

INDEX

A

ALMOND BUTTER BREAD 265
ALMOND CREAM CHEESE 311
ALMOND CRUMB TOPPING 218
ALMOND FLOUR FUDGE CAKE 324
ALMOND FLOUR WAFFLES 243
ALMOND JOY BARS 223
ALMOND JOY COCONUT CREAM PIE 224
ALMOND PIE CRUST TOPPING 250
ALMOND-COCONUT FLOUR CRUST 223
ALMOND-FLAX CRUST 220
ALMOND-FLAX QUICK BREAD 212
ALMOND-WHEY CRUST 103
ALMOST RICE PUDDING 272
AMAZING CHILI 71

APPETIZERS & BEVERAGES

APPETIZERS

AVOCADO ANGEL EGGS 114
BROCCOLI BITES 227
BRUSCHETTA 116
BUFFALO WINGS CHICKEN MEATB 117
CHEESE PUPPIES 226
CHICKEN SATE PEANUT SAUCE 124
CHICKEN STRIPS, MEXI-CALI DIP 44
CHIPOTLE CHICKEN SKEWERS 118
CINNAMON PECANS 43
CRAB-STUFFED ENDIVE 125
CUCUMBER AND SALMON SUSHI 119
CUCUMBER STUFFED FETA & WAL 115
FRENCH ONION DIP & CHIPS 126
GREEK TOMATO & FETA FRITTERS 120
GREEN BEAN & MUSHR POUTINE 127
HAM SWISS CHEESE ROLL-UPS 45
HEARTS OF PALM RADISH COINS 121
HORSERADISH SHRIMP DIP 44
HOT PASTRAMI ON RYE DIP 279
JICAMA NACHOS 122
KOLOKYTHOKEFTEDES 128
MEATBALL SATAY SW MUSTARD 129
SHRIMP WITH PESTO SAUCE 123
SMOKED CHEESE SPREAD 225
SMOKEY HAM & SWISS BITES 171
SOLO FIESTA SALADS 228
SPICED PECAN CLUSTERS 43
SWEET ITALIAN MEATBALLS 170
THREE-CHEESE APPETIZER BITES 280
THREE-PEPPER JELLY 229

BEVERAGES

CAROLYN'S LOW-CARB MILK 282
CHAR'S WHUP YR HINEY SANGRIA 283
CHOCOLATE PEANUT PROT SHAKE 45
CINNAMON MOCHA GRANDE 230
COLD BREW COFFEE 172
CRÈME DE MENTHE CAFÉ MOCHA 172
EASY INSTANT EGGNOG 46
HOT COCONUT CHOCOLATE 47
KEFIRNOG 174
SPARKLING LEMONDADE 230
SPICED CHOCOLATE VELVET TEA 173
SPICY RASPB ROOIBOS SODA 173

ARTISAN HAMBURGER BUNS 95
ASIAGO COCONT FLOUR PIZZA CR 266
ASPARAGUS & HAM CASSEROLE 144
AUTUMN SPICED RUMPLE 257
AVOCADO ANGEL EGGS 114

B

BACON BROWN SUGAR BRUSSELS 259
BACON CHEESEBURGER SOUP 182
BACON-WRAP CHICKEN STUFFED 304
BAKE MIX CRUST 105
BAKE MIX CRUST 110
BAKED CUSTARD 111
BAKED ZITI CASSEROLE 192
BANANA BARS WITH CR CHS FROS 104
BANANA BREAD 212
BANANAS FOSTER CRÈME BRULEE 325
BARBECUE SAUCE 301
BAVARIAN APPLE TORTE 218
BBQ CHICKEN-CRUSTED PIZZA 196
BEEF AND EGG FOO YONG 189
BEEF AND HOMINY CON QUESO 190
BEEF GRAVY 127
BERRY STREUSEL MUFFINS 163
BEST STRAWB SWIRL CHEESECAKE 322
BETTER THAN OATMEAL 188
BISTEC AL PEREZOSO 69
BLACK FOREST CAKE 106
BLUE CHEESE DRESSING 131
BLUEBERRY CHICKEN SALAD 232
BLUEBERRY UPSIDE DOWN CHOC CK 273
BOBOTIE 76
BRAISED FENNEL 309
BRAZILLIAN SOUP 132
BREADCRUMBS 91
BREADING 116

BREAD-SAUSAGE STUFFING 86

BREADS, MUFFINS & MORE

BREADS (SAVORY)

ALMOND BUTTER BREAD 265
ALMOND-FLAX QUICK BREAD 212
CHEESY GARLIC WAFFLE STICKS 267
DAIRY-FREE JIFFY BREAD 91
ENGLISH MUFFIN 87
ENGLISH MUFFIN 210
GARLIC WAFFLE STICKS 267
GOLDEN CORN BREAD 313
JIFFY CINNAMON RAISIN BREAD 90
JIFFY MICROWAVE TORTILLAS 94
JIFFY PLAIN BREAD 90
JIFFY SANDWICH BREAD 89
MINI CHIVE CROSTINI 280
RYE BREAD 210
TWO-MINUTE COCONUT BREAD 210

BREADS (SWEET)

BANANA BREAD 212
CHOCOLATE BREAD 209
GLAZED LEMON LOAF 97
LEMON BREAD 212

BUNS

ARTISAN HAMBURGER BUNS 95
FLAX MEAL SANDWICH BUNS 213
JIFFY BUN 89
JIFFY SESAME SEED BUN 89
ROSEMARY ONION DINNER ROLLS 314

CRACKERS

BUTTERY SESAME CRACKERS 316
CHIA FLAX CRACKERS 315
CINNAMON COOKIE CRACKERS 98
DIJON SESAME CRACKERS 164
JIFFY CINN COOKIE CRACKERS 98
SAVORY CRACKERS 98
SUNNY SESAME CRACKERS 268

MISCELLANEOUS

BREADCRUMBS 91
CROUTONS 91
EASY CRACKER & CEREAL MIX 211
EGG NOODLES OR CREPES 215
SPLENDID GLUTEN-FREE BAKE MIX 88

MUFFINS & COFFEE CAKE

BERRY STREUSEL MUFFINS 163
CHOCOLATE CHIP SOUR CR MUFF 93
CINN CRUMB TOP COFFEE CAKE 214
GLAZED LEMON POPPYSEED MUFF 97
OLD-FASHIONED BLUEBERRY MUFF 96
SNOW-CAPPED CHOC MUFFINS 270

Low-Carbing Among Friends (Vol-2)

STRAWB CHOC CHIP MUFFINS 269
TROPICAL MUFFINS 162

PIZZA CRUSTS

ASIAGO COCONUT FLOUR PIZZA CR 266
BBQ CHICKEN-CRUSTED PIZZA 196
PIZZA CRUST A LA PEGGY-STYLE 92
THIN CRUST PIZZA 157

BREAKFASTS

BACON

CHEESY BACON QUICHE 142
HUEVOS PERICOS CON TOCINO 59
MAPLE SPICED BACON 239

BREADS

EGG, HAM AND CHEESE MUFFIN 58
EGGS BENEDICT 58
FRENCH TOAST OR TEXAS TOAST 187

CASSEROLES & CROCK-POT

ASPARAGUS & HAM CASSEROLE 144
CLASSICAL BRUNCH CASSEROLE 238
MAPLE WAFFLE BAKE 241
SOUTHWEST CHICK BRUNCH BAKE 243
TURKEY-CRUST CROCKPOT BREAKF 244

CEREALS

BETTER THAN OATMEAL 188
COLD CINNAMON CRUNCH CEREAL 185

CREPES AND PANCAKES

DUTCH BABY PANCAKE 290
FLUFFY BUTTERMILK PANCAKES 60
GINGERBREAD PANCAKES 186
MULTI GRAIN PANCAKES 242
PROTEIN PANCAKES 137
SPINACH CREPES 240

EGGS

HUEVOS PERICOS CON TOCINO 59
LOW-CARB FRITTATA MUFFINS 291
MEATY MAN'S OMELET 57
ON THE RUN EGG SANDWICH 188
SAUSAGE BREAKFAST MUFFINS 239

MISCELLANEOUS

BROCCOLI & GOAT CHS SOUFFLES 138
FRENCH TOAST (EGGPLANT) 143
GREEK TART 140
ZUCCHINI RICOTTA CHEESECAKE 141

QUICHES

CHEESY BACON QUICHE 142
SALSA SAUSAGE QUICHE 290

SAUSAGE

CHICKEN BREAKFAST SAUSAGE 139
GUILT-FREE PALEO BREAKF SAUS 289

Index

MAPLE BREAKFAST SAUSAGE 289
SALSA SAUSAGE QUICHE 290
SAUSAGE BREAKFAST MUFFINS 239

WAFFLES

ALMOND FLOUR WAFFLES 243
JALAPENO WAFFLES 253
MAPLE WAFFLES 241

BROCCOLI & GOAT CHS SOUFFLES 138
BROCCOLI BITES 227
BROWNE D BUTTER WHIP 258
BROWNIE DE FRANCE 166
BRUSCHETTA 116
BUBBLE AND SQUEAK 307
BUFFALO WINGS CHICKEN MEATB 117
BUTTERY APPLE TORTE 113
BUTTERY SESAME CRACKERS 316

C

CABBAGE ROLLS 68
CAJUN SMOTHERED PORK CHOPS 245
CAROLINA-STYLE BBQ SAUCE 81
CAROLYN'S LOW-CARB MILK 282
CARROT CAKE 326
CAULIFLOWER & PEA SALAD 175
CHAR'S MUSHROOM GRAVY 66
CHAR'S WHUP YR HINEY SANGRIA 283
CHARDONNAY SAUCE 64
CHEESE & CHIVE FAUXTATOES 205
CHEESE POURRI 264
CHEESE PUPPIES 226
CHEESECAKE-STUFFED STRAWB 274
CHEESY BACON QUICHE 142
CHEESY GARLIC WAFFLE STICKS 267
CHEESY HASH BROWN & BBQ CASS 193
CHIA FLAX CRACKERS 315
CHICKEN & BLUE CHEESE SALAD 131
CHICKEN & DUMPLING SOUP 133
CHICKEN ALFREDO LASAGNA 197
CHICKEN BREAKFAST SAUSAGE 139
CHICKEN BROTH 133
CHICKEN CURRY 151
CHICKEN MARINADE 299
CHICKEN NOODLE SOUP 135
CHICKEN POT PIE 294
CHICKEN QUESADILLAS 67
CHICKEN SATE WITH PEANT SAUCE 124
CHICKEN SAUSAGE SPAGHETTI 145
CHICKEN SHEPHERD'S PIE 198
CHICKEN SPINACH LOAF 199

CHICKEN STOCK 56
CHICKEN STRIPS, MEXI-CALI DIP 44
CHICKEN TORTILLA PIE 195
CHICKEN WITH PEANUT CURRY 61
CHILI SAUCE 207
CHILI-CON-CORNY 180
CHIPOTLE CHICKEN SKEWERS 118
CHIVE-HORSERADISH CAULI MASH 306
CHOC CHEESECAKE BROWNIES 318
CHOC MINT RIBBON COOKIES 278
CHOC PEANUT BUTTER BROWNIES 221
CHOCOLATE BREAD 209
CHOCOLATE BROWNIE CRUST 221
CHOCOLATE CHIP SOUR CR MUFF 93
CHOCOLATE CRUST 219
CHOCOLATE FROSTING 100
CHOCOLATE FRUIT SPREAD 100
CHOCOLATE MINT MOUSSE 275
CHOCOLATE PEANUT BUTTER PIE 110
CHOCOLATE PEANUT PROT SHAKE 45
CHOCOLATE PUDDING 169
CHOCOLATE TOPPING 110
CHOCOLATE ZUCCHINI CAKE 100
CHSK FACT-INSPIRED CHEESECAKE 319
CHUNKY CHOCOLATE CHIP COOKIES 99
CIDER-GLAZED SQUASH 259
CILANTRO DIPPING SAUCE 118
CINN CRUMB TOP COFFEE CAKE 214
CINN RAISIN BREAD PUDDING 317
CINNAMON COOKIE CRACKERS 98
CINNAMON CRUMB TOPPING 214
CINNAMON MOCHA GRANDE 230
CINNAMON PECANS 43
CLASSICAL BRUNCH CASSEROLE 238
COCONT CURRY CHICKEN NUGGETS 246
COCONUT & OLIVE OIL MAYO 262
COCONUT SOUP 136
COLD BREW COFFEE 172
COLD CINNAMON CRUNCH CEREAL 185
COOKIE SANDWICHES 167
CRAB-STUFFED ENDIVE 125
CRANBERRY SAUCE 247
CRAN-STUFF TURKEY MEATBALLS 247
CREAM CHEESE CROCK-POT CHICK 152
CREAM CHEESE FROSTING 104
CREAM CHEESE FROSTING 326
CREAM CHEESE MINTS 276
CREAM OF ASPARAGUS SOUP 233
CREAM OF CHAYOTE SOUP 286
CREAMED CAULI & HAM SOUP 178
CREAMY CORN & CAULI CASSEROLE 203

CRÈME DE MENTHE CAFÉ MOCHA 172
CRÈME DE MENTHE PIE 219
CRÈME FRAICHE 83
CRISPY CHICKEN & GARLICKY COLL 146
CROCK-POT ASIAN PEANUT PORK 147
CROCK-POT CHEESECAKE 271
CROCK-POT CHICKEN CACCIATORE 153
CROCK-POT SPAGHETTI 154
CROUTONS 91
CRUSTED TILAPIA 248
CUCUMBER AND SALMON SUSHI 119
CURRIED RUTABAGA & CHORIZO 234

D

DAIRY-FREE JIFFY BREAD 91
DARK CHOCOLATE CHIPS 260
DELICIOUS POURING CUSTARD 111
DIJON SESAME CRACKERS 164
DOTTIE'S TACO PIE FOR ONE 292
DUTCH BABY PANCAKE 290

E

EASY CRACKER & CEREAL MIX 211
EASY INSTANT EGGNOG 46
EASY PEASY SKILLET CHICKEN 75
EGG NOODLES OR CREPES 215
EGG SALAD SALMON WRAPS 130
EGG, HAM AND CHEESE MUFFIN 58
EGGS BENEDICT 58
ENGLISH MUFFIN 210
ENGLISH MUFFIN 87
EVERYTHING GARDEN GINGER 50

F

FAUX BAKED POTATO 79
FLAVORED SWEET BUTTERS 85
FLAX MEAL SANDWICH BUNS 213
FLUFFY BUTTERMILK PANCAKES 60
FRENCH ONION DIP & CHIPS 126
FRENCH TOAST 143
FRENCH TOAST OR TEXAS TOAST 187
FRIED HUSH PUPPIES 310
FROSTED PUMPKIN SPICE COOKIES 102
FRUIT AND NUT COMPOTE 312
FRUIT PIZZA 112
FUDGY BROWNIES 168

G

GANACHE TOPPING 219
GARLIC CAULI-RICE & MUSHR STUF 202
GARLIC CAULI-RICE MUSHR CHICK 201
GARLIC WAFFLE STICKS 267
GERMAN CABBAGE 308
GINGERBREAD PANCAKES 186
GINNY'S PIZZA SAUCE 207
GINNY'S TACO SEASONING 206
GLAZED LEMON LOAF 97
GOLDEN CORN BREAD 313
GRATIN CAULI GRUYERE & PECANS 160
GREEK ALMOND PIE CRUST 140
GREEK LADOPSOMO SALAD 49
GREEK STUFFED PEPPERS 249
GREEK TART 140
GREEK TOMATO & FETA FRITTERS 120
GREEN BEAN & MUSHR POUTINE 127
GRILLED CHILI & LIME CHICKEN 302
GUILT-FREE PALEO BREAKF SAUS 289

H

HAM SWISS CHEESE ROLL-UPS 45
HAMBURGER PATTIES 73
HEALTHY BUTTER 84
HEALTHY GRILLED CHEESE 161
HEARTS OF PALM & RADISH COINS 121
HERBED GRILLED LEMON CHICKEN 62
HERBED SEA BASS SUNDR TOMATO 64
HOGADO 311
HOMESTYLE SUNBUTTER 264
HORSERADISH CREAM SAUCE 85
HORSERADISH SHRIMP DIP 44
HOT & SWEET MUSTARD SAUCE 170
HOT COCONUT CHOCOLATE 47
HOT PASTRAMI ON RYE DIP 279
HOT PASTRAMI ON RYE SOUP 279
HOT SPAGHETTI BACON TOSS 204
HUEVOS PERICOS CON TOCINO 59

I

INCREDIBLE CHICKEN SOUP 54
INDIAN BUTTERNUT SQUASH 287
INDIVIDUAL CHICKEN POT PIES 250
ITALIAN DRESSING 51
ITALIAN SAUSAGE SOUP 288
ITALIAN TURKEY MEATBALL SOUP 183

Index

J

JALAPENO WAFFLES 253
JICAMA NACHOS 122
JIFFY BUN 89
JIFFY CINN COOKIE CRACKERS 98
JIFFY CINNAMON RAISIN BREAD 90
JIFFY MICROWAVE TORTILLAS 94
JIFFY PLAIN BREAD 90
JIFFY SANDWICH BREAD 89
JIFFY SESAME SEED BUN 89
JON'S LOW-CARB KETCHUP 80

K

KEFIRNOG 174
KIELBASA, CABBAGE & PEPPERS 295
KOLOKYTHOKEFTEDES 128

L

LAYERED TACO SALAD 177
LAZY MAN'S LADOPSOMO 52
LEMON ARUGULA SALAD 51
LEMON BREAD 212
LEMON BUTTER SAUCE 70
LEMON GLAZE 97
LEMON ORANGE VINAIGR DRESS 82
LINDA SUE'S KETCHUP 312
LOW-CARB FRITTATA MUFFINS 291
LOWER SODIUM EGGPLANT PARMIG 77

M

MAGIC BARS 216

MAIN COURSES & SIDES

BEEF

AMAZING CHILI 71
BEEF AND EGG FOO YONG 189
BEEF AND HOMINY CON QUESO 190
BISTEC AL PEREZOSO 69
BOBOTIE 76
DOTTIE'S TACO PIE FOR ONE 292
GREEK STUFFED PEPPERS 249
HAMBURGER PATTIES 73
MEDITERRANEAN DOLMA 251
MEXICAN STEAK PEPPER SKILLET 194
MEXICAN TORTILLA PIE 195
OKLAHOMA BARNYARD BURGERS 252
OVEN-ROASTED SHORT RIBS 300
SALSA BEEF CASSEROLE 253
SLOPPY JOE PEPPERS 158

SPINACH LASAGNA 296
STROGANOFF MEATBALLS 66
SURPRISE BURGERS 305

CASSEROLES (MAINS AND SIDES)

BAKED ZITI CASSEROLE 192
BEEF AND HOMINY CON QUESO 190
BUBBLE AND SQUEAK 307
CABBAGE ROLLS 68
CHEESY HASH BROWN BBQ CASS 193
CHICKEN ALFREDO LASAGNA 197
CHICKEN SHEPHERD'S PIE 198
CREAMY CORN-CAULI CASSEROLE 203
EGGPLANT PARMIGIANA 77
GRATIN CAULI GRUYERE & PECANS 160
MEDITERRANEAN DOLMA 251
MOCK SWEET POTATO CASSEROLE 78
SALSA BEEF CASSEROLE 253
SPINACH LASAGNA 296

CROCK-POT

CREAM CHEESE CROCK-POT CHICK 152
CROCK-POT ASIAN PEANUT PORK 147
CROCK-POT CHICKEN CACCIATORE 153
CROCK-POT SPAGHETTI 154

FISH

CRUSTED TILAPIA 248
HERBED SEA BASS SUNDR TOM 64
PECAN SALMON HORSERADISH CR 73
RED SNAPPER TOM-CAPER RELISH 293
SEA BASS LEMON BUTTER SAUCE 70

MISCELLANEOUS

ROASTED RED PEPPER MEATBALLS 191
THIN CRUST PIZZA 157

PORK

CAJUN SMOTHERED PORK CHOPS 245
CROCK-POT ASIAN PEANUT PORK 147
PORK CHOPS STUFFED WITH FETA 155
PULLED PORK BARBECUE 301
SWEET PEPPER PORK 63
VIETNAMESE CARMELIZED PORK 256

POULTRY

BACON-WRAP CHICKEN STUFFED 304
BBQ CHICKEN-CRUSTED PIZZA 196
CHICKEN ALFREDO LASAGNA 197
CHICKEN CURRY 151
CHICKEN POT PIE 294
CHICKEN QUESADILLAS 67
CHICKEN SAUSAGE SPAGHETTI 145
CHICKEN SHEPHERD'S PIE 198
CHICKEN SPINACH LOAF 199
CHICKEN TORTILLA PIE 195

CHICKEN WITH PEANUT CURRY 61
COCONUT CUR CHICKEN NUGGETS 246
CRAN-STUFF TURKEY MEATBALLS 247
CREAM CHEESE CROCK-POT CHICK 152
CRISPY CHICKEN & GARLICKY COLL 146
CROCK-POT CHICKEN CACCIATORE 153
CROCK-POT SPAGHETTI 154
EASY PEASY SKILLET CHICKEN 75
GARLIC CAULI-RICE MUSHR CHICK 201
GRILLED CHILI & LIME CHICKEN 302
HERBED GRILLED LEMON CHICKEN 62
INDIVIDUAL CHICKEN POT PIES 250
MONTREAL BAKED CHICKEN 297
PECAN CHICKEN KIEV 148
PROSCIUTTO-WRAPPED CHICKEN 149
ROAST CHICKEN WITH SPICE RUB 74
SESAME CHICKEN 254
SKILLET MEXICAN CHICK & CAULI 200
SM PAPRIKA CHICKEN PATTIES 255
SPICED CHICKEN SPIN & MUSHR 303
STICKY CHICKEN 299
STUF CHICK ASPARAGUS & MOZZ 156
TANGY TROPICAL CHICKEN 65
ULTIMATE TORTILLA FILLING 72
WALNUT-CRUSTED CHICKEN 150

SAUSAGE

KIELBASA, CABBAGE & PEPPERS 295
PEGGY'S ITALIAN SAUSAGE 298

SIDES

BROCCOLI, BRUSSELS & FENNEL

BACON BROWN SUGAR BRUSSELS 259
BRAISED FENNEL 309
ROASTED LEMON BROCCOLI 309

CABBAGE

BUBBLE AND SQUEAK 307
GERMAN CABBAGE 308

CAULIFLOWER

CHEESE & CHIVE FAUXTATOES 205
CHEESY HASH BROWN BBQ CASS 193
CHIVE-HORSERAD CAULI MASH 306
GARLIC CAULI-RICE MUSHR STUF 202
GRATIN CAULI GRUYERE & PECANS 160

EGGPLANT

EGGPLANT PARMIGIANA 77
HEALTHY GRILLED CHEESE 161

MISCELLANEOUS

FRIED HUSH PUPPIES 310
FAUX BAKED POTATO 79

PUMPKIN

AUTUMN SPICED RUMPLE 257

Low-Carbing Among Friends (Vol-2)

MOCK SWEET POTATO CASSEROLE 78

RUTABAGA

AUTUMN SPICED RUMPLE 257
BROWNED BUTTER WHIP 258

SQUASH AND TOMATO

CIDER-GLAZED SQUASH 259
HOT SPAGHETTI BACON TOSS 204
MOCK SWEET POTATO CASSEROLE 78
TOM BASIL GRIL CHS SANDWICH 159

MAPLE BREAKFAST SAUSAGE 289

MAPLE SPICED BACON 239

MAPLE WAFFLE BAKE 241

MAYONNAISE-CHIA DRESSING 284

MAYONNAISE DRESSING 175

MEATBALL SATAY SW MUSTARD 129

MEATY MAN'S OMELET 57

MEDITERRANEAN DOLMA 251

MEXICAN STEAK & PEPPER SKILLET 194

MEXICAN TORTILLA PIE 195

MEXICANO CHICKEN SOUP 53

MINI CHIVE CROSTINI 280

MINT CHOC CHIP DROP COOKIES 217

MIRACLE MADE MAYO 261

MISCELLANEOUS

CRUSTS

ALMOND CRUST 218

ALMOND-COCONUT FLOUR CRUST 223

ALMOND-FLAX CRUST 220

ALMOND-WHEY CRUST 103

BAKE MIX CRUST 105

BAKE MIX CRUST 110

CHOCOLATE BROWNIE CRUST 221

CHOCOLATE CRUST 219

GREEK ALMOND PIE CRUST 140

MIXED NUTS CRUST 320

PECAN CRUST 271

DRESSINGS

BLUE CHEESE DRESSING 131

COCONUT & OLIVE OIL MAYO 262

ITALIAN DRESSING 51

LEMON ORANGE VINAIGR DRESS 82

MAYONNAISE DRESSING 175

MAYONNAISE-CHIA DRESSING 284

MIRACLE MADE MAYO 261

POPPY-SEED DRESSING 285

RASPBERRY MAYO DRESSING 176

SIMPLE BALSAMIC VINAIGRETTE 82

TAHINI DRESSING 263

Index

FROSTINGS

CHOCOLATE FROSTING 100
CREAM CHEESE FROSTING 104
CREAM CHEESE FROSTING 326
ORANGE BUTTER ICING 84
POWDERED SUGAR SUBSTITUTE 208

ODDS AND ENDS

ALMOND CREAM CHEESE 311
BREADING 116
BREAD-SAUSAGE STUFFING 86
DARK CHOCOLATE CHIPS 260
GINNY'S TACO SEASONING 206
LEMON GLAZE 97
SAUSAGE-APPLE STUFFING 86
SPICE RUB 74
SWEETENED COND MILK SUBST 206

SAUCES (SAVORY)

BARBECUE SAUCE 301
BEEF GRAVY 127
CAROLINA-STYLE BBQ SAUCE 81
CHAR'S MUSHROOM GRAVY 66
CHARDONNAY SAUCE 64
CHICKEN MARINADE 299
CHILI SAUCE 207
CILANTRO DIPPING SAUCE 118
GINNY'S PIZZA SAUCE 207
HOGADO 311
HORSERADISH CREAM SAUCE 85
HOT & SWEET MUSTARD SAUCE 170
JON'S LOW-CARB KETCHUP 80
LEMON BUTTER SAUCE 70
LINDA SUE'S KETCHUP 312
MUSTARD STEAK MARINADE 69
PEANUT SATAY SAUCE 124
RASPBERRY CHIPOTLE SAUCE 261
SIMPLE HOLLANDAISE SAUCE 83
SPICY CHIMICHURRI SAUCE 81
SPICY KANSAS-STYLE BBQ SAUCE 80
SPICY SMOKED BBQ SAUCE 208
STEAK MARINADE 194
SWEET PEPPER SAUCE 63
TOMATO-CAPER RELISH 293
TOMATO-CHILI SAUCE 68

SAUCES (SWEET)

CRANBERRY SAUCE 247
FRUIT AND NUT COMPOTE 312
ORANGE SAUCE 65
DELICIOUS POURING CUSTARD 111

SPREADS

CHOCOLATE FRUIT SPREAD 100
FLAVORED SWEET BUTTERS 85

HEALTHY BUTTER 84
HOMESTYLE SUNBUTTER 264
TAHINI (SESAME BUTTER) 263

TOPPINGS

ALMOND CRUMB TOPPING 218
ALMOND PIE CRUST TOPPING 250
CHEESE POURRI 264
CHOCOLATE TOPPING 110
CINNAMON CRUMB TOPPING 214
CRÈME FRAICHE 83
DELICIOUS POURING CUSTARD 111
GANACHE TOPPING 219
STREUSEL TOPPING 163

MIXED NUTS CRUST 320
MOCK SWEET POTATO CASSEROLE 78
MOLTEN CHOCOLATE TORTES 165
MONTREAL BAKED CHICKEN 297
MOROCCAN RED PEPPER SALAD 231
MULTI GRAIN PANCAKES 242
MUSTARD STEAK MARINADE 69
MY FAVORITE CAULITATOR SALAD 284

N

NO BAKE CHERRY CHEESE PIE 319
NO BAKE CR STRAWB CHEESECAKE 103

O

OKLAHOMA BARNYARD BURGERS 252
OLD-FASHIONED BLUEBERRY MUFF 96
ON THE RUN EGG SANDWICH 188
ORANGE BUTTER ICING 84
ORANGE CAKE WITH ICING 109
ORANGE SAUCE 65
OVEN-ROASTED BEEF SHORT RIBS 300

P

PEACH BANANA CHSCK ICE CR 108
PEANUT SATAY SAUCE 124
PECAN CHICKEN KIEV 148
PECAN CRUST 271
PECAN SALMON HORSERADISH CR 73
PEGGY'S ITALIAN SAUSAGE 298
PIZZA CRUST A LA PEGGY-STYLE 92
POPPY-SEED DRESSING 285
PORK CHOPS STUFFED WITH FETA 155
POWDERED SUGAR SUBSTITUTE 208
PROSCIUTTO-WRAPPED CHICKEN 149
PROTEIN PANCAKES 137

PULLED PORK BARBECUE 301
PUMPKIN CHILI 184
PUMPKIN CHOC CHIP BARS 107
PUMPKIN CHSCK CARAMEL TOP 105

R

RASPBERRY CHIPOTLE SAUCE 261
RASPBERRY COLESLAW 176
RASPBERRY DELIGHT 220
RASPBERRY MAYO DRESSING 176
RED SNAPPER TOM-CAPER RELISH 293
ROAST CHICKEN WITH SPICE RUB 74
ROASTED LEMON BROCCOLI 309
ROASTED RED PEPPER & SAUSAGE 179
ROASTED RED PEPPER MEATBALLS 191
ROSEMARY ONION DINNER ROLLS 314
ROTEL RED 236
RYE BREAD 210

S

SALADS AND SOUPS

SALADS

BLUEBERRY CHICKEN SALAD 232
CAULIFLOWER & PEA SALAD 175
CHICKEN & BLUE CHEESE SALAD 131
EGG SALAD SALMON WRAPS 130
EVERYTHING GARDEN GINGER 50
GREEK LADOPSOMO SALAD 49
LAYERED TACO SALAD 177
LAZY MAN'S LADOPSOMO 52
LEMON ARUGULA SALAD 51
MOROCCAN RED PEPPER SALAD 231
MY FAVE CAULITATOR SALAD 284
RASPBERRY COLESLAW 176
SAUERKRAUT SALAD 53
SESAME CUCUMBER SALAD 233
SPINACH TOMATO SALAD 48
STRAWB Romaine OR SPINACH 285

SOUPS

BACON CHEESEBURGER SOUP 182
BRAZILLIAN SOUP 132
CHICKEN & DUMPLING SOUP 133
CHICKEN BROTH 133
CHICKEN NOODLE SOUP 135
CHICKEN STOCK 56
CHILI-CON-CORNY 180
COCONUT SOUP 136
CREAM OF ASPARAGUS SOUP 233
CREAM OF CHAYOTE SOUP 286

Low-Carbing Among Friends (Vol-2)

CREAMED CAULI & HAM SOUP 178
CURRIED RUTABAGA & CHORIZO 234
HOT PASTRAMI ON RYE SOUP 279
INCREDIBLE CHICKEN SOUP 54
INDIAN BUTTERNUT SQUASH 287
ITALIAN SAUSAGE SOUP 288
ITALIAN TURKEY MEATBALL SOUP 183
MEXICANO CHICKEN SOUP 53
PUMPKIN CHILI 184
ROASTED RED PEPPER & SAUSAGE 179
ROTEL RED 236
SECRET MEXICAN CHICKEN SOUP 235
SHRIMP BISQUE 134
SINUS-CLEARING CHICKEN SOUP 181
SPINACH & ARTICHOKE DIP SOUP 285
THAI INSPIRATIONS CHICK SOUP 237
TROPICAL SHRIMP SCALLOP SOUP 55

SALSA BEEF CASSEROLE 253
SALSA SAUSAGE QUICHE 290
SAUERKRAUT SALAD 53
SAUSAGE BREAKFAST MUFFINS 239
SAUSAGE-APPLE STUFFING 86
SAVORY CRACKERS 98
SEA BASS IN LEMON BUTTER SAUCE 70
SECRET MEXICAN CHICKEN SOUP 235
SESAME CHICKEN 254
SESAME CUCUMBER SALAD 233
SHRIMP BISQUE 134
SHRIMP WITH PESTO SAUCE 123
SIMPLE BALSAMIC VINAIGRETTE 82
SIMPLE HOLLANDAISE SAUCE 83
SINUS-CLEARING CHICKEN SOUP 181
SKILLET MEXICAN CHICK & CAULI 200
SLOPPY JOE PEPPERS 158
SM PAPRIKA CHICKEN PATTIES 255
SMOKED CHEESE SPREAD 225
SMOKEY HAM & SWISS BITES 171
SNOW-CAPPED CHOC MUFFINS 270
SOLO FIESTA SALADS 288
SOUTHWEST CHICK BRUNCH BAKE 243
SPARKLING LEMONDADE 230
SPICE RUB 74
SPICED CHICKEN SPIN & MUSHR 303
SPICED CHOCOLATE VELVET TEA 173
SPICED PECAN CLUSTERS 43
SPICY CHIMICHURRI SAUCE 81
SPICY KANSAS-STYLE BBQ SAUCE 80
SPICY RASPB ROOIBOS SODA 173
SPICY SMOKED BBQ SAUCE 208
SPINACH & ARTICHOKE DIP SOUP 285

Index

SPINACH CREPES 240
SPINACH LASAGNA 296
SPINACH TOMATO SALAD 48
SPLENDID GLUTEN-FREE BAKE MIX 88
STEAK MARINADE 194
STICKY CHICKEN 299
STRAWB CHOC CHIP MUFFINS 269
STRAWB ROMAINE OR SPIN SALAD 285
STRAWBERRY COCONUT MOUSSE 277
STREUSEL TOPPING 163
STROGANOFF MEATBALLS 66
STUF CHICK ASPARAGUS & MOZZ 156
SUNNY SESAME CRACKERS 268
SURPRISE BURGERS 305

SWEET ENDINGS

CAKES

ALMOND FLOUR FUDGE CAKE 324
BLACK FOREST CAKE 106
BLUEBERRY UPSIDE DOWN CHOC CK 273
BUTTERY APPLE TORTE 113
CARROT CAKE 326
CHOCOLATE ZUCCHINI CAKE 100
MOLTEN CHOCOLATE TORTES 165
ORANGE CAKE WITH ICING 109

CHEESECAKES

CHEESECAKE FACTORY CHEESECAKE 319
CROCK-POT CHEESECAKE 271
NO BAKE CR STRAWB CHEESECAKE 103
PUMPKIN CHSCK CARAMEL TOP 105
STRAWBERRY SWIRL CHEESECAKE 322

COOKIES AND SQUARES

ALMOND JOY BARS 223
BANANA BARS WITH CR CHS FROS 104
BROWNIE DE FRANCE 166
CHOC CHEESECAKE BROWNIES 318
CHOC MINT RIBBON COOKIES 278
CHOC PEANUT BUTTER BROWNIES 221
CHUNKY CHOC CHIP COOKIES 99
COOKIE SANDWICHES 167
FROST PUMPKIN SPICE COOKIES 102
FUDGY BROWNIES 168
MAGIC BARS 216
MINT CHOC CHIP DROP COOKIES 217
PUMPKIN CHOC CHIP BARS 107
VANILLA CR SANDWICH COOKIES 222

FROZEN DESSERTS

CREAM CHEESE MINTS 276
PEACH BANANA CHSCK ICE CR 108

MISCELLANEOUS

CHEESECAKE-STUFFED STRAWB 274

RASPBERRY DELIGHT 220

PIES

ALMOND JOY COCONT CREAM PIE 224
BAVARIAN APPLE TORTE 218
CHOCOLATE PEANUT BUTTER PIE 110
CRÈME DE MENTHE PIE 219
FRUIT PIZZA 112
NO BAKE CHERRY CHEESE PIE 319

PUDDINGS

ALMOST RICE PUDDING 272
BAKED CUSTARD 111
BANANAS FOSTER CRÈME BRULEE 325
CHOCOLATE MINT MOUSSE 275
CHOCOLATE PUDDING 169
CINN RAISIN BREAD PUDDING 317
STRAWBERRY COCONUT MOUSSE 277

SWEET ITALIAN MEATBALLS 170
SWEET PEPPER PORK 63
SWEET PEPPER SAUCE 63
SWEETENED COND MILK SUBST 206

T

TAHINI (SESAME BUTTER) 263
TAHINI DRESSING 263
TANGY TROPICAL CHICKEN 65
THAI INSPIRATIONS CHICK SOUP 237
THIN CRUST PIZZA 157
THREE PEPPER JELLY 228
THREE-CHEESE APPETIZER BITES 280
TOM-BASIL GRIL CHS SANDWICH 159
TOMATO-CAPER RELISH 293
TOMATO-CHILI SAUCE 68
TROPICAL MUFFINS 162
TROPICAL SHRIMP SCALLOP SOUP 55
TURKEY-CRUSTED CROCKPT BREAKF 244
TWO-MIN MICRO COCONUT BREAD 210

U

ULTIMATE TORTILLA FILLING 72

V

VANILLA CR SANDWICH COOKIES 222
VIETNAMESE CARMELIZED PORK 256

Z

ZUCCHINI RICOTTA CHEESECAKE 141