

"Just Like the Real Thing" Low Carb Keto Lasagna

2 large eggs
4 oz cream cheese, softened
1/4 cup Parmesan cheese, grated
1 1/4 cup mozzarella cheese, shredded
1/4 tsp Italian seasoning
1/4 tsp garlic powder
1/4 tsp onion powder
1 lb ground beef
1 1/2 cups Three Cheese Marinara Sauce, divided (get the recipe here)
3/4 cup mozzarella cheese, shredded
6 tbsp whole milk ricotta cheese
1 tbsp minced onion flakes (I use this brand)
1 tsp dried oregano
1 tsp garlic powder
1 tsp dried basil
1 tsp Italian seasoning

30-Minute Mozzarella Stuffed Meatballs with Homemade Marinara Sauce

1 pound ground beef
5 garlic cloves, minced, divided
1 egg
1/2 cup freshly grated Romano cheese
2 teaspoons Italian seasoning
2 teaspoons fresh parsley, chopped
Salt and ground black pepper, to taste
1 cup whole wheat panko bread
1/2 cup lukewarm water
4 ounces mozzarella cheese, cut into bite sized cubes (you can use 4 (1 ounce) string cheese pieces, too)
6 tablespoons olive oil, divided
1 (28-ounce) can crushed tomatoes
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon sugar
2 teaspoons Italian seasoning
1/2 teaspoon crushed red pepper flakes

Cheesy Mexican Chicken Skillet {Low Carb/Keto}

1 tablespoon butter
1/3 cup diced onion
1/3 cup diced green pepper
3 garlic cloves, minced
2 cups cooked chicken, shredded (I prepared mine in the slow cooker)
1 can Rotel tomatoes
1 12 oz bag steamed riced cauliflower
2 tablespoons homemade taco seasoning (or taco seasoning packet)
3/4 cup chicken broth
1 1/2 cups cheddar cheese
1/2 cup Monterrey jack cheese

Creamy Garlic Mushroom Chicken

1 1/2 pounds boneless skinless chicken thighs, or breasts
2 Tablespoons olive oil
8 ounces sliced mushrooms
3 garlic cloves, minced or whole (whatever your preference is)

1 cup chicken broth
1/2 cup heavy cream
2 ounces cream cheese, softened
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
1 Tablespoon flour

Egg Roll in a Bowl

1 tsp minced ginger
4 1/2 cup(s) packaged coleslaw mix (shredded cabbage and carrots)
1/2 cup(s) shredded carrot(s)
3 medium cooked scallion(s)
3 Tbsp low sodium soy sauce
1 1/2 tsp sesame oil
1 1/2 tsp sugar
1 pound(s) uncooked ground chicken breast (can sub ground pork, turkey, or turkey sausage)

Pioneer Woman's Recipe for Perfect Salmon

1lb of Salmon (cut into individual portions)
Seafood seasoning such as Old Bay or Meijer Gold Seafood seasoning
Lime juice

Pressure Cooker Mom's Classic Pot Roast with Savory Onion Gravy

3-4lb chuck roast *See notes for 3 pound roast
1 large yellow onion, chopped small, about 1 1/2 - 2 cups
4 whole carrots, cut into 3" sections
1 Tbl minced garlic, fresh
3 cups beef stock
2 Tbl Worcestershire sauce
2 tsp kosher salt
1 tsp black pepper
1 Tbl parsley, dried
1 tsp thyme, dried
1 Tbl olive oil
2 Tbl corn starch
2 Tbl water

Skillet Chicken with Creamy Cilantro Lime Sauce

4 skinless boneless chicken breasts
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 Tablespoon olive oil
1 cup chicken broth (I recommend reduced sodium)
1 Tablespoon fresh lime juice (I use closer to 1.5 Tbsp)
1/4 cup finely chopped onion
1 Tablespoon chopped cilantro
1/2 teaspoon red pepper flakes
3 Tablespoons heavy cream
2 Tablespoons unsalted butter, cubed
optional: lime wedges and more cilantro for garnish, steamed asparagus for serving

Spinach Stuffed Chicken Breasts

3 chicken breasts
8 oz chopped frozen spinach, cooked according to package directions and squeezed dry.
3 oz feta, crumbled (about 1/2 cup)
4 oz cream cheese

1 clove garlic, diced
¼ teaspoon salt, divided
⅛ teaspoon pepper
1 tablespoon olive oil