Week 8 Recipes

Buffalo Chicken Egg muffins

Makes 8 Serves 4

8 large eggs

6 oz chicken, cooked and chopped

¼ cup Blue cheese, crumbled

3 Tbsp Buffalo wing sauce

2 green onions chopped

1 rib of celery, chopped

1 clove of garlic, chopped

Sea salt and pepper

Preheat oven to 350 degrees. In a large bowl, whisk eggs with fork. Add chicken, blue cheese, buffalo wing sauce, green onions, celery, garlic and salt and pepper. Mix well. Pour into muffin tin. Bake for 20 minutes.

Reuben Egg Muffins

Makes 6 muffins, Serving size 2

6 large eggs

¾ cup sauerkraut, drained

7.1 oz ground beef

2 cloves garlic, mashed

1 tsp Dijon mustard

¼ tsp caraway seeds

2 Tbsp parsley

½ tsp salt

Preheat oven to 350 degrees. In a bowl, mix beef, mustard, garlic, caraway and ½ of salt. Create 12 small meatballs (2 per muffin). Place drained sauerkraut at bottom of muffin pan, ~2 Tbsp per muffin. Top with 2 meatballs. In a bowl, mix eggs, remaining salt and herbs. Pour egg mixture on top of sauerkraut and meatballs. Place in oven and cook for about 25 minutes.

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.

Spinach salad with goat cheese

2 cups raw spinach

½ Tbsp olive oil

2 Tbsp chopped onion

1 tsp fresh garlic minced (or garlic powder may be subbed)

Pinch of nutmeg

Zest of 1 lemon

½ tsp salt and pepper

2 oz goat cheese

Combine all ingredients except spinach and goat cheese and mix well. Toss spinach leaves in mix. Top with goat cheese.

Turkey Philly Mini Meatloaf

Serves 6

1.5# Ground Turkey

1 medium green bell pepper- julienned

1 small onion- thinly sliced

2 oz mushrooms, chopped

4 cloves garlic, minced

6 slices Provolone cheese

3 Tbsp butter

2 Tbsp Worcestershire

Salt and pepper to taste

Preheat oven to 350 degrees. In a large sauté pan over medium heat, sauté peppers, onions, mushrooms, and garlic in butter until tender. In a large mixing bowl, combine ground turkey, Worcestershire sauce and half pepper mixture. Mix until well combined. Using a mini loaf pan, divide mixture into 6 mini loaves. Bake 30 minutes. Top each mini loaf with slice of Provolone cheese and a portion of remaining pepper mixture.

Beef Stroganoff Soup

Makes 12 1 cup Servings

32 oz Beef stock

10 oz Crimini mushrooms- thinly sliced

1 medium onion, diced

3 Tbsp garlic, minced

3 Tbsp butter

1.5# steak- thinly sliced

1 cup heavy cream

1 cup sour cream

2 Tbsp Beef bouillon granules

2 Tbsp Dijon mustard

2 Tbsp chopped parsley

1 ½ tsp onion powder

1 ½ tsp garlic powder

1 tsp dried oregano

1 tsp sea salt

Heat slow cooker on high setting. Add beef stock and mushrooms and cover. In a large sauté pan, over medium high heat, sauté onions and garlic in butter until translucent and soft. Add to slow cooker. Using same pan, add steak and sear on both sides, about 1-2 minutes. Add steak, heavy cream, sour cream, beef bouillon, Dijon, parsley, onion powder, garlic powder, oregano and salt and pepper to slow cooker. Cover and cook on high 6 hours.

BLT Chicken Salad

1 Boneless Chicken breast ~3 oz

4 oz leaf lettuce (~2 cups)

½ small tomato

½ oz Swiss cheese, julienned

1-2 crisp pieces bacon, crumbled

½ hardboiled egg

2 Tbsp Ranch dressing

Dash of pepper

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.

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.

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

Cook broccoli in water for 10 minutes. Drain well.

Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli, cheese and green onion; mix well. 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. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8-10 minutes. Cut into wedges.

Stuffed Peppers on Lettuce leaf

3 oz 80/20 ground beef

1 oz cheddar cheese, shredded

1 Tbsp chopped onions

2 tsp tomato paste

4 Tbsp tomato sauce

1 bell pepper, hollowed out with top removed

1 head romaine lettuce

½ packet of Splenda

Place washed peppers upright in microwave safe container. Pour water over bottom of pepper and cook in microwave for 2 minutes on high. Drain water and let stand while preparing filling. Cook ground beef and onions until no longer pink. Drain meat, then add tomato paste and Splenda. Stuff mixture inside pepper. Top with tomato sauce and cheese. Cook covered in microwave 10 minutes, or until tender. Serve on Romaine lettuce leaf.

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.

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.

Italian Chopped Salad with Salami and Pepperoni

2 cups romaine lettuce leaves

1 oz Pepperoni, sliced thin

2 oz Genoa Salami

10 strips, roasted yellow peppers

2 slices onions, rough chopped

1 Tbsp red wine vinegar

1 Tbsp extra virgin olive oil

dash of salt and pepper

2 Tablespoons grated Parmesan cheese

In a large salad bowl, combine romaine lettuce, Pepperoni and Genoa Salami, roasted yellow peppers, and onions. Toss everything together to combine. Add vinegar, extra virgin olive oil, salt, pepper and Parmesan cheese. Toss thoroughly to combine the ingredients. Serve Chilled.

Ham, Basil and Feta Scrambled Eggs

2 eggs

¼ cup diced ham

2 Tbsp feta cheese

3/4 tsp butter

1.5 tsp basil

Salt and pepper

Place skillet over medium heat. Melt butter. Lightly beat eggs in bowl; stir in ham, feta, basil, salt and pepper. Pour in egg mixture. Cook and stir until firm, about 5 minutes.

Zucchini Shrimp Scampi

Serves 4

4 Tbsp butter, unsalted

1 # medium shrimp, peeled and deveined

3 cloves garlic, minced

½ tsp red pepper flakes

¼ cup chicken stock

Juice of one lemon

Salt and pepper to taste

1.5# (4 medium sized) Zucchini, spiralized

2 Tbsp freshly grated Parmesan

2 Tbsp fresh Parsley

Melt butter in a large skillet over medium high heat. Add shrimp, garlic and red pepper flakes. Cook, stirring occasionally, until pink, about 2-3 minutes. Stir in chicken stock and lemon juice; season with salt and pepper, to taste. Bring to a simmer; stir in zucchini noodles until well combined, about 1-2 minutes.

Serve immediately, garnished with Parmesan and parsley, if desired.

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!

Pot Roast with Mushroom Tomato Sauce

3 pound boneless chuck roast   
Salt and pepper, to taste   
1/2 teaspoon onion powder   
1 medium onion, sliced thin, 4 ounces   
4 ounce can mushrooms   
8 ounce can tomato sauce

Brown the meat on both sides in hot oil; place in a 9x13" baking pan that has been lined with heavy duty foil. Season with salt, pepper and onion powder. Top with the onions, mushrooms and tomato sauce. Cover with foil and bake at 325º about 4 hours until tender. Serves 6-8. May be frozen.