

CULINARY READS

Keto-friendly Recipes

Serve up taste and variety

Three must-have books that will help make your Keto journey deliciously rewarding.

BY LAURIE WALLACE-LYNCH

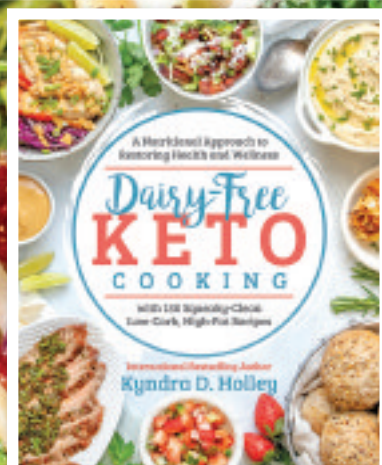
What you can eat: seafood, fish, meat (including bacon), cheese, avocados, eggs ... what you can't eat: carbohydrates like bread and cinnamon rolls (good news—we found some Keto-friendly bread recipes). This is the new Keto diet that is taking the diet industry by storm, as evident by the plethora of Keto cookbooks on the shelves.

What is Keto? Kyndra D. Holley, internationally bestselling author of the new cookbook *Dairy-Free Keto Cooking*, explains: “Keto – short for Ketosis – is a metabolic state. Keto is a framework that can help you cater your own low-carb nutritional approach. Keto is low-carb and high-fat. Keto is a lifestyle.”

Harvard Health Publishing at Harvard Medical School describes the diet this way: “The Keto diet aims to force your body into using a different type of fuel. Instead of relying on sugar (glucose) that comes from carbohydrates (such as grains, legumes, vegetables and fruit), the Keto diet relies on Ketone bodies, a type of fuel that the liver produces from stored fat.”

We’ve found three must-have books that will help make your Keto journey deliciously rewarding. These books prove that you can have your cake (bread, buns, etc.) and eat it too; the Keto way.

(Note: The Keto diet may not be right for everyone. Before starting the Keto diet/lifestyle or any other diet or lifestyle/fitness plan, be sure to check with your family physician.)



DAIRY-FREE KETO COOKING WITH 160 SQUEAKY-CLEAN LOW-CARB, HIGH-FAT RECIPES

By Kyndra D. Holley

Excerpted from *Dairy-Free Keto Cooking* © 2019 Kyndra D. Holley, author of *Craveable*, *Keto Happy Hour* and *30 Minute Ketogenic Cooking*. Published in 2019 by Victory Belt Publishing Inc. Cover photo by Haley Mason and Bill Staley.

Written by international best-selling author Kyndra D. Holley, *Dairy-Free Keto Cooking* offers a nutritional approach to restoring health and wellness the Keto way. The recipes call for simple, nutrition-dense ingredients which can be found at your local grocery or health food store. Kyndra has packed this book full of delicious and hearty recipes for things like Supreme Pizza Soup, Blueberry Maple Breakfast Sausage, Flourless Chocolate Lava Cakes and Salted Caramel Chocolate Cookies.

Kyndra's own weight-loss journey is an inspiring read found in the first chapter. Her chapter called Keto 101 is a must-read for anyone wanting to learn about Keto diets. A highlight of the book are the photo pages of small snap-shot ideas for things like Snack Options, Egg-Free Meals, Nightshade-Free Meals, 30-Minute Meal Plans and more.

A few of the stand out recipes include Taco Scotch Eggs, Sausage and Kale Egg Muffins, Caramelized Onion and Pancetta Frittata, Bacon-Wrapped Avocado Fries (dare you to eat just one of these), Clam Chowder with Bacon, Caesar Salad with Cumin-Spiced Pecans, Blackened Shrimp Fettuccine Alfredo and Chewy Double Chocolate Chip Cookies. Does this sound like diet food? My point exactly. You'll find these delicious and many more in *Dairy-Free Keto*.

CRANBERRY ALMOND BROCCOLI SALAD

Makes 10 servings
Prep time: 15 minutes
Calories: 148
Fat: 12.8 g
Protein: 4.9 g
Total carbs: 4.5 g
Fibre: 1.9 g
Net carbs: 2.6 g

INGREDIENTS

1 lb broccoli florets, roughly chopped
6 slices bacon, cooked crisp and chopped
½ cup slivered almonds
¼ cup chopped red onions
¼ cup sugar-free dried cranberries
⅓ cup mayonnaise, or more if desired
2 tbsp apple cider vinegar
1 tbsp powdered erythritol (optional)
½ tsp sea salt
¼ tsp ground black pepper

METHOD

Put the broccoli, bacon, almonds, red onions, and dried cranberries in a large mixing bowl and toss to combine. Put the mayonnaise, vinegar, erythritol (if using), salt, and pepper in a separate small bowl and mix until well incorporated. Add the mayonnaise mixture to the bowl with the broccoli mixture and toss until all the pieces of broccoli are well dressed. Store leftovers in the refrigerator for up to a week.



RESTAURANT-STYLE SALSA

Makes 3 cups (¼ cup per serving) | Prep time: 10 minutes | Cook time: 15 minutes
Calories: 42 | Fat: 3.6 g | Protein: 0.5 g | Total carbs: 2.6 g | Fibre: 0.7 g | Net carbs: 1.9 g

INGREDIENTS

4 vine-ripened tomatoes, quartered
2 cloves garlic, halved
2 small serrano peppers, stemmed and halved lengthwise
1 small onion, cut into large chunks
3 tbsp avocado oil or olive oil
2 tsp sea salt, divided
¼ cup loosely packed fresh cilantro leaves
Juice of ½ lime, or more to taste
½ tsp ground cumin
For serving (optional): Sliced bell peppers, sliced cucumbers, pork rinds, low-carb crackers.
Special equipment: Food processor or high-powered blender

METHOD

Put an oven rack in the top position. Pre-heat the oven to broil-high. Arrange the tomatoes, garlic, peppers, and onion across a rimmed baking sheet. Drizzle the oil over the top and sprinkle with 1 tsp of the salt. Toss to evenly coat and spread out in a single layer. Broil on the top rack until the tomatoes and onion are soft and charred, about 10 minutes. Transfer everything from the baking sheet, juices included, to a food processor or high-powered blender. Add the cilantro, lime juice, cumin, and remaining tsp of salt. Pulse until mostly smooth but still slightly chunky. Taste and add more lime juice, if desired. Store leftovers in the refrigerator for up to a week.

FLOURLESS CHOCOLATE LAVA CAKES

Makes: 2 cakes (1 per serving) | Prep time: 5 minutes | Cook time: 15 minutes |
Calories: 131 | Fat: 9.4 g | Protein: 8.7 g | Total carbs: 7.1 g | Fibre: 4 g | Net carbs: 3.1 g | Erythritol: 24 g

INGREDIENTS

¼ cup unsweetened cocoa powder
¼ cup granular erythritol
2 large eggs
2 tbsp unsweetened coconut milk
1 tsp pure vanilla extract
½ tsp baking powder
2 tbsp reduced-sugar creamy peanut butter, warmed, for drizzling (optional)

METHOD

Preheat the oven to 350 F. Lightly grease two, 6 oz ramekins. Put the ramekins on a rimmed baking sheet. Put all the ingredients, except the peanut butter, in a mixing bowl and whisk until smooth. Divide the mixture evenly between the ramekins. Bake for 15 minutes, or until the edges are set and the centers are still jiggly, but not raw. Remove from the oven and drizzle with the warmed peanut butter before serving, if desired.





KETO BREAD: FROM BAGELS AND BUNS TO CRUSTS AND MUFFINS, 100 LOW-CARB, KETO-FRIENDLY BREADS FOR EVERY MEAL

By Faith Gorsky and Lara Clevenger
MSH, RDN,

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“Whatever you are craving, *Keto Bread* will make it accessible to you in a way that ensures you remain in ketosis – so every day will taste like a cheat day!” state authors Faith Gorsky and Lara Clevenger in *Keto Bread*.

This alone is enough to add this book to your collection, but add to that the delicious recipes for things like Chicken Pot Pie, Banana Nut Bread, Oven-Fried Chicken and Waffles and Blueberry Breakfast Pastries and – yes – even bagels! The chapter called Bread Basics teaches readers how to make guilt-free baked goods by making a few ingredient swaps. For instance, Keto Sandwich Bread calls for a mixture of almond and coconut flower with psyllium husk powder and a few other ingredients.

Celebrate pizza night with Na’an BBQ Chicken Pizza. Enjoy comfort foods like Chicken Pot Pie and Epic Grilled Cheese Sandwiches. Impress company with Butter Chicken with Na’an Bread, followed by Classic Cheesecake. In *Keto Bread* you will find must-have recipes you can now enjoy, Keto style.

BAGELS

The distinguishing feature of a great bagel is a chewy interior lying inside a crusty exterior. It’s much easier to achieve this texture with regular bagels that contain gluten, but keto bagels are a whole different story! This recipe uses beef gelatin to get a chewy texture, psyllium husk powder for a breadly crumb, and yeast for aroma.

Yields 6 bagels | Calories: 244 | Fat: 18 g | Protein: 14 g | Sodium: 550 mg | Fibre: 3 g
Carbohydrates: 8 g | Net carbohydrates: 5 g | Sugar: 2 g (Per serving)

INGREDIENTS

1 tsp coconut sugar
2 tbsp warm water
½ tsp beef gelatin
2 tbsp boiling water
1 cup almond flour
1½ tsp psyllium husk powder
2 tsp baking powder
1½ cups shredded low-moisture part-skim mozzarella cheese
1 ounce cream cheese
1 large egg, lightly beaten
1 large egg, lightly beaten with 1 tbsp water, for egg wash
1 tbsp ‘everything bagel’ seasoning
Avocado oil, olive oil, or ghee (for your hands)

METHOD

Preheat the oven to 400 F. Line a large baking tray with a Silpat liner or parchment paper.
In a small bowl, add the yeast, coconut sugar, and warm water and stir. Set aside until foamy, about 5 - 10 minutes.
In a separate small bowl, mix together the beef gelatin and boiling water.
In a medium bowl, whisk together the almond flour, psyllium husk powder, and baking powder and set aside.
In a large microwave-safe bowl, add the mozzarella

and cream cheese. Microwave for 60 seconds and then give it a stir, and continue microwaving in 20-second increments until the cheese is fully melted and combined when stirred.

Stir the yeast mixture and dissolved gelatin into the melted cheese until combined, then stir in the beaten egg. Stir in the almond flour mixture until it forms a dough.

Oil your hands and knead the dough a couple times until it comes together as a ball.

Divide the dough into six equal pieces. Roll each piece into a rope and attach the ends to make a bagel shape. The opening in the center should be about 1½” in diameter.

Arrange the bagels on the prepared baking tray. Lightly brush the tops with egg wash (discarding the extra), and sprinkle on the everything bagel seasoning.

Bake until golden on the bottom, about 12 - 14 minutes.





Banana Nut Quick Bread

We grew up eating homemade banana bread on the weekends, but regular banana bread uses high-carb bananas, not to mention a lot of flour and sugar. We came up with a keto version that has perfect bread texture and the heady aromas of banana, vanilla, and cinnamon. It will make even non-keto eaters think they're eating regular bread. This bread also makes a luscious French toast!

Yields 1 (9" x 5") loaf • Serves 12
 Calories: 272 | Fat: 23 g | Protein: 10 g
 | Sodium: 273 mg | Fibre: 5 g | Carbohydrates: 19 g | Net carbohydrates: 4 g |
 Sugar: 2 g (Per serving)

INGREDIENTS

2 cups almond flour	6 large eggs
$\frac{2}{3}$ cup powdered erythritol	$\frac{1}{2}$ cup heavy whipping cream
$\frac{1}{2}$ cup golden milled flaxseed	$\frac{1}{4}$ cup water
2 tbsp coconut flour	$1\frac{1}{2}$ tbsp banana extract
2 tsp ground cinnamon	1 tbsp pure vanilla extract
$\frac{3}{4}$ tsp baking soda	$1\frac{1}{2}$ tsp apple cider vinegar
$\frac{3}{4}$ tsp salt	$\frac{1}{4}$ tsp stevia glycerite
$\frac{1}{2}$ tsp psyllium husk powder	$\frac{3}{4}$ cup plus 2 tbsp walnut pieces, divided

METHOD

Preheat the oven to 350 F. Line a 9" x 5" loaf pan with parchment paper. In a large bowl, whisk together the almond flour, powdered erythritol, flaxseed, coconut flour, cinnamon, baking soda, salt, and psyllium husk powder. In a medium bowl, whisk together the eggs, cream, water, banana extract, vanilla, vinegar, and stevia glycerite.

Add the wet ingredients to the dry and stir to combine, being careful not to overmix. Fold in $\frac{3}{4}$ cup walnuts.

Pour the batter into the prepared loaf pan and sprinkle the remaining 2 tbsp walnuts on top.

Bake until a wooden skewer inserted into the center comes out clean, about 50 - 60 minutes.

Cool completely before slicing.

What is banana extract?

Banana extract is made from bananas, alcohol, and water. We recommend looking for pure banana extract with no added sugar. It lends a lovely banana aroma to this quick bread recipe, and it's the secret ingredient that allows us to make a killer banana bread without all the carbs of regular banana bread!



KETO GATHERINGS; FESTIVE LOW-CARB RECIPES FOR EVERY OCCASION

By Kristie H. Sullivan, PhD

Excerpted from *Keto Gatherings* © 2019 Kristie H. Sullivan, Ph.D. of Keto Living Day-by-Day, Keto Gatherings & Crazy Busy Keto. Published 2019 by Victory Belt Publishing Inc. Front cover photo by Hayley Mason and Bill Staley. Recipe photos by Kim and John Varga of Berly's Kitchen, Jennifer Lowder and Kristie Sullivan.

"Cutting carbs does not mean you have to stop celebrating," says Kristie H. Sullivan in *Keto Gatherings*. Written with recipes by month, *Keto Gatherings* takes us through a year's worth of celebrations such as Valentine's Day, Easter, Thanksgiving and Christmas. Sullivan shows us how to prepare festive meals that rival our traditional high-carb versions.

Inspired by her own weight-loss success following a Keto diet, Sullivan started a YouTube channel called Cooking Keto, the Facebook page Simply Keto and the website cookingketowithkristie. Cookbooks followed and this is now her third Keto cookbook.

What I love about this book is that the quick and simple recipes that are gorgeously illustrated with photos so I can just flip to the month and get inspired to make something wonderful. In January, whip up a batch of New Year's Brunch Bloody Marys and some Winning White Chicken Chili. Bacon-wrapped Stuffed Chicken Breasts with Asiago Gravy sounds divine for Valentine's Day, while Strawberry Shortcakes in April are the epitome of spring. And so it goes – Keto recipes that look so amazing no one will likely know they are eating Keto meals.

WINNING WHITE CHICKEN CHILI

8 servings

Calories: 318 | Fat: 18.9 g | Protein: 27.6 g | Carbs: 3.8 g | Fiber: 5.9 g

2 tablespoons bacon fat
2 pounds boneless, skinless chicken thighs
1/3 cup chopped onions
2 cloves garlic, minced
1 cup chicken bone broth
1½ cups chopped cauliflower florets
1 (4-ounce) can diced green chilies
1 tablespoon ground cumin
2 teaspoons chili powder
1 teaspoon dried oregano
¼ teaspoon salt
¼ teaspoon red pepper flakes (optional)
4 ounces cream cheese (½ cup), cubed
1/3 cup heavy cream
4 ounces white cheddar cheese, shredded (about 1 cup)
FOR GARNISH (OPTIONAL):
Sliced green onions
Chopped fresh cilantro
Sour cream

Place the bacon fat, chicken, onions, and garlic in an electric pressure cooker such as an Instant Pot; use the Sauté function to cook, stirring constantly, until the chicken is browned and the onions are translucent, 10 to 15 minutes. Pour in the broth.

Seal the lid and, following the manufacturer's instructions, cook on high pressure for 15 minutes; once finished, allow the pressure to release naturally.

Remove and shred the chicken, then return it to the pot.

Add the cauliflower, chilies, cumin, chili powder, oregano, salt, and red pepper flakes, if using. Cook on high pressure for an additional 5 minutes; release the pressure manually.

Add the cream cheese and heavy cream and stir until melted.

Sprinkle the cheddar cheese over the chili just before serving. Garnish with green onions, cilantro, and/or a dollop of sour cream, as desired.



SEVEN-LAYER SALAD

Makes 8 servings

Calories: 579 | Fat: 47 g | Protein: 36.5 g | Carbs: 3 g | Fiber: 0.9 g

SALAD

3 cups shredded romaine lettuce
1 pound sliced deli turkey, chopped
½ cup cauliflower florets, chopped into small pieces
1/3 cup finely chopped green onions, plus more for garnish if desired
6 large eggs, hard-boiled, peeled, and chopped, plus more for garnish if desired
1 pound bacon, cooked and chopped, plus more for garnish if desired
12 ounces cheddar cheese, shredded (about 3 cups)

DRESSING:

1 cup mayonnaise
¾ cup sour cream
1 tablespoon apple cider vinegar
4 drops liquid sweetener (optional)
1 ounce Parmesan cheese, finely grated (about 1/3 cup)

Layer the salad: In a large glass bowl, layer the salad ingredients in the order listed, starting with the lettuce and ending with the cheddar cheese. Be sure to spread each layer all the way to the edges of the bowl so that the layers can be seen from the outside. Set aside.

Make the dressing: In a small bowl, mix together the mayonnaise, sour cream, vinegar, and sweetener, if using. Spread the dressing over the top of the layered salad, smoothing it into a solid layer and making sure it reaches the edges of the bowl so that it seals the edges of the salad. Sprinkle the Parmesan over the dressing. If desired, garnish the salad with additional bacon, chopped or sliced hard-boiled eggs, and/or green onions.

