

BREAKFAST SCRAMBLE WITH GRUYÈRE AND HERBS

- 6 large eggs
- ¼ teaspoon table salt
- ⅛ teaspoon pepper
- 3 tablespoons unsalted butter
- 1 ounce Gruyère cheese, shredded (¼ cup)
- 2 tablespoons minced fresh chives, dill, parsley, and/or tarragon

1. Using fork, beat eggs, salt, and pepper in bowl until eggs are thoroughly combined and mixture is pure yellow; do not overbeat.

2. Melt butter in 10-inch nonstick skillet over medium-high heat, swirling to coat skillet. Add egg mixture and, using heat-resistant rubber spatula, constantly and firmly scrape along bottom and sides of skillet until eggs begin to clump and spatula leaves trail on bottom of skillet, 1½ to 2½ minutes.

3. Reduce heat to low and add Gruyère and herbs. Gently and constantly fold eggs until clumped and slightly wet, 30 to 60 seconds. Immediately transfer eggs to warmed plates and season with salt and pepper to taste. Serve immediately.

Breakfast Scramble with Cheddar and Bacon

Cook 3 ounces sliced bacon, chopped, in 10-inch nonstick skillet over medium heat until crispy, 5 to 7 minutes; transfer to paper towel-lined plate. Pour off all but 3 tablespoons fat from skillet; add extra-virgin olive oil as needed to yield 3 tablespoons. Reduce salt to pinch and proceed with recipe, substituting bacon fat for butter, extra-sharp cheddar for Gruyère, and bacon for herbs.

Per Serving Cal 520; Total Fat 44g; Protein 28g; Net Carbs 2g; Fiber 0g; Total Carbs 2g

Breakfast Scramble with Feta and Spinach

Omit herbs. Add 2 ounces chopped baby spinach to melted butter in step 2 before adding eggs and cook until wilted, about 1 minute. Substitute crumbled feta for Gruyère.

Per Serving Cal 410; Total Fat 34g; Protein 22g; Net Carbs 2g; Fiber 1g; Total Carbs 3g

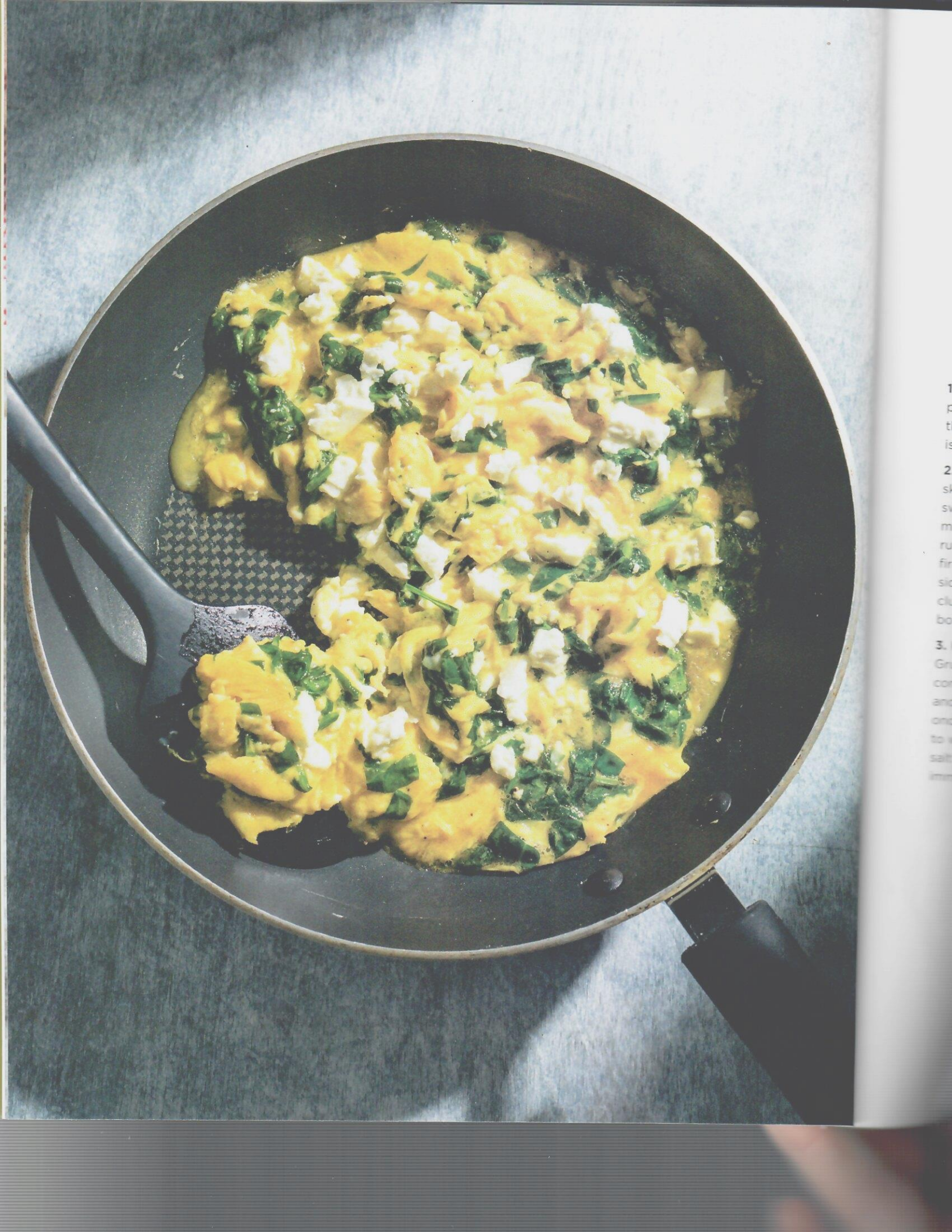
Serves 2
Total Time 15 minutes

PER SERVING

Cal 420 | **Total Fat** 35g
Protein 23g | **Net Carbs** 1g
Fiber 0g | **Total Carbs** 1g

Why This Recipe Works

Naturally keto, eggs and cheese are the stars of this any-weather scramble, which can be varied to suit your mood or the season. Gruyère and herbs such as parsley, dill, or chives elevate the flavor of this easy-to-make breakfast. The cheddar-bacon variation is a more substantial meal, while the scramble with feta and spinach has a light, summery taste but still gives you the right proportions of fat, protein, and carbs. We wanted the eggs to taste clean and delicate, so we cooked them gently. The quick but constant stirring gave us softly scrambled eggs, lightly melted cheese, and just-wilted greens. It is important to follow the visual cues, as skillet thickness will affect cooking times. If using an electric stove, heat one burner on low heat and a second on medium-high heat; move the skillet between burners when it's time to adjust the heat. We like to use a combination of herbs here.



1
P
th
is
2
sk
sv
m
ru
fir
sic
o
bo
3.
Gr
con
and
onc
to
salt
imm

Serves 4

Total Time 3½ hours

PER SERVING

Cal 610 | Total Fat 47g

Protein 38g | Net Carbs 9g

Fiber 4g | Total Carbs 13g

Why This Recipe Works

Few things are as soul satisfying as a steaming-hot bowl of beef stew. This recipe uses the oven and stovetop and takes time, so it's perfect for weekend cooking when you have some leisure. You can pack the leftovers for a work lunch during the week. Many stew recipes rely on flour or potatoes as a thickener. Both are delicious but do not work on the keto eating plan. Since we still wanted a rich, hearty stew, we used fatty boneless beef short ribs because they turn meltingly tender with long, slow cooking and chunks of portobello mushrooms for their meatiness. We also decided to add low-carb cauliflower to thicken the stew and make it creamy. First we browned the meat, mushrooms, and onion to create flavorful fond before stirring in the chicken broth and transferring the pot to the oven. We added the cauliflower during the last 30 minutes of cooking. Finally, since cauliflower can be pureed really easily because of its low carb content, we whizzed it up with some broth to give our stew a creamy consistency, keeping some cauliflower florets whole for diners to bite into. A drizzle of red wine vinegar and a sprinkle of chopped parsley made bright, fresh accents to this comforting winter favorite.

HEARTY BEEF STEW WITH CAULIFLOWER AND MUSHROOMS

- 1½ pounds boneless beef short ribs, trimmed and cut into 1½-inch pieces
- ½ teaspoon table salt
- ½ teaspoon pepper
- ¼ cup extra-virgin olive oil, divided
- 12 ounces portobello mushroom caps, gills removed, cut into 1½-inch pieces
- ½ onion (4 ounces), chopped fine
- 1 tablespoon tomato paste
- 1 tablespoon minced fresh thyme or 1 teaspoon dried
- 4 cups chicken broth
- 2 bay leaves
- 1 pound cauliflower florets, cut into 1½-inch pieces
- 2 teaspoons red wine vinegar
- ¼ cup chopped fresh parsley

1. Adjust oven rack to lower-middle position and heat oven to 300 degrees. Pat beef dry with paper towels and sprinkle with salt and pepper. Heat 2 tablespoons oil in Dutch oven over medium-high heat until just smoking. Brown beef on all sides, 5 to 10 minutes; transfer to bowl.

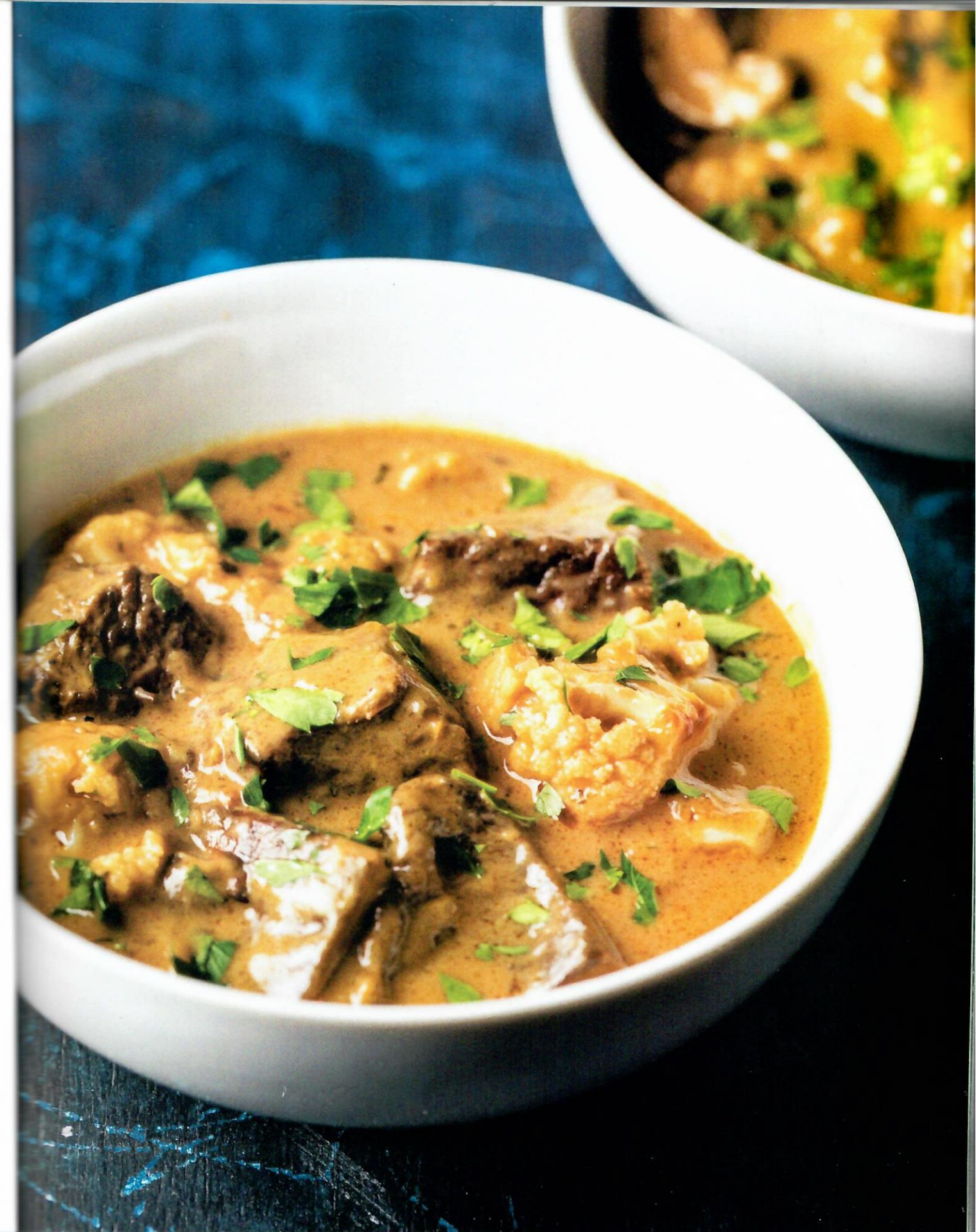
2. Add mushrooms, onion, and remaining 2 tablespoons oil to fat left in pot; cover; and cook over medium heat until mushrooms have released their liquid, about 5 minutes. Uncover and continue to cook until mushrooms are dry and onion is lightly browned, 5 to 10 minutes longer. Stir in tomato paste and thyme and cook until fragrant, about 1 minute.

3. Stir in broth and bay leaves, scraping up any browned bits. Stir in beef and any accumulated juices and bring to simmer. Cover, transfer pot to oven, and cook for 2 hours. Stir in cauliflower and continue to cook until meat and vegetables are tender, about 30 minutes longer.

4. Remove pot from oven and discard bay leaves. Transfer 1 cup cooking liquid and 1 cup cauliflower to blender and process until smooth, about 30 seconds, scraping down sides of blender jar as needed. Stir cauliflower puree and vinegar into stew and season with salt and pepper to taste. Sprinkle individual portions evenly with parsley before serving.

Keto Meal Prep

» Stew can be refrigerated for up to 3 days. To reheat, bring to gentle simmer in covered saucepan, stirring often, or microwave in covered bowl until steaming. Adjust consistency with hot water as needed.



EASY GROUND BEEF CHILI

- 1 tablespoon extra-virgin olive oil
- 1½ pounds 80 percent lean ground beef
- 1 green bell pepper (8 ounces), stemmed, seeded, and cut into ½-inch pieces
- 2 tablespoons blanched, finely ground almond flour
- 1½ tablespoons chili powder
- 2 garlic cloves, minced
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon minced canned chipotle chile in adobo sauce
- 2 cups beef broth
- 1 (14.5-ounce) can diced tomatoes, drained
- ¼ cup sour cream
- 1 avocado (8 ounces), halved, pitted, and cut into ½-inch pieces
- ¼ cup chopped fresh cilantro

1. Heat oil in Dutch oven over medium-high heat until shimmering. Add beef and bell pepper and cook, breaking up meat with wooden spoon, until any liquid has evaporated and fond begins to form on bottom of pot, 10 to 12 minutes. Stir in almond flour, chili powder, garlic, coriander, cumin, oregano, and chipotle and cook until fragrant, about 30 seconds.

2. Stir in broth and tomatoes, scraping up any browned bits, and bring to simmer. Reduce heat to medium-low; partially cover; and cook, stirring occasionally, until flavors meld, about 15 minutes. Season with salt and pepper to taste. Top individual portions evenly with sour cream, avocado, and cilantro and serve.

Keto Meal Prep

» Chili can be refrigerated for up to 3 days. To reheat, bring to gentle simmer in covered saucepan, stirring often, or microwave in covered bowl until steaming. Adjust consistency with hot water as needed.

Serves 4

Total Time 45 minutes

PER SERVING

Cal 640 | Total Fat 50g

Protein 35g | Net Carbs 8g

Fiber 6g | Total Carbs 14g

Why This Recipe Works

A quick and easy chili is something all cooks should have in their repertoire because it is a satisfying, meaty dinner you can make in less than an hour. First we tried quickly browning the ground beef on its own in oil to build flavor but found that this resulted in a pebbly, dry texture we didn't like. Then we tried sautéing the beef with a green bell pepper for moisture. That worked. Once a fond was just beginning to form on the bottom of the pot, we added a spicy southwestern punch with chipotle chile, garlic, and other aromatic spices bloomed in the same hot oil. We cooked the meat and spices with broth and bright tomatoes, adding almond flour to thicken the chili. Since we love avocado, sour cream, and cilantro with our southwestern food, it's wonderful that they are ideal keto fixings for this hearty weeknight meal.



Serves 4

Total Time 45 minutes

PER SERVING

Cal 550 | Total Fat 40g

Protein 40g | Net Carbs 6g

Fiber 2g | Total Carbs 8g

Why This Recipe Works

New England–style fish chowders are often loaded with carbs, which is part of what makes them thick, creamy, and delicious. We wanted a keto version that still gave us the characteristic texture of the original. After testing different ways to thicken our soup, we found that pureeing cooked cauliflower into our base re-created the velvety consistency of chowders thickened by flour. We rendered a few strips of bacon in our pot, saved the crispy bacon bits for serving, and then sautéed a bit of thyme in the remaining bacon fat. We stirred half of our cauliflower into the pot and poured in clam juice, which reinforced the soup's seafood flavor and lifted up the flavorful browned bits on the bottom of the pot. Then we simmered the mixture until the cauliflower began to break down and processed it with cream in a blender. After pouring the puree back into the pot and adding the remaining cauliflower florets, we slid in large chunks of cod. The fish cooked gently over medium-low heat, and we stirred fresh lemon juice into the soup for brightness just before serving. Sprinkling crispy bacon and parsley over individual bowls provided a rich, crunchy finishing touch. Halibut and haddock are good substitutes for the cod.

NEW ENGLAND SEAFOOD CHOWDER

- 6 ounces bacon, chopped
- 1 teaspoon minced fresh thyme or ¼ teaspoon dried
- 1 pound cauliflower florets, cut into ½-inch pieces, divided
- 2 (8-ounce) bottles clam juice
- ¾ teaspoon table salt
- ½ teaspoon pepper
- 1 bay leaf
- 1 cup heavy cream
- 1½ pounds skinless cod fillets, 1 inch thick, cut into 2-inch pieces
- 1 teaspoon lemon juice
- 3 tablespoons chopped fresh parsley

1. Cook bacon in Dutch oven over medium heat until crispy, 5 to 7 minutes. Using slotted spoon, transfer bacon to paper towel-lined plate; set aside for serving.

2. Add thyme to fat left in pot and cook until fragrant, about 30 seconds. Stir in half of cauliflower, clam juice, salt, pepper, and bay leaf and bring to simmer. Reduce heat to medium-low and simmer until cauliflower falls apart easily when poked with fork, 10 to 12 minutes.

3. Discard bay leaf. Process cauliflower mixture and cream in blender until smooth, about 1 minute; return to pot and bring to simmer over medium heat. Stir in remaining cauliflower and cook for 2 minutes. Nestle cod into soup, cover, and reduce heat to medium-low. Simmer gently until cod flakes apart when gently prodded with paring knife and registers 140 degrees, 6 to 8 minutes.

4. Off heat, gently stir in lemon juice and season with salt and pepper to taste. Break any remaining large pieces of cod in half. Sprinkle individual portions evenly with parsley and bacon before serving.

Keto Meal Prep

» Chowder and reserved bacon can be refrigerated separately for up to 24 hours. To reheat, bring chowder to gentle simmer in covered saucepan, stirring often, or microwave in covered bowl until steaming. Adjust consistency with hot water as needed. Let bacon come to room temperature before serving.



Serves 2

Total Time 30 minutes

PER SERVING

Cal 570 | Total Fat 45g

Protein 36g | Net Carbs 1g

Fiber 0g | Total Carbs 1g

Why This Recipe Works

Sirloin steak tips have a rich, beefy flavor and satisfying texture, and since they're quick-cooking, we thought they'd be a good option for an easy weeknight meal. Steak is keto-friendly, of course, but adding a buttery sauce makes it even friendlier. We cooked the steak tips over medium-high heat, which gave them well-seared exteriors and allowed the meat to cook through in a matter of minutes. Once the tips were browned on all sides, we rested them and prepared the simple pan sauce. We cooked a small shallot in the fat left behind by the steak tips in the skillet and a little butter. When the shallot had softened, we stirred in beef broth and simmered the sauce until it was slightly reduced. Then we slowly whisked in some chilled butter off the heat. Because cold butter melts slowly and creates a stable emulsion, this made our sauce silky, not greasy. Using Dijon mustard or porcini mushrooms to flavor the butter instead of rosemary gave us two more flavor options. We coated the meat with rich, savory sauce just before serving it with Whipped Cauliflower (page 110). Steak tips, also known as flap meat, are sold as whole steak, cubes, and strips. To ensure evenly sized pieces, we prefer to purchase whole steak tips and cut them ourselves.

PAN-SEARED STEAK TIPS WITH ROSEMARY-PEPPERCORN PAN SAUCE

- 12 ounces sirloin steak tips, trimmed and cut into 2-inch pieces
- ½ teaspoon table salt
- ½ teaspoon finely ground pepper, plus ¼ teaspoon coarsely ground pepper
- 1 tablespoon extra-virgin olive oil
- 4 tablespoons unsalted butter, cut into 4 pieces and chilled, divided
- 1 small shallot, minced
- ½ teaspoon minced fresh rosemary
- ½ cup beef broth
- 1 teaspoon red wine vinegar

1. Pat beef dry with paper towels and sprinkle with salt and finely ground pepper. Heat oil in 12-inch skillet over medium-high heat until just smoking. Add beef and cook until well browned on all sides and meat registers 120 to 125 degrees (for medium-rare), 5 to 7 minutes. Transfer beef to plate, tent with aluminum foil, and let rest while preparing sauce.

2. Add 1 tablespoon butter to fat left in skillet and melt over medium heat. Add shallot, rosemary, and coarsely ground pepper and cook until shallot is softened and mixture is fragrant, about 2 minutes. Stir in broth, scraping up any browned bits. Bring to simmer and cook until reduced slightly, about 2 minutes. Stir in vinegar and any accumulated meat juices and simmer for 30 seconds.

3. Off heat, whisk in remaining 3 tablespoons butter, 1 piece at a time, until incorporated. Season with salt and pepper to taste. Return beef to skillet and turn to coat with sauce. Serve.

Pan-Seared Steak Tips with Mustard-Cream Pan Sauce

Omit coarsely ground pepper and vinegar. Substitute minced fresh thyme for rosemary and chicken broth for beef broth. Reduce butter to 2 tablespoons in step 3. Add 2 tablespoons heavy cream and 1½ tablespoons Dijon mustard to skillet with butter.

Per Serving Cal 580; Total Fat 45g; Protein 36g; Net Carbs 2g; Fiber 0g; Total Carbs 2g

Pan-Seared Steak Tips with Porcini Mushroom-Sage Pan Sauce

Omit coarsely ground pepper. Substitute 1 teaspoon minced fresh sage for rosemary and white wine vinegar for red wine vinegar. Add ¼ ounce dried porcini mushrooms, rinsed and minced, to skillet with shallot.

Per Serving Cal 580; Total Fat 45g; Protein 37g; Net Carbs 2g; Fiber 1g; Total Carbs 3g



Serves 2

Total Time 30 minutes

PER SERVING

Cal 650 | Total Fat 57g

Protein 31g | Net Carbs 1g

Fiber 0g | Total Carbs 1g

Why This Recipe Works

There's steak, and then there's butter-basted, pan-seared rib eye. This rich and satisfying recipe calls for simultaneous searing, basting, and flipping, but the tender, quickly cooked meat is worth the effort. Searing involves cooking the surface of meat at a high temperature to create a brown crust. Basting requires continuously spooning hot fat over the steak to cook it and add flavor. We combined the two techniques so that the steak developed a nice crust, cooked quickly, and stayed moist. While the bottom of the steak seared in the hot skillet, the top kept cooking, thanks to the hot basting liquid. To prevent the gray band under the crust that indicates overcooked, dried-out meat, we also repeatedly flipped the steak throughout the searing process. A hot skillet cooks food from the bottom up. When a protein is flipped, the seared side, now facing up, is also hot. While some heat dissipates into the air so the meat cools slightly and doesn't overcook, lingering residual heat continues to cook the protein from the top down. The more a protein is flipped, the more it cooks from both sides. Our basting liquid—butter infused with shallot, garlic, and thyme—enhanced the cooked meat's flavor and made a rich sauce.

BUTTER-BASTED RIB-EYE STEAK

- 1 (12-ounce) boneless rib-eye steak, 1½ inches thick, trimmed
- 1 teaspoon pepper
- ½ teaspoon table salt
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons unsalted butter
- 1 shallot, peeled and quartered through root end
- 2 garlic cloves, lightly crushed and peeled
- 5 sprigs fresh thyme

1. Pat steak dry with paper towels and sprinkle with pepper and salt. Heat oil in 12-inch skillet over medium-high heat until just smoking. Place steak in skillet and cook for 30 seconds. Flip steak and continue to cook for 30 seconds longer. Continue flipping steak every 30 seconds for 3 more minutes.

2. Slide steak to back of skillet, opposite handle, and add butter to front of skillet. Once butter has melted and begun to foam, add shallot, garlic, and thyme sprigs. Holding skillet handle, tilt skillet so butter pools near base of handle. Use metal spoon to continuously spoon butter and aromatics over steak, concentrating on areas where crust is less browned. Baste steak, flipping it every 30 seconds, until steak registers 120 to 125 degrees (for medium-rare), 1 to 2 minutes.

3. Remove skillet from heat and transfer steak to cutting board; tent with aluminum foil and let rest for 10 minutes. Discard aromatics from skillet and transfer butter mixture to small bowl. Slice steak thin and serve with butter mixture.

Butter-Basted Rib-Eye Steak with Coffee-Chile Butter

Substitute 2 tablespoons whole coffee beans, cracked, for garlic and ½ teaspoon red pepper flakes for thyme.

Per Serving Cal 650; Total Fat 57g; Protein 31g; Net Carbs 1g; Fiber 0g; Total Carbs 1g

Butter-Basted Rib-Eye Steak with Rosemary-Orange Butter

Substitute 8 (2-inch) strips orange zest for garlic and 1 sprig fresh rosemary for thyme.

Per Serving Cal 650; Total Fat 57g; Protein 31g; Net Carbs 1g; Fiber 0g; Total Carbs 1g



ONE-PAN STEAK FAJITAS

Serves 4

Total Time 45 minutes

PER SERVING (WITH TORTILLAS)

Cal 900 | Total Fat 68g
Protein 49g | Net Carbs 11g
Fiber 16g | Total Carbs 27g

PER SERVING (WITHOUT TORTILLAS)

Cal 680 | Total Fat 51g
Protein 40g | Net Carbs 7g
Fiber 11g | Total Carbs 18g

Why This Recipe Works

Fajitas are a popular choice when dining out. But to avoid high-carb extras such as flour tortillas, we developed a recipe you can make easily at home. For the filling, we used flank steak—it's beefy, tender, and readily available. To reduce our work and cook our peppers and meat together, we decided to employ the oven, so searing the meat in a skillet was out. Instead, we gave the meat a similar color and flavor by using a potent, dark-colored spice rub of chipotle chili powder, salt, and pepper. After tossing bell pepper strips in olive oil, garlic, salt, and pepper, we roasted them on a baking sheet in the oven. After 10 minutes, we added the rubbed steak, cut into four equal pieces, to the other side of the same sheet. In just 8 minutes, the meat was at the target temperature range of 130 to 135 degrees. Cooking the steak to medium instead of medium-rare made it less chewy when sliced. Our fajitas are delicious on their own or in our Keto Tortillas (page 137).

- 2 green bell peppers (1 pound), stemmed, seeded, and cut into ½-inch-wide strips
- 6 tablespoons extra-virgin olive oil, divided
- 2 garlic cloves, sliced thin
- 1 teaspoon table salt, divided
- 1 teaspoon pepper, divided
- ½ tablespoons chipotle chili powder
- 1 (1½-pound) flank steak, trimmed
- 8 Keto Tortillas (optional; page 137)
- 1 tablespoon lime juice
- 2 avocados (1 pound), halved, pitted, and cut into ½-inch pieces
- 1 tomato (6 ounces), cored and cut into ½-inch pieces
- ¼ cup fresh cilantro leaves

3. Remove sheet from oven. Using rubber spatula, push vegetables to 1 half of sheet. Place steaks on other half of sheet, leaving space between steaks. Roast until vegetables are spotty brown and meat registers 130 to 135 degrees (for medium), about 8 minutes.

4. Remove sheet from oven, transfer steaks to cutting board, tent with aluminum foil, and let rest for 5 minutes. Place tortilla packet in oven until warm, about 5 minutes. Transfer vegetables to serving platter and toss with lime juice and remaining 2 tablespoons oil. Slice steaks thin against grain and transfer to platter with vegetables. Serve with tortillas, passing avocados, tomato, and cilantro separately.

Keto Meal Prep

- » Fajita filling can be refrigerated for up to 3 days. To reheat, place in covered nonstick skillet and cook over medium heat, stirring occasionally, for about 5 minutes, or place in covered bowl and microwave for 1 to 2 minutes.
- » To reheat tortillas, stack, separated by sheets of parchment paper, and wrap in damp paper towel. Microwave until pliable, about 30 seconds.

1. Adjust oven rack to lower-middle position and heat oven to 475 degrees. Toss bell peppers, 2 tablespoons oil, garlic, ½ teaspoon salt, and ½ teaspoon pepper together on rimmed baking sheet and spread into even layer. Roast until bell peppers are lightly browned around edges, about 10 minutes.

2. Meanwhile, combine chili powder, 2 tablespoons oil, remaining ½ teaspoon salt, and remaining ½ teaspoon pepper in bowl. Cut steak lengthwise with grain into 4 equal pieces. Pat steaks dry with paper towels, then brush with spice mixture. Stack tortillas, if using, separated by sheets of parchment paper, on sheet of aluminum foil. Wrap tightly and set aside.



Serves 4

Total Time 1 hour

PER SERVING

Cal 630 | Total Fat 47g

Protein 41g | Net Carbs 5g

Fiber 4g | Total Carbs 9g

Why This Recipe Works

For a restaurant-worthy dinner you can make on a weeknight, we turned to quick-cooking pork tenderloin. We rubbed a mixture of lemon zest and thyme all over the pork to add bright flavor and then started the cooking on the stovetop, searing the pork in the skillet to give it rich color before roasting. We tossed green beans with oil, salt, and pepper and added them to the skillet; we then roasted the pork and beans in the oven until the pork was perfectly cooked and the green beans were tender. To make sure this dinner met keto standards, we made a fresh olive oil-based dressing to drizzle over the meal. The dressing added savory notes and fat, and garlic and lemon balanced the richness of the extra-virgin olive oil. A sprinkle of crunchy sliced almonds and tangy goat cheese finished this elegant but easy-to-prepare dish. While a skinny pork tenderloin doesn't need to be trussed to cook evenly, the tight silverskin striping its exterior must be trimmed away. To remove silverskin, simply slip a knife under it, angle the knife slightly upward, and use a gentle back-and-forth motion.

LEMON-THYME PORK TENDERLOIN WITH GREEN BEANS

- 2 (12-ounce) pork tenderloins, trimmed
- 1½ tablespoons chopped fresh thyme
- 1 tablespoon grated lemon zest, divided, plus 2 teaspoons lemon juice
- ¾ teaspoon plus ⅛ teaspoon table salt, divided
- ¾ teaspoon pepper, divided
- 1 pound green beans, trimmed
- 10 tablespoons extra-virgin olive oil, divided
- 1 garlic clove, minced
- 2 ounces goat cheese, crumbled (½ cup)
- ¼ cup sliced almonds, toasted

1. Adjust oven rack to middle position and heat oven to 450 degrees. Pat pork dry with paper towels and sprinkle with thyme, 2 teaspoons lemon zest, ½ teaspoon salt, and ½ teaspoon pepper. Toss green beans, 3 tablespoons oil, ¼ teaspoon salt, and remaining ¼ teaspoon pepper together in bowl.

2. Heat 1 tablespoon oil in 12-inch ovensafe skillet over medium-high heat until just smoking. Brown pork on all sides, 5 to 7 minutes. Off heat, center tenderloins in skillet, alternating thicker and thinner ends, and arrange green beans around sides. Transfer skillet to oven and roast until pork registers 140 degrees and green beans are tender, 10 to 12 minutes.

3. Transfer pork to cutting board, tent with aluminum foil, and let rest for 10 minutes. Whisk garlic, lemon juice, remaining 1 teaspoon lemon zest, remaining ⅛ teaspoon salt, and remaining 6 tablespoons oil in bowl until combined. Drizzle 1 tablespoon dressing over green beans and toss to combine. Transfer to serving platter and sprinkle with goat cheese and almonds. Slice pork ½ inch thick and serve with green beans, passing remaining dressing separately.



Serves 4

Total Time 45 minutes

PER SERVING

Cal 380 | Total Fat 24g

Protein 38g | Net Carbs 0g

Fiber 0g | Total Carbs 0g

Why This Recipe Works

Bone-in chicken thighs are more flavorful than lean breasts; meatier than drumsticks; and, thanks to their uniform size and thickness, less prone to overcooking, which eliminates any need for brining or salting. They are also suited to keto because of the fat layer underneath their skin. This fat helps keep the meat moist during cooking too, making chicken thighs the perfect protein for a quick keto weeknight supper. We simply flavored the chicken with salt and pepper before roasting it. To mix things up but still keep them easy, we created a barbecue-rubbed variation with a hint of smoked paprika and a Cajun-inspired version with cayenne and cinnamon. The chicken can be served with one of our vegetable sides, such as Sautéed Green Beans with Mustard Vinaigrette (page 104), Whipped Cauliflower (page 110), or Quick Collard Greens with Chorizo (page 115). For the best results, trim all visible fat from the thighs.

OVEN-ROASTED CHICKEN THIGHS

- 8 (5- to 7-ounce) bone-in chicken thighs, trimmed
- ½ teaspoon table salt
- ½ teaspoon pepper

Adjust oven rack to upper-middle position and heat oven to 450 degrees. Sprinkle chicken with salt and pepper and arrange skin side up on rimmed baking sheet. Roast until chicken registers 175 degrees, 25 to 30 minutes. Transfer chicken to platter and let rest for 5 minutes. Serve.

Barbecue-Rubbed Oven-Roasted Chicken Thighs

Combine 2 teaspoons chili powder, 2 teaspoons smoked paprika, and ¼ teaspoon cayenne pepper with salt and pepper in bowl. Rub mixture over thighs before arranging on baking sheet.

Per Serving Cal 390; Total Fat 24g; Protein 38g; Net Carbs 0g; Fiber 1g; Total Carbs 1g

Cajun-Rubbed Oven-Roasted Chicken Thighs

Combine 1½ teaspoons ground coriander, 1½ teaspoons ground celery seeds, 1½ teaspoons paprika, ⅛ teaspoon cinnamon, and ⅛ teaspoon cayenne pepper with salt and pepper in bowl. Rub mixture over thighs before arranging on baking sheet.

Per Serving Cal 390; Total Fat 24g; Protein 38g; Net Carbs 0g; Fiber 1g; Total Carbs 1g





Serves 4

Total Time 1½ hours

PER SERVING

Cal 660 | Total Fat 49g

Protein 49g | Net Carbs 2g

Fiber 0g | Total Carbs 2g

Why This Recipe Works

Roast chicken is often described as a simple dish, and when it's made correctly, the rich flavor and juicy chicken meat need little embellishment. But the actual process of preparing and roasting chicken is anything but simple; recipes often call for complicated trussing techniques and for rotating the bird multiple times during cooking. The most time-consuming part is salting or brining the bird, a step that ensures juiciness and well-seasoned meat. After systematically testing the various components of a typical recipe, we found that instead of trussing, we could tie the legs together and tuck the wings underneath. We also discovered that we could skip both the V-rack and flipping the chicken by using a preheated skillet and placing the chicken breast side up; this method gave the thighs a jump start on cooking. Starting the chicken in a 450-degree oven and then turning the oven off while the chicken finished cooking slowed the evaporation of juices, ensuring moist, tender meat. If roasting a larger bird, increase the time that the oven is on in step 2 to 35 to 40 minutes. Cooking the chicken in a preheated skillet will ensure that the breast and thigh meat finish cooking at the same time. The pan sauce is keto-friendly and you can eat it with the darker, richer meat for added fat. Broiled Broccoli Rabe (page 106) makes a great side. Feel free to use a combination of herbs in the sauce to vary flavor.

WEEKNIGHT SKILLET ROAST CHICKEN WITH LEMON-HERB PAN SAUCE

- 1 tablespoon kosher salt
- ½ teaspoon pepper
- 1 (3½- to 4-pound) whole chicken, giblets discarded
- 1 tablespoon extra-virgin olive oil
- 1 shallot, minced
- 1 cup chicken broth
- 2 teaspoons Dijon mustard
- 2 tablespoons unsalted butter
- 2 teaspoons minced fresh chives, parsley, tarragon, and/or thyme
- 2 teaspoons lemon juice

1. Adjust oven rack to middle position, place 12-inch ovensafe skillet on rack, and heat oven to 450 degrees. Combine salt and pepper in bowl. Pat chicken dry with paper towels. Rub oil all over chicken. Sprinkle salt mixture evenly over surface of chicken, then rub mixture in with your hands to coat evenly. Tie legs together with kitchen twine and tuck wingtips behind back.

2. Transfer chicken, breast side up, to skillet in oven. Roast until breast registers 120 degrees and thighs register 135 degrees, 25 to 35 minutes. Turn off oven and leave chicken in oven, opening door as infrequently as possible, until breast registers 160 degrees and thighs register 175 degrees, 25 to 35 minutes.

3. Using potholder (skillet handle will be hot), remove skillet from oven. Transfer chicken to carving board and let rest, uncovered, for 20 minutes.

4. Meanwhile, add shallot to fat left in skillet and cook over medium-high heat until softened, about 2 minutes. Stir in broth and mustard, scraping up any browned bits. Simmer until reduced to ¾ cup, about 3 minutes. Off heat, whisk in butter, herbs, and lemon juice. Season with pepper to taste. Carve chicken and serve with sauce.



SHRIMP SCAMPI

- 5 zucchini (8 ounces each), ends trimmed
- 3 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon table salt
- 8 garlic cloves, sliced thin
- ½ teaspoon red pepper flakes
- ¼ teaspoon minced fresh thyme
- 1 (8-ounce) bottle clam juice
- 2 pounds large shrimp (26 to 30 per pound), peeled, deveined, and tails removed
- 6 tablespoons unsalted butter, cut into 6 pieces and chilled
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh parsley

1. Using spiralizer, cut zucchini into ⅛-inch-thick noodles, then cut noodles into 12-inch lengths. (You should have 2 pounds zucchini noodles after spiralizing; reserve any extra noodles for another use.)

2. Adjust oven rack to middle position and heat oven to 375 degrees. Toss zucchini noodles, 1 tablespoon oil, and salt together on rimmed baking sheet and spread into even layer. Roast until zucchini is tender, 20 to 25 minutes. Transfer zucchini to colander and shake to remove any excess liquid.

3. Meanwhile, heat remaining 2 tablespoons oil, garlic, pepper flakes, and thyme in 12-inch nonstick skillet over medium heat, stirring occasionally, until garlic is fragrant and just beginning to brown at edges, 3 to 5 minutes. Add clam juice and bring to simmer. Add shrimp; cover; and cook, stirring occasionally, until just opaque, 3 to 5 minutes. Off heat, transfer shrimp to bowl using slotted spoon and cover to keep warm.

4. Return sauce to simmer over medium-high heat and cook until reduced to ½ cup, about 5 minutes. Off heat, whisk in butter, 1 piece at a time, until combined. Whisk in lemon juice and parsley and season with salt and pepper to taste. Add shrimp and any accumulated juices and zucchini and gently toss to coat. Serve.

Keto Meal Prep

» Spiralized zucchini, prepared through step 1, can be placed in zipper-lock bag and refrigerated for up to 5 days.

Serves 4

Total Time 50 minutes

PER SERVING

Cal 420 | Total Fat 30g

Protein 27g | Net Carbs 9g

Fiber 2g | Total Carbs 11g

Why This Recipe Works

For a keto version of shrimp scampi, we wanted to find a good substitute for wheat-based pasta and retain all the rich garlic and seafood flavors of the original recipe. As we have in other keto pasta recipes, we swapped in long strands of spiralized zucchini; their mild flavor allowed the shrimp and garlic to be the stars of the dish, and their texture closely resembled that of conventional pasta. For the sauce, we first infused our cooking oil with minced garlic, red pepper flakes, and thyme. We stirred in clam juice to reinforce the seafood flavor before cooking the shrimp in the liquid and setting it aside. Reducing the sauce before whisking in butter gave it a classic, rich finish. The sauce was deliciously garlicky but the first time we stirred zucchini noodles directly into it, their moisture diluted the flavor of the sauce. So we roasted the spiralized zucchini first. Once our sauce was thick, we tossed the shrimp and roasted noodles into it to coat and serve. If possible, use smaller, in-season zucchini, which have thinner skins and fewer seeds. Avoid buying large zucchini, which have thicker skins and more seeds. We prefer to spiralize our own zucchini, but you can substitute 2 pounds of store-bought spiralized zucchini, though it tends to be drier and less flavorful.



KETO PIZZA WITH MOZZARELLA, TOMATOES, AND BASIL PESTO

- 8 ounces whole-milk mozzarella cheese, shredded (2 cups)
- $\frac{2}{3}$ cup ($2\frac{2}{3}$ ounces) blanched, finely ground almond flour
- $\frac{1}{3}$ cup grated Parmesan cheese
- 1 large egg plus 1 large white
- 6 tablespoons Basil Pesto (page 138)
- 4 ounces fresh mozzarella cheese, torn into bite-size pieces
- 3 ounces cherry tomatoes, quartered

1. Adjust oven rack to lowest position, place inverted baking sheet on rack, and heat oven to 450 degrees. Using wooden spoon, stir whole-milk mozzarella, flour, Parmesan, and egg and white in bowl until fully combined.

2. Using your hands, press dough between 2 large sheets of greased parchment paper into 11-inch round, about $\frac{1}{4}$ inch thick. Discard top piece of parchment and tidy edges of crust.

3. Transfer crust, still on parchment, to pizza peel or second inverted baking sheet, then slide parchment with crust onto heated baking sheet. Bake crust until deep golden brown and edges are crisp, 12 to 15 minutes. Transfer crust to wire rack and discard parchment.

4. Spread pesto over pizza crust, leaving $\frac{1}{2}$ -inch border. Top with mozzarella and tomatoes. Serve.

Keto Pizza with Fennel, Mushrooms, and Hazelnut Romesco

Substitute Hazelnut Romesco (page 140) for pesto. Substitute 3 ounces trimmed and thinly sliced cremini mushrooms for fresh mozzarella and 3 ounces thinly sliced fennel for tomatoes. Sprinkle pizza with 2 tablespoons chopped fresh parsley before serving.

Per Serving Cal 390; Total Fat 31g; Protein 21g; Net Carbs 7g; Fiber 3g; Total Carbs 10g

Keto Pizza with Prosciutto, Arugula, and Ricotta

Stir $\frac{3}{4}$ cup whole-milk ricotta cheese, 1 tablespoon extra-virgin olive oil, $\frac{1}{2}$ teaspoon lemon zest plus 1 teaspoon juice, $\frac{1}{4}$ teaspoon pepper, and $\frac{1}{8}$ teaspoon salt together in bowl. Substitute ricotta mixture for pesto, 2 ounces thinly sliced prosciutto for fresh mozzarella, and 1 cup (1 ounce) baby arugula for tomatoes. Sprinkle pizza with 2 tablespoons finely chopped jarred hot cherry peppers and drizzle with additional 1 tablespoon extra-virgin olive oil before serving.

Per Serving Cal 470; Total Fat 37g; Protein 29g; Net Carbs 5g; Fiber 2g; Total Carbs 7g

Serves 4

Total Time 15 minutes

PER SERVING

Cal 530 | Total Fat 46g

Protein 26g | Net Carbs 6g

Fiber 3g | Total Carbs 9g

Why This Recipe Works

We worked hard at developing a keto pizza crust that would be crisp on the outside and chewy within, truly satisfying to bite into. Then we wanted to find an easy way to turn the crust into a complete pizza or flatbread with minimal effort. Tomato sauces are often spread on pizza crusts before other toppings are added and the pizza is baked. But since tomato sauce is generally excluded from the keto diet because of its high carb content, we decided to take a different approach. We worked on a series of no-cook toppings so that the keto crust wouldn't require double baking and could stay crisp. We riffed on the flavors of a classic Neapolitan pizza, replacing them with a handful of fresh cherry tomatoes, mozzarella, and a pesto base for that signature basil flavor. Our first variation was inspired by Spanish flavors: We topped the flatbread with romesco, a sauce made from roasted peppers and nuts, and sprinkled some shaved mushrooms and fennel over the top. For a nonvegetarian version, we combined ricotta with some olive oil and lemon for a zesty, creamy base to prosciutto and peppery arugula, topped off with hot cherry peppers—their sweet-savory heat elevated the dish.

Serves 4

Total Time 40 minutes

PER SERVING

Cal 150 | Total Fat 14g

Protein 2g | Net Carbs 4g

Fiber 2g | Total Carbs 6g

Why This Recipe Works

The very words mashed potatoes make you feel comforted, don't they? But their high carb content, which is what makes them soothing and delicious, is also what makes them unavailable for the keto diet. No matter; you will not miss them, because at the test kitchen, we've developed a recipe to replace mashed potatoes with low-carb cauliflower, which has the added benefit of being rich in vitamins and potassium. What's more, this dish really resembles the original—just take a look at the next page. And the low starch content of cauliflower means it purees like a dream. We first tried mashing steamed cauliflower, but ended up with a wet, sloppy mess. When we ditched the potato masher and pureed cauliflower in the food processor instead, we got a smooth, velvety-textured dish that makes a delightful accompaniment to steak, chicken, or fish. You can add crunch and extra protein to the puree with bacon, cheddar, and scallions or enhance cauliflower's neutral taste with the distinctive licorice flavor of ground fennel. This recipe can easily be doubled using a Dutch oven in place of the saucepan.

WHIPPED CAULIFLOWER

- 1 pound cauliflower florets, cut into 1-inch pieces
- 5 tablespoons unsalted butter
- ¼ teaspoon table salt

1. Bring 1 cup water to boil in large saucepan over high heat, then add cauliflower. Cover; reduce heat to medium; and cook until tender, 14 to 16 minutes, stirring once halfway through cooking.
2. Drain cauliflower and transfer to food processor. Add butter and salt and process until completely smooth, about 4 minutes, scraping down sides of bowl as needed. Adjust consistency with hot water as needed. Season with salt and pepper to taste. Serve.

Whipped Cauliflower with Crispy Bacon, Cheddar, and Scallions

Cook 2 ounces chopped bacon in 10-inch skillet over medium heat until crispy and well rendered, 5 to 7 minutes; transfer to paper towel-lined plate. Reduce salt to ⅛ teaspoon. Add ½ cup shredded sharp cheddar to food processor with cauliflower. Stir bacon and 1 thinly sliced scallion into whipped cauliflower before serving.

Per Serving Cal 240; Total Fat 21g; Protein 8g; Net Carbs 4g; Fiber 2g; Total Carbs 6g

Whipped Cauliflower with Fennel, Garlic, and Lemon

Melt butter in 8-inch nonstick skillet over medium heat until shimmering. Add 2 minced garlic cloves, ½ teaspoon ground fennel, and ⅛ teaspoon red pepper flakes and cook until fragrant, about 30 seconds; set aside. Add spiced butter and 1 teaspoon grated lemon zest to food processor with cauliflower.

Per Serving Cal 160; Total Fat 14g; Protein 2g; Net Carbs 4g; Fiber 2g; Total Carbs 6g

Keto Meal Prep

- » Whipped cauliflower can be refrigerated for up to 3 days. To reheat, microwave in covered bowl until heated through, 1 to 3 minutes, stirring halfway through microwaving.



Makes about 2 cups
Total Time 15 minutes

PER ¼-CUP SERVING

Cal 280 | **Total Fat** 26g
Protein 8g | **Net Carbs** 3g
Fiber 0g | **Total Carbs** 3g

Why This Recipe Works

For a keto-friendly dip, we turned to feta cheese, which we love and which was a natural fit for this Greek-style dip. But rather than using true Greek sheep's- or goat's-milk feta, we chose cow's-milk feta. Why? Cow's-milk feta produces a firmer dip that holds up well at room temperature but is still loose enough to easily scoop up. Since feta can be salty, we started by rinsing it in water to remove as much extra salt as we could. Rinsing also softened the cheese, making it easier to process. Adding a little extra water to the processor while combining ingredients smoothed it out further. So did olive oil, which we also used to bump up the fat content. Dill and parsley added fresh grassiness; a little garlic and lemon juice rounded out the flavors. This dip is great for a crowd; spread it evenly in a wide, shallow bowl, drizzle with an extra tablespoon of olive oil, and sprinkle with an extra tablespoon of parsley before serving with our Seeded Crackers (page 122) or crudité.

WHIPPED FETA DIP WITH DILL AND PARSLEY

- 1 **tablespoon** lemon juice
- 1 **small garlic clove**, minced
- 1 **pound cow's-milk feta cheese**
- ½ **cup extra-virgin olive oil**
- 2 **tablespoons minced fresh dill or mint**
- 2 **tablespoons minced fresh parsley**

1. Combine lemon juice and garlic in small bowl and set aside. Break feta into rough ½-inch pieces and place in medium bowl. Add water to cover, then swish briefly to rinse. Transfer to fine-mesh strainer and drain well.
2. Transfer feta to food processor. Add ¼ cup water and reserved lemon juice mixture and process until feta mixture resembles ricotta cheese, about 15 seconds. With processor running, slowly drizzle in oil. Continue to process until mixture has Greek yogurt-like consistency (some small lumps will remain), about 2 minutes, stopping once to scrape down sides of bowl. Add dill and parsley and pulse to combine. Serve.

Keto Meal Prep

» Dip can be refrigerated for up to 5 days; bring to room temperature and stir to recombine before serving.



Makes 36 crackers

Total Time 1 hour

PER 4-CRACKER SERVING

Cal 170 | **Total Fat** 13g

Protein 11g | **Net Carbs** 1g

Fiber 1g | **Total Carbs** 2g

Why This Recipe Works

We wanted to create a keto cracker that could accompany our keto dips and spreads and was easy to make, requiring just one kind of flour. Our first attempt was for crackers made with almond flour. But using just almond flour produced a dense, boring result. After testing several alternatives, we decided to stick with almond flour but add grated Parmesan cheese. The cheese added structure and flavor to the crackers. Two tablespoons of olive oil and one egg brought the dough together while providing richness—the egg also helped with the structure without making the crackers eggy. A mix of toasted sesame, poppy, and caraway seeds gave our crackers a complex savory taste. To make shaping easier and keep the dough from sticking to the rolling pin, we rolled the dough between two greased sheets of parchment. We pricked the rolled dough with a fork to prevent it from puffing during baking and baked the crackers twice; first to set the cracker dough and then to finish drying the crackers out after they were cut. A simple egg wash gave the crackers both an alluring sheen and a pleasing snap, and it helped anchor a light sprinkling of coarse sea salt.

SEEDED CRACKERS

- ½ cup (2 ounces) blanched, finely ground almond flour
- 1½ ounces Parmesan cheese, grated (¾ cup)
- 1 large egg, plus 1 large egg white lightly beaten with 1 tablespoon water
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon toasted sesame seeds
- 1 teaspoon poppy seeds
- 1 teaspoon caraway seeds
- ¼ teaspoon table salt
- ½ teaspoon coarse sea salt (optional)

1. Adjust oven rack to middle position and heat oven to 425 degrees. Stir almond flour, Parmesan, whole egg, oil, sesame seeds, poppy seeds, caraway seeds, and table salt together in bowl. Press and roll dough between 2 sheets of greased parchment paper into 11 by 9-inch rectangle, about ⅛ inch thick. Remove top piece of parchment and trim edges to remove any tapering.
2. Slide dough, still on parchment, onto baking sheet. Brush with egg white mixture, then poke at 2-inch intervals using fork. Sprinkle with sea salt, if using. Bake until dough is set and edges are beginning to brown, about 7 minutes, rotating sheet halfway through baking. Slide cracker, still on parchment, onto cutting board. Reduce oven temperature to 350 degrees.

3. Cut cracker lengthwise into four even strips, then cut crosswise into 1-inch-wide crackers. Carefully arrange crackers evenly on now-empty sheet, discarding parchment. Bake until golden brown and crisp, 4 to 6 minutes, rotating sheet halfway through baking. Transfer crackers to wire rack and let cool completely, about 30 minutes. Serve.

Black Pepper-Rosemary Crackers

Substitute 2 teaspoons coarsely ground pepper and 1 teaspoon minced fresh rosemary for sesame seeds, poppy seeds, and caraway seeds.

Per 4-Cracker Serving Cal 160; Total Fat 12g; Protein 11g; Net Carbs 1g; Fiber 1g; Total Carbs 2g

Sesame Crackers

Omit poppy seeds and caraway seeds and increase sesame seeds to 1 tablespoon.

Per 4-Cracker Serving Cal 160; Total Fat 13g; Protein 11g; Net Carbs 1g; Fiber 1g; Total Carbs 2g

Keto Meal Prep

» Crackers can be stored in airtight container for up to 1 week.

