

Low Carb Quick Dishes

1. [Chicken Pizza Bowl](#)
2. [Chicken Parmesan](#)
3. [Chicken and Blue Cheese Roll-Ups](#)
4. [Rolled Mozzarella Chicken](#)
5. [Chicken Carbonara](#)
6. [Hot or Cold Chicken Salad](#)
7. [Cheesy Chicken](#)
8. [Chicken Dijon Ranch](#)
9. [Parmesan Fried Zucchini](#)
10. [Huevos Poblanos Quiche Casserole](#)
11. [Mediterranean Burger](#)
12. [Bacon Stuffed Burgers](#)
13. [Pork Chops Italiano](#)
14. [Quick Beef Sausages](#)
15. [Beef, Bean and Cheese Tostadas](#)
16. [Mexican Pork Steaks](#)
17. [Crab Stuffed Sole](#)
18. [Crab Broccoli Casserole](#)

Chicken Pizza Bowl

Chicken Pizza Bowl with cooked chicken and diced pepperoni mixed with shredded mozzarella cheese and your favorite quick pizza sauce. Heat in microwave.



1 cup leftover chunks of cooked chicken
1/4 cup diced pepperoni
1/2 cup shredded mozzarella cheese
1/8 cup pizza sauce

Combine the cooked chicken, diced pepperoni, and shredded mozzarella in a bowl.

Add a few tablespoons of pizza sauce and stir to combine.

Heat in the microwave until everything is hot and bubbly.

Recipe makes 2 servings

Calories: 233; Fat: 15g; Calories from fat: 69.7 percent; Protein: 13g; Carbs: 2g; Fiber: 1g; Cholesterol: 51mg; Sodium: 435

Exchanges: 2 Lean Meat, 2 Fat

Chicken Parmesan

This is quick and easy to prepare, and the chicken gets tender and moist.

3 chicken breasts
1 egg
1/2 cup crushed pork rinds
Oregano, garlic powder, Parmesan to taste
3/4 cup tomato sauce
1-1/2 cups shredded mozzarella

Preheat oven 350 degrees. Mix rinds with spices and Parmesan in shallow bowl. Beat egg in another bowl. Dip each chicken piece in egg, then roll in crumb mixture. Lay in sprayed baking dish. Bake chicken 35 minutes. Add about 1/4 cup tomato sauce over each breast, and sprinkle each with 1/2 cup mozzarella. Return to oven and bake additional 10 minutes (or until chicken is no longer pink).

Chicken and Blue Cheese Roll-Ups

Chicken and Blue Cheese Roll-Ups uses boneless skinless chicken breast fillets wrapped in roll fashion with butter and blue cheese, then the rolled breasts are wrapped in bacon.

1/4 pound blue cheese, crumbled
2 ounces unsalted butter, softened
4 boneless skinless chicken breast fillets, tenderized
8 bacon slices
2-3/4 tablespoons olive oil
Toothpicks

Mix together blue cheese and butter until smooth. If needed, place chicken breasts between 2 sheets of waxed paper and flatten with a meat mallet or rolling pin. Spread evenly on one side of each chicken breast.

Roll up the breasts, wrap with bacon, and secure with toothpicks.

Heat oil in a pan over a moderate to low heat; cook chicken rolls; turning frequently, for 15 to 20 minutes or until cooked through.

Yield: 4 Servings

Calories: 544; Fat: 36.2g; Cholesterol: 170mg; Protein: 52g; Carbohydrate: 0.8g; Fiber: 0; Sodium: 763mg

Exchanges: 1-1/2 Lean Meat, 6 Fat, 5-1/2 Very Lean Meat Protein

Rolled Mozzarella Chicken

12 ounces boneless chicken breasts
2 slices ham lunch-meat
2 ounces Mozzarella
Crushed pork rinds
3 tablespoons grated Parmesan



Preheat oven to 350 degrees. Mix rinds and Parmesan. Pound chicken breasts flat. Sprinkle with salt, pepper, garlic and onion powder. Place 1/2 slice ham and some mozzarella on each breast. Roll up and dip in rind-Parmesan mixture. Place in baking dish seam down, and bake 20 to 25 minutes. Serves 2 at 1 carb each.

Chicken Carbonara

12 ounces boneless skinless chicken breasts
3/4 cup Ragu Cheese Creations Roasted Garlic Parmesan Sauce
1 cup shredded Mozzarella

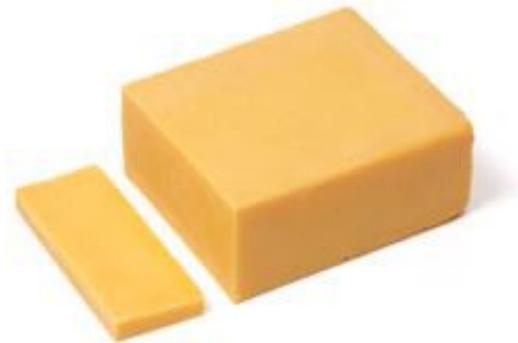
Preheat oven to 350 degrees. Saute chicken in butter sprinkled with seasoned salt just until browned on both sides. Place small amount of sauce in bottom of baking dish. Put chicken on top of sauce. Top with shredded cheese and rest of sauce. Bake 40 minutes or until chicken is done. Serves 2 at 6 carbs each.

Hot or Cold Chicken Salad

8 oz chicken
3 to 4 tablespoons mayonnaise
1 cup shredded Cheddar cheese
1 tablespoon Dijon mustard
1 tablespoon each chopped: onion, red pepper, parsley
4 slices bacon, cooked crisp, crumbled

Mix all ingredients together. Place in refrigerator to cool or bake at 350 for 20 minutes until hot and bubbly.

Nutrition information per serving:
Recipe makes 2 servings
Carbohydrates: 3



Cheesy Chicken

12 oz chicken breasts
1 tablespoon butter
3 thin ham slices
1/2 cup Cheddar
1/2 cup cream
Salt, pepper, garlic powder
1/4 teaspoon liquid smoke



Pound chicken, then saute in butter until done. Add ham slices to pan and warm. Remove chicken and ham. Melt little butter in pan, add cream, seasonings and liquid smoke. Add cheese and stir until melted. Put ham slice on each chicken breast and pour sauce over top. (Serves 2 at 3 carbs)

Chicken Dijon Ranch

12 oz chicken breasts
1/4 cup ranch dressing
1 tablespoon Dijon mustard
2 teaspoon butter
Splash white wine

Saute chicken in butter until done and remove from pan. Pour wine into skillet; cook over medium high heat, scraping up browned bits. Mix dressing and Dijon and whisk into wine in pan. Serve over chicken. (2 servings, 3 carbs).

Parmesan Fried Zucchini

Parmesan adds a wonderful flavor to zucchini and zucchini adds plenty of nutrients to your diet in this Parmesan-Fried Zucchini.

1 zucchini, freshly ground
1 egg
Grated Parmesan cheese
Oil to fry



Heat oil in small skillet. Stir egg briskly with fork in a small bowl. Pour grated Parmesan cheese onto small plate.

Slice zucchini and dip slices into egg, covering both sides. Lay zucchini slices in Parmesan cheese and cover both sides. Fry zucchini slices in oil until golden brown and crispy. Remove and place on paper towel to drain oil. **Optional:** Dip in cheese fondue or ranch dressing.

Huevos Poblanos Quiche Casserole

Easy to whip up! Simply whip the eggs until frothy, mix in remaining ingredients per instructions and bake.

12 eggs, beaten
Salt and black pepper, to taste
1/4 cup onion, dry
2 tablespoons parsley, chopped
24 ounces cottage cheese, creamed
1 can green chiles (4 ounce), chopped
1/2 pound cooked bacon, crumbled
1 cup Cheddar cheese, grated

Preheat the oven to 350-degrees. Spray a 9 x 13-inch baking pan with nonstick spray. In a large bowl whip the eggs until frothy, then sprinkle with salt and pepper (to taste). Stir in the green onions and parsley. Blend in each of the remaining ingredients gently. Pour mixture into the prepared pan.

Bake, uncovered, for 45 to 50 minutes.

Recipe makes 6 servings

Calories: 533; Fat: 36g (61.8 percent calories from fat); Protein: 43g; Carbohydrate: 7g; Fiber: trace; Cholesterol: 436mg; Sodium: 1294; Fiber 2g Exchanges: 6 Lean Meat, 4-1/2 Fat

Mediterranean Burger

You use ground sirloin for your pattie in this Mediterranean Burger. Add green olives, tomato slice, goat cheese and a bit of chopped onions.

1/4 pound ground sirloin patty, frozen
3 green olives, sliced
1 tomato slice
1 tablespoon goat cheese
1 teaspoon chopped onions

Fry the sirloin hamburger patty in a skillet over medium heat (no need to thaw the sirloin). When the sirloin patty is almost done, top with the goat cheese (or cheese of choice) and a sprinkling of onions. Remove the sirloin patty to a plate. Top with tomato slice and green olives, if desired. 1 serving.

Bacon Stuffed Burgers

4 slices bacon
1/4 cup onion, chopped
1 can mushroom pieces, drained and finely chopped
1 pound lean ground beef
1 pound bulk pork sausage
1/4 cup Parmesan cheese, grated
1/2 teaspoon pepper
1/4 teaspoon garlic powder
2 tablespoon steak sauce



Cook bacon until crisp. Remove bacon and discard all but 2 tablespoons drippings. Saute onion in drippings until tender. Crumble bacon and add with mushrooms to skillet and set aside.

Meanwhile, combine beef, pork, cheese, pepper, garlic powder and steak sauce in a large bowl. Shape into 16 patties. Divide bacon mixture and place over eight of the patties. Place remaining patties on top and press edges tightly to seal. Grill over medium coals until well done (pork sausage in burgers requires thorough cooking). Serve on buns, with lettuce if desired. Yield: 8 servings.

Per Serving: 177 Calories; 17 g Protein; 10 g Total Fat; 3 g Carbs; 1 g Fiber; 52 mg Calcium; 2 mg Iron; 202 mg Sodium; 51 mg Cholesterol

Pork Chops Italiano

Two simple ingredients create Pork Chops Italiano - your pork chops and fat free Italian dressing! Simply place your chops in shallow dish, cover with dressing and marinate. When ready, grill.

4 boneless pork chops, about 1/4 pound each
1 cup fat-free Italian dressing

Place pork chops in a shallow dish and pour dressing over. Cover and marinate in refrigerator, turning occasionally, 3 hours or overnight.

Prepare grill or broiler. Remove chops, reserving marinade. Grill or broil 7 minutes, basting occasionally with reserved marinade. Turn and grill another 6 to 7 minutes, basting, until just cooked through.

Yield: 4 Servings

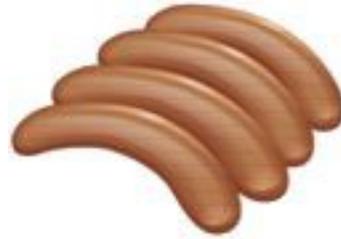
Calories: 139; Fat: 6.5g; Cholesterol: 52mg; Protein: 18.3g; Carbohydrate: 0.5g; Fiber: 0; Sodium: 93mg

Exchanges: 1 Fat, 2-1/2 Very Lean Meat Protein

Quick Beef Sausages

These delicious Quick Beef Sausages are made using ground beef seasoned with garlic, thyme, allspice and cloves. Form into sausages and grill or broil.

1/4 teaspoon baking soda
1/4 cup beef stock
1 pound lean ground beef
2 cloves garlic, crushed
1/4 teaspoon thyme
1/8 teaspoon allspice, ground
1/8 teaspoon cloves, ground



Combine baking soda and stock in a bowl until dissolved. Add remaining ingredients and salt and pepper to taste. Knead with your hands until well blended.

With hands rinsed in cold water, form mixture into 8 compact sausages about 3 inch long and 1-1/2 inch thick. If desired, cover and refrigerate until ready to serve, up to 24 hours.

Prepare grill or broiler.

Grill or broil sausages 4 inches from heat source about 5 minutes, or longer if desired.

Yield: 4 Servings

Calories: 196; Fat: 10.3; Cholesterol: 41mg; Protein: 23.5g; Carbohydrate: 0.8g; Fiber: 0.1g; Sodium: 210mg

Exchanges: 3-1/2 Lean Meat

Beef, Bean and Cheese Tostadas

These Beef, Bean and Cheese Tostadas taste so good! Made with provolone cheese, ground beef, onion, black soy beans and hot and spicy seasonings of chili, garlic and cayenne pepper.

4 slices Provolone cheese
3/4 pound lean ground beef
1/4 cup chopped onion
1/2 cup black soy beans
1 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 cup diced tomato
1/2 cup Cheddar cheese, shredded

Using parchment paper, microwave each slice of provolone for 1 to 2 minutes until brown and crispy. Brown ground beef and onions, drain fat.

Add spices and drained beans and heat.

On each provolone shell, layer meat mixture, top with tomato, then cheese.

Recipe makes 2 servings

Carbohydrates: 9.8



Mexican Pork Steaks

Mexican Pork Steaks use pork blade steaks served Mexican style with chunky salsa, lemon juice, and seasoned with ground cumin and cilantro.

1 teaspoon vegetable oil
4 pork blade steaks, 1/2 inch thick
1 cup chunky style prepared salsa
1/3 cup water
2 tablespoons lemon juice
1/2 teaspoon ground cumin
1/4 cup coriander, chopped

Heat oil in a heavy nonstick skillet over medium high heat. Brown pork steaks on both sides.

Combine remaining ingredients, except cilantro, in a bowl. Season with salt to taste. Pour mixture over chops. Cover and simmer 10 to 12 minutes. Sprinkle with cilantro and serve.

Yield: 4 Servings

Calories: 454; Fat: 37.6; Cholesterol: 109mg; Protein: 24.4g; Carbohydrate: 3g; Fiber: 0.7g; Sodium: 317mg

Exchanges: 1/2 Vegetable, 4 Lean Meat, 5-1/2 Fat

Crab Stuffed Sole

1-1/2 pound sole
6 oz can crab
2 oz cream cheese
2 tablespoon mayo
1 teaspoon Tabasco
1 tablespoon chives
1 egg

Mix all ingredients. Lay fillets flat and top with generous amount of filling. Roll up fish and bake at 350 degrees for 20 to 25 minutes. Serves 4 at 1 carb.

Note: If you have extra filling that wouldn't fit on the fish, just spoon it into the baking dish, and cooked along with the fish. It could be used as a main dish by itself!

Crab Broccoli Casserole

2 tablespoons butter
1/4 cup chopped onion
8 oz crab
1/4 teaspoon curry
1/4 cup cream
1/4 cup water
2 cups cooked broccoli
1 cup Cheddar
Xanthan gum (thickener)
1/2 teaspoons salt
1 tablespoon lemon juice

Preheat oven 350 degrees.

Grease 1 quart casserole and put cooked broccoli in bottom. Sprinkle with cheese. Melt butter and saute onion. Add flour, curry powder and salt. Gradually stir in cream and water mixture. Cook until thickened (may have to add thickener). Add lemon juice and crab. Pour over broccoli. Bake 30 minutes. Serves 2 at 8 carbs (5 NET carbs).