

Absolutely the Best Nacho Dip Ever

This attractive layered dip for tortilla chips is filled with fresh ingredients. The addition of cocktail sauce is a nice, spicy twist.

Ingredients

- 1 (8 ounce) package cream cheese, softened
- ½ cup sour cream
- ½ cup mayonnaise
- 1 cup mild salsa
- ¾ cup diced green onion
- ¾ cup diced red bell pepper
- ¾ cup diced green bell pepper
- 2 cups shredded Cheddar cheese
- 2 cups shredded lettuce
- Nacho chips

Directions

1. In a blender or food processor, thoroughly mix cream cheese, sour cream and mayonnaise. Spread the mixture evenly between 20 clear plastic cups
2. In individual layers, top the mixture with mild salsa, diced green onion, red bell pepper, green bell pepper, shredded Cheddar cheese and shredded lettuce. Garnish with fresh cilantro
3. Arrange chips around the edge of the serving dish. Chill in the refrigerator until ready to serve.

Nutrition Facts

calories47
total fat 4g
saturated fat 2g
cholesterol 9mg
sodium 81mg
total carbohydrate 1g
dietary fiber 0g
total sugars 1g
protein 1g
vitamin c 4mg
calcium 34mg
iron 0mg
potassium 40mg

Greek Zoodle Salad

Zoodles (zucchini noodles) are all the rage and I keep looking for new ways to prepare them. I decided to combine my love of Greek salad with the zoodles and came up with this recipe. A great alternative to high-carb pasta salads!

Ingredients

- 2 zucchini
- ¼ English cucumber, chopped
- 10 cherry tomatoes, halved, or more to taste
- 10 pitted kalamata olives, halved, or more to taste
- ¼ cup thinly sliced red onion
- 2 ounces crumbled reduced-fat feta cheese
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon finely chopped oregano (or other fresh herbs)
- salt and ground black pepper to taste

Directions

1. Cut zucchini into noodle-shaped strands using a spiralizing tool. Place "zoodles" in a large bowl and top with cucumber, tomatoes, olives, red onion, and feta cheese.
2. Whisk olive oil, lemon juice, oregano, salt, and pepper together in a bowl until dressing is smooth; pour over "zoodle" mixture and toss to coat. Marinate salad in refrigerator for 10 to 15 minutes.

Cook's Note

You may want to cut the noodles in half to make them more manageable. After putting the zucchini through the spiralizer, pile them on top of a cutting board and cut down the center of the pile with a large knife.

You can also spiral-cut the cucumber instead of chopping it.

Nutrition Facts

calories 147
total fat 11g
saturated fat 2g
cholesterol 5mg
sodium 391mg
total carbohydrate 9g
dietary fiber 2g
total sugars 3g
protein 5g

calories 147
vitamin c 30mg
calcium 57mg
iron 1mg
potassium 408mg

Red and Green Cabbage Slaw

This red cabbage slaw is a nice, light, creamy side dish to bring on a picnic or serve with a comforting fall dish like chili or pulled pork sandwiches. Adds beautiful color to your plate.

- 6 cups red and green cabbage, thinly sliced and chopped
- ½ cup grated carrot
- ½ cup mayonnaise
- ¼ cup dried cranberries
- 1 tablespoon milk, or more as needed
- 1 tablespoon apple cider vinegar
- 1 teaspoon white sugar, or more to taste

Directions

1. Combine cabbage, carrot, mayonnaise, cranberries, walnuts, milk, cider vinegar, and sugar in a bowl; stir well. For best flavor results, cover and refrigerate until chilled.

Nutrition Facts

calories 216
total fat 18g
saturated fat 3g
cholesterol 7mg
sodium 137mg
total carbohydrate 14g
dietary fiber 3g
total sugars 9g
protein 2g
vitamin c 55mg
calcium 55mg
iron 1mg
potassium 288mg

Sausage and Veggie Packets

Grilled sausage with tender red potatoes, onion, and green beans. This recipe is easy to cook in a foil packet on the grill. Plus, clean-up is a breeze!

Ingredients

- 4 cups fresh green beans, trimmed and halved
- 4-6 red potatoes, cut in 1" squares
- 1 cup shredded cabbage and or spinach
- 1 pound smoked sausage, cut into 1 inch pieces
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon butter
- 1/3 cup water
- 1 TBSP fresh herbs of choice

Directions

1. Place green beans, red potatoes, onion, and sausage on a large sheet of foil. Season with salt and pepper, herbs, and top with butter. Tightly seal foil around the ingredients, leaving only a small opening. Pour water into the opening, and seal.
2. Place foil packet in the toaster oven at 400 for 20 to 30 minutes, turning once, until sausage is browned and vegetables are tender.

AT HOME:

3. Preheat an outdoor grill for high heat.
4. Place green beans, red potatoes, onion, and sausage on a large sheet of foil. Season with salt and pepper, sprinkle with oil, and top with butter. Tightly seal foil around the ingredients, leaving only a small opening. Pour water into the opening, and seal.
5. Place foil packet on the preheated grill. Cook 20 to 30 minutes, turning once, until sausage is browned and vegetables are tender.

Nutrition Facts

calories 544
total fat 38g
saturated fat 14g
cholesterol 80mg
sodium 2302mg
total carbohydrate 21g
dietary fiber 5g
total sugars 6g
protein 28g
vitamin c 19mg

Spinach Pesto Chicken Breasts

Ingredients

- 1 ½ cups finely chopped fresh spinach
- 2 tablespoons finely chopped basil (or other fresh herbs), or to taste
- 4 skinless, boneless chicken breast halves
- 2 tablespoons grated Parmesan cheese (Optional)

Directions

1. Mix spinach and pesto together in a bowl. Spread 1/2 of the mixture into the bottom electric skillet and place chicken on top. Spread remaining spinach mixture over chicken. Cover the lid.
2. Return to the oven and bake until chicken is no longer pink in the center and the juices run clear, about 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
3. Uncover and sprinkle Parmesan cheese over chicken. Cover with lid until cheese is melted.

Nutrition Facts

calories 179
total fat 7g
saturated fat 2g
cholesterol 69mg
sodium 169mg
total carbohydrate 1g
dietary fiber 1g
total sugars 0g
protein 27g
vitamin c 6mg
calcium 113mg
iron 2mg
potassium 325mg

Taco-Stuffed Zucchini Boats

This is a fairly simple to make dish that satisfies the low-carb lifestyle. When I'm feeling the need for a taco, this dish will suffice! It was so tasty that even my 5-year-old approved it! We will definitely be making this again. Guacamole and salsa also make great toppings for these.

- 4 zucchinis, halved lengthwise and seeded (scrape out with a spoon)
- 1 pound ground turkey
- 1 (1.25 ounce) package taco seasoning
- $\frac{3}{4}$ cup water, or as needed
- 2 red sweet pepper, finely chopped
- 1 (10 ounce) can diced tomatoes and green chiles (such as RO*TEL® Mexican Lime & Cilantro)
- $\frac{1}{4}$ cup chopped fresh cilantro
- 1 bunch green onions, diced
- $\frac{1}{2}$ cup shredded Mozzarella cheese
- $\frac{1}{2}$ cup shredded Cheddar cheese

Directions

1. Heat a skillet over medium-high heat. Cook and stir ground turkey in the hot skillet until browned and crumbly, 5 to 7 minutes;
2. Return skillet to medium-high heat; pour water over the turkey and season with taco seasoning. Cook until the water thickens and coats the turkey, about 5 minutes. Add red peppers, diced tomatoes and green chiles, and cilantro; cook and stir until the peppers are softened, about 5 minutes more.
3. Using a slotted spoon, spoon the turkey mixture into the hollows of each zucchini half and press firmly. Sprinkle green onions, Mozzarella cheese, and Cheddar cheese
4. Bake at 400 in air fryer oven until the cheese is melted and the zucchini is cooked through, about 20 minutes
5. Serve with sour cream, salsa packets

Nutrition Facts

calories 527
total fat 30g
saturated fat 16g
cholesterol 137mg
sodium 1570mg
total carbohydrate 32g
dietary fiber 5g
total sugars 9g
protein 35g
vitamin c 114mg
calcium 377mg
iron 4mg
potassium 1059mg

Veggie, Chicken and Herb Soup

This soup is full of veggies and chicken which is a delightful way to end the day. Try substituting a can of creamed corn or whole kernel corn for the frozen corn, too.

Ingredients

- 1 green bell pepper, chopped
- ½ large white onion, chopped
- 2 stalks celery with leaves, chopped
- 1 cup spinach, chopped
- ¼ (16 ounce) package frozen corn kernels
- 2 cups diced chicken
- 1 clove garlic, minced
- 5 leaves fresh basil
- 2 sprigs fresh oregano
- 1 tsp chopped rosemary
- 1 tsp fresh chopped parsley
- salt and pepper to taste
- 4 tsp chicken bouillon,

Directions

1. In a large pot, combine bell pepper, onion, celery (reserve leaves for garnish), spinach, corn, chicken and garlic. Season with basil, oregano, rosemary, parsley, salt and pepper. Stir bouillon into mixture and pour in enough water to cover by 2 inches. Bring to a boil, then reduce heat and simmer until vegetables are tender, stirring occasionally.

Nutrition Facts

calories75
total fat 1g
saturated fat 0g
cholesterol 17mg
sodium 615mg
total carbohydrate 9g
dietary fiber 2g
total sugars 2g
protein 9g
vitamin c 44mg
calcium 37mg
iron 1mg
potassium 292mg