

Somersize Cookbook 4

A compilation of recipes
suitable for Somersizing
collected from the SS website
in 2007

Compiled by ianj9

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BREAKFASTS

Homemade Yogurt

1 small container of fat free nature yogurt
5 cups of hot water
3 cups of fat free powder milk

Mix all together, put in the oven all night with only the light open. Ready in the morning - that easy!!! I want to share with you my personal homemade yogurt - totally easy!!! Posted by monique1964.

Multi-grain Pancake Mix Carbo

1 c buckwheat flour
1 c oat flour
1 c spelt flour
1 1/2 c whole wheat flour
3/4 c graham flour
6 teaspoons baking powder
3 teaspoons baking soda
1 1/2 teaspoons salt
6 teaspoons powdered egg whites
3 teaspoons (or to taste) somersweet

Mix all dry ingredients together and store. To make pancakes, mix 1 part with 1 part water. Mix thoroughly. Let mixture stand for 15 minutes. Mix will develop gluten like a bread dough. Stir down the mixture into a liquid and cook on a good non-stick pan over medium-low heat. Posted by Mageess. NB: the egg white powder would make this Level 2. Suggestions by marie172: The egg whites are protein. We don't mix protein with carbs for level one, so if you want a level one pancake mix, just omit them. You may also want to mix this with milk instead of water.

Fat Free Whole Grain Lemon Poppy Seed Muffins

1 & 2/3 c Whole wheat flour
1 & 1/3 c ground up oats* (quick or reg oats)
2 & 1/2 t baking powder
1 t baking soda
10 pks of Splenda
dash salt
1 & 1/2 c plain fat free yogurt
1/2 c canned fat free milk
1/3 c + 1t sugar free vanilla DaVinci syrup
1T + 2t lemon extract
Lemon zest (optional)
1T poppy seeds

Preheat oven to 375. Combine all dry ingredients in a bowl and all wet ingredients in another bowl. Fold two mixtures together. Note minimum mixing for light muffins. Spoon batter into non stick muffin pans and bake for about 23 minutes (or until browned). * Grind oats in a food processor or coffee grinder until they look like sand. Un-ground oats will produce a doughy muffin. Tip for cookie like muffins use muffin top pans and reduce cooking time about 5 minutes. I took ChubCub's recipes and modified to get a lemon poppy seed. One of my best friends prefers these to the SS ones. (Makes 12 muffins.) Posted by JulieJafar.

Fat Free Whole Grain Orange Cranberry Muffins

1 & 2/3 c Whole wheat flour
1 & 1.3 c ground up oats* (quick or reg oats)
2 & ½ t baking powder
1 t baking soda
10 pks of Splenda
dash salt
1 & ½ c plain fat free yogurt
½ c canned fat free milk
1/4 c + 1T sugar free vanilla DaVinci syrup
1T orange extract
Orange zest (optional)
1 cup fresh or frozen cranberries

Preheat oven to 375. Combine all dry ingredients in a bowl and all wet ingredients except the berries in another bowl. Fold two mixtures together and then fold in the berries. Note minimum mixing for light muffins. Spoon batter into non stick muffin pans and bake for about 23 minutes (or until browned). * Grind oats in a food processor or coffee grinder until they look like sand. Un-ground oats will produce a doughy muffin. Tip for cookie like muffins use muffin top pans and reduce cooking time about 5 minutes. (Makes 12 muffins.) Another recipe I come up with from ChubChub's muffin recipes. This is almost Level one since it has the cranberries in it. Posted by JulieJafar.

Cinnamon Swirl Buns

DOUGH: Use bread machine
2/3 cup water
2 cup spelt flour or any whole grain flour
2 teaspoons Lora Brody Bread Dough Enhancer**
1 tablespoon non fat dry milk
sweetener to equal 1 teaspoon of sugar
3/4 teaspoon salt
1 teaspoon butter(optional-level two)
1 teaspoon yeast

Put ingredients into bread machine and use the dough cycle.

FILLING:
4 tablespoons butter(optional-level two))
2 tablespoons cinnamon(good place to start, but needs more)
sweetener to equal 1/2 cup sugar

Combine cinnamon and sweetener together. Roll dough into a 12 inch square on a floured surface. (Spread with butter, if desired) Sprinkle with cinnamon/sugar. Roll up and cut into eight 1 1/2 inch thick slices. Place in a non-stick 8 or 9 inch round or square cake pan. Mist lightly with water and cover with a towel. Let rise half hour or so. Bake in a preheated 375* oven for 10 to 12 minutes. Take out, remove from pan and let cool.

GLAZE: Makes more than needed.
1 cup fat free cottage cheese
1 cup fat free plain yogurt
1/3 cup sugar free maple syrup(use less)
1/2 teaspoon vanilla extract

Place cottage cheese and yogurt in a strainer. Strain off liquid (as making yogurt cheese). Blend all ingredients in blender until smooth. Don't have to strain, but makes a thicker glaze.

**I buy the enhancer from King Arthur Flour. Vital Gluten can be substituted, using the package directions. I very lightly butter the cake pan, because they can sometimes stick. Recipe by mjlibbey. Posted by DebB.

Faux Biscuits & Gravy

I had a taste for biscuits and gravy and cooked my sausage (of choice), then put in a little cream and let it cook down and put it over one of DebB's pro/fat buns. Not quite the same, but doable. Posted by mamabj.

Eggs in a Basket

Cut out the center of one of DebB's buns, melt butter in a frying pan, put a little pat in center of bun. Break your egg into the center of the bun, on top of the butter. I go ahead and lay the center in the pan as well. Season with fresh cracked pepper and sea salt. Turn over and cook to desired consistency. It's like having buttered toast and eggs. So many uses for DebB's buns. I read this in a book the other day and decided to SS it. Posted by mamabj.

Baked Eggs

4 eggs
4 tsp 1/2 & 1/2 (to cut carbs, use heavy whipping cream)
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. dry mustard
1/4 tsp. paprika
1/4 tsp. garlic
2 tbsp. grated cheese (mixture of cheddar & Monterey jack)

Preheat oven to 450 degrees. Spray 4 oven-proof ramekin dishes with Pam. Drop 1 fresh egg into each dish. Mix seasonings. Cover each egg with a tsp. of half and half. Sprinkle seasonings very lightly over egg and half & half. Sprinkle cheeses over top. Bake 7 minutes or until egg white is done with yolk softly cooked. By: 1790 House B&B Georgetown, South Carolina. Posted by mamalaurie.

Tuscan Baked Eggs

3-4 T Cream
1-3 t butter
2t Suzanne™ Tuscan Sea Salt Rub
Parmesan cheese (not in the green can)
2 eggs

In a broiler proof shallow baking dish add your cream and butter. Place under broiler. While butter is browning, crack two eggs in a separate bowl and set aside. Once butter has started to brown and cream is bubbling, remove the baking dish from oven and slowly add the eggs. Top with the Suzanne™ Tuscan Sea Salt Rub and parmesan cheese. Place back under the boiler for 2-3 minutes until the white is set. This makes a great level 1 breakfast or a fast rich dinner. When you want something rich and easy this is the recipe for you. I think after I made it once I had it 4 times in one week. Posted by JulieJafar.

Taco Bell Eggs

1 Tbs butter
2 green onions (sliced)
about 2 Tbs. chopped , peeled green chilis
2 Lg eggs
1 Tbs cream
salt
Taco Bell's Mild Taco Sauce

Melt butter in pan, add onion and green chilis. Stir over medium heat for about 2 minutes, add eggs, cream, and salt. Stir to cook until eggs are no longer wet. Serve with the Taco Bell Sauce (No sugar added as I read the label today). It offers a smokey, delicious Tex-Mex flavor! Oh YUM! Nice served with bacon as well. Posted by SinginSOMERSong.

Yummy Breakfast Scramble

ham - cubed like you were making an omelet
eggs - number depends on how many you are serving
oil
butter

salt/pepper
roasted red peppers in a jar
jarlsburg cheese or your favorite kind
fried onions - drained

Put a little oil & a pat of butter in a skillet, low - moderate heat. Add ham & sauté lightly to flavor the oil basically. Add 3 roasted red peppers diced & sauté till heated well. Add the eggs you have prepared for scrambling. When eggs are still a little wet but almost done, add cheese & stir eggs quickly to melt cheese & remove. Top with fried onions you have caramelized. If you make this for someone not somersizing, use canned french fried onions crumbled. If you want the crunchiness of the canned french fried onions on this recipe, and that is better, crumble a little pork rind along with the onions on top of the eggs before serving. Excellent breakfast. Posted by DTyler.

Crustless Veggie Quiche

1-2 T butter
1-2 T olive oil
12 eggs- beaten
½ c mayo
½ c cream
2 c shredded cheese

¼ c Kraft parmesan cheese (green can)
1-2 lbs veggies (broccoli, onions, bell peppers, mushrooms, etc)
1 t black pepper
1 T Tomato, Garlic and Basil Ms. Dash.
1T red pepper flakes (optional)

In an oven safe 10" pan (needs to be about 2" deep for one dish cooking) sauté veggies in melted butter and olive oil. If using onions sauté them first until translucent then add other veggies and cook a few minutes, leaving them slightly crispy since they will continue cooking in the oven. While veggies are cooking mix eggs, mayo, cream, parmesan cheese and spices together with whisk. When veggies are done spread evenly over bottom of pan, top with grated cheese then egg mixture. If egg mixture does not cover veggies just beat up more eggs and cream and pour in pan. Bake at 350 for 35-50 minutes or until set. Note the more oil and butter you use the less likely the quiche will stick. If desired you can add ham, sausage or bacon to the quiche. Posted by JulieJafar.

Frittata with Zucchini & Goat Cheese

10 eggs
1 tsp. salt
1 1/2 Tbs. unsalted butter
2 to 3 small zucchini, sliced 1/8 inch thick
2 Tbs. fresh oregano leaves
2 tsp. chopped fresh flat-leaf parsley, plus more for garnish
4 oz. goat(or feta) cheese, crumbled
Arugula salad for serving

In a bowl, whisk together eggs & 1/2 tsp. of the salt. Set aside. In the deep half of a frittata pan over medium heat, melt 1 Tbs. of butter. When it foams, add zucchini & sprinkle with the remaining 1/2 tsp. salt. Sauté for 30 seconds. Add oregano & 2 tsp. parsley & cook for 30 seconds. Add the eggs and, using a rubber spatula, quickly and lightly stir the eggs in a small circular motion to combine them with the zucchini. Using the spatula, gently lift the cooked edges to allow the uncooked eggs to flow underneath. Sprinkle the cheese on the frittata; do not stir. Reduce the heat to low and cook, without stirring, 4 to 5 mins more. Meanwhile, in the shallow half of the frittata pan over medium heat, melt the remaining 1/2 Tbs. butter. Place the shallow pan upside down on top of the deep pan and flip the frittata into the shallow pan. Reduce the heat to low and cook, covered, for 3 minutes. Remove the top pan and continue cooking until the eggs are set, about 5 minutes more. Using the spatula, loosen the edges of the frittata and gently slide it onto a plate. Garnish the frittata with parsley. Serve with the arugula salad. Serves 8 to 10. A staple in Liguria, Italy, frittatas are often made with fresh vegetables, aromatic herbs and goat cheese (goats commonly graze on the steep coastal hillsides). From Williams-Sonoma Kitchen. I absolutely love Williams-Sonoma recipes!!! Just had to share - yum!!! Perfect for Sunday Brunch. Posted by Tabitha.

Oven Roasted Pepper Bacon

1 1/2 pound sliced lean bacon or turkey bacon
2 1/2 teaspoons coarsely ground black pepper

Preheat oven to 400 degrees F. Arrange bacon slices in 2 jelly roll or shallow roasting pans, overlapping the lean edge of each slice with the fat edge of the next (if using regular bacon - do not overlap for turkey bacon). Evenly sprinkle pepper over bacon slices. Place pans on 2 oven racks and bake 25 minutes (watch time for turkey bacon - it cooks faster), switching pans between upper and lower racks halfway through the baking, or until bacon is golden brown and crisp. Transfer bacon to paper towels to drain; keep warm. Serves/makes 12. Posted by mamabj.

Spicy Oven Roasted Bacon

1 cup WL Gold
2 tsps Cumin seed, ground
2 tsps Coriander, ground
20 slices Bacon, thick sliced
4 Tbsps Chili powder
2 tsps Cumin seed
1/2 tsps Cayenne pepper

Place an oven rack in the center of the oven and preheat oven to 400 degrees. Line two rimmed 15"x11" baking pans with foil. Place a cooling rack on the foil on each. In a small bowl, combine the sugar, chili powder, ground cumin, cumin seeds, coriander and cayenne. Spread some of the mixture out on a piece of wax paper and form into a 12-inch square. Lay the bacon on in strips and press down to coat heavily. Lay strips, barely touching, on the racks over the foil. Bake one batch at a time for 12 minutes. Turn the bacon over with tongs and continue baking for another 10 minutes, until the bacon looks deep brown, but not burned. Remove from the oven and immediately move the strips to a plate covered with paper towels. Do the same with the remaining bacon. Posted by mamabj.

Maple Bacon

Place an oven rack in the center of the oven and preheat oven to 400 degrees. Line two rimmed 15"x11" baking pans with foil. Place a cooling rack on the foil on each. Lay strips, barely touching, on the racks over the foil. Bake one batch at a time for 12 minutes. Turn the bacon over with tongs and brush with your favorite sf maple syrup, continue baking for another 10 minutes, until the bacon looks deep brown, but not burned. Remove from the oven and immediately move the strips to a plate covered with paper towels. Do the same with the remainder of the bacon. DebB bakes her bacon in the oven. I had not done that before, but it is the best bacon. Posted by mamabj.

Mark's Hashbrown Casserole

spaghetti squash
1 1/2 cups of shredded cheddar cheese
2 tbsp of finely chopped onion
1/4 cup of sour cream
Salt and pepper to taste.

Cut spaghetti squash in half, clean out seeds, and place face down in 1-1/2 inches of water in a glass baking dish. Cover tightly with Saran Wrap and microwave on high for 10-12 minutes. After it is cooked, remove the meat from the squash with a fork and put into a bowl and mix with rest of ingredients. Place mixture in a small casserole dish, and bake at 350 for 45-60 minutes. Recipe by Mark. I got this from another forum - it is delish and really easy. Posted by wired_foxterror.

Turkey Breakfast Sausage Patties

- 1 lb ground turkey
- 1 teaspoon salt
- 2 teaspoons sage
- 1 teaspoon fennel seeds
- 1 teaspoon thyme
- 1 teaspoon black pepper
- 1/2 teaspoon white pepper
- 1/2 teaspoon cayenne
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground cloves
- 1/8 teaspoon nutmeg
- 1/8 teaspoon allspice

Combine all ingredients (use less pepper if you don't want a slightly spicy taste) and blend well. If time permits, refrigerate overnight to let the meat absorb the flavor of the spices. Form into patties and cook as needed, freezing leftovers. The smaller and thinner the patties, the shorter the cooking time. 4-6 servings 15 min 5 min prep. This got good reviews but said that it was a bit salty and maybe a little spicy. Most noted to cut salt back to 1/2 t. and maybe cut back cayenne and/or pepper if you are spice sensitive. Also one reviewer noted that she mixes up several batches and stores in air tight container then uses 2 1/2T mixture to 1 pound ground turkey when needed. I experimented with various spices to finally attain what I think is the next best thing to pork sausage. UPDATE: After all the great reviews, I decided to submit this to Taste of Home's Light & Tasty and they published it in the Dec/Jan 2008 issue! By Picholine. Found this on the internet and it is somersized. Posted by FrozH2O.

Ground Turkey Breakfast Sausage

- 1 lb. ground turkey
- 1/2 tbsp. Worcestershire sauce
- 1/4 tsp. Hickory Smoke Liquid
- 1/4 tsp. sage
- 1/4 tsp. tarragon
- 1/4 tsp. thyme

Mix all ingredients well. (Do not add additional Hickory Smoke Liquid.) Form into small to medium patty sizes. Use spray Pam in frying pan for less calories. Fry until brown. Found this recipe at <http://www.cooks.com>. Posted by FrozH2O.

APPETISERS

Zucchini Party Rounds

Cut into rounds 1/2" thick and top with pizza toppings, then broil on cookie sheet. I use mont jack cheese, legal sauce, and chopped black olives. Use other toppings that you have on hand. The key is to not overload them. You want the rounds to get a little crispy around the edges. Make them ahead and then broil and serve them hot! Crowd pleasers:) Posted by missy2.

Tomato Balls (tomatokeftedes)

2.2 lbs or 1 kg cherry or grape tomatoes cleaned and mashed - you could use Roma's as they are not real juicy
2 courgettes (light zucchini) grated and drained
4 spoons grated cheese
2 beaten eggs
2 minced onions
Whey powder (plain) for thickening or you could use some cream cheese
1 spoon dried mint
Salt Pepper
Oil for frying

In a large bowl, mix all ingredients. Add whey protein and work the mixture until it thickens. Heat olive oil in a frying pan. Drop teaspoons of mixture into the oil. Fry them on both sides and serve hot or cold. These are absolutely delicious. Posted by mamabj.

New Twist on Ramaki

I had dinner with my son tonight at a Chinese Restaurant and they had baked bacon wrapped shrimp. So here is the legal twist on that. Cut 1 lb bacon in half. Bake in oven in foil until 3/4 finished, soft enough to wrap around the shrimp. Take precooked, tail on shrimp. Place a water chestnut on top of shrimp, wrap bacon around it. Brush w/Suzanne's ginger teriyaki finishing sauce and bake on foil or parchment paper just until heated through and bacon is finished. Secure w/presoaked toothpicks if necessary. Yummmm. Posted by mamabj. Note by Marie172: For those that don't have the ss sauce, I have a homemade teriyaki recipe on these boards, or you could also just use regular legal soy sauce, or just omit it. Ooh! I just googled "ramaki" and they also suggested sea scallops!

Jalapeno Poppers

10 to 12 jalapeño peppers
1/2 cup cream cheese
1/4 cup parmesan cheese
1/4 cup cheddar cheese
dash Worcestershire sauce
1 pkg bacon

Cut jalapeños in half lengthwise to create jalapeño boats. Clean out core and seeds. (I used a pampered chef tomato corer and it worked excellent but a spoon or knife will work also. Combine above ingredients. Stuff each pepper boat with cheese mixture. (do not mound too high or cheese will melt over edges onto pan) Cut each slice of bacon in half Wrap each stuffed pepper boat with a slice of bacon Cook in oven @ 350 deg.F. until bacon is cooked I cooked them on the bbq last time and that worked really well since the bacon grease does cause some smoke. I am not the originator of this recipe, I got it off the suzannesomers site last year but can't find it now to give the credit to the originator. It is a great recipe though and would suggest it to anyone. By: kd lite. Posted by mamalaurie.

Jalapeno Poppers (Version 1)

jalapenos
cream cheese
1 egg, beaten
grated parmesan cheese
or
pork rinds, finely crushed

Cut jalapeno's (or any similar peppers) in half, seed and vein. Press cream cheese into each half. Dip into beaten egg, then roll in grated parmesan cheese (from a container) OR finely crushed pork rinds. Freeze (to soften the peppers). Bake at 350 for about 20 minutes. NOTE: Using gloves would not be a bad idea when handling the jalapenos! Posted by mamalaurie.

Jalapeno Poppers (Version 2)

4 slices bacon; crumbled
1/2 c. onion; finely chopped
1/2 c. mushrooms; finely chopped
8 oz. cream cheese
1/2 c. monterey jack; shredded
1/2 c. mozzarella cheese; shredded

Fry the bacon, onion, & mushroom together until bacon is crisp; drain well & let cool. Mix all ingredients together. Slice peppers in half, stuff with mixture. Bake at 350 for about 15 minutes. Posted by mamalaurie.

Jalapeno Poppers

cream cheese
cheddar cheese
bacon, cooked and minced
onion, minced
garlic powder
cilantro, chopped (optional)

We make ours similar to Rene C's, except we stick mozzarella inside, wrap with bacon, hold it together with a tooth pick and cook them outside on the grill until the bacon is as done as you like it. Take jalapenos cut in half length ways and remove seeds and core (please wear gloves when doing this). Put about a tsp of cream cheese in each half and wrap in half a strip of bacon. Then bake for about 1/2 hour to 45 mins until bacon is done and chilli is soft. These are great for a snack, just make a few (two jalapenos are 4 poppers) or make a ton. I take them to potlucks, everybody loves them and I can eat them. Posted by mamalaurie.

Jalapeno Poppers

10-15 jalapenos (as many as you want)
whipped cream cheese (makes it easier to spread)
1 pkg of bacon

They are legal just as long as you use real cream cheese. & they taste great! I do mine a little different. I slit the pepper down the side & take a small spoon & clean out the seeds & membrane, then I fill with the cream cheese. Take one slice of raw bacon & wrap around the pepper & secure with a toothpick. Then grill for 30 minutes. They taste really great done outside on the grill. We cut the jalapenos in half (longways) & clean out the seeds, then cut the jalapenos (across) to make 2-3 pieces. Each jalapeno makes about 4-6 poppers. We then fill each piece with cream cheese, cut the bacon in half & wrap it around the cream cheese filled jalapeno & use a toothpick to hold it together & then cook it on the grill until done. These are really tasty & easy to make. Posted by mamalaurie.

Jalapeno Poppers

cream cheese
cheddar cheese
bacon, cooked and minced
onion, minced
garlic powder
cilantro, chopped (optional)

Make some of your own jalapeño poppers with a cream cheese or cheddar cheese filling. They can be made at home and easily reheated later. (Not the battered kind and they actually taste better without the breading.) Idea - Slice jalapeños down the center and clean out seeds to make a pocket you can fill, or slice in half. With the cream cheese mix well with some cooked, minced bacon, some minced onion and a little garlic powder and if you'd like, some fresh chopped cilantro. Fill the jalapeño with the mixture, bake at 350 F for 15 - 20 minutes, can be easily reheated at work. I would gather you could fill about 10 halved, decent sized jalapeños, maybe 15, using one block of softened cream cheese, 4-6 slices of bacon well cooked and minced, maybe an 1/8 of a cup of minced onion and just a few pinches of garlic powder. Posted by mamalaurie.

Sausage Poppers

jar of pepperoncini's
cream cheese
garlic or garlic powder
bulk sausage (I prefer sage)

I've been making these appetizers for years & realized that they were somersized, so here we go. Add a small amount of pressed garlic or garlic powder to cream cheese. I can't really give you amounts because I am not sure how many you will be making. It's not critical how much. Just don't add too much at first & you can always add more to taste. Slice open one side of the pepperoncini & pat dry with paper towels. Fill the pepper with cream cheese. Take approximately a golf ball size of the sausage & make a flat patty in the palm of your hand. Wrap the sausage around the pepper leaving the stem out for a nifty little 'handle'. Bake in the oven for approximately 20 minutes at 375. I would not use any other peppers besides pepperoncinis that are in the jar. I have tried other peppers & they were not nearly as good. Posted by mamalaurie.

Stuffed Mushrooms and Cheese Bread

½ pkg of SUZANNE Sun Dried Tomato Dip Mix
¼ cup mayo
2 cups (8oz) finely shredded mozzarella cheese
French bread
8 oz baby portabella mushrooms, cleaned stems removed and chopped
½ jar of SUZANNE Chicken Cacciatore Simmer Sauce
Optional: SUZANNE Tuscan Sea Salt Rub

The night before you would like to make these, or at least 2 hours before, mix the dip mix with the mayo and let chill in the fridge so the tomatoes rehydrate. The next day, mix well with the cheese. When you are ready to prepare your mushrooms, preheat the oven to 350 degrees. Place cleaned mushrooms in an oven proof casserole dish to assure they will all fit facing upright so your filling won't fall out. Remove the mushrooms once you find a dish that will hold them, and place the chopped stems in the dish and top with half a jar of the Chicken Cacciatore Simmer Sauce and stir to mix in the mushrooms. Fill the mushrooms with the cheese mixture and place upright on top of the simmer sauce mushroom mixture. If desired, sprinkle a little Tuscan Sea Salt Rub on top. Cover (if you have a lid for your casserole use it, or aluminum foil will be fine) and bake for 30 minutes at 350. During the last 5 minutes of cook time, prep your bread. Slice your French bread and top with cheese mixture. Once mushrooms are done place cheese bread under boiler until the cheese starts to melt and brown. Sever with the mushrooms as a great appetizer or if you want a full meal serve with pasta or zucchini noodles and a salad. Serves 4-6 people. OK, I know the bread isn't for SSers but if you have a family that's not SSing then this is great for them, same goes with the pasta. I made it last night for a SUZANNE party and it was a huge hit. As you know you of course can use your SS items in place of the SUZANNE ones. Posted by JulieJafar.

Baked Brie

I had a great appetizer in a cute little restaurant today! It was a wedge of brie that was baked until the insides were nice and melted, served with a whole head of roasted garlic and tomato slices drizzled with olive oil (also bread, but I skipped that, of course). It was super simple, but absolutely excellent. Posted by lindyloo.

Brie "Boats"

Warm brie on celery is awesome! Use like you would cream cheese and make celery "boats" with it. Yum. We also roast garlic, spread a layer of that on the celery first and top with warm brie! Posted by Freed.1.

Sauerkraut Cheese Log

one #2-1/2 can of sauerkraut, rinsed and chopped (probably 1 jar of fresh sauerkraut)
1 hard-boiled egg, chopped
1/4 c. dry bread crumbs (just leave out)
1/4 c. chopped green pepper
1/4 c. pimiento or chopped red bell pepper
2 T. minced onion
2 c. grated cheddar cheese
1/2 c. mayo
1 T. sugar (use legal sweetener)

Mix the above and roll it into 1 large or 2 small rolls in waxed paper and chill. Frost with softened cream cheese, thinned with a little cream or sour cream. Decorate with red and green pepper. I like to just put it in a container and eat it instead of making it into a log. Plus I leave out the hard-boiled egg. This would be good on cucumber rounds or spooned onto bell pepper slices. This is my mom's recipe. I just made some and added everything to the food processor, pulsed a few times, and it was perfect. I added fresh cilantro and used Stevia for the sweetener. Posted by socalsweetpea.

Cheese Ball

Take your favourite Somersize or SUZANNE dip mix. Measure out half (little over 1 T) mix with 1 8oz cream cheese (let warm slightly towards room temp for easy mixing). Mix well and chill at least overnight if possible or 3-5 days before you want to serve. When ready to serve, either roll in fancy shredded cheese (I like the two tone ones - two flavors) or chopped pecans (for level 2). Really, anything you like will work or don't roll it in anything. Shape in a ball and serve with celery for SSers and crackers for non-SSers. My favorite is the salsa dip mix this way but use your favorite and you are all set for a party. You can use the whole package of dip mix and 2 x 8 oz cream cheese but it will make one huge cheese ball! Talk about super easy and tasty. Posted by JulieJafar.

Sausage Cheese Balls

I absolutely love the sausage cheese balls that are made with bread crumbs like Pepperidge Farms you get in the freezer section. You see them a lot around the holidays too. Well I made Karen's cheddar bay biscuits and had leftover batter and added cooked ground sausage to the batter and rolled them into little balls and baked them. YUM!!! They were so delicious. They would make a great appetizer. Just remember to drain the sausage REALLY well and blot with paper towels to remove as much excess oil as you can before adding to the dough because the dough is already very oily. Posted by Shaun12.

Hot Sausage Dip

1 lb of hot breakfast sausage
2-8 oz each of cream cheese

Brown sausage and drain. Mix in cream cheese. Bake one 350 for 45 min. Top with fresh tomatoes. I use salsa on the side. Usually this is served with corn chips but we can get creative and make cheese chips or some veggie chips etc. Posted by bee4real.

Chive, Cilantro and Yogurt Dip

1 cup plain yogurt
2 tbsp chives, finely chopped
1 tbsp cilantro, finely chopped
scant ½ tsp salt, to taste
¼ tsp garlic powder (or ½ minced garlic clove)

I had a veggie sandwich on ww pita with this for dressing. So good. It won't be hard to use this up at all. Posted by mamabj.

Chick Pea Dip

½ pkg of Suzanne™ Salsa Dip Mix
1t lemon juice
1 can of chick peas

Drain chick pea liquid (keeping the liquid, discard just before you serve the dip). Place chick peas into food processor with 2 T of the retained liquid. Puree until the mixture is smooth; if needed add more of the liquid as desired for a smooth creamy paste (note the amount will change depending on how well you drained your chick peas or how thick you prefer your dip). Remove mixture from processor bowl and fold in dip mix. Store in refrigerator for at least two hours; just before serving add any additional liquid you desires to obtain your preferred thickness. Serve with crackers, veggies or pitas. This is a huge hit at my parities. I have one friend that doesn't do dairy so this dip works for her and its L1. I hope you enjoy it. Substitute your favorite SUZANNE™ dip mix or into beans or great northern beans as desired. Posted by JulieJafar.

Hummus/Carb Dip

2 cups canned chick peas, drained or the same amount fresh cooked
2/3 cups tahini
3/4 cup lemon juice
2 cloves mashed garlic
1 t salt
1/4 t cumin
parsley for garnish

Place chick peas, tahini, lemon juice, garlic, salt and cumin in food processor. Mix until smooth. Refrigerate. Just before serving sprinkle chopped parsley on top. This is a ff carb dip for the big game. Can be served w/ww pita or wwff/tortilla. Posted by mamabj. NB: Tahini is sesame seed paste, which would make this a Level 2 dish.

Crab and Artichoke Dip

8 oz cream cheese, room temperature
1/2 cup mayonnaise
salt & pepper to taste
7 oz can of crabmeat, drained
6 oz jar marinated artichoke hearts, drained & chopped
1/4 cup sliced green onion
1/2 cup diced red pepper
1/2 cup diced celery
1/4 cup finely chopped parsley
1 tsp. lemon juice
1 tsp of Tabasco

Beat cream cheese until smooth, add mayonnaise, beat until well blended. Fold in all remaining ingredients. Serve with celery, slice of red or yellow pepper or parmesan chips (from SS). I just love this dip. So easy and can be used as a lunch (meat, cheese, veggie). Posted by monique1964.

Hot Spinach Artichoke Dip

2 small (4oz) jars of marinated artichoke hearts-drained, rinsed and chopped
1 (10 oz) pkg frozen spinach-drained well with water pressed out
1/2 cup mayonnaise
1/2 cup sour cream
1 cup Parmesan cheese (or 1/2 c Parmesan and 1/2 cup mozzarella)
pinch of garlic powder

Mix together, bake at 325 for 30 mins. Serve warm on (crackers) legal dipping things (celery, cheese chips, jicama, etc.) Or stuff into mushroom caps top with Parmesan and bake until mushrooms are tender, serve warm. Posted by mamabj.

Warm Artichoke Dip

14 ounce can artichoke hearts	8 ounces cream cheese
1 cup Parmesan cheese	garlic salt; to taste
1/2 cup mayonnaise	dill weed; to taste
1/2 cup sour cream	paprika

Drain and chop artichoke hearts finely and set aside. Mix remaining ingredients until smooth and creamy. Add artichoke hearts and mix well. Place in long shallow dish that has been greased or sprayed with non-stick spray. Sprinkle with paprika. Bake at 375 F. for approximately 20-25 minutes, or until bubbly and brown. Serve with cheese chips or celery or other legal items. Keep warm while serving. Of course for those not SSng regular Ritz or Wheat Thins can be used, whatever they like. Posted by mamabj .

Roasted Veggie Dip/Spread

1 8oz. package cream cheese
1 oz. crumbled feta cheese
1/4 c. shredded parmesan cheese
1 whole red bell pepper, chopped in large pieces.
1 zucchini, diced in large pieces
1/2 onion chopped in large pieces, or 4 green onions chopped
3-4 cloves garlic peeled and left whole
1 Tbs. balsamic vinegar
1 Tbs. olive oil
salt and pepper
1 tsp. Italian seasoning
1 tsp. dried basil

Toss together the chopped veggies with dried herbs, salt and pepper, and oil and vinegar. Pour mixture on to a cookie sheet and roast in the oven for 20-30 mins on 400 until veg. starts to caramelize and brown. Place three cheeses into a food processor and add hot roasted veggies and process until smooth. Spoon into a container and refrigerate until use. Eat with celery sticks, or cauliflower. You could use this as a spread for level 2 sandwiches. It's really tasty. I saw this dip made on Food Network on "Good Eats". I tweaked it a bit. Posted by chefDeb.

HOT! Chili Garlic Onion Dip

1 8 oz cream cheese	1/2 cup Chili Garlic Sauce
1 cup sour cream	1 pkg SUZANNE onion dip mix

Let your cream cheese warm up a bit so its soft and mix the sour cream. Once nice and fluffy mix in the chili garlic sauce and finally the onion dip mix. Chill for at least a couple hours or over night. I love making new dishes for parties and for my New Year's Even party I've found a great use for the SUZANNE onion dip mix. If you like hot recipes this one is a keeper for you and if not just sub some mild salsa and enjoy. If you use salsa toss in a little minced garlic maybe 1/2 t. I'm thinking the Salsa and Roasted Red Bell Pepper Dip mixes would be nice also if you want to change the recipe up a bit more. Makes 2 1/2 cups. Posted by JulieJafar.

SALADS

Spanish Salad

4c. penne wheat pasta
1-1/2 c. salsa
1 small red onion, chopped
2c. diced tomatoes
1c. red and/or green pepper, chopped
1c. black beans
1T. fresh cilantro

Cook pasta according to package. Combine all ingredients. Chill to blend flavors for at least an hour. Notes: The spicier the salsa, the better. I also like to add 1/2 of a chopped cucumber. For those of you that eat corn, you can add 1c. cooked corn. I love this recipe on a hot summer day! Posted by NanMC.

Amazingly Flavourful Salad!

Last night I made an awesome salad! I chopped fresh cilantro, green onion, flat leafy Italian parsley, mixed it with fresh ground black pepper & kosher salt, crumpled Feta Cheese and balsamic vinegar and put it on thick slices of nice fresh tomatoes. OMG! The taste was amazing! Posted by Romani.

Monique's Greek Salad

1 head of romaine lettuce
2 tomatoes
1/2 cup of cucumber
1/2 cup of feta cheese,(to your taste)
1/4 cup of red onions
1/4 cup of green onions
1/2 cup of orange, yellow or red pepper
You can add black olives for almost Level 1.

Dressing:
1/4 cup of(real)lemon juice
1/8 of cup of white vinegar
1/8 of cup of red wine vinegar
2 garlic cloves (minced)
1/3 cup of olive oil
1/4 teaspoon of oregano
salt, pepper to taste
you can add cream for a creamier taste

Personally I keep the dressing for 1-2 weeks in the fridge for further use when I'm making a small portion of salad for myself. A favorite in our family. A colorful salad, full of flavor and vitamins. Posted by monique1964.

Orange-Jicama Salad

4 cups jicama, peeled and julienned
2 oranges, sectioned
2 tablespoons fresh cilantro, chopped
1/3 cup fresh orange juice
2 tablespoons balsamic vinegar
1 tablespoon extra-virgin olive oil
Salt and black pepper to taste

Mix the jicama, orange sections, and chopped cilantro in a bowl. Whisk together the remaining ingredients, toss with the jicama-orange mixture, season to taste with salt and pepper, and serve. This colorful salad uses jicama, a crunchy and sweet root vegetable common to Latin countries. The pairing with oranges and cilantro gives it a distinctive Mexican flair. It would be a wonderful salad to serve with Vegetarian Chili or your favorite Mexican meal. During the winter holidays, add some pomegranate seeds to make it even more festive. From Dr. Weil's website. Note: this is a Level 2 recipe. Posted by spirit62.

Mock Bean Salad

1 can green beans, rinsed and drained	2 cups thinly sliced celery
1 can cut yellow wax beans, rinsed and drained	1 1/2 cups cider vinegar
1 jicama diced or julienned	2 cups sugar substitute equivalent
1 large green bell pepper, diced	2 teaspoons salt
1 large red onion, sliced and separated into rings	1/2 teaspoon freshly ground black pepper
1 (4-ounce) jar pimentos, diced	1 Karma's Tomato Soup recipe
1/2 cup salad oil	

Place beans, green pepper, onion & pimentos in large mixing bowl. Add oil & celery. In a saucepan, combine vinegar, sugar sub, salt, pepper, & tomato soup. Bring to a boil & pour over vegetables. Toss mixture lightly with 2 forks. Do this several times as mixture cools. Cover bowl & refrigerate at least 4 hours before serving. The salad will be better if kept chilled 24 hours before serving. Drain & reserve liquid before serving; it will keep for several days. The reserved liquid can be poured over the leftovers. Add more sugar sub, if desired. This can be kept in the frig for up to 2 weeks. When finished, keep dressing & make another batch. Be sure to store overnight for best flavor. Posted by mamabj.

Spinach & Strawberry Salad

2 bunches of spinach (We used 1 bag of the pre-bagged baby spinach & 1 bag of the italian mix)
4 cups sliced strawberries
1/2 cup olive oil
1/4 cup white wine vinegar
1/2 cup Splenda
1/4 teas paprika
2 tablespoons sesame seeds
1 tablespoon poppy seeds

In a large bowl, toss together the spinach and strawberries. In a medium bowl, whisk together the oil, vinegar, Splenda, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries and toss to coat. We got this recipe off of allrecipes.com. This is WONDERFUL!! My mom made it as a side for my anniversary dinner and I ate more of it then the actual dinner. I didn't eat the strawberries due to the fact I'm still strictly Level 1. The berries are needed though for the flavor. Posted by FrazzledMamma.

Wilted Spinach Salad

10 ounces pre-washed baby spinach
2 slices bacon, finely chopped
3 ounces Canadian bacon, finely chopped
2 teaspoons olive oil
1/2 red onion, sliced (about 1 cup)
1 pound button mushrooms, coarsely chopped
1 cup apple cider or juice (need no sugar added)
2 tablespoons apple cider vinegar
1 teaspoon Dijon mustard
Salt and pepper

Place spinach into a large bowl. Cook bacon in a large skillet over medium heat for about 4 minutes, or until it is just crispy. Add Canadian bacon to the skillet and cook for 2 more minutes, stirring frequently. Remove meat from pan and place on a plate lined with paper towels. Drain any remaining fat from the skillet. Add olive oil and onions to the skillet and cook for about 2 minutes, or until onions soften slightly. Add mushrooms to the pan and cook, stirring frequently, for 2 more minutes. Put onions and mushrooms on top of the spinach. Add apple cider and vinegar to the skillet and turn the heat up to medium-high. Stir to scrape up any bits that are stuck to the bottom of the pan and cook for 8 to 10 minutes or until cider is reduced to about 1/2 cup. Whisk in mustard, salt and pepper, to taste. Pour warm cider dressing over the mushrooms and spinach and toss until the vegetables are well coated. Sprinkle the bacon on top and serve. I got this recipe off TV. Posted by DTyler.

Warm Spinach & Bacon Salad

3 tablespoons plus 1 teaspoon balsamic vinegar
1 large sweet onion (try a vidalia onion), sliced thin
4 ounces pancetta or thick-sliced bacon, diced
4 ounces shiitake or white mushrooms, sliced
1 head frisee or chicory or red leaf or boston or romaine lettuce

Dressing:

1/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons olive oil
10 oz. fresh spinach

Bring 1-1/2 quarts water to boil in medium saucepan. Remove from heat; stir in 1 teaspoon vinegar & half the onion slices. Let stand 1 minute; remove onions & drain on paper towels. Heat skillet 1 minute over medium heat. Add pancetta or bacon & cook until crisp. Stir in remaining onion & mushrooms; cook until softened. Stir in remaining vinegar, salt & pepper. Remove from heat; add olive oil. Toss spinach, lettuce & onion in large bowl. Toss with warm dressing. Creator: unknown. Posted by mamalaurie.

Broccoli Salad

1 head broccoli
6 to 8 slices cooked bacon, crumbled
1/2 cup chopped red onion
1/2 cup raisins, optional (omit for L1)
8 ounces sharp Cheddar, cut into very small chunks
1 cup mayonnaise
2 tablespoons white vinegar
1/4 cup sugar substitute equivalent
1/2 cup halved cherry tomatoes (grape tomatoes will give it a sweeter flavor so you won't miss the raisins so much)
Salt and freshly ground black pepper

Trim off the large leaves from the broccoli stem. Remove the tough stalk at the end and wash broccoli head thoroughly. Cut the head into flowerets and the stem into bite-size pieces. Place in a large bowl. Add the crumbled bacon, onion, raisins if using, and cheese. In a small bowl, combine the remaining ingredients, stirring well. Add to broccoli mixture and toss gently. This has always been one of my favorite salads. If you add the raisins, it would be for L2 however. But leaving them out it is a legal L1. Posted by mamabj.

Broccoli Slaw

One bag of broccoli slaw or grate your broccoli (we even do the tops)
One red bell pepper - diced.

Shake in a jar the following:

1/2 cup mayo
1/2 cup sour cream
sweetener to equal 10 tsp sugar
1 tsp salt
1/2 tsp pepper

I just summersized this from a mag. Posted by glassart.

Sweet & Sour Cole Slaw

1 small head red cabbage
1 small head white cabbage
5 tablespoon white vinegar

5 tablespoon sugar substitute (I use W L)
1/3 cup Hellmann's mayonnaise

Chop both heads of cabbage and put in large serving bowl. In a small bowl mix the vinegar and sugar. Then add the mayonnaise and mix. (It will be lumpy). About an hour before serving, fold the dressing into the slaw and mix thoroughly. Chill. DO NOT ADD SALT & PEPPER! This one is SO EASY! Posted by wired_foxterror.

Warm & Delicious Salad

I just had a delicious lunch. It's cold outside and I wanted something warm. But I also wanted a salad, so I let my imagination come up with something that could satisfy both needs. I made a warm and creamy artichoke topping and served it over baby greens with crumbled blue cheese and drizzled with grape seed oil. The whole meal took 5 minutes to make! Put one can of artichoke hearts (packed in water) into a glass bowl. Add about 2 tablespoons of cream cheese. Season with cayenne pepper, salt, black pepper (the salt I used also has some garlic powder in it.) Pop it into the microwave for 2 minutes. Remove and chop it up until thick and creamy. Fill your plate with crisp greens then drizzle on a bit of grape seed oil. Crumble up some blue cheese over the top, and then spoon on the artichoke mixture over the top. Voila! Absolutely divine and totally satisfying! Posted by ghjk.

Boiled Salad

Choose 3-5 veggies that will look colorful together, for example:

2 yellow squash
1/2 head chinese (napa) cabbage
a red pepper
3-4 red radishes
1 stalk of broccoli

Cut veggies into bite-size shapes: yellow squash - cut in half lengthwise & then into thin slices; Chinese cabbage - cut the cabbage in half lengthwise, cut again in the stem area & separate into quarters & then cut thin slices of the cabbage; peppers - I like strips that are cut in half; radishes - quarter them vertically unless they are very big, then cut into more sections; broccoli - peel the tough skin off the stem, cut into flowerettes & then slice the stem (the stem is very sweet when cooked). Bring about 2 quarts of salted water to a boil. Drop in the cabbage & boil until the green parts get bright looking, then take it out & put into a colander to drain. KEEP THE WATER, DON'T THROW IT OUT! Next drop in the yellow squash & boil for about 1 min & take out & put it into the colander. Next the radishes - boil them about 2 mins & drain. Next the broccoli stems - boil 1 min & add the flowerettes & boil another 2 mins & drain. Next the red peppers - boil them just about 15 seconds & drain. When the veggies are cool, mix them up & put your favorite dressing on it. That's boiled salad! You can use other veggies too, like cauliflower, snow peas, onions, scallions, kale, collard greens, asparagus, daikon radish etc. Oh! And I forgot to add, you will also end up with the cooking water as a very nice vegetable based broth to make soup with! One way to get lots of veggies into your menu is with what is called a Boiled Salad! Posted by HunnyBunny.

Portabello Mushroom Salad

1 head romaine lettuce
1/2 box cherry tomatoes halved
2 large portabello mushrooms, sliced and sauteed
in olive oil until limp
Dressing:
2/3 cup oil (I put 1/2 cup)
1/4 cup vinegar

1/4 cup tomato sauce
2 tbsp. splenda
2 cloves garlic
1/4 tsp mustard powder
1/4 tsp. paprika
1/2 tsp salt

Prepare vegetables in bowl. Whisk together ingredients for dressing. Serve dressing separately. The dressing makes enough for 2-3 salads. Had this salad for dinner tonight. It was great!! DH said if he had such great food all the time, he can be on the WOA forever. I added grilled chicken breast on top as well. Posted by slimricki.

Tuna and Green Bean Salad

1 1/2 lbs green beans, trimmed and halved crosswise
3 t. salt, plus more for taste
3 to 5 small turnips soaked in heavy cream and then chop them into bite size pieces and boiled until done, not over done though. Turnips are taking the place of the potatoes
1/3 c fresh squeeze lemon juice
2 garlic cloves, chopped
1/3 c olive oil OR extra virgin o. o.
1 t. dried oregano
3/4 t black pepper
8 oz cherry tomatoes
1/2 c chopped fresh basil or use dry but less of it, like a 1/4 cup
1/4 c fresh Italian parsley leaves or just 1/3 dry parsley
9 oz canned tuna packed in oil

Cook your beans until tender crisp about 4 minutes. When they are done transfer to ice bath. Then dry them off. Add t. salt to the same cooking water and bring to a simmer and add turnips and cook until they are just tender but still hold their shape. Transfer to ice water to stop cooking and pat them dry. In a small bowl, whisk the lemon juice, garlic, oil, oregano, 1 tsp. salt and 3/4 tsp. pepper. Place the tomatoes, basil, and parsley in a large serving bowl. Add the tuna and toss gently to combine. Add the green beans and turnips and gently combine. Pour dressing over the salad and coat toss to coat. Simple elegant and is so yummy. I just saw this on The Food Tv Network with Everyday Italian. I am making more today. Posted by phoffer.

Exploded Sushi Salad

1 head cauliflower, riced (grated)
1 cup rice vinegar
1 tbs splenda
1/2 tsp salt
1-2 cups imitation crab meat, cut into small pieces (NB: imitation crab meat usually has added sugar, use real crab meat.)
1 long english cuke, small dice
1 bunch green onion, 1 inch pieces
1 red pepper, small dice
4 sheets nori (seaweed paper)
1/2 cup soy sauce
1-2 tsp wasabi (or to taste)
1 tsp sesame seed oil

Grate the cauliflower. Mix together rice vinegar, splenda & salt, then add in a non stick skillet with the cauliflower. Cook over medium heat & cover with lid (takes a while to soften the cauliflower) keep stirring & checking to make sure there are enough liquids & if its evaporated too much then add a few splashes of water to keep it steaming. Once cooked enough (about 10 mins) & the last liquids have evaporated, place in a bowl & into the freezer (stir while in the freezer every once & a while to help with cooling down). While the "rice" is cooling, prep veggies into a bowl & slice the nori into thin strips. Combine soya sauce, wasabi, & sesame oil together. Once the "rice" is cold add to the rest of the salad ingredients & then add the soy dressing. This recipe is versatile in what you like in a sushi roll, I love a cali roll with the avocado, but that would be a lvl two meal if added, & we didn't even find that we were missing it with this salad. Other options are smoked salmon, shrimp, tuna etc. Also please feel free to add more or less of a flavor/sauce, whatever is to your taste, I didn't measure anything when making this & am going by an approximate amount. I had the idea to make this salad as soon as I tried the "faux fried rice" & figured I could make this with the "rice". My dad & hubby who dislike sushi, really liked this, & the sushi lovers of the group were very impressed that I was able to make it taste soo stinking close to sushi. My mom commented that she even preferred it to the regular rice. All in all I am extremely happy to have found my sushi fix & to be able to indulge in sushi without any ounce of guilt attached. I named it "exploded sushi salad" because its like a roll that blew up. Posted by Anemos. NB: imitation crab meat usually has added sugar, use real crab meat.

Egg Salad

2 boiled eggs, mashed well
1-2 Tbs dill relish (sf)
2-3 Tbs Hellman's mayo
a little grated onion
1/2 tsp mustard
black pepper OR a pinch of cayenne OR * ground red pepper flakes
crumbled pepperoni chips
4 grape tomatoes slices into tiny wedges (optional)

Make about 12 pepperoni chips by placing pepperoni slices (I use Hormel), on layers of paper towel with one layer over the chips in the microwave. Nuke for 1 min on high & open the microwave door immediately to allow steam to escape, then remove chips after they cool. Mix all ingredients well & enjoy as is, or chill before eating. *ground red pepper flakes add zip! I'll definitely be making it again. Posted by SinginSOMERSong.

Sauerkraut Salad

1 pkg fresh sauerkraut, drained	1 onion, chopped
1 1/2 c. celery, diced	3/4 c. sugar substitute of choice
1 green pepper, chopped	1/4 c. rice or cider vinegar
1/2 red pepper or 3T pimento, chopped	1/2 c. salad oil

Combine sauerkraut, celery, green pepper, red pepper (pimento) and onion. Add sugar substitute, vinegar and salad oil. Mix together. Refrigerate overnight. My Mom used to make this and SS'd it so that it is legal. It will keep for weeks, if it lasts that long. Posted by mamabj.

SUZANNE™ Chicken Salad

2-4 cups chopped cooked chicken (or turkey)
½-1 cup prepared SUZANNE™ Onion Dip
½ cup celery, chopped
1-2 boiled eggs, chopped
2-4 T dill relish
1T prepared mustard, optional
Salt and black pepper to taste or 1 t of your favorite SUZANNE™ salt rub

I love using left over chicken and left over SUZANNE™ dips to make a quick chicken salad. Mix all ingredients adjusting amounts to meet your taste. Serve over a bed of greens or as a sandwich (L2). I can't always eat all the dips so I love making salads with them. This is so easy and flavorful. Remember the SS ones work just fine for the recipe. Substitute your favorite SUZANNE™ dip mix. Posted by JulieJafar.

Asian Chicken Salad

4 cooked skinless boneless chicken breasts, diced	1 teaspoon ground ginger
1 1/4 cups bean sprouts	1/8 teaspoon salt
1 1/2 cups snow peas	1/8 teaspoon freshly ground black pepper
1/4 cup chopped scallions	1/8 teaspoon sugar substitute equivalent
1/4 cup vegetable oil	1/4 cup diced celery
5 teaspoons soy sauce	1 (8-ounce) can sliced water chestnuts, drained

Combine the chicken, bean sprouts, snow peas, and scallions. Make a dressing using the oil, soy sauce, ginger, salt, pepper, and sugar substitute. Add to the chicken mixture. Add the celery and water chestnuts and mix well. Serve chilled. This is an incredible salad. Posted by mamabj.

Warm Chicken, Mushroom, and Spinach Salad

1 Tbls. olive oil
1 cup loosely packed fresh flat leaf parsley
2 whole boneless chicken breasts, skin on. split
Kosher salt and freshly ground black pepper
1 small onion, roughly chopped
10 white mushrooms, wiped clean, cut into 1/4 inch pcs.
1 cup dry white wine
2 Tbls. balsamic vinegar
1 Tbls. sweet butter
8 to 10 ozs. baby or flat leaf spinach, stems removed

Preheat oven to 400. Heat olive oil in a large skillet over medium heat. Press 1 Tbls. parsley onto skin side of each breast. Season both sides with salt and pepper. Place breasts skin side down in the skillet, cook until golden about 8 mins per side. Remove chicken from skillet; transfer to a roasting pan. Transfer pan to the oven until the chicken cooks through, 15 to 20 mins. Remove skillet to stove. Add onion, cook, stirring until just golden about 2 minutes. Add mushrooms, cook until soft about 5 minutes. Add wine, use a wooden spoon to loosen browned bits. Cook until the wine is almost evaporated about 5 minutes. Add vinegar, cook 1 minute more. Stir in remaining parsley, season with salt and pepper. Remove from heat and stir in the butter. Remove chicken from the oven. Place the spinach on the plates. Slice each breast into sixths, arrange over the spinach. Spoon the mushroom mixture over the chicken, drizzling the juices over the spinach, and serve. Serves 4. Posted by Liz01219.

Chicago Dog Salad Recipe

1/4 cup yellow mustard
2 tablespoons vinegar, eyeball it
1 rounded teaspoon sugar (Splenda)
4 tablespoons vegetable oil
1/2 medium red onion, thinly sliced
1/2 of a 16-ounce sack shredded cabbage blend for slaw salads
1 romaine heart, shredded
2 vine ripe tomatoes, diced
3 large half sour or garlic pickles, chopped
Salt and pepper
8 pork or beef hot dogs, cut into 1-inch-thick slices on an angle

In the bottom of a large bowl, combine mustard, vinegar, sugar, and about 3 tablespoons of vegetable oil. Add the onions, cabbage, romaine, tomatoes, and pickles and toss the salad. Season with salt and pepper, adjust seasonings, and reserve. Heat a large nonstick skillet over medium-high heat. Add in remaining 1 tablespoon vegetable oil (1 turn of the pan) then arrange the sliced dogs in a single layer. Sear them a couple of minutes on each side. Remove to paper towels to drain. Mound up the salad on plates, top with seared dogs, and serve. Check out this salad from Rachael Ray. Posted by sipsy.

Salmon Salad

1 1/2 lbs. salmon filet	1 cucumber, peeled, seeded and chopped
salt and pepper to taste (optional)	3 Tbls. mayo
1/2 cup chopped green onions	3 Tbls. sour cream
1/2 cup chopped celery	2 tsp. dried dill leaves

Season the salmon with salt and pepper (if using) on the skin side. In a nonstick skillet coated with nonstick cooking spray, cook the salmon over medium heat for about 5-7 minutes on each side or until done. Remove the skin and flake. In a bowl, carefully combine all ingredients and fold together until well mixed. Refrigerate until serving time. Posted by Liz01219.

CONDIMENTS, DRESSINGS & DIPS

Hellman's Mayo

1 egg (room temperature)	a dash cayenne pepper
1 tsp dry mustard	1 cup vegetable oil
1 tsp salt	3 TB vinegar
1/4 cup vegetable oil	

Place first 5 ingredients in blender on low speed. While machine is blending, SLOWLY pour in another 1/2 cup vegetable oil. Add the vinegar and remaining oil. Blend until firm. Store in refrigerator. From <http://www.budget101.com/recipes/id254.htm>. Posted by mamalaurie.

Hellman's Mayonnaise Recipe

1 egg (at room temp)
1 teaspoon dry mustard
1 teaspoon salt
1 1/4 cup oil (any type...corn, vegetable, canola)
dash cayenne pepper
3 tablespoons lemon juice or vinegar (I like it with vinegar better)

Place egg, mustard, salt, cayenne pepper and 1/4 c. oil in blender and blend on low. While the machine is blending, SLOWLY pour in another 1/2 c. oil. You may have to stop and scrape down the mayo. Add the lemon juice/vinegar and the remaining 1/2 c. oil. Blend until well combined. Store in refrigerator, tightly covered. This recipe for Hellman's Mayonnaise serves/makes 1.5 cups. Please note: This is a copy cat recipe submitted to CDKitchen. Submitted by: Genny Blake. Ready in: 30 minutes. Recipe difficulty 2/5 Difficulty: 2 (1=easiest :: hardest=5). Serves/Makes: 1.5 cups Posted by mamalaurie.

Blender Mayo

1 egg
2 tablespoons of lemon juice or vinegar
1/2 tsp. salt
1/4 tsp dry mustard
1/8 tsp paprika
dash of cayenne
1 cup of oil

Can use blender or food processor. Combine egg, lemon juice or vinegar, salt, dry mustard, paprika, and cayenne. Pulse till ingredients are blended. Add oil very SLOWLY while mixing on high speed, until mixture thickens. Store tightly covered in refrig. Will keep up to 7 days. Every time I run out of mayo, and make this, I think, geesh, why don't I do this all the time? It's very good!! Posted by Kisa 1.

Coconut Mayonnaise

1 whole egg	1/2 teaspoon Sea Salt
2 egg yolks	1/4 teaspoon white pepper
1 tablespoon Dijon mustard	1/2 cup Virgin Coconut Oil (melted if solid)
1 tablespoon fresh lemon juice	1/2 cup extra virgin olive oil

Put the eggs, Dijon mustard, lemon juice, salt, and pepper into a food processor or blender: Then with the processor or blender running on low speed, start adding your oils very slowly. Start out with drops and then work up to about a 1/16-inch stream. It should take about two minutes to add the oil. Continue blending until there is no free standing oil. With all the health benefits of coconut oil, especially to those of us with hypothyroidism, here is a better mayonnaise. Makes about 1 1/2 cups. Posted by mamabj.

Blue Cheese Dressing

1 cup mayonnaise
1 cup crumbled blue cheese (about 4 ounces)
1/2 cup buttercream *(see below)
1 shallot, peeled
1 tablespoon freshly grated lemon zest
1/2 teaspoon Worcestershire sauce
1/2 teaspoon kosher salt
1/4 teaspoon celery seeds
2 tablespoons minced fresh flat-leaf parsley
Freshly ground black pepper

Pulse the mayonnaise, blue cheese, buttercream, shallot, lemon zest, Worcestershire sauce, salt, and celery seeds in a food processor to make a chunky but pourable sauce. Stir in the parsley and season with plenty of pepper. Use immediately or refrigerate in a tightly sealed container for up to 3 days. Yield: 2 cups. *To make buttercream instead of milk, use heavy whipping cream and add 1t lemon juice. Posted by mamabj.

Homemade Salad Dressing

1/4 cup mayonnaise
2 Tablespoons parmesan cheese (in the can)
1/4 teaspoon chili powder
enough water to make it the same consistency as bottled salad dressing

This is the salad dressing I make. I mix it up in a small bowl with a lid and take it with me when we are going out for dinner. I don't measure the ingredients, just use what looks good. My husband said this reminds him of a bottled dressing he had tasted before. I can't remember which one and it was one I haven't tried. Posted by 3M.

Creamy Balsamic Salad Dressing

3/4 Cup Mayo	1 & 1/2 tsp. Somersweet
3-4 TBS Cream	2 TBS. Balsamic Vinegar

My son and I played around and created this recipe. It's very quick and is always a hit so if you like a little sweeter dressing, try this. Posted by DramaMama16.

Classic Salad Dressing

Basic vinaigrette:
juice of 2 lemons
1/2 cup olive oil
1 tsp salt

I whip that up in my mini-processor w/several cloves of garlic. Just toss it w/romaine and feta. Want to Caesar it up, just add some anchovy paste and W. sauce. I've been making Suzanne's Pork Medallions ever since I got her EGLW book years ago & my family fell in love w/the salad dressing used in that recipe. Guests rave about it also ~ it's so simple. I've noticed it's the basis for most of the vinaigrettes on the food channel. Posted by snookies.

Monique's Greek Salad Dressing

1/4 cup of real lemon juice	2 garlic cloves minced
1/8 cup of white vinegar	1 teaspoon of oregano
1/8 cup of red wine vinegar	salt and pepper to taste
1/3 cup of olive oil	

Flavorful!!! Posted by monique1964.

Raspberry Macadamia Vinaigrette

I love raspberry walnut vinaigrette, but they have too much sugar. So, I bought Newman's Own Light Balsamic vinaigrette (1 g sugar) and added raspberry and macadamia nut davinci syrups. Tastes great! Posted by varinia1961.

Strawberry or Raspberry Vinaigrette

sf strawberry or raspberry syrup to taste
2 tablespoons sf Balsamic Vinegar
1/4 teaspoon ground black pepper
1/4 cup Light Olive Oil

Combine sf strawberry or raspberry Davinci or Torani syrup, vinegar and pepper until combined. Gradually add olive oil and mix until well blended. (I just use my little Black & Decker chopper or immersion blender). Chill until ready to serve. To make a Almost Level One or Level Two, I'm not sure which, use one cup fresh strawberries or raspberries instead of the syrup. It is such a nice light dressing. Very refreshing. A friend served this and it was so good I had to figure out a way to ss it. This is the only way I could do it. He served it on a mixed green salad w/a little red onion and pine nuts which I know for level one would need to be eliminated. It was absolutely delicious. Posted by mamabj.

Creamy Chipotle Basting Sauce

1/2 c. mayonnaise
3 tbsp. Tabasco brand Chipotle Sauce
1 lg. garlic clove, minced

Combine mayonnaise, Tabasco brand Chipotle Sauce and garlic in a small bowl and mix well. Brush on chicken, burgers or sausage while grilling. Makes about 3/4 c. This makes an equally good dipping sauce (which is what I have used it for). I found this several years ago, a recipe that was included with my bottle of Tabasco brand Chipotle Sauce. They actually call it a basting sauce, though I have never used it that way. Posted by atcchick.

Awesome Marinade for Flank Steak

dry vermouth
soy sauce
minced garlic
parsley

Put flank steak in ziploc with the above ingredients, marinate overnight, grill to medium, remove and it cooks a bit more, The trick is to slice against the grain of the meat in thin slices, Unbelievable! Great leftovers as well for biscuits if you are not ss-ng. My mother in law gave us this awesome marinade for flank steak. Posted by Luv2shop.

Marinade for Chicken and Deer

1/4 cup olive oil
juice and rind of 1 lemon
4-5 cloves of garlic
2tsp oregano
1/2 cup chicken broth
1/2 tsp salt, pepper to your taste

Marinate and brush while grilling. I find it tastes a lot like Nandos lemon herb chicken. Yummy. I have used this on chicken (breasts, wings, and thighs) and deer. Posted by lcstearn.

Quick BBQ Sauce

This is what I did for quick BBQ sauce - legal ketchup and a bit of canned chipotle sauce, a kick and great!
Posted by Sumi.

Tonkatsu Sauce

1/2 cup Worcestershire sauce
1/4 cup granulated sugar (use sugar substitute)
1/4 cup soy sauce
1/4 cup tomato ketchup
1 teaspoon Dijon mustard
1/4 teaspoon ground allspice

In a small saucepan, whisk together Worcestershire, sugar sub, soy sauce & ketchup. Bring to a simmer over medium low heat. Reduce heat to gentle simmer & whisk often until reduced to 1 cup, about 10 mins. Whisk in mustard & allspice. Cool to room temperature. Sauce will keep for 1 week in the refrigerator. Posted by Kisa 1.

Cheese Sauce

4 cups heavy cream
1 1/2 cups cheddar cheese
Pinch of nutmeg
Pinch of ground cayenne

I use the one from Fast and Easy's Macaroni and cheese. Place cream in a heavy medium saucepan. Bring to a boil, reduce heat slightly, and let boil gently for 10 min., or until reduced by half. Lower heat and add cheese, nutmeg, and cayenne. stir until cheese melts and sauce is smooth. I use this for veggies but I usually cut it in half. If you want to make the mac and cheese you would pour the sauce over 8 sliced egg crepes, in a baking dish, top with 1 cup of cheddar, salt and pepper. Bake @ 350 for 20 min. Posted by pepper6.

Cheese Sauce

I never use an actual recipe. As I get little bits of leftover cheese, I tend to stick them in the freezer so they don't go bad. When I want some cheese sauce, I just mix some cream with a mixture of cheeses, & a pinch of dry mustard & pepper, and it makes a great cheese sauce. If the sauce is too thin, add some more cheese, if it is too thick, add some more cream, or even a little water, if you have already used plenty of cream. Posted by marie172.

Strawberry Butter

1 1/2 cups butter, at room temperature
1 cup good-quality SF strawberry preserves

Place the butter in the work bowl of an electric mixer and beat on high until light and fluffy. Add the preserves and beat until well combined. To serve, spoon or pipe the flavored butter into 2-tablespoon ramekins or onto side plates. Chef's note: Keep air tight container for up to one week. Posted by mamabj.

Monique's Tzaziki

1 container of sour cream	1 Tbs of real lemon juice
2 Tbs of vegetable oil	½ tsp of dried mint
1 Tbs of white vinegar	I add 1 cup of minced cucumber for the dip but not
½ tsp of salt	as a sauce with meat.
2 garlic cloves (minced)	

You dip in it some veggies (tomatoes, cucumber etc.). Or can be use as a dip for Greek Chicken Breast on BBQ or if you are doing some fajitas (instead of just sour cream). Delicious! Posted by monique1964.

BEEF

Suzy's Spicy Chuck Roast with Hot Peppers

1 chuck roast, 2, 3 or 4 pounds
1 can Rotel tomatoes or other low carb tomatoes with hot peppers in them

In a skillet over high heat, sear chuck roast on two sides until brown. Put in crockpot. Pour can of tomatoes over it and cook ALL DAY on high heat. (5 hours was plenty.) Suzy's Notes: Serve plain or with sour cream. Can serve over faux rice, potatoes or noodles for the family or make tacos or tacos salad out of it, too. I make it on Monday and munch on it all week for lunches and snacks. The hot peppers help me lose weight. Gail's Notes: I used the mild Rotel. I only cooked it for 5 hours, & it was so tender. This was so easy, & good! Posted by iwillrejoice.

FREEZE WELL: Swiss Steak

2 lbs. round steak, trimmed of excess fat
salt and pepper to taste
1 1/2 cups chopped onion
1 tsp. minced garlic
1/2 mushrooms, sliced
1 (15.5oz) can chopped tomatoes with their juice
1 (8 oz.) can tomato sauce

Season with salt and pepper. In a large non stick skillet coated with non stick cooking spray, saute the onion, garlic and mushrooms over medium heat until tender, about 5 minutes. Add the steak to the skillet and brown on both sides for about 7 minutes. Add the tomatoes, tomato sauce. Bring to boil, reduce the heat and cook, covered, until the meat is very tender, about 1 1/2 to 2 hours. TO PREPARE AND EAT NOW: Eat when ready. TO FREEZE: Cool to room temp., then wrap, label and freeze. Recommended freezing time: up to 2 months. TO PREPARE AFTER FREEZING: Defrost. Reheat in non stick skillet over low heat until well heated. Posted by Liz01219.

Dzik

1 lb flank steaks or beef brisket, well trimmed and cut into 2-inch squares
1 garlic clove, peeled and quartered
2 bay leaves
1/4 teaspoon dried marjoram
1/4 teaspoon dried thyme
1 small red onion, diced (divided use)
salt
4 large radishes, julienned
1-2 fresh habanero pepper, stemmed, seeded & finely chopped (we use poblanos instead to cut the heat)
1 small tomato, cut into 1/4 -inch pieces
2 tablespoons chopped fresh cilantro
6 tablespoons lime juice
6 leaves romaine lettuce

The Meat: bring 3 cups water to a boil in a medium saucepan, add the squares of meat and skim off any grayish foam that rises to the top during the first few minutes of boiling. Add the garlic, bay leaves, herbs, a generous 1/2 teaspoon salt and half of the onion. Simmer over medium to medium-low heat for an hour or so, until the meat is tender. If there is time, let cool in the broth. Drain and discard all but the meat; then shred the meat into thin strands. The dzik: Combine the cooked meat, the remaining half of the onion, the radishes, chile, tomato and cilantro, and toss with the lime juice and generous 1 teaspoon salt. Scoop the dzik into your lettuce wrap and enjoy! This is totally legal and beyond yummy! We wrap it in Romaine leaves. Posted by Honeybee76.

Stewed Beef (Crockpot recipe)

3 pounds of cubed beef stewing meat
1 stick butter (1/2 cup)
1 tablespoon minced dry onion flakes
1 teaspoon parsley flakes
1 teaspoon onion powder
1/2 teaspoon sea salt
1/8 teaspoon pepper (or to taste)
2 teaspoons sugar substitute

Place the cubed beef in the crockpot. Slice the butter into about 12 slices and add it on top of the beef. Mix the dry ingredients together, then sprinkle over the meat and butter. Cover the crockpot and cook on low for 8 hours or on high for 5 hours. Stir several times during cooking. I like to serve this over spaghetti squash, faux rice or vegetables. Posted by wired_foxterror. Note by: mamalaurie - This is almost the identical recipe I use. One addition I make is to add lots and I mean lots of sliced or chopped GREEN Pepper to this. I am a great lover of green pepper, but also find it really makes an amazing difference. Also: I usually add lots of garlic, but not always.

Goulash- Budget

4 lbs meat- beef, boneless chicken thighs and pork, cubed - any of these are good, I like to use all 3 at once.
3 onions, wedged
1 large can diced tomatoes
1 1/2 tbs. paprika
1 cup water

Mix the above in a large roasting pan. Bake uncovered at 300' for around 3 hrs, stirring often. It will juice up, but as it cooks the liquids will reduce & get thick. One note: Do not use lean meats. This dish requires a long cooking time and it will dry out lean cuts of meat. I always mix my meats for Goulash. If you do this it makes for a budget meal. If you purchase the meat whole and cut it yourself you save a lot of money. Posted by pollypurebred39.

5 Hour Stew

2 pds beef stew meat
3-4 stalks celery rough chopped
3 carrots rough chopped (I use more)
1 large onion chopped
1 cup tomato juice
seasoning (we use salt, pepper and a good seasoned salt.)

Put beef in a 13x9 pan, sprinkle onions on top. Add seasoning. Add carrots & celery. Pour tomato juice over. Cover tightly with foil and put in a 250 degree oven for 5 hours. That's it. The meat is so tender. Sometimes we add water chestnuts for crunch. This recipe is super easy, almost embarrassing to post, it was always our favorite growing up, and lucky me, I just realized it was just about somersized already!! Posted by mcmemom. NB: using carrots would make this level 2, replace with turnips for level 1.

Marinated Flank Steak

1 1/2 lb flank steak	1 teaspoon garlic powder
3/4 cup soy sauce	1 teaspoon ginger
3 tablespoon honey (use 2 tsp sugar sub plus; 1 tsp water instead)	3/4 cup salad oil
2 tablespoon vinegar	1 minced onion

Marinate steak in mixture of next seven ingredients a few hours or overnight in the refrigerator. Broil to desired doneness turning once. (M_C-TX) 05/11/93.) Makes 4 servings. Posted by mamalaurie.

Flank Steak with Savory Sauce

1 1/2 lb beef flank steak
1 unseasoned meat tenderizer
2 tablespoon cooking fat
1/3 cup commercial french dressing not the creamy type (Level 2 only)
For Level 1 its best to use a homemade version (there are recipes on site)
1/4 cup water
1/3 cup bleu cheese; crumbled
2 tablespoon cream
1 drop Worcestershire sauce
4 teaspoon Level 1 thickener
1 salt
1 pepper

Remove meat from refrigerator & let stand not more than 1 hour at room temp before tenderizing. Cover meat to prevent drying out. Cut meat in two pieces for easier handling. Follow manufacturer's directions for tenderizing meat. DO NOT SALT MEAT, rather correct seasoning toward end of cooking. Brown meat slowly on both sides in fat. Place in a shallow baking dish. Combine French dressing & water & pour over meat. Make a lid of heavy-duty foil. Cook in a 325F oven for 1 hour, turning meat once. Combine bleu cheese, cream, & Worcestershire sauce. Spread over top of meat. Cover & cook 30 minutes or until meat is done. Baste meat once. Remove meat to a platter & keep warm. For 1 cup sauce, pour liquid into a 1-cup measuring cup. Let stand for 1 minute to allow fat to come to top. Discard all but 2 tablespoons of fat. Add enough water to measure 1 cup of liquid. Pour into a small saucepan. In same cup, measure 1/4 cup cold water & blend in 4 teaspoons thickener. Add mixture slowly to liquid in pan. Bring to a boil, stirring constantly, & cook until thickened, about 3 minutes. Taste sauce & correct seasonings, if necessary, with salt & pepper. Makes an unusual, tasty sauce. To serve, carve thin diagonal slices across the grain. From The More Beef for your Money Cookbook. Yield: 4 servings. Posted by mamalaurie.

Marinated Flank Steak

1/2 cup soy sauce
1/4 cup oil water
2 cloves garlic; minced
2 teaspoon brown sugar sub;or brown sugar twin
1 teaspoon ginger root; chopped
1/4 teaspoon black pepper
3 lb flank steak

In a small bowl, combine all ingredients except the flank steak, and mix well. Score the flank steak on both sides. Place in a glass baking dish, pour the marinade over the flank steak. Refrigerate for 2-4 hours, turning the steak once. BBQ or broil the meat 6 inches from the heat, about 5 minutes on each side or until it reaches the desired doneness, basting occasionally with the marinade. To serve, slice thinly across the grain of the meat. This same marinade recipe can be used for chicken, pork or fish. Makes 4-6 servings. Posted by mamalaurie.

Fire Escape Flank Steak

1/4 c canola oil
3 tb lime juice
1 tb minced garlic
1 t cumin
1 tsp chili powder
2 tb cilantro leaves
2 lb flank steak (about 2 pounds)

Combine marinade and pour over steak (use a non metal pan) cover and refrigerate overnight, 1 hour at the least. Grill steak, turning once (8-10 minutes for rare). Cut into thin slices across the grain. Posted by mamalaurie.

Marinade - Chuck Roast/Flank Steak

1/3 cup wine vinegar
1/4 cup ketchup, SF
2 tablespoon soy sauce
1 teaspoon salt; optional

2 teaspoon Worcestershire sauce; LEVEL 2 ONLY
1 teaspoon mustard, prepared
1/4 teaspoon garlic powder
1/4 teaspoon pepper

Combine marinade ingredients in a glass measuring cup. Whisk until blended. Pour over meat and cover for and refrigerate for about 6 hours. Good for chuck roast, flank steak or etc. Somersize Note: ALMOST Level 1 means recipe contains 1 or 2 ingredients which are level 2, or alcohol, but due to the small amts are almost a level 1. Use only if you a steadily losing weight. LC-15.9 TOT. Posted by mamalaurie.

Carne Con Chile

Boneless Bottom Round, very thin cut into bite size pieces, also can use pork/chicken.

4 (+,-) red tomatoes

3 (+,-) green jalapeno peppers, depends how hot you want it, for me this is mild.

oil

1 garlic clove

salt

water

Roast the tomatoes & peppers. Heat the oil on a skillet and brown meat with salt until done. Mix tomatoes, peppers, salt, garlic and water in a blender very well. Pour into skillet. Bring to boil. Serve with steamed broccoli. This recipe is my favorite (Mexican). Posted by p_hernandez.

Cate's Salisbury Steak

1 1/2 lb lean ground beef
1/2 cup pork rinds or parmesan cheese
1/4 onion, grated
1/3 green (bell) pepper, grated
2 tablespoon olive oil
1 tablespoon tomato paste
3/4 teaspoon salt
2 teaspoon liquid beef bouillon
1 dash marjoram
1 dash tyme
1 dash savory
1 dash pepper

----ADD WHILE FRYING----

1/3 grated green pepper

1/3 grated onion

----THE GRAVY----

1/4 cup water

3 tablespoon cornstarch OR Allowed Thickener

1 tablespoon tomato paste

1 teaspoon bottled beef bouillon

1 dash savory

1 dash pepper

salt to taste

PATTIES: Mix all ingredients well. Form six thick, oval patties. Cook over medium heat, heat 2 tablespoons oil. Fry patties in a covered pan for 10 minutes. Turn patties over, continue cooking for an additional 10 mins. During last 10 mins put the additional green pepper and onion into the pan. GRAVY: Mix corn starch/allowed thickener in water. Make sure there are no lumps. Add salt, savory and pepper. Stir well. Remove patties from the pan. Add 2 cups water, tomato paste and bullion to the pan, and stir well. While mixture is still cold, stir in cornstarch/allowed thickener mixture. Stir until gravy is finished. Serve over meat patties. TIP: what I do to mix the thickener is this: put thickener into a small glass jar, add a bit of water or cooking liquid and shake well till blended, then add to the pan. NOTE: For Level 2 only: you can use the cornstarch as a thickener now if you wish and fresh bread crumbs. Created by Cate Vanicek, somersized by mamalaurie. This is not my recipe, but is a good one, we love it, hope this helps. The original recipe contained msg, bread crumbs, and cornstarch. Posted by mamalaurie.

FREEZE WELL: Make Ahead Meat Patties

1 lb. ground sirloin
1/2 cup salsa
salt and pepper to taste

To Freeze: Cool to room temp, then wrap, label and freeze for 2 to 3 months. To prepare after Freezing: Defrost & cook on grill or non stick skillet over medium heat until done. By adding salsa to ground meat, these patties are moist and well seasoned, perfect to put out as needed. These patties freeze well. Posted by Liz01219.

Stuffed Blue Cheese Burgers

1-1/2 pounds lean ground beef
1 tablespoon Worcestershire sauce
1/2 teaspoon garlic powder
1/4 teaspoon ground black pepper
1 3-ounce package cream cheese, softened
3 tablespoons crumbled blue cheese
1 tablespoon Dijon mustard

Combine the ground beef, Worcestershire sauce, garlic salt and pepper, mixing well. Shape mixture into 8 patties about 6 inches in diameter. Mix the cream cheese, blue cheese and mustard until smooth. Divide the mixture among 4 of the beef patties, spreading to within 1/2 inch of the edge. Top with a remaining patty, sealing edges firmly. Grill patties about 4 inches from coals or heating element, turning once, 5 to 7 minutes on each side for medium. Makes 4 servings. Posted by ncpharmgirl.

Best Meatballs Ever

2lbs of x-lean hamburger	1/2 cup of grated parmesan cheese.
2 tsp of the Memphis salt rub	fresh cracked pepper to taste
1 large egg	1/2 bottle of the SS chipotle BBQ sauce

Mix all the ingredients together, except the BBQ sauce. Shape into balls (mine were the size of golf balls). Brown meatballs and remove to a sheet pan lined with brown paper bags or paper towels to drain off the excess oil. In a wide bottom pan or pot pour in the BBQ sauce (heat is med-high), add the meatballs and stir to coat. Cover and reduce heat to med-low and cook for about 10-15 minutes. I sprinkled a little extra parmesan cheese over the top of my meatball. This is a rough estimate as I have been cooking for many years and I don't really measure except when I'm baking desserts. I will definitely make these again!!!!!! Posted by swtred16.

FREEZE WELL: Italian Stuffed Meatloaf

2 lbs. ground sirloin	1 onion, chopped
1 large egg white	4 oz. sliced mozzarella or provolone cheese
1 cup tomato sauce (SEE ABOVE)	1/2 cup frozen spinach, cooked according to directions and squeezed dry.
salt and pepper to taste	1/2 cup jarred, roasted red peppers, drained and well chopped.
1 tsp. minced garlic	
1 tsp. dried oregano leaves	

Preheat oven to 350. In large bowl, combine the sirloin, egg white, tomato sauce, salt and pepper, garlic and oregano. In small non stick skillet coated with non stick cooking spray, saute onion until tender. Add the cooked onion to the meat mixture, mixing well. Put HALF the meat mixture into a non stick 9x5x3 inch loaf pan coated with non stick cooking spray, layer with mozzarella cheese, spinach, and red peppers and cover with remaining meat mixture. Bake meatloaf for one hour or until meat is done. TO PREPARE TO EAT NOW: Eat when ready. TO FREEZE: Cool to room temp., then wrap, label, and freeze. Recommended freezing time: up to 2 to 3 months. TO PREPARE AFTER FREEZING: Defrost. Preheat the oven to 350. Bake for 20 to 30 minutes or until thoroughly heated. Alternately, you can reheat meatloaf slices in the microwave. This looked interesting! Recipe calls for "tomato juice". I don't know for sure if that's legal, so I'm going to sub tomato sauce when I make this. This recipe should freeze well. Posted by Liz01219.

Meatloaf

2 lbs gr beef	1/4 c. ketchup (low carb)
1 egg	1/3-1/2 c. grated Parmesan
a few dashes Worcestershire sauce	1 tbs. dried minced onion
1 tbs. mustard	1-2 tsp. Italian seasoning

Preheat oven to 400. Mix all together with your hands. Put in 8-inch square baking dish. Bake 30-45 minutes until done. Drain off grease. Spread more ketchup on top and bake 10 minutes more. (Sometimes I just turn the oven off and leave it in there until everything else is ready.) This is how I make meatloaf. I don't measure so the measurements are approximate. Everyone who's ever had it loves it. Posted by indyemmert1.

Stuffed Meatloaf

1 pound lean ground beef
1 pound lean ground pork
1 pound lean ground veal (or use 1 1/2 pounds each pork and beef)
2 beaten eggs
1/2 heavy cream
1/2 cup pork rind flour
1 Tbs. salt
1/2 Tsp. pepper
Stuffing:
2 1/2 cup DebBs bread, cut into squares
1/2 Tsp. thyme
1/8 Tsp. pepper
water, or cream to moisten
1 Tbsp. minced onion, browned
1 cup chopped raw mushrooms, sauteed in butter, or use 1 can canned mushrooms

Combine ground meats, beaten eggs, cream, bread crumbs, 1 tablespoon salt, and 1/2 teaspoon pepper. Put half of the meat mixture in a greased baking dish. Mix together the stuffing ingredients; spread over meat layer, then top with remainder of meat. Bake at 350 about 1 1/2 to 2 hours. Posted by rosalia.

Mock Potato Meatloaf

1 pound extra-lean ground beef
1/2 pound ground pork or ground chuck
1 cup diced onion
1 turnip, shredded
1 orange pepper, shredded
1/2 cup vegetable broth, or chicken broth
1/2 teaspoon salt
1/4 teaspoon pepper
1 large egg
1 1/2 cups pork rind flour
1/3 cup sugar free ketchup
1/2 teaspoon italian herb seasoning
Topping:
1/4 cup sugar free ketchup

Heat oven to 350°. Combine all ingredients until blended. Pack into a lightly greased meatloaf pan or loaf pan, or shape into a loaf and place in an 11x7-inch baking dish. Bake for 1 hour. Pour off excess grease, spread 1/4 cup ketchup over the top of the loaf, and bake for 20 to 30 minutes longer. Serves 6 to 8. Shredded orange pepper and turnips give this meatloaf additional flavor and texture. Posted by rosalia.

Slow Cooker Meatloaf

2 pounds of lean hamburger
2 eggs
2 slices DebBs bread, in small cubes
heavy cream

sugar free Ketchup(or salsa)
Salt and pepper
1 small onion, chopped

Beat eggs, add bread cubes. Add enough cream to moisten all. Add hamburger, squish all together with your hands. Season to taste. Place in slow cooker/Crock Pot, shape to fit, flatten. Pour catsup on top (enough to cover completely) Crock on low all day 8 - 12 hours. Notes: you can use crushed pork rinds instead of bread, and salsa instead of the ketchup. Posted by rosalia.

Best Lasagna Ever!

One egg plant
Ricotta cheese 8oz
crush tomatoes 28 oz

Ground beef - two to three pounds
mozzarella cheese - as much as you want. :)
garlic, onions and cilantro

Cut egg plant into circles. Put butter in the pan and grill until it starts to get soft but not too soft. Prepare the ground meat with what ever spices you want. Add crushed tomatoes, onions, garlic and cilantro. I love cilantro. Cook for like 40 minutes on medium high. Then put a little bit of the sauce in the bottom of the lasagna pan, put some round eggplants on top. Then add ricotta cheese, the ground meat sauce and mozzarella cheese. Keep doing this until you have a couple of layers, and bake for 20 minutes or so. I was in the mood for lasagna the other day. Because I am in level one I replaced the pasta with eggplant. It came out awesome. You can put as much as you want, but I made enough for two days for me. Posted by babyblue113655.

Shepherd's Pie

Bottom layer:

1lb hamburger (browned)
2 8oz cans tomato sauce
2 pckgs splenda
1 onion (cooked w/burger)
1 15oz can cut green beans (drained)

Top layer:

2 bags frozen cauliflower (cooked well)
2 oz cream cheese
1/4 cup cream
2 T parmesan cheese

Process in blender until smooth. Spoon over bottom layer in casserole dish. Bake at 350 until lightly browned and bubbly. We made this tonight and it rated 2 thumbs up from the family. Posted by stilljoyful.

Cabbage Un-Rolls

4 cups shredded cabbage
1 1/2 pounds ground beef
1/4 cup finely chopped onion
1 teaspoon salt
1/2 teaspoon pepper

1/2 teaspoon paprika
1/8 teaspoon garlic salt
1 8 oz jar sauerkraut, drained
1 8 oz can tomato sauce
1 cup sour cream

Cook ground beef and onions together in a frypan/skillet on medium heat until ground beef is browned. Drain grease and set aside. Spread the shredded cabbage in a layer in bottom of casserole dish. Layer ground beef & onion mixture on top of cabbage. Sprinkle the salt, pepper, paprika and garlic on top of the meat layer. Add the sauerkraut in a layer and then spread the tomato sauce over the top. Bake at 300 degrees for 1 1/2 hours. Remove from oven, spread the sour cream over the top. Raise oven temperature to 400 and put the casserole dish to the oven. Cook for another 10 minutes and serve. Posted by wired_foxterror.

Almost Cabbage Roll Casserole

1 lb lean ground beef, uncooked (can also use ground turkey)
3/4 cup uncooked long grain rice (use brown rice or barley for level 2, or cauliflower rice for Level 1)
1 large onion, chopped
2 cloves garlic, minced
1/2 tsp. salt
1/4 tsp. pepper
28 oz can tomato sauce
1/4 cup cider vinegar
1/4 cup brown sugar (use legal sweetener equivalent)
2 tsp dry mustard
8 cups coarsely chopped cabbage (about 1 medium head)

In a large bowl, mix beef, rice, onion, garlic, salt & pepper. In another bowl, stir together tomato sauce, vinegar, brown sugar & mustard. Layer 1/3 of the cabbage in bottom of a 3 quart casserole. Arrange 1/2 of the meat mixture on top. Cover with 1/3 of the cabbage. Top with remaining beef mixture & remaining cabbage. Pour tomato sauce mixture over top, but do not stir. Casserole will be full. Cover. Place on cookie sheet to catch any spills. Bake at 325 for 2 hours without stirring. Do not uncover so steam will cook rice & meat. Take a small bite to see if rice is cooked. If still crunchy, add some water (if necessary) & cook a bit longer. 4-6 servings. I saw this on another site, & I am making it tonight for supper, it sounded great. Posted by ncpharmgirl.

Flavor Explosion Beef

Olive oil
2 lbs ground beef
2 packages SS Roasted Pepper Dip Mix
About 1/2 c water
Shredded cheddar cheese - 2 to 2 1/2 cups, or use your favorite cheese

Heat a little olive oil in a large skillet over medium to medium-high heat. Add ground beef & sauté until brown. Drain. Sprinkle two packets of the dip mix over the ground beef. Add about 1/2 cup of water & stir mixture until well combined. Slightly lower the heat, cover, & leave for 5-8 mins. The water will re-hydrate the vegetables, so you shouldn't have any water left standing in the bottom of the pan. Stir. Add about 2 to 2 1/2 cups shredded cheddar cheese. I just shredded a bunch of it & threw it in, & estimate it was about 2 to 2 1/2 cups. Remove from heat, stir, & cover. Let sit for about 5 mins until cheese is melted or slightly melted. Stir again & serve. I put sour cream on mine. I was experimenting & had to get rid of two pounds of ground beef. I decided to make this since I didn't have all of the ingredients to make chili. I thought about sautéing some chopped onions & garlic before adding the beef, but after reading the ingredients of the dip mix, you really don't need it! Posted by rockswife.

"Rice" Mess

1 pound hamburger	butter
garlic, minced	water
2 cans sliced mushrooms, drained	3 small cans tomato sauce
4 cups riced or shredded cauliflower	cheddar cheese
salt & pepper	

I make this in an electric skillet. Use a big pan. Brown hamburger in pan. Add some garlic. I use probably a tablespoon of the pre-minced stuff. Add the 2 cans of mushrooms. While this is cooking, place the cauliflower in a microwave safe bowl. Add a bit of water, salt and pepper and a plop of butter. Cook, covered loosely for 6-7 minutes. When the cauliflower is done, add it to the cooked hamburger mixture. Add in the tomato sauce one can at a time, mixing well. Test taste for seasonings and adjust as needed. Shred some cheddar cheese into it and mix that in. Shred some more cheese on the top. Allow the cheese to melt and serve. YUMM-O! You can play with this and add seasonings. I have thought of adding taco sauce. Or mozzarella cheese and italian seasonings. It is just so good the way it is that i have never bothered messing with it. This is a dump it in, fly-by-the-seat-of-your-pants recipe. Oh it is soooo good. Posted by erjen_lower.

Beef Quesadillas

1 recipe DebB's Pro/Fats Buns (recipe posted below)

1/2 pound hamburger

1 small onion, peeled and diced

1/4 cup chopped green pepper

1/2 cup salsa

shredded cheese

Make 1 batch of DebB's Buns. Cook hamburger, onion and pepper in a skillet until done. Stir in the salsa. Set aside. Top each bun with some shredded cheese. Spoon some beef and veggie mixture on top of the cheese. Bake at 350 for 15-20 minutes to melt the cheese and warm the topping.

Pro/Fat Sandwich Buns - * Basic * Buns

6 egg whites

4 egg yolks

6 Tbls. sour cream (can also used softened cream cheese)

2 pkgs. Splenda (can omit)

1/4 teas. cream of tartar

pinch of salt

Beat egg whites & cream of tartar until very stiff. Turn bowl upside down and if the whites don't slide, they are stiff enough. In a small bowl mix together the other ingredients. Gently fold the yolk mixture into the whites. Rubber spatula works best. Generously spray a non-stick *crown muffin pan* with Pam. Fill the indents evenly. Bake for about 50 minutes (or less) in a 300 degree oven. These will puff up while in the oven, but don't be surprised when they fall quite flat when you remove them, that's the way it is. Remove with an egg lifter onto a plate and let cool. Put in a plastic bag after it has cooled. (I poke holes in a ziploc bag to keep them from getting sticky and I store them in the fridge). The above recipe will make 2 pans full (12 total) ~ can be halved. (I don't have a crown muffin pan so I baked mine in a loaf pan and cut it into 12 slices for the Quesadillas.) Posted by 3M.

To Make Corned Beef

I make my own corned beef by using curing salt. I just poke a chunk of beef (it is probably a rump roast, but I honestly have no idea - whatever the market will give me that is a hunk of cow!) with a fork, rub in the salt according to directions, then leave in fridge for 7-10 days, turning on occasion. Morton makes the curing salt. (1 or 2 T per pound, I don't remember. It's on the package.)

When I cook it, I rinse the meat to get rid of some salt, put in crock pot, cover with water, add a large beef bouillon cube, black pepper, & a real lot of fresh minced garlic. Cook for about 6-8 hours, or until some meat on the edges pulls away easily. I then store the hunk in a container with some of the liquid until the next day if it is for slicing for sandwiches. If you are eating it hot with the St Patty's fixings, then you wouldn't bother with this. I find if you let it cool down this way, it doesn't fall apart when slicing (with an electric knife or meat slicer), & also, it doesn't dry out.

Morton Tender Quick is the curing salt I use, and I bought mine so long ago (but still have it and it still works just fine) I never even thought of looking to see if it had sugar in it, or anything else funky, for that matter! Considering I probably only make this twice a year, I'm not going to worry about it, and it still probably is less sugar than other cured meats that have sugar in them (like sausage) since you only rub the little amount on the outside, and I rinse it off before cooking anyway. Otherwise I find it too salty. And, I use a much leaner cut than a brisket, so it is better for us that way. No nitrates, nitrites, etc. Just meat, curing salt, pepper, and garlic. LOTS of garlic. I do throw a bouillon cube into the pot, but I have no idea if it is really necessary. It was just a thought on my part.

I made this out of necessity back in the days before internet, etc., when we were desperate for some corned beef. I read a Joy of Cooking recipe, and came up with this. Because of our (used to be) tough cuts of meat, this was the best way to do it. Now we still do it this way because I don't want the fattier (like brisket) cuts, and this works for us. My kids actually prefer it, even when we are in the US! Posted by marie172.

FREEZE WELL: Veal Stroganoff

1 1/2 lbs. lean trimmed veal cutlets
2 cups sliced fresh mushrooms
1 cup chopped onion
1/2 tsp. minced garlic
1 cup beef broth
1/4 tsp. dry mustard
1/4 tsp. paprika
3/4 cup sour cream
1/4 cup chopped parsley

Coat a large non stick skillet with non stick cooking spray. Add the veal, cooking over medium heat until browned, about 5 minutes. Remove from skillet and add the mushrooms, onion, and garlic to the pan and saute until tender. Gradually add the broth, stirring, and add the mustard and paprika. Return the veal to the skillet. Cover and simmer over low heat for 20 minutes or until the veal is tender. Gradually add the sour cream, stirring over low heat only until thoroughly heated. DO NOT BOIL. Sprinkle with parsley. TO FREEZE: Cool to room temp. then wrap, label and freeze. Recommended freezing time up to 2 months. TO PREPARE AFTER FREEZING: Defrost. Reheat in a non stick pot over a low heat. Alternately, you can reheat in the microwave. Posted by Liz01219.

CHICKEN

Creamy Skillet Chicken Gravy

pan drippings from fried/sautéed chicken
1 tsp thick N thin
1/8 tsp. paprika
1/2 cup chicken broth
1/2 cup heavy cream
salt and pepper to taste

Scrape pan drippings from skillet after draining off any excess oil. Pour broth in skillet, set to simmer, stir & allow to reduce. Add thickener to cream in separate bowl, mix well. Pour slowly into skillet, stirring constantly & add paprika, salt & pepper to taste. When thickened to desired consistency, pour from skillet into gravy boat & serve. (If mixture becomes too thick, simply thin with a bit of water and stir till smooth.) Makes 4 servings. Creator unknown. Posted by mamalaurie.

Creamy Chicken Lasagna

4-5 Chicken breasts - cooked and very small dice.
1 tbs butter
1 tbs(ish) EVOO (extra virgin olive oil)
6 garlic cloves minced/crushed
1/2 cup small dice onion
1 cup sour cream
2 cups cream
salt to taste
pepper to taste
1/2 tsp rosemary (fresh is best of course, go for a sprig or so)
1 cup parmesan cheese
3 cups mozza or your fav cheese, preferably a white cheese
your choice of zucchini noodles (thin strips of zucchini, preferably mandolin slice thickness) or egg crepe noodles, or combo of both (zucchini noodles tend to let off more liquid so just keep that in mind for the thickness of the sauce & if you want to use the egg noodles to soak up some of the liquid. I used a combo & it worked nicely)

After cooking the chicken, in the same skillet remove chicken and add butter, oil, garlic, and onion. Sauté till cooked and then add sour cream, cream, salt, pepper, rosemary, and parmesan cheese. Once mixed well add chicken and simmer for a few while. Start assembling the lasagna in a 9x13 pan with a layer of noodle of choice (the egg is nice on the bottom to soak up liquid) then layer of 1/2 the chicken, layer of grated cheese, layer of noodle, layer of the rest of the chicken and then cheese and top layer of noodle then a good covering of cheese. Cover with foil and bake for 30 mins at 350, then remove foil and bake till cheese is golden on top. My mom suggested that mushrooms would be good and I totally agree (I brought a plate over of this one night for her and she loved it) I would just saute the mushrooms with the garlic and onions. Posted by Anemos.

Pot Chicken

2 chicken breasts
10 to 12 slices of bacon (cut in half)
Cheese for garnish

Place half of the bacon in bottom of pressure cooker to cover. Put chicken breast on top of bacon. Place the other half of bacon on to of chicken. Cook at pressure (when the top juggles) for about 10 minutes (you should smell bacon cooking). Bleed off steam. Open pot carefully and turn everything over making sure bacon on top is now on bottom. Return to pressure and cook for about 5 more minutes. Remove chicken and bacon to plate and sprinkle cheese over everything. The chicken is so tender and has such a great flavor with the bacon. This is a once a week request from my family. Posted by Sydney7614.

Roasted Chicken in the Crockpot!

1 chicken
1 spray olive oil

Seasoned salt or your fave SS salt rub
Aluminum foil

Clean chicken inside and out. Spray with olive oil spray. Sprinkle with seasoned salt. Spray inside of crock with pam. Note: Do not put any water in the crock. Roll some wads of aluminum foil into balls and put them in the bottom of the crock. The chicken is going to sit on these. Put chicken back side down in crock on top of aluminum balls. Cook on High (will not come out the same on low), 4-6 hours. Note: The person who posted this recipe said you had to use the aluminum to get the deli taste. I didn't believe it then, but boy do I now! This chicken tasted very close to one you would buy, precooked, in the deli section of your supermarket. Another member said she used a turkey breast and had same results. (As received from a friend.) Posted by Twiggy88.

Chicken Cacciatore - Crockpot or Stove Top

2 cups chicken, cooked and deboned, diced (I used leftover rotisserie chicken)
2 cans diced tomatoes (14oz)
1 can tomato sauce (large can)
1/2 onion, thinly sliced
1 med. bell pepper, diced
2 t. Italian Seasoning (I used Emeril's blend, more to your taste)
1/2 t. Garlic Salt (or to taste, I think I really used more.)

Dump into crockpot or stock pot and allow to simmer until onions are translucent and done. I served over french style green beans which I cooked with a little butter and garlic salt. This was pretty good. I was trying to find something to eat out of what was on hand. Posted by FrozH2O.

Faux Cheesecake Factory Chicken Madeira

1 tablespoon olive oil
4 boneless, skinless chicken breast fillets
8 asparagus spears
4 mozzarella cheese slices
Madeira Sauce
2 tablespoons olive oil
2 cups sliced fresh mushrooms
3 cups madeira wine
2 cups beef stock
1 tablespoon butter
1/4 teaspoon ground black pepper

Heat up 1 tablespoon olive oil in a large skillet over medium heat. Cover each chicken breast with plastic wrap then use a mallet to flatten the chicken to about 1/4-inch thick. Sprinkle each fillet with salt & pepper. Sauté the chicken fillets for 4 to 6 minutes per side, or until the chicken has browned just a bit. Remove chicken fillets from the pan & wrap them together in foil to keep the fillets warm while you make the sauce. Don't clean the pan. You want all that cooked-on goodness to stay in the skillet to help make the sauce. With the heat still on medium, add two tablespoons of oil to the skillet. Add the sliced mushrooms & sauté for about two minutes. Add the madeira wine, beef stock, butter & pepper. Bring sauce to a boil, then reduce heat & simmer for about 20 minutes or until sauce has reduce to about 1/4 of its original volume. When the sauce is done it will have thickened & turned a dark brown color. As the sauce is simmering, bring a medium saucepan filled about halfway with water to a boil. Add a little salt to the water. Toss the asparagus into the water & boil for 3 to 5 minutes, depending on the thickness of your asparagus spears. Drop the asparagus in a bowl of ice water to halt the cooking. The asparagus should be slightly tender when done, not mushy. Set oven to broil. Prepare the dish by arranging the cooked chicken fillets on a baking pan. Cross two asparagus spears over each fillet, then cover each with a slice of mozzarella cheese. Broil the fillets for 3 to 4 minutes or until light brown spots begin to appear on the cheese. To serve, arrange two chicken breasts on each plate, then spoon 3 or 4 tablespoons of madeira sauce over the chicken on each plate. Makes 2 to 4 servings. I found this on msn groups site. I don't know if it is the same as Cheesecake Factory's original recipe but this would be legal. Posted by mamabj.

BBQ Pulled Chicken

I boned about 2 lbs of chicken thighs & browned them in a cast iron skillet with the skin on. Once browned, I took the skin off & put the pieces in a crock pot. I mopped up the excess grease in the skillet with a paper towel, added about 1/4 c water to loosen up the browned bits of chicken & added to the crock pot. I sprinkled the chicken liberally with a mixture of smoked paprika & a Penzey's spice mix (Barbeque of the America's) that included salt, sweet paprika, allspice, cayenne pepper, nutmeg, black pepper, thyme, ginger, white pepper, cinnamon. I put on low for about 4 hours. The chicken fell apart like shredded pork. Very moist, tender & flavorful without being real sloppy w/ bbq sauce. If you don't have Penzey's mix, I am sure you could make your own. Great to make when it is too hot to cook. I just wanted to share a great chicken recipe I made over the weekend. Posted by beebie1.

Chicken with Provencal Sauce

5 boneless, skinless chicken breasts (the flatter the better)
3/4 tsp. salt
1/4 tsp. black pepper
1 lg. clove of garlic, minced

1 c. of low sodium chicken broth (I use Swanson brand)
1-1/2 tsp. Herbes de Provence seasoning
1 Tb. butter

Season chicken w/ salt & pepper and pan fry until almost done (I don't use oil or spray, just a non-stick pan and the chicken's own juices). Remove, add garlic and cook for a minute, then add broth and Herbs de P. seasoning, bring to a boil scraping bits from bottom of the pan...put chicken back in, lower temp, let simmer, and reduce. Add butter at any time while it's reducing. You won't have a lot of sauce left and it's pretty thin too, but it's tasty. I like to reduce to almost nothing. I buy a pack of 3 regular, boneless and skinless breasts, there always seems to be 2 that are a lot thicker than the third though, so I slice those two in half lengthwise. I serve this chicken with the Cauliflower Rice-A-Roni that I posted in Side Dishes. This is a very simple recipe I found on-line and tweaked slightly. I've actually been calling it Chicken Provencal by mistake. Posted by ChubChub.

Stuffed Chicken Breasts with Feta

8 skinless, boneless chicken breasts
salt and pepper to taste
3 ozs. cream cheese

1/2 feta cheese, crumbled
1/2 cup baby spinach leaves
8 thin slices of ham

With a knife, make a split along one side of the chicken breast to form a pocket. Season chicken breasts with salt and pepper. In a small bowl, mix together the cream cheese and feta with a fork. Stuff each breast with the cheese mixture, spinach and ham. TO PREPARE AND EAT NOW: Preheat oven to 350. Place the chicken breasts on a baking dish coated with non stick cooking spray, cover with foil, and bake for 40-45 min until done. TO FREEZE: DO NOT BAKE BEFORE FREEZING!!!! After chicken breasts are filled, wrap individually, label, and freeze. Recommended freezing time up to 4 to 6 months. TO PREPARE AFTER FREEZING: Preheat oven to 350. Place frozen chicken breasts in a baking dish coated with non stick cooking spray, and bake, covered with foil, for one hour or until tender. You can also defrost the chicken breasts and bake them covered for 45 to 50 minutes or until tender. This recipe freezes well. Posted by Liz01219.

Ricotta Spinach Chicken

Can crushed or chopped tomatoes
1 pd boneless chicken - I used breasts, may try thighs next time.
1 box frozen spinach

1 - 1 1/2 cups ricotta (I scooped out almost the whole small container)
1 egg

Season chicken with salt & pepper - both sides. In a baking dish, spray with pam then pour in the can of tomatoes covering the bottom. Place chicken in one layer over tomatoes. In a bowl mix ricotta, spinach, add salt, pepper & garlic powder (I sprinkled each). Mix together well, then add egg & mix till all incorporated. Top each piece of chicken with ricotta mixture - cover each piece evenly & use all of the cheese. (I had no chicken visible.) Bake at 375 for 25-40 mins - this will vary on how thick the chicken is. Mine were thin & it took about 30 mins. This is my first SS created recipe - I must say it did come out tasty. Please forgive the lack of perfect measurements, as I am a throw together cook! Posted by tjptaylor. Note by pattimelt: Nice with parmesan sprinkled over.

Chicken with Spinach

2 - 3 Tlbs butter or non-stick spray
3 - 4 boneless chicken breasts, cut up
3 - 4 garlic cloves
1/2 cp parmesan cheese
1/2 cp cream cheese, softened
fresh flat leaf parsley, about 1/2 cp
1 bunch or bag fresh spinach
salt & pepper

In non-stick pan, melt butter & add chicken, season with whatever you like. Meanwhile, while chicken is cooking, this all goes in food processor. Mince the garlic first, then add your cheeses, blend it up until smooth, then add parsley and spinach. Add a little seasoning to taste, be careful at this point because parmesan cheese is salty itself. Blend until smooth, about 30 seconds more, then add to chicken in pan, this might be the point where you want to season, if any more. The heat from the chicken melts the cheeses. I serve this over pasta and sometimes rice and french bread for my family, I just eat it on the side with whatever veggie, salad . Posted by poodleroo.

FREEZE WELL: Salsa Chicken

2 lbs. boneless skinless chicken breasts, cut into strips
pepper to taste
1 cup mild salsa
1 TBLS. minced garlic
1 (10 oz) can diced tomatoes and green chilies
1 1/2 cups shredded monterey jack cheese
1/2 cup chopped green onions (scallions)

Preheat oven to 350. Place the chicken in a 2 quart oblong casserole dish coated with non-stick cooking spray and sprinkle with pepper. Add the salsa, garlic, tomatoes and green chilies, mixing well. Bake, covered, for 1 hour or until chicken is tender. TO PREPARE TO EAT NOW: Uncover and sprinkle with cheese and green onions. Continue baking for 5 min or until cheese is melted. TO FREEZE: Cool to room temperature, wrap, label and freeze. Recommended freezing time: 2 to 3 months. TO PREPARE AFTER FREEZING: Defrost. Preheat oven to 350. Bake, covered for about 30 to 35 minutes or until well heated. Uncover and sprinkle with cheese and green onions. Continue baking about 5 min or until cheese melts. Alternately, you can reheat in the microwave. Posted by Liz01219.

FREEZE WELL: Chicken Oregano

1 1/2 lbs. skinless boneless chicken breasts
1 onion, chopped
1/2 tsp. minced garlic
salt and pepper to taste
1 Tbls. dried oregano leaves
1 (16oz.) can whole tomatoes, crushed with their juices
1/2 lb. mushrooms, sliced
1/4 cup dry red wine, optional

In a large non stick skillet coated with non stick cooking spray, brown the chicken on both sides over medium heat about 5 minutes in all, cooking in batches if necessary. Add the onion and garlic and cook 5 minutes more, or until the vegetables are tender. Sprinkle with salt and pepper and oregano. Add the tomatoes, mushrooms, and wine. Cover and cook over low heat about 25 to 30 minutes, or until the chicken is tender. If the sauce gets to thick add a little water. TO PREPARE TO EAT IMMEDIATELY: Serve over spaghetti squash ***TO FREEZE: Cool to room temperature, wrap and label and freeze for up to 3 months. TO PREPARE AFTER FREEZING: Defrost. Reheat in non stick skillet over low heat until thoroughly heated, and serve over spaghetti squash *** Recipe actually calls for angel hair pasta which we know is a no no so I figured I'd put in spaghetti squash as an option. Posted by Liz01219.

Chicken in Basil Sauce

4 Chicken Breasts, boneless & skinless
3 T. Butter
1 c. Whipping Cream
1/2 c. Parmesan Cheese, grated
1/4 c. Basil leaves
1/8 t. Pepper

In a skillet over medium-high heat, cook chicken in butter on both sides until juices run clear, about 10 min. Stir in cream; boil and stir for 1 min. Reduce heat. Add Parmesan cheese, basil and pepper; cook and stir until heated through. Pour over chicken. Serves 4. This is a favorite recipe of mine, made legal. Very good! Posted by Katluvr.

Acapulco Chicken

2 skinless, boneless chicken breast halves - cut into bite-size pieces
1 tablespoon chili powder, divided
salt and pepper to taste
1 tablespoon olive oil
1 cup chopped green bell pepper
1/2 cup chopped onion
2 jalapeno peppers, seeded and minced
1 large tomato, cut into chunks
10 drops hot pepper sauce

Season chicken with 1/2 tablespoon chile powder, salt & pepper. Heat oil in a large skillet over medium high heat & saute seasoned chicken for 3 to 4 mins, or until no longer pink. Remove from skillet with a slotted spoon & keep warm. In same skillet, stir fry bell pepper & onion until soft. Add jalapenos, tomatoes, remaining 1/2 tablespoon chili powder & hot pepper sauce. Cook, stirring, for an additional 3 to 5 mins; add chicken and stir fry for 2 mins more. "Easy, fast, healthy & delicious! This perfect weeknight dish takes less than 30 mins, so it's a regular in our house. You can vary the heat by the kind & amount of chili powder & hot peppers you use. " mamalaurie's Note: Serve over hot cauliflower rice instead. I just found this on allrecipes.com, thought I'd share since it looks excellent! Perfect for Somersizing. I haven't had a chance to try it yet, but I know I'm going to love it. Submitted By: CapeCodLorrie. Original recipe yield: 2 servings. Prep time 10 min. Cook time 15 min. Posted by mamalaurie.

Bahamian Grilled Chicken

4 chicken breast halves/skin on/bone in
Salt & freshly ground black pepper
Juice of 2 fresh limes or 1 lemon
2 tablespoons vegetable oil
1/4 cup finely diced bacon
1/2 cup finely chopped onion
1/2 cup thinly sliced green bell pepper strips
1/2 cup finely chopped celery
2 cups diced canned tomatoes and their juices
1 cup chicken stock
1 tablespoon Worcestershire sauce
1/2 teaspoon dried thyme

To grill chicken: Season chicken with salt and pepper and marinate in lime or lemon juice for 10 minutes. While this is marinating, heat the grill. Grill for 10 minutes on each side or until just cooked through. Keep the skin on as you grill the chicken to keep it moist. You can take the skin off after cooking. While the chicken is cooking, make the sauce. To make sauce: In a 2-quart saucepan, over medium heat, heat the oil and bacon. When the bacon is brown, add the onion, green pepper and celery and cook, covered, over low heat for 10 minutes or until tender. Add the tomatoes and their juices, chicken stock, Worcestershire sauce, and thyme and simmer, uncovered, for 10 minutes. Season with salt and pepper to taste. 4 Servings. Level 1,Pro/Fats. Posted by mamalaurie.

Eggs Benedict with Chicken and Asparagus

Boneless chicken breast, ready for sautéing
Fresh asparagus (I used the real thin, mini ones)
Eggs
Butter for sautéing
Hollandaise sauce

Pan sauté chicken in butter in fry pan; season to your liking*. Then sauté the asparagus until cooked but still crunchy, not soggy. Set both aside. Make Hollandaise sauce. Fry or poach eggs. Place asparagus on plate, then a sautéed chicken breast (or half, depends on the size - I actually used 3 chicken tenders), then the egg on top of that. Pour some of the Hollandaise sauce on top, and you are finished. For non-SSers, you can put this on a piece of toast, or have toast on the side. *I used some Provence sea salt rub because I had some handy. It was quite tasty, but salt and pepper would be fine too. The traditional way to make this is with poached eggs and ham with Hollandaise sauce on it. I fried my eggs because it was easier, faster, and only for my family - poached look prettier. However, once the sauce was on, it looks good anyway! I used the Hollandaise sauce easy blender recipe from Joy of Cooking. Wow! How easy! For those that don't have a recipe, here is the one I used:

Easy Blender Hollandaise Sauce

Place in blender:
3 egg yolks
2T lemon juice
pinch of cayenne
1/4t salt

Melt slowly (do not burn, but you still want it hot):
1/2c butter

Blend on high the first ingredients for about 3 seconds, then slowly pour in the hot butter while blending, for about 30 more seconds. That's it! It turned out perfect!

By placing all the asparagus in one direction, then the 3 chicken tenders the other direction, and egg on top, then some sauce, this looked very pretty. Definitely something to serve to guests! Last year while traveling I was served a very nice breakfast, and this is my rendition of it. It sounds complicated, but really, truly isn't. Posted by marie172.

Hot Chicken Salad

1 block of cream cheese (melted)
1 cup of sour cream (daisy)
1 cup of helmans mayo
2 cups of celery
2 cups of water chestnuts
1 cup of green beans
2 cups of diced mushrooms
1 jar of pimentos
1 package of chicken breasts (poached in water with 2 bay leaves for a half hour)
2 Tblsp minced garlic
1 tblsp sea salt
Cheddar cheese and parmesan cheese to top

First heat up the cream cheese in a microwave safe bowl until soft and creamy. Then mix in the mayo and the sour cream. Add the rest of ingredients except the chicken. Cook and cool the chicken. Dice it up and add to the rest. Place in a 9x13 pan, top with cheddar and parmesan cheese as desired. Bake at a preheated 350 oven for 35 minutes. I came up with a tweaked recipe for this dish to share. Posted by yankeemamma.

Roasted Chicken Breasts for Salad

3 split (1 1/2 whole) chicken breasts / bone in / skin on
Olive oil
Kosher salt
Freshly ground black pepper

Preheat the oven to 350 degrees F. Place the chicken breasts on a sheet pan and rub the skin with olive oil. Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle. Remove the meat from the bones, discard the skin, and shred the chicken in pieces. Barefoot Contessa - posted by DebB. Level 1, Pro/Fats. Posted by mamalaurie.

Chicken Chili

1 onion, diced	1 cup water
1 green pepper, diced	chili powder
2 pounds boneless, skinless chicken breasts or thighs	basil
1 (14.5 oz) can diced tomatoes	salt and pepper
1 (26 oz) jar legal spaghetti sauce	shredded cheese

Cook the chicken and cut into small pieces. Saute the onion and pepper in oil. Put the chicken and veggies into a large cooking pot. Add the diced tomatoes, spaghetti sauce and water. Then add the spices to suit your taste. Bring to a boil, then simmer for 10 to 15 minutes. We top the chili with shredded cheese in our individual bowls. I have made this twice and my family really likes it. We have a green salad with it. Posted by 3M.

Chicken Souvlaki

2 lbs boneless chicken breasts, cut into 1 1/2 inch cubes
SAUCE:
1/4 cup lemon juice
1/4 cup olive oil
1/4 teaspoon salt and pepper
1/4 cup white vinegar
1 clove garlic, minced
1/2 teaspoon dry mustard
1/2 teaspoon paprika
1/4 teaspoon sage
1/4 teaspoon savory
1/4 teaspoon thyme

If using bamboo skewers, soak in water for at least 30 minutes before using. Combine all sauce ingredients in a bowl; mix well. Stir in chicken cubes; marinate for at least 2 hours before threading on skewers. Grill on high heat, lid down. Grill for about 4 minutes per side (total 8 minutes) or until the juices run clear. Posted by Twiggy88.

Greek Chicken/Beef

1/2 cup of olive oil
1/2 cup of lemon juice
1 Tbs of chicken concentrate (in Canada it is Bovril, but I don't know in the States)
2 Tbs of bifteck spices
1 tsp of basil and oregano
3 garlic cloves

Combine all ingredients. Let marinate the skinless/boneless chicken breast(or beef) for around 3 hours, then cook it on the grill. Delicious. Posted by monique1964.

Yummy Asian Chicken

3-4 Boneless, Skinless chicken breasts, cut into bit-sized pieces
1 bottle Newman's Own Light Italian Dressing--use enough to thoroughly coat each piece of the chicken
1 package frozen broccoli
Low Sodium Soy Sauce--either to taste or 2-3 TBLS
Fresh parmesan

Marinate chicken overnight or at least 2-4 hours. Cook the chicken in a little EVOO (Extra virgin Olive Oil). Once cooked thoroughly, add the broccoli and soy sauce. Cook on medium heat until broccoli is tender and done. Top with fresh grated Parmesan cheese and serve warm. This is a recipe I created from leftover chicken breasts that we had cut up and marinated to use for making Shish-Ka-Bobs! It is 100% Level One legal, too! Posted by Proverbs_31_Mom.

Out of This World Chicken

1 can UNSWEETENED pineapple slices - drain but keep the juice (NB: this makes it Level Two)
Jerk seasoning
1 T brown sugar substitute
chicken - I use chicken tenders
oil - I use olive oil

Heat a grill, brush a little olive oil on both sides of your chicken and season with the jerk seasoning. Grill till done. While chicken is cooking, boil the pineapple juice, 1/4 t. jerk seasoning, 1 T brown sugar substitute until reduced by half. After chicken is done, sprinkle both sides of pineapple slices with a little jerk seasoning and grill till warmed through. When serving, spoon a little juice over your chicken. Simple but fabulous taste!!! This is a simple recipe from food network. It does combine fruit and chicken, so use it if you can now combine the two or occasionally treat yourself on **Level Two**. I can combine the two occasionally without stalling. Posted by DTyler.

Chinese Chicken

Shredded or diced precooked or leftover chicken, or other meat.
Shredded cabbage (the coleslaw mix is perfect for this recipe - remove carrots)
Onions and other veggies on hand, mushrooms are a must! (I use what's in my fridge, zucchini, yellow squash, peppers, bean sprouts)

The key is to caramelize the thinly sliced onions and slaw cabbage for SEVERAL minutes in oil. Add other diced veggies of choice. Keep med high, and then add sauce ingredients one by one for better flavor. Add shredded chicken on med high, sauté for a couple of minutes.

Quick sauce (for serving two)

1 TB brown mustard or legal deli mustard
1 packet SSweet (use less to start)
1 tsp sesame oil
1 tsp minced garlic (one clove)
Orange peel (1-2 tsp)
2 TBS soy sauce
2 TBS of chick stock or water
S/P to taste and a pinch of red pepper flakes, optional. Add more soy sauce if needed, too.

Remember, the key to this is to caramelize the onions and shredded cabbage. This gives it great flavor. Orange peel funky? I still use it on occasion. Posted by missy2.

Chicken Wings (boneless)

One of my all time easy meals is frying several chicken breasts in small cubes and dosing them with lots of Frank's Hot Sauce, adding a little butter at the end and then tossing them on top of a big Caesar salad. You get that great wing flavor and but no messy bones. My kids love it too but I take some of the chicken out before I put very much sauce on it so as not to send them into an anaphylactic shock from the heat. Posted by Anemos.

Great Buffalo Wings - Not Deep Fried

2.5 lbs wing pieces	1/3 cup butter
1/2 Franks Hot Sauce (or other cayenne pepper sauce)	butter for coating baking dish

Butter 2 baking dishes or use a non-stick pan (you might even be able to line the pan with foil - I don't use foil for cooking). Lay wing pieces on butter pans and bake for 1 hour at 425*. When wings are close to being done, put hot sauce and butter to a 4 qt saucepan. Heat over low heat until butter is melted. Stir to mix them together. When wings are done put them into the 4 qt saucepan with the sauce. Cover and shake to coat the wing pieces. Serve. I wanted to try making Buffalo Wings without deep frying them. I was lucky enough to find out how long to bake them from the wrapper of the hot sauce I purchased. They turned out great. We have them frequently now because there is no deep frying involved. The reason they come out so crispy is because they are baked for an hour at 425. It makes a huge difference. Posted by Sharbysyd.

Tangerine Chicken Wings

1 onion; thinly sliced	1/3 c vegetable oil
1 piece ginger; (1-inch), - peeled, thinly sliced	2 fresh hot red chillies; -seeded, chopped
1 ts sea salt	4 scallions; thinly sliced
4 tb dry sherry or rice wine	1 ts fructose or 2 ts sugar substitute
4 tb soy sauce	1 tb white-wine vinegar
16 chicken wings; wing tips - removed	1 ts sesame oil
1 lg tangerine	Cilantro sprigs; to garnish

In a large shallow baking dish, combine onion, ginger, salt, 1 tablespoon of sherry & 1 tablespoon of soy sauce. Add chicken wings & toss to coat well. Let stand 30 mins. Remove rind from tangerine & slice thinly. Squeeze 2 or 3 tablespoons tangerine juice & reserve. Heat oil in a wok until hot & swirl to coat wok. Remove chicken from marinade, returning any onion or ginger sticking to it. Working in 2 batches, add chicken wings to wok. Fry 3 or 4 mins or until golden, turning once. Drain on paper towels. Pour off all but 1 tablespoon oil from wok. Add chillies, scallions & tangerine rind & stir-fry 30 to 40 seconds. Pour in reserved marinade with the onion & ginger slices. Add fructose or sugar substitute, vinegar & remaining sherry, remaining soy sauce & tangerine juice. Add chicken wings and toss to coat well; cook 1 minute or until heated through. Drizzle with sesame oil & garnish with cilantro sprigs. Serve faux noodles tossed in sesame oil, riced cauliflower or cauliflower fried rice. Yield: 4 Servings. I believe this would be almost level one, but if you are losing well, it should not hurt. Posted by mamabj.

Teriyaki Turkey Cutlets - Atkins

2 tbs soy sauce	2 tbs canola oil; divided
2 tsp grated fresh ginger root	2 cup frozen pepper blend stir-fry vegetables, thawed
1 clove garlic; pushed through a press	1 tsp sesame oil; divided
1 pkt sugar substitute	1 tbs sesame seeds; toasted (Level 2)
1 1/2 lb turkey breast cutlets	

Mix soy sauce, ginger, garlic and sugar substitute in a large bowl. Add turkey cutlets and turn to coat. Marinate in refrigerator 1 hour. Heat 1 tbs oil over medium-high heat in large non-stick skillet. Stir-fry vegetables until hot; toss with tsp sesame oil. Transfer to a platter, keep warm. Wipe out skillet. Heat remaining oil in skillet. Remove turkey cutlets from marinade; discard marinade. Cook turkey cutlets 2 to 3 minutes per side until cooked through; drizzle with remaining sesame oil. Serve alongside green beans garnished with bacon bits for an easy weeknight meal. (Level 2.) Sprinkle with sesame seeds. Prep time: 10 minutes. Marinate time: 1 hour. Bake/Cook time: 10 minutes. Yield: 4 servings. Posted by mamalaurie.

Turkey Cutlets with Marsala Wine Sauce

3 tablespoons flour(Level 2 only) OR Level 1 thickener
1/2 teaspoon fresh ground black pepper
4(5oz)each turkey breast cutlets
2 tablespoons olive oil
1/2 cup scallions, thinly sliced
1 teaspoon garlic, minced

1/3 cup chicken broth
1/3 cup marsala wine, dry,(Level 2 ONLY)
1/2 teaspoon coarse salt
2 teaspoons fresh rosemary, minced or 1/2 tsp. dried crumbled rosemary
2 tablespoons Italian parsley, minced

On a piece of wax paper, combine flour(Level 2 only) or Level 1 thickener and pepper. Lightly dredge each cutlet in seasoned flour (dredge just before cooking or flour coating will become gummy). In a 12-inch skillet, heat oil over medium low heat. Add cutlets and sauté until lightly golden, about 2 minutes on each side. Transfer to platter. Add scallions to skillet, turn heat to low, and cook, scraping any fragments left in bottom of pan with wooden spoon, until barely tender, about 2 minutes. Add garlic and sauté for 1 minute. Add chicken broth and wine to skillet. Turn heat to medium and cook until liquid is reduced to half, about 3 minutes. Season with salt and rosemary. Return cutlets and any accumulated juices to skillet. Spoon sauce over cutlets, turn heat to low, and simmer until heated, about 2 minutes. Transfer cutlets to platter. Spoon sauce over cutlets, garnish with parsley, and serve. By: Unknown. Posted by mamalaurie.

Turkey Breast--Stuffed - Atkins

1 tbs olive oil; divided
1 pkg (10 oz) frozen chopped spinach; thaw, squeeze dry
1/3 cup feta cheese; crumbled
1/4 cup ricotta cheese
4 medium scallion; thinly sliced
1 tbs parsley; chopped

1 tbs dill; chopped
1 large egg; beaten
4 ea(4oz)turkey breast cutlets; pounded thin
1/2 tsp salt
1/4 tsp pepper
1/4 tsp garlic powder
1/4 tsp dried thyme

Heat oven to 350 degrees F. Grease an 8" baking dish with half the olive oil; set aside. In a bowl, mix spinach, feta, ricotta, scallion, parsley, dill and egg until well combined. Spread a quarter of the spinach mixture down the center of each turkey cutlet, leaving a 1/2 inch border on all sides. Roll up and place seam-side down in prepared baking dish. Brush turkey rolls with remaining 1 1/2 tsp olive oil. Sprinkle with salt, pepper, garlic powder and thyme. Bake about 30 minutes, until turkey is just cooked through and stuffing is heated. By: Demetra T. Aposotolou. Prep time: 15 minutes. Bake/Cook time: 30 minutes. Yield: 2 servings. According to Demetra, this is a "make ahead meal that can be popped in the oven in the evening for a fast, filling, satisfying meal". Our only modification: increasing the amount of dill. Posted by mamalaurie.

Turkey Ratatouille - Atkins

4 tbs olive oil; divided
2 lb turkey cutlets
1 Japanese/small Italian eggplant; 3/4' cubes
1 small zucchini; 3/4' cubes
1 small red bell pepper; 3/4' pieces
1 cup sliced mushrooms; (4 ounces)

2 clove garlic; pushed through a press
1/2 cup tomato puree; (such as Pommi)
1 tsp dried basil
1/4 packet sugar substitute
salt and pepper

Heat 1 tbs oil in a large skillet over medium heat. Sprinkle cutlets with salt and pepper. Cook cutlets 3 minutes per side, just until lightly golden and cooked through. Transfer to a plate. Heat remaining oil in skillet. Add eggplant, zucchini, and red pepper. Cook 5 minutes, stirring occasionally. Add mushrooms, garlic, tomato puree, basil, and sugar substitute. Mix well; bring to a boil. Cover, reduce heat to low and simmer 5 minutes. Season to taste with salt and pepper. Return turkey and accumulated juices to skillet. Cook, uncovered 2-3 minutes, just until turkey is heated through. Look for Japanese or small Italian eggplants which don't need to be salted before cooking. For busy weeknights, this is a meal-in-one-dish solution. Prep time: 15 minutes. Bake/Cook time: 15 minutes. Yield: 4 servings. Posted by mamalaurie.

Turkey Tetrazzini Casserole

4 tablespoons butter
8 ounces sliced mushrooms
4 cups cooked diced turkey
2 T cream cheese for thickening
salt
2 cups chicken broth
Tabasco sauce
1 egg yolk, lightly beaten
1 tablespoon dry sherry
3 tablespoons cream
spaghetti squash cooked and shredded
1/4 cup grated Parmesan cheese
1 teaspoon butter

In a skillet heat 3 tablespoons of butter; add mushrooms and saute briefly. Melt 4 tablespoons of butter in a saucepan; add cream cheese and stir until smooth. Whisk in broth and cook until thickened and smooth. Add salt and Tabasco to taste. Whisk a little of the hot sauce into the beaten egg yolk, then pour the egg yolk mixture into the rest of the sauce. Add sherry, cream, turkey, and mushrooms. Cook, stirring, just until heated through. Cook spaghetti squash ahead and shred. In a buttered casserole, place alternate layers of spaghetti squash and sauce. Sprinkle with grated Parmesan. Brown quickly under a preheated broiler and serve. * I drain the spaghetti squash after shredding to get rid of extra juices. Sometimes I get a frozen turkey breast and cook it, then make other things out of it after. This is just different. Posted by mamabj.

Turkey Stuffed Bell Peppers

1 lb ground turkey	1/4 riced raw cauliflower
Suzanne's Tuscan sea salt rub	1/2 c shredded cheddar cheese
1/2 med onion	Garnish: Rotel Mexican Festival
	Green peppers

Sweat the onion in pan with olive oil and butter. Put in ground turkey and brown with onion, sprinkle with Tuscan salt rub. Shred cauliflower and the little bit of green pepper from the top. Prepare peppers for filling while meat is browning. When meat is browned, add cauliflower/pepper mixture. Season again with sea salt to taste. Fill peppers 1/2 full with meat mixture, sprinkle with shredded cheese, fill rest of way with meat mixture. Sprinkle again with shredded cheese. Bake 350 10-20 minutes, to desired consistency of peppers. Garnish with spoonfuls of Rotel. I made this tonight and it was really easy and a big hit! Posted by mamabj.

Turkey Burgers

1 lb ground turkey
1/4 large onion (or 1 small), chopped
3 garlic cloves, minced
1/4 tsp dried parsley
1/4 - 1/2 tsp onion powder
1/4 - 1/2 tsp garlic powder
1/8-1/4 tsp cayenne - crushed pepper
salt to taste
pepper to taste
Velveeta cut into small chunks (about 2 oz)

Mix all ingredients. Form into 4 patties. Coat pan frying pan in olive oil. Fry patties on med-high heat until cooked thoroughly. Flip over half way through. Serve on large lettuce leaf with mayo, mustard, onion, pickle slices, tomato slices (or with your favorite fixins). I made some turkey burgers today and my fiancé thought they were so good that I figured I'd post the recipe for others to try. I don't measure ingredients when I'm cooking (unless I'm following a recipe, so I just guessed at the amounts of spices). Posted by Sharbysyd.

Yah Mon! Jerked Turkey Jerky

1 1/2 lbs turkey breast, sliced about 1/8 inch to 1/4 inch thick and cut into strips
4 tablespoons soy sauce or tamari soy sauce
1 teaspoon lemon juice
1 teaspoon lime juice
1 teaspoon brown sugar (WL Gold)
1/2 teaspoon black pepper
1/2 teaspoon cayenne pepper
1/4 teaspoon ground allspice
1/4 teaspoon garlic powder

Combine marinade ingredients in a plastic zipper bag. Add turkey slices and coat thoroughly with marinade; refrigerate overnight. If you have a dehydrator, use it. I use my oven; it only goes down to 170 degrees F. Cover oven rack with aluminum foil then preheat to 170 degrees; place marinated turkey breast strips on baking racks and place racks in the oven. Prop open oven door slightly with an oven mitt to allow humidity to escape. Check turkey after about 4 hours; mine takes between 4 and 4-1/2 hours in a 170 degree F oven. Not my recipe. You can make it as hot as you wish. Use pre-sliced (about 1/8"-1/4" thick) turkey breast meat for this; (if using turkey breast filets or fresh, freeze slightly and cut into thin strips). Turkey doesn't take nearly as long to dehydrate as beef, so keep an eye on it! Prep time includes overnight marinating. By EdsGirlAngie at [recipezaar](#). 6-8 servings. We made these for Christmas presents. Great carry with you snack. Posted by mamabj.

SEAFOOD

Baked Lemon-Parmesan Salmon

1/4 cup mayonnaise
1/4 cup kraft parmesan cheese (green can)
4-6 salmon filets with skin removed
pinch of garlic powder
pinch of onion powder
1 fresh lemon

Preheat oven to 400F. Mix mayo, garlic powder and onion powder with half of the parmesan cheese. Place salmon in an oven baking pan sprayed with cooking oil. Squeeze the juice of the fresh lemon over the salmon filets. Spread the mayo/cheese/seasonings mixture over the top of each filet. Sprinkle with the remaining parmesan cheese. Bake for approx. 15-20 minutes until salmon is flaky. For those who prefer less parmesan cheese (and that wouldn't be me!), you can leave off the remainder of the 1/4 cup or just sprinkle a little bit on top. I had the pleasure of trying this recipe at a friend's house over the holidays. It's delish! Posted by pattimelt.

Lemon Dill Butter Baked Salmon

1 stick butter softened to room temperature
¼ cup freshly squeezed lemon juice
2 tbsp lemon zest
1 tsp garlic powder
1 tbsp salt
1 tbsp freshly cracked peppercorns
2 tbsp freshly chopped dill
2lb center cut salmon fillet

Preheat oven to 500 degrees. Line a baking pan with aluminum foil and place salmon in pan. Whip butter and lemon juice together and add lemon zest, garlic powder, salt, peppercorns, and dill. Slather on salmon filet and bake for 18-20 minutes in preheated oven. Takes about 12 minutes per pound at thickest part of filet. Or test with meat thermometer. Remove from oven and let rest for additional 5 minutes & slice. Such a light and refreshing taste, but just enough of a crunch crust to seal in the moistness. Fresh dill is best, but if you have to sub dried dill, use a little less than called for as dried is a bit more pungent. Posted by Kisa.

Asian Salmon

2 lbs center cut salmon fillet (1½" thick)
½ cup soy sauce
¼ cup fresh lemon juice (2 lemons)
1 tbsp rice wine vinegar
1 tbsp toasted sesame oil
½ cup sliced scallions
1 tbsp minced garlic
1 tsp fresh minced ginger

Line a baking pan with aluminum foil, and place the salmon in the pan, skin side down. Pre-heat oven to 500 degrees. In a mixing cup, combine all ingredients with a whisk and pour slowly over the salmon, coating the entire surface. Spoon some of the runoff back on to the top of the fish. Roast salmon for 18-20 minutes, or about 12 minutes per inch at the thickest part of the salmon. Use an internal temperature of 120 degrees on meat thermometer to test for doneness. Remove from oven, and wrap the foil around fish to allow it to rest for another 5-10 minutes,, and then slice into nice portions. Serve hot or at room temperature. We love this marinade topper, and it's great on Halibut too. You'll get a nice crust on this by baking in a hot oven. This is GREAT on L2 served on a bed of Chinese Forbidden Rice. Posted by Kisa 1.

Curry Baked Salmon

1 cup sour cream
1 teaspoon curry paste
4 (6 ounce) fillets salmon

Preheat oven to 325 F (165 C). Coat a baking sheet with cooking spray. In a bowl, mix the sour cream and curry paste. Spread the bottom of each salmon fillet with 1 tablespoon sour cream mixture, and arrange the fillets on the prepared baking sheet. Top fillets with remaining sour cream mixture. Bake 25 minutes in the preheated oven, or until the salmon flakes easily with a fork. I got this off the allrecipes.com website and tried it last night. If you are like me, looking for alternative ways to cook salmon, you really should try this. It's so tasty and easy to make. The only thing that I added to the recipe was a small pinch of salt. Posted by SSinCanada.

FREEZE WELL: Roasted Salmon with Roasted Fresh Tomatoes

4 (6 oz.) salmon fillets	2 cups tomatoes, cut into chunks
1 1/2 tsp. paprika	2 Tbls. balsamic vinegar
1 1/2 tsp. dried oregano leaves	1 tsp. minced garlic
salt and pepper to taste	

Preheat oven to 450 F. Sprinkle salmon with paprika, oregano, salt & pepper. Place on pan lined with foil. On another pan lined with foil, toss tomatoes, vinegar, garlic, salt & pepper & spread out on pan. Place both baking sheets in the oven & bake for about 10 to 15 mins or until fish flakes easily with a fork. The tomatoes cook about the same amount or until tender, but not mushy. TO PREPARE TO EAT NOW: Eat when ready with tomatoes over salmon. TO FREEZE: If you're preparing this dish to freeze only, UNDERCOOK the salmon. Cool to room temp & transfer to a freezer container, wrap, label, & freeze. Tomato mixture may be made when serving & salmon frozen individually. Recommended freezing time: up to 1 month. TO PREPARE AFTER FREEZING: Preheat the oven to 350. Bake in oven for about 15 mins or until thoroughly heated. It may also be reheated in microwave. Serve roasted tomatoes over salmon if not frozen with the salmon. Posted by Liz01219.

Roasted Salmon and Rhubarb

1 lb rhubarb, cut into 1/4 inch pieces (about 3 1/2 cups)
1/3 cup sugar equivalent of choice
1/2 lemon, juice of, to taste
6 (6 ounce) salmon fillets, about 1 inch thick, pin bones removed
salt & freshly ground black pepper

Preheat oven to 500 F, or its highest temperature. In a small saucepan, combine rhubarb & sugar substitute. Cover & cook over low heat until rhubarb is falling apart, about 20 minutes, adding water if necessary. Stir in the lemon juice. The sauce should be the consistency of applesauce. Arrange salmon filets, skin side down, on a foil or parchment-lined baking pan. Season to taste with salt and pepper. Bake until almost opaque throughout, about 17-20 minutes. Spoon rhubarb onto center of warmed plates. Lift fillets from pan, leaving skin behind if desired. Place fillets on rhubarb. Since rhubarb is technically a vegetable, this would work for L1. Posted by mamabj.

Flounder Baked in Sour Cream

2 to 3 pounds of flounder fillets	1 Tablespoon chopped fresh parsley
1 Tablespoon and 3 Tablespoons butter	1 tablespoon chopped fresh chives
1/4 teaspoon white pepper	3 Tablespoons dry sherry (you can leave this out)
1/2 teaspoon hot sauce	1/2 cup grated parmesan cheese
1 Tablespoon paprika	1 cup sour cream

Preheat the oven to 350. Grease a flat 2 quart casserole with the 1 Tablespoon butter. Arrange the flounder in the casserole. Mix the remaining ingredients (except butter) together with the sour cream and spread over the fish. Dot with the remaining butter. Bake uncovered for 30 minutes. This is really easy and is good enough to serve company. Tastes good with fresh fish or the frozen fillets. Posted by wired_foxterror.

Fastest Ever Curried Shrimp Chow Mein

1 bag coleslaw mix
1/2 lb raw shrimp(I use frozen from Costco)
1 tsp curry powder (I use Penzeys)
few sprinkles Montreal steak spice
2 tbsp olive oil
soy sauce & sesame oil to taste

Sprinkle curry powder and steak spice over the shrimp and set aside. In a large pan heat the oil and fry up the cabbage until almost browned. Add the shrimp and cook until they turn pink. Sprinkle with some soy sauce and/or sesame oil. This recipe is so fast, easy and tasty, you'll forget all about that unhealthy Chinese takeout! Posted by WCCurvy.

Faux Red Lobster Shrimp Scampi

1 C. White Wine
1/2 C. unsalted Butter, do not use Margarine
3 Tbsp. minced Garlic
1 lb. Shrimp, peeled and deveined

Bake at 350-degree oven for about 6 to 7 minutes. Be careful not to overcook the shrimp. The shrimp is done when it has turned pink. I found this on the msn boards. Posted by mamabj.

Cajun Shrimp

fresh shrimp
jalapeno or serano peppers
bacon
cajun or garlic seasoning

Devein shrimp and make a slit along backbone. Cut your choice of peppers into matchstick pieces. Place a piece of pepper in the slit of the shrimp. Wrap the shrimp with half a piece of bacon. Sprinkle with either cajun or garlic seasoning. Place 6 shrimp on a skewer and grill until done. Can also be baked in a 425 degree oven for 20-25 minutes. They are mouthwatering!! Posted by thankful.

Mel's Chipotle Shrimp

2/3# 21-30 ct shrimp
Grinder fresh smoky chipotle seasoning
1/2c whole cream
2 large tomatoes, chopped in large pieces
bacon pieces - 2-3 Tbs
either lemon zest or lemon juice
fresh spring greens to serve

Peel/devein shrimp, rinse, pat dry and sprinkle generously with smoky chipotle seasoning. Heat pan (I use a cast iron skillet) with small amount of olive oil, toss in seasoned shrimp and cook until pink and just starting to curl and look dry on the edges. Remove shrimp and set aside. In same skillet, toss in chopped tomatoes and cook down until juices thicken, add cream, stir until thickened. Toss shrimp back into pan until coated, stir in lemon. Serve atop a bowl/plate of spring greens and top with bacon pieces. Serves 2. I got bored and created a new meal. I thought it was fabulous! If I had parsley, I'd top with that too. Posted by mellowmomma.

Bacon Wrapped Shrimp

1 pound of shrimp
Bacon lean or regular bacon
BBQ sauce (low-carb)

Peel shrimp and cut off tail of shrimp. Cut bacon in 2-inch slices and wrap around shrimp to hold bacon in place use tooth-picks. Dip shrimp in BBQ sauce and sprinkle Old Bay seasoning on Shrimp. Glaze shrimp and bacon with BBQ sauce. Spray cookie sheet with Pam and put Shrimp on cookie sheet. Bake 17-minutes on 350 degrees. Prep Time 20-minutes. My family loves this recipe. Posted by Raemay.

FREEZE WELL: Shrimp with Creamy Roasted Red Pepper

1/2 cup chopped onion	1/2 cup chicken broth
1 (12oz.) jar roasted red peppers, drained	1 tsp. minced garlic
1 (8oz.) cream cheese, softened	2 lbs. medium shrimp, peeled
1 tsp. paprika	

In large non-stick skillet coated with non-stick cooking spray, saute onion until tender. Meanwhile, in a food processor, process red peppers, cream cheese, paprika, chicken broth & garlic until smooth. Transfer to skillet & heat over medium heat for several minutes. Add shrimp & continue cooking, stirring over medium heat for 5 to 7 mins or until shrimp is done. To FREEZE: Cool to room temp, wrap, label & freeze. Recommended freeze time up to 2 months. TO PREPARE AFTER FREEZING: Defrost & reheat in a non stick skillet coated with non-stick cooking spray over low heat until thoroughly heated. This calls for it to be served over rice or pasta, but spaghetti squash or zucchini noodles could do the trick. Maybe cauliflower too wouldn't be a bad idea. Posted by Liz01219.

Fried Tuna Cakes- Budget

4 cans tuna or you can use salmon	1 stalk celery finely diced
4-5 eggs	1/4 of a sweet red pepper, finely diced
1-5oz bag pork rinds, run through a food processor.	1 dash dried dill or more to taste
2/3 c. green can parmesan cheese	a dollop of Dijon mayo
1/2 med. onion finely diced	a good bit of black pepper

Mix all together in a large bowl using as many eggs as necessary to hold mixture together. Form into small patties and fry in shallow oil till crispy, then turn and fry the other side. This is a very forgiving and budget friendly recipe. You can leave out the onions, celery or sweet pepper as you budget or pantry allows, it will still be good. Serve with homemade tartar sauce or cocktail sauce. Really good served with a garden salad garnished with hard boiled eggs, cherry tomatoes and Suzanne's green goddess dressing. Posted by pollypurebred39.

A New Twist on Tuna Salad

1 1/2 pounds slender green beans, trimmed, halved crosswise	1 teaspoon dried oregano
3 teaspoons salt, plus more to taste	3/4 teaspoon freshly ground black pepper
3 large turnips, diced	8 ounces cherry tomatoes, halved
1/3 cup freshly squeezed lemon juice	1/2 cup chopped fresh basil leaves
2 garlic cloves, finely chopped	1/4 cup chopped fresh Italian parsley leaves
1/3 cup extra-virgin olive oil	9 ounces canned tuna packed in oil, drained

Cook green beans in a large pot of boiling water until crisp-tender, stirring occasionally, about 4 mins. Using a mesh strainer, transfer green beans to a large bowl of ice water to cool completely. Drain green beans & pat dry with a towel. Add 2 teaspoons of salt to the same cooking liquid & bring liquid to a simmer. Add turnips to the simmering liquid & cook until they are just tender but still hold their shape, about 8 to 10 mins. Transfer turnips to the ice water to cool completely. Drain turnips & pat dry with a towel. In a small bowl, whisk lemon juice, garlic, oil, oregano, 1 teaspoon salt & 3/4 teaspoon pepper. Place tomatoes, basil & parsley in a large serving bowl. Add tuna & toss gently to combine. Add green beans & turnips & gently combine. Pour dressing over the salad & toss to coat. I adapted this from "Everyday Italian" to make it legal. Yummy! Posted by mamabj.

PORK

Pork Tenderloin

I mix up some sour cream & mayo & spread over the entire loin (I use my hands) and then sprinkle a generous amount of garlic powder, pepper & salt. I put it on a rack in a foil lined pan (easy cleanup) & put in 325° oven until temp reaches 155°. Leave it sitting for about 15 min to reach about 160° and the juices go back into the meat & then slice. Turns out perfect every time. Posted by beebie1.

Pork Tenderloin with Rub

I put one of those tenderloins in the crockpot this morning. I rubbed with EVOO, Memphis salt rub and a little Worcestershire. I put that in the crockpot and added just a little water. Wow, it turned out so tender and juicy. I had mine with sugar free BB cue sauce like pulled pork. Hubby likes the taste of the pork by itself with just the seasonings. Posted by Luv2shop.

Perfect Pork Loin Roast

1 "butterflied" pork loin roast (instructions to follow)
1/2 lb bacon
1 onion, coarsely chopped
1 lb fresh mushrooms, sliced
several whole garlic cloves
olive oil, salt and pepper, as needed
butcher's string, skewers or toothpicks

Lay loin roast on the counter and hold a long, sharp knife parallel to the cutting board. Starting at the bottom of the roast, about 1/2 inch above the cutting board, make a lengthwise cut in the roast. "Unfold" the top of the roast (picture unrolling a roll of paper towels that's laying on its side). Continue cutting and unrolling the roast until you end up with a flat slab of meat that's about 1/2 inch thick. Set aside. Quickly sauté mushrooms, onions, and garlic in some olive oil until they are about half-way cooked. Rub the inside of the pork roast with olive oil, season with salt and pepper, and spread the mushroom mixture evenly over the top. Now gently roll the roast up, keeping the veggies tucked inside. Secure the roast with butcher's string (too complicated for me, I find that toothpicks work just as well), rub the outside of the roast with more olive oil, salt and pepper, and cover the whole thing with slices of raw bacon. You can now roast the loin in a 350 degree oven, or slow-cook it on the BBQ over indirect heat (this is what we usually do). Either way, use a meat thermometer to tell you when it's done. I made this for Christmas dinner (on the BBQ, I live in CA!) and it was a big hit. I usually serve it with Super Cheesy Broccoli (see recipe in side dish section) and a salad. Yummy! I was reading another post where someone asked for more recipes for pork tenderloin. This is actually a recipe for a whole pork loin (the tenderloin is too narrow for this to work, but the loin is perfect). The instructions may seem a little complicated, but it really is delicious! Posted by lindyloo.

Pork and Cabbage Parmesan

Pork chops	garlic powder
cabbage	cream
salt	parmesan cheese (I used the shredded not the
pepper	green can)
butter	

Slice cabbage and place it in a pan with butter. Season with salt, pepper and garlic salt. Cook until tender. In another pan cook your chops. I seasoned mine with salt and pepper. When the chop is done, pull it and plate it and cover it. To the same pan, add cream and parm. I let this cook down a bit, then added my chop back in, turning to coat. Then plate the cabbage and spread it out so you have an even bed. Top with the chop and pour the sauce over it all. YUM! Last night I wanted to make Pork Chops with blue cheese gravy, but my blue cheese was bad (I think, how DO you tell?? LOL). So anyway since the chop was already cooking I decided to improvise and came up with the following. Not really a formal recipe, but I will try. Posted by erjen_lower.

Jimmy Dean Sausage

Sage

16 ounces ground pork
1 teaspoon salt
1/2 teaspoon dried parsley
1/4 teaspoon rubbed sage
1/4 teaspoon ground black pepper
1/4 teaspoon dried thyme
1/4 teaspoon crushed red pepper
1/4 teaspoon coriander
1/4 teaspoon MSG (such as Accent flavor enhancer)

Hot

16 ounces ground pork
1 teaspoon salt
1/2 teaspoon cayenne pepper
1/4 teaspoon rubbed sage
1/4 teaspoon ground black pepper
1/4 teaspoon crushed red pepper
1/4 teaspoon coriander
1/4 teaspoon MSG (such as Accent)

Maple

16 ounces ground pork
3 tablespoons maple flavored syrup
1 teaspoon salt
1/2 teaspoon MSG (such as Accent)
1/4 teaspoon coriander

Combine all ingredients for flavor of your choice in a medium bowl. Form sausage into patties & cook in a skillet over medium heat until brown. (From www.topsecretrecipes.com.) Makes 1 lb of sausage. Posted by DebB.

Bruce's Spicy Sage Breakfast Sausage

5 pounds ground pork -- 30% fat or more (grind your own if you can)
5 teaspoons salt
2 tablespoons ground sage
1 1/2 teaspoons freshly ground nutmeg -- fresh ground has way more flavor
1 tablespoon Splenda, granular
1 tablespoon freshly ground black pepper
2 tablespoons red pepper flakes -- crushed
1 tablespoon marjoram
3/4 cup cold water

Mix all ingredients thoroughly. The flavors blend better if you let it sit overnight but you can eat it right away if you can't wait. Form into patties and fry or stuff into small sheep's casings and bake or fry. Baking the stuffed sausages works very well. You can also hand roll them into small "Link shapes" if you like it that way. Patties are easiest and cook quickly. Use medium heat is cooking when frozen so the outside won't burn before the inside is thawed and cooked. I'm eating a couple of patties as I type this and it tastes better than any commercial sausage I've ever had. It's really easy to adjust any of the seasonings to suit your tastes. Add spices or subtract any that you don't like. I usually make this sausage into patties and freeze them on a sheet pan. After they're frozen I put them into thick plastic bags and they're ready to throw into a pan to cook. Just make sure to use plenty of fat. If your butcher has it or will order it, use "pork fat back" to adjust the fat to meat ratio in your sausage. Weigh out *lean* pork cubes and then add the appropriate amount of fat back cubes and grind it up. I've found in the past that low fat sausage just doesn't taste as good and it dries out very easily. I guess there may be some additives that you can use to keep it more moist but who wants that? Get grinding and enjoy! Posted by DebB.

Spicy Country-Style Sausage Meat

2 1/2 t. coarse salt
2 t. dried crumbled leaf sage
3/4 t. dried summer savory crumbled
1/4 t. whole peppercorns
1/4 to 1/2 red pepper flakes
1 pound lean pork cut into 1 inch cubes, chilled
1/2 fresh pork fat cut into 1/4 to 1/2 inch cubes, chilled (this is where the meat grinder would be handy!!)

Combine first 5 ingredients and grind together to a powder. Sprinkle the spices over the meat and mix well. Grind the mix in a food processor, not too much at a time until of medium coarse texture. Put it into a bowl, cover with plastic wrap and chill for 24 hours to mellow and firm up. Use it within 3-4 days or freeze! (From "Better Than Store Bought".) Posted by DebB.

Homemade Chorizo

1 Lb. Ground Pork Butt
1 tsp. coarse Salt
1 tsp. freshly ground Black Pepper
2 Tblsp. Ancho Chile Powder
4 cloves Garlic, minced
1/2 bunch fresh Oregano chopped
1 tsp. ground Coriander
1 Tblsp. ground Cumin
2 Tblsp. Vinegar

In a medium size bowl, mix the pork, salt, pepper, chile powder, garlic, oregano, coriander, cumin and vinegar thoroughly. Refrigerate, in an airtight container, overnight. This allows the flavors to meld. The chorizo may also be frozen. Yield: 1 pound Chorizo, 4 servings. From the Too Hot Tamales Show. ** I have not personally tried this yet, it's one of those recipes I keep meaning to try! Posted by Kisa 1

Cheddar Bacon Faux Potato Au Gratin

1 head cauliflower - grated or steamed and riced
1/2 to 1 sweet onion, chopped (depending on preference)
4 Tablespoons butter
2 cups grated cheddar cheese
1 cups heavy cream or table cream
2 oz cream cheese for thickening
2 eggs
1/2 - 1 lb crumbled crisp bacon
sea salt (to taste)
pepper (to taste)

Steam cauliflower and rice after cooled or if you grate it you do not have to cook first. Sauté onion in butter. Layer cauliflower, diced onion, crumbled bacon in baking dish, salt and pepper. Repeat layers. Mix cream, eggs and cream cheese in a bowl. Add 1 c cheddar cheese. Pour over layers. Top with remaining 1 c cheddar cheese, cover and bake at 350 for 35 minutes. Remove cover and bake 10 more minutes to brown cheese on top. Can also be cooked in slow cooker so you don't heat up the house in the summer. I use turkey bacon and it works fine. This along with a salad is a great meal. Easy. Good as leftovers. Posted by mamabj.

VEGETARIAN

Red Quinoa Experiment #1

For the sauce/dressing:

1 cup ff yogurt
1 clove of garlic, minced
1 TBS fresh dill(chopped fine)
1 TBS Lemon/lime/key lime juice

Mix together and put into fridge to meld flavors.

Quinoa:

Make 1 cup according to the box. Let cool. In a large bowl mix: 1/2 onion, sliced however you like it; radishes (I used 4, sliced thin); 1/2 cucumber, sliced thin; a couple roasted red peppers; quinoa and dressing. Eat. Jury is still out on whether I will make it again. Posted by bigdad.

Zucchini Crusted Pizza

3.5 cups grated zucchini
3 eggs
1/3 cup flour (that's what the recipe calls for, but for Somersizing, it'll have to be omitted)
1/2 cup grated mozzarella
1/2 cup grated parmesan
1 Tbsp. fresh basil leaves
salt and pepper

Salt zucchini and let sit for 15 mins. Squeeze out all the excess moisture. Combine all crust ingredients, & spread into an oiled 9X13 baking pan. Bake 20-25 mins until surface is dry and firm. Brush top with oil & broil (I just cook it, rather than broil, & it works fine). Put on all your favorite pizza toppings. Bake for another 25 mins & serve with salad. Lovely! Too many zucchini? I have a FAB Moosewood recipe to use them up. Posted by cbdynamo.

POTPOURRI

Popovers

2 eggs
3/4c cream
1/4c parmesan cheese
1/4c natural protein powder (I use Designer's Whey)
pinch of salt

Mix all ingredients together; scoop into popover pan, or 6 custard cups, and bake in preheated 400 degree oven for 15 minutes. Turn down to 250 and cook for about 10 more minutes. Now, this is for my oven. Yours could be different, so I suggest you watch them the first time. Undercooked they are REALLY squishy, but I suppose they can get dry if overcooked, just like other pro powder recipes. Last time they were just perfect, so I haven't overcooked them yet. The original recipe calls for 2 eggs, 1c flour, 1c milk, 1t salt. That's it. I have no idea of you could use less parmesan, or whatever, because this is just the way I decided to try it first, and I liked it, so it is probably how I will keep it. It is great with tuna or egg salad. Not bad just hot with some butter either. This popover recipe was good. I even tried freezing one and when reheated in the microwave, was just fine. They of course, are squishier than the original, but that's because there is no flour. If you don't like the pro/fat buns, you may not like these either. They are not that much different, just a lot easier, and IMO taste a little more like a popover. They popped up like a popover too, which I was very pleased about. Oh, and I used a deep silicone muffin pan.

To make these a sweet popover, I cooked them the same as above, but used this for the recipe:

2 eggs
3/4c cream
1/4c vanilla protein powder (I used Designer's Whey Vanilla Praline)
1t cinnamon
2T Splenda

Then, make exactly as above recipe. I didn't try SS with it yet, because I thought I might need the Splenda for more bulk/dry ingredient. When I try SS, I'll post the results. I sliced these in half and spread some splenda-sweetened cream cheese on them. Oh my goodness, were these great! I will have to save them for a special treat, because I know I could eat them every day, and I don't need to eat that much cream and cream cheese. Posted by marie172.

Cream Scones - Level 2

1/2 cup currants (I use dried cherries)
2 cups ww white flour or ww pastry flour
1 tablespoon baking powder
1/2 teaspoon salt
1/4 cup sugar (I use splenda)
6 tablespoons chilled butter cut into 1/2 cubes
2/3 cup half and half (I use cream)

Mix dry ingredients and dried fruit together. Cut in the butter with pastry blender or two knives until looks like coarse meal. Add half and half. Gently mix until holds together. Flatten into 1/2 inch thick circle cut into triangles. I sometimes do two small circles. Place on ungreased pan. Bake in 425 degree oven for 10 to 12 min or until golden brown. I make small ones for my grandchildren's tea time. Serve with clotted cream and jam. I found this recipe in my Mom's old recipe file. They are very much like Suzanne's scones. Posted by gram5.

Tuna Muffins

1 6oz. can of Bumble Bee Solid White Albacore (in water)
1 6oz. can of Bumble Bee Chunk Light Tuna (in water)
3 BEATEN eggs
2 Tb. minced dried onion
1/4 c. green pepper, finely chopped
1 c. of shredded cheddar
1-1/2 tsp. seasoning below

Combine all ingredients and spoon into a PAM sprayed muffin pan. Bake @ 350 for 30 minutes. Makes 8. I sometimes put a little extra cheddar on top after they've cooled.

SEASONING:

1 bay leaf, minced (I do it by hand)
1-1/4 tsp. celery salt
3/4 tsp. dry mustard
3/4 tsp. black pepper
1/4 + 1/8 tsp. nutmeg
scant 1/8 tsp. ground cloves
1/4 tsp. ginger
1/4 tsp. paprika

This will make more seasoning than you need for one batch. Linda used Old Bay in her muffins, I found a recipe on-line to make it myself (there are many), I didn't have every ingredient listed (cardamom, mace??), but it worked so well anyway that I continued making them using my concoction. I bake these in a regular tin muffin pan even though I have a silicon one that I love. I was afraid of the tuna smell lingering. This is a recipe from Linda's Low-Carb site. I tweaked it quite a bit and the result is fantastic. The main ingredient is tuna fish, but there's hardly any (I'm serious) tuna flavor at the end. Posted by ChubChub

Fat Free Cultured Butter Milk

You will need 1 cup of cultured butter milk. If you can find fat free at the store, that's ok to start, but if not, start with low fat. Add to 3 cups of fat free milk and leave on counter for 24 hours. Shake and refrigerate. I shake before serving and when I get down to 1 cup left I start the process again. It's great in pancakes, muffins etc. I do drink it straight when I want something tart. You could also use it in dressings if you were eating veggies alone or with carbs. Posted by starlite.

Ricotta from Goat's Milk

1 gallon goat's milk
1/4c vinegar
1/2t baking soda
3T butter, melted

Large stainless steel or enamel pot
Stainless steel stirring spoon
extra fine strainer, cheesecloth lined colander, or
whatever you use to strain yogurt cheese works well.

How to make ricotta cheese: Bring 1 gallon of milk to 206 degrees over medium heat (you may need to turn up a little higher when it is getting close to get it to go up to 206, but watch carefully). Stir occasionally making sure bottom doesn't scorch. When at 206 degrees, add vinegar & stir. The milk should start to coagulate, so you have white solids with a greenish water. If the water is still white, you haven't gotten enough cheese out of the milk. Try adding 1 more tablespoon of vinegar. (You don't want to keep cooking it too long after coagulating as it can make the curds tougher.) Carefully strain cheese in your prepared colander/strainer. Drain for 1 minute. Place curds in a bowl. Mix butter & baking soda thoroughly into the curds. Place cheese in a container, cover, and refrigerate until ready to use. This can be frozen and used later for lasagne, cannoli, etc. Posted by marie172.

Herb Butters

Herb Butter is great to use with veggies, meat, fish or poultry, or whole wheat pasta on L2. Add 1 or 2 Tblsp. to your sauté pan for cooking and finishing sauces. I made quite a bit last year using up the herbs from my garden. It's easy to make and keeps for months in the freezer. Here's some ideas that work well, but be sure to use FRESH herbs. If you are going to use already dried herbs, use half the quantity in the posted recipe.

YOUR OWN BLEND HERB BUTTER

4 oz. Butter (1 stick), softened
1/4 cup Herbs (your choice), finely chopped - any combination of herbs will work. Use a mixture of: tarragon, chives, parsley, dill, rosemary, thyme, sage, or use just one single herb
1 tsp. fresh Lemon Juice
pinch of sea salt to taste

Chop the herbs as fine as possible, discarding any woody bits or stems. Cream the butter and herbs together with a fork or mixer. Shape into a log or cube on a piece of plastic, seal and refrigerate or freeze.

LEMON BASIL HERB BUTTER

1 cup fresh Basil leaves, loosely packed
4 oz. Butter (1 stick) softened
1 tsp. grated Lemon zest (or to your taste)

In a saucepan of boiling water blanch the basil for 2 seconds. You want to just begin the softening process, and to retain color, not cook. Immediately plunge into a bowl of cold water and then drain well, patting it dry with a paper towel. In a food processor blend the basil with butter, lemon zest and salt, until the mixture is smooth. Shape into a log or cube on piece of plastic wrap, and refrigerate for 1 hour before using, or freeze.

CILANTRO LIME BUTTER

4 oz. Butter (1 stick) softened
1 tsp grated Lime zest
1 Tblsp chopped fresh Cilantro
pinch of salt to taste

Combine ingredients with a fork or food processor. Follow other steps for shaping log & refrigerate or freeze.

GARLIC BASIL PARMESAN BUTTER

4 oz. Butter (1 stick) softened
2 Tblsp. julienne chopped fresh Basil
1 clove of garlic - minced or grated
2 Tblsp. Parmesan cheese

Combine ingredients with a fork or food processor. Follow other steps for shaping butter log and refrigerate or freeze. This is excellent on roast Chicken, or broiled fish. Posted by Kisa 1.

French Court Bouillon

3 quarts of water	2 bay leaves
2 medium sized carrots, quartered lengthwise cut into thin slices	2 sprig fresh thyme
1 leek, white and light green parts only, cleaned, quartered, cut into thin slices	5 stems Italian parsley
1 teas. salt	2 garlic cloves peeled
	6 black peppercorns
	1½ cup dry white wine

Wrap bay leaves, thyme sprigs, parsley, garlic, and peppercorns in a piece of cheesecloth and tie tightly. Combine water, carrots, leek, and salt in large saucepan or stock pot. Add herb bundle to stock pot. Cover and bring to a boil, then reduce heat to low and simmer 20 minutes. Take out 3/4 cup of vegetables. Add wine to stock pot. Remove from heat and strain, discarding the vegetables. A friend just sent me this last week for a recipe she uses to poach fish. I had never even heard of this before, so I can't say it's "tried and true". Depending on what Level you are eating you can choose whether or not you want the carrots included. Posted by Kisa 1.

Spicy Lime Marinade

1 cup fresh squeezed lime juice
1/2 cup olive oil
2 Tbsp. dried onions
2 Tbsp. chopped fresh cilantro (optional)
1 tsp. minced garlic
2 tsp. dried oregano leaves
2 tsp. salt
2 tsp. black pepper
1 tsp. red pepper flakes

Combine all ingredients in a gallon ziplock bag and mix well. Use as a marinade for poultry, steak, or vegetables. Marinate 30 minutes to 2 hours then grill food. This is our family's favorite. It is so easy to make yet makes whatever you marinate outstanding. Posted by sujo.

Faux Calzone

This was very much like a calzone and can be adjusted any way you like it. Brown Italian Cheese in a round frying pan. Turn over to brown on other side, fill with legal marinara or other sauce, more mozzarella cheese to melt on the inside and whatever fillings you want in your calzone. Fold in half. Nuke briefly if necessary to melt rest of cheese. Serve. Has the crunchy crust type outside with the ooey gooey filling inside. Posted by mamabj.

Lasagne with Deep Dish Pizza Noodles

I made a batch of the pizza crust (I baked it on parchment paper) and then let it cool. I cut it into squares. I beat 6 eggs and 15 ounce of ricotta cheese with 3 tablespoons of Italian spices and a couple tablespoons of minced garlic, sauce. Then layer everything -
legal Italian sauce
cheese and egg mix
noodles
shredded cheese

Bake at 350 degrees for 30 to 45 minutes. Posted by glassart.

Key Lime Italian Ice

1 Key Lime
1 cup Sugar substitute equivalent
4 cups Water
1 dash Salt
1/2 cup Key Lime juice

Remove zest, the colored part of the rind, from 1 Key Lime, and cut into small pieces. Place zest and sugar substitute in a blender or food processor, and process until zest is finely chopped. Pour mixture into a 3 qt saucepan. Add water and salt and heat until sugar dissolves. Cool. Add enough water to Key Lime juice to make 2/3 cup liquid. Stir into cooled sugar sub mixture. Pour into divided ice cube trays and freeze. Place frozen cubes in container of blender. Cover and process until cubes become a velvety slush. Scoop into individual goblets or store, covered in the freezer. Makes about 4 1/2 cups. Posted by mamabj.

Strawberry Cream Cheese

I used 4oz (half a brick) cream cheese to 2T Torani strawberry syrup. It made a pretty pink, and was just the right flavor. It was great on the cinnamon popovers, and would be good on the cinnamon version of DebB's buns too. Posted by marie172.

Frozen Paletas/Juice Bars

Pour paletas mixture (choices follow) equally into 6 juice bar molds (see notes). Attach covers. Insert sticks, leaving 1 1/2 to 2 inches of each exposed. Freeze paletas upright until firm, at least 3 hours or up to 2 weeks. Hold each mold up to the rim under warm running water just until paletas are released from sides of molds, 5 to 15 seconds. Remove covers and pull out paletas.

Strawberry paletas. In a blender, whirl 3 3/4 cups rinsed, hulled strawberries until smooth. Push through a fine strainer into a 2-cup glass measure; discard residue. Add 1/3 cup sugar substitute and 1 tablespoon lemon juice to berry puree; stir until sugar substitute is dissolved. This would be level one.

Pina colada paletas. In a blender, combine 1 cup ff milk (or cream), 1/2 cup 1-inch chunks fresh or canned pineapple, 1/3 cup sugar substitute, 1 teaspoon vanilla, and 1/2 teaspoon coconut extract; whirl until smooth. This would be level two.

Mango paletas. In a blender, combine 2 1/2 cups 1-inch chunks mangoes (from 1/2 lb. fruit), 1/4 cup sugar substitute, and 3 tablespoons lime juice; whirl until smooth. This would be level one.

Cucumber-chili paletas. In a blender, combine 3 cups 1-inch chunks peeled, seeded cucumber (1 1/2 lb.); 2/3 cup sugar substitute; 1/3 cup lemon juice; and 1 rinsed, stemmed jalapeno chili (1 to 1 1/2 oz.; remove seeds and veins for less heat). Whirl until smooth. Push mixture through a fine strainer set over a 2-cup glass measure; discard residue. I prefer to substitute chili powder for the jalapeno. Season to taste. This would be level one.

Blackberry paletas. In a blender, whirl 2 1/2 cups rinsed, drained blackberries until smooth. Push through a fine strainer into a 2-cup glass measure; discard residue. Add 1 cup milk and 6 tablespoons sugar substitute to berry puree; stir until sugar is dissolved. This would be almost level one.

I know many of us like fruit juice bars and since Paletas contain high fructose corn syrup, we can make our own with the sweetener of choice. I know everyone knows the rules for eating fruit. Since the weather is warming up, this should make a nice treat. PREP TIME: 10 to 20 minutes, plus at least 3 hours to freeze. NOTES: The paletas that contain milk are slightly creamy; the others are icy. Use any shape of frozen fruit bar molds with a 1/4- to 1/3-cup capacity; they're sold in many cookware and hardware stores and through some cookware catalogs. MAKES: 6 paletas. Posted by mamabj.

SOUPS AND STEWS

Carb Minestrone Soup

a handful of yellow onion slivers
1 stalk celery, diced (remove strings 1st)
a little water
1/2 small can mild to medium RoTel or other
1/2 Cup tomato juice or 3 -4 Tbs tom paste
1/2 can drained white Northern beans (FF)
1/2 can drained red kidney beans or more
1/4 cup brown rice (uncooked)
1/2 cup frozen cut spinach
1/2 cup frozen cut green beans
1/2 to 1 tsp salt
1 tsp fresh minced garlic or a little garlic powder (optional)
About 4 to 6 cups water (depends on how much broth you want)

Add small amt water, onion slivers, celery to 2 qt or larger pot with cover. Allow to saute until tender with lid on. Add remaining ingreds and simmer about 30 mins or longer. For other family members, you may add any cooked meat after the soup is ladled into bowls. For carb meal, serve with whole wheat toast and for others, add cheese or butter to toast. Posted by SinginSOMERSong.

Creamy French Lentil Soup

1-1/2c lentils
8c water (or veggie broth if you have it)
1/2c celery diced
1/2c onion diced
2 good Tbsp diced garlic (I use from the jar)
salt & pepper to taste (I'm heavy on the pepper and use the new McCormick spicy pepper grind)

Put in a pot and bring to a boil, then turn down to a simmer and let simmer 1-1/2 hours until lentils are tender. (Smells fabulous.) Once the lentils are tender - you want to blenderize them until they are creamy and return to the pot. Add approx 1 c FF sour cream to your lentils (depends how creamy you want it) and rewarm - but don't boil - you'll separate the sour cream. I served mine with chopped sprouts on the top because I didn't have any fresh herbs - but parsley or tarragon would have been yummy. I put a small amount of bacon sprinkles on my kids and hubby's soup bowls - and they loved it. I made this along with the whole wheat bagels from the bread board - very yummy!! I found this recipe on the web and ss'd it. I found the original on frenchfood/about/com. Posted by mellowmomma.

Faux Split Pea/Ham Soup

1 can ff beef broth
1 pkg split peas
1 pkg legal soup mix, preferably Suzanne's French onion soup mix

Put broth and peas in pot with enough water to cover. Season with salt and pepper to taste. After the peas are nearly done, add soup mix. Continue to let boil until desired consistency. Oddly enough it has the meaty taste that is usually missing by just doing a carb pea soup. I don't know if any of you miss being able to have ham in your split pea soup, or if any of you like split pea soup. But I made some that resembles it enough to satisfy. Posted by mamabj. NB: This would be Level 2.

Cream of Mushroom Soup

1 & ½ T unsalted butter
1 medium onion-chopped
16 oz button mushrooms-roughly chopped
2 t SUZANNE™ Tuscan Sea Salt Rub
2 Lg chicken bouillon cubes*
4 cups water
cream
fresh ground black pepper

Sauté the onion in the butter until it just starts to brown then add the mushrooms. Sauté for about 2 minutes then add the Tuscan Rub with a lid. Stir well and sauté for another 3 minutes. Add bouillon and water. Bring to a boil and then reduce to a simmer for 10 minutes with the lid on pot. If desired use immersion blender to for a smooth soup. You can also leave the lid off for the soup to thicken if desired (note this is a runny soup). Serve in a bowl with desired amount of cream and fresh ground black pepper on top. *Note: My bouillon cubes come from England and are about 1.5 to 2 times the size of those here in the States. I recommend trying 3 first and then taste, if desired add a 4th cube. If you have some homemade chicken stock then by all means sub the bouillon and water for stock. You can use veggie stock or beef stock if you prefer. You can add the cream for the last few minutes of simmering if you like but since my husband isn't keen on too creamy of dishes I tend to just put the cream in our bowls when we start to eat, it also slightly cools the soup so you can eat right away. Posted by JulieJafar.

Baked "Potato" Soup

1 lg celery root, diced
1-2 c heavy cream
1 cup water
1 cup shredded cheddar cheese
2 pkgs oscar mayer bacon pieces (in pkg)
veelveeta to taste. I also threw in some left over mozzarella I had laying around.

Cook celery root in shallow dish in microwave w/ water. Heat pan on stove. Saute celery root and bacon w/ 1/2 stick of butter for a couple of minutes. pour in other ingredients and boil until melted through. At the end, I didn't think it was quite thick enough so I put some in the blender to puree and then added it back in. It turned out great. In fact my DH was upset that I did not make more. This is my ss version of Johnny Carino's baked potato soup. I added a little velveeta for taste, because it does not affect my weight loss. Feel free to only use cheddar. Posted by duckgirl.

Asparagus Lemon Soup

1 lb. fresh asparagus, chopped
1 cup chopped celery
3 cups chicken broth
1/2 tsp grated lemon peel
2 Tblsp. fresh lemon juice
1/16 tsp white pepper (I used more)
1/2 cup whipping cream

Combine asparagus, celery & chicken broth in a large saucepan. Heat to boiling, then reduce heat to low & simmer for 10 mins. Let cool slightly. Pour asparagus mixture into blender or food processor, cover & blend until smooth. Stir in lemon peel, lemon juice, pepper & whipping cream. Pour soup into saucepan & on medium, heat until warm. (Do not boil). It was a wonderful soup! It says it can also be served cold, so I may have it that way tomorrow for lunch. By subbing legal veggie broth, & non-fat yogurt for the whip cream it may also be a perfect carb soup. The asparagus looked lovely, but what caught my eye was the Dole tag around the bundled spears with this recipe. And oh-my-gosh a perfectly legal L1 soup that sounded perfect for dinner. Posted by Kisa 1.

Cream of Cilantro Soup

1 bunch fresh cilantro
5 cups homemade preferable but can use canned chicken broth
2 tablespoons butter
2 tablespoons flour substitute equivalent
4-ounces cream cheese
8-ounces sour cream
4 garlic cloves, minced
1/2 teaspoon ground red pepper
1 teaspoon ground cumin
fresh cilantro sprigs, for garnish
sour cream, for garnish

Remove stems from cilantro, and coarsely chop leaves. Process cilantro and 1 cup chicken broth in a blender or food processor until blended, stopping to scrape down sides. Melt butter in a Dutch oven over medium heat; whisk in flour substitute. (I don't always do this - cream cheese thickens it.) Gradually add remaining broth, whisking constantly until mixture is smooth. Boil 1 minute. Stir in cilantro mixture, cream cheese, and next 5 ingredients; simmer soup 15 minutes. Garnish, if desired. Something different for cold winter days or nights. Posted by mamabj.

Tomato Cabbage Soup

1 thinly sliced onion, halved
1/2 head of shredded cabbage
1 19oz can tomato juice
19 oz water (I usually fill the empty tomato juice can with water like that I get all the excess tomato juice)
1/4 cup splenda
2 tsp salt

Combine all ingredients in 4qt pot. Bring to boil. Simmer for 2 hours. Freezes very well. I triple this recipe and keep it on hand in individual servings in the freezer. It is great for Carbo meals and pro/fat meals!! Posted by slimricki.

Beef & Cabbage Soup

1lb ground beef, browned (use the biggest, deepest frying pan you have, as you will be adding a lot to this beef)
1 t garlic salt
1/4 t pepper
3 stalks chopped celery
1 med. onion, chopped
3/4 med head of cabbage chopped
1 can (28 oz) diced/chopped tomatoes with liquid
1 can tomato sauce (16 oz)
1 tomato sauce can of water (16 oz)
1 box beef broth (32 oz.) (You could also use beef bullion cubes in 32 oz. of water)
1 T white vinegar
1 can kidney beans undrained*
Salt to taste

Brown beef. Add salt & pepper, celery & onion and cook. Add tomatoes and heat through. Add cabbage. Now transfer to a big soup pot and add rest of ingredients. Bring all ingredients to a boil, reduce heat and simmer for an hour. *Omit the beans for a perfectly Level 1, just about zero carb soup! However, the beans really make it for a Level 2. This is a new favorite in our house!!! Posted by Freed.1.

Family Tested and Approved Veg Beef Soup

1&1/2 lb lean ground beef
3 cups tomato juice
2 cans (14oz each) or 1 large 32oz Chicken broth
1/2 tsp garlic powder
1 tsp oregano
1/4 tsp pepper

Onion salt to taste or chopped onions
Celery chopped small
Mushrooms chopped
1 TBS Worcestershire (makes the flavor)
salt

Brown ground beef with celery and mushrooms (if using fresh onions add now otherwise add powder later) until celery is soft. Drain if needed. Add the rest of the ingredients and reduce. This recipe is loved by my picky family. I lost a lot of weight eating this soup. Posted by bee4real.

Creamy Southwestern Taco Soup

1 pound regular ground beef
1/2 cup chopped onion
2 cloves garlic, minced
1 tablespoon cumin
1 teaspoon chili powder
2 cans tomatoes and green chilies (rotel) (~2 cups)
2 cans chicken broth (~3.5 cups)
1/2 cup heavy cream
1 pkg cream cheese (8 oz) cut into chunks

Brown ground beef with onions and garlic in a soup pot. Add cumin and chili powder and cook a couple minutes before adding tomatoes and green chilies. Bring to a lively simmer before adding in broth and cream. Bring to a rolling boil and add cream cheese and stir occasionally until the cream cheese melts. Serve with fresh cilantro and avocado. If you like things a little spicier - add some cayenne or tabasco or crystal hot sauce. Yum. Per 1 cup: 335 calories/29 g fat/5 carbs (4 net)/1g fiber/13g protein. Makes 8 cups. This soup is delicious. I just make a batch last week. Posted by OceanDreaming.

Chinese Chicken Soup

I was craving Chinese food, so instead, I made this soup. It's very easy, took about 30 minutes, and you could make it with any meat or shrimp. I used chicken this time. I just sautéed stir-fry veggies in a hot pan (broccoli, zucchini, mushrooms, onions, scallions, snow peas; etc) and then added some chicken cut up, and some soy sauce and crushed red pepper. I cooked it until the chicken was almost done, then I filled the soup pot 3/4 full with chicken stock. Cover and lightly boil about 15 minutes. I then stirred in some chopped bok choy and cooked about 5 more minutes. I added a little more soy sauce at the end, and it was great! Sure curbed the craving for Chinese Food! Posted by SBenton.

Laurie's Chicken Mushroom Soup

1 onion, finely chopped
2 gloves garlic, finely minced
1-- 8 oz pkg sliced mushrooms
1 stalk celery, finely sliced
2 tsp chicken bouillon

2 cups water
1/2 --1 cup leftover chicken, or chicken breast, See note
1 cup whipping cream
1/2 spinach, chopped

Sauté onion, celery & mushrooms til soft over medium heat. Add garlic & sauté for 1-2 mins (make sure it doesn't burn). Add 2 cups water and chicken bouillon. Let simmer on low or med-low for 15-20 mins. Bring heat back to medium, add chicken & chopped spinach and 1 cup cream (2 cups if you like it really creamy). Stir and lower heat to medium low for another 7mins. I was feeling like soup, so I looked in the fridge and got creative. I nearly ate the entire pot full. YUM! Note: If you don't have leftover chicken, you can sauté chopped chicken breasts and add to soup. Feel free to leave out veggies you don't like, and substitute veggies you do. Posted by mamalaurie.

40+ Clove Chicken Soup

3 full bulbs of unpeeled garlic cloves, separated
2 T olive oil
2 T (1/4 stick) butter
2 1/4 t chopped fresh thyme
18 garlic cloves, peeled and chopped
2 1/4 to 3 c chopped onions
1 c whipping cream

2 cans chicken broth or stock
1 rotisserie roasted chicken breast or leftover rotisserie chicken
1 c finely grated Parmesan cheese (about 4 oz) (this depends on how many bowls)
Fresh cracked pepper and sea salt to taste
4 - 8 lemon wedges

Preheat oven to 350F. Place unpeeled garlic cloves in small glass baking dish. Add 2 T olive oil, sprinkle with sea salt & fresh ground pepper, toss to coat. Cover baking dish tightly with foil & bake until garlic is golden brown & tender, about 45 mins. I let mine cool in the oven overnight. Squeeze garlic between fingers to release cloves. Mix with remaining oil & pepper in bowl. Melt butter & olive oil in heavy large saucepan over medium-high heat. Add onions, garlic & thyme & cook until onions are beginning to caramelize. Add roasted garlic & cook 3 mins. Puree mixture. Transfer to crock pot. Add 2 cans chicken stock or broth. Add bite sized chunks of chicken, fresh cracked pepper & sea salt to taste. Cook 3 to 4 hours. Add cream & make sure it is warmed through. Divide grated cheese among bowls, ladle soup over. Squeeze juice of lemon wedge into each bowl & serve. This is so good! Serve it up with a salad & you're set. This is a takeoff of sparkles roasted garlic soup. I think it is my new 'sickie' chicken soup recipe. This can be prepared a day ahead. Cover & refrigerate. Rewarm over medium heat, stirring occasionally. I roast some extra garlic cloves & puree those with melted butter & spread on DebB's parmesan buns. I recently messed up a batch of her buns & cooked them too long, & they weren't coming out right. I used them for "crackers" in the soup. Then put the rest in for mock dumplings. Posted by mamabj.

Spicy Turkey Soup

1 lb ground turkey sausage (unseasoned)
1 small head cabbage shredded
1/2 head cauliflower shredded or riced
1 medium onion
4 - 5 stalks celery
2 can green beans (can use other legal veggies)

2 cans Chicken Stock
4 c water
1 T garlic pepper
1 T+ poultry seasoning
salt & pepper to taste

Saute onion in olive oil. Lightly salt. Shred celery & add to onion. Salt & pepper. Brown turkey sausage with poultry seasoning in onion, celery mixture. Start warming chicken stock & water. Shred cauliflower & cabbage. Add to stock. Pour meat mixture in stock when browned & mixed together. Add more poultry seasoning, salt & pepper to taste. Bring to boil & let it finish cooking. I prefer to use more pepper & less salt. The poultry seasoning gives it a really good winter taste & smell. It is even better warmed the next day. This turned out much better than I thought & is very inexpensive. Posted by mamabj.

Somersized Salmon Chowder

3 strips nitrite-free bacon, diced
1 large yellow onion, diced
1/2 cup diced celery
2 turnips or rutabagas, diced
Small can of diced tomatoes, drain off liquid
2 cups chicken or vegetable stock
3/4 cream

1 1/2 pounds salmon fillet, skinned, boned & cut into 1-inch cubes
1/4 cup chopped fresh parsley
1/2-1 teaspoon dried dill
sea salt, to taste
freshly ground pepper, to taste
1 tablespoon minced fresh chives for garnish

Brown bacon in a deep, heavy-bottomed sauce pot until crisp. Remove with slotted spoon & set aside. Sauté onion & celery in the bacon fat in the same pot until onion is translucent. Add turnips, sauté about 5 mins, stirring occasionally. Do not brown. Add tomatoes & stock, bring to a boil, then reduce heat & simmer until vegetables are fork tender about 10 mins. Add cream, salmon, parsley, dill & pepper. Simmer over low heat 5 to 8 mins or until fish is cooked through & liquid is steaming, but not boiling. Add more pepper & salt to taste. Transfer to serving bowls & garnish with crispy bacon pieces & chives. This scrumptious chowder is one of the most satisfying ways we know of to get your omega-3's, & it's a great way to warm up a chilly autumn evening. Make it a day ahead for company, reheating gently without boiling. Serves 4. Posted by HunnyBunny.

Roasty Toasty Clam Chowder

Make one batch of DebB's cauliflower popcorn with one head of cauliflower, salt, Mrs. Dash, and olive oil.

1 bottle clam juice
3 cans minced/chopped clams
Heavy cream
Chicken broth, if you have it
Chopped onions and celery, sautéed

Put the clam juice and roasted cauliflower in a blender and blend until fairly smooth. This will thicken and add lots of body and flavor to the chowder. Add to a big pot, along with the other ingredients. Add cream to taste, and Mrs. Dash and salt for seasoning. Yummmmm!!! Posted by socalsweetpea

Fruit Soup

1 1/2 c fresh pineapple (or canned in own juice)
2 cups fresh strawberries
1/4 cup seedless green grapes (omit if using peaches)
2 c fresh peaches in season or frozen (thawed)
3 cups coarsely chopped apple (she used Granny Smith peeled)
1/4 cup sugar equivalent
2 T sf honey
2 cups water
1/4 cup lemon juice
1/4 cup orange juice
Sour cream, for garnish (omit for level one)
Orange rind strips, for garnish
1 cantaloupe

Halve cantaloupe and clean, cutting off end for bottom of bowl. Take out 2 c cantaloupe balls and put in soup. Combine cantaloupe, strawberries, grapes, peaches, apple, sugar substitute, sf honey, water, and lemon juice in a large Dutch oven; bring to a boil. Reduce heat, and simmer uncovered for 15 minutes. Pour half of fruit mixture into blender. Blend until smooth. Repeat with the remaining mixture. Add orange juice to fruit mixture, stir and chill. Spoon into cantaloupe bowls, garnish each serving with a dollop of sour cream (omit for level one) and orange zest. This was on Paula Deen's show. Recipe courtesy George Sherouse, Gainesville, Florida I've SS'd it. Can't wait to try it. It could be used instead of a smoothie, for a snack in between meals, the ideas are endless. Posted by mamabj.

Crockpot Sausages

6-12 Italian sausages
2 lg. cans diced or stewed tomatoes
1 md. can seasoned diced tomatoes
1/2 cup olive oil
1/4 c. red wine vinegar
garlic & onion powder
1 onion
1 green pepper
dash of seasoning salt
& a crock pot

This is SOOO GOOD !!!! The night before add all ingredients. Poke holes in Sausages. Refrigerate overnite. Turn crockpot on high for 8 hrs. low for last hour. (You can cook for only 4 hrs. if you like but the longer they cook the better they melt in your mouth.) Originally posted by Dannie. Re-posted by mamalaurie.

Crockpot Fajitas

1-1/2 - 2 pounds round steak
1 large onion
1 green pepper
1 red pepper
1 can diced tomato with chili peppers (rotel)
1-2 cloves garlic
1 tsp cumin
1 tsp chili powder
salt
pepper

Throw it all in the crockpot on low for 8 hours. I mix up kinds of peppers I use and change the spices according to what I have on hand. Also, we use more chili powder. It is a great recipe to change according to taste. My dh and kids put on tortillas with sour cream and cheese, I use lettuce leaves. Yum! This is a recipe my whole family loves - which is a miracle with my 4 picky children. Posted by mcmemom.

SIDE DISHES

Cauliflower Rice-A-Roni - sort of

4 c. of grated cauliflower
3 Tb. butter (I use Smart Balance in the tub)
1 Tb. canola oil
1/2 c. diced onions
1-1/4 tsp. garlic powder
3 bay leaves (see Note below)
2 tsp. dried parsley
1/4 tsp. black pepper
1 tsp. kosher salt
1/2 tsp. + 1/8 tsp. turmeric
1/3 c. LOW SODIUM chicken broth (I use Swanson brand)

Combine butter and oil in a medium-high heated pan, add onions and cook for a few minutes. Add everything else (spices) EXCEPT cauliflower & chicken broth. Stir together (some of your spices will cling to the bay leaves, but that's ok), then add cauliflower and stir thoroughly (your rice should be completely yellow and the spices should be evenly distributed, takes about 2 minutes). Add broth and stir again, then cover w/ lid and let cook a few minutes, stir one last time, cover and give it a few more minutes. I just had this last night with MsTified's Spicy Baked Chicken Tenders. Wow! so much flavor in both. NOTE: If your bay leaves are really big (Spice Islands brand, for example) cut the amount to 2 instead of 3. Your cauliflower should be precisely 4 cups, pat it down lightly with a spoon and fill to the top of the measuring cup. (I grate 2 large heads on the weekend after grocery shopping, and keep it all in a large plastic bowl with a lid, to use during the week. I first tried storing it in 2 gallon sized zip-loc bags, worked well, but by the next day the smell was seeping out and I got a whiff every time I opened the fridge, using a bowl with a tight lid works great, no smell at all). Using stick butter might be easier, but I like the taste of Smart Balance, so I scrape it out with a butter knife and fill my tablespoon 3 times. Back to add: 1 head of cauliflower will give you the 4 cups needed plus some, you don't have to grate 2 heads. This recipe is a tweaked version of George Stella's cauliflower rice pilaf recipe in his book "Eating Stella Style". To me, it looks and tastes like the chicken flavored Rice-A-Roni. I'm not sure what pilaf is, but following his instructions to the letter I ended up with mush. By decreasing the amount of liquid, increasing the amount of cauliflower, butter, and spices I ended up with a dish I can't stop eating, and it's done in about 15 minutes. Posted by ChubChub.

Cheddar Broccoli "Rice" Stuffed Peppers

3 cups ChubChub's "Cauliflower Rice a Roni sort of"
2 tablespoons butter
1/2 cup diced onion
1/2 cup chopped green peppers
1/2 cup chopped celery
2 cups shredded cheddar cheese, divided
2 pkgs. Frozen broccoli (10 oz. each)
2 servings cream of anything soup from the boards, (1-mushroom, 1-celery) You can use 1 serving if you want this a little dryer or adjust to desired consistency.
6-8 Bell Peppers

In a heavy skillet, sauté onion, peppers, and celery in butter until tender. Combine rice, sautéed vegetables, 1 cup Cheddar cheese, and soups. Place topped and deveined peppers in boiling water for 2 minutes, remove and drain. Fill with rice mixture. Transfer to a greased casserole dish. Cover and bake at 350° for 30 minutes, or until hot and bubbly. Take off cover, top with remaining 1 cup Cheddar cheese, and bake about 5 minutes longer, until top is lightly browned and cheese is melted. Serves 6 to 8. Even kids like this. This combines a few recipes, but it is very good. Posted by mamabj.

Caramelized Cauliflower

1 head of cauliflower
Olive oil (enough to generously coat the cauliflower)
sea salt

Preheat oven to 400. Place the head of cauliflower on a cutting board, and slice it top-down into 1/8-inch slices. (It's okay if some of these crumble). Toss the cauliflower in a large bowl with plenty of olive oil and a little bit of salt. Spread cauliflower in a single layer on a heavy sheet pan, and roast until golden brown and caramelized, turning bits and slices once or twice, about 25 minutes. Pull out of the oven and serve. (The little crumbled bits are the best!) This sounds weird but it is OH SO GOOD. Posted by wired_foxterror.

Faux "Roasted Potatoes"

Dice cauliflower into 1/4 - 1/2 in cubes. Dice turnips into same size cubes. I mixed 2/3 cauliflower to 1/3 turnip. Place in plastic bag. Coat with olive oil. Sprinkle in equal parts of Suzanne's Bake'n Fry and Parmesan cheese. Roast in 350 oven 20 - 30 minutes until done. Stir a couple of times to brown evenly. One of the things I've missed is the "onion" diced roasted potatoes. So here is a SS L1 version. It satisfies that kind of craving. Posted by mamabj.

Super Cheesy Broccoli

1-head broccoli, cut into florets -OR- 1-bag fresh broccoli florets
butter
1-pint ricotta cheese (I don't use the whole thing -- maybe half)
1-cup (approx) shredded cheddar cheese
parmesan cheese, to taste
black pepper, to taste

I fill my 9x9 glass baking dish with broccoli florets, dot the top with butter, and put it in the microwave on high for 3 min (just enough to start cooking the broccoli, it should still be firm). I spoon some ricotta cheese over the broccoli, layer the shredded cheddar over that, sprinkle the top with parmesan and black pepper, and put the uncovered dish in the oven for the last 30 to 45 minutes with whatever meat I am roasting for dinner. This recipe is great because it's flexible and hard to mess up. I've found that the roasting temperature and time are easily adjusted based on the meat you are cooking, plus you don't dirty the stovetop! Keep in mind that I like things simple, and tend not to measure anything while cooking, please feel free to adjust the proportions to your taste and family size! Posted by lindylou.

Turnip, Red Pepper and Zucchini Au Gratin

1 garlic clove, peeled and cut in half
4 Tablespoons olive oil
2 lbs. turnips, peeled and very thinly sliced (a mandoline works best for this)
2 teaspoons fresh thyme
2 teaspoons sea salt
2 red peppers, cored, seeded and sliced
1 lb. (4 small) zucchini, thinly sliced
salt & freshly ground pepper

Preheat oven to 350°F. Rub a gratin dish with the garlic and grease with about 1 teaspoon of the olive oil. Layer half of the turnips in the bottom, overlapping as necessary. Season with some thyme and salt and drizzle with 1 tablespoon of the olive oil. Add a layer of red peppers, then a layer of zucchini. Season with salt and thyme and drizzle with another tablespoon of the oil. Repeat steps 2 and 3. Finish by drizzling any remaining olive oil over the top. Cover tightly with aluminum foil and bake until all the vegetables are very tender, about 1 hour. Serve hot directly from the gratin dish. Colorful and delicious. Posted by mamabj.

I Don't Miss Mac and Cheese Anymore!!

I found some 4oz ramekins today and wanted to make something in them. I threw this together and it is a winner. Hubby (picky) begged for more. He wants it on a larger scale. I figure if I share what I did, adjusting it would be easy. I took Zucchini sticks and cut them into bite sized pieces. Microwaved for a couple of minutes to drain off water. Then I sprinkled garlic salt on them. Topped that with a slice of Mozzarella. Then added chopped Jalapeno's (optional) for a kick. Topped that with a slice of velveeta. Sprinkle top with grated parm. that had a tad of melted butter in it (only about a tablespoons worth each). Put ramekins on baking sheet and baked 20 mins. on 350. Be sure to stir before eating as mozz. makes water too! This had the consistency that I had been craving, everything else was too runny! I will try this on all veggies!!! Posted by bee4real.

Spaghetti Squash with Cherry Tomatoes & Ricotta

15 ozs. ricotta
1 Tbls. olive oil, plus more for brushing
4 garlic cloves, thinly sliced, plus 1/4 tsp. minced
1/4 tsp. crushed red pepper flakes
1/4 cup chopped fresh basil
1/4 cup chopped fresh oregano
1 large (about 5 lbs.) spaghetti squash
1 large onion, finely diced (2 cups)
2 pints cherry tomatoes, halved
1/2 cup dry white wine
1/2 tsp kosher salt

Wrap the ricotta tightly in a piece of fine cheesecloth; place in a colander over a bowl. Place a heavy bowl or cans on top and let drain, refrigerated for 3 hrs. or overnight. Preheat oven to 350. Brush a baking pan with olive oil, and place the sliced garlic on the pan. Bake 15 min, stir every 3 minutes. Remove pieces as they turn golden and set aside. Place the drained ricotta, red pepper flakes, 3 Tbls. basil and 3 Tbls. oregano in a bowl, combine. Cover with plastic wrap, set aside. Halve the squash lengthwise, remove the seeds. Place squash cut side down on a lightly oiled baking pan. Bake until skin yields to pressure and flesh is soft, about 1 hr. Heat a large skillet over medium high heat. Add the olive oil, minced garlic, and onion to the pan, cover. Cook until translucent, about 8 minutes. Remove the lid, add the tomatoes, wine, and salt. Cook uncovered until the tomatoes are juicy, about 5 minutes. Stir in the remaining basil and oregano. Remove the herbs from the squash and discard. Pull the strands from the squash with a fork, transfer the squash strands to a serving bowl. Top with the tomato mixture, ricotta, and garlic slices, serve hot. Serves 4. I subscribe to "Everyday Food" (Martha Stewart) and at the library today I decided to check out her cookbook where I found this. Posted by Liz01219.

Crockpot Spinach Soufflé

2 lbs frozen spinach, thawed and drained
1/4 cup grated onion
1 (8-oz) pkg. cream cheese, softened
1/2 cup mayonnaise
1/2 cup shredded Cheddar cheese
2 eggs, beaten
1/4 tsp white or black pepper
Dash nutmeg

Mix thawed and drained spinach together with onion. Beat remaining ingredients together to blend and then stir in spinach mixture. Spoon mixture into a lightly buttered 3-1/2 quart slow cooker and cook on High for 2-3 hours. Serves 6-8. I got this from a mailing list I subscribe to. Posted by wired_foxterror.

Skillet Cabbage

2 tb Butter
4 c Shredded cabbage
1 Green pepper, cut into thin strips
2 tb Water
1/2 ts Salt
1/4 ts Pepper
3 oz Cream cheese, cubed

Coat cabbage and pepper with melted butter in skillet. Add water, salt and pepper. Simmer, covered, until cabbage is tender, about 8 minutes. Stir in cream cheese until melted. Posted by nascar316.

Italian Sautéed Green Beans

Green beans (if using frozen nuke slightly until they are still bright green and drain)
Beef boullion
Extra Virgin Olive Oil

Heat the oil and sauté the bouillon. Add green beans and sauté quickly so they still stay bright green. Serve and accept your kudos. Posted by dalilover.

Green Bean Casserole

1 3/4 lb green beans
4 oz sliced mushrooms
3/4 cup chopped onion
2 Tablespoon butter
3 eggs
1 cup mayonnaise
1/2 tablespoon minced dry onion flakes
1/2 teaspoon parsley flakes
1/2 teaspoon onion powder
1/4 teaspoon sea salt
1/8 teaspoon pepper (or to taste)
1 teaspoon sugar substitute
1 cup shredded cheddar cheese

Preheat oven to 350. Par-boil green beans in boiling water for 3 to 4 minutes. Drain and set aside. Saute mushrooms & onion in butter for 3 to 4 minutes. Set aside. In a separate bowl mix the eggs, mayonnaise and the rest of the ingredients through sugar substitute. Add the shredded cheese, green beans, mushrooms & onion. Stir to combine. Put in a 2 1/2 quart baking or casserole dish. Bake for 45 to 55 minutes. Posted by wired_foxterror.

Fried Onion Wedges/Mushrooms

1/2 cup grated Parmesan cheese (green can)
1/2 cup Five Cheese Italian Blend
2 eggs
prepared horseradish to taste(optional)

Combine all ingredients. Cut sweet onion in half, then into wedges and separate pieces. Dip onion into cheese mixture, coating completely. Deep fry until golden brown. I like this with a spicy dipping sauce. Works well to make fried mushrooms. Going to try chicken and fish nuggets next. Posted by mjlibbey.

Tuscan Mushrooms

4 Portabella mushrooms
1 T Suzanne™ Tuscan Sea Salt Rub

½ Olive oil
2 T Balsamic vinegar

In a bowl mix together with a whisk the olive oil, balsamic vinegar and Suzanne™ Tuscan Sea Salt Rub. Let set for 20 minutes or more. With a clean towel wipe the portabella mushrooms clean. If desired remove the stem and save for another recipe. Dip the mushrooms in the oil mixture coating well and grill for 10 to 15 minutes (flipping during this time for even cooking). Serves 4. Posted by JulieJafar.

Sea Salt Veggies

Last night I had some chicken breast w/bake & fry mix. I started warming some green beans in another pan. When the chicken was done, I removed all the water and put in the chicken pan to get up all the little pieces. I added some of ss's cajun sea salt and a little parmesan cheese. WOW! New twist on an old standby. Now I'm wondering what other veggies I can boost w/the Sea Salts. Posted by mamabj.

Forbidden Rice

1 3/4 cups water
1 Cup Forbidden Rice
pinch of salt

Bring to a boil over high heat. Cover & reduce heat, simmering for 30 mins. Remove from heat & let stand covered for a few mins. Fluff & serve. 1 cup raw = 3 cups cooked. This is the Chinese Forbidden Rice mentioned by Suzanne in Slim & Sexy. This wonderful wholegrain heirloom rice was once grown for the Emperors of China, and if you are lucky enough to have a Chinatown in your locale it will be easy to find. Otherwise I order online from Surfas, the resource listed in the back of S&S. It has a delicious nutty and chewy texture, and cooks up to a beautiful deep purple color. It's so simple too, and works wonderfully as a carb, or to add in to a L2 meal. I hadn't seen a recipe posted here for it, so here it is straight from the Lotus Foods wrapper. Posted by Kisa 1.

Quinoa

Grain:
1 cup uncooked imported quinoa or 1 1/3 cups domestic quinoa
2 cups filtered water or preservative-free vegetable or chicken broth for cooking
Mix-ins:
12 medium-size sun dried tomato halves + warm water to barely cover (omit soaking if using oil-packed tomatoes)
1 1/2 cups finely minced parsley leaves (rinsed, patted or spun dry, remove stems, then chop)
1/2 to 1 cup minced scallions (white part plus some

of green part)
1/2 cup fresh mint leaves, chopped coarsely, optional but desirable!
1 clove garlic, mined or pressed, optional
1/4 teaspoon ground black pepper, or to taste
1/2 to 1 teaspoon finely ground mineral rich sea salt (Celtic, Lima, Eden, Si, or RealSalt)
3 tablespoons lemon juice
2 to 4 tablespoons extra virgin olive oil, flax oil or the oil from a jar of sun-dried tomatoes
1/4 cup lightly toasted pine nuts

Add quinoa to medium bowl. Cover with water; pick up grain 1 handful at a time & rub between your palms for 5 to 10 seconds. Repeat 3 or 4 times, then pour into a fine mesh strainer. Rinse under running water for 1 to 2 mins, until water runs clear. Combine quinoa & 2 cups of water in a bowl or 1 1/2 to 2-quart pot. Soak uncovered for 2 to 6 hours at room temperature to initiate the sprouting process. Place dry packed, sun-dried tomatoes in a small bowl. Add enough warm water to barely cover & soak for 30 mins, until soft. Drain tomatoes, reserving any liquid for a soup or stew. Thinly slice tomatoes with kitchen shears; combine with parsley, scallions, optional mint & garlic, pepper, sea salt, lemon juice, & oil; set aside or cover & refrigerate. Bring quinoa to boil in a 1 1/2- to 2-quart saucepan without stirring. Cover, reduce heat, & simmer for 15 mins, until liquid is absorbed. Remove from heat & let stand, covered, for 5 mins, & fluff with a fork. Toss reserved tomato-parsley mixture & nuts. Taste & adjust seasonings if desired. Serve immediately or transfer to a non-metallic bowl, cover, & refrigerate. Use within 4 days. Never tried it though. I stole it from the web. Posted by bigdad. NB: Using pine nuts would be Level 2.

Grilled Potato Pouches (L2)

2 small baking potatoes

Olive oil

Your favorite Suzanne™ Sea Salt Rub

Wash and dry the potatoes. Slice ¼" thick. Layer on aluminum foil, drizzle with olive oil and sprinkle your favorite Suzanne™ Sea Salt Rub on top of each layer. Fold foil to form a pouch and grill for 15-20 minutes. Bottom portion of the potatoes will be crisp like a French fry and the top soft like a baked potato. Tip: I love to use the Sea Salt rubs heavy on one side of a steak and I will use the same rub on the potatoes as on the steak. My favorite this way is the Southwest and the Tuscan. Want an additional side with your steak and potato? Clean button mushrooms removing the stems, place on foil and put a small pat of butter in each one and sprinkle with the same rub as you have on your potato, or use a different one if you want a couple flavours, then fold the foil to form a pouch and cook along side the potato pouch. Serve with a salad topped with a Suzanne™ dressing and you have a lovely meal. I'm a L2er and when I make these I share with my DH, I will eat 1/4 to 1/3 of the pouch. Part is soft like a baked potato and part is like a french fry. When your ready to add a little carb back in, give this a try. I'm sure your family will be more than happy to only let you eat a small portion. Posted by JulieJafar.

Rani's Pork Rind Stuffing

1 3-4 oz bag of plain pork rinds, lightly crushed

1 egg, beaten

1/2 can of chicken broth

Half an onion, diced

2-3 stalks of celery, diced

Herbs to taste: I use thyme and sage

2-4 tbsp butter

Cook the onions and celery in the butter. Toss with the pork rinds. Pour the beaten egg over the rinds, toss lightly. Add up to 1/2 can of broth, to desired consistency. Bake as for regular stuffing, in a casserole or in the bird. This tastes and looks like "real" stuffing! Will stuff a small roaster, double or triple the recipe if you want more. Creator: Rani Merens. Posted by polypurebred39.

VEGETABLES

Everyday Italian Recipe

2 1/2 cups bite-sized broccoli florets	1 cup grated Parmesan
2 1/2 cups bite-sized cauliflower florets	1/2 to 1 cup olive oil
2 eggs, lightly beaten	1/2 teaspoon kosher salt

Place the broccoli and cauliflower in a large bowl. Toss with the beaten eggs to coat evenly. Place the Parmesan in a large tray or baking dish and dredge the vegetables in the cheese, pressing to coat evenly. Pour olive oil in a large heavy skillet until the olive oil is 1/4-inch deep, about 1/2 cup depending on the size of your skillet. Warm the olive oil over medium-high heat. When the oil is hot, carefully add the Parmesan-coated vegetables. Do not overcrowd the pan. Cook in batches, if necessary. Let the vegetables cook until a crust forms, about 3 minutes per side. Turn the vegetables only when they easily release from the bottom of the pan. Drain on paper towels and season with salt. The best part? EATING THEM!! YUM!!!!!!!!!! I found this recipe on the food network and it is a new favorite! Posted by Kris Jordan.

"Potatoes" Casa

1 head of cauliflower, steamed, and grated (I used my food processor to grate it)
2 c. cheddar cheese, shredded
1/4 c. melted butter
1 1/2 c. sour cream
1/3 c. onion, finely minced
salt and pepper to taste

Preheat oven to 350 F. Place cauliflower in greased baking dish (I use a 1 1/2 quart dish). Pour butter on it. Mix remaining ingredients in bowl & pour over cauliflower. Mix together & bake for 30 -45 mins. My mom always makes potatoes casa for Easter, & I decided to experiment with some leftover steamed cauliflower instead of potatoes. Posted by NicF.

Barbecued Green Beans (Crock Pot Recipe)

1 pound bacon, fried crisp and crumbled, reserve 2 TBLSP. fat
1/4 cup chopped onions
3/4 cup sugar free ketchup
sweetener to equal 1/2 cup brown sugar(5 teaspoons SomerSweet)
3 teaspoons Worcestershire sauce
3/4 teaspoon salt (I used 1/4 tsp.)
4 cups green beans

Fry one pound of bacon in skillet & reserve 2 tablespoons of bacon fat. Sauté onions in reserved bacon fat. Mix ketchup, sweetener, Worcestershire sauce and salt in crock pot. Add in crumbled bacon and sautéed onions, stir to combine. Add in green beans. Toss lightly to coat. Cook on high 3 to 4 hours or low 6 to 8 hours. Serves 4 to 6. Made this for dinner tonight. Excellent! Great substitute for baked beans. Mjlibbey @ SS site. Posted by DebB.

Roasted Green & Wax Beans

3/4 lb green beans	1 1/2 tsp kosher salt
1/2 lb wax beans	1/2 tsp thyme leaves; crumbled
1 tbs olive oil	1/2 tsp marjoram/oregano leaves; crumbled

If you can't find wax beans (they're yellow), use all green beans. Heat oven to 400° F. Trim beans. In a jelly-roll pan toss beans with oil, salt, thyme and marjoram until evenly coated. Roast 20 minutes, turning beans once or twice for even browning. Prep time: 15 minutes. Bake/Cook time: 20 minutes. Carbohydrates: 7 grams. By: Atkins Kitchen. 6 servings. I haven't had a chance to try it yet. Posted by mamalaurie.

Green & Wax Beans, Roasted

3 lb green beans, thin
1 1/2 tbs olive oil
3/4 tsp salt

Say goodbye to boring green beans--these are so good you'll be snitching them with your fingers. Try mixing green and wax beans and add one or two favorite chopped fresh herbs. Heat oven to 375° F. In a large bowl, combine green beans, oil and salt. Toss to coat. Spread out beans in a single layer on 2 jelly roll pans or shallow baking pans. Roast beans 20 minutes, until lightly browned and crisp-tender. Flip beans halfway through cooking time for even browning. I haven't had a chance to try it yet, I'll try it with frozen beans firstly, then later with my garden beans. By: Atkins Kitchen. 8 servings. Posted by mamalaurie.

The Best Kale!

Heat a large pot adding a few tablespoons of olive oil to coat the bottom. Add one chopped onion, salt and pepper, 1/2 tsp. of red pepper flakes. Stir fry for 2 min. Add kale (or choice of greens), 3 cloves of garlic chopped, 2 cups of chicken stock. Cover and cook till greens are tender. Optional, add a splash of vinegar just before serving. This is great! Posted by DTyler.

Screaming Heads: Brussels Sprouts Gratin

2 pounds Brussels sprouts*
4 ounces prosciutto, julienned*
2 tablespoons unsalted butter
Roasted Garlic, recipe follows
2 cups heavy cream
1/2 cup water
1/4 cup sherry
1 cup finely grated Parmesan, plus 1/2 cup (probably less-they didn't use that much on the show)
1 teaspoon freshly grated nutmeg
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
Special equipment: a large casserole dish

Preheat oven to 350 degrees F. Peel off any damaged outer layers of Brussels sprouts. Trim the stem to make it flush. Quarter each sprout and score the stem on each quarter with a 1/4-inch-deep "X". Sauté the prosciutto in the butter over medium heat for about 2 minutes. (Still limp, not crispy) Add the garlic and Brussels sprouts and stir continuously for 2 to 3 minutes. Add the cream, water, and sherry. Bring the liquid to a simmer, then reduce the heat and continue simmering for 7 minutes or until the liquid is reduced by 1/3. Stir in the 1 cup of Parmesan, nutmeg, salt, and pepper. Transfer to an ovenproof casserole dish. Cover with remaining 1/2 cup Parmesan. Cover with aluminum foil and bake for 25 minutes. Serve immediately.

Roasted Garlic:

1 head garlic
1/2 teaspoon olive oil

Preheat oven to 350 degrees F. Cut off the papery tip of the garlic head, exposing the top of each garlic clove. Brush the exposed cloves with olive oil. Place the garlic, root side down, on the center of a piece of aluminum foil. Bundle the garlic with the foil, leaving a small vent on top. Roast the garlic for 45 minutes or until the cloves turn beige and are fork tender. Remove from the oven and let stand until cool enough to handle. Squeeze the garlic head upside down over a small bowl and the cloves will pop out. Refrigerate for up to 1 week. * I don't like Brussels Sprouts, but I thought this would be yummy with either broccoli or cabbage. I know many of us/you don't care for prosciutto (or can't get it), so you could use bacon, or another cured meat like that one dry ham type that isn't prosciutto whose name I can't remember. Recipe courtesy The Cookworks, 2003, Episode: Turkey Talk. Okay, you probably all have seen this show before, this was my first time. I saw this, and said - This can be SSed! This is my version of it, but I haven't yet tried this. Posted by marie172.

Spaghetti Squash - New Twist

Very weird but when I made my squash, I tried something new. I added some feta cheese, onions, dill, parsley, little garlic to the squash. It worked. It almost tastes like spinach Greek pie! I'm serving it tonight with meatballs/light tomato sauce. Microwave squash, clean and shred squash. (I put in the fridge at this point for the next day.) Simmer squash on stove top with a little butter, and 1/4 cup chicken stock. Cover and simmer for 15 mins. You could use water instead of broth. Remove squash to bowl, add 2 TBS chopped onion to olive oil in skillet, cook slightly, then add garlic, parsley, dill and add back squash to pan. Add 1/4 cup crumbled feta cheese and a little more butter - heat through. S/P to taste. Serve plain or on a bed of fresh spinach. For me, this was a nice twist to a tired side dish. Note: I used a medium-sized squash. Posted by missy2.

Festive Onions

4 cups sliced onion
5 tablespoons butter
1 cup heavy whipping cream
salt to taste
ground black pepper to taste
2/3 cup Parmesan cheese
2 eggs

Sauté onions in butter or margarine until transparent. Place in 2-quart baking dish. In a small bowl, beat eggs well. Stir in cream, and season with salt and pepper. Pour mixture over onions, and sprinkle cheese. Bake, uncovered, at 425 degrees F (220 degrees C) for 15 to 20 minutes. I found this on Allrecipes.com it's already perfect for somersizing. Submitted by: Christine Johnson. Original recipe yield: 6 to 8 servings. Prep time: 10 Min. Cook time 30 Min. "Simple to prepare, this creamy onion dish is sure to become a holiday favorite." Posted by mamalaurie.

Creamed Onions

4 cups white pearl onions (the small kind)
1 1/2 cups heavy cream
pinch of nutmeg to taste
pinch of white pepper to taste
pinch of salt to taste

Add the onions to a pot of boiling water. Bring the water back to boiling and cook them for 2 minutes. Drain the onions in a colander, then run cold water over them to stop the cooking. Let them cool then clean the onions. (I use fresh onions, if you use frozen onions you don't have to clean them.) Cook the cleaned onions and cream on medium heat until boiling. Then add nutmeg, a pinch of white pepper and salt, mix together and lower heat and simmer about 15 minutes until the onions are soft and translucent and cream is thickened. Keep your eye on it and watch out that it doesn't burn. Posted by wired_foxterror.

Grill Pan Veggies

I wanted to share a way I cook veggies. I have a grill pan, one of those calphalon ones that fit over 2 gas burners. Well, I have been cooking zucchini, onions, red bell peppers, yellow squash, eggplant all just on the grill. It is really quick. Here is how I do it. I slice the veggies and then drizzle them with extra virgin olive oil, good sea salt and fresh ground pepper. Heat up the grill pan to medium or medium high (you want it hot so when you put the veggies on they sizzle). Place the veggies on and cook for 4 to 5 minutes, until you have nice grill marks, then turn and cook 4 to 5 minutes or until have nice grill marks on the other side. Notes: With the egg plant I will put some Parmesan on the last couple of minutes I cook them. Also, the zucchini and onions are great with some fresh Italian parsley thrown on the top once they are removed from the pan. Posted by gracie.

Green Vegetable Tart (Carb Meal)

CARB base (whole wheat or other whole grain bread/tortilla/pita/flatbread)

1 cup frozen peas

2 small zucchinis

1 leek

1 1/2 Cups fat free ricotta cheese or fat free cottage cheese

2 Tb Fat Free Hidden Valley Ranch DIP Mix (check labels for no buttermilk added), or your favorite spices and herbs

1 egg white (optional for Level 2)

Olive Oil (optional for Level 2)

Salt and Pepper

Dash of cumin

Fresh basil and parsley

Take out 1 cup frozen peas and let defrost. Preheat your oven at 220 C (425 F). Roll your bread dough and make 2 thin rectangles (30 cm by 15 cm) (12 inches by 6 inches). Make little holes in the dough with a fork so that it does not rise too much. (Or lay out your tortilla, pita halves or flatbread.) Mix together the ricotta or cottage cheese, the Ranch Dip Mix (or herbs and spices), a dash of cumin and salt and pepper. Wash your vegetables. With a vegetable peeler, make long zucchini peels. Form peels in the white part of the leeks. Whip your egg white until frothy (Level 2 option). Mix together all vegetables (level 2 with the egg white - it helps to prevent the vegetables from turning brown, but Level 1 can use a sheet of foil across top for same purpose). Chop the basil and parsley and add them to the vegetables. Add salt and pepper. On your base, layer the ricotta preparation, leaving 1 inch all around to form an edge. Place the vegetables over. Pour a dash of olive oil (Level 2 option). Place in the oven for about 25 mins, or until golden. Serve warm or cold. Add a little parmesan if, desired for Level 2. We sometimes need a "pastry" of some kind in recipes. We can try a ff whole wheat tortilla as a base, or make a whole wheat bread dough (such as my favourite, starlite's), or even use a ff wh wheat pita or flatbread. This is an adapted recipe, so tweak at will and let your creative juices flow! You could probably make this into a wrap easily. You might even try toasting a wh wh tortilla cut into wedges and layering the other ingreds as a hot dip (just chop the veggies to make it easier to dip). I'd be tempted to add fresh diced sweet red bell pepper on the heated dip for color and added flavor! Posted by SinginSOMERSong.

SNACKS

Bread and Butter Pickles

4-5 med cucumbers, sliced - do not peel
3 med onions, sliced thin
1/4c coarse salt
1c vinegar
1/2 tsp celery seed
1-1/2c water
1/2 tsp mustard seed
3/4c sugar
5 slices fresh ginger

Wash cucumbers & slice thin. Add sliced onions & salt. Toss. Let stand two hours. Drain well! Heat rest of ingredients except ginger; cook for 5 mins. Add ginger & bring to a boil. Add drained cucumbers & onions. Boil slowly, not longer than 10 mins. Cool and store in clean jars in refrigerator. I remove ginger before storing. These would have to be our favorite. Just sub the sugar with whichever sweetener you like best. Posted by marie172.

Freezer Pickles

6 c. cucumbers	3/4 cup salt
2 cups sugar	1 tsp. celery seed
1 lg. onion, sliced	1 cup vinegar
1 lg. pepper, sliced	

Slice cucumbers and cover with salt water. Refrigerate overnight. Drain the next morning. Mix sugar, celery seed and vinegar; bring to a good boil and let cool. Pour mixture over cucumbers, onions and peppers. Put in containers and freeze. I've never tried making them. I think at one time I've eaten them made by others and must've asked for the recipes. Posted by marie172.

Refrigerator Pickles

4 large cucumbers, cut in spears	3 peppercorns
1T dill weed	1 clove garlic, crushed
1T salt	1c vinegar
1t mustard seed	2c water

Sprinkle salt and dill over cucumbers; let sit for 30 minutes. Put mustard seed, peppercorns and garlic in jar. Put cucumbers in jar. Add water and vinegar to jar. Tighten lid and shake to mix. Put in refrigerator for at least 24 hours before eating. Lasts up to two weeks. I've never tried making them. I think at one time I've eaten them made by others and must've asked for the recipes. Posted by marie172.

Ranch Porkies

1 bag pork rinds(plain)
1 stick butter
1 pkg Ranch DIP mix

Preheat oven to 300. Melt butter, let cool slightly. Mix pork rinds in butter to completely coat. Put 1/2 of mix into a paper bag, pour in buttered rinds, pour 2nd 1/2 of mix in and SHAKE, SHAKE, SHAKE... SHAKE YOUR PORKIES, SHAKE YOUR PORKIES. Sung to Shake your Booty. Spread porkies on foil-lined cookie sheet and bake 10-15 mins, until crunchy again. Store in a freezer bag. Yummy with dips, sour cream or just alone. Use in place of bread crumbs! Same concept as the Cinnamon Crisps. Posted by rowdyinwi.

Fried Chicken Skin

4 small cloves garlic

1 cup red wine vinegar

1/2 tsp black pepper

Skin from 4 chickens (sometimes the soft skin may be removed from chicken that is already cooked.)

Olive oil

Salt to taste

In the blender, combine the garlic, vinegar and pepper and process on low until the garlic is pureed. Transfer to a baggie that can be sealed. Cut the skin from the chickens in one inch wide strips using a sharp knife, and then cut these strips into 2 inch slabs. Add the skins to the mixture in the baggie. Stir periodically to coat and marinate. Chill for at least 8 hours or overnight. Remove the skins from the marinade and pat dry with a paper towel. In a large skillet or wok, pour olive oil to the depth of about 1/4 inch and heat over medium-high heat until hot. In batches, cook the skins for about 5 minutes, until crispy. Drain on paper towels. Sprinkle with salt and serve warm. Note: The skin from any other fowl could be substituted. Number of Servings: 4. I haven't tried this yet but it sounds good. I got it from lowcarbfriends.com. Posted by elaniemay.

Whole Wheat Tortilla Garlic Crisps

whole wheat fat free tortillas

fresh garlic

sprinkle of salt

2-3 Tbs water

pastry brush

kitchen shears

wide blade knife

pizza stone (or other pan)

Preheat oven to 400 degrees. Stack tortillas and cut in half, then cut the halves into 3 wedge sections. Crush garlic clove on a cutting board with the side of a wide blade knife and sprinkle lightly with salt. Continue smashing garlic with salt. (The salt helps pick up the oil from the garlic). Scoop the garlic/salt into a teensy bowl with the water. Use pastry brush to paint one side of each tortilla wedge. Place wet side up on baking stone or pan. Bake 6 to 8 mins or until crisp. Watch these so they don't burn! Serve as snacks or with a carb meal such as a veggie brown rice or veggie soup, or carb chili. The result is a lightly flavored crisp chip. I used these to go with brown rice this week. Posted by SinginSOMERSong.

Apple Chips

3 cups water

1 cup sugar substitute (I use W L)

1 vanilla bean, split

Very thinly sliced unpeeled sweet-tart cooking apples

Bring water and sugar to a simmer and add the scraped out seeds of the vanilla bean. Add apples to syrup and cook until translucent, a few minutes. Preheat oven to 200 degrees. Drain and carefully place apples individually in rows on a baking pan lined with nonstick baking mat or cooking parchment. Dry in oven until chewy-crisp for about an hour. Posted by wired_foxterror.

DESSERTS – Level One

Mock Danish with Hot Caramel sauce

made the Mock Danish from the Breakfast forum and drizzled some of Suzanne's Hot Caramel sauce on top. WOW! What a hit! The only difference I made in the original recipe was to add a tablespoon of butter when beating it before I nuked it. Posted by mamabj.

Crème Caramel

2 c heavy cream
4 egg yolks
2 T Somersweet
1 t vanilla extract
1 t Vanilla, Butter & Nut flavoring (I used Superior brand)
2 t S/F Caramel Syrup (DaVinci or Torani)
1 envelope (1/4oz) unflavored gelatin (measured out to almost 1 T)

PREP: *1 9x11 glass baking pan filled with 2c hot water; *6 standard size ramekins; *Eggs and cream at room temp; *Preheat oven to 300 degrees. In a saucepan over medium heat, bring cream to just shy of boiling. (Bubbling around edges.) Stir often. In a medium sized mixing bowl, whisk egg yolks, sweetener, extracts, s/f syrup, and gelatin together. While whisking continuously, add hot cream very slowly. (Just a few Tbsp at a time to start.) Once about 1/2c has been added, you can speed up the addition of the cream. (About 1/4c at a time.) Mix very well. Pour mixture into ramekins and place in baking pan with water. Bake for 40-45 min. Allow to set/cool in pan for 30 or more minutes. Chill in the refrigerator for at least 1 hr. Pour a little S/F Caramel syrup over it to get that "Flan" flavor OR top with sweetened whipped cream and a dash of cinnamon OR sprinkle Somersweet on top and use a kitchen torch to caramelize (like crème brulee) OR all 3! In an attempt to create a flan-like dessert tonight, I came up with this rich creamy custard. Makes 6 servings. Posted by AKF.

Caramel Sauce (adapted from Teri T)

1/2 cup water
1/2 cup pure crystalline fructose
4 T. unsalted butter
2 cups heavy cream
pinch of baking soda

Dissolve water & fructose. Boil over medium heat until thermometer reaches 200-220 degrees (about 8 minutes). Add 2 T. of butter and cream and slow boil for 15-20 minutes. You should boil this until the consistency is thick but still pourable as it will thicken as it cools. Remove from heat and add remaining butter and baking soda. Let cool and transfer to small jar and refrigerate. This is my adaptation of Teri T's caramel sauce. Posted by marie172.

Caramel Sauce

1/2 cup SomerSweet.
1/2 cup plus 4 Tbsp. water.
8 Tbsp. or stick of unsalted butter, at room temperature

Dissolve SomerSweet in the water in a small heavy-bottomed saucepan. Bring to a boil and continue to cook, without stirring, for 5-8 minutes, until the liquid turns golden brown and frothy. Take care not to let it burn. Remove from heat and slowly pour in the cream, whisking constantly. Cream measurement was not listed in ingredients - I approximate the amount at 1 1/2 Cups. Return to low heat and whisk gently until sauce is smooth. Whisk in the butter. Remove from heat. Sauce will thicken as it cools. Cool to room temperature and refrigerate. This is SS HSN recipe for caramel sauce from her caramel pudding parfait recipe. Posted by GardenGirl.

Caramel Sauce

1/4c plus 2tbl somersweet
1/4c plus 2tbl water
3/4c heavy cream
4tbl unsalted butter at room temp

Dissolve SomerSweet in the water in a small heavy-bottomed saucepan. Bring to a boil and continue to cook, without stirring, for 5-8 minutes, until the liquid turns golden brown and frothy. Take care not to let it burn. Remove from heat and slowly pour in the cream, whisking constantly. Return to low heat and whisk gently until sauce is smooth. Whisk in the butter. Remove from heat. Sauce will thicken as it cools. Cool to room temperature and refrigerate. From SS dessert book. Posted by swtred16.

Cheesecake Martini

1 8 oz. pkg cream cheese, softened
1/2 c sugar free equivalent, I use Splenda
2 c whipping cream
SF flavoring of choice (I used strawberry)
pinch of salt
red food coloring

Beat cream cheese, sugar, vanilla & salt until well blended in a mixer with the whisk attachment until light & fluffy. Reduce speed & add cream in a slow, steady stream. When combined with cheese mixture (no lumps, scrape bowl often) turn up to med-high until it holds stiff peaks. Serve in martini glasses. If lime, use green food coloring, decorate with a slice of lime, lemon would be yellow food color, etc.) Of course, to make this legal the flavoring should be sf as well. You could add berries for an almost level 1 dessert. I got this from America's Test Kitchen's on PBS. It was a filling/topping for a strawberry cream cake and I tweaked it to make it a dessert. It held up well in the fridge & even out in room temperature for several hours. If it begins to fall, just whip it up again before serving in the glasses. Posted by beebee1.

Cheesecake

2 pkg cream cheese
1 egg
1 tsp vanilla
1/3 tsp stevia powder
10 packets fructose (Estee brand. This is sort of to taste. Cut down the amount of this and the stevia if you don't want it too sweet.)

Beat together room-temperature cream cheese with the sweeteners. Taste it, it should be a tiny bit on the sweet side. If not, adjust sweetener. Beat in vanilla and egg, pour into an oiled glass baking dish, bake at 325 for 35 min (this works usually, but I find it varies a little each time). There you go! This one also gets a little crumbly when chilled, and is better the next day.

Sugar Stevia pkts Stevia liquid

1 tsp 1/2tsp 1/6 tsp
1 tbs. 1-1/2 1/2 tsp
1/4 c. 6 2 tsp
1/3 c. 8 2-2/3 tsp
½ c. 12 4 tsp
2/3 c. 16 5-1/3 tsp
3/4 c. 18 6tsp
1 cup 24 8 tsp

Creator unknown. I got this one sometime ago, sorry I don't recall from where. Note: I haven't tried this one myself, since I don't buy stevia, I hope you have good luck with it. Posted by mamalaurie.

Lemon Cheesecake Bars

CRUST:

1 c vanilla whey protein powder
1/2 c butter, melted
1/4 c Splenda (or 2 t Somersweet)

Preheat oven to 325 degrees. Spray 8x8 or 9x9 glass pan with Pam. Mix together crust ingredients in a bowl. Press into pan (like you would with a graham cracker crust). Bake for 10 minutes. Allow to cool for 5 minutes.

CHEESECAKE LAYER:

1 1/2 bricks cream cheese, room temp. (total of 12 oz)
1/2 c Splenda (Or 5 t Somersweet)
1 egg
2t vanilla
1t lemon juice

Bring cream cheese and eggs to room temperature. Mix cream cheese and sweetener until smooth. Add egg and mix well. Add vanilla and lemon juice. Carefully spread over crust. (Use a very gentle hand as the crust is delicate.) Return to oven for 15-20 min or until cheesecake layer is set but not browned (it will look and feel a bit "rubbery" on top).

LEMON LAYER

3 eggs
1/2 c Splenda (Or 2 T Somersweet)
1/3 c lemon juice

Beat eggs on med/high for 2 minutes. Reduce speed to medium. Gradually add sweetener. Stir in lemon juice. Mix for 30 seconds. Gently pour over cheesecake layer. Bake for 10-15 minutes or until toothpick comes out clean. Cover and refrigerate overnight (or at least 3 hrs). After experimenting a bit with some of the yummy recipes found here on this site, I came up with this one. Posted by AKF.

Lemon Cream Meringue Pie

4 eggs separated (at room temperature)
1/2 teaspoon cream of tartar
1 cup and 1/2 cup sugar substitute (I use W L)
2 teaspoons grated lemon rind
3 Tablespoons lemon juice
1 cup and 1 cup cream
1 Tablespoon sugar substitute

Beat the egg whites until foamy. Add the cream of tartar and beat until they stiffen. Gradually add 1 cup of sugar, about 2 tablespoons at a time. Continue beating while adding the sugar until the meringue is glossy and stiff enough to hold it's shape. Spread the meringue on a lightly buttered 9 inch pie plate or cake pan. Make the outside rim higher than the middle, kind of like a nest. Bake at 300 for 40 minutes. Cool pan on wire rack. While the cooked meringue is cooling, beat the egg yolks until thick and lemon colored. Beat in the 1/2 cup of sugar substitute, lemon juice and rind. Cook in a double boiler over hot water for 15 to 20 minutes until thick. Cool. Whip 1 cup cream. Fold it into the cooled lemon mixture blending well. Fill the center of the cooled meringue shell with this mixture and chill in the refrigerator overnight (at least 8 hours). When ready to serve, whip the remaining 1 cup cream with the 1 Tablespoon sugar. Cover the top of the pie with the whipped cream and serve. Oh boy, this one is good! Another attempt to make a key lime pie that worked better as a lemon pie. Posted by wired_foxterror.

Meringue Cookies

3 egg whites, room temp.
1/4 tsp. cream of tartar
6 tbsp. sugar substitute

pinch salt
1 tbsp. grated lemon zest

In large mixing bowl beat egg whites until foamy. Add cream of tartar; beat on high speed until soft peaks form. Gently fold lemon rind into beaten egg whites. Drop mix by tablespoon on 2 buttered & floured baking parchment papered pans. Bake in preheated 250 degree oven for 45 mins. Turn oven off, do not open oven door, leave in oven 45 mins. Then transfer cookies to wire racks to cool. I used an airbake cookie sheet. Rather than lemon zest, I put in 2t of Da Vinci sf Hazelnut syrup and only 1 pkt of sweetener. I did continue to beat with the mixer. When cooled, I put Chocolate flavored legal syrup in whipped cream and dunked the cookies in that. It is just way too good and so legal it is unbelievable. It makes about 36 cookies. It has taken days to get this right, but I finally did. I enjoyed Suzanne's meringue cookies so much, I knew they could get very expensive if I kept ordering them. This original recipe is for lemon meringue cookies. Posted by mamabj.

Really Wacky Cake/Pro Fat

1 1/3 cups Vanilla whey protein (I used Designer Whey)
2/3 crystalline fructose
3 tablespoons Wondercocoa
1 teaspoon baking soda
1/2 teaspoon salt

1 teaspoon vanilla
1 teaspoon vinegar
5 tablespoons vegetable oil
1 cup cold water
about 10 drops SweetLeaf Milk Chocolate Stevia

In a large mixing bowl, mix whey protein, fructose, Wondercocoa, soda and salt. Make three wells in the flour mixture. In one put vanilla and stevia; in another the vinegar, and in the third the oil. Pour the cold water over the mixture and stir until moistened, do not overmix so the whey does not become tough. Pour into Bundt pan. (Mine is a no stick surface so I did not pretreat it. Bake at 350°F. oven for 25 to 30 minutes, or until it springs back when touched lightly. Serve w/whipped cream sweetened w/milk chocolate stevia (SweetLeaf does not have an aftertaste). Since Wondercocoa is supposed to be legal level one, this is a great substitute for something that is actually good for you. This is probably dating myself, but who remembers the "Wacky Cake"? This it is ss'd. Posted by mamabj.

Cream Pie

1 cup of sugar equivalent
1 1/2 cups Cream
1 can Table cream (7oz can)
3 egg yolks
1 pkg Knox gelatin
1/2 cup boiling water
1 tsp Vanilla
1 1/2 tsp flavoring of your choice (Lorain oils work great) *if you use fresh lime juice you need to do so to taste, I don't think the 1 1/2 tsp is enough.
Your favorite crust recipe - I love September's Lemon bars layer on for this.

Make your 8in pie plate ready with your crust that has been pre baked. Next combine the pkg of gelatin and Boiling water in a bowl mix together with wire whisk until dissolved and set aside. It is very important to have boiling water to dissolve in. In a double boiler pan combine the table cream, heavy cream, sugar equivalent, and eggs. Cook over a medium high temperature, the water in the bottom of the double boiler should be lightly boiling. Cook until thickened enough to coat the back of a spoon, continue to cook adding the gelatin and water mixture as well as vanilla. Cook till hot and coating the back of a spoon, that when you swipe your finger down the middle of the spoon the mixture should be thick and stay separate. Remove from stove and stir in flavoring. Pour into pie crust and refrigerate covered overnight. Add a topping of sweetened whipped cream. This can also be adapted and made into your favorite pudding flavor with out the piecrust. This really has the constancy of a smooth creamy pie filling and pudding. Posted by mach314.

Butterscotch Whipped Cream (or other flavor)

This was so easy it is unbelievable. Just wanted something sweet. I took 2 legal sf hard candies. Crunched them up in my little Black & Decker Chopper. Then added a little heavy whipping cream and whipped it. I ended up with about 1/4 c whipped cream. Very satisfying and YUMMMMMM! It would work with any flavor candy. Posted by mamabj.

Hazelnut Cream

1/2 cup whipping cream
1 oz torani sf hazelnut syrup

I have had the worst craving for ice cream, but didn't want to dig into the carton of it in the freezer. So I did this instead. Whipped them together in my magic blender and voila! a legal dessert that cured the craving. Posted by Topped at 300.

Irish Cream Semifreddo

6 egg yolks
1/2 cup sugar substitute (I use W L for ice cream)
1/2 cup sugar free Davinci Irish Cream syrup
1 1/4 cups heavy cream

In a bowl set over a saucepan of simmering water whisk the egg yolks and sugar substitute until pale and creamy. Slowly add the Irish cream syrup and beat until thick. Remove the bowl from the heat and keep beating until cool. In a separate bowl whip the cream to stiff peaks. Fold the whipped cream into the cooled Irish cream mixture. Transfer to a freezer container, cover, and freeze. After about an hour, gently stir the mixture. (Very important in Level 2 version as it keeps the nuts from sinking to the bottom.) Cover and freeze until serving. For a level 2 version: 1 cup chopped macadamia nuts, folded in to the Irish cream mixture when you fold in the whipped cream. Semifreddo is an Italian style dessert - a frozen mousse-like custard. Posted by wired_foxterror.

Kick-The-Can Ice Cream

BASIC ICE CREAM

2 cups heavy cream
1 /2 cup sugar sub
1 tsp vanilla

1-pound coffee can with lid
3-pound coffee can with lid
¾ cup rock salt
crushed ice

Stir all of the ingredients except for the salt and ice together and place into the small coffee can. The container that you mix your ice cream ingredients in MUST be completely sealable. Metal is best; plastic doesn't work as well. A small, one-pound coffee can with a plastic lid works well, if you duct tape, or tie the lid down with some butcher's twine. Place the smaller can in a larger, 3-pound coffee can (or something similar). Fill the cavity between the two cans with two or three alternating layers of ice and rock salt. Seal the can well, then have the kids go play Kick-The-Can with it, or roll it back and forth between kids, for anywhere from 10 to 20 minutes. To check for doneness, you can take off the lid and stir. If it's not solid enough, drain the water caused by melting ice, repack, and roll again. Makes about 3 cups of ice cream. OPTIONAL FLAVORINGS ... you can add sf syrups, or kool-aid type powders to make any flavor. Of course, depending on what level you are, you can add in chocolate sauce, sf candy bits, or fruit. This is a recipe for making ice cream without an ice cream maker. I got this years ago from the Los Angeles Times food section, and now it's SomerSized. My son is now 24, but he and his friends never got tired of making this on weekends at the lake. We've taken all the ingredients and had fresh ice cream at the beach and camping, it always kept the kids busy for a bit and was lots of fun for them. Posted by Kisa 1.

Easy Carb Clever Peach Sorbet

1 can (15 oz) Del Monte® Carb Clever™ Sliced Peaches
3 Tbsp zero or low calorie sweetener
2 tsp fresh lemon juice
1/2 tsp vanilla extract
1/4 tsp almond extract (optional)
Fresh mint (optional)

Place unopened can of peaches in freezer until solid (about 24 hours). Submerge unopened frozen can in very hot tap water for 1 minute. Open bottom side of can with can opener. Pour any thawed syrup into food processor bowl. Remove fruit from can; carefully cut into 10 chunks. Place into food processor with sweetener, lemon juice, vanilla extract and almond extract (blender or mini-processors not recommended). Process until smooth, scraping blade as needed. Serve immediately or freeze until ready. Garnish with additional Carb Clever Peach Slices and fresh mint, if desired. If stored in freezer for later use, let stand at room temperature 5 to 10 minutes before scooping. Per Serving (4): Calories 33 (1% from fat); Protein 1 gm; Carbohydrate 8 gm; Total fat 0 gm (Sat. fat 0 gm); Cholesterol 0 mg; Sodium 9 mg; Dietary fiber 1 gm. From www.delmonte.com recipes. Deb's notes: I made this last night. The frozen peaches were a bit tricky to cut, my advice is to use a table knife, not a sharp knife. Next time I make this I will cut it into smaller pieces (or even mash them if possible) prior to processing. The larger frozen chunks just don't process easily, they hover above the blade. I also added about 4-5 squirts of DaVinci sugar free peach syrup, this was a nice addition. Next time I may try adding more peach syrup to give it a stronger peach flavor. I used my manual can opener and it had a bit of pressure built up when it pierced the can, just so you know. I bought Western Family brand sugar-free (Splenda sweetened) peaches as the store I was in didn't carry the Delmonte brand. I'll make this again ~ we enjoyed it! There is also a recipe for "easy carb clever pear sorbet". Following the fruit rules, this is a Level 1 fruit. Posted by DebB.

Fresh Tangerine Sorbet

3 1/2 cups fresh tangerine juice (from about 15 tangerines)
up to 1/3 c crystalline fructose or sugar substitute

In a bowl stir together juice and fructose until dissolved. Tangerines are sweet enough you may not need sweetener, so check for taste. Chill juice, covered, until cold, about 3 hours. Freeze juice in an ice-cream maker. Sorbet may be made 1 week ahead. If you do not have an ice cream/sorbet maker, put ice cubes in blender and blend until of sorbet texture. Then it can be enjoyed right away. Can be prepared in 45 minutes or less, but requires additional unattended time. You can substitute frozen 100% tangerine juice if necessary. Tangerines are one of my favorites. Posted by mamabj.

Strawberry Granita

1 tub CRYSTAL LIGHT Raspberry Ice Flavor Low Calorie Soft Drink Mix
1-1/4 cups water
1 bag (20 oz.) frozen unsweetened strawberries

Empty drink mix into blender container. Add water and strawberries; cover and blend until smooth. Serve immediately. Notes: I put the strawberries into the blender and let them sit for about 30 minutes to partially thaw. Then I add the Crystal Light and water as needed. If I don't let the strawberries thaw, they are hard to blend. Level 1 fruit. Posted by indyemmer1.

DESSERTS – Almost Level One

Lil Tastings Bon Bons

I got a feeling for something different so I experimented & WOWZA! I took a piece of cheesecake out of the fridge, used a melon baller (a cookie scoop would work better) & made round balls of cheesecake. I dropped these on to a parchment paper lined cookie sheet & popped into the freezer for an hour. After an hour, I took them out of the freezer one at a time & covered with tempered chocolate & returned them to the freezer. Take them out of the freezer about 30 mins before serving & yumilicious, I tried the same thing with a piece of Upside Down Chocolate Cream pie I had in the fridge. Same process, & I must say exceptionally great tasting results. The chocolate covered chocolate mousse was fantabuloso. I imagine this would work well with any flavor dense mousse. This just may be my New Years dessert platter - lil tastings. Posted by wired_foxterror.

Super Easy Mint Chocolate Cheesecake

1 package Somersize Mint Ice Cream Mix	into 1-inch chunks
4 8-ounce packages cream cheese	3 tablespoons Somersize Mint Chocolate Hot Fudge Sauce
4 eggs	
1/2 cup sour cream	1 Chocolate Cookie Crust (see recipe below)
1 Somersize Dark Chocolate Baking Bar - broken	

Prepare crust in 9-inch springform pan according to recipe below. In a large mixing bowl, combine 4 packages of cream cheese with the packet of mint ice cream mix. Blend well. Add eggs, one at a time & continue blending. Gradually add sour cream & continue mixing until well blended. Add dark chocolate chunks to mixture. Pour cheesecake mixture into prepared pie crust pan. Reduce oven temp. to 325 F & bake for 45 mins. Turn heat off in oven & let cheesecake stand in oven for an hour longer. Remove cheesecake from oven & cover with mint fudge sauce. Refrigerate for at least 30 mins before serving.

Chocolate Cookie Crust:

1 box Somersize Flourless Chocolate Brownie Mix
4 tablespoons (1/2 stick) ice cold butter

Preheat oven to 350 F. Grease a 9-inch springform or pie pan. Cut cold butter into small cubes. Butter must be very cold. Place cubes in freezer for 10 mins if not thoroughly chilled. Place Brownie Mix & butter into the bowl of a food processor or blender with blade attachment. Process for 10-15 seconds or until mix has a smooth, powdered consistency. Pour mixture into spring form pan & smooth into even layer without pressing into pan (to avoid crust sticking to pan). Bake in oven for 10 minutes. Let cool & use with any pie recipe. I would think you could use the crust with any legal cheesecake recipe. I love her original NY cheesecake recipe! From recipes on the home page here. ALMOST LEVEL ONE. Posted by indyemmer1.

Hidden Treasure Cheesecake

4 8 ounce packages cream cheese at room temp	4 large eggs at room temp
1 1/3 cup sugar substitute (I use W L)	1/2 cup sour cream at room temp
2 teaspoons vanilla extract	1 1/2 cups chopped up SF semi-sweet chocolate

Spray bottom & sides of a 9" springform pan with Pam. Preheat oven to 325. Melt chocolate in microwave in a bowl. Remove & let sit. Beat cream cheese until smooth, about 3 mins. Add sugar substitute & beat well for another 3 mins. Beat in vanilla & eggs, add eggs one at a time, scraping down sides of bowl & beating well after each addition. Then stir in sour cream. Pour out 1/3 of batter into a separate bowl. Add melted chocolate to this 1/3 of cheesecake batter & combine. Pour half of plain cheesecake batter into springform pan, spreading evenly over the bottom. Pour chocolate batter over plain batter, creating a second layer. Be sure to pour it as evenly as possible over the bottom layer, as you do not want to mix the 2 layers. Add remaining plain cheesecake batter as the top layer, being sure it completely covers chocolate layer. Bake in water bath for 1 hour & 10 mins. Then turn off oven & leave it in the oven with the door shut for another hour. Pull out of oven & refrigerate overnight. I was going to make my favorite cheesecake yesterday, & realized I had too much cream cheese & not enough sour cream. What to do? Put a little chocolate in the mix & it will save anything! Posted by wired_foxterror.

Strawberry Cheesecake

1 8oz pkg cream cheese, softened	1/2 c cold water
1 tsp vanilla	1 1/2 c whipped cream
1/2 c boiling water	2 c sliced strawberries
1 sm pkg strawberry jello	

Beat cream cheese & vanilla in large bowl at low speed until well blended. Set aside. Add boiling water to jello in separate bowl & stir until completely dissolved. Add cold water, stir until slightly thickened. Gradually add to cream cheese mixture, beating well after each addition until well blended. Fold in the whipped cream and strawberries. Spoon into dessert cups. You can use any flavor and or berry you want. Just remember, if adding berries, it will be an almost level 1. Posted by beeb1.

Easy Soft Serve Berry Ice Cream

This is so easy it is almost unbelievable. Whip 1/4 c cream, in either blender, or something like a Black & Decker Chopper. Add 1/2 packet sweetener if desired. Add 1/4 c frozen berries of choice. Continue w/chopper until mixed in. This makes a perfect soft serve ice cream that can be eaten immediately. If you just want a little something sweet, ice creamish and satisfying, this is great. Adjust accordingly for serving more. Posted by mamabj. Note by ian9: I don't usually bother to whip the cream first, just throw it all in my food processor & it is fine.

Yummy Chocolate Mousse

1 1/2 cups heavy cream	12 tsp vanilla extract
6 packets equal or sweeten to taste	1/4 cup unsweetened cocoa powder
minced zest of 1 orange	

Beat cream. Add sweetener to taste. Add zest, vanilla, cocoa. Chill. This is soooo satisfying! And yet I keep losing! Less than 1 gm Carb per serving. Posted by prariemom.

Chocolate Mousse

8 oz coarsely chopped unsweetened chocolate	3 egg yolks
1/2 c water, divided	2 T sweetener of choice (I use WLD)
2 T butter	1 1/4 c whipping cream, whipped

Melt chocolate, 1/4 c water & butter together in microwave or double boiler. Cool 10 min. In small heavy saucepan, whisk egg yolks, sweetener & 1/4 c water over low heat until mixture reaches 160° Remove from heat, whisk in chocolate mixture. Set saucepan in ice & stir until cooled, about 5-10 min. Fold in whipped cream. Spoon into dessert cups. Refrigerate 4 hours or overnight. Because of the chocolate, this is almost level 1. Posted by beeb1.

Mocha Frappuccino Slice

1 cup hot water	2 sticks of butter (1 cup)
4 teaspoons decaf instant coffee granules	7 oz sugar free milk chocolate cut into pieces
1/2 cup sugar substitute (I use W L)	9 oz sugar free dark chocolate cut into pieces
1/2 cup brown sugar substitute (I use W L Gold)	8 eggs

Line a 9" round cake pan with buttered parchment paper and pre-heat oven to 350. Mix the hot water and coffee granules. Pour into a saucepan, add the butter and sugar substitutes. Mix and stir occasionally until boiling. Take off the heat. Add the chocolate pieces and stir into the hot mixture until they have softened, melted and combined. Whisk in the eggs and mix until smooth. Pour the batter into the prepared cake pan. Place the cake pan into a large roasting pan and fill halfway with water. Bake at 350 for one hour. Remove the cake from the water and cool on wire racks. When cooled, run a knife around the outside of the cake and turn out onto a cake plate. Remove the parchment paper and then chill. Slice, smile and serve! I absolutely positively LOVE chocolate! This is the result of an experiment which did not work, but after a few tries I made the ultimate rich gooey chocolate "cake". It is oh so easy and oh so good! Posted by wired_foxterror.

Chocolate Amaretto Mousse

6 oz sugar free semi sweet chocolate chopped into pieces
1 cup heavy cream
1 large egg
2 tablespoons sugar free Amaretto syrup (I used DaVinci)

Heat the cream in a small sauce pan over medium/medium high heat to a simmer. Pour hot cream into blender, add all the other ingredients and whip until it is smooth. Spoon the chocolate mixture into individual serving dishes (ramekins, wine glasses, sorbet cups) and chill for at least 2 hours until they are set. Serve straight from the fridge. *If you do not have the Amaretto syrup, you can substitute 1 teaspoon almond extract. **I have used many different flavored syrups in this concoction with great success. ***You can use sugar free dark chocolate in place of the semi sweet. This one is OH SO EASY and was OH SO MUCH FUN developing. (Ever notice that with chocolate even the misses taste good?) Posted by wired_foxterror.

Amaretto Truffles

1 cup chopped sugar free semi sweet chocolate (or chips)
1/4 cup butter at room temperature
1 egg yolk
2 tablespoons cream cheese
3 tablespoons Davinci sugar free Amaretto syrup

Melt the chocolate in a medium sized bowl in the microwave. Stir the butter into the hot melted chocolate one tablespoon at a time, then beat the egg yolk into the mixture. Beat in the cream cheese and amaretto syrup. Cover and refrigerate until firm, at least 2 hours. Shape the mixture into 1 1/2 inch balls. (I use a melon baller or a small cookie scoop.) Keep refrigerated until serving. These freeze well. (For Level 2 version: 1 cup toasted almonds finely chopped - roll balls in nuts to coat - then refrigerate.) Posted by wired_foxterror.

Chocolate Cookies

9 T Wondercocoa	1/4 c Somersweet
8 T unsalted butter	1 t vanilla
3 eggs, room temperature	1/8 t baking soda

Melt butter in microwave. Stir in Wondercocoa until mixture is smooth. In separate bowl beat eggs for 7-8 minutes or until tripled in size. Add Somersweet, vanilla, and baking soda to eggs and beat for 1 minute until completely mixed. Add chocolate mixture and beat until smooth (about 1 minute). Place on greased cookie sheet by heaping spoonfuls (the batter spreads easily, so don't flatten out). Bake at 400 degrees for 5-10 minutes depending on oven. rharwood @ Somersize site. Posted by DebB.

SSed Brownie Waffle Cookies

Just saw a recipe for brownie waffles. It was a made from scratch brownie recipe that they dropped into a waffle maker for 1 minute & then topped with powdered sugar. Ok we can't top with powdered sugar but you can use the SS or SUZANNE brownie mix and make these. Makes me want to dig out my waffle maker. Posted by JulieJafar.

Ganache

4 oz unsweetened chocolate,	1c. sugar equivalent (I use 1/2c PCF)*
3/4c cream,	tsp vanilla

In pan on low heat: melt chocolate; stir in cream. Add "sugar". Stir until mixed. Remove from heat and add vanilla. This is an easy recipe to taste and make sure it is sweet enough, and you can always add more sweetener while making it. I found SS to be very bitter in most of my chocolate recipes, so I use other sweeteners in them. But everyone's taste buds are different. Posted by marie172.

DESSERTS – Level Two

Strawberry-Rhubarb Delight

¾ c almond flour (ground almonds) leave out for level 1 Pro Fat dessert
¼ c unsalted butter (softened)
8 oz cream cheese
1/2 c + 2T whipping cream
1 T + ¼ t Somersweet
1 t vanilla
1 4 serving pkg sugar free strawberry Jell-O
1 c water
1 lb pkg frozen rhubarb

Mix butter and almond flour and press into a 8X8 glass Pyrex pan (lets you check the bottom of the pan to avoid burning the nuts). Bake at 350 for 15-20 minutes, (checking around 10 minutes since ovens vary). You want a light golden brown color. Set aside to cool completely. Note: leave out for level 1 Pro Fat dessert Stew rhubarb in water, once up to a good boil remove from heat and add jello. Set aside to cool. Taste and add Somersweet if not sweet enough. I prefer it a bit tart. Set aside to cool. Whip 1/2 c of cream with 1 T of Somersweet and 1 t vanilla. Whip the cream cheese with ¼ t Somersweet and 2T cream until light and fluffy. Fold in the whipped cream into whipped cream cheese. Spread over cooled crust. Top with chilled Jell-O mixture. Refrigerate until Jell-O is firm. Posted by JulieJafar.

4 Layer Delight

¾ c almond flour (ground almonds)
¼ c unsalted butter (softened)
8 oz cream cheese
1 c + 2T whipping cream (plus the 1 ¾ c for the pudding)
2 T + ¼ t Somersweet
1 t vanilla
1pkg SS chocolate pudding (or use the vanilla or butterscotch if you prefer)
chopped nuts (optional)

Mix butter and almond flour and press into a 8X8 glass Pyrex pan (lets you check the bottom of the pan to avoid burning the nuts). Bake at 350 for 15-20 minutes, (checking around 10 minutes since ovens vary). You want a light golden brown color. Set aside to cool completely. Make the SS pudding with 1 ¾ c of cream instead of 2 c, chill in fridge. Whip 1 c of cream with 2 T of Somersweet and 1 t vanilla. Whip the cream cheese with ¼ t Somersweet and 2T cream until light and fluffy. Fold in half the whipped cream into whipped cream cheese. Spread over cooled crust, then layer the chilled pudding and then the rest of the whipped cream. Top with chopped nuts of your choice if you like. Posted by JulieJafar.

Peanut Butter Cookies

1 c. skippy unsweetened peanut butter
1 c. splenda
1 tsp. vanilla

Spray cookie sheet with pam. Combine ingredients and roll into walnut sized balls. Flatten balls with a fork dipped in warm water. Bake at 325 degrees for 12 min. The cookies don't spread much, are soft, so store in a covered container. Very good warm or cool. Posted by DTyler.

Apricot Bars

Crust:

1/4 cup Splenda

*1/2 cup Carbalose

*1/2 cup Almond Flour

*1 stick of butter

Filling:

3/4 cup dried apricot halves (about 20)

water

1/3 cup almond flour

1/2 tsp. baking powder

1 cup Splenda

1/4 tsp. salt

2 eggs, beaten

1/2 tsp. almond extract

1/2 tsp. vanilla extract

1/2 cup chopped pecans

Frosting (if desired):

3 ounces of cream cheese, softened

2 Tbs. Splenda

1/2 tsp. vanilla or almond extract

(You can also just mix the cream cheese with some Vanilla Davinci Syrup)

chopped pecans on top.

In a small saucepan, cover apricots with water and boil for 10 minutes. Drain and chop the apricots. For the crust, blend ingredients until thoroughly mixed and pat in a 9 x 9 sprayed pan. Bake at 350 for 15-20 minutes until lightly brown. Remove from the oven and pour on the filling. For the filling, mix all ingredients in a bowl and pour over cooked crust. Return to oven for 30 minutes and bake until done (firm on top). Cool in the pan on a rack. Then add cream cheese frosting if desired. Sprinkle on chopped pecans.

Deb's notes: Here's a dessert bar that's one of our favorites! Thanks to CarolynF at Low Carb Friends for this recipe. Level 2 ~ Pro/Fat. It's Level 2 because of the almond flour (ground peeled almonds), pecans and apricots. I've made a couple of tweaks as the original recipe calls for Carbalose (a low carb flour substitute) and I wanted to try using all almond flour, which works great! I have some quantity tweaks because of this as well.

Crust:

1/4 cup Splenda

1 cup Almond Flour

3 tablespoons softened butter (to cut in)

Filling: I like using about 25 apricots, chop each little apricot into at least 4 pieces. I tried halving them and that's just too big of pieces.

Frosting: I use approximately

4 ounces cream cheese

4 ounces well whipped (in the food processor) whole milk ricotta cheese (this helps cut the strong cream cheese flavor - but it's not necessary -- all to taste)

1/4 teaspoon pure vanilla extract

1/4 teaspoon pure almond extract

1/4 cup Splenda

1 tablespoon (or so) Agave Nectar (cuts the Splenda taste)

This frosting is all to your taste! I like sprinkling on sliced or slivered almonds on top. Posted by DebB.

Pumpkin Cream

8 ounces Mascarpone cheese

3/4 cup canned pumpkin

1 teaspoon cinnamon

1/4 teaspoon ground nutmeg

1 cup confectioners sugar substitute (I use W L brand)

1 teaspoon vanilla

1 1/2 cups heavy cream

In a bowl combine the Mascarpone cheese, pumpkin, cinnamon, nutmeg, sugar substitute and vanilla. Whip the cream to soft peaks. Fold half the whipped cream into the pumpkin mixture. Spread the pumpkin/cream mixture on the bottom of an 8" square pan. Then gently spread the remaining whipped cream evenly on top. If you want, you can top with sprinkled chopped nuts, or finely chopped sugar free toffee/nut candies. Cover and chill overnight. This is like a rich pumpkin mousse! (Sometimes I make a faux graham cracker crust for this.) Posted by wired_foxterror.

Pumpkin Flan with Cinnamon Walnuts

1 box SUZANNE™ Cinnamon Flan Mix
1 1/2 cups heavy cream
1 cup canned pumpkin purée
1/2 teaspoon ginger
1/4 teaspoon allspice
1/4 teaspoon nutmeg
1/4 cup walnut halves
1 1/2 tablespoons butter

Butter four individual serving cups or ramekins. In a medium saucepan, whisk cream and Cinnamon Flan Mix together until smooth (mixture will be thick). Stir in pumpkin and spices. Cook over medium heat, stirring occasionally until it just begins to bubble. Pour mixture into ramekins. Refrigerate at least 2 hours until set. Just before serving, melt butter in a small bowl. Stir in pouch of SomerSweet®/Cinnamon Mix then toss walnuts in this mixture to coat. Spoon walnut mixture on top of each Pumpkin Flan or serve in a cup on the side. Suzanne Somers Weight Loss Plan: Almost Level One. I'm placing this in L2 since to me pumpkin and nuts are L2 but SUZANNE calls it almost L1, use your own judgement. Posted by JulieJafar.

SUZANNE Pumpkin Crème Brulee Pie

1 packet SUZANNE Crème Brulee Mix
2 cups heavy cream
1 15 oz can pumpkin
2 teaspoons pumpkin pie spice
1 pie crust, whole wheat
1 packet SUZANNE Crème Brulee Topping (optional)

Preheat oven to 425 degrees. In a saucepan, combine the SUZANNE Crème Brulee Mix with the cream. Add pumpkin, and pumpkin pie seasoning and stir to combine. Heat over medium high until just boiling, and then remove from stove. Pour into a prepared pumpkin pie shell. Place into the oven and cook at 425 for 15 minutes. Reduce heat to 350 degrees and bake for another 30 minutes. Cool completely. Optional: Before serving, sprinkle SUZANNE Crème Brulee Topping evenly over the top of the pie. Caramelize with a kitchen torch. Serve with whipped cream. The whipped cream can be sweetened with 1 Tablespoon of SomerSweet. For Somersize - This pie is Level Two. What a great twist on the traditional pumpkin pie! This rich, decadent pie filling takes the best texture of creamy crème brulee and combines it with festive pumpkin. So easy and delicious, and no refined sugars! You can even sprinkle the Crème Brulee Topping over the top of the filling for a crispy, sweet Crème Brulee crust on the top. Posted by JulieJafar.

DRINKS

Carb Instant Coffee Mix

1 cup decaf coffee (crush if you like)
1 cup fat-free milk powder
1/2 to 3/4 cup Splenda (or sweetener of choice)
1/4 tsp cinnamon
1 tsp Wondercocoa (optional)

Combine all ingredients. Add 1 TBSP of mix to 8 oz of hot water. Posted by Twiggy88.

Latte

1/4 c. whipping cream
1 teaspoon decaf instant coffee
1 1/2 half c. water
2-3 t. davinci syrup of your choice. I've used banana, hazelnut, raspberry, caramel

Heat whipping cream in microwave 20 seconds, froth with frother or mixer. Heat water and coffee in microwave for 1 1/2 - 2 minutes. Remove and add syrup and stir, add whipping cream stir gently and ENJOY! To all latte lovers, I have created a great tasting latte! My family loves it too. Posted by Mariabav.

Frozen Cappuccinos

1 cup freshly brewed (SS- decaf) espresso, cooled to room temperature
2 cups ice cubes
1/4 cup half-and-half or whole milk (SS-change to cream)
3 tablespoons superfine sugar, or to taste (SS change to crystalline fructose)
1/4 teaspoon cinnamon
1/4 cup Kahlua or other coffee-flavored liqueur if desired (SS change to any SF syrup)
Garnish: Cinnamon

In a blender blend all ingredients until smooth but still thick. Divide mixture between 2 tall glasses and sprinkle with cinnamon. (Cut in half to use in Bullet or single serving.) Recipe courtesy of Gourmet Magazine. Posted by b.ba.

At-Home Version: Starbucks SF Cinnamon Dolce Coffee

2 shots your favorite espresso, hot (I use Starbucks decaf in my espresso maker - you COULD use strong coffee instead)
4 pumps (about 2 tablespoons, or to taste) DaVinci SF cinnamon syrup
Heavy Cream
Garnish: Cinnamon/Granulated Splenda (I keep this mixed up in a cannister, it makes great cinnamon toast or topping for various items)

In a tall microwave safe mug, nuke 6 oz. water, the cinnamon syrup, and 1 oz. heavy cream till hot. Add 2 shots of hot espresso; sprinkle the top with the cinnamon/Splenda - enjoy! You could do some whipped cream on top too if you like, THEN sprinkle with the cinnamon/Splenda. My mug holds about 14 oz. I had "the real thing" (sugarfree of course!) from Starbucks a week or two ago and wanted one last night, so made it myself - and am now sipping on another - I think it's every bit as good as "the real (\$5) thing!" Posted by Charski at Low Carb Friends. Posted by DeBB.

Chocolate Frosty

1c cream
2T cocoa powder
1/2T (1-1/2t) somersweet
1/2t vanilla
ice

Blend until smooth. You can change the vanilla for other flavors (like orange extract) to make different flavors. If you use almond, though, you may want to only use 1/4t as it is stronger. To make this a carbo, use 1c nonfat milk for the cream. I love how this turns out as a carbo! Posted by marie172.

Orange Frosty

1/2t unsweetened Koolaid powder, orange flavor
2-1/2t somersweet
1/3c water
1/3c cream
1-1/3c cracked ice

Blend and serve. If you make this a carbo, substitute 1/3c nonfat milk for the cream. However, I would probably substitute both the cream and the water with 2/3c nonfat milk. You don't have to make this orange. You could use any legal koolaid flavor you like. Some people like that little bit of vanilla in it, like an Orange Julius, so you could add 1/4t-1/2t vanilla to your liking. Posted by marie172.

Homemade V-8 Juice

15 pounds fully ripe tomatoes, chopped
2 cups celery, chopped
3 large onions, chopped
3 cloves garlic, minced/mashed
2 teaspoons salt
3/4 teaspoon pepper
2 teaspoons prepared horseradish
1/3 cup lemon juice
Worcestershire, to taste
1/4 cup sugar substitute equivalent, or to taste

Over medium high heat bring the vegetables to a boil and boil gently for about 20 minutes. In a covered blender (food processor) and a portion at a time process until smooth. Strain and discard pulp. Add seasonings and bring to just under boiling if canning, or chill and freeze. Yield about 6 quarts. This is not my recipe. I don't know where I got it. Posted by mamabj.

Grape-a-licious Smoothie

4-5 frozen strawberries
handful of frozen red grapes
1/4 cup unsweetened applesauce
1/2 cup unsweetened crushed pineapple
1/3 cup unsweetened purple grape juice

WHIRRRRR until all frozen things are blended. Made this for a quick breakfast this morning, and was so yummy I wanted to write it down for future use, So, I thought I'd share! All measurements are approximate, I just threw everything together in the blender. Posted by kimtone.

Magic Celery Drink

juice of large slice of lemon OR juice of 1/4 lime

pinch of Celtic sea salt

fresh ginger to taste (1"x1" chunk is good)

large clove garlic

3-6 large stalks celery

a slice or two of a sweet, flavorful variety of apple, such as Honeycrisp, Empire or Braeburn

pinch of stevia extract to taste, if desired. *The best-tasting stevia extract I've ever tasted is made by KAL . You can find it at Whole Foods Market in Hadley.

Optional:

To increase the immune-enhancing benefits of this powerful drink, you might want to add some Buffered C powder - 1 gram (1/4 tsp) is a good amount. I like the Buffered C made from cassava root, by Allergy Research Group.

You can juice some fennel bulb and stalks along with the celery and apple. Fennel will add its aromatic licorice flavor, and is good for digestion.

You can make 'Magic Celery Drink' with a juicer (ideally) or a blender. If you have a juicer, squeeze lemon into the container that will receive the juice, & add a bit of Celtic sea salt. Juice the rest of the ingredients into the container with the salt and lemon juice. Start by juicing the garlic and ginger, then the apple and celery. * If you don't have a juicer, you can use a blender. Put about 12 oz of water into the blender, and squeeze lemon into the water. Add the salt. The apple, ginger and garlic will need to be grated. Chop the celery stalks into little pieces. Add these items to the water in the blender. Add cayenne and stevia. Blend until contents are liquefied fine, then pour the blended contents through a strainer, press the rest of the liquid out of the pulp after it drains, and drink. If you are making cooked vegetable broth, toss the pulp into the pot with the other ingredients. It is ideal to drink 'Magic Celery Drink' on an empty stomach in the morning, though it can be enjoyed almost any time. Since garlic & ginger are excellent herbs for the immune system & circulation, they contribute greatly to the effectiveness of this drink, but use discretion when deciding how much to use. *Please use organic ingredients - toxins contained in non-organic fruits and vegetables can become more concentrated when you juice them. Ellen Landauer, Health Seminar Leader, Coach, Certified Advanced Rolfer, www.fibromyalgiachronicfatigue.com.blogspot.com. Note: the addition of apple would make this LEVEL 2. Posted by spirit62.

Strawberry Lemonade (nonalcoholic)

1 quart Fresh Strawberries, Hulled

3 cups Cold Water

3/4 cup Lemon Juice

3/4 cup Sugar substitute equivalent

2 cups Club Soda, Chilled

Ice

Garnishes

Up to 1 cup sugar substitute equivalent may be used to sweeten lemonade. Garnishes could be more strawberries and/or mint leaves. In blender container, puree strawberries. In pitcher, combine pureed strawberries, water, lemon juice, and sugar substitute; stir until sugar substitute dissolves. Add club soda. Serve over ice and garnish with strawberries and/or mint leaves. Posted by mamabj.

Sonic Cherry Limeade Somersized

12 oz. cold sprite zero

1/4 c. Libby's cherry juice

3 lime wedges

Fill a 16 oz. glass 2/3 full with ice. Add sprite. Squeeze limes into glass and then drop them in. Add cherry juice last. This is very good. It makes 1 serving. Would be almost level one if you have it with a meal because of the juice, although I haven't had a problem having it occasionally. You can omit the cherry juice and add 2 Tbl.sugar free frozen sweetened sliced strawberries, thawed, with the syrup. Posted by elaniemay.

Sonic Ocean Water Somersized

3 Tbl. Water
2 Tbl. splenda or other sweetener
1 tsp. coconut extract
2 drops blue food coloring
2 12oz. cans of cold sprite zero

Combine splenda and water, microwave 30 sec. and stir until dissolved. cool.(you may not need to microwave it to get it dissolved) Add extract and food coloring, stir well. Combine with sprite and pour over ice. Yum! I love this drink! When I found the recipe I somersized it right away! Posted by elaniemay.

Amusement Park Lemonade

6 Lemons
1 cup Sugar substitute
8 cups Ice Water
1 cup Boiling Water

Squeeze juice from lemons into a bowl. Set lemon rinds aside; strain lemon juice into a large pitcher. Add sugar substitute and ice water; stir until sugar substitute is dissolved. Set aside. Place lemon rinds in a bowl and add boiling water. Let stand until water is cold. Discard rinds, (or put in bottom of glass for true amusement park effect) add water to pitcher and stir well. Refrigerate until well chilled. Makes 2-1/2 Quarts. Posted by mamabj.

Italian Soda

1.00 Part flavored sf syrup
4.00 Parts seltzer or mineral water or club soda
Fresh mint or fruit for garnish

Fill a tall glass with ice, add sf syrup, and fill with seltzer. Stir well. Add more syrup to taste. Garnish with fresh mint or fruit (fruit would make it AL1 or L2). This can be made in any flavor of your choosing. Easy to make and enjoy for the summer. Posted by mamabj.

Raspberry Lime Ricky (non-alcoholic)

1 lime, quartered
8 ounces carbonated water
1 1/2 sf ounces raspberry syrup

Fill a tall glass with ice. Squeeze each of the lime wedges into glass, and drop in. Fill glass nearly to the top with carbonated water, and top with sf raspberry syrup. You can change the flavor this recipe by using any flavored syrup. For a Lemon Ricky use a lemon in place of a lime. For an Orange Ricky use an orange etc. (For an alcoholic version, add a 1/2 ounce of vodka.) Posted by mamabj.

Margarita Mix

Boil about 9 ounces of water, adding a little less than one cup that measures the same amount as sugar) of your favorite sweetener (I like to use Xylitol & Agave nectar, I taste it for the right amount). Add one cup lemon juice half cup lime juice, a big bottle of bottled water (or about 32 ounces) of tap water and tequila- to taste. Serve it on ice or shaken, like a martini. You can make it without the tequila & this would be level one. I only add the Xylitol to the boiling water, to dissolve it. I add the other ingredients & then add the agave nectar according to taste. I go easy on the Xylitol because it can cause you to spend too much time in the bath-room! Posted by tmccoy.

Hot Buttered Rum Mix

1 stick butter, softened
1 cup sugar replacer, I use Clabber Girls
1/2 tsp. cinnamon
1/4 tsp. nutmeg

Mix until it becomes a nice dough like texture. Store covered in container in fridge. To make: In a large mug put 2 heaping tablespoons Hot Buttered Rum Mix. Then add 1/2 water and 1/2 cream. Heat in microwave until hot, then stir well. Add 1/2 tsp no sugar rum extract or 1 shot of light rum. Top with sweetened whipped cream and sprinkle with cinnamon and nutmeg. Posted by pollypurebred39.

Banana Eggnog

1/4 teaspoon banana extract
1/4 cup Egg Beaters
Sweetener equivalent to 1 tablespoon sugar
1/3 cup water
2/3 cup cream
2 tablespoons sf maple syrup

Just blend it all in a blender. 1 minute is almost too much, so be careful! It will be very thick. I put a few ice cubes in it, when I drank it. Maybe I'll add them in the blender next time. Anyway, this was great! I was going through my recipes last night, & when I saw this one, I realized that I could SS it. WOW - I like this better SS'd than the old way! Adapted from The Official Vermont Maple Cookbook - 1983. Posted by iwillrejoice.