Week 3 Recipes

Scrambled Egg

Whisk 1 large egg with 1 Tbsp heavy cream. Mix in 1 oz cheddar cheese. Pour into skillet (sprayed with nonstick cooking spray) and spread mixture evenly across the skillet. Stir vigorously with a rubber spatula until a semi-solid mass begins to form. Lift the pan and move it around until the excess liquid pours off into the pan. Using your spatula, move it around the edge of the egg mixture to help shape into a round and loosen the edge. Let the omelet sit in the pan for about 10 seconds without touching. Shake the pan to loosen from the pan. Lift up the far edge of the pan and using your spatula, fold over 1/3 of the omelet.

Kale Salad

1/3 cup pine nuts or slivered almonds

¼ cup balsamic vinegar

3 Tbsp olive oil

1 Tbsp seasoned rice vinegar

1 Tbsp honey (6-9 drops liquid stevia may be used)

1 tsp salt

¼ cup grated Parmesan cheese

1# Kale, raw

Heat a small skilled on medium high heat. Spread the pine nuts in an even layer on the bottom of the pan, cook, stirring occasionally, until lightly browned. Then remove to a bowl to allow to cool.  Hint when toasting nuts: do not take your eyes off of them! Nuts can go from browned to burned very quickly. Use a sharp knife to cut out the tough midrib of each kale leaf, and discard or compost. Slice the leaves crosswise into thin, 1/4 inch wide, slices.  The easiest way to do this is to work with a small bunch of leaves at a time, stack the leaves and roll them into a loose cigar shape. Then using a sharp knife, work from one end of the "cigar" to the other, slicing a 1/4 inch off from the end.  Place the kale slices into a large bowl. In a smaller bowl, whisk together the balsamic vinegar, olive oil, rice vinegar, honey, salt, and pepper.   A half hour to an hour before serving, toss the kale together with the toasted pine nuts, the dried cranberries, and the dressing, allowing the kale to marinate a bit.  Right before serving, stir in the grated Parmesan cheese. Serves 6-8.

Apricot glazed Beef Brisket

2 lb Beef Brisket (Whole, Lean Only)

1 tsp Salt

1 tsp Paprika

1/2 tsp Black Pepper

1 1/2 tbsps Sugar Free Apricot Preserves

Heat oven to 475F.  Season brisket with salt, paprika and pepper. Place brisket fat side down in a Dutch oven. Cook 15 minutes. Turn brisket fat side up and add 1/2 cup water.  Cover tightly.  Reduce oven temperature to 375°F.  Cook 3 to 4 hours, until brisket is fork tender. Heat broiler. Remove brisket from Dutch oven and place on a broiler pan. Spread jam over brisket. Broil 6 from heat source 5 minutes, until jam is lightly browned in spots. Cover brisket with foil and allow to rest 15 minutes before serving.  Remove surface fat with a spoon and serve with degreased cooking juices.

Low carb Crab cake

8 servings

Crab meat, canned 16 oz

1 large egg

2 tsp Worcestershire sauce

1 tsp Tabasco sauce

1 Tbsp lime juice

¼ tsp red or cayenne pepper

1 tsp Tarragon

3 Tbsp Mayonnaise

Mix egg, mayonnaise, and seasonings- gently stir in crab. Spray cookie sheet with nonstick spray. Scoop out ¼ cup of mix and dollop onto cookie sheet. Broil for seven minutes until browned and egg has set.

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.

Avocado Tuna Salad

3 oz tuna

¼ cup Avocado

¼ cup minced celery

1 Tbsp minced onion

½ Tbsp olive oil

1 tsp lemon juice

1 Tbsp cilantro

Dash salt and pepper

Mix ingredients together and serve on 1 cup of green leaf lettuce.

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.

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.

Turkey Avocado Hummus Rollup

2 slices turkey

2 slices avocado

1 Tbsp hummus

Lay turkey out flat, onto one another. Spread hummus on top of turkey. Add avocado and roll up.

Cheesy Cauliflower Mash

Serves 4

2 cups chopped cauliflower

2 cloves garlic

1 Tbsp bay leaf

Water to cover

½ cup shredded cheddar cheese

2 Tbsp butter, unsalted

2 Tbsp sour cream

Salt and pepper to taste

Place cauliflower, garlic, bay leaf in a pot. Pour in enough water to cover. Bring to a boil and cook cauliflower until tender, about 20 minutes. Drain and discard bay leaf. Transfer cauliflower and garlic to a blender; add cheddar cheese, butter, sour cream. Blend until desired consistency. Season with salt and pepper.