brands and types of ingredients used.

To determine the weight of one serving, prepare the recipe as instructed. Weigh the finished recipe, then divide the weight of the finished recipe (not including the weight of the container the food is in) by 8. Result will be the weight of one serving.

Nutrition Information (Approximate)

Serving Size: 1 serving	Calories: 310cal	Protein: 25g	Fat: 20g
Saturated Fat: 6g	Trans Fat: 1g	Cholesterol: 191mg	Sodium: 1512mg
Potassium: 511mg	Total Carbs: 7g	Fiber: 3g	Sugar: 3g
Net Carbs: 4g	Vitamin A: 2071IU	Vitamin C: 70mg	Calcium: 121mg
Iron: 3mg			

Keto Chicken Alfredo Bake

This family-friendly Keto Chicken Alfredo with Broccoli includes layers of creamy and garlicky Alfredo sauce, steamed broccoli and cheese. It's ready in 30 minutes with homemade or jarred sauce.



Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Servings: 12 Calories: 275kcal

Ingredients

Chicken Alfredo Bake

- 1.5 lb [Chicken Breasts](#) 3-4 large chicken breasts, patted dry, cut into bite-sized pieces
- 1.5 tbsp [Italian Seasoning](#)
- 3 tsp [Garlic Powder](#)
- 1/4 tsp [Natural Ancient Sea Salt](#) or more to taste
- 1/2 tsp [Black Pepper](#)
- 3 tbsp [Olive Oil](#) coconut oil or avocado oil
- 3 cup [Keto Alfredo Sauce](#) click for recipe (I doubled my keto alfredo sauce recipe) or use jarred sauce
- 3 cup [broccoli florets](#) fresh, steamed for 2 minutes in the microwave
- 2 cup [Mozzarella Cheese](#) shredded

Instructions

For the Chicken Breasts

1. Mix all of the spices (Italian seasoning, salt, pepper, and garlic powder) in a small bowl.
2. Add the chicken to a large bowl and pour on all of the spices. Toss the chicken to coat the pieces evenly.
3. Heat olive oil in a cast-iron skillet or frying pan to medium heat.
4. Cook the chicken breast pieces for 3-4 minutes per side, or until the chicken breasts reach 160 degrees (they'll continue to cook to 165 degrees as they rest).
5. Remove from the heat.

For the Chicken Alfredo Bake:

1. Add about 1/2 cup of alfredo sauce to the bottom of a large (9x13) baking dish. Spread it evenly.
2. Add half the chicken and the broccoli. Add 1 cup of alfredo sauce (distribute as evenly as possible) and add 1 cup of Mozzarella cheese to the top.
3. Repeat step 2 with the remaining sauce, chicken and cheese.

4. Preheat the broiler to low heat. Cook the chicken alfredo bake for 2-4 minutes to melt the cheese and brown some of it.

5. **Optional:** Top the dish with fresh parsley.

Nutrition

Calories: 275kcal | Carbohydrates: 5g | Protein: 19g | Fat: 19g | Saturated Fat: 8g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 7g | Trans Fat: 1g | Cholesterol: 92mg | Sodium: 656mg | Potassium: 314mg | Fiber: 1g | Sugar: 2g | Vitamin A: 296IU | Vitamin C: 21mg | Calcium: 119mg | Iron: 1mg

Keto Sausage Sheet Pan Dinner with Veggies

An easy sheet pan sausage and vegetables dinner that is keto diet compliant.

Course Main Course
Cuisine American, Italian, Keto, Low Carb
Keyword keto sausage recipe, sheet pan sausage and vegetables, sheet pan sausage and veggies

Prep Time 6 minutes
Cook Time 18 minutes
Total Time 24 minutes

Servings 4
Calories 528kcal



Ingredients

- 1 lb. Italian Sausage links Turkey sausage pictured
- 1 lb. Broccoli florets
- 1 Red Bell pepper
- 1 Yellow Bell pepper
- 2 tbsp. Olive oil
- 1 tsp. Italian seasoning
- ½ tsp. Garlic powder
- Sea salt and pepper to taste
- 2 tablespoon Parmesan cheese

Instructions

1. Preheat the oven to 400 degrees.
2. Cut the peppers into bite-sized pieces.
3. Place the broccoli florets and the chopped bell peppers onto a baking sheet, and drizzle the olive oil over them. Toss well to coat.
4. Add the sea salt and pepper to taste, Italian seasoning and garlic powder to the vegetables and toss again to coat.
5. Slice the Italian sausage into bite-sized pieces, and place them on the baking sheet with the vegetables in an even layer.
6. Bake for 15-20 minutes until the sausage is cooked through and the vegetables are tender.
7. Sprinkle Parmesan cheese over the baking sheet and lightly toss.



Low Carb Pizza Casserole

☆☆☆☆☆

Low Carb Pizza Casserole is a gluten-free, keto pizza casserole packed with all of your favorite pizza flavors without the carbs!

Course Main
Cuisine American

Keyword keto pizza, low carb dinner idea, low carb pizza, pizza casserole

Prep Time 20 minutes

Cook Time 55 minutes

Total Time 1 hour 15 minutes

Servings 10

Calories 519kcal

Ingredients

- 14 ounces Cauliflower florets cut into bite-size pieces
- 2.5 ounces Pepperoni
- 2 pounds Italian Sausage if in casings remove from casing before cooking
- 1 tablespoon [Olive Oil](#)
- 8 ounces Mushrooms sliced
- 1 Green Pepper cut into bite-size pieces
- 12 ounces Mozzarella cheese shredded
- 1.5 cups [Low Carb Pasta Sauce](#) we use Rao's Homemade Marinara
- 1/4 cup Parmesan cheese powdered
- 1 teaspoon [Italian Seasoning](#)

Instructions

1. Steam the cauliflower. Place cut cauliflower in a microwave safe bowl with 1 cup of water. Cover with a damp paper towel and microwave on high for approximately 3 minutes or until the cauliflower is tender. Don't overcook!
2. Drain the cauliflower pat dry with a paper towel. Set aside.
3. Preheat oven to 400 degrees F.
4. In a large skillet over medium high heat cook the Italian sausage, approximately 15 minutes. When the sausage has finished cooking drain the excess fat. Set aside.
5. In the same skillet at olive oil and saute mushrooms over medium high heat for 10 minutes to remove the excess water. Set aside when done.
6. Prepare a 13x9 inch casserole dish by spraying it with non-stick spray then spread 1/2 cup of pasta sauce on the bottom.
7. In a large bowl add the cauliflower, cooked Italian sausage, mushrooms, and green peppers. Toss together until well mixed.

8. Spread ½ of the mixture in the casserole dish. Top with ½ cup of pasta sauce, followed by ½ of the pepperonis (kind of press them down in between the other toppings), and finally 6 ounces of mozzarella cheese.
9. Next spread the remaining toppings mixture over the cheese followed by the pepperonis (save 10 slices for the top of the casserole), remaining ½ cup of pasta sauce, and 6 ounces of mozzarella cheese.
10. In a small bowl mix together the Parmesan cheese and Italian seasoning.
11. Sprinkle the Parmesan mixture over the casserole and top with 10 slices of pepperoni.
12. Place in oven and bake for 30 minutes, or until the casserole is warmed through and the cheese is fully melted.

Notes

4 Net Carbs per serving

Nutrition

Calories: 519kcal | Carbohydrates: 7g | Protein: 27g | Fat: 43g | Saturated Fat: 17g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 15g | Cholesterol: 100mg | Sodium: 1195mg | Potassium: 494mg | Fiber: 3g | Sugar: 3g | Vitamin A: 14IU | Vitamin C: 56mg | Calcium: 54mg | Iron: 9mg



Roasted Pork Tenderloin

Prep Time	5 minutes
Cook Time	30 minutes
Total Time	35 minutes
Servings	2 servings

This is a quick one-pan recipe for making delicious roasted pork tenderloin with a savory mustard sauce. The tenderloin is pan seared until crisp and brown, then perfectly cooked in the oven, resulting in ultra tender and juicy meat.

Ingredients

- 1 **pork tenderloin** (Note 1)
- 1 tablespoon **olive oil**

Creamy Mustard Sauce:

- 1/2 cup **heavy whipping cream** (Note 2)
- 1/4 cup **finely grated parmesan cheese** (Note 3)
- 2 tablespoons **salted butter**
- 1 tablespoon **dijon mustard** (Note 4)

Instructions

1. **Prepare:** Preheat oven to 375 F. Pat pork tenderloin dry with paper towels. If unseasoned, season all sides with salt and pepper.
2. **Sear & Roast:** Heat oven-safe pan over medium-high heat. Coat bottom of pan with olive oil. Add pork and cook until browned on one side, about 4 minutes. Flip pork in pan, and transfer to oven. Bake at 375 F until pork is browned and cooked through, about 25 minutes (thermometer inserted in center should read at least 145 F; Note 5). Transfer pork to plate to rest; do not slice yet.
3. **Make Sauce:** Add all sauce ingredients to now-empty pan over medium heat. Use sturdy wooden utensil to loosen any browned bits stuck to pan. Stir until cheese and butter are melted. Let sauce simmer until thickened, about 5 minutes.
4. **Serve:** Slice pork into thin slices and drizzle sauce on top. Serve (Note 6).

Smothered Pork Chops

This smothered Pork Chops recipe is prepared with juicy and delicious pan-seared pork chops cooked in a rich onion gravy.



Prep Time	Cook Time	Total Time
10 mins	40 mins	50 mins

Course: Dinner Cuisine: American, American/Southern

Keyword: bone-in pork chop recipes, easy pork chop recipes, smothered pork chops recipe

Servings: 4 serves

Ingredients

For the Pork Chops

- 1 pound bone-in pork chops 1-inch thick
- 1 teaspoon poultry seasoning or seasoning salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter

For the Gravy

- 1 tablespoon unsalted butter
- 1 large yellow onion thinly sliced
- pinch salt
- 3 cloves garlic minced
- ½ tablespoon chopped fresh thyme
- ½ cup low sodium chicken broth
- ¼ cup heavy cream
- chopped fresh parsley for garnish

Instructions

For the Pork Chops

1. Season pork chops with the seasoning salt and black pepper.
2. Heat oil and butter in a large skillet over medium-high heat until the butter is melted. Add pork chops to skillet and sear for 5 minutes per side until golden brown. If the skillet isn't big enough, cook the pork chops in batches. Transfer the pork chops to a plate and keep them covered.

For the Gravy

1. Return skillet to heat and add a tablespoon of butter; melt over **medium heat**. Stir in sliced onions and add a pinch of salt. Cook onions for 10 to 12 minutes, or until very soft and caramelized, stirring frequently.
2. Add garlic and fresh thyme; continue to cook for 30 seconds. Pour in chicken broth, and using a wooden spoon, scrape up the browned bits from the bottom of the pan. Whisk in heavy cream and simmer for 1 minute.
3. Return pork chops and all the pork juices to the skillet. Reduce heat to medium-low and continue to cook for 3 more minutes or until the pork chops are completely cooked through, and the sauce has thickened.
4. Remove from heat; garnish with parsley and serve.

Notes

- **Pork Chops:** This recipe calls for bone-in pork chops. If you want to use boneless pork chops, you will have to reduce the cooking time to about 3 minutes per side. To avoid dry, tough pork chops, use an Instant Read Meat Thermometer and remove the pork chops from the skillet once the internal temperature of the pork chops registers at 145°F.
- **Heavy Cream** is what makes the gravy rich and creamy. You can use lighter options like half & half or milk, but the gravy won't be as thick or creamy.
- **Store** completely cooled pork chops in an airtight container and keep them in the fridge for 3 to 4 days.

Nutrition

Serving: 4ounces | Calories: 353kcal | Carbohydrates: 4g | Protein: 19g | Fat: 29g | Saturated Fat: 12g | Cholesterol: 102mg | Sodium: 228mg | Potassium: 377mg | Fiber: 1g | Sugar: 1g | Vitamin A: 525IU | Vitamin C: 4.1mg | Calcium: 40mg | Iron: 0.8mg

Spinach Chicken Casserole with Cream Cheese and Mozzarella

Ingredients list for the Spinach Chicken Casserole Recipe

- 2 large boneless skinless **chicken breasts**, cut horizontally
- 8 oz **cream cheese**, softened
- 2 cup **spinach**, rinsed
- 2 tablespoons **olive oil**, divided
- 4 oz **Mozzarella cheese**, shredded
- 3 cloves **garlic**, minced
- 1/2 teaspoon **red pepper flakes**, optional
- 1/2 teaspoon **salt**
- 1/2 teaspoon **pepper**
- 1/2 teaspoon **Italian seasoning**, optional

How to make chicken casserole

The method for this chicken casserole is very easy and requires only a few steps.

Arrange the marinated chicken breasts into a baking dish. Add more seasoning if you like. Note that we cut our chicken breast pretty thin to make cutlets so the chicken cooks quicker.

Spread cream cheese on top of chicken breast. It's easier when cream cheese is at room temperature.

Top the cream cheese with sauteed spinach. We sauté the spinach first, so it renders some of its water and doesn't make the chicken casserole soggy when baking.

Sprinkle the chicken casserole with shredded mozzarella cheese before popping in the oven at 400°F (200°C).

Directions

1. To prepare the spinach chicken casserole: Add olive oil, garlic, Italian seasoning, and red pepper flakes into a Ziplock bag along with 1/2 teaspoon of salt and 1/2 teaspoon black pepper. Seal the bag and shake until mixed. Add the chicken breasts, seal, and massage so the chicken breasts are covered in the marinade, set aside for 10-15 minutes on the counter while you prep the remaining ingredients. Position a rack in the center of the oven and preheat the oven to 400°F (200°C).
2. Quickly wilt the spinach in a skillet with 1 tablespoon olive oil and set aside.
3. Arrange **chicken breasts** drained from the marinade in a baking dish. Spread the softened cream cheese over the chicken breasts and lay spinach on top of the cream cheese. Finally, sprinkle mozzarella over the top.
4. Bake the spinach chicken casserole for 20-30 minutes. Chicken casserole is done when cooked to an internal temperature of 165°F (75°C). Serve the **spinach chicken casserole** warm with a side of cauliflower rice, or baked veggies. Enjoy!



SIDES

- Cauliflower Mas & Cheese
- Creamy Brussel Sprouts with Bacon
- Crème de Légumes
- Lazy Peroghy Casserole
- Macaroni Salad
- Mashed Carrots and Turnips
- Meat Pie
- Mediterranean Baked Sweet Potatoes
- Parmesan Garlic Roasted Carrots
- Parmesan Roasted Potatoes
- Perogy Recipe
- Potato Casserole



Cauliflower Mac and Cheese

Rich, creamy, and delicious, this simple homemade cauliflower mac and cheese is a family favorite and a fun twist on classic mac and cheese.

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins



Course: Main Course, Side Dish Cuisine: American



Keyword: Cauliflower Mac and Cheese, Cauliflower Mac and Cheese Keto, Cauliflower Mac and Cheese Recipe, Cauliflower Mac n Cheese

Servings: 6 Calories: 225.44kcal

Ingredients

- 1 head cauliflower
- 1 tablespoon olive oil
- ½ cup heavy cream
- ½ tablespoon paprika
- ½ tablespoon mustard powder
- 4 ounces cheddar cheese, freshly shredded
- 4 ounces Colby jack cheese, freshly shredded
- 2 ounces cream cheese, room temperature
- Fresh chopped parsley

Instructions

1. Preheat oven to 450°F. Line a baking sheet with parchment paper
2. Chop the cauliflower into bite-size pieces and toss with olive oil to evenly coat. Add salt and pepper to taste.
3. Place the cauliflower pieces on the baking sheet and roast for 20 minutes or until tender.
4. In a medium saucepan, over medium heat, whisk together the heavy cream, paprika, mustard powder, and three types of cheese.
5. Continue cooking, stirring frequently, until the cheese is melted and smooth.
6. Add the roasted cauliflower and stir so that the cauliflower is evenly coated in cheese sauce.
7. Top with freshly cracked black pepper and freshly chopped parsley.
8. Serve warm.

Creamy Brussels Sprouts with Bacon

Warm and bubbly, Creamy Brussels Sprouts with Bacon is a quick and easy vegetable side dish that's perfect for the holidays!



Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

Course: Side Dish Cuisine: American Servings: 8 people
Calories: 461 kcal

Ingredients

- 12 oz bacon, thick cut, cut into pieces
- 2 lbs. Brussels Sprouts, trimmed and halved
- [Salt and Pepper](#), to taste
- 2 tsp garlic, minced
- 2 tbsp butter
- 2 tbsp [all-purpose flour](#)
- 1 ½ cups heavy cream, or half and half
- ⅓ cup parmesan cheese, shredded
- ¾ cup mozzarella cheese, shredded

Instructions

1. Preheat oven to 400 degrees F.

2. Cook bacon in a large cast iron skillet until browned and crisp. Use a slotted spoon to remove bacon to a paper towel lined plate. Remove and discard all but 2 to 3 tbsp of bacon grease.
3. Add Brussels sprouts to bacon grease in pan and season with salt and pepper to taste. Cook Brussels sprouts over medium-high heat until they are lightly charred, about 6 minutes. Stir in garlic and cook until fragrant.
4. Remove Brussels Sprouts from pan to a plate (or baking dish if not using an oven safe pan). Melt the butter in the pan over medium heat and then whisk in the flour. Gradually whisk in the heavy cream until heated through, then stir in the parmesan cheese until melted and smooth.
5. Add the Brussels sprouts and bacon back to the pan and stir to coat (or if using a baking dish, pour cream mixture over Brussels sprouts and bacon and stir to coat). Finish off with the mozzarella cheese and give it a quick stir.
6. Bake in oven for 15 to 20 minutes, or until the center of dish is bubbly and Brussels sprouts are tender. Enjoy right away.

Nutrition

Calories: 461kcal | Carbohydrates: 14g | Protein: 14g | Fat: 40g | Saturated Fat: 20g
| Cholesterol: 108mg | Sodium: 485mg | Potassium: 567mg | Fiber: 4g | Sugar: 3g |
Vitamin A: 1719IU | Vitamin C: 97mg | Calcium: 182mg | Iron: 2mg

Keywords: Bacon, Brussels Sprouts, Cheese

CRÈME DE LÉGUMES

INGREDIENTS

- 1 c. table de beurre
- 2 poireaux (la partie blanche seulement) hachés
- 1 oignon moyen, haché
- 2 pommes de terre moyennes, en cube
- 1 grosse carotte tranchée
- 1 ½ c. thé de sel
- ¼ c. thé de poivre
- 6 tasses d'eau
- ¼ tasse de riz ordinaire
- 12 tiges d'asperges, en bouts de 1 pouce (voir note)
- 1 livre d'épinards frais, déchiquetés
- 2 tasses de lait, frissonnant
- Set et poivre
- ½ tasse de crème 35%



DIRECTIONS

- Chauffer le beurre dans une grande casserole. Y cuire les poireaux et l'oignon, à feu doux et en brassant, sans toutefois les laisser prendre couleur, c'est-à-dire environ 5 minutes. Ajouter les pommes de terre, la carotte, 1 ½ c. thé de sel, ¼ c. thé de poivre et l'eau. Chauffer jusqu'à ébullition, baisser le feu, couvrir et faire mijoter 15 minutes.
- Ajouter le riz, couvrir de nouveau et faire mijoter 20 minutes.
- Ajouter la partie inférieure des tiges d'asperges et cuire 10 minutes. Ajouter le bout des tiges d'asperges et continuer la cuisson 5 minutes. Ajouter les épinards et cuire encore 5 minutes ou jusqu'à ce que tous les légumes soient juste tendres. Ajouter le lait chaud, en brassant. Goûter et rectifier l'assaisonnement, si cela est nécessaire. Ajouter la crème, en brassant, et chauffer sans toutefois laisser bouillir. Servir immédiatement. (6 portions)
- Note : utiliser les asperges fraîches ou congelées. Les couper en bouts en gardant à part la partie supérieure des tiges, qui est plus tendre. La partie inférieure, en effet, devra être ajoutée plus tôt à la préparation.

LAZY PEROGHY CASSEROLE

INGREDIENTS

- 9 lasagna noodles
- 2 cups of cottage cheese
- 1 egg
- 1 cup of shredded cheese
- 2 cups of mashed potatoes
- 1 cup of chopped onion
- Salt, pepper and onion salt
- Bacon, sour cream

DIRECTIONS

- Heat oven to 350.
- Cook noodles.
- Mix cottage cheese, egg, onion salt, salt & pepper.
- Spread over a layer of noodles, place another layer of noodles on top. Spread mashed potatoes and cheese, cover with a layer of noodles.
- Cook bacon. In some bacon grease, cook onions and layer and pour over noodles.
- Cover and bake for approx. 30-45 minutes.
- Wait 10 minutes before cutting – serve with sour cream.



Macaroni Salad

Macaroni Salad is one of the best recipes for summer potlucks. This creamy, simple, old fashioned recipe is full of veggies for added flavor and crunch!



Prep Time	Cook Time	Total Time
20 mins	8 mins	28 mins

Course: Side Dish Cuisine: American Servings: 8 servings



Ingredients

Macaroni Salad:

- 8 ounces elbow macaroni noodles
- 1/4 cup cornichons diced
- 3/4 cup green bell pepper diced
- 3/4 cup celery diced (I used 3 stalks)
- 1/2 cup red onion diced (I used one small red onion)
- 2 large carrots peeled and shredded

Dressing:

- 3/4 cup mayonnaise
- 1/4 cup sour cream
- 2 tablespoons cornichon juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon granulated sugar
- 2 teaspoons dijon mustard
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper freshly ground
- 1/4 teaspoon garlic powder
- 1/8 teaspoon red pepper flakes

Instructions

1. Bring large pot of salted water to a boil. Cook pasta just to the al dente stage. You want them to be cooked but still have a nice, tender bite to them. Allow to cool.
2. In a large bowl, combine cooked macaroni with remaining salad ingredients.
3. To make dressing, whisk together all dressing ingredients until well combined. Add to salad and toss to coat. Taste and adjust seasonings, if needed.
4. Serve immediately or refrigerate until ready to serve. Enjoy!

YIELD: SERVES 6

Mashed Carrots and Turnips

These mashed carrots and turnips make a great side dish for your Thanksgiving dinner! The perfect low carb alternative to mashed potatoes!

PREP TIME

15 minutes

COOK TIME

45 minutes

TOTAL TIME

1 hour

Ingredients

- 2 pounds Carrots, Peeled and sliced, about 4 1/2 cups
- 1 pound Turnips (Or rutabagas) peeled and cubed, about 3 cups
- 1/4 cup Brown Sugar
- 2 tablespoons Butter
- 1/2 teaspoon Salt
- Ground Black Pepper, To taste



Instructions

For the Instant Pot:

1. Place the carrots and turnips in the insert of your Instant Pot and add 1 cup of water.
2. Put the lid on and turn it to the locking position. Make sure the vent is in the sealing position. Cook at high pressure for 5 minutes. The Instant Pot will take about 10 minutes to come to pressure and then will start counting down the cook time.
3. When the pressure cooking time is complete, quick release the pressure.
4. Drain the vegetables thoroughly. If you want the final mixture to be a bit thicker, mash them a little bit and then let them sit in a fine mesh strainer for about 5 minutes to drain some of the excess liquid.
5. Move the vegetables back to the insert of the Instant Pot, or into a large bowl, and add the brown sugar, butter, salt, and pepper.
6. Mash the vegetables with a potato masher, and then whip them with an electric mixer until they're nice and fluffy.
7. Serve garnished with fresh parsley, if desired.

For the Stovetop:

1. Place the carrots and turnips in a large stockpot and cover them with water.
2. Bring the water to a boil and boil for 40-45 minutes or until the vegetables are very tender.
3. Drain the vegetables thoroughly. If you want the final mixture to be a bit thicker, mash them a little bit and then let them sit in a fine mesh strainer for about 5 minutes to drain some of the excess liquid.
4. Move the vegetables back to the pot, or into a large bowl, and add the brown sugar, butter, salt, and pepper.
5. Mash the vegetables with a potato masher, and then whip them with an electric mixer until they're nice and fluffy.
6. Serve garnished with fresh parsley, if desired.

Nutrition Information: YIELD: 6 SERVING SIZE: 1

Amount Per Serving: CALORIES: 130 TOTAL FAT: 4g SATURATED FAT: 3g TRANS FAT: 0g
UNSATURATED FAT: 1g CHOLESTEROL: 10mg SODIUM: 292mg CARBOHYDRATES: 23g FIBER: 6g
SUGAR: 15g PROTEIN: 2g

Nutrition Information is estimated based on ingredients used and may not be exact.

MEAT PIE

INGREDIENTS

- ½ to 1 lb. ground pork
- ½ to 1 lb. ground beef
- Onions, chopped
- Salt
- Pepper
- Ground cloves
- Cinnamon

DIRECTIONS

- Cook unthawed meat with a bit of water to avoid frying.
- Mix 2 meats well in small pieces.
- Season to taste. (454 g. is equal to 1 lb.)



MEDITERRANEAN BAKED SWEET POTATOES

Simple, 30-minute baked sweet potatoes topped with roasted chickpeas, a simple garlic-herb sauce, and a parsley-tomato salad. Delicious, fresh, healthy, and naturally vegan and gluten free.

Prep time – 5 minutes | Serves 4 | Cook time – 25 minutes | 1 serving – 308 calories

INGREDIENTS

- 4 medium (1/3 lb each) sweet potatoes
- 1 15-ounce can chickpeas (rinsed and drained)
- ½ tbsp olive oil
- ½ tsp each cumin, coriander, cinnamon,
- smoked (or regular) paprika
- 1 pinch sea salt or lemon juice (optional)

GARLIC HERB SAUCE

- ¼ cup hummus or tahini
- ½ medium lemon, juiced (1 tbsp lemon juice)
- ¾ - 1 tsp dried dill (or 2 – 3 tsp fresh dill)
- 3 cloves garlic, minced (1 1/2 tbsp)
- Water or unsweetened almond milk to thin
- Sea salt to taste (optional)

TOPPINGS optional

- ¼ cup cherry tomatoes diced
- ¼ cup chopped parsley minced
- 3 tbsp finely chopped red onion
- 2 tbsp lemon juice
- Chili garlic sauce (optional)

INSTRUCTIONS

1. Preheat oven to 400 degrees F and line a large baking sheet with foil.
2. Rinse and scrub potatoes and cut in half length wise. This will speed cooking time. Otherwise leave whole and bake longer (approx. double the time to 45 in. – 1 hour).
3. Toss rinsed and drained chickpeas with olive oil and spices and place on a foil-lined baking sheet.
4. Rub the sweet potatoes with a bit of olive oil and place face down on the same baking sheet (or another baking sheet depending on size). Transfer to the preheated oven and bake until the sweet potatoes are fork tender and the chickpeas are golden brown – roughly 25 minutes.
5. While the sweet potatoes and chickpeas are roasting, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water or almond milk to thin so it's pourable. Taste and adjust seasonings as

needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor. I like it as is!

6. NOTE: If you don't have hummus, tahini will make a great base substitution for the sauce – just adjust the seasonings to accommodate the lack of flavor tahini provides.
7. Also prepare the parsley-tomato topping by tossing tomato, parsley, and red onion (optional) with lemon juice and set aside to marinate.
8. Once sweet potatoes are fork tender and the chickpeas are golden brown – roughly 25 minutes – remove from oven.
9. For serving, flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, garlic herb sauce, parsley-tomato salad, and chili garlic sauce (optional ** I don't add this). Serve immediately.
10. Additional side ideas might include hummus, pita chips, baba ghanoush or eggplant dip.



Parmesan Garlic Roasted Carrots

An easy, family favorite roasted carrots recipe tossed with the most flavorful garlicky and buttery parmesan cheese coating.



Prep Time 5 mins	Cook Time 25 mins	Total Time 30 mins
Course: Side Dish	American	Servings: 6 servings

Ingredients

- 2 pounds carrots washed, scrubbed, diagonally cut into about 3-inch pieces
- 4 tablespoons butter
- 4 cloves garlic minced
- 1 teaspoon Italian Seasoning
- ¼ teaspoon salt or to taste
- ¼ teaspoon fresh ground black pepper
- ⅓ cup grated parmesan cheese
- ¼ cup chopped fresh parsley

Instructions

1. Preheat oven to 425°F.
2. Grease a rimmed baking sheet with cooking spray or line it with foil and set aside.
3. Place prepared carrots in a large mixing bowl; set aside.
4. Melt the butter in the microwave. Once melted, add minced garlic, Italian Seasoning, salt, and pepper to the melted butter and whisk until thoroughly combined.
5. Pour the butter mixture over the carrots and toss to coat. Add in the grated parmesan cheese and mix until combined.
6. Transfer carrots to the baking sheet and arrange them in a single layer.
7. Bake for 20 to 25 minutes or until tender. Mix them around halfway through cooking.
8. Remove from oven. Taste for seasonings and adjust accordingly.
9. Sprinkle with fresh parsley and serve.

Notes

- **Cut Evenly:** Try to cut the carrots into uniform sizes so they cook evenly.
- **Coat Well:** Generously coat the carrots with garlic, butter, and parmesan for full flavor.

- **Space Out:** Arrange the carrots in a single layer, allowing space on the baking sheet to avoid steaming.
- **Watch Time:** Monitor roasting to avoid overcooking; times may vary.
- **Season to Taste:** Adjust seasonings as needed, or add herbs and spices that you like.
- **Use Fresh Ingredients:** Opt for fresh garlic and freshly grated parmesan.
- **Reheat Properly:** Use the oven or stove to reheat so as to maintain texture and flavor.
- **Prepare Carrots Ahead Of Time:** Roast the carrots in the oven a day before you need them, then store them in an airtight container in the fridge. When you're ready to serve them, spread the carrots out on a rimmed baking sheet and reheat them in a 425°F oven for 5 minutes.
- **Storing Leftovers:** You can keep any leftover carrots in the fridge in an airtight container for up to 2 days.

Nutrition

Calories: 157kcal | Carbohydrates: 15g | Protein: 3g | Fat: 9g | Saturated Fat: 5g | Cholesterol: 24mg | Sodium: 354mg | Potassium: 512mg | Fiber: 4g | Sugar: 7g | Vitamin A: 25750IU | Vitamin C: 12.9mg | Calcium: 123mg | Iron: 0.8mg



Parmesan Roasted Potatoes



Parmesan Roasted Potatoes are just another one of my Easy Family Dinner Ideas that are simple to make. If you need easy side dishes this one is perfect.

Cuisine	American
Keyword	potatoes
Prep Time	10 minutes
Cook Time	40 minutes
Soak	30 minutes
Total Time	1 hour 20 minutes
Servings	6 servings
Calories	424kcal

Ingredients

- 8 russet potatoes
- 2 cups ice
- 1½ tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp kosher salt
- 1 tsp black pepper
- ½ cup olive oil
- ¼ cup shredded parmesan cheese
- ¼ cup grated parmesan cheese
- 2 tbsp parsley chopped
- 2 tbsp chives chopped

Instructions

1. Wash & cut the potatoes into thin round slices & place in large bowl.
2. Once you have cut all the potatoes fill the bowl with enough water to cover them.
3. Add about 2 cups ice to the bowl & let sit for about 30 minutes.
4. Once potatoes have soaked for 30 minutes - remove from the water & pat them dry with a paper towel.
5. Preheat oven to 450 degrees.
6. Place dried potatoes in a large zip top bag with garlic powder, paprika, salt & pepper - zip closed & shake well to coat potatoes.
7. Add in olive oil, close bag & shake to coat evenly.

8. Remove the potatoes from bag & lay in a single layer on a parchment lined baking sheet - it may take more than one baking sheet.
9. Bake for 35-40 minutes or until potatoes are cooked through & are brown & crispy on the outside.
10. Remove & immediately transfer to a large bowl, add in both types of parmesan cheese, parsley & chives & toss to coat.
11. Serve with ranch dressing or ketchup while hot.

Nutrition

Serving: 1g | Calories: 424kcal | Carbohydrates: 53g | Protein: 9g | Fat: 21g | Saturated Fat: 4g |
Cholesterol: 7mg | Sodium: 553mg | Potassium: 1231mg | Fiber: 4g | Sugar: 2g | Vitamin C: 19mg |
Calcium: 119mg | Iron: 3mg | Net Carbohydrates: 49g

PEROGY RECIPE

INGREDIENTS

- 6 cups flour
- 2 tsps. salt
- 1 ½ to 2 cups water
- 1 tsp. oil
- 1 egg, beaten
- 1 medium size pot of boiled potatoes
- 2 to 3 large bricks of old cheddar cheese, grated
- Bacon and salt pork, chopped and fried



DIRECTIONS

- Place flour and salt in large bowl.
- In 2 cup measuring cup, measure out water; add oil and egg to water. Mix well.
- Make well in centre of flour. Pour water mixture into centre.
- Beat flour into mixture with fork.
- When dough forms, turn out onto floured counter and knead working flour into dough until dough is smooth and no longer sticky. Put dough aside and make new batch.

To make filling

- Put hot potatoes in mixer and beat in grated cheese until well mixed.
- Use Honkey Bill's perogy maker or cut squares of thinly rolled dough and fill with potato mixture.
- Seal edges with leftover water mixture from dough.
- Freeze well-floured perogies on trays. Bag when frozen.

To cook

- Drop in boiling, salted water.
- When they rise to the top, boil for a few more minutes; then drain.
- Fry bacon and salt pork; pour grease and meat over perogies to coat.

POTATO CASSEROLE

INGREDIENTS

- 1 kg bag of frozen hash brown potatoes
- ½ cup butter or margarine, melted
- 1 cup chopped onions
- 2 cups shredded cheddar cheese
- 1 can (8 oz) cream of mushroom soup
- 1 tsp salt
- 1 tsp garlic salt
- 1 (500 ml) tub of sour cream

INSTRUCTIONS

1. Mix in large bowl all of the above ingredients.
2. Put in 13 x 9 pan.

TOPPING

- 2 cups uncrushed cornflakes, then crush
 - Add ¼ cup melted butter
 - Mix well and sprinkle on top of potatoes
3. Bake at 350 for 45 min.

ENJOY!!



SOUPS AND STEWS

- **Beef Stew**
- **Belgian Dutch Potato and Leek Soup**
- **Chili**
- **Creamy Chicken and Mushroom Soup**
- **Easy Chicken Corn Chowder**
- **Lasagna Soup**
- **Low Carb Hamburger Soup**
- **Roasted Butternut Squash and Cauliflower Soup**
- **Roasted Red Pepper Soup**
- **Slow Cooker Chicken Tortellini Soup**
- **Spaghetti Sauce**





Beef Stew

★★★★★

Beef Stew is easy to make with tender fall apart beef and hearty vegetables. It is super flavorful, rich, and PERFECT for cold days.

Course Main Course
Cuisine American

Keyword Beef Stew
Prep Time 30 minutes
Cook Time 2 hours 30 minutes
Total Time 3 hours
Servings 8 servings
Calories 379kcal

Ingredients

- 2 pounds beef stewing meat trimmed and cut into 2-3 inch cubes
- 1/4 cup all-purpose flour
- 2 teaspoons salt
- 1/4 teaspoon freshly ground pepper
- 4 tablespoons vegetable oil
- 1 cup red wine
- 2 tablespoons butter unsalted
- 1 medium onion peeled and finely diced
- 1 medium onion cut into quarters
- 5 cloves garlic minced
- 4 cloves garlic whole
- 2 tablespoons Worcestershire sauce
- 2 tablespoons tomato paste
- 4 cups beef broth low-sodium, more if needed
- 3 bay leaves
- 1 bunch of fresh thyme
- 4 medium carrots peeled and cut into 1/4-inch rounds
- 1 cup celery diced
- 1 pound mini red potatoes peeled and cut into halves
- 8 ounces baby Bella mushrooms cleaned, stem removed and cap cut into halves
- Fresh parsley for garnish

Instructions

1. Add beef chunks to a large bowl, and sprinkle with flour, salt, and black pepper. Toss to combine.

2. Add a heavy-duty, oven safe large pot or Dutch oven over medium-high heat and add 2 tablespoons of oil. Once the oil is hot, add the beef a few pieces at a time into one layer, making sure to not overcrowd the pieces. Brown, turning the pieces on all sides, for about 5 minutes per batch. Remove from pot and transfer to a plate, cover with foil. Add another 2 tablespoons of oil to the pot and cook another batch of beef.
3. Once done cooking the beef, reduce the heat to medium and add the wine to deglaze the pot. Use a wooden spoon to scrape well the bits that stuck to the bottom of the pot.
4. Add two tablespoons of butter and melt it. Add the diced onion and minced garlic, stir and cook for 1 minute.
5. Add Worcestershire sauce and tomato paste, stir to combine. Add 4 cups of beef broth and stir.
6. Add back beef chunks. Add the quartered onion, whole garlic cloves, bay leaves and fresh bunch of thyme.
7. Cover and cook on low heat, skimming broth from time to time, until the beef is tender, for about 1 1/2 hours.
8. Preheat oven to 300 degrees F.
9. Discard the thyme and bay leaves.
10. Add the carrots, celery, mushrooms, and potatoes. Stir to combine. Cover and cook in the preheated oven for about 1 hour, or until the veggies are tender. If needed, add broth or water if the stew is dry.
11. Remove the stew from oven, taste and adjust for salt and pepper. If you prefer the stew to be thicker, check the posts for tips. We like to add a cornstarch and water slurry to thicken it. Stir and boil it for 2 minutes.
12. Serve the stew warm, garnished with freshly chopped parsley.

Nutrition

Calories: 379kcal | Carbohydrates: 21g | Protein: 29g | Fat: 17g | Saturated Fat: 8g | Cholesterol: 70mg | Sodium: 1243mg | Potassium: 1129mg | Fiber: 3g | Sugar: 5g | Vitamin A: 5345IU | Vitamin C: 10.6mg | Calcium: 74mg | Iron: 4mg

BELGIAN/DUTCH POTATO AND LEEK SOUP (POUR 4-6 PERSONNES)

INGREDIENTS

- 2 tbsps of butter
- 1 onion, thinly sliced
- 2-3 leeks (white and pale green parts only), thinly sliced and well rinsed (tricky to clean well)
- 3 garlic cloves, roughly chopped
- 1/2 cup dry white wine or white vermouth (optional)
- 3 medium waxy potatoes, peeled and chopped small
- 6 1/4 cups chicken or vegetable stock
- bouquet garni, made from 3 sprigs fresh parsley, 3 sprigs fresh thyme and 1 bay leaf, tied
- together with kitchen string (twine)
- 1 cup cream or milk (optional)
- salt and ground white pepper, to taste
- 2 tbsp thinly chopped fresh chives or chopped parsley, to garnish

DIRECTIONS

1. Gently heat the butter in a large heavy pan over medium heat. Add the onion, leeks and garlic to the pan and sauté gently for about 12 minutes, stirring occasionally, until softened but not browned.
2. Increase the heat and pour in the vermouth or wine, if using. Boil for about 4 minutes, or until the mixture is almost dry. Add the potatoes and stock.
3. Add the bouquet garni to the soup. Bring to the boil, lower the heat and partially cover the pan, leaving the lid slightly ajar to allow steam to escape. Simmer for 20 minutes, until the potatoes are very tender.
4. Lift out and discard the bouquet garni. With a hand-held blender or in a food processor, purée the soup until the desired consistency is reached.
5. If using the milk or cream, whisk it into the soup. Season to taste with salt and pepper and heat through.
6. Divide among warm bowls, garnish with chives or parsley and serve immediately.



CHILI

INGREDIENTS

- 2 pounds of lean ground beef
- 2 cans of tomato soup
- 5 cans of Heinz beans, mix the sort or type of beans
- 1 can of red kidney beans
- 2 packages of chili marinate, one spicy and one regular
- Veggies include mushrooms, carrots, red and orange Peppers

DIRECTIONS

- Brown your meat and remove fat.
- While the meat is browning, prepare the soup.
- Once the fat is removed from the meat, add the chili powder or marinade in the meat. Stir the powder in the meat.
- Add half the soup to the meat along with the beans. I usually put half a can of kidney beans. Don't put the kidney bean juice in the pot!
- If the chili is too thick add some soup.
- Add the cut veggies and simmer for about 45 minutes. Stir often or the chili will stick and or burn at the bottom of the pot!
- You can add the rest of the soup if the chili appears too thick.
- After 45 minutes, turn off the stove leaving the pot on element.



CREAMY CHICKEN AND MUSHROOM SOUP

- *yield:* **6 SERVINGS**
- *prep:* **15 MINUTES**
- *cook:* **15 MINUTES**
- *total:* **30 MINUTES**

Velvety creamy mushroom soup! So cozy, comforting, hearty.
A 30 min recipe, truly weeknight-dinner worthy!



INGREDIENTS

- **8 ounces** boneless, skinless chicken thighs, *cut into 1-inch chunks*
- Kosher salt and freshly ground black pepper, *to taste*
- **2 tablespoons** olive oil
- **2 tablespoons** unsalted butter
- **8 ounces** cremini mushrooms, *thinly sliced*
- **1** onion, *diced*
- **3** carrots, *peeled and diced*
- **2 ribs** celery, *diced*
- **3 cloves** garlic, *minced*
- **1/2 teaspoon** dried thyme
- **1/4 cup** all-purpose flour
- **4 cups** chicken stock
- **1** bay leaf
- **1/2 cup** half and half, *or more, as needed**
- **2 tablespoons** chopped fresh parsley leaves

INSTRUCTIONS

- 1** Season chicken thighs with salt and pepper, to taste.
- 2** Heat olive oil in a large stockpot or Dutch oven over medium heat. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.
- 3** Melt butter in the stockpot or Dutch oven over medium heat. Add mushrooms, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes.
- 4** Stir in garlic and thyme until fragrant, about 1 minute.

- 5 Whisk in flour until lightly browned, about 1 minute.
- 6 Stir in chicken stock, bay leaf and chicken, and cook, stirring constantly, until slightly thickened, about 4-5 minutes.
- 7 Stir in half and half until heated through, about 1-2 minutes; season with salt and pepper, to taste. If the soup is too thick, add more half and half as needed until desired consistency is reached.
- 8 Serve immediately, garnished with parsley, if desired.

NOTES

**Half and half is equal parts of whole milk and cream. For 1 cup half and half, you can substitute 3/4 cup whole milk + 1/4 cup heavy cream or 2/3 cup skim or low-fat milk + 1/3 cup heavy cream.*

EASY CHICKEN CORN CHOWDER

Total Time / Prep – 30 minutes | Serves – 4

INGREDIENTS

- 2 tbsp butter
- 1 small onion, finely chopped
- 1 celery rib, finely chopped
- 1 small sweet red pepper, finely chopped (I put carrots instead)
- 2 can (14 $\frac{3}{4}$ ounces each) cream-style corn
- 1 $\frac{1}{2}$ cups chopped cooked chicken
- 1 can (12 ounces) reduced-fat evaporated milk (I use regular milk)
- 1 tsp chicken bouillon granules
- $\frac{1}{2}$ tsp pepper
- 8 bacon strips, cooked and crumbled (I don't add this – optional)

DIRECTIONS

- In a large saucepan, heat butter over medium-high heat. Add onion, celery and red peppers; cook and stir 6-8 minutes or until tender.
- Stir in corn, chicken, milk, bouillon and pepper; heat through, stirring occasionally (do not boil!).
- Add bacon as a topping.



Lasagna Soup

This delectable lasagna soup recipe is an easy way to enjoy all the comfort of lasagna with minimal work. It's saucy, cozy, and family-loved!

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins



Course: Dinner Recipes, Main Course Cuisine: American, Italian

Servings: 12 cups Calories: 195kcal

Ingredients

This amount yields 12 cups

- 1-2 tablespoons Olive Oil or preferred oil
- 1 pound Ground Beef
- 1 large Onion diced
- 4 cloves Garlic minced
- 1 (15-ounce can) Diced Tomatoes don't drain
- 1 (15-ounce can) [Tomato Sauce](#) or tomato puree
- 3 ounces [Tomato Paste](#) same as ¼ cup
- 4 cups Chicken Broth
- 1-2 cups Water or more as needed to adjust consistency
- 1 tablespoon [Italian Seasoning](#)
- 1 teaspoon Sea Salt or more as needed to adjust flavor
- Black Pepper to taste
- 8 ounces Bowtie Pasta (uncooked) *see footnote

Suggested toppings: You can measure these with your ❤️

- ½ cup Ricotta Cheese
- 2 ounces Mozzarella Cheese shredded (about ½ cup)
- ¼ cup Parmesan Cheese shaved, shredded, or fresh grated
- ¼ cup Fresh Parsley chopped

Instructions

See recipe footnotes for pressure cooker instructions

1. Heat 4.5 quart soup pot over medium-high heat. Add OLIVE OIL and heat until shimmering.
2. Add GROUND BEEF, ONIONS, and GARLIC. Sauté until the beef is cooked through, stirring as needed. Drain excess fat, if needed.
3. Stir in TOMATOES, TOMATO SAUCE, TOMATO PASTE, BROTH, ITALIAN SEASONING, SALT, PEPPER, and PASTA NOODLES.
4. Increase heat to HIGH and bring the soup to a boil.
5. Reduce heat to a medium simmer and cook soup for 10 to 15 minutes until pasta is cooked to your liking, stirring as needed to prevent the pasta sticking together. During this process,

add water in small amounts to adjust broth consistency to your liking.

6. **Serving options:** 1) Add the RICOTTA, MOZZARELLA, PARMESAN, to the whole soup; or 2) Serve the cheeses on the side and add it to individual servings. Garnish with FRESH PARSLEY.
7. **To store:** Cool completely and refrigerate in an airtight container up to 5 days or up to 90 days in the freezer (or more if vacuum sealed).

To reheat: Add more water or broth as desired because the noodles will have absorbed much of the broth.

Notes

Select sturdy pasta such as bowtie, macaroni, rigatoni, or penne. I avoid lasagna noodles, which tend to fall apart, especially by day 2 or 3.

Substitute ground beef with ground turkey or Italian sausage, following the same recipe instructions.

Use canned crushed tomatoes instead of diced tomatoes for a thicker soup broth.

If you don't have the necessary canned tomato products, use a 24-ounce marinara sauce and 1 cup of water instead.

When reheating, **add small amounts of water or broth** as desired because the noodles absorb the broth even after the soup has cooled down.

Pressure cooker instructions

Select "Sauté" and heat olive oil in the cooker. Add beef, onions, and garlic; sauté until cooked through. Drain excess fat, then deglaze with a splash of broth. Press "Cancel." Stir in tomatoes, sauce, tomato paste, broth, seasonings, and pasta. Secure the lid, set the valve to "Sealing," and pressure cook on high for 1 minute. For al dente pasta, use quick release; for softer pasta, let it naturally release for 10 minutes. Open the lid, stir, and adjust broth consistency with water if needed. Follow the serving instructions above.

Note: If doubling the recipe, you must use an 8 or 10-quart cooker to accommodate the volume.

Nutrition

Serving: 1 cup | Calories: 195kcal | Carbohydrates: 12g | Protein: 14g | Fat: 10g | Saturated Fat: 4g | Cholesterol: 38mg | Sodium: 693mg | Potassium: 344mg | Fiber: 1g | Sugar: 2g | Vitamin A: 342IU | Vitamin C: 10mg | Calcium: 103mg | Iron: 2mg

Low Carb Hamburger Soup

This Keto hamburger soup is easy, delicious and so versatile. Served at dinner or lunch, it's a great way to keep your low carb nutrition goals in check.



Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

Course: Main Course, Soup Cuisine: American Servings: 8 servings

Equipment

- [Soup Pot](#)

Ingredients

- 1 lb lean ground beef
- 1 onion chopped
- 2 cloves garlic minced
- 3 cups cauliflower florets
- 1 cup cauliflower rice
- ½ cup carrot sliced
- 1 cup celery sliced
- 14 oz canned diced tomatoes with juices
- 6 cups beef broth
- 1 cup green beans
- 1 teaspoon Italian seasoning
- salt & pepper to taste

Instructions

1. Brown ground beef, onion and garlic until no pink remains. Drain fat.
2. Add all remaining ingredients and bring to a boil. Reduce heat to a simmer and let cook 15 minutes or until vegetables are tender.

Nutrition

Serving: 2 cups | Calories: 130kcal | Carbohydrates: 9g | Protein: 16g | Fat: 4g | Saturated Fat: 2g | Cholesterol: 35mg | Sodium: 812mg | Potassium: 666mg | Fiber: 3g | Sugar: 4g | Vitamin A: 1546IU | Vitamin C: 36mg | Calcium: 65mg | Iron: 3mg

ROASTED BUTTERNUT SQUASH AND CAULIFLOWER SOUP

Author: Sam | Ahead of Thyme *Total Time:* 35 minutes

Yield: 6-8 servings *Diet:* Vegan



Creamy roasted butternut squash and cauliflower soup has all the fall feels and is vegan and gluten-free. Plus, it's super easy to make in a sheet pan.

INGREDIENTS

- 1 medium **butternut squash** (2-3 lbs.), *chopped into 1-inch cubes*
- 1 head of **cauliflower**, *chopped into florets*
- 1 medium **onion**
- 2 cloves **garlic**, *minced*
- 1 tablespoon **fresh sage**, *chopped*
- **olive oil**
- **salt and pepper**, to taste
- 4 cups **vegetable stock**, *divided*
- 1/2 cup **coconut milk** (or cow's milk)

INSTRUCTIONS

1. Preheat oven to 425 F.
2. In a large 1/2 pan baking tray, combine butternut squash, cauliflower, onion, garlic, sage and olive oil. Add salt and pepper to taste, and toss to combine. Bake for 20-25 minutes, until vegetables are soft and tender.
3. Transfer vegetables into a food processor or a blender (in 2 batches if needed). Add 2 cups of stock and puree until smooth.
4. Transfer soup to a large pot, add remaining stock, and stir to combine. Bring soup to a simmer, and stir in coconut milk. Season with more salt and pepper, to taste. If the soup is too thick, add some water until desired consistency is reached.
5. Serve with a drizzle of coconut milk and fresh herbs or toasted pepitas on top.

NOTES

Equipment used: a large 1/2 pan baking tray, a food processor or blender, and a large pot.

How to cook in one pot instead: Roasting the vegetables adds an extra depth of flavour to the soup and really intensifies the flavour. But you can absolutely skip this step and just cook the soup in a pot. The soup will still be delicious. Simply, saute the onions and garlic, then add everything else and simmer for about 25 minutes, or until vegetables are tender. Puree, add coconut milk and serve.

How to adjust the consistency: If you find that it is too thick, add some water until desired consistency is reached. If you find the soup is too thin, continue to simmer, uncovered, to thicken it up until you reach your desired consistency.

How to serve: Serve this butternut squash soup with a side of homemade ciabatta bread or crusty no knead bread for dipping. Small batch sourdough bread is also one of my favourites to pair with this.

Serves 6

Serving Size: 1 serving

Calories Per Serving: **120**

				% DAILY VALUE			
Total Fat 6.8g	9%	Cholesterol 0mg	0%	Sodium 806.3mg	35%	Total Carbohydrate 14.5g	5%
Sugars 5.3g		Protein 3.6g	7%	Vitamin A 125.2µg	14%	Vitamin C 74.4mg	83%

ROASTED RED PEPPER SOUP

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 2 cloves garlic, chopped
- Salt and freshly ground black pepper
- 1 tablespoon tomato paste
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 1 (12-ounce) jar roasted red peppers, drained and chopped
- 2 1/2 cups chicken broth
- 2 teaspoons sugar, optional
- 1/2 cup half-and-half
- 1/4 cup chopped fresh basil, plus more for garnish

DIRECTIONS

- Heat 2 tablespoons oil in a 2-quart saucepan over medium-high heat. Add onions and carrots and saute until tender, about 5 minutes. Add garlic and saute until just fragrant. Season with salt and pepper. Add tomato paste and cook until toasted, just 1 more minute.
- Add tomatoes, red peppers, and chicken broth and let simmer for 25 minutes, until the vegetables are tender and the flavors have melded together. Taste for seasoning and add more salt, pepper, and the sugar, if needed. Add half-and-half and basil, and puree using a hand held immersion blender until smooth.
- Serve in soup bowls with a sprinkle of fresh basil on top.



Slow Cooker Chicken Tortellini Soup

Slow cooker chicken tortellini soup is loaded with chopped vegetables, shredded cooked chicken, and cheesy tortellini all slow-cooked in a flavorful chicken broth. It's definitely a dinner the whole family will love!



Prep Time	Cook Time	Total Time
5 mins	6 hrs 15 mins	6 hrs 20 mins

Course: Dinner, Main Course, Soup

Cuisine: American, Italian, Italian American

Keyword: chicken tortellini soup, chicken tortellini soup recipe, slow cooker chicken tortellini soup, soup recipe, tortellini soup

Servings: 6 people

Ingredients

- 1 1/2 pounds boneless chicken breast
- 3 medium carrots peeled and diced
- 3 stalks celery diced
- 1 medium onion diced
- 3 cloves garlic minced
- 6 cups low sodium chicken broth
- 1 cup water
- 2 bay leaves
- 1 teaspoon Italian seasoning or more to taste
- 2 cups cheese tortellini
- chopped fresh parsley for serving if desired
- salt and pepper to taste

Instructions

1. Add all of the ingredients to a slow cooker except for the tortellini.
2. Cook on low for 6 hours.
3. Remove the cooked chicken from the slow cooker and shred or cube and add back to the slow cooker.
4. Add in the tortellini and cook for 15 minutes or until they are cooked all the way through.
5. Season with salt and pepper to taste. Discard bay leaves and serve immediately with chopped parsley, if desired.

SPAGHETTI SAUCE

INGREDIENTS

- 1 can of tomato juice
- 1 can of crushed tomatoes
- 1 can of spaghetti (any brand)
- 1 can of tomato paste
- 2 - 3 pounds of lean ground beef
- 1 onion
- 5 crushed garlic cloves
- Basil - start with two tablespoons

DIRECTIONS

- Add veggies, mushrooms, red and orange peppers, and chopped carrots
- Brown your meat with the onion
- Remove fat from the pot
- Add the items mentioned above

Notes:

- All cans are large cans
- While it simmers stir frequently (for about 1.5 hours)
- Turn off the stove leaving the pot on the heat source.



DESSERTS

- **Apple Crips**
- **Applesauce Cake and Cream Cheese Icing**
- **Brown Sugar Pie**
- **Brown Sugar Scones**
- **Caramel Chocolate Trifle**
- **Cracker Barrel Carrot Cake**
- **Drumstick Cake**
- **Dutch Apple Pie**
- **Easy Gluten/Lactose Free Blueberry Crumble**
- **Gâteau aux Zucchini**
- **Irish Pound Cake**
- **Keto Lemon Blueberry Cheesecake Bars**
- **Lady Daisy Cake**
- **Lemon Blueberry Mini Cheesecakes**
- **Peanut Butter Balls**
- **Pie Crust**
- **Pumpkin Crisp**
- **Salad Dressing Cake**
- **Soft Gingerbread Latte Cookies with Brown Butte Icing**
- **Sucre à Crème**
- **Sugar Cones**
- **Texas Cake “Yeee Hawww”**



Apple Crisp

INGREDIENTS:

Apple Crisp

- 6 golden delicious apples (*peeled and chopped*)
- 2 Tbsp granulated sugar
- 3/4 tsp ground cinnamon
- 1 1/2 tsp lemon juice

Topping

- 1 cup light brown sugar
- 3/4 cup old fashioned oats
- 3/4 cup all-purpose flour
- 1 tsp ground cinnamon
- pinch of kosher salt
- 1/2 cup cold unsalted butter (*diced into small cubes*)



INSTRUCTIONS:

- Preheat oven to 350 F degrees.
- Butter an 8×8 baking dish
- In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice.
- Stir to combine, then transfer to prepared baking dish.

Make topping

- In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter).
- Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembled pea-sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.

Bake

- Spread topping over apples in baking dish, and gently pat to even it out.
- Bake 40-50 minutes, until golden brown and bubbly.
- Serve warm and enjoy!

Applesauce Cake

INGREDIENTS:

- 2 ½ cups flour
- 1 tsp. salt
- 2 tsps. baking powder
- 2 tsps. baking soda
- 2 tsps. nutmeg
- 2 tsps. cinnamon
- 1 tsp. allspice
- 1 cup shortening or margarine
- 1 ½ cups brown sugar
- 2 eggs
- 2 cups applesauce



DIRECTIONS:

- Mix dry ingredients together.
- Cream shortening.
- Add brown sugar. Beat till fluffy.
- Add eggs; beat well.
- Add dry ingredients alternately with applesauce.
- Bake in lined or greased 9 x 13 pan for 40 to 45 minutes at 350° F.
- Best with cream cheese icing.

Cream Cheese Icing

INGREDIENTS:

- 1 – 8 oz. pkg. cream cheese, cut up
- 1/3 cup butter
- 1 tsp. vanilla
- 2 ½ cups icing sugar

DIRECTIONS:

- Beat butter till fluffy.
- Add cream cheese pieces.
- Combine till smooth.
- Add some of the icing sugar. Then add vanilla.
- Add remaining icing sugar.
- Beat well.

Brown Sugar Pie

INGREDIENTS

- 3 cups brown sugar
- 3 tbsps. flour
- 1 egg, beaten
- 1 cup carnation milk
- 1 tbsp. butter, melted

DIRECTIONS

- Combine all ingredients. Mix well.
- Pour into uncooked pie shell.
- Bake at 350° F. for approximately 1 hour or until centre of pie is cooked.



Brown Sugar Scones

INGREDIENTS

- 3 cups flour
- 2 tsps. baking powder
- 1 cup brown sugar
- 1 cup butter or margarine
- 1 cup milk
- 1 cup raisins (optional)

DIRECTIONS

- Mix flour, powder and brown sugar.
- Cut in butter.
- Add milk and raisins.
- Press in pan or roll 1 inch thick and cut into triangles.
- Bake at 375° F till golden brown.



Caramel Chocolate Trifle

Prep 20 minutes

Bake 20 minutes plus cooling 1

16 servings

INGREDIENTS

- 1 package (9 ounces) devil's food cake mix
- 2 packages (3.9 ounces each) instant chocolate pudding mix
- 1 carton (12 ounces) frozen whipped topping, thawed ** 1 large container of Cool Whip works.
- 1 jar (12 ¼ ounces) caramel ice cream topping ** Or the squeezable bottle works too.
- 1 package (approx. 8 ounces – 200 gr)) English toffee bits

DIRECTIONS

- Prepare and bake cake according to package directions for an 8-in. square baking pan. ** A box usually makes 2- 8 in. cakes. Cool on a wire rack. ** You can even make this the day before to save time.
- Prepare chocolate pudding according to package directions.
- Cut cake into 1 ½ in. cubes. Place half the cubes in a 3-quart trifle bowl or large glass serving bowl; lightly press down to fill in gaps. Top cake with half each of the whipped topping, pudding, caramel topping and toffee bits. Repeat layers.
- Cover and refrigerate until serving.



Cracker Barrel Carrot Cake

Yield: 24 servings.

3/4 cup finely chopped English walnuts
2 cups finely shredded carrots
1 cup crushed pineapple (8 oz. can with juice)
1/2 cup finely shredded coconut
1/2 cup raisins that have been soaked in water until plump and then drained
1 and 1/4 cup vegetable oil
1 and 1/2 cup sugar
1/2 cup brown sugar
3 eggs
3 cups flour
2 teaspoons baking powder
2 teaspoons baking soda
2 teaspoons vanilla
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon ground cloves
1/2 teaspoon salt

Mix together flour, baking powder, baking soda, salt, cinnamon, nutmeg and cloves. Set aside. In a large bowl, mix with a beater the vegetable oil, sugars, vanilla and eggs until smooth and fluffy. Add pineapple, walnuts, coconut, carrots, and raisins and blend well. Gradually add flour mixture a half at a time until blended through.

Pour batter into a greased and floured 9×13 inch pan and bake at 350 degrees for about 40-50 min. Test with toothpick for doneness. When cool, frost with cream cheese frosting.

CREAM CHEESE FROSTING:

1 8 ounce package cream cheese
1/2 cup or 1 stick of butter, room temperature
1 teaspoon vanilla
2 cups powdered sugar
1/2 cup chopped pecans for garnish

Blend cream cheese and butter until light and fluffy. Add vanilla and a little powdered sugar at a time until all has been blended well. Turn mixer on high and beat until frosting is light and fluffy. Spread frosting over the cooled cake and sprinkle with pecans.

Drumstick Cake

INGREDIENTS

- 1 ½ cups crushed vanilla wafers
- ½ cup chopped peanuts
- ¼ cup melted butter
- 8 oz cream cheese
- ½ cup peanut butter
- ½ cup white sugar
- 1 tsp. vanilla
- 3 eggs
- 1 large tub of Cool Whip, thawed
- 1 squeeze bottle of butterscotch topping
- Some chocolate topping

DIRECTIONS

- Combine crushed wafers, peanuts and melted butter. (Optional, reserve some crumb mixture to sprinkle on top)
- Press into 9 x 13 glass pan. Chill for ½ an hour.
- Pour butterscotch topping over crust to make ¼ inch layer of butterscotch.
- Chill in freezer while making topping.
- In mixer, beat cream cheese, add peanut butter and white sugar. Mix well.
- Add vanilla. Blend in eggs one at a time.
- Fold in cool whip. Mix well.
- Pour mixture over butterscotch layer.
- Drizzle chocolate topping over top of cake.
- Freeze.
- Remove cake from freezer about 10 minutes before serving.



Dutch Apple Pie

INGREDIENTS

- 4 large apples, peeled and sliced
- 2 tbsps. flour
- ¼ cup white sugar
- 1 tsp. cinnamon
- Topping
- 2/3 cup flour
- 1/3 cup brown sugar
- 1/3 cup hard margarine

DIRECTIONS

- Place apples in large bowl.
- In small bowl, combine flour sugar and cinnamon. Sprinkle over apples. Mix well.
- Spoon apples into unbaked pie shell in deep dish pie pan.
- Combine flour and brown sugar.
- Cut margarine into pieces.
- Cut into flour until mixture forms crumble texture.
- Sprinkle over top of apples.
- Bake at 350° F for approximately 45 minutes until apples are tender.
- ** I usually make twice the topping for 1 pie or 3 times for 2 pies.



Easy Gluten/Lactose Free Blueberry Crumble

INGREDIENTS:

- 6 cups of fresh or frozen blueberries
- 3 tablespoons of gluten free all purpose flour
- ¼ cup of granulated sugar

Topping:

- 1 cup of gluten free all purpose flour
- ½ cup rolled gluten free oats
- ½ cup packed brown sugar
- ½ teaspoon of cinnamon
- ¼ teaspoon of salt
- ½ cup melted lactose free butter

DIRECTIONS:

- Preheat the oven to 350 degrees and spray an 8 x 11 dish with non-stick spray or rub with olive oil.
- Add the blueberries to a bowl with the flour and sugar. Stir to coat the blueberries and pour into the prepared pan.
- In a medium size bowl mix the dry topping ingredients, then stir in the melted butter.
- Using your hands, evenly sprinkle the topping onto the blueberries. (Making some small “chunks” make for crunchy clusters after baking!.)
- Bake for 35 minutes until the topping is golden brown and blueberries are bubbling. While slightly warm top with lactose free vanilla ice cream.
- Enjoy!



GÂTEAU AUX ZUCCHINIS

INGRÉDIENTS :

- 2 tasses de sucre
- 2 tasses zucchini hachés fins
- 3 œufs
- 1 c. thé vanille
- 3 tasses de farine
- 1 c. thé de sel
- 1 c. thé cannelle
- 3 c. thé poudre à pâte
- 1 c. thé soda à pâte
- ¼ tasse noix de Grenoble hachés
- 8 onces de fromage philadelphia
- 1 tasse d'huile

DIRECTIONS :

- Moule bundt – graissé et enfariné
- Préparer œufs, sucre, vanille, zucchini, fromage.
- Ajouter ingrédients secs à la fin.
- Incorporer huile en 2 ou 3 fois. Brasser.
- Cuire une heure à 350°F.



IRISH POUND CAKE

INGREDIENTS:

- 1 cup butter
- 1 8oz package cream cheese, softened
- 6 large eggs, room temperature
- 2 cups white sugar
- 2 tbsp. all-purpose flour
- 2 cups self-rising flour (eg. 2 cups flour, 2tsp. baking powder, ½ tsp. salt)
- 1/8 tsp. ground mace
- 1 tsp. vanilla extract
- 1 (1.5 fluid ounce) jigger Irish whiskey (or any liqueur you prefer)

DIRECTIONS:

- Pre-heat Oven 350°F. Grease and flour bundt pan.
- Beat the butter & cream cheese with an electric mixer in a large bowl until light and fluffy. Beat in the sugar until well blended. The mixture should be noticeably lighter in color.
- Add the eggs one at a time. Beat in the 2 tbsp. of flour with the last egg.
- Stir in the remaining 2 cups flour until just combined;
- Stir in the mace, vanilla and whiskey. Pour into the bundt pan.
- Bake about 1 hour or until a toothpick inserted into the center comes out clean.
- Cool in the pan for 10 minutes before removing to cool completely on a wire rack.
- Sprinkle with icing sugar.

Enjoy!



Keto Lemon Blueberry Cheesecake Bars

Annie

These keto lemon blueberry cheesecake bars have a soft crust and a decadent filling. The rich blueberries are a perfect match with the tart lemon and rich cream cheese.



PREP TIME

20 mins

COOK TIME

27 mins

TOTAL TIME

47 mins



COURSE

Dessert

CUISINE

Keto



SERVINGS

12 bars

CALORIES

256 kcal

INGREDIENTS

Almond Flour Crust:

- 8 tablespoons butter
- 1 ¼ cup almond flour
- 2 tablespoons swerve sweetener

Low Carb Blueberry Sauce:

- 1 ½ cup blueberries
- ¼ cup water
- ⅓ cup confectioners swerve sweetener

Lemon Cheesecake Layer:

- 8 ounces cream cheese
- 1 egg yolk
- ⅓ cup confectioners swerve sweetener
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest tightly packed
- 1 teaspoon vanilla extract

Coconut Crumble Topping:

- 2 tablespoons butter
- ¼ cup almond flour
- ¼ cup unsweetened coconut flakes
- 1 tablespoons swerve sweetener

INSTRUCTIONS

For the Blueberry Sauce:

1. Add the blueberries, Swerve confectioners sweetener, and water to a saucepan over medium heat.
2. Simmer the mixture until it becomes thick, approximately 10-15 minutes. Set aside.

For the Crust:

1. Preheat the oven to 350F. Line an 8x8-inch pan with aluminum foil or parchment paper.
2. Combine the melted butter, almond flour, and Swerve sweetener in a small bowl. Press the crust into the foil lined pan.
3. Pre-bake the crust for 7 minutes. It should not be firm, just slightly beginning to brown around the edges. Remove the crust and allow it to cool. DO NOT add the cheesecake layer while it is hot.

For the Cheesecake Filling:

1. Using an electric mixer or small blender, mix the cream cheese, egg yolk, Swerve confectioners sweetener, lemon juice, lemon zest, and vanilla extract until smooth.
2. Spread the cheesecake layer evenly over the crust.
3. Spread the prepared low carb blueberry sauce over the cheesecake mixture.

For the Coconut Crumble Topping:

1. Combine the butter, almond flour, unsweetened coconut flakes, and Swerve sweetener in a small blender or food processor. Pulse until it resembles a crumb like mixture. Sprinkle the crumble over the blueberry layer.
2. Bake 18-20 minutes until the top is lightly browned.
3. Allow bars to cool completely before slicing.

NOTES

- To get the cleanest slices, place the cheesecake in the freezer for 15 minutes before cutting into it.
- Store in an airtight container in the fridge for up to 5 days.
- To freeze, wrap in plastic wrap, then store in an airtight container in the freezer for up to 3 months.

This recipe makes 12 bars, and each bar has 5.5 net carbs.

LADY DAISY CAKE

INGREDIENTS

- 2 eggs
- 1 cup sugar
- 1 tsp vanilla
- 1 cup flour + 1 tsp baking powder + ½ tsp salt
- ½ cup hot milk

Topping

- 6 tbsp butter
- 8 tbsp brown sugar
- 4 tbsp cream (1/4 cup)
- 1 cup each of walnuts; coconuts

DIRECTIONS

- Bring Milk to boil
- add 1 tsp
- butter and mix with other ingredients)
- Bake 350 for ½ hr.

Topping.... boil 3 minutes:

- 6 tbsp butter
- 8 tbsp brown sugar
- 4 tbsp cream (1/4 cup)
- 1 cup each of walnuts; coconuts
- Pour over baked cake and bake for another 5 minutes.



Lemon Blueberry Mini Cheesecakes

INGREDIENTS

- 1 sleeve honey graham crackers, crushed to fine crumbs
- 4 tablespoons of butter, melted
- 2 (8 oz) packages cream cheese, softened
- 3/4 cup granulated sugar
- 2 eggs
- 1 teaspoons lemon zest
- 1 tablespoon freshly squeezed lemon juice
- 1 tsp vanilla
- Topping
- 2 cups blueberries
- 1 /4 cup granulated sugar
- 1/2 cup water
- 3 teaspoons of cornstarch



DIRECTIONS

- Preheat oven to 350 degrees. Line two 24 tin mini muffin tins with paper liners.
- In a small bowl, mix the graham cracker crumbs with melted butter, stir with a fork until just moistened. Spoon about 1/2 teaspoon of crumbs into each liner and pack down. Bake the crusts for about 8 minutes.
- Meanwhile, cream together cream cheese, sugar, eggs, lemon zest, lemon juice, and vanilla until well combined. Top each crust with the mixture, filling the cups almost to the top. Bake for 15 minutes. Transfer to wire racks to cool completely.
- To make the topping. Combine all topping ingredients in a medium saucepan mixing well. Bring mixture to a boil, reduce heat and simmer until the berries are reduced and the mixture thickens, about 15 minutes. Remove from heat and cool before using.
- Top each cheesecake with about 1/2 teaspoon of the berry topping. Chill in the refrigerator until ready to serve.

Peanut Butter Balls

INGREDIENTS

- 3 cups icing sugar, sifted
- 1 jar (500g) of Nuts to You Nut Butter Inc. Peanut Butter
- 1/2 cup butter, softened
- 1 box (300g) graham crumbs (approx. 3 cups)
- 8 squares Baker's Semi-Sweet Chocolate OR 1 bag + 1/4 cup of chocolate chips

DIRECTIONS

- Beat sugar, peanut butter and butter. Stir in crumbs.
- Shape into 1 inch (2.5 cm) balls and place on a waxed paper-lined cookie sheet.
- Chill for 30 minutes or until firm.
- Melt chocolate over hot water in double boiler. Dip balls and place on waxed paper-lined cookie sheet.
- Chill. Store covered in refrigerator.

*** Makes about 70 balls*



PIE CRUST

INGREDIENTS

- 5 cups flour
- 1 tsp. baking powder
- 1 tsp. salt
- 2 tbsps. brown sugar
- 1 lb. Crisco shortening
- 1 egg, beaten
- 2 tbsps. Vinegar
- 1 ¼ cup cold water

DIRECTIONS

- Mix together flour, salt and brown sugar.
- Cut in shortening.
- Beat together egg, water, and vinegar. Add to crumbly mixture.
- Mix and shape into ball.
- Roll out pie crusts.
- Bake at 450°F for 10 minutes.
- Then bake at 350°F till done.



PUMPKIN CRISP

INGREDIENTS

Crisp Mixture

- 2 cups (180 g) quick-cooking oats
- 2 cups (250 g) all-purpose flour
- 1 cup (200 g) light brown sugar, packed
- 2 teaspoons pumpkin pie spice
- 1 cup (2 sticks / 227 g) unsalted butter, cold, cubed

Pumpkin Mixture

- 3 large eggs, room temperature
- 1 cup (200 g) granulated sugar
- 1 can (15 ounces) pure pumpkin
- 1 cup (240 g) heavy cream
- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- ½ teaspoon kosher salt



INSTRUCTIONS

- Preheat oven to 375°. Lightly spray a 12-inch oven-safe skillet* with nonstick cooking spray. Set aside.

Crisp Mixture

- Combine the oats, flour, brown sugar, and pumpkin spice together.
- Add in the cubed butter and use your hands or a fork to combine. You want the butter to be no larger than pea-sized.
- Spread 4 cups of crisp mixture over the bottom and up the sides of the prepared skillet and press flat.
- Set the remaining crisp mixture aside.

Pumpkin Mixture

- In a large bowl, whisk together the eggs and sugar until combined.
- Add pumpkin, cream, vanilla, pumpkin pie spice, and kosher salt. Whisk ingredients together until smooth.
- Pour the pumpkin mixture on top of the layer of crisp in the skillet.
- Sprinkle the remaining crisp mixture over top of the pumpkin.
- Bake uncovered at 375°F for 35-45 minutes, or until golden brown.
- Serve (warm or cold) with whipped cream or ice cream.

SALAD DRESSING CAKE

INGREDIENTS

- 1 cup salad dressing
- 1 ½ cup white sugar
- 1 tsp. vanilla
- 1 cup cold water
- 2 cups flour
- Dash of salt
- 2 tsps. baking soda
- 4 heaping tbsps. cocoa

DIRECTIONS

- Sift together flour, salt, soda and cocoa. Set aside.
- Cream together sugar and salad dressing. Add vanilla and cold water.
- Add flour mixture to mix. Blend well.
- Bake in 9 x 13 pan at 350° F for apprx.. 45 minutes; till toothpick inserted in centre comes out clean.



Soft Gingerbread Latte Cookies with Brown Butter Icing

Serves 22

25 mins prep

15 mins cook

40 mins total

A cross between a really great soft, chewy gingerbread cookie and a delicious steaming gingerbread latte!



What you need

- 1 ½ sticks salted butter, at room temperature
- ¾ cup light or dark brown sugar
- 3 tablespoons espresso powder or instant coffee powder
- 2 teaspoons vanilla extract
- 1 large egg
- ⅓ cup blackstrap molasses
- 2 ¼ cups, plus 1-2 tablespoons, as needed all-purpose flour
- 1 ¼ teaspoons baking soda
- 2 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon kosher salt
- granulated sugar, for rolling

Brown Butter Icing

- 1 stick salted butter, at room temperature
- 1 ¾ cups powdered sugar
- 3 tablespoons milk
- ½ teaspoon vanilla bean powder
- 1 pinch cinnamon

How to make

1. Preheat the oven to 350° F. Line 2 baking sheets with parchment paper.
2. In a mixing bowl, beat together the butter, brown sugar, espresso, and vanilla until light and fluffy, about 3-5 minutes. Add the egg, mixing to combine. Then, add the molasses and mix to combine. Add the flour, baking soda, ginger, cinnamon, and salt, beating until combined.
3. Place the sugar in a small bowl.
3. **For drop cookies:** Roll the dough into tablespoon-size balls (if the dough is too sticky, add 2-4 additional tablespoons flour), then roll through the sugar. Place on the prepared baking sheet, spacing the cookies 2 inches apart. Bake for 8-10 minutes or until the cookies are just starting to set around the edges, the centers should be a little doughy. Let cool on the pan.

4. ***For cutouts:*** Divide the dough in half. Roll out the dough on a floured piece of parchment paper to 1/4 inch thickness. Make sure you're using enough flour or your dough will stick. Cut out the cookies into desired shapes. Transfer the cookies to a parchment-lined baking sheet. I recommend using a floured spatula to lift the cookies. Cover the baking sheet and place in the freezer until firm, 15 minutes. Roll out the leftover scraps, and repeat with the remaining dough. Bake for 8-10 minutes, until just set.

5. Meanwhile, make the icing. Add the butter to a pot set over medium heat. Allow the butter to brown lightly until it smells toasted, about 2-3 minutes. Remove from the heat. Let cool 5 minutes. Whisk in the powdered sugar, milk, vanilla, a pinch of cinnamon, and salt. Immediately spread the icing over the cookies, it will set quickly. Store in an airtight container for up to 5 days.

SUCRE À CRÈME (BEST)

INGREDIENTS

- ½ pound butter
- 3 cups brown sugar
- 1 small can carnation milk, regular not 2%
- 2 cups icing sugar

DIRECTIONS

- Melt butter in saucepan over medium heat. Add brown sugar and carnation milk.
- Cook over medium heat. When mixture boils, stir constantly.
- Do not over boil.
- Do not burn sugar.
- Cook about 10 minutes or use candy thermometer and bring to soft ball stage.
- Remove from heat. Beat in icing sugar for at least 5 minutes with electric mixer.
- Pour into buttered 8 x 8 pan. Chill.



SUGAR CONES (48)

INGREDIENTS

- 2 cups brown sugar
- 1 cup butter
- 1 can Eagle Bran
- 1/4 cup corn syrup
- box of mini cones (48)
- 1 cup mini marshmallows

DIRECTIONS

- Mix all ingredients except the cones and marshmallows.
- Cook 8 minutes in the microwave and stir every 2 minutes

Add

- 1 cup mini marshmallow and cook for another minute in the microwave
- Insert the fudge into the mini cones
- You can freeze up to 6 months



TEXAS CAKE “YEEEE HAWWWW”

INGREDIENTS

- 2 eggs, well beaten
- 1 ½ cups granulated sugar
- 1 – 19 oz. can crushed pineapple, with juice
- 2 cups all-purpose flour
- 2 tsps. baking soda
- ½ tsp. salt

Topping (single recipe)

- 1 cup sugar
- 2/3 cup Carnation milk
- ½ cup margarine or butter
- 1 tsp. vanilla extract
- 1 cup coconut

DIRECTIONS

- Beat eggs well; add sugar and blend.
- Add flour, baking soda and salt; a little at a time.
- Slowly add the pineapple and its juice. Mix well.
- Bake in a well-greased and floured 13 x 9 x 2 “ pan at 325° F for approximately 40 to 45 minutes.
- Remove from oven and prepare topping.

For topping (*I always double the ingredients for the topping*)

- In a pot, bring to a boil the sugar, milk and butter while stirring constantly.
- Let it boil for approximately 1 minute; keep stirring.
- Remove from heat and add vanilla and coconut.
- Pour on cake while still hot.
- Put cake under broiler and broil till topping is golden brown.



SALADS AND DRESSINGS

SALADS

- Blueberry, Corn & Feta Salad
- Broccoli Salad
- Burger Bowls
- Cold Pea Salad
- Dorito Taco Salad
- Feta Peach Salad
- Keto Broccoli Salad

DRESSINGS

- Homemade Ceaser Dressing
- Garlic Salad Dressing
- Honey Dijon Salad Dressing



BLUEBERRY, CORN & FETA SALAD

Prep time – 30 mins plus soaking | Grill – 20 mins | 10 servings | 130 calories per serving

INGREDIENTS

- 8 medium ears sweet corn
- 3 tbsp olive oil
- 3 tbsp white balsamic vinegar
- 1 tbsp minced fresh chives plus more for garnish
- $\frac{3}{4}$ tsp kosher salt
- $\frac{1}{8}$ tsp pepper
- 1 cup fresh blueberries
- $\frac{1}{2}$ cup crumbled feta cheese

DIRECTIONS

- Carefully peel back corn husks to within 1-in. of bottoms; remove silk. Rewrap corn in husks; secure with kitchen string. Place in a stockpot; cover with cold water. Soak 20 minutes; drain. *** I sometimes skip this step and it still tastes good.*
- Grill corn, covered, over medium heat about 20 minutes or until tender; turning often. Cut string and peel back husks. Cool slightly. Cut corn from cobs; transfer to a large bowl.
- In a small bowl, whisk the oil, vinegar, chives, salt and pepper. Pour over corn; toss to coat. Gently fold in blueberries and feta. Garnish with additional chives.



BROCCOLI SALAD

INGREDIENTS

- 5-6 cups of broccoli florets
- 1 cup shredded Cheddar cheese
- ½ cup crumbled bacon
- ½ cup salted sunflower seeds
- ¾ cup dried cranberries
- 1/3 cup diced red onion

DRESSING

- 1 cup mayonnaise
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper

DIRECTIONS

1. Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds and red onion in a large bowl
2. In a separate, small bowl, whisk together mayo, apple cider vinegar, Dijon mustard, salt and pepper until smooth and well-combined
3. Pour dressing over broccoli combination and toss well
4. For best flavour, refrigerate the salad for at least 1 hour before serving.

Keep it refrigerated if not consuming right away.



Burger Bowls

Burger Bowls. This low carb burger bowl/salad is a quick and easy way to enjoy all the flavors of a burger!



Prep Time
15 mins

Cook Time
10 mins

Course: Main Course Cuisine: American Servings: 4



Ingredients

Burger Meat

- 1 lb ground beef
- ½ tsp [salt](#)
- ½ tsp [garlic powder](#)
- ¼ tsp ground black pepper
- ½ tsp [Worcestershire sauce](#)
- ½ tsp dijon mustard
- ¼ cup cheddar cheese shredded

Burger Bowl

- 4 cups green lettuce chopped
- ½ cup grape tomatoes sliced
- ¼ cup dill pickle chopped
- ¼ cup red onion diced or sliced
- ½ cup cheddar cheese shredded
- 1 avocado sliced
- ½ cup [burger sauce](#)

Instructions

1. Cook ground beef in a medium size skillet over medium heat. Break up meat while it cooks.
2. Add salt, garlic powder, and pepper to the meat while it cooks. Continue cooking until meat is browned and no longer pink.
3. Remove the meat from the heat. Drain excess grease from the meat.
4. Add the worcestershire, dijon and cheddar cheese to the cooked meat. Stir to combine and allow the cheese to melt.
5. In a medium size bowl or plate layer the lettuce, cooked meat, tomatoes, pickles, red onion, avocado, and shredded cheese. Drizzle with [burger sauce](#), or [ranch dressing](#), or salad dressing of choice.

COLD PEA SALAD

INGREDIENTS

- 5 strips bacon cooked
- ½ cup plain nonfat Greek yogurt
- 2 tablespoons honey
- 1 tablespoon apple cider vinegar
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 16 ounces shelled petite peas fresh or frozen and thawed
- ¼ cup whole roasted almonds roughly chopped
- ½ small red onion finely chopped

INSTRUCTIONS

- If necessary, cook the bacon. Once cool, chop into small pieces and set aside.
- In a large mixing bowl, stir together the Greek yogurt, honey, apple cider vinegar, salt, and pepper. Add the peas, almonds, and red onion. Toss gently to coat. Serve chilled or at room temperature.
- TO STORE. Refrigerate leftover pea salad for up to 4 days. Stir and taste for seasoning before serving.
- TO FREEZE. I do not recommend freezing pea salad. It will become mushy and the dressing will separate. (Don't worry; you won't have leftovers).



Dorito Taco Salad

Doritos Taco Salad is a family favorite recipe. It is loaded with ground beef, taco seasoning, Doritos and tossed with Catalina Dressing.



Prep Time 10 mins	Cook Time 15 mins	Total Time 25 mins
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Course: Main Course, Salad Cuisine: American Servings: 6



Ingredients

- 1 pound lean ground beef
- 2 Tbsp [Taco Seasoning](#)
- 1/4 cup [Salsa](#)
- 4 Romaine Lettuce Hearts rinsed then chopped
- 1 cup Black Beans drained and rinsed
- 1 Romo Tomato chopped
- 1 cup [Shredded Cheddar Cheese](#)
- 2 cups Nacho Cheese Doritos Broken into Smaller Pieces
- 1/2 cup Catalina Dressing

Instructions

1. Brown the ground beef in a large skillet over medium heat. Break up the ground beef as it cooks. Then stir in the taco seasoning and salsa into the ground beef. Reduce the heat to low and cook uncovered for 3-5 minutes to incorporate the flavors. Then remove from the heat and let the mixture cool.
2. Then in a large bowl toss together the lettuce, black beans, tomato, cheddar cheese, broken up Doritos and the cooled meat until they are combined.
3. Then drizzle the Catalina dressing on top and gently toss until coated.
4. Then serve immediately.

Notes

You can also make this salad ahead of time and store it in the refrigerator. If you do that, then wait to add the chips until you're ready to serve it

FETA PEACH SALAD

INGREDIENTS

- 4 medium peaches
- ¼ cup crumbled feta cheese
- 4 fresh mint leaves, thinly sliced
- 3 tablespoons of raspberry vinaigrette

DIRECTIONS

- Arrange peach slices on 4 individual salad plates.
- Sprinkle with feta and mint.
- Drizzle with the dressing and enjoy!!





Keto Broccoli Salad Recipe

☆☆☆☆☆

An easy and delicious low carb and keto broccoli salad recipe that includes bacon, sunflower seeds, and an amazing no sugar salad dressing. Perfect for holiday gatherings, potlucks and BBQ's!

Course Side Dishes

Cuisine American

Keyword BBQ, classic, cold, raw, summer, with bacon and cheese, without raisins

Prep Time 20 minutes

Total Time 20 minutes

Servings 10 servings

Calories 285kcal

Ingredients

- 2 heads of broccoli tops only
- 8 slices well cooked and chopped bacon
- 1 cup red onion diced
- 1 cup shredded cheddar cheese shred it from a block
- ½ cup salted and roasted sunflower seeds
- 1 cup mayonnaise
- 2 tablespoon apple cider vinegar
- 3 tablespoon monk fruit or erythritol

Instructions

1. Make the broccoli salad dressing by mixing the mayo, apple cider vinegar, and monk fruit (or erythritol) in a small bowl. Set it aside.
2. Add the chopped broccoli, crumbled bacon, red onion, cheddar cheese, and sunflower seeds to a large bowl. Combine.
3. Mix in the salad dressing. Enjoy! Chill for 1+ hours before serving to blend the flavors.

Notes

- Leftovers will keep for up to 4 days in the fridge.
- Easy adaptations include swapping the bacon for ham or roasted chicken, using different cheese or nuts, or even mixing in low carb fruit like blueberries.
- The nutritional information is an estimate and does not subtract erythritol from the net carb count. This recipe roughly has 3 net carbs per serving after subtracting the fiber and erythritol. People following a keto diet subtract both of these from the carb count since they have zero impact on blood sugar. We highly recommend calculating the nutrition yourself also since all brands can vary.

Homemade Caesar Salad Dressing without Raw Anchovies

This homemade caesar salad dressing takes just a few minutes to prepare, has no raw anchovies, and it'll have you wondering why caesar salad dressing needs anchovies in the first place!



PREP TIME

5 mins



COURSE

Appetizer, Main Course



SERVINGS

8

CALORIES

253 kcal

INGREDIENTS

- 2 cloves garlic chop ahead if your food processor won't cut it finely
- 1 cup mayo I used Hellman's Vegan Mayo
- 2 teaspoon dijon mustard
- 1/2 teaspoon mustard powder
- 1-2 tablespoon white vinegar start with one tbsp. and add more if you want a more acidic dressing
- 2 teaspoon Worcestershire sauce***
- 1/2 cup shredded parmesan
- juice of half a lemon
- 2 tablespoon olive oil approx. see instructions.
- 1/2 teaspoon ground black pepper

INSTRUCTIONS

1. Add all of your ingredients to the food processor except for the olive oil.

If your food processor has chop and puree options, select puree.

Begin to puree your ingredients.

Slowly add one tablespoon of olive oil into your food processor while it purees.

Turn your food processor off, and test your dressing

Slowly add another tablespoon (or more) of olive oil until you get the consistency you desire (two tablespoons gave me the perfect thick consistency I like in a Caesar salad dressing). Add more vinegar if you'd like as well.

2. Store in the refrigerator in a container with a tight lid and consume within 3-4 days

NOTES

***I use a fish-free Worcestershire sauce. Some people are only looking for a caesar salad recipe without raw anchovies, but if you're looking for a recipe totally clear of fish, you'll want to look for Worcestershire without fish too. Or, here's how to make your own vegan Worcestershire at home)

NUTRITION

Calories: 253kcal

Carbohydrates: 1g

Protein: 3g

Fat: 26g

Saturated Fat: 5g

Cholesterol: 17mg

Sodium: 303mg

Potassium: 25mg

Fiber: 1g

Sugar: 1g

Vitamin A: 72IU

Vitamin C: 1mg

Calcium: 75mg

Iron: 1mg



GARLIC SALAD DRESSING

INGREDIENTS

- 3 cloves garlic
- 4 tablespoons of fresh squeezed lemon
- 3 tablespoons for olive oil
- 1/2 teaspoon of salt
- 1/2 teaspoon of red pepper (or paprika)
- 1/2 teaspoon of dried mint

DIRECTIONS

- Put all ingredients in a small jar and shake well before putting on top of salad.



DIJON SALAD DRESSING RECIPE

INGREDIENTS

- 1/3 Cup of Olive Oil
- 1/4 Cup of Apple Cider Vinegar
- 1 Tbsp of raw honey
- 1 Tbsp of Dijon mustard
- grated fresh garlic to preference

INSTRUCTIONS

- shake and serve on salad of choice



BREAKFAST

- **Almond Flour Waffles**
- **Bacon, Egg and Cheese Biscuit Bake**
- **Baked Feta Eggs**
- **Berry French Toast Casserole**
- **Breakfast Bombs**
- **Christmas Morning Wife-saver**
- **Crispy Air Fryer Breakfast Potatoes**
- **Dutch Baby Pancake and Blueberry Compote**
- **Flapjacks**
- **Sausage Breakfast Scramble**
- **Sausage Egg and Cheese Breakfast Sliders with Syrup Glaze**
- **Sticky Bun Breakfast Ring Recipe**
- **The Best Breakfast Pizza**



Almond Flour Waffles

INGREDIENTS

- 1 Cup Almond flour
- 1 1/2 TSP Baking powder
- 1/4 TSP Salt
- 1 Cup Almond or coconut milk
- 2 TBS Coconut oil
- 3 Eggs
- 1 TBS Vanilla extract

DIRECTIONS

- In a bowl combine all the dry ingredients and mix well. Add the eggs and oil and mix again. Slowly add the milk and mix until you get a light cake batter consistency. Note that you might not have to use all of the milk. Add the vanilla and mix again.
- Preheat the waffle maker. When it's at the desired temperature, add a bit of non stick spray to the griddles. Pour approximately 1/2 cup of the waffle mixture onto the griddle and cook for approximately 4 minutes. You are looking for a slightly crispy texture. Time duration might vary depending on your waffle maker.
- Remove the waffle from the griddle, place it on a plate and garnish with whatever you like. On to the next waffle.....
- When repeating the cooking process, you might find that your batter has thickened a bit. If so add a bit of milk to the mix until the desired batter consistency has returned.
- Note that almond waffles will have a lighter colour than regular flour waffles.

Enjoy.



Bacon, Egg, and Cheese Biscuit Bake

A deliciously lightened-up breakfast casserole layered with biscuit, eggs, cheese, and bacon.

Prep Time
10 mins

Cook Time
30 mins



Servings: 6

Ingredients

- 8 eggs, you may also use egg substitute or egg whites (or a mix of egg whites and whole eggs)
- 3 tbsp 2% milk
- 5 slices low fat American cheese made with 2% milk (or use $\frac{3}{4}$ cup reduced fat shredded cheddar cheese)
- 8 slices center cut bacon I use Oscar Meyer
- 1 $\frac{1}{2}$ cans 7.5 oz cans buttermilk biscuits *see notes*
- Salt & Pepper
- Cooking Spray

Instructions

1. Preheat the oven to 350 degrees.
2. Prepare 8 slices of bacon. You can make these in the skillet or in the oven.
3. While the bacon is cooking, In a medium bowl whisk together eggs, milk, and salt and pepper.
4. When the bacon is done, chop up into small pieces.
5. Add $\frac{1}{2}$ the bacon and all of the cut up biscuits into the bowl with the eggs and stir together.
6. Pour into a lightly sprayed 9x13 casserole dish and spread evenly.
7. Pop into the oven, uncovered, for 20 minutes.
8. Meanwhile grab 5 slices of American cheese and cut into small squares OR use $\frac{3}{4}$ cup shredded cheddar. Set aside with the other half of the bacon.
9. When the bake is done remove from the oven and evenly distribute the cheese and the bacon. Place back in the oven for 10 minutes.
10. Cut six servings and enjoy!!

YIELD: 4 SERVINGS

Baked Feta Eggs

These wonderful baked feta eggs with tomatoes and spinach are a delightful breakfast or brunch recipe.

PREP TIME

10 minutes

COOK TIME

35 minutes

TOTAL TIME

45 minutes

Ingredients

- 2 cups cherry or grape tomatoes
- 1 red bell pepper, diced
- 1/2 small red onion, diced
- 3 cloves minced garlic
- 8 ounces feta cheese
- 4 tablespoons olive oil
- 1 teaspoons dried oregano
- 1 teaspoons sea salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon red pepper flakes
- 1 cup chopped baby spinach
- 4 large eggs
- Optional for topping - chopped fresh basil or fresh chives

Instructions

1. Preheat oven to 400 degrees F.
2. If using ramekins or individual serving dishes* - divide the tomatoes, bell pepper, red onion, garlic, and feta cheese between 4 oven-safe dishes. Drizzle a tablespoon of olive oil over each dish.



3. If using one large dish** - combine the tomatoes, bell pepper, red onion, and garlic in the dish and place the feta in the center. Drizzle the olive oil over the feta and veggies.
4. Place the dried oregano, salt, dried thyme, black pepper, and red pepper flakes in a small bowl. Stir to combine.
5. Sprinkle the spice mixture over the feta and veggies (divide equally between the four dishes if you are making individual servings).
6. Place ramekins on a baking sheet before placing them in the oven, or place the baking dish directly in the oven. Bake for 25 minutes.
7. Remove the dishes from the oven and stir to combine so the feta is evenly mixed in with the veggies. Then add the spinach and stir it in till combined.
8. Create a well in the middle of each ramekin or four wells if using one baking dish. Crack the eggs into the wells.
9. Place dishes back in the oven and bake for an additional 10 minutes.
10. Top with optional chopped fresh herbs or sliced chives.
11. Serve with crusty baguette, toast, or pita for dipping.

Notes

*Ramekins should hold at least 10 ounces or more.

**If using one baking dish, I recommend using an 8x8 or 9x11 baking pan.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 373 TOTAL FAT: 31g SATURATED FAT: 12g TRANS FAT: 0g

UNSATURATED FAT: 17g CHOLESTEROL: 236mg SODIUM: 1131mg CARBOHYDRATES: 10g FIBER: 2g

SUGAR: 6g PROTEIN: 16g



Berry French Toast Casserole

Moist on the inside, slightly crusty on the top, this french toast casserole is topped with loads of fresh berries. Serve with powdered sugar and maple syrup. Make ahead and pop into the oven whenever you are ready to eat it! Super easy!

Course: Breakfast Cuisine: American Prep Time: 15 minutes Cook Time: 45 minutes
Resting time: 4 hours Total Time: 1 hour Servings: 12 servings Calories: 308kcal

Ingredients

- 12-14 cups French bread
- 8 large eggs
- 2 cups 2% milk
- 2 tsp vanilla extract
- 1 tsp cinnamon
- 2/3 cup brown sugar
- 1 cup strawberries sliced
- 1/2 cup blueberries
- 1-2 tbsp powdered sugar
- maple syrup as much as you want!

Instructions

1. Grease a 9"x13" casserole with vegetable oil or butter. Cut up French bread into cubes and add to casserole (fill up to ~3/4).
2. In a large bowl, combine eggs, milk, vanilla extract, cinnamon, and brown sugar. Whisk mixture and mix well. Pour mixture into casserole.
3. Slice strawberries. Top casserole with strawberries and blueberries.
4. Wrap the casserole with saran wrap and refrigerate for four hours, or up to overnight.

5. Pre-heat oven to 350 degrees F. Bake for 35-50 minutes. Check at the 35-minute mark, and if it is not done bake for longer.
6. Sprinkle with powdered sugar.
7. Serve with maple syrup and enjoy!

Nutrition

Calories: 308kcal | Carbohydrates: 56g | Protein: 11g | Fat: 5g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 1g | Cholesterol: 112mg | Sodium: 322mg | Potassium: 237mg | Fiber: 2g | Sugar: 27g | Vitamin A: 204IU | Vitamin C: 8mg | Calcium: 117mg | Iron: 3mg

Breakfast Bombs

Breakfast Bombs are buttermilk biscuits filled with cheese, scrambled eggs, and sausage, brushed with salted butter, and baked to a golden brown.



Prep Time	Cook Time	Total Time
10 mins	23 mins	33 mins

Course: Breakfast

Calories: 400kcal

Servings: 8

Ingredients

- 1 can (8-count) Southern Homestyle Buttermilk Biscuits, not flaky
- 1½ cups (169.5 g) mild cheddar cheese, shredded, divided
- 1 cup scrambled eggs, prepared to your liking (roughly 4-5 eggs depending on size), divided
- 8 precooked sausage links, chopped (about 1 cup), divided
- ¼ cup (½ stick / 57 g) unsalted butter, melted
- 1 teaspoon kosher salt
- fresh parsley, chopped, for garnish

Instructions

1. Preheat the oven to 375°F. Spray a 12-inch oven-safe skillet with nonstick cooking spray. Set aside. (If you have not made the scrambled eggs yet, now would be a good time.)
2. Remove the biscuits from the can and place them on a clean work surface. Using a rolling pin, flatten each biscuit to about ⅛-inch thickness.
3. Top each flattened biscuit with an equal amount of the shredded cheese leaving room around the rim of the circle. Then add an equal amount of scrambled eggs and chopped sausage on top of the cheese.
4. Use your fingers to pull the sides of the biscuit and pinch to seal the edges together. Place the bomb (pinched side down) into the prepared skillet. Repeat with the remaining biscuits.
5. In a small bowl, whisk together the melted butter and salt. Brush half of the salted butter over the tops of the bombs.
6. Bake 20-23 minutes, or until golden brown.
7. Immediately brush with the remaining half of melted butter, garnish with parsley, and serve.

Christmas Morning Wife-saver

INGREDIENTS

- 16 slices of white bread with crust removed
- 8 slices of deli ham
- 8 slices of sharp cheddar cheese, could also be grated
- 6 eggs
- ½ tsp. salt
- ½ to 1 tsp. dry mustard
- ¼ cup minced onion or ½ tsp. onion salt
- ¼ cup green pepper, finely chopped, optional
- 1 to 2 tsps. Worcestershire sauce
- 3 cups whole milk
- 1 dash Tabasco sauce
- ¼ lb. of butter
- Special K cereal or crushed Cornflakes

DIRECTIONS

- In a 9 x 13 buttered glass baking dish, lay down 8 slices of bread. Add pieces of bread to cover bottom entirely.
- Cover bread with a layer of ham.
- Cover ham with a layer of cheese.
- Cover with slices of bread completely.
- In a bowl, mix eggs, salt, pepper, dry mustard, onion, green pepper, Worcestershire sauce, milk and Tabasco sauce. Beat lightly by hand.
- Pour over bread; cover and let stand in fridge overnight.
- In the morning, melt butter. Pour over top of bread and cover with Special K or crushed Cornflakes.
- Bake uncovered 1 hour at 350° F.
- Let sit 10 minutes before serving.
- Serves 8 people.

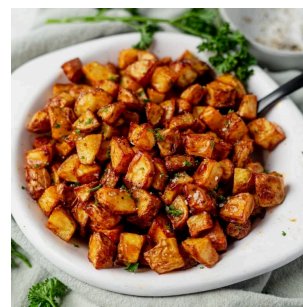


CRISPY AIR FRYER BREAKFAST POTATOES



5 from 18 votes

Air fryer breakfast potatoes are delicious, quick and easy to make. Learn how to season and air fry them for the most flavorful breakfast side.



Prep Time 15 mins	Cook Time 25 mins	Total Time 35 mins
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Servings: 4 people

INGREDIENTS

- 1 1/2 lbs yukon gold potatoes washed and diced into 1/2 inch cubes
- 2 tablespoons olive oil
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons smoked paprika
- 1 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- fresh chopped parsley for topping optional

INSTRUCTIONS

1. Preheat the air fryer to 375°F for 5 minutes. Wash and dry the potatoes really well.
2. While the air fryer is preheating, dice the potatoes into 1/2 inch pieces. See post images above for tips.
3. Place the potatoes in a large bowl then add the olive oil, garlic powder, onion powder, smoked paprika, salt and pepper. Toss to coat the potatoes really well in the seasoning.
4. Transfer it to the air fryer basket in an even layer. Do your best to not overcrowd the basket or they won't get as crispy. You may need to work in batches. Air fry for 20 minutes, pausing to toss and coat 2-3 times. The potatoes should be fork-tender and starting to brown around the edges.
5. If your air fryer has an air broil function, you can broil them for 2-3 minutes to get the edges extra crispy at the end, shaking as needed to stir. If not, turn the heat up to 450°F and broil them that way.

Nutrition

Serving: 1 serving | Calories: 204kcal | Carbohydrates: 32.9g | Protein: 4.1g | Fat: 7.3g | Cholesterol: 0mg | Sodium: 882mg | Fiber: 2.8g | Sugar: 1.2g

Dutch Baby Pancake

INGREDIENTS

- 3 eggs
- ½ cup (125 ml) milk
- ½ cup (70 g) unbleached all-purpose flour
- 1 tbsp sugar
- ¼ tsp salt
- ¼ tsp vanilla extract
- 2 tbsp (28 g) butter
- Icing sugar, for dusting (optional)
- Blueberry Compote (optional)

PREPARATION

1. Place the oven rack in the middle position, and place a 9-inch (23 cm) skillet on the rack. Preheat the oven to 450°F (230°C).
2. In a blender, place the eggs, milk, flour, sugar, salt and vanilla extract. Blend until smooth. Set aside.
3. Once both the oven and the skillet are very hot, remove the skillet from the oven. Melt the butter in the skillet, and add the pancake batter. Bake for 15 minutes or until the pancake is puffy and golden brown.
4. The pancake is best served warm. Sprinkle generously with icing sugar and top with Blueberry Compote (see recipe below), if desired.



Blueberry Compote

INGREDIENTS

3 cups (450 g) blueberries (fresh or frozen)
3/4 cup (159 g) sugar (optional - we make it without)

PREPARATION

1. In a saucepan, combine 2 cups of the blueberries with the sugar. Bring to a boil and let simmer over low heat for about 7 minutes, or until the liquid thickens into a syrup. (This will take about 15 minutes if you're using frozen blueberries.)
2. Add the remaining blueberries and cook for 1 minute. Let cool.



Flapjacks

INGREDIENTS

- pinch of salt
- ¼ tsp. cinnamon
- 1 cup of flour
- 1 heaping tbsp. of sugar
- 2 tsps. baking powder
- 1 cup milk
- 1 tsp. vanilla
- 2 beaten eggs

DIRECTIONS

1. Combine dry ingredients.
2. Combine liquid ingredients.
3. Mix all together.
4. Let sit for a couple of minutes. Stir down. Cook on skillet.





Sausage Breakfast Scramble

Yield: 6 Servings

prep time: 10 M cook time: 10 M total time: 20 Mins

An easy low carb breakfast idea with sausage, eggs and cheese! Recipe also includes variations for Mexican and Italian breakfast scrambles as well.

INGREDIENTS:

- 1 pound breakfast sausage (I prefer Jimmy Dean)
- 1 dozen eggs
- 1 tablespoon milk
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 2 cups shredded cheddar cheese, divided
- 1 bunch green onions, chopped

INSTRUCTIONS:

1. Cook and crumble sausage in a large skillet over medium-high heat until cooked through. Do not drain fat unless there is an overabundance.
2. Reduce heat to medium then push sausage to one side of the skillet to make room to cook the eggs. If your skillet is too small to allow for at least half the bottom of the pan to be free for the eggs, remove half of the sausage then add back after the eggs have cooked. We want to have enough surface area in the skillet for the eggs to cook.
3. Combine eggs, milk, salt, pepper and garlic powder in a large bowl then whisk until eggs are thoroughly scrambled.
4. Pour egg mixture into the empty side of the pan then cook per your preference (I like mine super soft). Once eggs are almost done, add 1 cup of cheese then mix eggs, cheese and sausage together. Top with remaining cheese and onions then serve. I like to have mine with fresh salsa or hot sauce!

Sausage Egg and Cheese Breakfast Sliders with Syrup Glaze



This Hawaiian Roll Breakfast Slider recipe is a favorite for brunch get-togethers and potlucks, but also for make-ahead weekday breakfasts! With a maple butter glaze, savory sausage, eggs, and Colby jack, these handheld sandwiches are a satisfying way to start your day. Only 10 minutes of prep needed!

Prep Time	Cook Time
10 mins	20 mins

Servings: 12 Calories: 286kcal

Ingredients

For the sliders

- 12 hawaiian rolls
- 16 ounces breakfast sausage
- 6 large eggs
- 4 ounces Colby jack cheese slices
- Salt and pepper to taste

For the glaze

- 1 tablespoon butter melted
- 1 tablespoon maple syrup

Instructions

1. Preheat oven to 350°F.
2. In a large skillet over medium heat, cook breakfast sausage, crumbling with the spoon or spatula as it is stirred. Once done, remove the sausage from the pan.

Optional: let it drain on a paper towel lined plate.

3. Crack and scramble the eggs. Season with salt and pepper to taste.

Reduce the heat to low in the skillet and pour the eggs in . Allow to cook over low heat, covered, until the eggs set. Fold the edges in to form a rectangle and remove from heat.

4. To make the syrup glaze, whisk together the melted butter and maple syrup in a small bowl.

5. Cut the slider rolls in half horizontally. Layer on the eggs, sausage, and cheese slices. Then place the tops of the rolls back on.

Use a serrated knife to cut between each sandwich, then brush the syrup glaze over the top of the rolls.

6. Bake for 18-22 minutes or until the sliders are hot and the cheese is melted.

Notes

Substitutions: Swap in bacon or ham in place of the sausage. You can also use any type of cheese you like.

How to Store: To save leftovers, separate into meal sized portions and then place in an airtight container and store in the refrigerator for 3-4 days or in the freezer up to a month.

How to Freeze: Assemble the sandwiches on a baking sheet, but don't brush them with the maple butter glaze. Place the baking sheet in the freezer and allow to freeze for 1-2 hours. Once frozen, remove the sandwiches from the baking sheet and wrap each one individually with plastic wrap. Place all of the wrapped sandwiches into a large zip-top freezer bag and seal. Store in the freezer for up to 6 months.

How to Reheat: Preheat the oven to 350°F. Unwrap the frozen sandwiches and place them on a baking sheet that has been lined with parchment paper or aluminum foil. Brush the maple butter glaze over the top of each sandwich. Bake for 20-25 minutes or until the sliders are hot and the cheese is melted.

Nutrition

Serving: 1 slider | Calories: 286kcal | Carbohydrates: 16g | Protein: 14g | Fat: 18g | Saturated Fat: 8g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 6g | Trans Fat: 0.1g | Cholesterol: 130mg | Sodium: 420mg | Potassium: 140mg | Sugar: 5g | Vitamin A: 270IU | Vitamin C: 0.3mg | Calcium: 83mg | Iron: 1mg

Sticky Bun Breakfast Ring Recipe

Ingredients:

- 2 small cans refrigerated buttermilk biscuits
 - 3 Tbsp. butter, melted
 - 1/2 cup pancake syrup
 - 1/3 cup brown sugar, packed
 - 1 tsp. cinnamon
 - 1/2 cup chopped pecans
-

Directions:

- Spray bundt pan with cooking spray.
- Mix syrup with melted butter.
- Mix brown sugar and cinnamon.
- Pour 1/2 syrup mixture in bottom of bundt pan.
- Sprinkle 1/2 of cinnamon sugar and pecans over syrup.
- Place biscuits in pan, close together.
- Top with remaining syrup, pecans and cinnamon sugar.
- Bake at 375 for 25 min. or until golden brown.
- Cool for a minute the invert bundt pan onto a plate and make sure to get all of the gooey topping out of the pan and onto the buns!





The Best Breakfast Pizza

★★★★★

This Easy Breakfast Pizza recipe comes together quickly and has minimal ingredients. It's a huge family favorite and great for a crowd!

Course Breakfast
Cuisine American

Prep Time 20 minutes

Cook Time 15 minutes

Total Time 35 minutes

Servings 12

Calories 208kcal

Ingredients

- 13.8 ounce tube refrigerated pizza crust
- 2 Tablespoons olive oil
- 8 large eggs
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/3 cup milk
- 2 Tablespoons salted butter
- 15 ounce can Libbys Country Sausage Gravy
- 2 cups shredded Colby jack cheese
- 1/2 cup real bacon pieces

Instructions

1. Preheat oven to 425F degrees. Spray a large baking sheet (10"x 15") with nonstick cooking spray.
2. Spread the **13.8 ounce tube refrigerated pizza crust** into the pan. Stretch it out to all the edges. Brush **2 Tablespoons olive oil** evenly on top of the crust. Poke the crust really well with a fork (this will keep it from puffing up too much.)
3. Bake the crust for about 7 minutes on a middle rack. It should just start to be getting very light brown in color.
4. While crust is baking, start making the scrambled eggs. In a medium-sized bowl, add **8 large eggs, 1 teaspoon salt, 1/2 teaspoon pepper** and **1/3 cup milk**. Whisk eggs really well for at least 2 minutes to combine.
5. Preheat a pan on low to medium heat. Add **2 Tablespoons salted butter**. Once butter is melted, pour in the egg mixture. Gently scramble the eggs. The key to good scrambled eggs is to not cook them too fast or else they get rubbery. So just slowly move the eggs around until softly scrambled and fluffy. Turn off heat.

6. When crust is ready, remove it from the oven. Spread **15 ounce can Libbys Country Sausage Gravy** evenly over the crust.
7. Top the sausage gravy with scrambled eggs. Then top the eggs with **2 cups shredded Colby jack cheese**. Finally, sprinkle **1/2 cup real bacon pieces** evenly over the cheese.
8. Place baking pan back into the oven (middle rack) and cook at 425F degrees for another 6-7 minutes until everything is warmed through and cheese is melted.
9. Slice into 12 slices. Then serve while warm.

Notes

- Two cans of crescent roll dough sheets can be used instead of the pizza dough. Just make sure you push the seams together really well.
- I really like Libby's Country Sausage Gravy in this recipe. It adds so much flavor. If you can't find this canned sausage gravy, you can always purchase a packet of white pepper gravy and
- make it per the packet's instructions or make my Homemade Sausage Gravy.

BAKED GOODS

- **Best Ever Blueberry Muffins**
- **Best Ever Banana Chocolate Chip Muffins**
- **Buttermilk Irish Soda Bread**
- **Cheesy Beer Batter Bread**
- **Chipits Chewy Milk Chocolate Cookies**
- **Easy Homemade Cinnamon Rolls**
- **Oats Banana Muffin in a Cup**
- **One Hour Dinner Rolls**
- **Strawberry Banana Bread**
- **The Best Banana Bread**
- **Zucchini Banana Bread**



BEST EVER BLUEBERRY MUFFINS

INGREDIENTS

- 1 cup Buttermilk (or 1 tbsp of vinegar in reg. Milk)
- 1 cup quick oats (Soak for 10 min. Mix)
- 1 cup all-purpose flour,
- ½ tsp baking soda,
- 1 tsp baking powder
- ½ tsp salt
- ¾ cup brown sugar.
- 1 egg
- ¼ cup melted butter
- 1 cup blueberries

DIRECTIONS

- Mix egg and butter completely with oat mixture.
- Add dry ingredient and mix.
- Fold in blueberries.
- Bake 375 for 15-20 min.



Best-Ever Banana Chocolate Chip Muffins

INGREDIENTS

- 3 large bananas
- $\frac{3}{4}$ cup white sugar
- 1 egg
- 1 tsp. baking soda
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 1 $\frac{1}{2}$ cups flour
- $\frac{1}{3}$ cup melted butter
- 1 pkg. milk chocolate chips

DIRECTIONS

- Mash bananas.
- Add sugar and slightly beaten egg.
- Add the melted butter.
- Add the dry ingredients
- Fold in Chocolate chips
- Bake at 375° F for 20 minutes.



Buttermilk Irish Soda Bread

This is an easy, no-yeast recipe that makes a rustic soda bread that you can pair with your own favorites.

INGREDIENTS

- 2 ½ cups whole-wheat flour
- 1 ½ cups all-purpose flour
- 1/3 cup brown sugar, firmly packed
- 1 ½ tsp baking soda
- 1 ½ tsp salt
- 6 tbsp cold, unsalted butter, diced
- 1 ¾ - 2 cups buttermilk, divided

DIRECTIONS

- Preheat oven to 400 F.
- Line a seasoned 9-inch cast-iron skillet with a folded-up sheet of parchment paper.
- In a large bowl, blend the flours, brown sugar, baking soda and salt. Rub the butter into the dry mixture to disperse. Make a well in the centre. Pour in all but ¼ cup of the buttermilk and mix with your hands or a wooden spoon to make a rough, sticky dough, adding the remaining buttermilk if required. Turn out into a lightly floured work surface and knead 6 to 8 times to make a firm dough, dusting in extra flour if the dough is too wet.
- Let the dough rest 5 minutes, then shape it into a large round loaf in the skillet. Using a sharp knife, make an X on the top surface of the loaf.
- Bake until the soda bread is evenly browned all over, about 40 to 45 minutes, or until the centre of the bread registers 200 F. Let cool 15 minutes before serving. Makes 8 to 10 servings.



CHEESY BEER BATTER BREAD

INGREDIENTS

- 3 cups flour
- 1 tbsp. baking powder
- 3 tbsp. sugar
- 1 tsp. salt
- 1 cup old cheddar cheese
- 1 bottle (341 ml) beer, at room temperature
- 2 tbsp. margarine or butter, melted

DIRECTIONS

- Heat over 375°F
- Mix first 4 ingredients in large bowl until blended. Stir in cheese. Add beer; stir just until dry ingredients are moistened. (Do not overmix. Batter will be lumpy.)
- Pour into 9x5 inch loaf pan sprayed with cooking spray; drizzle with margarine or butter.
- Bake 35-40 minutes or until toothpick inserted in centre comes out clean.
- Cool bread in pan 10 minutes. Remove from pan to wire rack; cool completely.

Enjoy!



Chipits Chewy Milk Chocolate Cookies

INGREDIENTS

- 2/3 cup melted butter
- 2 cups lightly packed brown sugar
- 2 eggs
- 2 tbsp. hot water
- 2 2/3 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- ¼ tsp. salt
- 1 pkg. (300 g) Hershey Chipits **Milk** Chocolate chips

DIRECTIONS

- In large bowl by hand, beat butter and brown sugar.
- Whip in eggs.
- Add hot water.
- Combine flour, powder, soda and salt. Mix in to butter mixture.
- Stir in chocolate chips.
- Roll batter into balls about the size of golf balls.
- Bake on ungreased cookie sheet at 375° F for approximately 10 minutes.



BEST Homemade Cinnamon Rolls

Author: Mimi Total Time: 1 hour 50 minutes Yield: 12 rolls



These are the absolute BEST cinnamon rolls ever!! With a pillowy soft homemade dough, sweet cinnamon filling, and ooey gooey cream cheese frosting, there's no better treat!

INGREDIENTS

For the dough:

- 4-5 cups (480g-600g) all-purpose flour, *spooned and leveled*
- 1/4 cup (50g) granulated sugar
- 2 & 1/4 teaspoons (1 package) instant yeast
- 1/2 teaspoon salt
- 3/4 cup (180mL) water*
- 1/2 cup (120mL) whole milk
- 1/4 cup (60g) unsalted butter, *cut into 4 slices*
- 1 large egg, at room temperature

For the filling:

- 6 tablespoons (85g) unsalted butter, *very soft*
- 3/4 cup (150g) packed brown sugar, *light or dark*
- 2 tablespoons ground cinnamon

For the cream cheese icing:

- 4 ounces (115g) block cream cheese, *room temperature*
- 5 tablespoons (70g) unsalted butter, *room temperature*
- 1 & 1/2 cups (195g) powdered sugar
- pinch of salt
- 1 teaspoon pure vanilla extract

INSTRUCTIONS

1. In a large bowl, combine 3 cups of flour (to start), sugar, yeast, and salt. Whisk to combine and set aside.
2. In a medium microwave safe bowl or cup, combine water, milk, and sliced butter. Microwave in 10 second bursts until the butter *just* melts and the mixture feels warm but not hot. You can also do this with a pot placed on a stove burner set to low heat.

3. Whisk the egg into the water mixture to combine.
4. Pour the wet ingredients over the flour mixture. Using a wooden spoon, mix together until you have a very thick and sticky dough.
5. Add another 1 cup of flour to the dough and mix until it starts coming together into ball.
6. This next step can be done by hand directly in your bowl or on a lightly floured work surface /or/ on medium speed with a stand mixer fitted with the dough hook attachment. Knead the dough, adding flour as needed to keep it from sticking to your hands / the sides of the bowl, until smooth, elastic, and slightly tacky. If you poke the top of the dough, it should spring back - if the indent remains, the dough needs more kneading.
7. Cover the dough and set aside for about 20 minutes. The dough will puff up slightly but won't double in size. This is just to relax the gluten and make the dough easier to roll without it pulling in on itself.
8. Turn the rested dough onto a lightly floured work surface and roll it out into a roughly 14x10 inch rectangle. Use your hands to press and pull the edges to get as nice of a rectangular shape as you can - it doesn't have to be perfect though!
9. Spread the softened butter over the dough, leaving a roughly 1/2 inch boarder along the edges. Sprinkle the sugar on top and use your hands to spread it out into an even layer over the butter. Finally, sprinkle the cinnamon evenly on top.
10. Working from the longer side of the dough, roll it up into a log.
11. Cut about 1/2 an inch off each end of the log (this just makes for nicer and more uniform rolls - you can bake them off separately or just skip this step if you don't mind the appearance).
12. Use a sharp serrated knife or *unflavored* dental floss to cut the log into 12 even rolls. If using a knife, cut the rolls using a sawing motion to prevent squishing. If using floss, break off a large string of unflavored dental floss and wiggle it under your log of dough positioned where you'd like to cut. Lift the ends of the floss up and over the log and cross to form an X. Pull on the ends of the floss to cut through the dough (see above post for visual).
13. Arrange the rolls cut side up in a 9x13 inch baking dish. There should be a tiny bit of space between each roll but it's fine if they're touching.
14. Cover the rolls and set aside in a warm place for about 45 minutes or until about doubled in size. My favorite place to keep cinnamon rolls during this time is in the oven (it shouldn't be on or hot) just because it keeps the rolls safe from any cold drafts. They'll be pressed up against each other once they puff up - that's normal!
15. **Take the rolls out of the oven and preheat the oven to 350F.**
16. Uncover the rolls and place into the center of your preheated oven. Bake for 25 to 30 minutes or until a nice golden brown on top. Set aside while you make the icing.
17. In a medium sized bowl, combine icing ingredients. Using an electric mixer fitted with the paddle attachment or a wooden spoon by hand, cream together until smooth. If using a mixer, start on low

speed just to incorporate everything together and then whip on medium speed to smoothen the mixture out.

18. While the cinnamon rolls are still warm, spread the icing on top. It'll melt slightly and make them extra gooey!

NOTES

Overnight instructions:

To make cinnamon rolls ahead of time and bake off later, stop once you're finished step 13 (before letting the rolls rise) and cover and refrigerate the shaped rolls. Keeping the rolls in the fridge will slow down the rise, allowing you to hold off on baking them for longer. It's best to bake the rolls within about 12 hours but they can be kept in the fridge for up to 18 hours. Once you're ready to bake, set the rolls out at room temperature (still covered) for 60 minutes or until puffed up and no longer cold to the touch. Then proceed with the recipe normally.

* It's important to use water and milk that aren't too hot (or it can kill the yeast) and not too cold (or it will slow the rise down substantially). It should feel warm if you dip your finger into the liquid (a comfortable kind of warm similar to the temperature water you would wash your hands in) but it should not feel hot! If you want to measure the water with a thermometer, it should read around 110F.

Oats & Banana Muffin in a Cup

INGREDIENTS

- 1/2 Cup Oats
- 1/2 Cup Milk (of your choice)
- 1 . Banana
- 1 . Egg
- 1 Pinch Salt
- 1 TBS Cacao (no sugar)
- 1 TSP Baking Powder

DIRECTIONS

- In a bowl place the oats and milk mixing them well, then let this sit for approximately 5 minutes.
- In another bowl mash the banana into a paste. Add the oats / milk mixture and the egg to the banana and mix well.
- Add the other items and mix well once again until consistency of cake batter.
- Pour the mixture equally into two microwave safe cups. Bake each cup individually in the microwave for approximately 5 minutes each.
- Optional. Crumble 2-3 pieces of dark chocolate into a small microwaveable cup or bowl. Add about one tablespoon of milk (of your choice) and mix. Heat the cup in the microwave for about 15 seconds or until the chocolate has properly melted. Spoon the melted chocolate unto the muffins.
- For a sweeter tasting muffin, a bit of maple syrup or honey could be added to the mix before cooking.

Enjoy.





One Hour Dinner Rolls

★★★★★

One Hour Dinner Rolls are made with this easy yeast rolls recipe. Buttery, soft, fluffy dinner rolls are undeniably delicious & literally, take just 60 minutes to make! My favorite roll recipe ever! The perfect recipe for holidays & gatherings.

Course	Side Dish
Cuisine	American
Keyword	one hour, rolls
Prep Time	45 minutes
Cook Time	15 minutes
Total Time	1 hour
Servings	20 rolls
Calories	122kcal

Ingredients

- 1½ cups warm water 95-105 degrees
- 1 tablespoon yeast I used rapid yeast
- 2 tablespoons granulated sugar
- 2 tablespoons butter softened
- 1 teaspoon salt
- 4 cups all-purpose flour more or less as needed (I used 3-3/4)
- 3 tablespoons butter melted
- sea salt flakes for sprinkling on top

Instructions

1. Using your mixer bowl, dissolve the yeast and sugar in the warm water and let stand for five minutes, or until foamy. (if your bowl is chilled or your room is cool this could take longer)
2. Add butter, salt & 3 cups of the flour, and mix until combined.
3. Add additional flour, ¼ cup at a time, until the dough pulls away from the sides of the bowl and is slightly sticky to the touch. (do not add too much flour!)
4. Let the mixer knead 3-5 minutes, until smooth.
5. Cover with plastic, place in a warm spot and let rise 20 minutes.
6. Preheat oven to 400 degrees & spray a 9 x 13 casserole dish with cooking spray.
7. Punch down the dough & divide it into 20 equal-sized pieces.
8. Roll each piece into a ball and space evenly in the prepared pan.
9. Brush with melted butter, sprinkle with sea salt and let rise for an additional 15-20 minutes.

10. Bake 13-15 minutes, or until golden brown. (you can turn on the broiler for about 1-2 minutes at the end to get a more golden top)
11. Remove and brush with butter.
12. Let cool slightly before serving.

Notes

Water Temp - If it is too hot it will kill the yeast, too cold & it just won't rise. I find that using a **thermometer** helps & bringing the water to 95-105 degrees is best.

Nutrition

Serving: 1g | Calories: 122kcal | Carbohydrates: 20g | Protein: 3g | Fat: 3g | Saturated Fat: 2g |
Cholesterol: 8mg | Sodium: 236mg | Potassium: 30mg | Fiber: 1g | Sugar: 1g | Vitamin C: 0.001mg |
Calcium: 4mg | Iron: 1mg | Net Carbohydrates: 20g

Strawberry Banana Bread

Strawberry Banana Bread is a pink twist with fresh sweet flavor on a classic recipe.

Author: Giustina Miller
Cook Time: 40
Yield: 2 1x

Prep Time: 15
Total Time: 55



INGREDIENTS

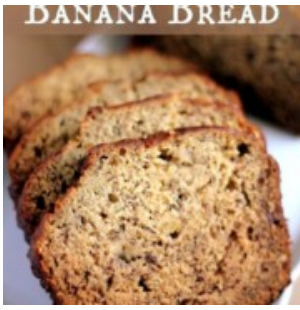
- 4 Large Over Ripened Bananas*(1)
- 2 1/2 Cups All-Purpose Flour
- 1/2 Teaspoon Salt
- 1/2 Teaspoon Baking Soda
- 1 Teaspoon Baking Powder
- 1 Cup White Sugar
- 1/2 Cup Butter Room Temperature
- 2 Large Egg
- 4 Heaping Tablespoons Sour Cream
- 1 Teaspoon Pure Vanilla Extract
- 1 & 1/2 Cups Sliced Strawberries Tossed in 3 Tablespoons of Flour

INSTRUCTIONS

1. First, spray the bread pans with oil & preheat your oven to 350 degrees Fahrenheit.
2. Mash the bananas on a plate, removing any bad spots, & set them to the side.
3. Sift all of the dry ingredients, except the sugar, in a bowl and set to the side.
4. In a separate bowl blend the 1 cup of sugar & the 1/2 cup of butter into a nice cream. Then add one egg at a time, beating well after each addition. Blend in 4 heaping tablespoons sour cream & 1 teaspoon pure vanilla extract.
5. Mix the mashed bananas into the wet ingredients until combined.
6. Slowly stir the dry ingredients into the wet ingredients, just until combined, & do not over mix.
7. Fold in your flour covered strawberries & pour your banana bread mixture into the bread pan & bake for 25 minutes. Once golden brown cover with foil and bake for another 15 minutes or until the toothpick comes out clean.
8. Enjoy!

NOTES

- *1. I often use defrosted frozen bananas, just be sure to remove any excess water.



The Best Banana Bread or Muffins

★★★★★

Ingredients

- 3 or 4 ripe bananas mashed
- 1/3 cup butter melted
- 3/4 cup sugar
- 1 egg beaten
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- Pinch of salt
- 1 1/2 cups flour
- 1/2 cup nuts chopped (*optional*)

Instructions

1. Preheat the oven to 350°F. Mix butter and bananas in a large mixing bowl until combined. Add sugar, egg, vanilla; mix well. Add baking soda and salt and mix. Add the flour last, and mix until just combined. You don't want to over mix. Add nuts if desired.
2. Pour mixture into a buttered 4x8 inch loaf pan or muffin tin. Bake for 50-55 minutes for the loaf, or 22-25 minutes for the muffins. Test with toothpick for doneness.
3. Cool on a rack. Remove from pan and slice to serve. Top with butter or cream cheese and enjoy!

Recipe Notes

For a bit of a healthier take, divide flour and use 3/4 cup white flour and 3/4 cup whole wheat flour. Still comes out delicious!

Zucchini Banana Bread

Serves 9

10 mins prep

60 mins cook

70 mins total

This zucchini banana bread is so soft, tender, uber-moist, dense enough to be satisfying, but still light! It's just sweet enough to taste like a dessert and not like you're eating vegetables. It really is the BEST zucchini bread recipe!!



What you need

- 1 large egg
- ½ cup light brown sugar packed
- ⅓ cup liquid-state coconut oil canola or vegetable may be substituted
- ¼ cup granulated sugar
- ¼ cup cup sour cream lite is okay; or Greek yogurt may be substituted
- 2 teaspoons vanilla extract
- 1 cup all-purpose flour plus additional if necessary (see step 4 in directions)
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- pinch salt optional and to taste
- 1 cup grated zucchini laid loosely in cup and not packed (about 1 medium/large trimmed zucchini; note – wring out zucchini in a paper towel if it seems very moist)
- cup mashed ripe bananas about 2 medium/large bananas
- ½ cup walnuts raisins, etc., optional

How to make

1. Preheat oven to 350F. Spray one 9×5-inch loaf pan with floured cooking spray, or grease and flour the pan; set aside. Note – Loaf is not very tall as baked in a 9×5 pan, but I fear an 8×4 pan will be a bit too skimpy.
2. In a large bowl, add the the first six ingredients, through vanilla, and whisk to combine.
3. Add 1 cup flour, baking powder, baking soda, optional salt, and fold with spatula or stir gently with a spoon until just combined; don't overmix.
4. Add the zucchini (wring out in a paper towel if it's very moist), bananas, optional walnuts or raisins, and fold gently to combine. Batter should be on the thicker side. If it's not, you may wish to add up to about 1/4 cup additional flour. All zucchini and bananas vary in their moisture content and the consistency of batters will vary. Note the zucchini will release water into batter during baking and it's better to err on the side of a thicker than thinner batter by adding additional flour if you deem it necessary.
5. Turn batter out into the prepared pan , smoothing the top lightly with a spatula.

6. Bake for about 52 to 60 minutes (I baked 57 minutes) or until the top is golden, the center is set, and a toothpick inserted in the center comes out clean, or with a few moist crumbs, but no batter.
7. Allow bread to cool in pan for about 15 minutes before turning out on a wire rack to cool completely before slicing and serving.
8. Bread will keep airtight at room temperature for up to 1 week, or in the freezer for up to 6 months.

Notes

- Tip – Tent the pan with a sheet of foil draped loosely over it at the 35 minute-mark to prevent top and sides from becoming overly browned before center cooks through. Baking times will vary based on moisture content of zucchini, bananas, climate, and oven variances. Bake until done; watch your bread, not the clock and don't worry if it takes longer to bake than the baking estimates provided.

