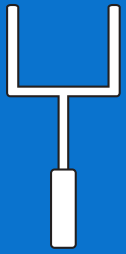


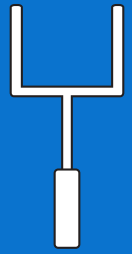
# **SUPER-LOW-CARB** **SUPERBOWL!**



*15 EASY, LOW CARB, GUILT FREE  
RECIPES FOR GAMEDAY!*



# **SUPER-LOW-CARB SUPERBOWL**



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# MILLION-DOLLAR DEVEILED EGGS

Original Recipe: [sugarspunrun.com](http://sugarspunrun.com)

## INGREDIENTS

- 12 large eggs
- 1/4 cup mayo (55g)
- 1 Tablespoon butter softened to room temperature
- 2 teaspoons yellow mustard
- 2 teaspoons dijon mustard
- 2 teaspoons sweet gherkin pickle juice
- 1 teaspoon sugar
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- dash Tabasco sauce optional
- paprika for sprinkling
- bacon pieces optional

## DIRECTIONS

- Hard boil eggs and peel
- Slice eggs in half lengthwise.
- Remove yolks and transfer to a medium-sized bowl.
- Add mayo, butter, mustards, pickle juice, sugar, salt, pepper, and Tabasco sauce. Use a fork to mash well.
- Spoon filling into each egg white. Sprinkle with paprika and bacon (if using) and serve.
- If desired, top with a small slice of sweet gherkin pickle, as seen in pictures.



# MARINATED CHEESE TRAY

Original Recipe: [aforkstale.com](http://aforkstale.com)

## INGREDIENTS

- 8 oz Block Cheddar
- 8 oz Block Cream Cheese
- 8 oz Block Monterey Jack Cheese or Pepper Jack Cheese
- ½ cup Olive Oil
- ½ cup White Wine Vinegar
- 2 ounces Jar Pimento drained
- 3 Tbsp Fresh Parsley chopped
- 3 Tbsp Fresh Green Onion chopped
- 3 Garlic Clove minced
- 1 tsp Sugar
- 1 tsp Basil chopped
- Salt And Pepper

## DIRECTIONS

- Cut cheese in half lengthwise. Then cut each half into 1/4 in thick square slices. Cream Cheese is a slightly different shape. Compare the other cheeses to cream cheese to get a correct cutting size. You want all the cheese slices to be the same size and shape.
- Arrange cheese slices alternately on a shallow serving dish standing each slice on its edge.
- Mix together remaining marinade ingredients in in a jar. Shake well. Pour marinade over cheese.
- Cover and chill 6 to 8 hours to marinate.
- Serve.



# CRISPY JALAPENO CHEESE CRACKERS

Original Recipe: [healthstartsinthekitchen.com](http://healthstartsinthekitchen.com)

## INGREDIENTS

- 1 pound sliced cheese hot pepper or cheddar
- 4 medium jalapeno peppers sliced

## DIRECTIONS

- Preheat oven to 425 degrees F and line a baking sheet with parchment or a silicone liner.
- Cut cheese slices into 1 1/2 in squares and slice jalapeños (mild=thinly, hot=thickly, I recommend using a mandoline)
- Arrange slices of cheese roughly 1 inch apart on your baking sheet and top with a slice of jalapeño.
- Bake in the middle of the oven for 10-15 minutes. The exact time will be determined by how thick your cheese/jalapeno slices are and the baking sheet you use. Check them occasionally, remove when they are firm and very lightly brown.
- Remove the pan from the oven and allow to cool for 5 minutes (the crackers will become crispy) Transfer to a cooling rack to cool completely before storing in an air tight container for roughly 3 days (ours never last longer than 24 hours since we can't stop eating them)



# MINI TACO STUFFED PEPPERS

Original Recipe: [the-girl-who-ate-everything.com](http://the-girl-who-ate-everything.com)

## INGREDIENTS

- 1 lb ground beef
- 1 package (1 oz Old El Paso™ taco seasoning mix)
- 3/4 cup water
- 1-1/2 lbs mini bell peppers
- 1 cup shredded cheddar cheese
- Cilantro Cream Sauce:
  - 1/2 cup sour cream
  - 1/2 cup fresh cilantro
  - 1/2 teaspoon minced garlic
  - 2 tablespoons lime juice

## DIRECTIONS

- Preheat oven to 350 °.
- Slice 1/3 of the pepper off lengthwise, reserving for later use. Seed the peppers. Peppers naturally have one side that is straighter than the other. When slicing the top of your bell peppers, try to slice the side that is curvier off so that the flat side remaining is the side we are stuffing.
- Chop the reserved peppers finely and set aside 3/4 cup.
- In 10-inch skillet, cook beef and reserved 3/4 cup chopped peppers over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is brown; drain. Stir in taco seasoning mix and water. Cook over medium heat 5-10, stirring occasionally. Let mixture slightly cool.
- Fill each pepper as full as possible with the beef mixture and place on a baking sheet. Bake peppers for 13-15 minutes.
- While peppers are baking, make the Cilantro Cream Sauce.
- For the Cilantro Cream Sauce: In a food processor, pulse the sour cream, cilantro, garlic, and lime juice until smooth. Chill in the refrigerator until ready to serve.
- Remove peppers from oven and top with cheese. Return to the oven for 1-2 minutes or until cheese is melted. Top with a dollop of cilantro cream sauce.



# PIZZA STUFFED MUSHROOMS

*Original Recipe: [jocooks.com](http://jocooks.com)*

## INGREDIENTS

- 12 to 15 large mushrooms cleaned and stems removed
- 2 mini pepperoni links sliced
- 1/4 cup pizza sauce
- 1 cup mozzarella cheese
- freshly ground black pepper
- 1 fresh basil leaf chopped

## DIRECTIONS

- Preheat oven to 450 F degrees.
- If you're using a cast iron skillet spray it with cooking spray. Arrange the mushrooms in the skillet.
- Fill each mushroom with about 1 to 2 tsp of pizza sauce. Top each mushroom with 1 to 2 tbsp of mozzarella cheese, then with 2 or 3 pepperoni slices.
- Bake for about 15 to 18 minutes, or until cheese melts and gets a bit golden on top.
- Season with freshly ground black pepper and garnish with basil.



# BACON JALAPENO POPPERS

*Original Recipe: ruled.me*


## INGREDIENTS

- 5 ounces cream cheese
- ¼ cup mozzarella cheese
- 8 medium jalapeno peppers
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon Mrs. Dash Table Blend
- 8 slices bacon

## DIRECTIONS

- Preheat oven to 400F. Slice all jalapenos in half, then use a spoon to scrape out the "guts" of the peppers.
- In a bowl, mix together cream cheese, mozzarella cheese, and spices of your choice.
- Pack cream cheese mixture into peppers and place other half of pepper on top to close peppers up again.
- Wrap each pepper in 1 slice of bacon, starting from the bottom and working up.
- Bake for 20-25 minutes, then broil for an additional 2-3 minutes.





# BUFFALO CAULIFLOWER BITES

Original Recipe: [wholesomeyum.com](http://wholesomeyum.com)

## INGREDIENTS

- 1 cup almond flour
- 1 tsp Garlic powder (optional)
- 1/2 tsp Sea salt
- 1 large Egg
- 1 head Cauliflower (cut into florets)
- 1/2 cup Buffalo sauce
- 1/4 cup Butter (use ghee or olive oil for dairy-free)

## DIRECTIONS

- Preheat the oven to 400 degrees F (204 degrees C). Line a baking sheet with parchment paper.
- Place the almond flour into a bag that will be large enough to hold the cauliflower, or a large bowl with a lid. Set aside.
- Whisk the egg in a large bowl. Add the cauliflower and stir to coat. Make sure all florets are coated. To make it easier, you can use a bowl with a lid and shake it.
- Immediately add the cauliflower to the bag or bowl that has the almond mixture. Seal or fold over the bag (or cover the bowl), and shake to coat the cauliflower. (This is similar to the process of "shake and bake" chicken.)
- Arrange the cauliflower in a single layer on the baking sheet. Roast in the oven for 25-30 minutes, until browned and tender.
- Meanwhile, toward the end of the oven time, heat together the butter (or ghee) and buffalo sauce. You can do this in the microwave or on the stove over medium-low heat. Whisk to combine.
- When the cauliflower is done, transfer it to a serving bowl. Evenly pour the buttery sauce mixture over it, and gently toss to coat. (Don't be too rough, so that the breading stays on.) Serve with blue cheese (if not dairy-free) and garnish with green onions.



# PHILLY CHEESESTEAK DIP

Original Recipe: [noblepig.com](http://noblepig.com)

## INGREDIENTS

- 1-2 teaspoons olive oil
- 3/4 cup diced green bell pepper
- 1/3 cup minced shallots
- 8 oz cream cheese, softened
- 1/2 cup mayonnaise
- 1/2 cup Sargento® Traditional Cut Shredded Mozzarella Cheese
- 1 Tablespoon Montreal steak seasoning
- 8 oz grilled ribeye steak cut into 1/2" dice pieces
- 1/2 cup Sargento® Chef Blends™ Shredded 6 Cheese Italian
- minced chives for garnish

## DIRECTIONS

- Preheat oven to 350 degrees F.
- In a small nonstick skillet over medium heat add olive oil and saute green bell pepper until slightly softened, about three minutes. Add shallots and cook for two minutes more, stirring often. Remove from heat and set aside.
- In a large mixing bowl, add cream cheese, mayonnaise, Sargento® Traditional Cut Shredded Mozzarella Cheese and Montreal steak seasoning. With a hand mixer, blend until fully incorporated. Stir in steak and bell pepper-onion mixture. Spoon mixture into a 3-1/2 cup baking dish and top with Sargento® Chef Blends™ Shredded 6 Cheese Italian. Bake for 20-30 minutes, until mixture is bubbling and cheese is slightly golden on top. Sprinkle with chives for garnish. Serve with toasted bread pieces.
- Tips: Serve ribeye steak the night before for dinner. Hold back one 8 oz steak and chop it into pieces. Refrigerate over night and warm up slightly in the pan before sauteing bell pepper and onion. This will save you time on game day. Styling tip: Since we eat with our eyes first, if you want your dip to look like the one pictured here, hold back a few pieces of the steak and some green pepper from the mixture. Once you spoon the dip into the baking dish, press in the steak and bell pepper pieces on the top of the dip allowing them to peek through. When sprinkling the final cheese on top, sprinkle the cheese around the steak so it continues to show through.



# ARTICHOKE HUMMUS


Original Recipe: [lowcarbmaven.com](http://lowcarbmaven.com)

## INGREDIENTS

- 1 pound cauliflower
- 14 oz canned artichoke bottoms
- 1/2 cup mayonnaise
- 1/4 cup tahini
- 1-2 cloves garlic, minced or pressed
- 3 tablespoons lemon juice
- 3 tablespoons extra virgin olive oil
- 2 teaspoons Sukrin :1 (or your favorite sweetener)
- 1/2 teaspoon sea salt
- 1/4 teaspoon white pepper

## DIRECTIONS

- Steam the cauliflower until tender and squeeze out as much moisture as you can with your hands. Put into a food processor fitted with a metal blade. (I use the microwave to steam my cauliflower. For a more mild flavor, boil the cauliflower until tender, drain, then squeeze).
- Squeeze out the artichoke bottoms and add to the food processor.
- Add the rest of the ingredients and process until the artichoke hummus is smooth.
- Taste and adjust seasoning.
- Serves 12 at 1/4 cup serving. 3.3 net carbs per serving.



# CREAMY HERB CUCUMBER SALAD DRESSING

*Original Recipe: [celebratingsweets.com](http://celebratingsweets.com)*

## INGREDIENTS

- 1 cup chopped cucumber see note below
- 3/4 cup sour cream I used light
- 1 tablespoon heaping mayonnaise
- 1 tablespoon freshly squeezed lemon juice
- 3/4 teaspoon dried dill
- 2 green onions chopped (white and light green parts only)
- Salt and pepper to taste

## DIRECTIONS

- Place all ingredients, except the milk, into a blender or small food processor and blend until smooth. Depending on the moisture content of your cucumber, you might need to add a splash of milk to thin out the dressing slightly.



# SALT & VINEGAR CHICKEN WINGS

Original Recipe: [sugarfreemom.com](http://sugarfreemom.com)

## INGREDIENTS

- 5 pounds chicken wings
- 1 cup apple cider vinegar
- 1/2 cup extra virgin olive oil

### Dry Rub

- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 2 teaspoons sea salt
- 1 teaspoon pepper
- 2 tablespoons Swerve or erythritol
- 2 teaspoons dried parsley
- Optional: Malt vinegar

## DIRECTIONS

- Lay the chicken wings in a 9 by 13 baking pan.
- Whisk the vinegar and oil together and pour over the wings.
- Allow to marinate for at least 30 minutes or up to 24 hours in the refrigerator.
- Preheat oven to 425 degrees .
- Bake the wings for 30 minutes right from the pan they've marinated in.
- Whisk the dry ingredients together in a shallow bowl and set aside.
- Remove the wings from the pan they baked in and place them on a baking sheet.
- Sprinkle both sides of the wings with the seasonings.
- Broil for 3-4 minutes until golden brown.
- Sprinkle on optional malt vinegar over the hot wings when they come out of the oven.
- Serve hot!



# CRISPY BAKED TERIYAKI WINGS

Original Recipe: [peaceloveandlowcarb.com](http://peaceloveandlowcarb.com)

## INGREDIENTS

- 2 pounds chicken wings, thawed
- 1 teaspoon fine sea salt
- 2 tablespoons baking powder

### For the Sauce

- 1/2 cup water, divided
- 1/4 cup coconut aminos
- 1 tablespoon rice vinegar
- 2 tablespoons confectioners erythritol
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon olive oil
- 1 teaspoon xanthan gum

## DIRECTIONS

- Spread the wings in a single layer across paper towels and sprinkle with a little salt. Cover with an additional layer of paper towels and let rest for 20 minutes. This will draw out the excess moisture and help you get a truly crispy wing.
- Preheat the oven to 250°F. Place an oven rack in the middle-lower position. Line a rimmed baking sheet with a cooling rack.
- Combine the wings and the baking powder in a resealable plastic bag. Shake to coat each wing evenly.
- Line the wings in a single layer across the cooling rack. Bake for 30 minutes.
- Increase the temperature to 425°F and move the wings to the top-middle oven rack. Bake for an additional 45 minutes.
- While the wings are baking, combine 1/4 cup water, coconut aminos, rice vinegar, erythritol, garlic and ginger in a sauce pan over medium-high heat. Whisk to combine.
- In a glass, mix the remaining 1/4 cup of water, olive oil and the Xanthan gum. Whisk vigorously to combine.
- Pour the Xanthan gum slurry into the sauce. Whisk constantly until you can no longer see any of the xanthan gum and the sauce has begun to thicken. Transfer the sauce to a large mixing bowl.
- Remove the wings from the oven, let rest for 5 minutes, and then toss in the sauce.
- Sprinkle chives and sesame seeds over top before serving.



# GENERAL TSO'S MEATBALLS

Original Recipe: [ibreatheimhungry.com](http://ibreatheimhungry.com)

## INGREDIENTS

### For the Meatballs

- 1 lb ground turkey or chicken
- 2 Tbl minced ginger
- 1/4 cup scallions, chopped
- 1 tsp garlic powder
- 1/4 cup almond flour
- 1 egg
- light flavored oil for frying (olive, grapeseed, etc)

### For the Sauce

- 1/2 tsp sesame oil
- 3 Tbl rice wine vinegar (unseasoned – sugar free)
- 3 Tbl soy sauce (tamari based for GF, or coconut aminos for Paleo)
- 1/4 cup water
- 3 Tbl sugar substitute (honey for Paleo)
- 1/2 tsp xanthan gum (or arrowroot powder)
- 1/4 cup scallions, chopped
- 4 – 5 small dried chilies, seeded and chopped

## DIRECTIONS

- Combine all of the meatball ingredients and mix thoroughly. Form into 16 balls and saute/fry in oil over medium heat until cooked through and crispy. Alternatively you could bake them but they won't get the crunchy exterior.
- **To make the sauce:**
- Combine the sesame oil, vinegar, GF soy sauce, water, sugar substitute, and xanthan gum in a small saucepan and whisk until combined. Add the scallions and chili pepper and bring to a boil. Simmer for five minutes until thickened and remove from heat.
- **To serve:**
- Add the cooked meatballs to the thickened sauce and stir to coat. Garnish with more chopped scallions and chilis if desired.



# PORTABELLO MUSHROOM BURGER

Original Recipe: [ruled.me](http://ruled.me)

## INGREDIENTS

### For the Portabello "Bun"

- ½ tablespoon extra virgin coconut oil
- 1 clove garlic, minced
- 1 teaspoon oregano
- Pinch of salt
- Pinch of freshly ground black pepper
- 2 caps portobello mushroom caps

### For the Burger Patty

- 6 ounces organic grass fed beef
- 1 tablespoon Dijon mustard
- 1 teaspoon Salt
- 1 teaspoon freshly ground black pepper
- ¼ cup shredded cheddar cheese

## DIRECTIONS

- Preheat your griddle to high.

In a bowl, combine the coconut oil, garlic, oregano, salt and pepper.

Clean portobello mushrooms by scraping out the gills. Add portobello caps, brush to coat, and let them marinate until ready to grill the meat.

In a separate bowl, combine ground beef, dijon, salt, pepper, and cheese.

Form meat mixture into a rounded patty.

Place "buns" on grill and let them cook for about 8 minutes or until heated through.

Add burger to the grill and cook for 5 minutes per side (medium rare).

Remove portobello caps and burger from the grill.

- Wrap that sweet burger between your two mushroom buns, and lay on the fixin's. Sugar free ketchup, onion, arugula, tomato – whatever you like!