



LOW CARB KITTY

Spring/Summer Produce Recipes



We hope you enjoy this collection of fun, tasty low carb recipes.
For more recipes, resources, substitutions and more,
please check out <http://www.lowcarbkitty.com>.

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EGGPLANT

THE GOOD: This versatile veggie can help reintroduce Italian food favorites into your new low carb diet without the noodle carbness. If you sweat out the bitterness with salt, eggplant has a sweet taste and is excellent with olive oil.

THE CARB: 1 cup of cooked eggplant has approximately 30 calories and 5 net carbs.

EGGPLANT MINI PIZZAS

INGREDIENTS:

- 1 Eggplant
- $\frac{3}{4}$ cup of shredded cheese(s) of choice
- $\frac{1}{2}$ cup tomato sauce and/or 2 chopped tomatoes
- 2 tbs Olive Oil

DIRECTIONS:

 Pre heat oven to 375

1. Preheat the oven to 375°.
2. Slice the eggplant into 1/2" size pieces (3/4" if you want them 'firmer') across (perpendicular) the eggplant.
3. Lay the eggplant slices out on paper towels and liberally salt. Leave them for 30 minutes. I usually use this time to prep whatever side dishes/veggies I'll be serving with the 'zas.
4. Wipe the eggplant slices off with a paper towel and brush them with olive oil. If you don't have a brush, smear olive oil on the slices with your hands. Place the slices on an aluminum foil lined tray and bake them for about 20-25 minutes.
5. Remove from oven and spoon some sauce on them and then sprinkle on the cheese. You can also add any additional toppings you may want at this time, such as mushrooms, olives, meat, etc.
6. Pop the slices back in the oven for up to 5 more minutes (or optionally, you can broil the slices) to melt the cheese.

SERVINGS: The size of the eggplant will dictate the number of servings, but you can make about four servings of 2 pizzas each with a medium to large sized eggplant.





RUTABAGA

THE GOOD: Not only is rutabaga fun to say, it has 1/2 the calories and more than 1/2 the carbs of a potato. I personally think that their slightly sweet taste makes them tastier than a potato.

THE CARB: 1 cup of cooked rutabaga has 66 calories, 2 g. of protein and 12 net carbs.

ROOT VEGGIE MASH

INGREDIENTS:

- 1 15 oz. Rutabaga, peeled and diced
- 2 4 oz. carrots, peeled and diced)
- 1 8 oz. Daikon radish, peeled and diced
- 3 tbsp. whole cream
- 1 tbsp. butter (optional)
- 2 tbsp. shredded/grated cheese of your choice

DIRECTIONS:

1. Bring a medium to large pot of water to a boil and dump in all the root veggies.
2. Boil until you can stick a fork easily into them.
3. Drain and dump the root veggies into a food processor/blender/or back into the pot.
4. Mash/process/blend veggies with the cream, butter and cheese.

Salt and pepper to taste and enjoy!!!

Makes at least 4 generous servings.





BROCCOLI

THE GOOD: Broccoli and “upscale” versions of broccoli like broccolini are ridiculously high in Vitamin C. This versatile veggie can be drowned in melted cheese, sautéed with other veggies, or added to help round out a stir fry.

THE CARB: 1 cup of broccoli has four net carbs and 3 grams of protein.

STIR FRIED “RICE” WITH BROCCOLI

INGREDIENTS:

- 1 tbsp. coconut oil
- 1 onion
- 1 head of broccoli
- 2 cups riced cauliflower
- Protein of choice (i.e., shrimp, chicken, sausage)
- ½ cup walnuts
- 1 egg
- 3 tbsp. (or to taste) of soy sauce or tamari (for gluten free)
- Curry powder (to taste)
- Salt and pepper (to taste)

DIRECTIONS:

1. To “rice” cauliflower, coarsely chop up a cauliflower and blend it into a food processor until it is chopped up into granules the size of rice. To soften it for this recipe, microwave the “riced” cauliflower for two minutes. One head of cauliflower can easily make 3 - 4 cups of “rice”.
2. Sauté the onion in coconut oil, then throw in the broccoli and let that sauté to soften up for a bit.
3. Add in the protein (I use about 1 cup of pre-cooked shrimp), walnuts and soy sauce. Add the egg to the ingredients and let it cook. Then let all the ingredients simmer together for just under 2 minutes.
4. Add in the pre-cooked “riced” cauliflower and stir.
5. Add more soy sauce, salt, pepper and a dash of curry powder (I love this stuff).
6. Let it cook up for a bit, voila!

SERVINGS:

Extremely filling;
makes four generous servings.





BRUSSEL SPROUTS

THE GOOD: These delicious critters get a bad rep because they can taste bitter and have an odd scent if cooked incorrectly. When in season, you can get a lot of sprouts for a good price and then eat off of them for days. Brussel sprouts are a great way to get extra fat into your diet.

BONUS TIP: When purchasing Brussel sprouts, try to get sprouts of the same size to ensure even cooking time and consistency.

The carb: 4 net carbs and only 28 calories per cup.

These are 2 super basic recipes.

BRUSSEL SPROUTS – TWO WAYS

DIRECTIONS:

SAUTÉED

1. Prepare brussel sprouts by cutting off their stem-bottom and peeling off any wilted leaves. Cut each sprout in half.
2. Heat pan to medium heat and then add in 2 tbsp. of bacon fat.
3. Increase heat to medium high heat and add in the chopped sprouts – sauté for about 10 minutes or more until preferred consistency.
4. Salt and pepper to taste.

ROASTED PRE HEAT OVEN TO 375

1. Preheat oven to 375 degrees.
2. Prepare brussel sprouts by cutting off their stem-bottom and peeling off any wilted leaves. Cut each sprout in half.
3. Line baking sheet with aluminum tinfoil and spread the sprout halves over the sheet.
4. Drizzle olive oil over the sprouts, then sprinkle salt and pepper.
5. Bake for at least 20 minutes or until desired consistency



LEEKs

THE GOOD: 1 cup of raw leeks has about 50 calories and is super high in Vitamins K and A. A big, fat leek can also be used to swat at anyone being pesky in the kitchen.

THE CARB: 11 net carbs for a cup, which is low when you disperse the leeks with other low carb veggies.

ROASTED LEEK & CAULIFLOWER SOUP

INGREDIENTS:

- 1 head of cauliflower, chopped into pieces
- 1 leek, chopped into pieces (chop from white to light green part)
- 1 shallot (or small onion), minced
- 2 – 3 cloves of garlic (I use 2 bulbs of green garlic), minced
- Olive oil
- 3 cups of chicken stock
- At least 4 tbsp. of whole cream
- Salt and pepper (I use smoked sea salt and fresh ground pepper)

DIRECTIONS:

1. Pre-heat oven to 385°.
2. On greased baking sheets (I use 2) spread out the cauliflower, leek, onion or shallot and garlic pieces and drizzle with olive oil (and salt and pepper, if you wish). Bake for 20 – 30 minutes. Every 10 minutes, give the pans a shake so the pieces will to be browned but not burnt.
3. I was just gifted a Vitamix blender, which is the King of Kings of the blender world. If you are lucky enough to have a rad blender, place all the veggies and half of the chicken stock into the blender and blend until smooth. Continue to add chicken stock and then the cream. If you do not have a blender, you can use a hand blender or food processor (but you may need to do this in batches to make it easier).
4. Season with salt and pepper to taste! That's IT!
Bake n' Blend!

POSSIBLE VARIATIONS:

- Blend in some roasted butternut squash for more sweetness
- Add chili powder or additional spices for a kick
- When serving, add some goat cheese in the center





RED CABBAGE

THE GOOD: A cup of red cabbage has 28 calories and is high in Vitamin C. And it's a pretty color!

THE CARB: 5 net carbs per cup!

RED CABBAGE SLAW

INGREDIENTS:

- 3 cups shredded red cabbage
- 2 finely shredded carrots
- 3 tbsp. peanut butter
- 3 tbsp. rice vinegar
- 2 tbsp. soy sauce
- 2 tbsp. olive oil
- 2 tbsp. lemon juice

DIRECTIONS:

1. Add all sauce ingredients together in a bowl and mix well.
2. Put cabbage and carrot in a bowl. Add sauce on top and mix.
3. Optional: Top with sliced green onions and/or peanuts. Put cabbage and carrot in a bowl. Add sauce on top and mix.
That's it! The peanut butter gives it a nice creaminess, as well as added fat for the slaw. The rice vinegar gives it a tang.

BONUS TIP:

Use cabbage leaves as tortilla substitutes for carnitas, tacos and more!





Summer Squash

THE GOOD: Summer squash can involve numerous varieties, such as zucchini, yellow squash and couisa (a pale green zucchini variety), so you can prepare a colorful meal if you mix several types.

THE CARB: 1 cup has about 5 net carbs and only 36 calories.

LASAGNA

INGREDIENTS:

- 2 zucchini/long summer squash
- 1 eggplant
- 1 egg
- 16 oz. ricotta cheese
- 1 cup cut up into small pieces fresh or frozen spinach
- 1 cup shredded mozzarella cheese
- 1 1/2 cup tomato sauce
- Oregano
- Optional: ground beef or sausage

DIRECTIONS:

1. Preheat oven to 350°.
2. Using a sharp knife or mandolin (set to medium thickness), slice the zucchini and eggplant into long strips.
3. Lay out the strips and sprinkle generously with salt to sweat out the extra bitterness and moisture for 30 minutes. Wipe down the strips with a paper towel.
4. While waiting for the squash and eggplant to sweat, mix the ricotta cheese, spinach, egg and oregano together in a bowl.
5. If using meat, sauté meat and mix into the tomato sauce.
6. In an 8x12" baking dish, smear a thin layer of tomato sauce on the bottom to prevent your lasagna from sticking to the dish.
7. Layer your eggplant and squash "noodles", covering the bottom of the dish.
8. Use 1/2 of the cheese mix to spread over the noodles.
9. Drizzle part of the sauce mix over the cheese mix.
10. Repeat step 6 – 9 again to layer up the lasagna.
11. Sprinkle a layer of mozzarella cheese on top.
12. Bake for 45 minutes.



BEETS

THE GOOD: High in folic acid (a type of Vitamin B), beets are super delicious roasted and add a lovely touch of sweetness to salads and meals (as well as a vibrant pink color).

THE CARB: 1 cup of raw beets has 9 grams of net carbs. Thanks to the strong taste of beets, a little goes a long way.

BEETCAKES

Filling:

INGREDIENTS:

- 3 roasted beets ([link goes to directions on how to roast beets](#))
- 4 oz of Neufchatel cream cheese
- 1 egg
- Liquid stevia

CRUST

INGREDIENTS:

I was trying to use up some flour and also use all the darn flaxseed meal I have when I made this recipe. But, you can use only almond flour if you want.

- 2 tbsp. ground flaxseed
- 3 roasted beets ([link goes to directions on how to roast beets](#))
- 2 tbsp. spoons almond flour
- 4 tbsp. butter
- Liquid stevia



DIRECTIONS:

1. Prepare to get your hands massively stained pink and/or your kitchen to look like a Dexter crime scene. Preheat oven to 350° for the body parts... I mean... the beetcakes.
2. Blend beets and cream cheese until smooth. Give batter a quick taste to see if you are okay with the naturally sweet mix or if you want to make it sweeter.
3. Add in the egg and stevia (if you want the batter to be sweeter). Blend.
4. Melt butter in a microwavable bowl (~30 seconds)
5. Add in the flour(s) and any additionally desired stevia to taste, and mix.
6. Use muffin tin liners OR spray the muffin pan with a non-stick spray.
7. Pat about a tbsp. worth of dough into the bottom of the muffin pan.
8. Then spread the filling evenly over the 6 cups.
9. Pop into oven for about 17 minutes or until you can stick something pointy in them and it comes out pretty clean. Take out the beetcakes and let them cool.

BONUS TIP:

If you don't use muffin liners, run a knife around the edges of the beetcakes to loosen them before you try to take them out of the pan.





STRAWBERRIES

THE GOOD: The natural sweetness and lovely color complements salads and low carb desserts. Extremely high in Vitamin C.

THE CARB: 9 net carbs in 1 cup of chopped up strawberries.

PB&J CUPCAKES CRUST

INGREDIENTS:

- Flaxseed meal 3 tbsp
- Almond flour 3 tbsp
- Peanut butter 3 tbsp

FILLING

INGREDIENTS:

- Overflowing 1 cup of strawberries
- 8oz cream cheese
- Sweetener of choice
- 1 egg

DIRECTIONS:

1. Pre heat oven to 350 degrees
2. Microwave peanut butter for about 20 seconds to soften. Mix with almond flour and flaxseed meal. If desired, add a small amount of sweetener. Spread mixture evenly in 8 cupcake liners, patting down to cover the bottom.
3. Blend strawberries and cream cheese. Add egg and sweetener to taste, blend in. Pour evenly into cupcake liners. If desired, add ¼ tsp of peanut butter into the middle of the cupcake batter for extra peanut butter flavor
4. Bake for 22 minutes or until fork comes out clean. Tastes best if chilled for over an hour.
5. If desired, slice a strawberry and serve with a strawberry slice on top.





Cauliflower

I left the cauliflower for last because this bad boy is one of the most commonly known and loved vegetables by anyone that has sacrificed potatoes and rice from their diet.

THE GOOD: This extremely versatile vegetable is high in Vitamins C, K and B6 and is commonly considered the low carb's best friend (aside from bacon). Cauliflower can be turned into rice, mashed up to taste like potatoes, made into pizza crust and more.

THE CARB: 1 cup of cauliflower has net carbs of 3g and 25 calories.

PURPLE VEGGIE MASH

Did you know that cauliflower comes in colors other than white? Orange, purple and green are other colors of cauliflower you can find at your local market. You can brighten up your plate by making the following veggie mash with purple cauliflower.

INGREDIENTS:

- 1 head purple cauliflower
- 1 daikon radish and/or turnip
- 1 medium to large sized rutabaga
- Heavy cream
- Goat cheese

DIRECTIONS:

1. Coarsely chop the cauliflower and steam until soft.
2. Peel and chop radish/turnip/rutabaga and boil till soft (you can retain the liquid stock for future use).
3. Blend or mash all of the above ingredients, adding in the cream and the goat cheese to your personal preference.
4. Salt and pepper to taste!

