



42

DELICIOUS FAT BURNING
THANKS GIVING
RECIPES

VEGETABLES





VEGETABLES

BROCCOLI GRATIN WITH SWISS AND PARMESAN



INGREDIENTS:

- 5-6 cups bite-size broccoli flowerets (about 1 lb.)
- 1 cup finely grated swiss cheese (about 2 oz.)
- 6 T mayo (I used 4 T light mayo and 2 T full-fat mayo)
- 1 T fresh squeezed lemon juice
- 1/2 tsp. Dijon mustard
- fresh ground black pepper to taste
- 2 T finely chopped green onions
- 3 T finely grated Parmesan cheese



INSTRUCTIONS:

Start with 5-6 cups of fresh broccoli, cut into bite-sized flowerets, then blanched for just a couple of minutes in boiling water. Drain the broccoli well. Mix together grated Swiss cheese, mayo, lemon juice, Dijon, and finely chopped green onion to make the cheese topping.

Put drained broccoli in a low-sided glass or crockery casserole dish, then spread the cheese topping over the top. (I used a rubber scraper to spread the topping.) Then sprinkle the finely grated parmesan over the top and bake about 20 minutes in a 375F oven.

(Makes 4-6 servings, recipe adapted slightly from A Pinch of Salt Lake.)

Preheat oven to 375F. Bring large pot of water to a boil while you trim broccoli and cut into small flowerets. Leave on a fair amount of the stem, but if stems are thick I recommend peeling some of the stem with a vegetable peeler.) When water starts to boil, put broccoli in and cook not more than 1-2 minutes (just until the broccoli turns bright green.) Immediately dump broccoli into a colander placed in the sink and let drain well.

Spray a low-sided glass or crockery casserole dish with non-stick spray or olive oil. (I used a pan that was 9" X13", but next time I might use one slightly bigger.) Put broccoli in casserole dish, spreading out into close to a single layer.

Stir together mayo, lemon juice, Dijon mustard and black pepper, then mix in finely chopped green onion and finely grated swiss cheese. Spread mayo-cheese mixture over the top of broccoli (I used a rubber scraper to do this. This is not a sauce that will completely cover the broccoli, but a thin layer of cheese sauce on the top.) Sprinkle parmesan cheese over mayo-cheese mixture. (On Thanksgiving Day, this could be made ahead up to this point and kept in the refrigerator. Let come to room temperature before baking.) Bake uncovered for 20-25 minutes, until cheese is melted and slightly browned on top. (I baked mine for 22 minutes and it was nicely browned.) Serve hot.



VEGETABLES

BROWNED BUTTER SQUASH



INGREDIENTS:

- 1/4 cup butter
- 3 1/2 cups butternut squash -- diced
- 1 1/2 cups zucchini squash -- diced
- 1/4 large onion -- sliced thin
- 1 tablespoon Brown Sugar Twin
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary
- 1/2 teaspoon salt
- 1/8 teaspoon pepper



INSTRUCTIONS:

Have all of your ingredients nearby and ready to place in the pan. Place butter in large non-stick saute pan. Melt butter and continue to heat while swirling until butter just begins to turn brown. It can burn very quickly so you need to watch it closely.

As soon as the butter is browned, dump in butternut squash, zucchini squash, and onion slices. Stir together. Sprinkle over all, Brown Sugar Twin, sage, thyme, rosemary, salt and pepper. Stir all together well, coating all with the butter in the pan.

Cover, reduce heat to medium low, and cook for 8 to 10 minutes. Uncover and stir. Cover and let cook about 5 minutes longer. Check for tenderness, cover and cook a couple minutes longer. About every 2 minutes or so stir, until vegetables are the tenderness you prefer.

The time it takes will depend on how tender you like them. It took me around 15 min. altogether. When they are about done, uncover and let cook about 3 minutes on medium heat, to let them brown on the bottom.

Check bottom to see if they are nicely browned and pour out into a serving bowl.

5 Servings/Per Serving: 134 Calories; 9g Fat (58.7% calories from fat); 2g Protein; 13g Carbohydrate; 2g Dietary Fiber



VEGETABLES

BUTTERNUT SQUASH

CAULIFLOWER CASSEROLE



INGREDIENTS:

- 4 cups cubed butternut squash
- 1 large head cauliflower, cut into florets
- 4 cloves garlic
- 1 1/2 cups Parmesan cheese, divided
- 1/4 cup cream
- 3/4 tsp salt
- 1/2 tsp pepper
- 1/2 tsp dried thyme



INSTRUCTIONS:

In a large pot or vegetable steamer, steam squash, cauliflower and garlic cloves until tender, 5 to 7 minutes. You may need to do this in batches, depending on the size of your pot.

Drain vegetables very well in a colander, shaking to remove any excess water, and then transfer half to a food processor. Puree until smooth and transfer to a large bowl, then repeat with remaining vegetables.

Stir half of the Parmesan, the cream salt, pepper and dried thyme. Preheat oven to 350F. Transfer pureed vegetables to a 3 to 4 quart glass or ceramic baking dish and spread out smoothly. Top with remaining Parmesan and bake for 30 minutes.

Turn broiler on high and broil 5 minutes to brown topping. Serve hot.

12 Servings/Per Serving: Each serving has 7 g of carbs and 1 g of fiber. Total NET CARBS = 6 g.

81 Calories; 4g Fat (45.9% calories from fat); 5g Protein; 7g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 326mg Sodium.



VEGETABLES

CHIVE- HORSERADISH CAULIFLOWER MASH



INGREDIENTS:

- 1 Medium Head of Cauliflower
- 3 Green Onions
- 1/2 Cup of Parmesan – Grated
- 2 Tbs. Butter
- 2 Tbs. Horseradish
- 1/3 Cup Sour Cream
- 2 Tbs. Minced Garlic
- Kosher Salt and Pepper
(2 Tbs. Peace and Love)

Drain the water and leave the cauliflower in the hot pot. This will help pull some of the excess moisture from the cauliflower.

Fork mash the cauliflower, add the rest of the ingredients, and mash until they are the consistency of mashed potatoes. Serve and Enjoy!

6 Servings/Per Serving: Each serving has 4 Grams of Net Carbs.

8 Servings/Per Serving: Each serving has 3 Grams of Net Carbs.



INSTRUCTIONS:

Steam cauliflower in a covered pot in 1-2 inches of water – Steam until fork tender – About 15 minutes



VEGETABLES

FRESH GREEN BEANS WITH BACON, MUSHROOM & HERBS



INGREDIENTS:

- 1 lb. thin green beans, trimmed
- 3 strips bacon
- 1 large shallot, minced
- 12 oz. mushrooms, thinly sliced
- 1 tsp olive oil
- 3 tbsp parsley, minced
- 1 tbsp minced fresh thyme leaves
- 1 tbsp minced fresh sage
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Yield: Serves 6



INSTRUCTIONS:

Set a large saucepan of salted water over high heat, and bring the water to a boil.

Add the beans and cook until tender-crisp, about 2 minutes. Drain and immediately transfer the beans to a bowl of ice water to stop the cooking. Drain the beans again and set aside.

Place the strips of bacon in a large skillet set over medium heat. Cook until the bacon is crisp. Transfer to a paper towel, then crumble the bacon and set aside.

Discard all but 1 teaspoon of the bacon fat. Add the olive oil to the bacon fat in the skillet, and turn to medium-high heat. Add the shallots and mushrooms, and cook until tender, 2 to 3 minutes.

Add the green beans and cook for 1 to 2 minutes, stirring frequently. Add the parsley, thyme, sage, salt and pepper, and stir to combine. Cook for an additional minute, then add the crumbled bacon.

Serve hot or at room temperature.



VEGETABLES

GREEN BEANS WITH CREAMY MUSHROOM SAUCE



INGREDIENTS:

- 1 lb fresh green beans, washed and trimmed
- 2 tbsp butter
- 1 shallot, minced
- 8 oz cremini mushrooms, sliced
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 tbsp dry sherry
- 1/2 cup heavy cream
- 1 tsp arrowroot starch
- 1 tbsp water
- Additional salt and pepper to taste



INSTRUCTIONS:

Place green beans in a large pot with a steam basket and fill the bottom with water. Heat over medium-high heat and steam until tender-crisp. Drain.

Meanwhile, melt butter over medium heat in a large saucepan. Add shallot and cook until just translucent, about 2 minutes.

Add mushrooms, salt and pepper and saute until golden and fragrant. Add sherry and let simmer until liquid is reduced by half. Add cream and reduce heat to medium-low.

Let gently simmer 5 minutes. Combine water and arrowroot starch in a small bowl. Add to pan and stir until thickened, about 30 seconds.

Arrange green beans on a serving platter and season with additional salt and pepper to taste. Top with mushroom sauce.

Serve hot.



VEGETABLES

LOW CARB GARLIC GREEN BEANS



INGREDIENTS:

- 1 1/2 lbs fresh green beans, trimmed
- 2 Tbsp ghee, butter, or bacon drippings
- 1 Tbsp olive oil
- 4 cloves garlic, thinly sliced



INSTRUCTIONS:

Bring a large pot of water to a boil. Season with salt and add the green beans to the water. Cook for 5-7 minutes. Drain the water and place the green beans in a bowl of ice water to stop the cooking.

Heat the ghee/butter/bacon drippings and olive oil in a large skillet over medium heat.

Add the garlic and cook for 3-4 minutes or until lightly browned (be sure to stir frequently to keep the garlic from burning).

Drain the green beans from the ice water and add the green beans to the skillet. Toss to combine and season with salt and pepper to taste. Cook until the green beans are heated through.

6 Servings : Entire recipe has Low Carb Garlic Green Beans of 29net carb.



VEGETABLES

PUMPKIN CHIPOTLE SOUP



INGREDIENTS:

2 Tbl olive oil
1/2 cup chopped onions
1 clove garlic, chopped
1 Tbl chipotles in adobo sauce
1 tsp ground coriander
1 tsp ground cumin
1/8 tsp ground allspice
2 tsp granulated sugar substitute
2 cups pumpkin puree
32 oz chicken broth
1/2 cup heavy cream
2 tsp red wine vinegar
salt and pepper to taste



INSTRUCTIONS:

Heat olive oil in a medium saucepan. Saute onions and garlic for 3-4 minutes until translucent.

Add chipotles, coriander, cumin, allspice, and sugar substitute to the pan and cook for another 2 minutes.

Add the pumpkin puree and chicken broth to the pot and simmer for about 5 minutes. Using an immersion blender, blend the soup in the pot until smooth (if you don't have one, add the soup to a traditional blender, blend and return to the pot when smooth).

Add the heavy cream and red wine vinegar and simmer for another five minutes or so. Taste, then season with salt and pepper as desired. Serve hot, garnished with sour cream (other optional garnishes shown: pepitas and cilantro).

6 Servings/ Per Serving : 38 calories, 12g fat, 6g net carbs, 2g protein



VEGETABLES

SHREDDED & ROASTED

BRUSSELS SPROUTS WITH ALMONDS AND PARMESAN



INGREDIENTS:

- 1 lb. brussels sprouts
- 1 1/2 T olive oil plus about 1 tsp. for brushing roasting pan
- 1 tsp. balsamic vinegar
- salt and fresh ground black pepper to taste
- 1-2 T coarsely grated Parmesan cheese
- 1-2 T toasted slivered almonds (could use other types of nuts as well)



INSTRUCTIONS:

Preheat oven to 400F/205C. Trim the stem end from brussels sprouts, then cut them crosswise into thin strips about 3/8 inch wide. (I used the food processor with a 6mm slicing blade, but some sprouts got sliced the wrong way and didn't separate, and next time I'd slice them crosswise with a knife.)

Put shredded sprouts into a bowl.

Whisk together the olive oil and balsamic vinegar, then toss the brussels sprouts with the oil-vinegar mixture and season with a generous amount of fresh ground black pepper and some salt.

Brush a roasting pan with 1 tsp. of olive oil and arrange the brussels sprouts on the pan in a single layer. Roast until the brussels sprouts are nicely browned on the edges and tender, about 25 minutes. I turned them about every 10 minutes.

During the last few minutes of roasting time, put almonds in a dry pan and toast 1-2 minutes, shaking the pan so they don't burn. Don't walk away because they go from nicely browned to burned in a few seconds.

Wipe out the bowl you used to toss the raw brussels sprouts in, and when they are cooked through and browned as much as you'd like, toss the hot sprouts with the coarsely grated Parmesan. Arrange on serving dish, sprinkle almonds over and serve.



VEGETABLES

SOUR CREAM & CHEDDAR MASHED CAULIFLOWER



INGREDIENTS:

- 1 large head cauliflower
- 3 cloves garlic
- 1/3 cup full fat sour cream
- 4 oz sharp aged Cheddar cheese, grated, plus a few tablespoons for garnish
- Salt and pepper to taste

INSTRUCTIONS:

Place a steam basket into a large saucepan and fill with a few inches of water.

Cut cauliflower into florets and rinse with water. Place in pot along with garlic cloves and steam until tender, about 7 to 10 minutes.

Drain and transfer to the bowl of a food processor, including garlic cloves. Puree until smooth.

Return to empty pot and stir in sour cream and grated cheese until creamy and smooth. Season with salt and pepper and sprinkle with cheese for garnish

6 Servings/Per Serving: Each serving has 9 g of carbs and 3.5 g of fiber. Total NET CARBS = 5.5 g