

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
¼ teaspoon orange extract
½ teaspoon pepper
1 teaspoon plus ¼ cup Splenda
¼ 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 ¼ 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.