Backyard Barbecues
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Desserts to Die For
Plus a whole lot more . . .

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Shrimp Louie
Prosciutto-Wrapped Asparagus
Eggplant Rottini
Chicken and Broccoli
Coconut Cream Pie

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Amazing Appetizers
Fast and Easy Dinners
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Savory Sauces

Meals • Appetizers • Soups • Desserts

40+ great low-carb recipes — a picture with every recipe!
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Sausage and Cheddar Frittata

8 large eggs
1/4 cup light cream
1 cup shredded cheddar cheese, separated into 3/4 cup and 1/4 cup
2 tablespoons butter
1 small onion, diced
1 package breakfast pork sausage
Salt and pepper to taste
Hollandaise Sauce — see page 78 for recipe

Preheat the oven to 375°F.

1. In a medium bowl, beat together eggs and light cream. Add 3/4 cup of cheddar cheese.

2. Melt butter in a large, nonstick oven-safe skillet over low heat. Add onion; sauté until onion is translucent, 3-4 minutes. Add sausage; cook until no longer pink, about 4-6 minutes. Remove from heat and discard fat. Place sausage back into skillet.

3. Add egg mixture to sausage. Spread remaining 1/4 cup of cheddar cheese over the top; cover and cook until eggs are set, 25-30 minutes. Remove cover and place under broiler for 2 minutes to brown.

4. Slide the frittata onto a plate and serve immediately. If desired, drizzle Hollandaise Sauce on the top of each slice.

Makes 4 servings.

Possible Variations:
Substitute a ham steak or 1/2 pound of cooked bacon for the sausage. You can also use any type of cheese — Swiss or American. To make it vegetarian, substitute tomatoes or spinach for the sausage.

Nutrients per Serving

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Roasted Chicken Salad

2 whole roaster chickens (4–5 pounds each)
2 cups diced celery
1/2 cup diced onion
1–1 1/2 cups mayonnaise
1/2 teaspoon cayenne pepper
1 tablespoon parsley
Salt and pepper to taste

1 Preheat the oven to 400°F.
2 To roast your own chickens, remove neck and giblets from inside chicken. Rub outside of chicken with salt and pepper. Put the chicken in the oven and roast — the total roasting time for a 4-pound bird will be 55–65 minutes.
3 Remove the chicken to a platter and let cool. Once cooled, remove all the chicken meat from the bones.
4 In a medium bowl, combine chicken, celery, onion, mayonnaise, cayenne pepper, parsley, and salt and pepper to taste.
5 Serve on a bed of lettuce and garnish with sliced cucumbers.

Makes 6 servings.

Nutrients per Serving

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Instead of roasting your own chickens, you can buy two roasted chickens from your deli department.
Oysters Rockefeller

1 package (8 ounces) frozen chopped spinach, thawed, well drained
1/2 cup grated Parmesan
1/4 cup chopped scallions
1/4 teaspoon garlic
2 slices cooked bacon, crumbled
3 tablespoons butter
1 teaspoon anisette liqueur (optional)
18 oysters, shucked and cleaned
1 roasted red pepper, diced

1. Preheat the oven to 400°F.
2. In a food processor, combine spinach, Parmesan, scallions, garlic, and bacon; mince (about 30 seconds). Add butter (and anisette, if desired). Process for 10 seconds more.
3. Spoon about 1 teaspoon of the spinach mixture over each oyster. Sprinkle top of each with diced roasted red pepper.
4. Place coarse salt in bottom of a 12 x 9-inch metal baking dish; nestle oysters on top, making sure each is secure.
5. Bake for approximately 10 minutes, until plumb. Broil for 2 minutes. Serve hot.

Makes 8-10 servings.

Nutrients per Serving

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Not crazy about oysters? Substitute clams.
Beef Stroganoff

1 1/2 pounds beef tenderloin, top loin, or sirloin, well trimmed
1/2 teaspoon pepper
1/2 teaspoon cayenne pepper
1/2 teaspoon salt
2 tablespoons butter
2 cups sliced mushrooms
Knorr’s® Onion Gravy
4 ounces sour cream
1/2 tablespoon parsley flakes

1 Slice beef into very thin strips. Season with pepper, cayenne pepper, and salt. In a large skillet, over medium heat, melt butter. Once butter is melted, add sliced beef and sauté until cooked medium. Drain broth (save liquid on the side for the sauce). Add mushrooms.

2 Meanwhile, prepare Knorr’s® Onion Gravy per the following directions:
In saucepan, whisk 1 1/4 cups of the broth you saved from the beef and sauce mix until blended. (If you don’t have 1 1/4 cups of broth, add water to what you do have.) Bring to a boil over medium heat. Reduce heat; add 4 ounces sour cream. Whisk completely.

3 Fold sauce into beef and mushroom mixture. Sprinkle with parsley flakes.

Makes 4 servings.

Nutrients per Serving

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Hint: To slice beef very thinly, place beef in freezer for 30–45 minutes so that it is easier to work with.
Crispy Oven-Fried Chicken

3 tablespoons butter
2 eggs
1/4 cup heavy cream
1/4 cup mayonnaise
1/2 cup coarsely shredded Parmesan
2 tablespoons dried wheat breadcrumbs
2 tablespoons parsley flakes
4 boneless, skinless chicken breasts (4 ounces each), rinsed, patted dry
Salt and pepper to taste

Sauce (choose one):
• Knorr’s® Alfredo Sauce — see page 78 for recipe
• Knorr’s® Parma Rosa Sauce — see page 79 for recipe

1  Preheat the oven to 350°F.
2  In an oven-safe skillet, over medium heat, melt butter.
3  Mix together eggs and cream in a shallow dish. Place mayonnaise in a large plastic storage bag. Place Parmesan, breadcrumbs, and parsley in a shallow dish. Dip chicken breasts in the egg/cream mixture; transfer to mayonnaise bag and shake. Dredge in the Parmesan mixture, coating evenly.
4  Arrange chicken in skillet. Place uncovered skillet in oven; bake for 20–25 minutes. Flip chicken breasts once for even browning; cook until chicken becomes crispy.
5  Plate the chicken and spoon sauce on top.

Makes 4 servings.

Nutrients per Serving

<table>
<thead>
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<th>Nutrient</th>
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Grilled Tomatoes Stuffed with Creamed Spinach

1 tablespoon butter  
1 tablespoon minced green onion  
1 clove garlic, minced  
1 1/2 cups Green Giant® Frozen Cut Leaf Spinach, thawed, drained  
1/2 cup cream cheese, softened  
1/2 cup cheddar cheese  
1/4 cup light cream  
2 large tomatoes, cut in half  
Salt and pepper to taste

1. Heat grill.

2. In sauté pan over medium heat, melt butter. Add onion and garlic; sauté until onion is translucent. In separate bowl, mix spinach and cream cheese. Add onion mixture and cheddar cheese and light cream. Set aside.

3. When ready to barbecue, place tomatoes, cut side down, over medium heat. Cook 4–5 minutes (until slightly softened). Add dollop of spinach mixture. Place under broiler for 4 minutes.

Makes 4 servings.

Nutrients per Serving

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<table>
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The “Wedge”

1 head iceberg lettuce
1 small vine-ripened tomato, thinly sliced
1 English cucumber, peeled and sliced
1 cup chunky blue cheese dressing
1 cup crumbled blue cheese

1. Slice the head of lettuce into quarters through the stem end; cut off the core of each wedge and place each quarter on a chilled salad plate.

2. Place 2 slices of tomato and 4 slices of cucumber on each plate.

3. Spoon 1/4 cup of blue cheese dressing over each lettuce wedge. Sprinkle 1/4 cup of crumbled blue cheese over the dressing.

Makes 4 servings.

Nutrients per Serving

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<td>Fiber</td>
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New York-Style Cheesecake

*Note: Making a cheesecake can be difficult at best. Watch your cooking times and temperatures and please remember NOT to overmix; this causes the cake to become dense.*

1/2 cup ground almonds
1/2 cup ground macadamia nuts
3 packages (8 ounces each) Philadelphia® Cream Cheese
1 cup Splenda® sweetener
4 eggs
1/2 cup Breakstone’s® Sour Cream
1/4 cup heavy cream
1 tablespoon vanilla extract
Garnish — fresh raspberries

---

1 Preheat the oven to 375°F; lightly grease a 9-inch springform pan.

2 For the crust, sprinkle the almonds and macadamia nuts on the bottom of the pan. Press them to ensure they are spread evenly.

3 In a large bowl, beat 3 packages of cream cheese until smooth and creamy (about 1–2 minutes); add Splenda® and mix completely.

4 Add 1 egg at a time, beating on low speed just until incorporated; do not overbeat. Once all eggs are added, add sour cream, heavy cream, and vanilla.

5 Scrape batter into prepared pan and smooth the top.

6 Place pan in oven; drop oven temperature to 325°F. Bake for 50–55 minutes or until center is almost set. Turn oven off, leave oven door ajar, and let the cake cool in the oven for 1 hour.

7 Refrigerate 4 hours or overnight. Garnish with fresh raspberries.

Makes 16 servings.

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