

## **Mexican Layer Casserole**

5-6 servings

Ingredients:

1 pound ground beef

1 1.24 oz packet of Taco Seasoning

1/2 Medium Onion

2 Cloves of garlic

1- 1 1/5 block of cream cheese (softened)

Chopped tomato

Chopped lettuce

Shredded Cheese

Salsa or favorite taco sauce (optional)

Preparation Method:

1  
Brown ground beef with onions and garlic until fully cooked.

2  
Add in taco seasoning mix. Stir together. When fully cooked and mixed, pour into square casserole dish and let cool for 5-8 minutes.

3  
Spread softened cream cheese on the top making sure it is spread evenly over the ground beef and covered. Sprinkle shredded cheese on top.

4  
Put tomatoes and lettuce over the shredded cheese.

5  
Add salsa or taco sauce if desired.

6  
Refrigerate leftovers immediately.  
Cheese and Spinach Crustless Quiche

6 servings

preconditions: Heat oven at 350

Ingredients:

1 onion

1 package of unthawed frozen spinach

6 eggs

1 tablespoon olive oil

3 cups of cheddar cheese

Salt and Pepper

Preparation Method:

1  
fry onion in pan with olive oil Add Spinach and cook until tender

2  
In a large bowl, beat eggs and add cheese, salt and pepper. Once spinach and onions ready, add to egg mixture and mix until even.

3  
Lightly grease a pie container, (regular size).

4  
Pour ingredients and bake for 30 minutes, or until the quiche is golden brown and firm.

5  
Enjoy!

### **Coq Au Vin**

6 servings

Ingredients:

1/2 cup Atkins Bake Mix

2 chickens - (6 to 7 lbs total weight) - cut 8 pieces each

1/4 pound sliced bacon

1 tablespoon oil

1 medium onion - chopped

1 carrot - chopped

1 celery stalk - chopped

2 garlic cloves - pressed

2 cups dry red wine

1 can reduced sodium chicken broth - plus

1 can water

1 bay leaf

1/2 teaspoon dried thyme

1 tablespoon butter

1/2 pound button mushrooms

## Preparation Method:

- 1 Spread bake mix in a plate; dredge chicken pieces, tap off excess.
  - 2 In a large Dutch oven over medium heat, cook bacon until crisp. Remove bacon, crumble and set aside.
  - 3 Add oil to bacon fat in Dutch oven. Brown chicken in batches. Transfer to a platter.
  - 4 Add onion, carrot and celery to Dutch oven; cook 8 minutes, until softened.
  - 5 Drain excess fat. Pour in wine; increase heat to high. Boil wine until reduced to 1 cup, about 5 minutes.
  - 6 Return chicken and accumulated juices to Dutch oven. Pour in chicken broth and water; add bay leaf and thyme. Reduce heat to low; cover partially and simmer 45 minutes, until chicken is cooked through.
  - 7 Melt butter in a large skillet over medium heat. Cook mushrooms until golden, about 5 minutes.
  - 8 Add mushrooms to stew, along with reserved bacon. Remove bay leaf.
  - 9 Enjoy!
- 4 servings

## **Chicken Cor Don Blu**

### Ingredients:

- 4 boneless skinless chicken breasts
- 8 slices of ham; thin
- 4 oz Bleu Cheese (or Swiss if you prefer)
- 1 Tablespoon melted butter
- 1 Large egg; beaten
- 3/4 cup Parmesan cheese

### Preparation Method:

1  
Pound chicken breasts to about 1/3" thick. Place ham on breast then 1/2 oz of bleu or swiss cheese. Roll up; securing with a toothpick. Dip each breast-roll into a mixture of the melted butter and beaten egg. Roll in Parmesan cheese and place in buttered baking dish. Bake at 350°F for 30 to 35 minutes or until browned and tender.

### **Baked Turnip 'Taters**

4 servings

preconditions: Preheat oven to 350.

Ingredients:

3 sm. turnips (tennis-ball size)

3 T butter

2 T sour cream

2 eggs

1/4 cup parmesan

salt, pepper

### Preparation Method:

1  
Peel turnips, put in pan, cover with water and boil.  
2  
Cover with lid, lower heat and simmer 1 hr til tender. Drain and cut into chunks.  
3  
Put chunks in food processor with butter and sour cream and puree.  
4  
Add eggs and cheese and process.  
5  
Pour into casserole and bake 20 min til little brown on top and edges.

### **Brussels Sprouts**

preconditions: Preheat oven to 425°

Ingredients:

1½ pounds Brussels Sprouts

8 slices of bacon  
1 cup sweet onion sliced  
2/3 cup heavy cream  
3/4 tsp. salt  
1/4 tsp. thyme  
1/2 tsp. pepper  
1/2 cup plain dry bread crumbs (use low carb substitute or omit)  
2 T. grated parmesan cheese ( I use more about 4 heaping T.)  
2 T. butter

#### Preparation Method:

1  
Bring a pot of water to boil, add sprouts and simmer until just barely tender, about 5 minutes. Drain and rinse with cold water, set aside.

2  
Fry bacon until browned. Set aside to drain on a paper towel. When bacon is cooled off break up into about 1/2 inch pieces. Sauté onions in bacon grease until tender then drain off grease.

3  
Cut sprouts in half and put them along with the onions and bacon in a 1 1/2 quart casserole dish. Add spices to the cream and then pour over the sprouts. Top with parmesan cheese & bread crumb substitute (or omit). Dot with butter.

4  
Bake until lightly browned, about 20-25 minutes.

#### **Cauliflower Home Fries**

2 servings

Ingredients:

1/2 bag frozen cauliflower

2 slices bacon

salt, pepper, paprika

#### Preparation Method:

- 1  
Cook cauliflower til tender-crisp.
- 2  
Cook bacon and crumble.
- 3  
Cut cauliflower into chunks and saute in butter in skillet til crisp.
- 4  
Add salt, pepper and paprika while sauteeing. Top with bacon and serve

### **Celeste ibey**

4-6 servings

preconditions: Preheat oven to 350 deg.

Ingredients:

1 head of Cauliflower

salt & pepper to taste,

1 tbsp. butter

1 tsp. chopped garlic

1/4 cup chopped chives

1/2 cup sour cream

1/cup grated cheese (use your favorite or mix a couple kinds together)

Pam to coat your casserole dish

Preparation Method:

- 1  
Steam one head of Cauliflower until tender. Mash cauliflower as you would potato's.
- 2  
Stir in salt, pepper, chopped garlic, chopped chives, sour cream, butter and grated cheese.
- 3  
Mix well.
- 4  
Pour into a grease casserole dish, baked uncovered til top is bubbly and slight browning.
- 5  
TO change it up a bit, try adding chopped bacon or diced Ortega chiles or

even sauteed mushrooms!

## **Spinach Salad And Hot Bacon Dressing**

2 servings

Ingredients:

1 bag fresh baby spinach

1/4 c chopped onion

4 slices bacon

2 hard boiled eggs, chopped

1/4 cup vinegar

1 pkg Splenda

salt, pepper

Preparation Method:

1

Cook bacon. Remove and drain on paper towel.

2

Slowly add vinegar, pepper and splenda to bacon grease in pan. Stir and heat til boiling.

3

Tear spinach into smaller pieces. Add chopped egg, onion, and crumbled bacon.

4

Pour on hot dressing and toss lightly.

5

Serve immediately.