

SOUTHERN  PLATE

2021 STAYING HEALTHY SERIES

featuring
**10 AMAZING
LOW CARB RECIPES**



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Lasagna-Stuffed Chicken

This recipe is so good you might not even have any sides with it! When you do, a nice side of fresh green beans or a salad works beautifully.

Keto-Friendly Deviled Eggs

These little treats can easily add that old fashioned flavor back into your diet, making you feel that you aren't so very different in your eating habits after all.

Quick & Easy Chocolate Mousse

This quick and easy treat takes all of one minute to make and really helps fill that need for chocolate that rises up from time to time.

Low Carb & Keto Velvet Chicken

Velvet Chicken is a wonderful low carb recipe, well suited for Low carb and Keto. The rich velvet cream sauce will have you tempted to lick your plate!

Low Carb Sausage Balls

On the search for great low carb recipes? Then Keto Sausage Balls is one that you'll surely enjoy! A tweaked version of the classic sausage ball – but more delish!

Broccoli Cauliflower Salad

This recipe is one you can eat as a quick meal, side dish, or snack. Whenever you need something convenient to nibble on, this is one of your go-to recipes.



Sheet Pan Chicken Teriyaki

Low Carb Sheet Pan Chicken Teriyaki is a flavorful meal in one that cooks up in a flash! Add in your favorite veggies, and serve this over bowls of rice for a meal that will please the whole family.

Velvet Pork Chops

Velvet Pork Chops are seared in butter, infused with rich chicken broth, and topped with a browned butter cream sauce, you'll never believe how simple this recipe actually is!

Keto Cornbread Dressing

This dressing has all the flavors and textures of the real deal but it is noticeably richer due to the low carb ingredients.

Lemon Parmesan Chicken

This low carb chicken recipe is easy as can be to pull together. A great weeknight supper, Saturday lunch, or Sunday dinner to add to your files.



LASAGNA- STUFFED CHICKEN

Ingredients

- 2 boneless skinless chicken breasts
- 1 cup shredded mozzarella cheese divided
- ¾ cup ricotta cheese
- 1 Italian seasoning
- 1/4 teaspoon salt
- 2-3 tablespoons olive oil
- 1/2 teaspoon garlic powder
- Salt and pepper to taste for seasoning chicken breasts
- ½ cup marinara sauce

In a medium bowl, place 1/2 cup of mozzarella, all of the ricotta, Italian seasoning, and salt. Stir until well blended and then set aside.

Place chicken on a cutting board and carefully slice 3/4 of the way through the side with a sharp knife. An easy way to do this is to hold the chicken breast down with the flat end of a spatula. Be careful not to cut all the way through as your goal is to create a pocket.



Heat about two tablespoons or so of olive oil in a large skillet over medium high heat.

Stuff cheese mixture into the pocket of each chicken breast. Season the chicken breasts with garlic powder, and salt and pepper.

Place chicken in heated skillet and allow to cook for about five minutes before flipping to the other side and cooking for another five minutes.

Remove from heat and spoon marinara sauce over each chicken breast. Sprinkle the remaining mozzarella cheese over the top of this.

Place in 450 oven for 10-15 minutes, or until chicken is cooked through. If your skillet isn't oven safe, just transfer them to an 8x8 baking dish and place that in the oven instead.

ENJOY!



KETO-FRIENDLY

DEVEILED EGGS

Ingredients

- 6-7 eggs
- 3-4 tablespoons
Mayonnaise
- 1 tablespoon Mustard
- 1-2 tablespoon Sweet Pickle
Relish
- Salt and Pepper to taste
- Paprika, to sprinkle on top
(optional)

Place eggs in pot and add enough water to cover by one inch. Add a pinch of salt. Place on medium to medium high heat and bring to a boil. Remove from heat and cover, let sit fifteen minutes. Alternatively: You can place eggs in egg cooker found here, add required amount of water, turn on and walk away until it chimes that the eggs are done.

Allow eggs to cool until easy to handle. Carefully peel. Slice each egg in half and spoon out yolk onto separate plate or bowl. Add all other ingredients and mash with fork until creamy and well blended. Spoon contents into plastic bag and seal. Cut off corner and squeeze back into egg halves. Sprinkle with paprika, if desired.





QUICK AND EASY CHOCOLATE MOUSSE



Ingredients

- 1 cup heavy cream
- 3 tablespoons cocoa powder
- 3 packets splenda or 2
Tablespoons sugar*
- 1/2 tsp vanilla

Place all ingredients in a large mixing bowl.

Beat with electric mixer until stiff peaks form, scraping down sides as needed to make sure all ingredients are fully incorporated.

Serve immediately or cover and refrigerate. Best if consumed the same day it is made. Top with whipped cream, if desired.





VELVET CHICKEN

Ingredients

- 4 boneless chicken breast halves
- Salt & Pepper to taste
- 3 tablespoons butter
- 1 cup chicken broth
- ½ cup cream
- To garnish: fresh basil and grape or cherry tomatoes

Melt butter in large skillet over medium high heat. Add chicken and salt and pepper tops of them. Cook until browned, then flip and salt and pepper again. Continue cooking until opposite side is brown.

Pour in chicken broth, reduce heat to medium, and cook until broth is mostly evaporated, about ten minutes.

Once broth has cooked down, remove chicken from pan and turn off heat but leave pan on the stove eye. Have a wooden spoon handy and pour the cream into pan. Immediately start stirring and continue until the pan remnants are fully blended in with the cream and cream is warm and thick, just a few minutes.



Serve chicken with delicious cream sauce spooned over them. Garnish with sliced grape tomatoes and fresh basil.



LOW CARB SAUSAGE BALLS

Ingredients

- 1 pound breakfast sausage (We use Jenn-O1 egg)
- 1 cup almond meal
- 1 cup sharp cheddar cheese
- 2 teaspoons baking powder
- 1/2 teaspoon salt

In a large mixing bowl, place all ingredients. Mix with electric mixer until well combined.

Use a cookie dough scoop or two spoons and spoon out onto lightly greased baking sheet.

Bake at 350 for about 20 minutes or until lightly browned.

Makes about 30. Refrigerate leftovers. Reheat very well in microwave or oven. Approximately 1 carb each

Notes:

*These freeze really well. These have about one carb each. Please calculate nutritional information on your own for accuracy.





BROCCOLI CAULIFLOWER

SALAD

Ingredients

- 3 cups broccoli
- 2 cups cauliflower
- 8 slices cooked and crumbled turkey bacon
- 1/2 cup shredded cheddar cheese (mild or sharp, your choice)
- 1/2 cup yellow or vidalia onion (chopped)
- 1/2 cup walnuts
- 1 cup mayo
- 2 tablespoons apple cider vinegar
- salt and pepper to taste



Place broccoli, cauliflower, bacon, onion, cheese, and walnuts in a large mixing bowl.

In medium bowl, whisk together mayo, apple cider vinegar, and salt and pepper to taste. (I do about 1/2 teaspoon salt and 1/4 pepper to start but go with what you think).

Pour dressing over salad ingredients and toss to coat well. Cover and refrigerate until ready to serve. will keep for up to a week in the fridge.



SHEET PAN CHICKEN TERIYAKI

Ingredients

- 2 pounds boneless skinless chicken breasts
- 2-3 cups broccoli florets 2-3 cups cauliflower florets
- 2 green onions, sliced

Sauce

- 1/2 cup teriyaki sauce
- 2 tablespoons honey
- 1 teaspoon siracha

Spray large rimmed baking sheet with cooking spray. Cut chicken into bite size pieces. Cut broccoli and cauliflower into florets and dice green onions.

In a small bowl, stir together sauce ingredients. Place chicken and veggies on baking sheet. Drizzle with all of sauce. Toss to coat. Bake at 375 for about 30 (stirring halfway through) minutes or until chicken is no longer pink in the center and veggies to your desired doneness.

Notes:

Due to variance of serving sizes and ingredient substitutions, we don't offer carb counts on our recipes. We encourage you to use an online carb counter, such as fitness pal, or your favorite app to calculate the count for yourself.





VELVET PORK CHOPS

Ingredients

- 4 boneless pork chops
- Salt & Pepper to taste
- 3 tablespoons butter
- 1 cup chicken broth
- 1/2 cup cream

Melt butter in large skillet over medium high heat. Add pork chops and salt and pepper tops of them. Cook until browned, then flip and salt and pepper again. Continue cooking until opposite side is brown.

Pour in chicken broth, reduce heat to medium, and cook until broth is mostly evaporated, about ten minutes.

Once broth has cooked down, remove chops from pan and turn off heat but leave pan on the stove eye. Have a wooden spoon handy and pour the cream into pan.

Immediately start stirring and continue until the pan remnants are fully blended in with the cream and cream is warm and thick, just a few minutes.

Serve chops with delicious cream sauce spooned over them.





KETO CORNBREAD DRESSING

Ingredients

- 1 pan Keto Cornbread
- 1/2 cup chopped onions
- 2 stalks celery, chopped
- 1 tablespoon oil
- 1/2 cup turkey or chicken broth
- 1 10 oz can cream of chicken soup
- 1 tablespoon ground sage
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 eggs, hard-boiled and chopped
- 1 cup chopped or shredded chicken or turkey (optional)

Break cooled cornbread up into bite-sized pieces on a baking sheet and bake at 300°F for 20-30 minutes or until toasted, gently stirring at least once. Remove from oven and allow to cool completely.

While cornbread is toasting, place oil in a small saucepan over medium-high heat. Add onions and celery and cook over medium-high heat, stirring constantly, until tender. Stir in broth, cream soup, and seasonings. Reduce heat to medium and stir until well blended and bubbly. Remove from heat and stir in chopped eggs and chicken or turkey.

In a large bowl, place toasted Keto cornbread. Pour sauce over and gently stir to coat. Pour this into an 8x8 or similar size baking dish. Bake at 350°F for 30-35 minutes, or until lightly browned.





LEMON PARMESAN CHICKEN

Ingredients

- 3-4 boneless skinless chicken breasts
- 1 lemon plus one for garnishing if you like*
- 1/2 cup butter at room temp (salted or unsalted)
- 1/2 cup grated parmesan cheese
3 tablespoons mayo
- 1/2 teaspoon salt
- 1/4 teaspoon dried basil

Place chicken breasts in gallon zipper seal bag. Juice lemon and pour juice in bag. Seal and place in the refrigerator for about an hour, turning every now and then.

Place 1/4 cup of butter in a large skillet over medium high heat until melted. Add chicken breasts (and juice in bag) and cook, flipping as needed, until browned and no longer pink in the center, about 20 minutes.



In a small bowl, stir together remaining butter (1/4 cup), mayo, parmesan cheese, salt, and basil until fully blended.

Remove cooked chicken from skillet and place on baking sheet. Spread cheese mixture evenly over tops of chicken. Place in 350 oven for about ten minutes, or until cheese is melted.

Serve with slices of fresh lemon, if desired.

Notes:

*If you'd rather use bottled juice just add about 3 tablespoons to the chicken in place of fresh. Please see post for more hints and tips.

**We hope you enjoyed these
tasty pie recipes!**

You may also be interested in:

[Low Carb Meatloaf](#)

[How to Cook with Shirataki Noodles](#)

[Low Carb Creamy Vegetable Soup](#)

[Low Carb Berry Crisp Recipe](#)

[Chocolate No Bake Cookies](#)

[Low Carb Zucchini Fries](#)

[Keto Cornbread Recipe](#)

[Chicken Teriyaki with Brown Rice](#)

[Fresh Green Beans](#)

[Chicken Lettuce Wraps](#)

