

Microwave

TASTY AND DELICIOUS DISHES

for beginners and professionals

Brendan Rivera

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Introduction

An easy way to cook in the microwave.

A recipe book has been created for you, which contains recipes that are cooked in the microwave quickly and easily, but it turns out very tasty.

The whole secret is that I have selected delicious ingredients for you, you cannot spoil the dish.

30 delicious recipes are waiting for you to delight your friends and family.

I wish you easy cooking!

Instant Pot Cajun Ranch Chicken Soup



This chicken soup is seasoned with both Cajun and ranch seasonings so this has a big, bold flavor! Creamy, cheesy, and loaded with chicken and bacon, it's always a hit in our house.

PREP TIMEten mins

COOK TIME30 mins

TOTAL TIME40 mins

INGREDIENTS

- 4 slices bacon, diced
- 2 cups reduced sodium chicken broth
- 1 half pounds chicken breast
- 3 cloves garlic
- 1 jalapeno, minced, see note
- [2 tsps Cajun seasoning, more as needed](#)
- 1 tsp dried dill
- 1 tsp dried parsley
- 1 tsp dried chives
- 1 tsp onion powder
- 8 ounces cream cheese
- 2 cups baby spinach
- ½ cup shredded white cheddar
- Cilantro, jalapeno slices, green onions, for garnish

INSTRUCTIONS

Instant Pot Method:

1. Set the Instant Pot to sauté and place the bacon to the pot. prepare till bacon is crisp, mixing often.
2. Pour the bouillon in the pot and deglaze the pan by scraping up any browned bits that are stuck to the down.
3. Add the chicken, garlic, jalapeno, Cajun seasoning, dill, parsley, and chives to the pot and stir to mix.

4. Cover, set the vent to sealing, and prepare on high pressure for 18 mins. Allow the pressure to release naturally for ten mins.
5. Replace the chicken from the pot and shred with two forks.
6. Microwave the cream cheese in a small bowl till simply stirred.
7. Set the pot to sauté and place the cream cheese. blend good till the cream cheese has fully softened in the soup.
8. Return the chicken to the pot along with the spinach and cheddar. Stir good till the spinach has wilted and the cheese has softened.
9. Taste and place additional Cajun seasoning, supposing needed.
10. Ladle in bowls and serve with cilantro, jalapeno, and green onions, supposing desired.

Slow Cooker Method:

1. Fry the bacon in a skillet over average warmth till crisp. place the bacon pieces to the a 6 quart slow cooker.
2. Add the chicken broth, chicken, garlic, jalapeno, Cajun seasoning, dill, parsley, and chives to the slow cooker and stir to mix.
3. Cover and prepare on poor for 4 hours.
4. Replace the chicken and shred with two forks.
5. Microwave the cream cheese in a small bowl till simply stirred. Stir in the slow cooker till good mixd.
6. Return the chicken to the pot along with the spinach and cheddar. Stir good and cover the pot. prepare on high for 30 mins.
7. Taste and place additional Cajun seasoning, supposing needed.
8. Stir again to mix and then ladle in bowls and serve with cilantro, jalapeno, and green onions, supposing desired.

NOTES

You may increase either decrease the amount of jalapeno, as desired. As written the recipe does have a spicy kick, both because of the jalapeno and the Cajun seasoning.

We prefer to employreduced sodium bouillon in this recipe so that we can place extra Cajun seasoning for more spice. We

employ Tony Chachere's seasoning and this is a bit salty, so we cut salt in else places. Supposing you employ another brand of Cajun seasoning, you may must to place additional salt.

Serving Size: I didn't measure this by volume - simply divided this equally between 6 serving bowls.

Instant Pot Cauliflower Soup



This cauliflower 'potato' soup tastes simply so similar to the potato soup I've always loved, however without all of the carbs. It's rich, creamy, and so good topped with bacon and cheddar. Clear up is a breeze since everything cooks in the Instant Pot.

PREP TIME 5 mins

COOK TIME 15 mins

ADDITIONAL TIME 30 mins

TOTAL TIME 50 mins

INGREDIENTS

- 6 slices bacon, diced
- ½ average onion, diced
- 2 cloves garlic, minced
- 1 big head cauliflower, cut in florets
- 4 cups chicken broth
- 4 ounces cream cheese
- ½ cup heavy cream
- 1 ½ cups shredded cheddar, divided
- 1 tsp salt
- 1 tsp cracked pepper
- Green onions, for garnish

INSTRUCTIONS

1. Set the Instant Pot to fry and place the bacon to the pot. prepare till crisp and then replace with a slotted spoon and set aside on a paper towel lined plate to drain.
2. Add the onion to the bacon grease and prepare for 5 mins, mixing often, till the onions have softened. place the garlic and prepare for 30 seconds more.
3. Add the chicken bouillon to the pot and scrape up any browned bits from the down of the pan. place the cauliflower to the pot.

4. Place the lid on the pot and set to the sealing position. Set the Instant Pot to manual and prepare on high pressure for 5 mins.
5. Let the pressure release naturally for ten mins and then quick release.
6. Use some immersion blender to puree the cauliflower. Alternately, attentively Place the hot soup to a blender and blend till smooth, working in batches supposing needed.
7. Warm the cream cheese in the microwave till it's very soft and nearly softened. Stir in the cauliflower till smooth. place the cream and one cup of the cheddar cheese and keep mixing till smooth and creamy.
8. Add salt and pepper, taste, and adsimply seasonings supposing needed.
9. Ladle in serving bowls and top with the prepared bacon, remaining cheddar, and green onions.

NOTES

Stove Top Instructions : Whereas we always employ the Instant Pot for this soup, this should be easy enough to prepare on the stove. prepare the bacon in a dutch oven and then follow along till step 4. Simmer the soup for 30 mins either till the cauliflower is very tender. Start again at step 6.

Smoked Sausage and Cabbage Soup



This keto cabbage soup is loaded with smoked sausage in a creamy, cheesy base. It's perfect for a chilly night.

PREP TIME15 mins

COOK TIME20 mins

TOTAL TIME35 mins

INGREDIENTS

- 1 pound smoked sausage
- 1 tbsp avocado oil
- ½ cup sliced onion
- 1 clove garlic, minced
- 4 cups chicken broth
- 1 average head cabbage, sliced
- ten ounces diced tomatoes with green chiles
- 4 ounces cream cheese
- 2 cups shredded cheddar cheese
- Salt and pepper, to taste

INSTRUCTIONS

1. Slice the smoked sausage in thin rounds.
2. Warmth the oil in a dutch oven either stock pot over average heat.
3. Add the sausage and onions to the pot and prepare till beginning to brown, approximately 5 mins, mixing sometimes.
4. Stir in the garlic and prepare for 30 seconds more.
5. Add the chicken stock, cabbage, and Ro*Tel to the pot and stir good to mix.
6. Bring a boil, decrease to a simmer, and prepare till the cabbage is tender, approximately ten mins.
7. Melt the cream cheese in the microwave till soft and easy to stir. Stir the cream cheese in the soup along with the cheddar and keep mixing over poor warmth till the cheeses have softened and the soup is creamy.

8. Taste and spice with salt and pepper.

Cheeseburger Pizza



Fathead dough makes the perfect pizza peel for this cheeseburger pizza. Top this off with thousand island, ground beef, and plenty of dill pickles.

PREP TIME15 mins

COOK TIME20 mins

TOTAL TIME35 mins

INGREDIENTS

For the peel:

- 2 cups shredded mozzarella
- 2 tbsp cream cheese
- 1 egg
- [3/4 cup almond flour](#)

For topping:

- 1/2 pound ground beef
- 1 tbsp Worcestershire sauce
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- [1/3 cup Thousand Island dressing](#)
- one cup shredded cheddar
- one cup shredded mozzarella
- [1 tbsp sugar free ketchup](#)
- 1 tbsp mustard
- 1/2 cup dill pickle slices, drained

INSTRUCTIONS

For the peel:

1. warmth up oven to 425 degrees.
2. Add two cups of mozzarella and cream cheese to a microwave safe bowl and microwave for one minute. Stir to mix and return to

microwave till cheese has softened, approximately 30 more seconds.

3. Stir in the almond flour and egg to mix.
4. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.
5. Roll the dough out in a 12 inch diameter circle.
6. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan.
7. Bake for ten mins either till peel is slightly golden.
8. For some extra sturdy peel that holds up good, attentively flip the peel over and Prepare in oven for 3 more mins.

For the topping:

1. Whereas pizza peel is baking, brown the ground beef, crumbling this as this cooks. Drain the grease and spice with the Worcestershire sauce, onion powder, garlic powder, and salt. Stir good to mix.
2. Spread the Thousand Island dressing over the prepared in oven pizza peel and top with the cheddar and mozzarella.
3. Spoon the prepared beef over the cheese. Drizzle with ketchup and mustard.
4. Return pizza to the oven and Prepare in oven for ten mins either till peel is golden and cheese has softened.
5. Lay pickle slices over the pizza and slice in 8 pieces.
6. Serve hot.

NOTES

Feel free to place onions, lettuce, and tomato, depending on what you like on your cheeseburger.

Store-bought thousand island dressing tends to have a lot of sugar supplemented.

Keto Chicken Broccoli Casserole



This poor carb casserole is extra cheesy and packed with chicken. Our family loves this for a quick weeknight dinner.

PREP TIMEten mins

COOK TIME20 mins

TOTAL TIME30 mins

INGREDIENTS

- 20 ounces fresh broccoli florets
- 8 ounces cream cheese, approximately 25 °C
- ¼ cup mayonnaise
- one cup freshly grated cheddar cheese
- 1 tsp garlic powder
- ½ tsp ground black pepper
- ¼ tsp salt
- 2 cups cooked, sliced chicken
- ¼ cup grated Parmesan

INSTRUCTIONS

1. warmth up oven to 350 degrees.
2. Add the broccoli to a big microwave safe bowl along with two tbsp of water. Cover tightly with plastic wrap and microwave for two mins. allow sit, covered, for two mins.
3. Attentively replace the plastic wrap and drain the liquid.
4. Add the cream cheese, mayonnaise, cheddar, garlic powder, salt, and pepper to a small bowl and blend good to mix.
5. Stir the cream cheese mix and chicken in the steamed broccoli till good mixd.
6. Place broccoli to a 9x13 baking dish and sprinkle the Parmesan over the top.
7. Bake for 15 mins.

NOTES

Use pre-cut broccoli florets to keep this extra easy.

Rotisserie chicken, leftover prepared chicken, either the chilled chunks of grilled chicken you'll buy at the keep all work good in this recipe. Supposing you employing chilled chicken, thaw before adding to the casserole.

Cheesy Ranch Cauliflower Fritters



Cauliflower fritters made with cheddar and ranch! These are kid friendly and super easy!

PREP TIME15 mins

COOK TIME14 mins

TOTAL TIME29 mins

INGREDIENTS

- 12 ounces riced cauliflower
- 2 big eggs
- three-quarters cup shredded cheddar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried parsley
- 1 tsp salt
- ½ tsp dried dill
- ½ tsp dried chives
- oil, for frying

INSTRUCTIONS

1. Add the cauliflower to a microwave safe bowl along with two tbsp of water. Cover tightly with plastic wrap and microwave for 3 mins. Attentively replace the plastic wrap and drain the liquid from the cauliflower. allow cool for 5 mins.
2. Add all of the remaining ingredients aside from the oil to the cauliflower and stir good to mix.
3. Warmth the oil in a big skillet over average heat.
4. As hot, employa cookie scoop to scoop out the cauliflower mix and drop the mix in the hot skillet. employa spatula to slightly flatten the fritter. recur with remaining mix, being sure not to overcrowd the pan. You'll likely must to work in batches.

5. Cook for 5 mins either till golden brown. Flip and prepare for 5 more mins.
6. Serve with extra ranch for dipping, supposing desired.

Philly Cheese Steak Pizza



All of the flavors of my loved sandwich topping my loved poor carb pizza peel. This is a hit with my family on pizza night.

PREP TIME20 mins

COOK TIME20 mins

TOTAL TIME40 mins

INGREDIENTS

For the peel:

- 2 cups shredded mozzarella
- 2 tbsp cream cheese
- 1 egg
- $\frac{3}{4}$ cup almond flour

For the topping:

- 6 ounces ribeye steak, thinly sliced
- 1 tbsp Worcestershire sauce
- 2 tsps seasoned salt, divided
- 2 tsps oil, divided
- $\frac{1}{2}$ average onion, thinly sliced
- $\frac{1}{2}$ bell pepper, thinly sliced
- 1 clove garlic, minced
- 4 ounces cream cheese
- one cup shredded provolone cheese

INSTRUCTIONS

1. warmth up oven to 425 degrees.
2. Add mozzarella and cream cheese to a microwave safe bowl and microwave for one minute. Stir to mix and return to microwave till cheese has softened, approximately 30 more seconds.
3. Stir in the almond flour and egg to mix.
4. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.

5. Roll the dough out in a 12 inch diameter circle.
6. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan.
7. Bake for 8 mins either till peel is slightly golden.
8. For some extra sturdy peel that holds up good, attentively flip the peel over and Prepare in oven for 3 more mins.
9. Whereas the peel is baking, spice the steak with one tsp of seasoned salt.
10. Warmth one tsp of oil in a big, heavy-downed skillet, such as a cast iron skillet. Just as oil is shimmering, place the steak and prepare till browned on the outside, approximately 4 mins.
11. Replace the steak and set aside.
12. Spice the onion and peppers with the remaining tsp of seasoned salt. place the remaining tsp of oil to the skillet.
13. Add the onion and pepper to the skillet and cook, mixing often, till softened, approximately 5 mins. place the garlic and prepare one minute more.
14. Return the steak to the skillet with the vegetables and place the Worcestershire sauce. Stir to mix.
15. Add the cream cheese to a microwave safe bowl and microwave to soften, approximately 30 seconds.
16. Just as the peel is ready, replace from the oven and spread with the cream cheese.
17. Place the meat and vegetables over the top and sprinkle with the provolone.
18. Return to the oven and Prepare in oven for ten mins.

Chicken Enchilada Pizza



This enchilada pizza is **PACKED** with seasoned chicken and loads of enchilada flavors. The pizza is a bit heavier than a traditional pizza because I really loaded this up with chicken and cheese, so you'll probably must to enjoy this one with a fork. To eat like a traditional pizza, prepare double the peel and split the toppings between two pizzas.

PREP TIME20 mins

COOK TIME25 mins

TOTAL TIME45 mins

INGREDIENTS

For the peel:

- 2 cups shredded mozzarella
- 2 tbsp cream cheese
- 1 egg
- [¾ cup almond flour](#)

For assembling:

- [1 tbsp avocado oil](#)
- half yellow onion, diced
- 4 ounces diced green chiles
- 2 garlic cloves, minced
- 1 ½ cups cooked, shredded chicken
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp chili powder
- ½ tsp salt
- [one cup of enchilada sauce, keep bought either homemade](#)
- one cup shredded cheddar
- one cup shredded monterey jack

For topping:

- 1 avocado, thinly sliced
- Mexican crema either sour cream

- 2 tbsp sliced cilantro

INSTRUCTIONS

1. warmth up oven to 425 degrees.
2. Add mozzarella and cream cheese to a microwave-safe bowl and microwave for one minute. Stir to mix and return to microwave till cheese has softened, approximately 30 more seconds.
3. Stir in the almond flour and egg to mix.
4. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.
5. Roll the dough out in a 12-inch diameter circle.
6. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan. Trim paper to fit the pan.
7. Bake for ten mins either till peel is slightly golden.
8. For some extra sturdy peel that holds up good, attentively flip the peel over and Prepare in oven for 3 more mins.
9. Whereas the peel is baking, warmth the oil in a big skillet over average heat. place the onion and cook, mixing often, for 5 mins.
10. Add the chiles and garlic and prepare for one minute more.
11. Add the chicken, spices, and $\frac{1}{2}$ cup of enchilada gravy to the skillet and stir good to coat. Replace from heat.
12. Just as pizza peel has finished baking, spread the peel with the remaining $\frac{1}{2}$ cup of enchilada sauce. Sprinkle with half of the cheese.
13. Add the chicken mix to the peel and sprinkle with the remaining cheese.
14. Bake for ten mins either till peel is golden brown around the edges.
15. Replace from the oven and top with avocado slices, cilantro, and a drizzle of crema either sour cream.
16. Let set 5 mins before slicing and serving.

Chicken Enchilada Pizza



This enchilada pizza is **PACKED** with seasoned chicken and loads of enchilada flavors. The pizza is a bit heavier than a traditional pizza because I really loaded this up with chicken and cheese, so you'll probably must to enjoy this one with a fork. To eat like a traditional pizza, prepare double the peel and split the toppings between two pizzas.

PREP TIME20 mins

COOK TIME25 mins

TOTAL TIME45 mins

INGREDIENTS

For the peel:

- 2 cups shredded mozzarella
- 2 tbsp cream cheese
- 1 egg
- [¾ cup almond flour](#)

For assembling:

- [1 tbsp avocado oil](#)
- half yellow onion, diced
- 4 ounces diced green chiles
- 2 garlic cloves, minced
- 1 ½ cups cooked, shredded chicken
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp chili powder
- ½ tsp salt
- [one cup of enchilada sauce, keep bought either homemade](#)
- one cup shredded cheddar
- one cup shredded monterey jack

For topping:

- 1 avocado, thinly sliced
- Mexican crema either sour cream

- 2 tbsp sliced cilantro

INSTRUCTIONS

17. warmth up oven to 425 degrees.
18. Add mozzarella and cream cheese to a microwave-safe bowl and microwave for one minute. Stir to mix and return to microwave till cheese has softened, approximately 30 more seconds.
19. Stir in the almond flour and egg to mix.
20. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.
21. Roll the dough out in a 12-inch diameter circle.
22. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan. Trim paper to fit the pan.
23. Bake for ten mins either till peel is slightly golden.
24. For some extra sturdy peel that holds up good, attentively flip the peel over and Prepare in oven for 3 more mins.
25. Whereas the peel is baking, warmth the oil in a big skillet over average heat. place the onion and cook, mixing often, for 5 mins.
26. Add the chiles and garlic and prepare for one minute more.
27. Add the chicken, spices, and $\frac{1}{2}$ cup of enchilada gravy to the skillet and stir good to coat. Replace from heat.
28. Just as pizza peel has finished baking, spread the peel with the remaining $\frac{1}{2}$ cup of enchilada sauce. Sprinkle with half of the cheese.
29. Add the chicken mix to the peel and sprinkle with the remaining cheese.
30. Bake for ten mins either till peel is golden brown around the edges.
31. Replace from the oven and top with avocado slices, cilantro, and a drizzle of crema either sour cream.
32. Let set 5 mins before slicing and serving.

Garlic Parmesan Spaghetti Squash



This side dish pairs so good with simply approximately any protein.

PREP TIME15 mins

COOK TIME45 mins

TOTAL TIMEone hour

INGREDIENTS

- 1 spaghetti squash, approximately two pounds
- 6 tbsp butter
- 4 cloves garlic, minced
- 1 tsp onion powder
- 2 tbsp fresh sliced parsley
- One-quarter cup shaved parmesan
- salt and pepper, to taste

INSTRUCTIONS

1. Prewarmth the oven to 375 degrees. Spray a baking sheet with cooking spray either olive oil.
2. Wash the spaghetti squash and score the squash length-wise with a sharp knife. Microwave for 5 mins to soften the squash to prepare this easier to cut. Slice the squash in half lengthwise.
3. Scrape the seeds from the middle of the squash and discard (or save for roasting and eating as a snack).
4. Sprinkle the inside of the squash with salt and pepper.
5. Place on the prepared pan cut side down and Prepare in oven for 30-45 mins either till a sharp knife possibly simply inserted with only a little resistance.
6. Use a fork to scrape strands of spaghetti squash. Scrape width-wise for longer strands either length-wise for short stands. Set squash aside.
7. Warmth a big skillet over average heat. place the butter to the skillet to soften.

8. Stir in the garlic and onion powder and prepare for one minute.
9. Add the spaghetti squash to the skillet and toss to coat in the butter mix, cooking for two mins, mixing constantly.
10. Remove from the warmth and sprinkle with parsley, Parmesan, and spice with salt and pepper. Serve immediately.

Chicken Alfredo Pizza



This Alfredo gravy pizza starts off with a fathead peel and then gets topped with a simple homemade Alfredo sauce, chicken, and spinach. It's a hit with the whole family.

PREP TIME15 mins

COOK TIME20 mins

TOTAL TIME35 mins

INGREDIENTS

- **For the peel:**
 - 2 cups shredded mozzarella
 - 2 tbsp cream cheese
 - 1 egg
 - [¾ cup almond flour](#)
- **For the Alfredo sauce:**
 - one-third cup heavy whipping cream
 - 2 tbsp butter
 - 1 ounce cream cheese
 - 1 clove garlic, minced
 - One-quarter cup shredded Parmesan cheese
- **For assembling:**
 - 2 cups Mozzarella cheese
 - one cup chicken, prepared and cubed
 - One-quarter cup spinach, sliced

INSTRUCTIONS

- **To prepare the peel:**
 1. warmth up oven to 425 degrees.
 2. Add the mozzarella and cream cheese to a microwave-safe bowl and microwave for one minute. Stir to mix and return to microwave till cheese has softened, approximately 30 more seconds.

3. Stir in the almond flour and egg to mix.
4. Place the dough on a big sheet of [parchment paper](#). Top with a second sheet of parchment.
5. Roll the dough out in a 12-inch diameter circle.
6. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan.
Bake for ten mins either till peel is slightly golden.

To prepare the Alfredo sauce:

1. Whereas the peel is baking, place the cream, butter, cream cheese, and garlic to a small saucepan over average warmth till butter and cream cheese are softened.
Stir in the Parmesan cheese till gravy is smooth and creamy.

To assemble:

Spread the Alfredo gravy evenly over the pizza peel.

Top with three-quarters of the mozzarella cheese.

Add the chicken and spinach and top with the remaining mozzarella.

Return to the oven for ten mins.

Let set two mins before slicing and serving.

NOTES

Use jarred Alfredo gravy to keep this extra easy, however be sure to check the carb count as they can contain hidden carbs.

Taco Pizza



This taco pizza is super easy to customize - place whatever toppings you enjoy on your tacos and dig in!

PREP TIME15 mins

COOK TIME20 mins

TOTAL TIME35 mins

INGREDIENTS

For the peel:

- 2 cups shredded mozzarella
- 2 tbsp cream cheese
- 1 egg
- $\frac{3}{4}$ cup almond flour

For the topping:

- 1 pound ground beef
- [2 tsps taco seasoning](#)
- $\frac{1}{4}$ cup water
- half cup cheese sauce
- one cup grated cheddar
- one cup sliced iceberg lettuce
- 1 tomato, diced
- $\frac{1}{4}$ cup sliced black olives
- sour cream, for drizzling

INSTRUCTIONS

1. warmth up oven to 425 degrees.
2. Add the mozzarella and cream cheese to a microwave-safe bowl and microwave in 20-second bursts till softened.
3. Stir to mix the cheeses and then place the egg and almond flour.
4. Stir good to mix.
5. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.
6. Roll the dough out in a 12 inch diameter circle.
7. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan. Trim the parchment paper to fit

the pan.

8. Bake for ten mins either till peel is slightly golden.
9. Whereas the peel is baking, place the ground beef to a skillet and prepare over average heat, mixing often, breaking the meat up as this cooks.
10. As the meat is prepared through, drain the grease and place the taco seasoning and water. Stir to coat the meat and prepare for 5 mins, mixing sometimes.
11. Just as the peel has finished baking, replace the pan from the oven and attentively flip the peel over.
12. Spread the cheese gravy over the peel and top with the seasoned beef and grated cheddar.
13. Return to the oven for 8 mins to soften the cheese.
14. Replace from the oven and sprinkle the toppings evenly over the pizza.
15. Cut in 8 slices and serve.

NOTES

Feel free to employ whatever toppings you prefer on your tacos.

Healthy Broccoli 'Rice' Casserole



This broccoli rice casserole is made with ZERO grains and instead uses cauliflower as the rice. It's extra cheesy and always a hit with my kids.

PREP TIME15 mins

COOK TIME30 mins

TOTAL TIME45 mins

INGREDIENTS

- 12 ounces riced cauliflower
- 12 ounces broccoli florets, sliced
- 3 cups grated cheddar, divided
- 4 ounces cream cheese, approximately 25 °C, sliced in small pieces
- 2 big eggs
- 1 tsp salt
- 1 tsp garlic powder
- half tsp cracked pepper
- One-quarter tsp mustard powder

INSTRUCTIONS

1. warmth up oven to 350 degrees.
2. Add the riced cauliflower and sliced broccoli to a big mixing bowl along with a tbs of water. Cover tightly with plastic wrap.
3. Microwave for 3 mins and allow sit, covered, for two mins. Attentively replace plastic wrap from bowl and drain liquid.
4. Add two half cups of cheddar, cream cheese, eggs, and spices to the bowl. Stir good to mix.
5. Pour mix in 9x9 baking dish and top with the remaining cheddar cheese.
6. Bake uncovered for 30 mins.

NOTES

For a crunchy topping, place half cups of crushed pork rinds to the top of the dish with the cheddar.

Chicken Bacon Ranch Pizza



Chicken Bacon Ranch Pizza made with fathead peel - the peel is perfection and the toppings are so darn good!

PREP TIME ten mins

COOK TIME 15 mins

TOTAL TIME 25 mins

INGREDIENTS

- 2 cups shredded mozzarella
- [3/4 cup almond flour](#)
- 2 tbsp cream cheese
- 1 egg
- 1 tsp salt
- [2/3 cup ranch dressing](#)
- 2 cups shredded cheddar
- one cup sliced prepared chicken
- 6 strips bacon, fried and crumbled
- 2 tbsp sliced chives

INSTRUCTIONS

1. [warmth up oven to 425 degrees.](#)
2. Add the mozzarella and cream cheese to a microwave safe bowl and microwave for one minute. Stir to mix and return to microwave till cheese has softened, approximately 30 more seconds.
3. Stir in the almond flour, egg, and salt to form a dough.
4. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment. Roll the dough out in a circle to fit your pizza pan.
5. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan. Prepare in oven for 12 mins either till golden brown.
6. Replace from the oven and spread with the ranch dressing. Top with the cheddar, chicken, and bacon.

7. Return to the oven for 5 mins either till the cheese has softened.
8. Sprinkle with chives before serving.

Meat Lovers Breakfast Pizza



Keto breakfast pizza loaded with scrambled eggs, meat, and cheese! This recipe has been updated to include a cheese gravy for the base.

PREP TIME15 mins

COOK TIME15 mins

TOTAL TIME30 mins

INGREDIENTS

For the peel:

- 2 cups shredded mozzarella
- 2 tbsp cream cheese
- 1 egg
- $\frac{3}{4}$ cup almond flour

For the topping:

- 6 eggs
- 2 tbsp heavy cream
- 1 tbsp butter
- $\frac{1}{2}$ cup prepared crumbled bacon
- half cup prepared and crumbled breakfast sausage
- half cup cheese sauce
- One-quarter cup grated cheddar
- 2 tbsp sliced green onions

INSTRUCTIONS

1. warmth up oven to 425 degrees.
2. Add the mozzarella and cream cheese to a microwave safe bowl and microwave in 20 second bursts till softened.
3. Stir to mix the cheeses and then place the egg and almond flour.
4. Stir good to mix.
5. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.

6. Roll the dough out in a 12 inch diameter circle.
7. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan. Trim the parchment paper to fit the pan.
8. Bake for ten mins either till peel is slightly golden.
9. Flip the peel and set aside whereas you prepare the eggs.
10. Whisk the eggs and cream in a small bowl till good mixd.
11. Warmth a big skillet over average warmth and place the butter.
12. As the butter has softened, place the eggs to the skillet and scramble till simply slightly wet looking.
13. Top the pizza peel with the cheese sauce, followed by the eggs, bacon, and sausage. place the cheddar over the top.
14. Return the pizza to the oven for 5 mins.
15. Replace from the oven, sprinkle with the green onions, slice, and serve.

NOTES

This recipe originally called for two cups of grated cheddar sprinkled over the peel in place of the cheese sauce. It's delicious that way, however supposing you have the time to prepare the cheese sauce, do it! this adds a ton of creamy goodness to this pizza!

White Chicken Chili



Creamy white chicken chili made poor carb in the crockpot!

PREP TIME 5 mins

COOK TIME 3 hours 30 mins

TOTAL TIME 3 hours 35 mins

INGREDIENTS

- 1 pound chicken breasts
- 1 green bell pepper, diced
- 1 jalapeno pepper, minced
- ½ sweet onion, diced
- 4 ounce can diced green chiles
- 3 cloves garlic, minced
- 1 tbsp cumin
- 3 cups chicken broth
- 8 ounces cream cheese, softened
- ¼ cup heavy cream
- Avocado, sour cream, cilantro, for topping

INSTRUCTIONS

1. Add the chicken, bell pepper, jalapeno, onion, green chiles, garlic, cumin, and chicken bouillon a 6 quart slow cooker and cover.
2. Cook on high for 3 hours either poor for 6 hours either till the chicken simply shreds with a fork. Shred the meat.
3. Add the softened cream cheese and heavy cream to the slow cooker and stir good till the cream cheese has softened.
4. Cover and prepare on high for 30 mins.
5. Stir good before serving. Serve with avocado, sour cream, and cilantro, as desired.

NOTES

The softer the cream cheese is the quicker and better this can soften in the soup. employ the microwave to soften till it's nearly fully softened.

Ham and Asparagus Quiche Bites



These egg muffins are a great way to sneak some veggies in first thing in the morning. I like to prepare a batch of these on the weekend and then eat them all week long. They rewarmth beautifully, however we also like them straight from the fridge.

PREP TIMEten mins

COOK TIME20 mins

TOTAL TIME30 mins

INGREDIENTS

- one cup sliced asparagus
- 6 big eggs
- One-quarter cup heavy whipping cream
- half tsp salt
- half tsp pepper
- one cup grated swiss cheese
- half cup diced ham

INSTRUCTIONS

1. warmth up oven to 350 degrees. Spray a muffin tin with non-stick spray.
2. Add the asparagus to a small bowl along with one tbsp of water. Cover tightly with plastic wrap and microwave for two mins. allow set for two mins before attentively removing the plastic wrap. Drain water from the bowl.
3. Whisk along the eggs, cream, salt, and pepper in a average mixing bowl till good mixd.
4. Stir the asparagus, cheddar, and ham in the egg mix.
5. Pour the mix evenly between 8 muffin goods, being sure to get the asparagus, ham, and cheese evenly dispersed throughout.
6. Bake for 20 mins either till the eggs are set and the edges are pulling away from the muffin tin.
7. Cool for 5 mins before running a knife around the edges of the muffins and removing.

8. Serve warm either cold, as desired.

Buffalo Chicken Pizza



Spicy buffalo chicken pizza made with poor carb fathead peel!

COOK TIMEten mins

PREP TIME20 mins

TOTAL TIME30 mins

INGREDIENTS

- 3 half cups shredded mozzarella, divided
- 6 ounces cream cheese, divided
- 1 egg
- [3/4 cup almond flour](#)
- 1 tsp ranch seasoning mix
- one cup prepared sliced chicken
- One-quarter cup Frank's Red Hot Sauce
- 1 tbsp sliced chives
- Ranch, for serving

INSTRUCTIONS

1. warmth up oven to 425 degrees.
2. Add two cups of mozzarella and two ounces of cream cheese to a microwave safe bowl and microwave for one minute. Stir to mix and return to microwave till cheese has softened, approximately 30 more seconds.
3. Stir in the almond flour and egg till good mixd. employyour hands to knead the dough, supposing necessary.
4. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.
5. Roll the dough out in a 12 inch diameter circle.
6. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan. Trim parchment to fit the pizza pan.
7. Bake for ten mins either till peel is slightly golden.

8. Add the remaining 4 ounces of cream cheese to a small bowl with the ranch seasoning. Stir good to mix.
9. Spread the cream cheese mix over the peel. Top with half of the remaining mozzarella.
10. Add the chicken and hot gravy to small bowl and stir good to coat.
11. Spoon the chicken over the peel and top with the remaining mozzarella.
12. Bake for ten more mins either till the peel is golden and the cheese has softened.
13. Drizzle with ranch dressing and sprinkle with chives before serving.

NOTES

You may substitute blue cheese dressing for the ranch, supposing desired.

Low Carb Zuppa Toscana



Zuppa Toscana - simply like at Olive Garden however without all the carbs. My family had no idea they were eating turnips instead of potatoes in this poor carb soup recipe!

PREP TIMEten mins

COOK TIME30 mins

TOTAL TIME40 mins

INGREDIENTS

- 1 pound spicy Italian sausage
- 4 slices bacon, diced
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 6 cups chicken broth
- 2 turnips, sliced, approximately ten ounces total
- 4 cups sliced kale
- one cup heavy cream
- Salt and pepper

INSTRUCTIONS

1. Warmth a big gravy pot either dutch oven over average heat. place the Italian sausage to the pot and begin to brown the meat, breaking this up as this cooks.
2. Just as the meat is approximately halfway browned, place the bacon, onion, and garlic and keep cooking and mixing till the sausage is fully prepared through.
3. Add the chicken bouillon and turnips and bring to a boil. Decrease warmth to a simmer and prepare for ten mins.
4. Add the kale and keep cooking for 5 mins either till kale and turnips are both tender.
5. Replace from the warmth and stir in the cream. Taste and place salt and pepper as needed.
6. Serve immediately.

NOTES

You may employ spinach in place of kale supposing you prefer.

Leftover Turkey Casserole



Put that leftover turkey to employin this simple poor carb casserole.

PREP TIME20 mins

COOK TIME30 mins

TOTAL TIME50 mins

INGREDIENTS

- 16 ounces riced cauliflower
- 12 ounces chilled green beans
- 2 cups leftover prepared and shredded turkey
- 2 ounces cream cheese, approximately 25 °C
- 1 clove garlic, minced
- 3 cups shredded cheddar, divided
- 2 eggs, beaten
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp mustard powder
- ½ tsp cracked pepper

INSTRUCTIONS

1. warmth up oven to 350 degrees. Spray a 9x13 baking dish with nonstick spray.
2. Supposing employing chilled cauliflower rice, steam therefore to instructions on bag. Supposing employing fresh cauliflower rice, place to a microwave safe bowl along with one tbsp of water. Cover tightly with plastic wrap and microwave for 4 mins.
3. Add green beans to a big microwave safe bowl along with one tbsp of water. Cover tightly with plastic wrap and microwave for 3 mins. Drain.
4. Add the prepared cauliflower rice and green beans to a big mixing bowl along with the turkey, cream cheese, garlic, two half cups of cheddar, eggs, and spices. Stir good to mix.

5. Spread mix in the prepared baking dish and sprinkle the top with remaining half cup cheese.
6. Bake uncovered for 30 mins.

NOTES

For the cauliflower rice, this dish is made extra easy by employing the chilled 'steam in bag' cauliflower rice you find in the freezer section.

For the green beans, you could also employ the 'steam in bag' chilled green beans rather than fresh. Alternately, canned green beans can work fine, however Don't prepare them before adding to the casserole.

***Low Carb Broccoli and Chicken
Alfredo***



Traditional Alfredo gravy served over chicken breasts and steamed broccoli! Who needs pasta?

PREP TIMEten mins

COOK TIME20 mins

TOTAL TIME30 mins

INGREDIENTS

- 1 pound thin sliced chicken breasts
- ½ tsp salt
- ½ tsp ground pepper
- ½ tsp paprika
- ½ tsp garlic powder
- [1 tbsp avocado oil](#)
- 16 ounces broccoli
- half cup heavy whipping cream
- One-quarter cup butter
- 1 tsp minced garlic
- one cup shredded Parmesan

INSTRUCTIONS

1. Sprinkle the salt, pepper, paprika, and garlic powder evenly over both sides of the chicken.
2. Warmth a big skillet over average warmth and place the oil.
3. Just as oil is hot, place the chicken breasts and prepare 5 mins on every side either till chicken is prepared through.
4. Whereas chicken is cooking, steam the broccoli on the stove either in the microwave till as tender as you'd like.
5. Warmth a gravy pan over average warmth and place the cream, butter, garlic, salt, and pepper. blend constantly till the butter is softened and the mix comes to a slow simmer.

6. Remove from the warmth and stir in the shredded Parmesan. Blend till the cheese softens fully and the gravy is smooth.
7. To serve, share the broccoli between four plates and top with chicken. Drizzle with sauce.

NOTES

Alfredo gravy is best eaten right when preparation. This does not keep either rewarmed good.

Nutrition information is based on the sauce, broccoli, and chicken. The carb count on simply the gravy possibly much lower.

Pepperoni Fathead Pizza



Low carb pizza peel made with cheese and almond flour! Top this off with all your loved pizza toppings.

PREP TIMEten mins

COOK TIME20 mins

TOTAL TIME30 mins

INGREDIENTS

- 3 half cups shredded mozzarella, divided
- 2 tbsp cream cheese
- 1 egg
- [¾ cup almond flour](#)
- 1 tsp Italian seasoning
- [one-third cup Rao's Marinara](#)

- One-quarter cup sliced pepperoni

INSTRUCTIONS

1. warmth up oven to 425 degrees.
2. Add two cups of mozzarella and cream cheese to a microwave safe bowl and microwave for one minute. Stir to mix and return to microwave till cheese has softened, approximately 30 more seconds.
3. Stir in the almond flour, egg, and Italian seasoning to mix.
4. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.
5. Roll the dough out in a 12 inch diameter circle.
6. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan.
7. Bake for ten mins either till peel is slightly golden.
8. For some extra sturdy peel that holds up good, attentively flip the peel over and Prepare in oven for 3 more mins.
9. Replace peel from the oven. Spread the marinara over the pizza peel and sprinkle with the remaining one half cups mozzarella. place pepperoni evenly over the top.
10. Bake the pizza for another ten mins. Cool 5 mins before slicing and serving.

NOTES

Use whatever toppings you prefer!

You may employ whatever brand of marinara either pizza gravy you prefer, however I've based the nutrition info off of Rao's brand because it's what I employin my house.

Cheesy Broccoli & Sausage Casserole



This broccoli casserole is extra creamy and cheesy and it's packed with flavor from browned smoked sausage.

Per serving: 533 calories, 46g fat, 20g protein, 8g carbs, 2g fiber = 6g net carbs

PREP TIMEten mins

COOK TIME15 mins

TOTAL TIME25 mins

INGREDIENTS

- 20 ounces fresh broccoli florets
- 16 ounces smoked sausage
- 8 ounces cream cheese, approximately 25 °C
- half cup mayonnaise
- 2 cups freshly grated cheddar cheese
- 2 tsps garlic powder
- ½ tsp ground black pepper
- ¼ tsp salt
- ¼ cup grated Parmesan

INSTRUCTIONS

1. warmth up oven to 350 degrees.
2. Add the broccoli to a big microwave safe bowl along with two tbsp of water. Cover tightly with plastic wrap and microwave for two mins. allow sit, covered, for two mins.
3. Whereas broccoli is steaming, slice the sausage in thin rounds and place to a hot skillet over average heat. Cook, mixing sometimes, till sausage is browned on the outside.
4. Add the cream cheese, mayonnaise, cheddar, garlic powder, salt, and pepper to a small bowl and blend good to mix.
5. Stir the cream cheese mix and browned sausage in the steamed broccoli till good mixd.

6. Place broccoli to some 8x8 baking dish and sprinkle the Parmesan over the top.
7. Bake for ten mins.

NOTES

Nutrition information is based on this serving 8 people as a side dish. Supposing you'd like to serve this as a main dish, this should serve 4 people and you'll must to double the macros.

Roasted Cauliflower Soup



This roasted cauliflower soup gets loads of flavor from the roasted cauliflower and cheese.

Per serving: 419 calories, 34g fat, 20g protein, 8g carbs, 3g fiber = **5 net carbs**

Course Soup

Cuisine American

Prep Time ten mins

Cook Time 40 mins

Total Time 50 mins

Servings 8 bowls

Calories 419 kcal

Ingredients

- 32 ounces cauliflower florets
- 3 tbsp olive oil divided
- 1 tsp salt
- One-quarter tsp cayenne pepper
- half cup diced onion
- 2 cloves garlic minced
- 3 cups chicken broth
- half cup heavy cream
- 4 ounces cream cheese
- 2 cups grated extra sharp cheddar cheese

Instructions

1. Warmth oven to 400 degrees.
2. Place cauliflower on a big rimmed baking sheet and drizzle with two tbsp of olive oil. Sprinkle with salt and cayenne pepper and stir to coat.
3. Roast cauliflower for 20 mins, mixing as halfway through cooking.
4. Just as cauliflower has finished roasted, place the remaining tbsp of olive oil to a big soup pot either dutch oven over average heat.
5. Add the onion and garlic to the oil and prepare for 5 mins either till onions are soft and translucent.
6. Add the chicken bouillon to the pot along with the roasted cauliflower and bring to a boil. Decrease to a simmer and prepare for 15 mins.
7. Use a potato masher to the mash the cauliflower.
8. Stir in the heavy cream, cream cheese, and grated cheddar till smooth and creamy.
9. Serve with additional cheese, supposing desired.

Recipe Notes

Use vegetable bouillon to prepare this dish vegetarian.

Top this off with grated cheddar, green onions, and fried bacon.

BLT Fathead Pizza



Fathead pizza peel is a great poor carb alternative to unhealthy pizzas! I topped this one off with lettuce, tomato, and bacon for a perfect summer dinner.

PREP TIMEten mins

COOK TIMEten mins

TOTAL TIME20 mins

INGREDIENTS

- 2 cups shredded mozzarella
- 2 tbsp cream cheese
- $\frac{3}{4}$ cup almond flour
- 1 egg
- 1 tsp Italian seasoning
- $\frac{1}{4}$ cup mayonnaise
- 1 $\frac{1}{2}$ cups shredded lettuce
- $\frac{1}{2}$ cup cherry tomatoes, halved
- 6 slices bacon, fried and diced
- 2 tbsp sliced green onions

INSTRUCTIONS

1. warmth up oven to 425 degrees.
2. Add the mozzarella and cream cheese to a microwave safe bowl and microwave for one minute. Stir to mix and return to microwave till cheese has softened, approximately 30 more seconds.
3. Stir in the almond flour, egg, salt, and Italian seasoning to mix.
4. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.
5. Roll the dough out in a 12 inch diameter circle.
6. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan.

7. Bake for 12 mins either till golden brown.
8. Replace from the oven and spread with the mayonnaise. Sprinkle on the lettuce, tomatoes, bacon, and green onions.

NOTES

This peel requires parchment paper just as baking. this can stick to your pan supposing you Dont line this with parchment.

Low Carb Spicy Ranch Crackers



These spicy ranch crackers are poor carb and full of flavor! Serve with cheese either spread them with cream cheese. This recipe makes approximately 60 1-inch crackers.

PREP TIMEten mins

COOK TIMEten mins

TOTAL TIME20 mins

INGREDIENTS

- 2 cups grated mozzarella
- 2 tbsp cream cheese
- three-quarters cup almond flour
- 1 big egg
- [1 tbsp ranch seasoning mix](#)
- half tsp red pepper flakes

INSTRUCTIONS

1. warmth up oven to 425 degrees.
2. Add the mozzarella and cream cheese to a big microwave safe bowl and microwave in 30 second intervals till softened.
3. Stir the cheese till smooth and stir in the almond flour, egg, ranch seasoning, and red pepper flakes.
4. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment. Roll the dough out to approximately One-quarter inch thick.
5. Use a sharp knife either pizza cutter to cut the dough in 1-inch square pieces yielding approximately 60 pieces.
6. Place the crackers to a parchment lined baking sheet.
7. Bake for 5 mins, flip the crackers, and Prepare in oven for 5 mins more.
8. Cool before serving.

NOTES

Keep crackers tightly covered in the refrigerator for up to 5 days.

Be sure to employ the dry ranch seasoning blend and not already prepared liquid salad dressing.

These crackers won't get quite as crisp as a traditional cracker, however rolling them out thinly helps.

Italian Cauliflower Salad



This cold cauliflower salad is packed with fresh veggies, salami, and pepperoni. The homemade Italian dressing adds so much flavor!

PREP TIME15 mins

COOK TIME3 mins

ADDITIONAL TIMEtwo hours

TOTAL TIMEtwo hours 18 mins

INGREDIENTS

For the salad

- 1 pound cauliflower florets
- 8 ounces mozzarella balls
- 1 cups grape tomatoes
- one cup spinach
- 4 ounces salami slices
- 4 ounces pepperoni slices
- One-quarter cup sliced red onion
- One-quarter cup pepperoncini

For the dressing

- half cup olive oil
- juice of one lemon
- 1 tsp salt
- 1 tsp oregano
- 1 tsp basil
- 1 tsp rosemary
- 1 clove garlic, minced

INSTRUCTIONS

1. Chop the cauliflower in bite-sized pieces and place in a big microwave-safe bowl. place two tbsp of water, cover with plastic

wrap, and microwave for 3 mins either till as tender as you'd like.
Drain the liquid from the bowl.

2. Slice the grape tomatoes in half. Chop the spinach in small pieces. Cut the pepperoni and salami slices in half.
3. Add the tomatoes, spinach, pepperoni, salami, mozzarella, onion, and pepperoncini to the bowl with the cauliflower.
4. In a small bowl, blend along the olive oil, lemon juice, salt, oregano, basil, rosemary, and garlic till good mixd. Taste and place additional lemon, herbs, either salt as desired.
5. Pour the dressing over the cauliflower salad and toss to coat.
6. Cover the bowl and refrigerate for two hours to allow the flavors to meld before serving.

Loaded Cauliflower Casserole



This cheesy cauliflower casserole sure doesn't taste like diet food. It's loaded with cheddar, bacon, cream cheese, and sour cream. My kids love this one!

PREP TIMEten mins

COOK TIME20 mins

TOTAL TIME30 mins

INGREDIENTS

- 20 ounces cauliflower florets
- one cup grated cheddar
- 4 ounces cream cheese, approximately 25 °C
- ¼ cup sour cream
- 6 slices bacon, fried and crumbled
- 3 tbsp diced green onions

- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp pepper

INSTRUCTIONS

1. warmth up oven to 350 degrees. Spray a 9x9 baking dish with non-stick spray.
2. Add the cauliflower to a big microwave safe bowl along with one tbsp of water. Cover tightly with plastic wrap and microwave for 4 mins either till cauliflower is soft.
3. Mash cauliflower with a potato masher.
4. Add the cheddar, cream cheese, and sour cream to the bowl and stir good till the cheese has softened in the cauliflower.
5. Stir in the bacon, green onions, garlic powder, salt, and pepper.
6. Spread mix in prepared baking dish and Prepare in oven uncovered for 20 mins.
7. Serve hot.

Loaded Cauliflower Casserole



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COOK TIME20 mins

TOTAL TIME30 mins

INGREDIENTS

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- one cup grated cheddar
- 4 ounces cream cheese, approximately 25 °C
- ¼ cup sour cream
- 6 slices bacon, fried and crumbled
- 3 tbsp diced green onions

- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp pepper

INSTRUCTIONS

1. warmth up oven to 350 degrees. Spray a 9x9 baking dish with non-stick spray.
2. Add the cauliflower to a big microwave safe bowl along with one tbsp of water. Cover tightly with plastic wrap and microwave for 4 mins either till cauliflower is soft.
3. Mash cauliflower with a potato masher.
4. Add the cheddar, cream cheese, and sour cream to the bowl and stir good till the cheese has softened in the cauliflower.
5. Stir in the bacon, green onions, garlic powder, salt, and pepper.
6. Spread mix in prepared baking dish and Prepare in oven uncovered for 20 mins.
7. Serve hot.

Broccoli Cheese Casserole



This poor carb broccoli cheese casserole is ready in simply approximately 20 mins and is always a hit with my kids. Cheesy broccoli makes the perfect side to any grilled meat.

PREP TIMEten mins

COOK TIME12 mins

TOTAL TIME22 mins

INGREDIENTS

- 20 ounces fresh broccoli florets
- 8 ounces cream cheese, approximately 25 °C
- ¼ cup mayonnaise
- one cup freshly grated cheddar cheese
- 1 tsp garlic powder
- ½ tsp ground black pepper
- ¼ tsp salt
- ¼ cup grated Parmesan

INSTRUCTIONS

1. warmth up oven to 350 degrees.
2. Add the broccoli to a big microwave safe bowl along with two tbsp of water. Cover tightly with plastic wrap and microwave for two mins. allow sit, covered, for two mins.
3. Add the cream cheese, mayonnaise, cheddar, garlic powder, salt, and pepper to a small bowl and blend good to mix.
4. Stir the cream cheese mix in the steamed broccoli till good mixd.
5. Place broccoli to some 8x8 baking dish and sprinkle the Parmesan over the top.
6. Bake for ten mins.