

Low Carb recipes!

Lettuce wraps

- 9 tablespoons oil
- 6 boneless skinless chicken breasts
- 3 cups water chestnut
- 2 cups mushroom
- 9 tablespoons chopped onions
- 3 teaspoons minced garlic
- 12 -15 leaves lettuce

Special Sauce

- 3/4 cup sugar
- 1 1/2 cups water
- 6 tablespoons soy sauce
- 6 tablespoons rice wine vinegar
- 6 tablespoons ketchup
- 3 tablespoons lemon juice
- 1/2 teaspoon sesame oil
- 3 tablespoons hot mustard
- 6 teaspoons water
- 3 -6 teaspoons garlic and red chile paste

Stir Fry Sauce

- 6 tablespoons soy sauce
- 6 tablespoons brown sugar
- 1 1/2 teaspoons rice wine vinegar

Change Measurements: US | Metric

Directions:

Prep Time: 10 mins

Total Time: 25 mins

1. 1 Make the special sauce by dissolving the sugar in water in a small bowl.
2. 2 Add soy sauce, rice wine vinegar, ketchup, lemon juice and sesame oil.
3. 3 Mix well and refrigerate this sauce until you're ready to serve.
4. 4 Combine the hot water with the hot mustard and set this aside as well.
5. 5 Eventually add your desired measurement of mustard and garlic chili sauce to the special sauce mixture to pour over the wraps.
6. 6 Bring oil to high heat in a wok or large frying pan.
7. 7 Saute chicken breasts for 4 to 5 minutes per side or done.

8. 8 Remove chicken from the pan and cool.
9. 9 Keep oil in the pan, keep hot.
10. 10 As chicken cools mince water chestnuts and mushrooms to about the size of small peas.
11. 11 Prepare the stir fry sauce by mixing the soy sauce, brown sugar, and rice vinegar together in a small bowl.
12. 12 When chicken is cool, mince it as the mushrooms and water chestnuts are.
13. 13 With the pan still on high heat, add another Tbsp of vegetable oil.
14. 14 Add chicken, garlic, onions, water chestnuts and mushrooms to the pan.
15. 15 Add the stir fry sauce to the pan and saute the mixture for a couple minutes then serve it in the lettuce "cups".
16. 16 Top with "Special Sauce"

Chicken Muffins

Ingredients

- 12 ounce cooked and diced chicken (2 cups)
- 2 eggs
- 1/4 cup celery, minced (1 small stalk)
- 1 teaspoon dry minced onion
- 1/4 teaspoon pepper
- 1/2 teaspoon chicken seasoning (or use 1/4 teaspoon poultry seasoning and 1/4 teaspoon salt)
- 2 tablespoons pimiento, minced (optional)
- 2 ounces cheddar, shredded

Directions

Mix all ingredients well in a medium bowl. Spoon into 6 well-greased muffin cups. Bake at 350 30-35 minutes, until set and lightly browned. Makes 3-6 servings (3 servings - 1.5 net carbs each) (6 servings - 1 net carb each). Each muffin is about 150 calories. From Linda's Recipe Website

Number of Servings: 6

Strawberry Spinach Salad

Ingredients

- 2 TBSP sesame seeds
- 1 TBSP Poppy seeds
- 1/2 C sugar substitute
- 1/4 C Olive oil
- 1/4 C distilled white vinegar
- 1/4 teaspoon paprika
- 1/2 tsp Worcestershire Sauce
- 1 TBSP minced onion
- 10 oz fresh spinach
- 1 quart strawberries, sliced
- 1/4 C almonds blanched and slivered

In a medium glass or plastic bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion.

Cover and chill for 1 hour

in a large bowl, combine the spinach, strawberries, and almonds.

pour dressing over salad and toss

refrigerate 10 to 15 minutes before serving

****As a diabetic, I use Splenda - you can, however, use Sugar but the carb count will go up****

Number of Servings: 8

Cauliflower Kugel

Ingredients

2 10 oz. bags thawed Cauliflower
1 med. Onion, chopped & sauted
1 c. Shredded Cheddar Cheese
1 c. Cottage Cheese, Low fat preferably
4 eggs, whisked
1/2 tsp. salt or Ms Dash Seasoning
1/4 tsp. black pepper
Paprika to sprinkle top

Directions

Thaw & chop cauliflower into 1/4 in. pieces. Set into deep bowl, add whisked eggs, cottage cheese, cheddar & cooled sauted onions. Mix well till all is evenly distributed.

In large baking dish, spray with PAM & fold ingredients into & distribute evenly. Sprinkle with Paprika & extra topping of Cheddar Cheese if desired. Bake at 400* for 45-60 min. Less if you like it a little softer, we prefer it a little Crispy.

This makes a great substitute for Potatoes Au Gratin & can be 'dressed up' with additions of cooked sausage, ham or bacon & topped with sour cream. Just remember the additional calories & carbs!

Number of Servings: 6

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