



Low Carb Side Dish Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

- Bacon Squash Sauté
- Broccoli-and-Cauliflower Gratin
- Cheesy Broccoli Casserole
- Cheesy Spinach with Caramelized Onions
- Colcannon
- Creamy Squash Casserole
- Faux Mashed Potatoes
- Fried Cabbage & Onions
- Fried Eggplant
- Green Beans Almondine
- Green Bean Casserole
- Green Beans with Bacon & Mushrooms
- Just Like Stuffed Baked Potatoes
- Mashed Cauliflower with Caramelized Onions
- Mexican "Rice"
- Sausage-Mushroom "Dressing"
- Sautéed Spinach with Mushrooms & Onions
- Todd's Green Beans
- Zucchini Chile-Cheddar Mash
- Zucchini Gratin

Please refer to my website for the nutritional counts for these recipes.

BACON SQUASH SAUTÉ

6 pieces bacon, chopped
8 small zucchini, cut on the bias
1 small onion, slivered
Salt and pepper, to taste

In a large skillet, cook the bacon until crisp. Remove the bacon to a paper towel-lined plate. Drain the fat, reserving 2 tablespoons. Sauté the zucchini and onion in the bacon drippings until tender. Season with salt and pepper. Sprinkle with the bacon to serve.

Makes 6 servings



BROCCOLI-AND-CAULIFLOWER GRATIN

1 pound fresh broccoli florets *
1 pound fresh cauliflower florets *
Salt and pepper, to taste
1 1/2 cups mayonnaise
4 ounces cheddar cheese
1/2 cup parmesan cheese
4 green onions, chopped
2 tablespoons Dijon mustard
1/4 teaspoon cayenne
3 tablespoons parmesan cheese

Steam the vegetables until crisp-tender 6-8 minutes; drain well and season with salt and pepper. Put the vegetables in a greased 9x13-inch baking pan. In a medium bowl, mix the mayonnaise and the next 5 ingredients. Spoon this mixture over the vegetables and spread as evenly as possible. Sprinkle the 3 tablespoons of parmesan cheese over the top. Bake at 350° 20-25 minutes until the topping is golden brown and bubbly.

Makes 10-12 servings

* Or use one 16-ounce bag each frozen broccoli and cauliflower florets.



CHEESY BROCCOLI CASSEROLE

14-16 ounces frozen broccoli florets
4 ounces cream cheese, softened
4 ounces cheddar cheese, shredded
4 green onions, chopped
Salt and pepper, to taste
3 pieces bacon, chopped and fried until crisp

Cook the broccoli 4-5 minutes or just until tender-crisp; drain very well. Put in a greased 2-quart casserole. Mix in the cream cheese, cheddar cheese, green onions, salt, pepper and bacon. Bake at 350° for 20-30 minutes, until bubbly.

Makes 4-6 servings



CHEESY SPINACH WITH CARMELIZED ONIONS

2 medium onions, slivered
2 tablespoons butter
9 ounces fresh baby spinach, coarsely chopped
Salt and pepper, to taste
6 ounces shredded Italian blend cheese *

In a large skillet, cook the onions in the butter until caramelized. Combine with the remaining ingredients in a greased casserole dish. Bake at 350° for about 20 minutes until bubbly and browned.

Makes about 4 servings

* The blend that I used was a mixture of mozzarella, provolone, romano, parmesan, fontina and asiago cheeses.



COLCANNON

1 large fresh cauliflower
1 tablespoon water
1 tablespoon heavy cream
Salt and pepper, to taste
Pinch nutmeg

2 slices bacon, chopped
1 pound cabbage, coarsely shredded
1 small onion, chopped
Salt and pepper, to taste

Chop the cauliflower into small pieces and place in a large covered casserole dish. Add 1 tablespoon water; cover and microwave on HIGH 5 minutes. Stir then cook another 5-7 minutes until very tender. Let stand covered 5 minutes; drain. Place the cauliflower in a food processor with the chopping blade inserted along with the heavy cream. Process until smooth and creamy, scraping down the sides of the processor occasionally. Season to taste with salt, pepper and a pinch of nutmeg.

In a large skillet, fry the bacon until crisp. Keeping the bacon fat in the skillet, add the cabbage and onion; cook and stir until the cabbage is very tender. Season with salt and pepper to taste. Gently stir the cabbage mixture into the cauliflower without over mixing.

Makes about 6 servings



CREAMY SQUASH CASSEROLE

4 medium yellow squash, cut into half moons
1 small onion, slivered
2 stalks celery, finely chopped
2 tablespoons butter
1 teaspoon chicken bouillon granules
1/4 cup mayonnaise
1/4 teaspoon salt
1/2 teaspoon pepper
1/8 teaspoon garlic powder
8 ounces cheddar cheese, shredded

Sauté the onion and celery in the butter along with the chicken bouillon granules until the celery and onion are very soft and a little browned, about 20 minutes. Meanwhile, cook the squash in boiling water (or microwave) until tender; drain very well and pat as dry as possible. Combine all of the ingredients in a greased 1 1/2 quart casserole or 6x8" baking dish. Bake at 350°, uncovered, 30 minutes or until nicely browned and bubbly.

Makes 6 servings



FAUX MASHED POTATOES

From fresh cauliflower:

1 small-medium fresh cauliflower
1 tablespoon water
1 tablespoon butter
1-2 tablespoons heavy cream
Salt and pepper, to taste

Chop the cauliflower into small pieces and place in a large covered casserole dish. Add 1 tablespoon water; cover and microwave on HIGH 5 minutes. Stir and cook another 5 minutes until very tender. Let stand covered 5 minutes; drain. Place in a food processor along with the butter and heavy cream. Process until smooth and creamy, scraping down the sides of the processor occasionally. Season to taste with salt and pepper and reheat in the microwave, if necessary.

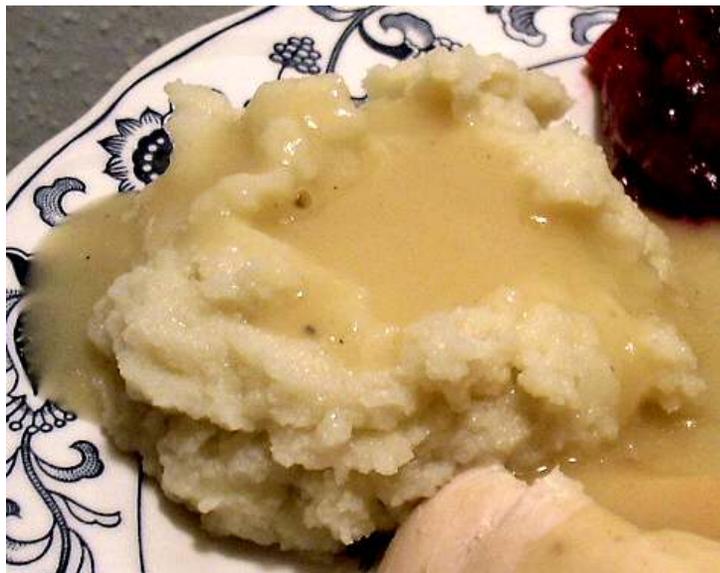
Makes about 4 servings

From frozen cauliflower:

16 ounce bag frozen cauliflower
2 tablespoons water
1-2 tablespoons butter
Salt and pepper, to taste

Place frozen cauliflower in a casserole with a lid; add the water. Cover and microwave on HIGH about 8-10 minutes, until very tender, stirring occasionally. Drain well and put cauliflower in a food processor. Process until smooth and creamy. Remove to a serving bowl and season with salt and pepper and butter. Reheat if necessary.

Makes about 4 servings



FRIED CABBAGE & ONIONS

3-4 pieces bacon, chopped
1 small cabbage, coarsely chopped
1 small onion, coarsely
Salt and pepper, to taste

In a large skillet, fry the bacon until almost crisp. Add the cabbage and onions to the skillet; cook and stir until the cabbage is wilted and lightly browned. Season with salt and pepper.

Makes about 6 servings



FRIED EGGPLANT

1 eggplant
Oil, for frying

Breading mixture:

3/4 cup almond flour (about 3 ounces)
3/4 cup grated parmesan cheese
1/2 teaspoon garlic powder
1/2 teaspoon Italian seasoning or other seasoning of your choice
Salt and pepper, to taste
2-3 eggs

Combine all of the dry breading ingredients in a pie pan. Break 2 of the eggs into another pie pan and beat well with a fork. Start with 2 eggs and add the third one if needed.

Heat the oil in a large skillet over medium heat. Cut the eggplant into twelve 1/4-inch slices. Dip each piece of eggplant in egg to coat, then lightly coat them with parmesan-almond mixture. Fry until golden brown on both sides. Drain them on a paper towel-lined plate.

Makes 6 servings



GREEN BEANS ALMONDINE

16 ounces frozen French cut green beans
2 ounces slivered almonds (1/2 cup)
4 tablespoons butter
Salt and pepper, to taste

Cook the beans according to the package directions until tender-crisp; drain well. Meanwhile, in a small saucepan, sauté the almonds in butter over medium-low heat until the nuts start to change color. Watch closely and stir frequently. Remove from the heat as soon as you see that the nuts are changing color. They will continue to brown off the heat. Stir the almonds and butter into the hot green beans; season to taste with salt and pepper.

Makes 4-6 servings



GREEN BEAN CASSEROLE

16 ounces frozen French cut green beans
1 small onion, slivered
2 stalks celery, finely chopped
4 ounce can mushrooms, drained well
2 tablespoons butter
1/4 cup mayonnaise
1/4 teaspoon salt
1/2 teaspoon pepper
1/8 teaspoon garlic powder
8 ounces cheddar cheese, shredded

Cook the beans as directed on the package until tender-crisp; drain well. Sauté the onion, celery and mushrooms in the butter until very soft and a little browned, about 20 minutes. Combine all of the ingredients in a greased 1 1/2 quart casserole or 8x8" baking pan. Bake, uncovered, at 350° 30 minutes or until nicely browned and bubbly.

Makes 6-8 servings



GREEN BEANS WITH BACON & MUSHROOMS

6 pieces bacon, chopped

1/2 cup onion, chopped

4 ounce can mushrooms, drained

16 ounce bag frozen whole green beans, thawed

Sweetener equal to 1 1/2 teaspoons sugar

Salt, to taste

In a large skillet, cook the bacon until crisp; set aside and reserve 2 tablespoons drippings in the pan. Sauté the onion in the drippings until tender. Add the mushrooms; cook and stir 2 minutes over medium heat. Stir in the beans, sweetener and salt to taste. Cover and cook 10 minutes on low until the beans are done, stirring occasionally. Toss in the bacon before serving.

Makes 6 servings



JUST LIKE STUFFED BAKED POTATOES

16 ounces frozen cauliflower
8 ounce cream cheese, softened
8 ounce cheddar cheese, shredded
4 green onions, chopped
1/4 teaspoon salt or to taste
1/4 teaspoon pepper
3 pieces bacon, chopped and fried until crisp
Paprika, optional

Cook the cauliflower until soft, about 8-10 minutes; drain very well and break up the florets a bit with a spoon but leave them a little bit chunky. Put in a greased 8 x 8" baking pan or a 2-quart casserole. Mix in the cream cheese, cheddar, green onion, salt, pepper and bacon. Dust the top with paprika, if desired. Bake at 350° for 20-30 minutes, until browned and bubbly.

Makes 6 servings



MASHED CAULIFLOWER WITH CARMELIZED ONIONS

1 extra-large onion, slivered
2 tablespoons butter
1 medium fresh cauliflower, chopped
Salt, to taste
1 tablespoon heavy cream

In a medium skillet, sauté the onion in the butter over medium-low heat until caramelized. Season with salt to taste.

Meanwhile, put the cauliflower in a covered casserole dish along with 1 tablespoon water. Cover and microwave on HIGH power 5 minutes. Stir, then microwave another 5 minutes or until very tender. Let stand covered 5 minutes then drain any excess water. Put the cauliflower in a food processor with the chopping blade inserted. Add the cream and a little salt and process until very smooth. Transfer to a serving bowl and stir in the caramelized onions. Adjust the seasoning with salt, if needed.

Makes about 4-5 servings



MEXICAN "RICE"

1/2 a medium fresh cauliflower, grated
1 small onion, slivered
2-3 tablespoons butter or oil or a combination
1/2 cup salsa
1/8 teaspoon garlic powder
3/4 teaspoon salt, or to taste
1/4 teaspoon pepper
Sweetener equal to 1/8 teaspoon sugar

In a very large skillet with a lid, sauté the onion in butter and/or oil until tender. Stir in the grated cauliflower and the remaining ingredients. Mix well. Cover and simmer 10-12 minutes until the cauliflower is tender, but not mushy, stirring occasionally.

Makes 6 servings



SAUSAGE-MUSHROOM "DRESSING"

1 pound pork sausage
1 medium onion, coarsely chopped
2 stalks celery, coarsely chopped
16 ounces fresh mushrooms, quartered
8 ounces Monterey jack cheese, shredded
Salt and pepper, to taste

In a large skillet, brown the sausage along with the onion and celery. Cook until the celery is tender; drain the grease. Add the mushrooms and cook until they are tender. Put the sausage mixture in a casserole dish and stir in the cheese. Season with salt and pepper, to taste. Bake at 350° for 30 minutes until browned on top.

Makes 4-6 servings



SAUTÉED SPINACH WITH MUSHROOMS AND ONIONS

1-2 tablespoons olive oil
1/4 cup onion, chopped or slivered
4 fresh mushrooms, sliced
1 clove garlic, minced
1/2 pound fresh baby spinach
Salt and pepper, to taste

Heat the oil in a large skillet on medium heat. Cook the onion, mushrooms and garlic until tender. Add the spinach. The pan will be very full, but the spinach will cook down quickly. Toss and cook just until the spinach has wilted. Season with salt and pepper.

Makes 4 servings



TODD'S GREEN BEANS

1 pound fresh green beans *
1 large onion, sliced thick
1 tablespoon oil
1-2 tablespoons butter
Salt and pepper, to taste

In a large skillet or wok, sauté the green beans in oil and 1 tablespoon butter over medium-high heat about 4-5 minutes or until they start to brown. Add another tablespoon of butter, if needed, and add the onions. Sauté until the onions are nice and brown. Season to taste with salt and pepper.

Makes 4-6 servings

* You can also use a 16-ounce bag of frozen whole thin green beans that have been thawed completely and patted dry.



ZUCCHINI CHILE-CHEDDAR MASH

1 tablespoon oil or bacon grease
1 1/4 pounds zucchini (4 average)
1 medium onion, chopped
4 ounce can chopped green chiles
4 ounces cheddar cheese, shredded
Salt and pepper, to taste

Trim the ends off of the zucchini and shred it in a food processor. Sauté the zucchini and onion in oil or bacon grease in a large skillet over medium heat until very soft, about 20 minutes. You may need to turn the heat down after about 10 minutes to avoid over browning. Stir in the chiles and cheese; season to taste with salt and pepper. Put in a 1 to 1 1/2 quart casserole dish and bake at 350° for 10 minutes.

Makes 4 servings



ZUCCHINI GRATIN

2 pounds zucchini, sliced in 1/4-inch thick rounds (about 4 medium)
Salt and pepper
1/2 cup freshly grated parmesan cheese
2 tablespoons butter, melted

Butter a 10-inch pie plate or quiche pan. Put the sliced zucchini in a medium pot and cover with water. Bring to a boil and cook for 2 minutes. Rinse with cold water to stop the cooking; drain well. Arrange the zucchini in the pie plate in an overlapping circular pattern. Season with salt and pepper between the layers. Top with the parmesan cheese and drizzle with the melted butter. Bake at 400° for 30 minutes, then bake at 475° for another 10 minutes until golden brown.

Makes 8 servings

