

**Bacon Wrapped, Cream Cheese Stuffed Chicken Breasts**

4 boneless skinless chicken breast  
 8 tablespoons cream cheese  
 4 tablespoon green onion, Chopped  
 8 pieces bacon, Partially Cooked

**Creamy Skillet Pesto Chicken**

3-4 boneless skinless chicken breasts, pounded to even thickness  
 1/4 cup flour  
 1/4 teaspoon salt  
 1/4 teaspoon black pepper  
 1/2 teaspoon garlic powder  
 1/3 cup shredded parmesan cheese  
 1/3 cup basil pesto  
 1 cup heavy cream  
 salt and pepper to taste  
 optional: fresh basil or parsley, chopped

**Creamy Tuscan Garlic Chicken**

1½ pounds boneless skinless chicken breasts, thinly sliced  
 2 Tablespoons olive oil  
 1 cup heavy cream  
 ½ cup chicken broth  
 1 teaspoon garlic powder  
 1 teaspoon italian seasoning  
 ½ cup parmesan cheese  
 1 cup spinach, chopped  
 ½ cup sun dried tomatoes

**Crock Pot Low-Carb Taco Soup**

2 lbs ground pork beef or sausage  
 2, 8- ounce packages of cream cheese  
 2, 10- ounce cans of Rotel  
 2 Tablespoons of taco seasonings  
 4 cups of chicken broth  
 1-2 tablespoons of Cilantro - fresh or dried optional  
 1/2 cup shredded cheese for garnish optional

**Egg Roll in a Bowl**

1 tsp minced ginger  
 4 ½ cup(s) packaged coleslaw mix (shredded cabbage and carrots)  
 ½ cup(s) shredded carrot(s)  
 3 medium cooked scallion(s)  
 3 Tbsp low sodium soy sauce  
 1 ½ tsp sesame oil  
 1 ½ tsp sugar  
 1 pound(s) uncooked ground chicken breast (can sub ground pork, turkey, or turkey sausage)

**Low Carb Steak Fajita Roll-Ups**

1 1/2 pounds flank steak  
 2 bell peppers (any color)  
 1 bunch baby asparagus  
 1 small red onion  
 1 packet Old El Paso Fajita Seasoning Mix  
 2 tablespoons olive oil  
 Old El Paso Taco Sauce  
 Toothpicks

**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

**The Best Meatloaf I've Ever Made**

1 tablespoon butter  
 1/4 cup minced onion  
 2 cloves garlic, minced  
 1 1/2 teaspoons salt  
 1 1/2 teaspoons freshly ground black pepper  
 2 pounds extra-lean ground beef  
 3 slices bread, toasted and crumbled  
 7 buttery round crackers, crushed  
 1 egg, lightly beaten  
 3 1/2 tablespoons sour cream

- 1 1/2 tablespoons Worcestershire sauce
- 1 (15 ounce) can tomato sauce, divided
- 1/4 cup milk (optional)
- 3 tablespoons ketchup

**Zesty Penne, Sausage and Peppers**

- 3 cups penne pasta, uncooked
- 3/4 lb. Italian sausage
- 1 each green and red pepper, cut into thin strips
- 1 jar (24 oz.) OLIVO by CLASSICO Traditional Pasta Sauce
- 1 tsp. fennel seed
- dash crushed red pepper
- 4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, cubed
- 1/4 cup KRAFT Shredded Parmesan Cheese