Week 10 Recipes

Pimiento Cheese spread

Makes 18 2 Tbsp servings

8 oz cheddar cheese

4 oz cream cheese, room temperature

4 Tbsp mayonnaise

1 4 oz jar pimientos or one roasted red pepper

1 Tbsp prepared mustard

Hot sauce (optional)

Cut cheese into 1 inch chunks and pulse in food processor or use grated cheese. Add the rest of the ingredients and blend until smooth. Taste and adjust- try adding one drop of liquid sucralose sweetener.

Shrimp and Celery Salad

Serves 4

4 oz sour cream

¼ cup mayonnaise

2 Tbsp lime juice

1 ½ tsp curry

¼ tsp salt

1.5# shrimp, peeled, deveined and cooked

4 stalks celery, thinly sliced

1 large cucumber, peeled, thinly sliced

Whisk together sour cream, mayonnaise, curry and salt in large bowl. Add shrimp, celery and cucumber. Toss gently to coat. Refrigerate until ready to serve. Serving is approximately 1.5 cups.

Sausage egg and cheese casserole

Serves 4-6

8 oz sharp cheddar cheese, shredded

¼ tsp dry mustard

¼ tsp paprika

½ tsp salt

½ cup sour cream

½ # plain sausage, cooked

5 eggs

Preheat oven to 325 degrees. Cover bottom of greased 9x13 baking dish with ½ of shredded cheese. Mix all seasonings with sour cream and pour half of mixture over cheese. Sprinkle crumbled sausage over mixture. Beat eggs and pour over sausage. Spoon rest of sour cream mixture over eggs. Sprinkle rest of cheese on top. Bake 20-25 minutes uncovered.

Zucchini Chips

½ Medium Zucchini

Dash of Salt and pepper

½ Tbsp Olive Oil

½ Tbsp Grated Parmesan Cheese

Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.   
Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet. Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

Jambalaya Soup

Makes 8 servings

2-4 chicken breasts, cubed and coated with ½ tsp Cajun seasoning

2 Tbsp butter

1 small onion, diced

1 stalk celery, chopped

1 green pepper, chopped

3 cloves garlic, minced

2 tsp Cajun seasoning

1 tsp Worcestershire

1 tsp onion powder

1# ham, cubed

½# smoked sausage, diced

15 oz canned diced tomatoes

2 14 oz cans beef broth

3 cups water

1 chicken bouillon cube

Heat butter in large soup kettle. Brown chicken in butter. Remove and set aside. Sauté onion, celery, green pepper, and garlic in kettle until tender, adding a little oil if necessary. Add ham and sausage; sauté a few minutes. Add all remaining ingredients except chicken. Bring to a boil. Cover and simmer 20 minutes. Add chicken and heat through.

Ham and Swiss Breakfast muffins

Makes 8, Serves 4

6 large eggs

3 Laughing Cow Swiss wedges

3.5 oz Canadian Bacon, diced

¼ cup salsa

3 crimini mushrooms, diced

Salt and pepper

Preheat oven to 350 degrees. Spray muffin pan with nonstick spray. Mash up cheese wedges with fork. Crack 6 eggs in bowl and mix with cheese. Add all ingredients and mix well. Pour in to muffin pan and bake for 25 minutes.

Egg Salad

Serves 4

8 large eggs, hardboiled

½ cup mayonnaise

1 Tbsp mustard

¼ cup celery, chopped

1 small onion

¼ tsp paprika

Italian Vinaigrette Dressing

1 cup olive oil

¾ cup Red wine vinegar

1 clove garlic, minced

1 small shallot- finely chopped

2 Tbsp Dijon mustard

2 Tbsp dried onion flakes

1 ½ tsp garlic salt

1 ½ tsp Italian seasoning

Salmon Patties

1 can 14.75 oz pink salmon

1 large egg

2 Tbsp olive oil

2 tsp garlic powder (or fresh)

1 tsp lemon juice

Mix all ingredients together and form into patty. Place patty in heated skillet (may use melted butter, oil or nonstick cooking spray). Brown on both sides. Serve immediately.

Pepperoni Crisps (alternative to plain pepperoni)

Sliced pepperoni

1 tsp Cajun seasoning (optional)

Arrange pepperoni on single layer of ungreased baking sheet; sprinkle with seasoning. Bake at 375 degrees for 10 minutes. Remove from oven and pat away grease with paper towels. Return to oven and bake until crisp, 2-4 additional minutes. Drain on paper towels. Store cooled chips in airtight container.

Low Carb Cheesecake Fluff

Makes 4 ½ cup servings

8 oz cream cheese

4 oz heavy cream

4 Tbsp sour cream

4 Tbsp Torani sugar free syrup (flavor of choice- Caramel is recommended)

Combine all ingredients in your mixture and whip until it forms stiff peaks. May only serve half of serving if tight on carbs for the day!

Microwave Egg, Sausage and Tomato Breakfast Bowl

2 eggs, beaten

2 Tbsp heavy cream

1 fully cooked sausage patty, chopped

1 Tbsp finely shredded cheddar cheese

2 Tbsp chopped tomato

2 basil leaves, thinly sliced

Beat egg and milk in 2 cup cereal bowl until blended. Add sausage. Microwave on high 45 seconds. Push cooked edges toward center. Microwave until egg is almost set, about 45-60 seconds longer. Top with cheese, tomato and basil. Serve immediately.

Broccoli Cheddar Frittata

Serves 6

1 package 10 oz frozen chopped broccoli

¼ cup water

8 eggs

¼ cup nonfat milk (may sub with heavy cream using 1/8c cream and 1/8c water)

2 tsp prepared mustard

1 tsp seasoned salt

1/8 tsp pepper

¾ cup shredded cheddar cheese

1 Tbsp chopped green onion

Nonstick cooking spray

1. Cook broccoli in water for 10 minutes. Drain well.
2. Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli, cheese and green onion; mix well.
3. Coat skillet with cooking spray. Heat over medium heat until hot. Pour in egg mixture. Cook over low heat to medium heat until eggs are almost set, 8-10 minutes.
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8-10 minutes. Cut into wedges.

Buttered Radishes

Serves 4

1 # Radishes

4 Tbsp butter

1 tsp Italian seasoning

1 Tbsp garlic powder (or less if desired)

Preheat oven to 400 degrees. Melt butter and mix in Italian seasoning and garlic. In a large bowl, combine radishes and butter mixture. Toss until evenly coated. Line radishes in a single layer on a baking sheet. Cook for 15 minutes.