

Low Carb Recipes

Cauliflower Rice

Makes 4 Servings
12 Net Carbs/Serving
w/o Tofu = 10 Net Carbs

1 Medium Head Cauliflower, Cone #2
1 lb. Firm Tofu, Pressed & Drained
1 tbsp Ginger, Cone #1
3 Cloves Garlic, Cone #1
1/4 C. Onion, Cone #2
1 C. Carrots, Cone #2
3 Celery Stalks, Cone #4
3 tbsp Cashews
3 tbsp Soy Sauce
1 tsp Turmeric
Sesame Seeds, for garnish

1. Press and drain tofu. Lightly scramble in bowl and set aside.
2. Heat garlic, onion and ginger in saucepan until just golden and fragrant. Add tofu and turmeric, cook for 5 minutes until cooked through then add carrots, celery and cauliflower.
4. Cook until tender then add cashews and soy sauce. Garnish and serve.

Pesto Salmon

Makes 6 Servings
1 Net Carb/Serving

16 oz. Spinach
1/3 C. Basil Pesto
1.5 lbs Fresh Wild Caught Salmon

1. Place spinach in bottom of pan along with salmon and top with pesto.
2. Turn to medium heat (350) and once vapo-valve clicks, reduce heat to low (190) and cook for 12-15 minutes or until desired doneness.

Asian Chopped Salad

Makes 12 Servings
4 Net Carbs/Serving

5 C. Green Cabbage, Cone #2
5 C. Red Cabbage, Cone #2
3 Scallions, chopped
1 C. Red Bell Pepper, Cone #3
1 C. Jicama, Cone #2
1 tbsp Sesame Seeds
6 springs Cilantro, rough chopped

1. Add all ingredients to a large bowl.
2. Top with dressing and serve!

Dressing

Makes 6 Servings
4 Net Carbs/Serving

1/3 C. Creamy Peanut Butter
1/4 C. Hot Water
2 tbsp Soy Sauce
2 tbsp White Vinegar
1 Lime, Juiced
1 tsp Minced Ginger
1 tsp Garlic
1 tsp Ground Black Pepper

1. Place all ingredients into a blender and process until smooth.

Zoodles

Makes 6 Servings
4 Net Carbs/Serving

1/3 C. Basil Pesto
3 Medium Zucchini, Cone #2
1 Cup Cherry Tomatoes

1. Place cut zucchini in saucepan. Turn on medium heat and toss with pesto and cherry tomatoes (cut in half). Cover and cook for a few minutes or until desired texture.
2. Serve with Salmon Pesto!

Chicken Divan

Makes 8 Servings
3 Net Carbs/Serving

1 lb Broccoli Florets
8 oz Cream Cheese
1 Cup Mayo
3/4 Cup Heavy Cream
1 tbsp Curry Powder
1 tsp Salt
2 Bouillon Cubes
4 Cups Chicken Breast
2 Cups Cheddar Cheese, Cone #2

1. Place chicken breasts in EOC and set to 350. Once vapo-valve clicks, reduce to 190 and cook for 15-20 minutes.
2. In a saucepan, add cream cheese, mayo, heavy cream, curry powder, salt and bouillon. Turn on medium-low heat and whisk until melted and combined.
- 3.. Then, add to EOC with chicken and top with broccoli and cheddar cheese. Set to 350 and once it clicks, cook for 5-10 minutes (or until cheese is melted and broccoli is fork tender).



www.foodsavedme.com

Copyright Food Saved Me LLC 2020

Green Bean Dream

Makes 9 Servings
4 Net Carbs/Serving

3 cups Green Beans
4 Beyond Brats, sliced diagonally
1 Onion, cut on cone #3
4 cloves Garlic, minced on cone #1
1-15oz can Tomato Sauce
1 ½ c Water
2 t. Basil, dried
2 t. Oregano, dried
1 t. Rosemary, dried
1 t. Black Pepper
¼ t. Salt

1. In a skillet, cook the sausage over medium heat on each side until brown and crispy. Set aside.
2. In a 11" large skillet, cook the onion and garlic on medium heat for about 5 minutes, covered.
3. Add the tomato sauce, water, spices, salt and pepper. Stir well, cover and continue cooking over medium heat until the vapo-valve clicks.
4. Reduce heat to low and simmer for about 10 minutes. During the last 5 minutes, add the green beans and continue to simmer until desired doneness.

