

Easy Baked Chicken Nuggets

Ingredients:

- 1 lb boneless, skinless chicken breast
- ¼ cup flour almond flour or whole grain gluten-free preferred.
- ¾ tsp salt
- 1 tsp garlic powder
- 1 tsp paprika
- ⅛ tsp cayenne pepper
- ⅛ tsp black pepper
- avocado oil (or other fat suitable for high heat. Use amount desired. About ¼ cup should be enough.)



Directions:

1. Cut chicken into small chunks, about 1 – 1½ inch chunks. Place in bowl.
2. Mix flour with seasonings
3. Sprinkle flour and seasoning mixture over chicken and mix well to coat thoroughly.
4. Melt coconut oil. Drizzle over chicken and mix to coat lightly.
5. Bake in preheated oven (425 degrees for convection / 450 for conventional) until chicken's internal temperature reaches 180 degrees (about 10 minutes for a convection oven and 14 for conventional).

Recipe found on: Whole New Mom

https://wholenewmom.com/recipes/recipe-for-chicken-nuggets-easy-chicken-recipe/?utm_content=bufferda425&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer

Carrot Taco Shells

Ingredients:

- 1 1/2 cup grated carrot, packed (about 200 g) + 1/2 cup tap water to cook
- 1/2 cup grated cheese (full fat or low fat, edam, mozzarella or cheddar (75g)
- 2 eggs
- 3 tablespoon Gluten Free Oat Flour
- Salt, pepper - if desired

Directions:

1. Wash, peel and grate carrots.
2. Place them into a bowl cover with tap water. Microwave 5 minutes.
3. Drain and place the cooked grated carrots into a clean absorbent paper or towel.
4. Firmly squeeze out the extra water until the grated carrot are dry. This is a very important step. If the carrots are too moist the tacos will not harden after baking.
5. Place into a bowl and add the grated cheese, eggs, oat, salt and pepper.
6. Combine.
7. Prepare a baking tray covered with baking paper.
8. Place small portion of the carrot mixture onto the prepared tray.
9. Press with your finger to compact the carrot onto the tray.
10. Bake at 200C for 15 minutes or until crispy on the sides.
11. Gently remove the carrot tacos from the baking paper by lifting them with your finger.
12. Fill in with filling of your choice.
13. You can also place them onto a bottle to form a taco like shape and avoid them to crack when used later. The carrot tacos will harden slightly when cooling down.

Recipe found at: SWEETASHONEY

<https://www.sweetashoney.co.nz/carrot-taco-shells/>



Pressure Cooker Marinara Sauce

Ingredients:

- 2 28 oz . cans crushed tomatoes
- 1 cups large sweet potato diced (about 2)
- 1/2 cup red lentils
- 2-3 cloves garlic minced
- 1 tsp . salt
- 1 1/2 cups water

Directions:

1. Pick over the lentils and remove any stones or shriveled lentils, then rinse the lentils in a fine mesh sieve.
2. Sauté the lentils, sweet potatoes, garlic, and salt over medium heat in the pressure cooker for a minute or two, just to start to bring out the flavor of the garlic and get the pressure cooker warmed up.
3. Add the crushed tomatoes and water, and stir very well, making sure the lentils aren't sticking to the bottom of the pot.
4. Bring the pressure cooker to high pressure, then reduce the heat to maintain pressure for 13 minutes. If using an electric pressure cooker, simply set for 13 minutes on High.
5. Let the pressure release naturally before removing the lid.
6. Stir to combine, and puree with a blender if desired before serving.

Recipe found at: Eat Within Your Means

<http://eatwithinyourmeans.com/pressure-cooker-marinara-sauce/>



Spaghetti Squash

Ingredients:

- Spaghetti squash



Directions:

1. Pre-heat the oven to 350 degrees. Spray a cooking sheet with organic cooking oil.
2. Cut the spaghetti squash in half, long-wise.
3. Scoop out the guts like you would a pumpkin BEFORE you cook it.
4. Place on a baking sheet rind-up, so the flesh is against the sheet.
5. Bake for one hour.
6. Remove the squash and let it cool for about 10 -20 minutes.
7. Flip over and scrape out the flesh with a fork.

Recipe found at: Football Food & Motherhood

<http://www.footballfoodandmotherhood.com/spaghetti-squash-cook/>

Pepperoni Pizza Cauliflower Casserole

Ingredients:

For the Puree

- 1 medium head of cauliflower
- 2 Tbsp Heavy Cream
- 1 Tbsp Butter
- 8 slices pepperoni
- ¼ cup shredded mozzarella cheese
- salt and pepper to taste

For the Casserole

- 12 slices pepperoni
- ½ cup shredded mozzarella cheese



Directions:

For the Puree

Clean and trim the cauliflower, breaking it into medium sized pieces. Place in a microwave safe bowl with 2 Tbl of cream and 1 Tbl of butter. Microwave, uncovered, on high for 10 minutes. Stir to coat cauliflower with cream/butter mixture. Microwave for another six minutes on high (or until tender.) Remove from the microwave and put into a high speed blender or food processor along with the 8 slices of pepperoni and ¼ cup mozzarella cheese. Puree until smooth. Season with salt and pepper to taste. You can adjust the cream and butter to your preference for consistency.

For the Casserole

Spread the cauliflower puree into an 8 x 8 oven proof casserole dish. Cover with ½ cup shredded mozzarella cheese, and layer with pepperoni. Bake at 375 degrees (F) for about 20 minutes. Alternatively you could microwave this for 5 minutes. Serve hot.

Recipe found at: iBreathe I'm Hungry

<http://www.ibreatheimhungry.com/2013/05/pepperoni-pizza-cauliflower-casserole-low-carb-and-gluten-free.html>

Hamburger Pie

Ingredients:

The Meat Pie Ingredients:

- 1 lb ground beef browned and lightly drained
- ½ cup tomato puree or tomato sauce
- 2 tbsp golden flax meal golden flax has a better taste (can sub with or cashew almond meal, if you can't have flax)
- 1/2 tbsp Italian seasonings
- ½ tsp sea salt like this one
- 1 tsp garlic powder
- 2 cloves garlic peeled and minced
- 1 egg beaten

The Pie Toppings:

- 2 eggs beaten
- 3 tbsp unsweetened plain almond milk or coconut milk or heavy cream if you use dairy, not vanilla
- ½ tsp ground mustard spice (key ingredient don't skip)
- ¼ sea salt
- ¼ tsp black pepper
- cup Optional: 1/3 to a 1/2 grated cheese **omit if dairy free**

Directions:

1. Preheat oven to 400 F and grease or oil a 9 inch pie pan or dish
2. In a large frying pan on medium high heat, brown the ground beef until cooked.
3. Pour off a little of the excess grease
4. In a large mixing bowl combine the browned ground beef and all the meat pie ingredients. Stir together thoroughly.
5. Spoon meat mixture into prepared pie pan and spread around evenly. Set aside.
6. In a medium mixing bowl combine all the pie topping ingredients. Whisk and beat until combined.
7. Pour pie topping mixture evenly over the top of the meat pie.
8. Bake at 400 F for 28 to 31 minutes or until top is browning and the center of pie is firm.
9. Add optional grated cheese to the top of the pie if desired
10. Cool for a few minutes. Slice and serve.

Recipe found at: beautyandthefoodie

<http://beautyandthefoodie.com/easy-paleo-hamburger-pie-crust-free-and-low-carb/>



Cauliflower Pizza Crust

Ingredients:

- 1 small head or 2/3 large head of cauliflower
- ¼ cups Parmesan Cheese
- ¼ cups Monterey Jack Cheese
- ¼ teaspoons Sea Salt
- ½ teaspoons Dried Basil
- ½ teaspoons Dried Oregano
- ½ teaspoons Garlic Powder
- 1 Egg



Directions:

1. Wash and thoroughly dry the cauliflower.
2. Cut off the florets. You don't need the stem.
3. Pulse in the food processor until you get cauliflower "snow". You should end up with 2 to 3 cups.
4. Cover the cauliflower and microwave for about 4 or 5 minutes.
5. Dump the cauliflower out onto a paper towel and clean tea towel and let it cool off.
6. Preheat the oven to 450°F. Place your cookie sheet in the oven to heat it up.
7. Wrap up the cauliflower in the dish cloth and paper towel and wring out as much excess water as you can.
8. Combine the Parmesan cheese, Monterey Jack cheese, sea salt, dried basil, dried oregano, garlic powder, and cauliflower in a medium bowl.
9. Mix it together with a spoon to combine the ingredients. Then add the egg and use your hands to form it into a dough ball.
10. Pat it down gently onto a piece of parchment paper with oil spread (or sprayed) onto it.
11. Use your hands to form it into a pizza crust, about 1/4" thick.
12. Optional: Slide the parchment paper onto the heated up cookie sheet and bake the crust without any toppings for about 8 to 11 minutes until it is golden brown.
13. Remove from the oven and add your toppings. (Bake it for another 5 to 7 minutes with your toppings on it.)

Recipe found at: One Little Project

<http://onelittleproject.com/cauliflower-pizza-crust/>

Low Carb Buffalo Chicken Meatballs

Ingredients:

- 1 pound ground chicken or turkey
- 1/2 cup almond flour
- 1/4 cup cheddar cheese
- 2 tablespoons prepared ranch dressing, plus more for serving
- 1 tablespoon dry ranch seasoning
- 1/4 cup hot sauce, plus more for serving
- 1 egg



Directions:

1. Preheat oven to 500 degrees. Line baking sheet with parchment paper.
2. Add all of the ingredients to a medium bowl and mix well with your hands.
3. Form mixture into 9 evenly sized meatballs and place on the prepared baking sheet.
4. Bake for 15 minutes or until cooked through.
5. Serve with extra hot sauce and ranch dressing, as desired

Recipe found at: Buns in My Oven

<http://www.bunsinmyoven.com/2016/04/25/buffalo-chicken-meatballs-low-carb-keto-gluten-free/>

Pita Pizza

Ingredients:

- 1 pita bread round
- 1 teaspoon olive oil
- 3 tablespoons pizza sauce
- 1/2 cup shredded mozzarella cheese
- 1/4 cup sliced crimini mushrooms (optional)
- 1/8 teaspoon garlic salt

Directions:

1. Preheat grill for medium heat
2. Spread one side of the pita with olive oil and pizza sauce. Top with cheese and mushrooms, and season with garlic salt.

Lightly oil grill grate. Place pita pizza on grill, cover, and cook until cheese completely melts, about 5 minutes.

Recommended by ADA who has made this recipe during Healthy Snack time!

Peanut Butter and Banana Burritos

Ingredients:

- 6 inch flour tortillas
- Creamy peanut butter
- Bananas
- Vanilla or plain yogurt (optional)
- Honey (optional)

Directions:

1. Mix about 1 tbsp. of peanut butter with a little honey in a bowl (optional)
2. Spread your peanut butter or peanut butter and honey mixture, leaving about 1 inch around the edges
3. Carefully cut your banana into thin slices
4. Layer your banana in the center of your tortilla on top of the peanut butter
5. spread 1 tbsp. of yogurt over the top if desired
6. Fold your tortilla over the top of the fruit making sure to tuck one end

Recipe is recommended by ADA who made this during Healthy Snack time!

Italian Meat Loaves

Ingredients:

- 1 1/4 pound organic grass fed ground beef
- 1/3 cup gluten free Panko
- 1/2 cup mozzarella cheese
- 1 bulb fresh green garlic thinly sliced
- 1 large egg
- 1/2 tsp salt
- 2 TBSP Fresh basil thinly sliced

Directions:

1. Preheat oven to 350
2. In a large bowl, add all ingredients
3. Mix well
4. Spray a muffin tin with cooking spray and fill each cup 3/4 full with the meat mixture
5. Bake for 20 minutes or until done



Recipe given by Tammy Gilles, find more of her recipes at tammygilles.com