

Poppy Seed Keto Salad – Donna Mattingly

Salad:

Your choice of greens: Spinach, Red leaf lettuce, Romaine, etc

Bacon

Cheese of your choice

Avacado

Poppy Seed Dressing

½ cup balsamic vinegar

½ cup olive oil OR 2/3 cup butter

1 tsp. turmeric

1 tsp. ginger

1 tsp. mustard

½ tsp salt

1 tbsp. dry onion or powder

3 tbsp. stevia

3 tbsp. poppy seed

Blend all ingredients in a blender. Keep refrigerated.

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Cauliflower Rice – Marianne Porter

1 medium head cauliflower

1 heaping tbsp. butter

Salt & pepper to taste

Grate cauliflower in a food processor or box grater until it looks like rice.

Sauté in skillet over medium heat in butter.

Cook for 5-8 minutes, stirring occasionally then season as desired (salt, pepper, soy sauce, etc)

You can also add any keto friendly vegetable, ham, or eggs to make fried rice.

Cauliflower Mashed Potatoes – Marianne Porter

1 medium head cauliflower

3 tbsp. butter

¼ cup Parmesan cheese

¼ tsp garlic powder (optional)

Heavy cream

Salt & pepper to taste

Cook cauliflower till tender. Drain the water and add all ingredients except the heavy cream. Mash or put in a food processor.

Add heavy cream until smooth and add chopped chives (optional)

Cauliflower can be cooked in the microwave.

Chicken in Creamy Mushroom Sauce – Marianne Porter

4 Chicken Breasts
½ cup chicken broth
1 cup heavy whipping cream
8 oz. sliced mushrooms (more if desired)
2 heaping tbsp. cream cheese
½-1 cup grated parmesan cheese
2 cloves of garlic

Pound chicken breasts and brown slightly in butter 4-6 minutes on each side. Remove chicken from skillet. Sauté sliced mushrooms in butter.
Add cream cheese, chicken broth, garlic, and heavy cream. Simmer to reduce the sauce.
Add ½ to 1 cup grated parmesan cheese and stir.
Add chicken to sauce.
Salt and pepper to taste only after adding the Parmesan cheese.
Garnish with chopped parsley if desired.

Avocado Boats – Naibi Graham

½ avocado
2 slices of bacon
1 ½ tbsp. sour cream
½ tbsp. heavy whipping cream
Black pepper to taste
1/8 tsp garlic powder
Shredded cheese of your choice
Chopped cilantro to garnish

Directions:

Cut the bacon in small pieces. Sauté in a small sauce pan.
Slice avocado in half, remove the seed, and scoop out the avocado flesh.
In a small bowl, mix all ingredients including the avocado flesh until mixed well.
Fill the avocado shell with this mixture.
Sprinkle with cheese
Bake at 350° F for 10 minutes or until golden brown. You can also use a broiler
After baking, sprinkle with chopped cilantro to garnish.

Makes 1 avocado boat.