



# 40 Low Carb Snacks Perfect for Atkins Induction

Low  
Carbe  
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seize the way



# Italian Herbed Wings



Yield: About 50 pieces  
Net Carbs: less than 1, Protein: 4

4 pounds chicken wings  
1 cup grated Parmesan cheese  
2 tablespoons dried parsley  
1 tablespoon dried oregano  
2 teaspoons paprika  
1 teaspoon salt  
½ teaspoon pepper  
½ cup butter

Preheat the oven to 350°F. Line a shallow baking pan with foil.

Cut the wings into “drumettes,” saving the pointy tips. (Not sure what to do with those wing tips? Freeze them for soup—they make great broth.)

Combine the Parmesan cheese and the parsley, oregano, paprika, salt, and pepper in a bowl.

Melt the butter in a shallow bowl or pan. Dip each drumstick in butter, roll in the cheese and seasoning mixture, and arrange in the foil-lined pan.

Bake for 1 hour.





# Asian Spiced Peanut Wings



Yield: 24 pieces

Net Carbs: 1 , Protein: 5

¼ cup soy sauce  
3 tablespoons Splenda  
3 tablespoons natural peanut butter  
2 tablespoons dry sherry  
1 tablespoon oil  
1 tablespoon apple cider vinegar  
2 teaspoons Chinese Five Spice powder  
¼ teaspoon red pepper flakes (or more, if you want them hotter)  
1 clove garlic, crushed  
12 chicken wings or 24 drumettes

Preheat the oven to 325°F.

Put the soy sauce, Splenda, peanut butter, sherry, oil, vinegar, spice powder, pepper flakes, and garlic in a blender or food processor and blend well.

Arrange the wings in a large baking pan, pour the blended sauce over them, and then turn them over to coat on all sides. Let them sit for at least half an hour (an hour is even better).

Bake the wings for an hour, turning every 20 minutes during baking. When the wings are done, put them on a serving platter and scrape the sauce from the pan back into the blender or food processor. Blend again for just a moment to make it smooth and serve with the wings.





# Tangy Lime Infused Chili Wings



Yield: About 14 pieces  
Net Carbs: 1, Protein: 5

- 1 tablespoon paprika
- 1 teaspoon chili powder
- 1 teaspoon dried oregano, crumbled
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- 1½ pounds chicken wings
- 3 tablespoons olive oil
- 1 lime, cut in wedges

Preheat oven to 375°F.

In a small bowl, combine the paprika and the next 5 ingredients (through garlic powder). If you like individual “drumettes,” cut your wings up (or buy them that way). Arrange them in a pan and brush them with the olive oil. Sprinkle the paprika mixture evenly over your wings.

Roast for at least 45 minutes to an hour. You want them crispy! If you have a rotisserie with a basket, that’s a great way to cook these as well.

Serve hot, with wedges of lime to squeeze over the wings.





# Garlic Ginger Chili Wings



Yield: About 28 pieces  
Net Carbs: less than 1, Protein: 5

- 3 pounds chicken wings
- ¼ cup dry sherry
- ¼ cup soy sauce
- ¼ cup sugar-free imitation honey
- 1 tablespoon grated ginger root
- 1 clove garlic
- ½ teaspoon chili garlic paste

Preheat oven to 375°F.

Cut your wings into “drumettes” if they are whole. Put your wings in a big resealable plastic bag. Mix together everything else, reserving some marinade for basting, and pour the rest into the bag. Seal the bag, pressing out the air as you go. Turn the bag a few times to coat the wings and throw it in the fridge for a few hours (a whole day is brilliant).

Pull out the bag, pour off the marinade, and arrange the wings in a shallow baking pan.

Give them a good hour in the oven, basting every 15 minutes with the reserved marinade. Use a clean utensil each time you baste.

Serve with plenty of napkins!





# Sweet Lemon Soy Wings



Yield: 16 pieces

Net Carbs: less than 1, Protein: 5

- 8 whole chicken wings
- 3 cloves garlic
- 1 tablespoon grated ginger root
- 2 tablespoons lemon juice
- 3 tablespoons soy sauce
- 1 tablespoon sugar-free imitation honey
- 1 tablespoon Splenda
- ½ teaspoon chili powder

Preheat oven to 375°F.

Cut wings into “drumettes,” and place inside a resealable plastic bag. Combine all other ingredients, reserving some liquid for basting and pour the rest over the wings.

Seal the bag, pressing out the air as you go, and turn it a few times to coat. Let the wings marinate for at least an hour, and up to a full day.

Preheat the oven and drain the marinade off of the wings.

Arrange wings in a shallow baking pan and roast for 1 hour, basting two or three times with the reserved marinade and using a clean utensil each time.







# Stone Ground Mustard Lemon Wings



Yield: 20 pieces

Net Carbs: less than 1, Protein: 5

10 chicken wings  
3 tablespoons brown mustard  
2 tablespoons Splenda  
2 tablespoons lemon juice  
½ teaspoon chili paste  
¼ teaspoon salt

Preheat your oven to 400°F.

Cut wings into drumettes. Arrange the wings in a baking pan.

Mix together all other ingredients. Brush half of the mixture over the wings and bake for 20 to 25 minutes.

Turn the wings, brush with the rest of the mustard mixture using a clean utensil, and bake for another 20 to 25 minutes.

Serve hot or cold.





# Jalapeno Garlic Southwest Eggs



Yield: 12 pieces

Net Carbs: 1, Protein 3

- 6 hard boiled eggs
- 2 tablespoons mayonnaise
- 1 tablespoon plain yogurt
- 1 tablespoon minced onion
- $\frac{3}{4}$  teaspoon chili powder
- 1 tablespoon cider vinegar
- 1 teaspoon garlic, finely minced
- $\frac{1}{2}$  teaspoon jalapeno, finely minced

Peel the eggs and slice the eggs in half. Carefully remove the yolks to a mixing bowl and arrange the whites on a platter.

Mash the yolks well with a fork and then mash in the mayonnaise and yogurt. When the mixture is smooth, stir in the remaining ingredients.

Spoon the mixture back into the hollows in the egg whites. You may sprinkle a tiny bit of chili powder, jalapeno or paprika on top.







# Sweet Red Onion Stuffed Eggs



Yield: 12 halves  
Net Carbs: <1, Protein 3

6 hard boiled eggs  
5 tablespoons mayonnaise  
1 teaspoon spicy brown or Dijon mustard  
2 ½ teaspoons very finely minced sweet red onion  
5 drops hot pepper sauce  
¼ teaspoon salt

Peel the eggs and slice the eggs in half. Carefully remove the yolks into a mixing bowl and arrange the whites on a platter.

Mash the yolks with a fork. Stir in the mayonnaise, mustard, red onion, hot pepper sauce, and salt and mix until creamy.

Spoon the mixture back into the hollows in the egg whites.





# Chilled Crab and Chive Eggs



Yield: 12 halves  
Net Carbs: <1, Protein 3

- 6 hard boiled eggs
- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- ¼ cup fresh lump or flaked crab meat
- 1 tablespoon jarred, grated horseradish
- 2 teaspoons finely minced sweet red onion
- 1 teaspoon finely chopped chives
- 1 teaspoon salt

Peel the eggs and slice the eggs in half. Carefully remove the yolks into a mixing bowl and arrange the whites on a platter.

Mash the yolks with a fork. Stir in the mayonnaise, sour cream, salmon, horseradish, onion, and salt and mix until creamy. Fold in the fresh crab meat.

Spoon the mixture back into the hollows in the egg whites.





# Blue Cheese Almond Topped Eggs



Yield: 12 pieces

Net Carb: 1, Protein: 3

6 hard boiled eggs  
2 tablespoons mayonnaise  
2 tablespoons plain yogurt  
2 ounces blue cheese, crumbled  
3 scallions, minced  
almonds  
 $\frac{1}{4}$  teaspoon salt

Peel the eggs and slice the eggs in half. Carefully remove the yolks into a mixing bowl and arrange the whites on a platter.

With a fork, mash the yolks well. Stir in the mayonnaise and yogurt. When the yolks are smooth and creamy, mash in the blue cheese, leaving some small lumps and then stir in the scallions and the salt.

Spoon the yolk mixture back into the hollows in the egg whites. Top with roasted almonds.





# Spicy Ham Deviled Eggs



Yield: Makes 12 halves  
Net Carbs: 1, Protein: 4

6 hard boiled eggs  
1 can (2 ¼ ounces) of deviled ham  
4 teaspoons spicy brown mustard  
ham, thinly sliced  
3 tablespoons mayonnaise  
¼ teaspoon salt  
Paprika

Peel the eggs and slice the eggs in half. Carefully remove the yolks into a mixing bowl and arrange the whites on a platter.

Mash the yolks with a fork. Stir in the ham, mustard, mayonnaise, and salt and mix until creamy.

Spoon the mixture back into the hollows in the egg whites. Top with a thin slice of ham, or sprinkle with a little paprika for color.





# Red Pepper Creole Eggs



Yield: 12 halves  
Net Carbs: 1, Protein: 3

6 hard boiled eggs  
1 cup mayonnaise  
2 teaspoons horseradish mustard  
2 teaspoons red pepper, finely chopped  
1 teaspoon Cajun Seasoning

Peel the eggs and slice the eggs in half. Carefully remove the yolks into a mixing bowl and arrange the whites on a platter.

Mash the yolks with a fork. Stir in the mayonnaise and mustard and mix until creamy.

Add the Cajun seasoning and blend well. Spoon the mixture back into the hollows in the egg whites.

Top with chopped red pepper or garnish.





# Bacon Parmesan Artichoke Dip



Yield: 4 servings  
Net Carbs: 2, Protein: 2

4 strips cooked bacon, chopped  
1 can (13 ½ ounces) artichoke hearts  
1 cup mayonnaise  
1 cup grated Parmesan cheese  
1 clove garlic, crushed, or 1 teaspoon of jarred, chopped garlic  
Paprika

Preheat the oven to 325°F.

Drain and chop the artichoke hearts. Mix the artichoke hearts with the bacon, mayonnaise, cheese, and garlic, combining well.

Put the mixture in a small, oven-proof casserole dish, sprinkle a little paprika on top, and bake for 45 minutes.







# Garlic Artichoke Spinach Dip



Yield: 8 servings  
Net Carbs: 2, Protein: 2

1 can artichoke hearts  
1 package frozen chopped spinach (10 ounces), thawed  
2 cups mayonnaise  
2 cups grated Parmesan cheese  
2 cloves garlic, crushed, or 2 teaspoons jarred, chopped garlic  
Paprika

Preheat the oven to 325°F.

Drain and chop the artichoke hearts.

Combine the spinach, mayonnaise, cheese, and garlic in a large casserole dish (a 6-cup dish is about right). Sprinkle with paprika.

Bake for 50 to 60 minutes.





# Chunky Chicken Curry Dip



Yield: 6 servings  
Net Carbs: 2, Protein: 7

- 1 can (5 ounces) chunk chicken, drained
- 3 ounces light cream cheese
- 1 tablespoon mayonnaise
- 2 tablespoons minced red onion
- $\frac{3}{4}$  teaspoon curry powder
- 1 teaspoon brown mustard
- $\frac{1}{4}$  teaspoon hot pepper sauce, or to taste
- 2 tablespoons minced fresh parsley

Assemble everything in your food processor with the S-blade in place and pulse until it's smooth.

Put your dip in a pretty bowl and surround it with cucumber slices, celery sticks, and/or pepper strips.





# Sour Cream Onion Dill Dip



Yield: 1 pint  
Net Carbs: 2.4, Protein: 1.6

1 pint sour cream  
¼ small onion  
1 heaping tablespoon dry dill weed  
½ teaspoon salt

Put the sour cream, onion, dill weed, and salt in a food processor and process until the onion disappears.

If you don't have a food processor, mince the onion very fine and just stir everything together.

You can serve this right away, but it tastes even better if you let it chill for a few hours.





# Hot White Cheddar Crab Dip



Yield: 8 servings  
Net Carbs: 1, Protein: 3

1 cup mayonnaise  
8 ounces white cheddar cheese, shredded  
4 scallions, minced  
6 ounces fresh crab meat  
1 clove garlic, crushed  
3 ounces cream cheese, softened, cut into chunks  
ground black peppercorns

Combine everything in your slow cooker and stir together.

Cover the slow cooker, set it to low, and let it cook for 1 hour.

Remove the lid and stir to blend in the now-melted cream cheese.

Re-cover and cook for another hour. Serve with celery, pepper, and cucumber dippers.





# Sweet Onion Cheesy Avocado Dip



Yield: About 5 cups  
Net Carbs: 1.2, Protein: 3

- 16 ounces cream cheese, softened
- 1½ cups shredded white Cheddar or Monterey jack cheese
- 1 ripe black avocado, peeled and seeded
- 1 small sweet onion
- 1 clove garlic, crushed
- 1 can (3 to 4 ounces) green chilies, drained, or jalapeños, if you like it hot

Combine all the ingredients in a food processor and process until very smooth.

Scrape into a pretty serving bowl and place the avocado seed in the middle.

Placing the seed in the middle helps keep the dip from turning brown as quickly while it sits out. But if you're making this a few hours ahead of time, cover it with plastic wrap, making sure the wrap is actually touching the surface of the dip.

Don't make this more than a few hours before you plan to serve it.





# Smoked Gouda and Bacon Scallion Dip



Yield: At least 8 servings  
Net Carbs: 2.5, Protein: 9

8 ounces cream cheese, softened  
4 strips cooked bacon, chopped  
1 cup mayonnaise  
1 cup shredded smoked Gouda  
6 scallions, including the crisp part of the green shoot, sliced  
2 tablespoons grated Parmesan cheese  
minced scallions or green onions  
½ teaspoon black pepper

Beat the cream cheese and mayonnaise together until creamy, scraping the sides of the bowl often.

Add the smoked Gouda, scallions, Parmesan, bacon and pepper. Beat until well blended.

Chill and serve with raw vegetables.







# Chilled Italian Mushrooms



Yield: Depending on size, 12 to 15 servings

Net Carbs: 1

8 ounces small, fresh mushrooms

1 ½ cups vinaigrette dressing (homemade or store-bought)

Thoroughly wash and wipe the mushrooms clean with a soft cloth.

Place them in a saucepan, cover them with the dressing and simmer over medium to low heat for 15 to 20 minutes.

Chill and drain the mushrooms, saving the dressing to store any leftover mushrooms in. (You can even simmer another batch of mushrooms in the same marinade when the first batch is done.)

Arrange the mushrooms on lettuce with toothpicks for spearing, or serve in a bowl with fresh low carb veggies.





# Crunchy Golden Garlic Caps



Yield: 6 servings  
Net Carbs: 1, Protein: 1

6 small Portobello mushrooms (6 ounces)  
1 package (6 ounces) garlic and herb spreadable cheese (try Boursin or Alouette)  
1 teaspoon minced garlic  
2 tablespoons crushed pork rinds  
ground black peppercorns

Preheat oven to 350°F.

Wipe the mushrooms clean and remove the stems (save them to slice and sauté to serve over steaks or in omelets).

Mix the garlic, pepper and cheese together. Divide the cheese between the mushroom caps.

Sprinkle each one with a teaspoon of pork rind crumbs.

Arrange your mushrooms in a shallow baking pan. Add just enough water to cover the bottom of the pan.

Bake for 30 minutes and serve hot.





# Rich Baked Spinach Mushrooms



Yield: About 40 pieces

Net Carbs: 1, Protein: 1

1 ½ pounds mushrooms, wiped clean  
2 tablespoons butter  
½ cup chopped onion  
4 cloves garlic, crushed  
10 ounces frozen chopped spinach, thawed  
4 ounces cream cheese  
1 ½ teaspoons Worcestershire sauce  
¼ cup Parmesan cheese  
salt and pepper

Preheat oven to 350°F.

Wipe the mushrooms clean and remove the stems. Set the caps aside and chop the stems fairly fine. In a large, heavy skillet, over medium-low heat, melt the butter. Add the chopped stems and the onion. Sauté these until the mushroom bits are changing color and the onion is soft and translucent. Add the garlic, stir it up, and sauté for another couple of minutes.

Drain, strain and dry the spinach, stir it into the mushroom-onion mixture and add cream cheese. When it's melted, add the pepper, salt, Worcestershire sauce, and Parmesan.

Stuff the spinach/mushroom mixture into the mushroom caps and arrange on a baking pan. Sprinkle with Parmesan cheese. Add enough water to just barely cover the bottom of the pan.

Bake for 30 minutes. Serve warm.





# Smokey Cheese Chicken Stuffed Mushrooms



Yield: About 15 servings

Net Carbs: 1, Protein: 4

½ pound fresh mushrooms  
8 ounces cooked, shredded chicken  
½ cup shredded smoked Gouda  
2 tablespoon grated Parmesan cheese  
3 tablespoons mayonnaise  
1 scallion, finely minced

Preheat the oven to 350°F (180°C, or gas mark 4).

Wipe the mushrooms clean with a damp cloth and remove their stems.

Combine the shredded chicken, Gouda, Parmesan, mayonnaise, and minced scallion and mix well.

Spoon the mixture into the mushroom caps and arrange them in a shallow roasting pan. Add just enough water to cover the bottom of the pan.

Bake for 15 minutes and serve hot.





# Turkey Parmesan Bacon Stuffed Caps



Yield: About 45 mushrooms

Net Carbs: 1, Protein: 3

1 pound ground turkey  
1 ½ pounds mushrooms  
¾ cup grated Parmesan cheese  
½ cup mayonnaise  
1 teaspoon dried oregano  
1 teaspoon dried basil  
2 cloves garlic, crushed  
salt and pepper

Preheat the oven to 350°F.

Combine the turkey, Parmesan, mayonnaise, oregano, basil, garlic, salt, and pepper, mixing well.

Wipe the mushrooms clean with a damp cloth and remove their stems. Spoon the mixture into the mushroom caps and place them in a shallow roasting pan. Add just enough water to cover the bottom of the pan.

Bake for 20 minutes and serve hot.





# Butter Crunch Cheddar Cookies



Yield: Depends on how big you make them. Up to 6 dozen.

Net Carbs: 1 , Protein: 2

½ pound American loaf cheese (Velveeta, or store brand works fine.)

½ pound sharp cheddar cheese

¼ pound butter

1 cup soy powder

About 6 dozen pecan or walnut halves (optional)

Preheat the oven to 400°F.

Cut the loaf cheese, cheddar, and butter into chunks.

Put the cheese chunks, butter, and soy powder in the food processor and pulse until the dough is well combined.

Coat a cookie sheet with nonstick cooking spray. Drop spoonfuls of dough onto the cookie sheet and press half a pecan or walnut in the top of each one (if using).

Bake for 8 to 10 minutes or until the cookies are just getting brown around the edges.







# Authentic Italian Antipasto



Net Carbs and Protein: variable

Wedges of cantaloupe, Salami, Boiled ham, Pepperoncini  
Halved or quartered hard-boiled eggs  
Marinated mushrooms, Black and green olives  
Strips of canned pimento, Marinated artichoke hearts  
Solid-pack white tuna, drizzled with olive oil, Sardines

Arrange some or all ingredients decoratively on a platter, put out a stack of small plates and some forks, and dinner is served.

## Nutritional Breakdown:

Cantaloupe, Net Carbs: 4 , Protein: .5  
Salami, 1 slice, Net Carbs: .5 , Protein: 3  
Boiled ham, 1 slice, Net Carbs: 1 , Protein: 3.5  
Pepperoncini, 1 piece, Net Carbs: .5 , Protein: 0  
Hard boiled egg, Net Carbs: .6 , Protein: 6  
Marinated mushrooms, 1 piece, Net Carbs: trace , Protein: 0  
Black olives, 1 large, Net Carbs: .5 , Protein: 0  
Green olives, 1 large, Net Carbs: trace , Protein: 0  
Pimento, 1 slice, Net Carbs: trace , Protein: 0  
Tuna, 3 ounces, Net Carbs: 0 , Protein: 22  
Sardines, 2 average, Net Carbs: 0 , Protein: 5  
Artichoke hearts, 2 quarters, Net Carbs: 2 , Protein: 0





# Cajun Beer Boiled Shrimp



Yield: 20 servings

Net Carbs: 1, Protein: 18

- 1 envelope (3 ounces) crab boil spices
- 12 ounces light beer
- 1 tablespoon salt
- 4 pounds easy-peel shrimp or frozen shrimp

Drop the crab boil spice net bag in your slow cooker and pour in the beer.

Add the salt and stir. Add the shrimp.

Add just enough water to bring the liquid level up to the top of the shrimp.

Cover the slow cooker, set it to high, and let it cook for 1 to 2 hours or until the shrimp are pink.

Set the pot to low.

Serve the shrimp straight from the slow cooker with low carb cocktail sauce, lemon butter, or mustard and mayo stirred together, for dipping.





# Bacon-Rolled Crab and Scallions



Yield: About 2 dozen servings  
Net Carbs: less than 1, Protein: 4

6 ounces fresh lump crab meat or claw meat  
1 scallion, finely minced  
½ pound bacon

Preheat the broiler.

Cut the bacon strips in half crosswise to make two shorter strips. Place the crab meat on the end of a bacon strip and roll the strip up around it, stretching the bacon slightly as you go. Pierce the bundle with a toothpick to hold.

Repeat until all the crab and bacon strips are used up.

Sprinkle with finely minced scallions.

Broil about 8 inches from heat, turning once or twice, until the bacon is crisp—no more than 10 minutes.





# Cranberry Orange Barbecue Meatballs



Yield: 48 meatballs  
Net Carbs: 1, Protein: 4

- 2 pounds ground turkey
- 2 eggs
- 4 scallions, minced
- 2 tablespoons soy sauce
- $\frac{1}{4}$  teaspoon orange extract
- $\frac{1}{2}$  teaspoon pepper
- 1 teaspoon plus  $\frac{1}{4}$  cup Splenda
- $\frac{1}{4}$  cup oil
- 1 cup low carb barbecue sauce
- 1 cup cranberries

In a bowl, combine the turkey, eggs, and scallions. In another bowl, mix together the soy sauce, orange extract, pepper, and 1 teaspoon Splenda and pour into the bowl with the turkey. Blend well, then make 1-inch meatballs from the mixture.

Heat half the oil in a heavy skillet over medium heat. Brown the meatballs in a few batches, adding the rest of the oil as needed. Transfer the browned meatballs to your slow cooker.

In a blender or food processor, combine barbecue sauce, cranberries and  $\frac{1}{4}$  cup Splenda. Blend until the berries are puréed. Pour mixture over the meatballs.

Cover the slow cooker, set to low, and let it cook for 5 to 6 hours. Serve hot from the slow cooker with toothpicks for spearing!





# Jerk Caribbean Meatballs



Yield: 35 servings

Net Carbs: 1, Protein: 2

## Meatballs:

1 pound ground lamb, turkey, chicken or beef  
1 egg  
¼ cup minced onion  
¼ teaspoon ground coriander, dry mustard & ground turmeric  
1 teaspoon anise seed, ground  
1 clove garlic, minced  
2 teaspoons lemon juice  
½ teaspoon Splenda  
2 tablespoons olive oil  
1 bay leaf

## Sauce:

¼ cup minced onion  
1 teaspoon ground allspice  
1 tablespoon grated ginger root  
1 tablespoon soy sauce  
¼ teaspoon dried thyme  
¼ teaspoon ground cinnamon  
1 tablespoon Splenda  
2 cloves garlic, crushed  
¼ cup low carb ketchup  
1 tablespoon each: lemon juice, lime juice  
1 ½ teaspoons hot pepper sauce

**Meatballs:** In a bowl, mix together lamb, egg, minced onion, coriander, turmeric, anise seed, minced garlic, dry mustard, lemon juice, Splenda, and salt. Make 1-inch meatballs, pressing them together firmly.

Heat the oil in a heavy skillet over medium heat and brown the meatballs in two batches. Drop the bay leaf in the bottom of the slow cooker and place the meatballs on top.

**Sauce:** Mix together the minced onion, allspice, ginger, soy sauce, thyme, cinnamon, Splenda, crushed garlic, ketchup, lemon juice, lime juice, and hot pepper sauce. Pour the sauce evenly over the meatballs.

Cover the slow cooker, set it to low, and let it cook for 3 hours. Serve hot from the slow cooker. Remove the bay leaf before serving.







# Bourbon Blackstrap Molasses Dogs



Yield: 6 servings  
Net Carbs: 4, Protein: 5

¼ cup low carb ketchup  
¼ cup Splenda  
½ teaspoon blackstrap molasses  
1 teaspoon Worcestershire sauce  
¼ cup bourbon  
½ pound cocktail size hot dogs

In a large bowl, stir together the ketchup, Splenda, molasses, Worcestershire and bourbon.

Put the hot dogs in the slow cooker and pour the sauce over them.

Cover the slow cooker, set it to low, and let it cook for 2 hours.

Uncover and cook for 1 more hour. Serve with toothpicks for spearing.







# Orange Zest Smokies



Yield: 8 servings  
Net Carbs: 1, Protein: 8

1 pound small smoked sausage links  
¼ cup low carb ketchup  
¼ cup lemon juice  
2 tablespoons Splenda  
¼ teaspoon orange extract  
¼ teaspoon guar or xanthan

Put the sausages into the slow cooker.

In a small bowl, stir together the ketchup, lemon juice, Splenda, and orange extract. Thicken the mixture just a little, if you think it needs it, with guar or xanthan.

Pour the sauce over the sausage. Cover the slow cooker, set it to low, and let it cook for 3 hours.

Keep the sausages hot in the slow cooker to serve.





# Grow's Fresh & Wild Avocado Salsa



Yield: 42 oz, approx 20 servings

Net Carbs: 3.5, Protein: 1

8 medium avocados (or 6 large)  
stay-fresh spray: 1 tablespoon each of lemon juice & lime juice, salt  
6 diced plum tomatoes  
½ cup sliced black olives  
1 cup fresh corn off the cob  
1 cup diced cucumber  
1 bunch green onion  
½ cup minced red onion  
1 bunch cilantro, 4 garlic cloves  
pinch of: ground cumin, coriander, celery salt  
optional: pinch of safflower, dill or jalapenos

Make the stay-fresh spray: Mix lemon juice, lime juice and a pinch of salt with 1 cup water. Pour into a spray bottle. This will keep the ingredients fresh and your avocado will keep its color! It also acts as an all-natural preservative, so storing in the fridge is simple.

In a large bowl, dice or chop all ingredients, and mix until well blended. Spray the mixture lightly with the stay-fresh spray and cover evenly with the spices. Toss all ingredients lightly and set aside. This mixture may be prepared ahead of time and stored overnight in the fridge.

Dice the avocados last for the ultimate freshness. Spray the avocado chunks with the citrus spray and toss. Carefully fold into the other bowl of ingredients. Finish with an optional dash of safflower, add a sprig of dill, or sprinkle of sliced jalapenos.





# Ginger Soy Citrus Pecans



Yield: 8 servings  
Net Carbs: 4, Protein: 3

- 2 cups shelled pecans
- 4 tablespoons melted butter
- 3 tablespoons soy sauce
- 1 teaspoon orange zest
- 1 teaspoon lemon zest
- 1 teaspoon freshly ground ginger

Preheat the oven to 300°F.

Spread the pecans in a shallow roasting pan and stir in the butter, coating the pecans.

Roast for 15 minutes, remove from the oven and stir in the soy sauce, and orange and lemon zest. Mix together until well coated. Sprinkle the ground ginger over the nuts and stir.

Roast another 10 minutes.

Remove from oven and allow the mixture to cool. Store in an airtight container.





# Salty Buttered Nut Mix



Yield: 18 servings  
Net Carbs: 9, Protein: 13

6 tablespoons butter  
3 tablespoons Worcestershire  
1 ½ teaspoons garlic powder  
2 ½ teaspoons seasoned salt  
1 teaspoon onion powder  
2 ½ cups raw sunflower seeds  
2 ½ cups raw pumpkin seeds  
1 cup almonds  
1 cup pecans  
1 cup walnuts  
1 cup raw cashew pieces

Preheat the oven to 250°F.

In a small pan, melt the butter and stir in the Worcestershire, garlic powder, seasoned salt and onion powder.

In a large bowl, combine the seeds and nuts. Pour the melted butter mixture over them and mix well.

Place the mixture in large roasting pan and bake for 2 hours, stirring occasionally.

Remove from oven and allow the mixture to cool. Store in an airtight container.





# Indian Curried Pumpkin Seeds



Yield: 4 servings  
Net Carbs: 3.2, Protein: 4.1

4 tablespoons butter  
2 ½ tablespoons curry powder  
2 cloves garlic, crushed  
2 cups raw pumpkin seeds  
sea salt to taste

Preheat the oven to 300°F.

Melt the butter in a small skillet over medium heat. Add the curry and garlic, stirring for 2 to 3 minutes.

In a mixing bowl, add the seasoned butter to the pumpkin seeds, stirring until well coated.

Spread the pumpkin seeds in a shallow roasting pan, sprinkle lightly with salt and roast for 30 minutes.

Remove from oven and allow the mixture to cool. Store in an airtight container.







# Tangy Roasted Ranch Nuts



Yield: 16 servings

Net Carbs: 2.4, Protein: 1.6

- 2 cups raw, shelled pumpkin seeds
- 2 cups raw, shelled sunflower seeds
- 2 cups dry-roasted peanuts
- 1 cup raw almonds
- 1 cup raw cashew pieces
- 2 tablespoons canola oil
- 1 packet dry ranch salad dressing mix
- 1 teaspoon lemon pepper
- 1 teaspoon dried dill
- ½ teaspoon garlic powder

Preheat the oven to 350°F.

In large mixing bowl, combine the pumpkin seeds, sunflower seeds, peanuts, almonds, and cashews. Add the canola oil and stir to coat.

Add the dressing mix, lemon pepper, dill, and garlic powder and stir until well distributed.

Put the seasoned nuts in shallow roasting pan and roast for 45 to 60 minutes, stirring occasionally, until the almonds are crisp through.

Remove from oven and allow the mixture to cool. Store in an airtight container.







# Blueberry Brie and Walnut Quesadillas



Yield: 6 servings  
Net Carbs: 5, Protein: 8

1 cup chopped walnuts  
8 ounces Brie  
6 low carb tortillas  
6 ounces blueberries  
1 tablespoon heavy cream  
¼ tsp cinnamon

Preheat your oven to 350°F.

Spread walnuts in a shallow roasting pan, place in the oven and roast for 8 to 10 minutes.

Cut the Brie into quarters and thinly slice off the rind. Slice the Brie or cut into little cubes. Mix to soften, adding cinnamon and heavy cream. Stir in the blueberries.

Place a tortilla in a big, heavy skillet over medium-low heat. Cover it with the blueberry Brie mixture.

Scatter of the walnuts over the cheese and cover with another tortilla. Turn the quesadilla over and continue to cook until the cheese is warm and melted (a few minutes).

Transfer to a plate and cover with a lid to keep warm while you make two more. Cut into wedges and serve.





# Creamy Pecan Mini Sandwiches



Yield: Enough for about 6 people  
Net Carbs: 4, Protein: 4

- 2 cups pecan halves
- 1 teaspoon minced chives or green onions
- 4 ounces garlic and herb spreadable cheese (such as Boursin or Alouette)

You can make this with canned, roasted, and salted pecans, or if you prefer, you can roast your own. If you choose the latter.

Preheat your oven to 350°F.

Spread 2 cups of unbroken pecan halves in a shallow baking pan. Stir in 1 teaspoon oil to coat and mix together until well blended.

Sprinkle with salt and roast for 8 to 10 minutes. Remove from oven and allow them to cool.

Spread a dollop ( $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon) spreadable cheese mixed with minced scallions on the flat side of a pecan half. Press the flat side of another pecan half against it to make a mini sandwich.

Place on a serving plate and continue with the rest of the cheese and the rest of the pecans.





# Smoky Sweet Worcestershire Nuts



Yield: 12 servings  
Net Carbs: 5, Protein: 5

1 cup walnuts, crumbled  
1 cup pecan halves  
½ cup raw almonds  
½ cup raw cashews  
½ teaspoon paprika  
½ teaspoon baking Splenda  
4 tablespoons butter, melted  
3 tablespoons Worcestershire sauce

Preheat the oven to 300°F.

Spread the nuts in a shallow baking pan and stir in the butter, coating all the nuts.

Roast for 15 minutes. Remove from the oven and stir in the Worcestershire and baking Splenda. Sprinkle the nuts with paprika.

Roast for another 10 minutes.

Remove from oven and allow the mixture to cool. Store in an airtight container.

