

6g Ⓞ 5 + 15 m Easy Keto western omelet

Fluffy, cheesy, egg goodness – this keto take on the classic omelet is even better than what they serve up at the diner! Bursting with tasty ham, peppers and onion, it's the ultimate combo – whether it's breakfast, lunch, or dinner.



2 servings

Ingredients

6 eggs
 2 tbsp heavy whipping cream
 or sour cream
 salt and pepper
 3 oz. shredded cheese
 2 oz. butter
 ½ yellow onion, finely chopped
 ½ green bell pepper, finely
 chopped
 5 oz. smoked deli ham, diced

Instructions

- 1 In a mixing bowl, whisk eggs and cream/sour cream until fluffy. Add salt and pepper.
- 2 Add half of the shredded cheese and mix well.
- 3 Melt the butter in a frying pan on medium heat; sauté the diced ham, onion and peppers for a few minutes. Add the egg mixture and fry until the omelet is almost firm. Be extra mindful not to burn the edges.
- 4 Reduce the heat after a little while. Sprinkle the rest of the cheese on top and fold the omelet.
- 5 Serve immediately... and enjoy!

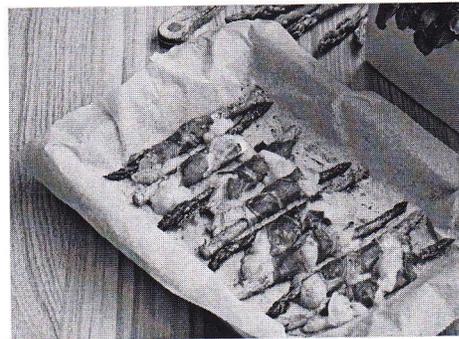
Tip!

Pair with a fresh, green salad. If you like to keep it spicy, serve with Tabasco or Sriracha sauce, or jalepenos on the side. Yes!



1g Ⓞ 10 + 15 m Easy Keto prosciutto-wrapped asparagus with goat cheese

Crisp, succulent asparagus, creamy goat cheese and salty prosciutto create the perfect trio of flavors. So elegant, you'll wonder if you should have dressed up. So simple, you won't worry about it. And so easy, you'll make it any night of the week. This recipe is provided by our COO Bjarte, and is a popular go-to meal in his house.



4 servings

Ingredients

12 pieces of green asparagus
2 oz. prosciutto, in thin slices
5 oz. goat cheese
¼ tsp ground black pepper
2 tbsp olive oil



Instructions

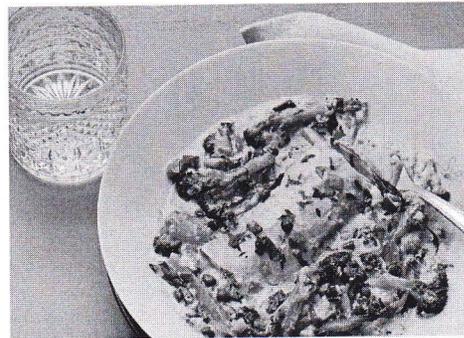
- 1 Preheat your oven to 450°F (225°C), preferably with the broiler function on.
- 2 Wash and trim the asparagus.
- 3 Slice the cheese into 12 pieces, and then divide each slice in two.
- 4 Cut the slices of prosciutto in two pieces lengthwise, and wrap each piece around one asparagus and two pieces of cheese.
- 5 Place in a baking dish lined with parchment paper. Add pepper and drizzle with olive oil.
- 6 Broil in the oven for about 15 minutes until golden brown.

Tip!

Make it your way! This recipe leaves the asparagus crisp tender. If you prefer your asparagus on the softer side, go ahead and parboil them for a minute or two.

8g Ⓞ 10 + 30 m Easy **Creamy keto fish casserole**

White fish swimming in a rich and creamy casserole gets kicked up a notch with the briny bite of capers and the freshness of broccoli and greens. A delicious keto dinner doesn't get any easier than this all-in-one wonder.



4 servings

Ingredients

2 tbsp olive oil
 15 oz. broccoli
 6 scallions
 2 tbsp small capers
 1/6 oz. butter, for greasing the casserole dish
 25 oz. white fish, in serving-sized pieces
 1 1/4 cups heavy whipping cream
 1 tbsp Dijon mustard
 1 tsp salt
 1/4 tsp ground black pepper
 1 tbsp dried parsley
 3 oz. butter

For serving

5 1/3 oz. leafy greens

Instructions

- 1 Preheat the oven to 400°F (200°C).
- 2 Divide the broccoli into small florets, including the stem. Peel with a sharp knife or potato peeler if the stem is rough.
- 3 Fry broccoli in oil on medium high for 5 minutes, until golden and soft. Season with salt and pepper.
- 4 Add scallions, finely chopped, and the capers. Fry for another 1-2 minutes and place the vegetables in a greased baking dish.
- 5 Nestle the fish in amongst the vegetables.
- 6 Mix parsley, whipping cream and mustard. Pour over the fish and vegetables. Top with slices of butter.
- 7 Bake for 20 minutes or until the fish is cooked through, and flakes easily with a fork. Serve as is, or with a luscious green salad.

Tip!

Mix things up a little bit! Salmon and tuna (fresh or frozen) make awesome substitutes for the white fish. Or, if there's a broccoli-hater coming to dinner, sub in Brussels sprouts, asparagus, zucchini or mushrooms. Use your imagination and this all-in-one dinner will never get boring.