

Miss Delta State University



2023 Cookbook

Growing up, I was surrounded by fried, greasy, and fatty foods. Being from the Mississippi Delta, meals were served in bountiful portion sizes, which later led to my issue of overeating. When I began college, my relationship with food flipped and I began to starve myself. Desperately trying to gain control of a horrific eating disorder by increasing portion sizes, I unfortunately made food choices that were extremely unhealthy, leading to an almost sixty-pound weight gain in under one year. As I began my journey to the Miss Delta State University crown, I knew immediately that I wanted to be relatable and vulnerable about my own personal struggles of body neutrality through my Community Service Initiative called "Point of View." Because I have personally seen the great need of body image positivity amongst children, my peers, and myself, I had extreme motivation to open doors for conversations, volunteer, teach and to lead by example. When I created "Point of View" in September of 2022, I wanted to open doors for conversations, volunteerism, and growth but I also wanted to be an encouragement to others. My social media accounts give an inside look to my life and my journey to love myself more each day. Through my TikTok account, I have posted many vlogs of my workout routines, conversations, and my daily routine, reaching over thirty-thousand views. I believe that technology is the most convenient way to reach others, especially our youth, so I would continue to post my vlogs on my own journey in hopes to spark an incentive for someone else to begin their own. By speaking to multiple classrooms and special needs facilities within five-hundred miles, I have personally promoted healthy eating, the importance of being active, and ways to implement body image positivity. If crowned Miss Mississippi 2023, I would love to partner with the Mississippi Department of Education to speak to the youth of Mississippi about the importance of body image positivity, self-love, and how to maintain a healthy lifestyle. By speaking to youth about "Point of View" I hope to plant a seed of knowledge that is so important during today's world of continuous comparison. By donating my cookbook, "Happy & Healthy," to multiple departments on the Delta state University campus, I have been able to promote healthy recipes; and as I lead by example, I have lost over thirty pounds. By implementing "Point of View" into my own life, learning to love all the pieces of myself and being open, honest, and relatable, my Social Impact Initiative is not only something I am advocating for, but is also a message that I am continually learning as I teach it. I would love to continue to share my personal journey, but also reach others from across our state and country to create a national awareness for body image positivity.

Enjoy! -Maddie Stevens, Miss Delta State University 2023

Miss DSU Cook Book

Appetizers

1. Chunky Guacamole

2 firm-ripe avocados, diced (1 ½ cups)

⅓ cup chopped red onion

¼ cup fresh cilantro leaves, coarsely chopped

1 ½ tablespoons fresh lime juice

Salt

Easy, 10 minutes to make, prep time: 10 minutes

Combine all the ingredients and toss gently to combine in a medium bowl

2. Cracked Pepper Potato Chips with Onion Dip

Chips:

3 large russet potatoes sliced into ⅛ inch thick rounds

2 tablespoons of olive oil

2 teaspoons coarsely ground black pepper

Salt

Dip:

2 teaspoons of olive oil

1 small onion, minced

2 scallions, thinly sliced, greens and whites separated

1 ¼ cups nonfat Greek style yogurt or 1 ⅔ cups regular nonfat plain yogurt

¼ cup mayonnaise

¾ teaspoon garlic powder

½ teaspoon salt

¼ teaspoon pepper

Intermediate, 2 hours 35 minute cook time, prep time: 40 minutes

Makes 6 servings - one serving equals about 15 chips plus ¼ cup dip

3. Air Fryer Loaded Zucchini Skins

Olive oil cooking spray

2 slices turkey bacon

2 medium zucchini (about 1 lb. total)

1/2 tsp. kosher salt

Freshly ground black pepper

1 c. shredded cheddar

1 large avocado, halved, pitted, and flesh scooped

3 cherry tomatoes, finely chopped

1 tbsp. finely chopped red onion

1 tbsp. fresh lime juice

1 tsp. finely chopped fresh cilantro leaves, plus more for serving

1 small jalapeño, stemmed, seeded, and finely chopped, divided

Directions

Step 1

Spray an air-fryer basket with cooking spray. Place bacon in basket and cook at 350°, flipping halfway through, until cooked through and crisp, about 5 minutes. Transfer bacon to a cutting board. Let cool slightly, then finely chop.

Step 2

Meanwhile, cut zucchini in half lengthwise, then in half crosswise. Using a teaspoon, scoop out seeds, creating 8 boats with roughly 1/4"-thick sides and bottoms. Lightly spray zucchini with cooking spray; season with 1/4 teaspoon salt and 1/4 teaspoon pepper.

Step 3

Working in batches if necessary, in air-fryer basket, arrange zucchini cut side up in a single layer, spacing about 1/8" apart. Cook at 400° until just tender and starting to turn golden in spots, about 7 minutes.

Step 4

Remove air-fryer basket and carefully (basket will be hot) fill zucchini with cheese. Return to air fryer and continue to cook at 400° until cheese is bubbly and golden, 1 to 2 minutes more.

Step 5

Meanwhile, in a medium bowl, mash avocado with a fork. Stir in tomatoes, onion, lime juice, cilantro, 2 teaspoons jalapeño, and remaining 1/4 teaspoon salt.

Step 6

Arrange zucchini boats on a platter. Spoon guacamole into zucchini boats. Top with bacon, more cilantro, and remaining jalapeño.

4. Cowboy Caviar

FOR THE DRESSING:

1/3 c. extra-virgin olive oil
1/3 c. lime juice
3 tbsp. chopped fresh cilantro
1 tbsp. hot sauce (such as Cholula)
1/2 tsp. cumin
1 tsp. kosher salt

FOR THE SALAD:

1 c. black beans
1 small red onion, finely chopped
1 c. corn kernels
1 c. cherry tomatoes, quartered
1 c. black-eyed peas
2 orange bell peppers, chopped
1 avocado, chopped
Tortilla chips, for serving

Step 1

In a small bowl, make dressing: Whisk together olive oil, lime juice, cilantro, hot sauce, cumin, and salt. Set aside.

Step 2

In a large bowl, combine remaining ingredients. Toss with dressing until well combined. Serve with chips.

5. Air Fryer Buffalo Cauliflower

CAULIFLOWER

1 head of cauliflower (about 1 1/2 lb.)

3 tbsp. Frank's RedHot Sauce

2 tbsp. butter, melted

1/2 tsp. kosher salt

1/4 tsp. garlic powder

1 tbsp. cornstarch

BLUE CHEESE DRESSING

1/4 c. crumbled blue cheese (2 oz.)

1/4 c. sour cream

3 tbsp. buttermilk

2 tbsp. mayonnaise

Kosher salt

Freshly ground black pepper

CAULIFLOWER

Step 1

Break the head of the cauliflower into same-sized florets. In a large bowl, stir hot sauce, butter, salt, and garlic powder. Add cauliflower; toss to combine. Add cornstarch; toss to coat.

Step 2

Using tongs and working in batches if necessary to avoid overcrowding, place cauliflower in an air-fryer basket. Cook at 350°, tossing halfway through, until browned in spots, about 15 minutes.

BLUE CHEESE DRESSING

Step 1

In a small bowl, stir blue cheese, sour cream, buttermilk, and mayonnaise; season with salt and pepper.

Step 2

Serve cauliflower with blue cheese dressing alongside.

6. Bacon Zucchini Fries

Cooking spray

4 zucchini, cut into wedges

16 strips bacon

Ranch, for serving

Directions

SAVE TO MY RECIPES

Step 1

Preheat oven to 425° and spray a baking sheet with cooking spray. Wrap each zucchini wedge in bacon and place on baking sheet.

Step 2

Bake until the bacon is cooked through and crispy, about 35 minutes. Serve with ranch.
Nutrition (per serving): 90 calories, 6 g protein, 3 g carbohydrates, 1 g fiber, 2 g sugar, 6 g fat, 2 g saturated fat, 230 mg sodium

7. Chipotle Vegan Queso

2 c. raw cashews (10 oz.)
3 1/2 tsp. chile powder, divided
4 tsp. chipotle en adobo sauce, divided
1 garlic clove
1 tsp. nutritional yeast
1 tsp. onion powder
1/2 tsp. ground turmeric
1/2 tsp. garlic powder
1/2 tsp. ground cumin
1 1/2 c. boiling water, plus more as needed
Kosher salt
2 tbsp. extra-virgin olive oil
1 c. fresh or frozen corn (thawed if frozen)
1/2 jalapeno, thinly sliced
Cilantro leaves, for garnish
Tortilla chips, for serving

Step 1

Combine cashews, 2½ teaspoons of the chili powder, 1 tablespoon of the chipotle sauce, garlic, nutritional yeast, onion powder, turmeric, garlic powder, and cumin in a blender. Carefully pour the boiling water into the carafe. Cover and blend on high until smooth, about 1 minute. Season with salt, adding extra water a tablespoon at a time as needed to thin to a thick, queso-like consistency, blending after each addition. Transfer the queso to a serving bowl.

Step 2

Heat oil in a medium skillet over medium-high. Add corn and cook, stirring, until lightly charred, 1 to 2 minutes. Remove from heat and stir in the remaining teaspoon of chile powder and the remaining teaspoon of chipotle sauce. Spoon the corn over the queso, top with jalapeño and cilantro, and serve with tortilla chips.

8. Zucchini Pizza Bites

3 large zucchini, sliced into 1/4" rounds
Extra-virgin olive oil, for brushing
1/4 c. marinara or pizza sauce
1/3 c. shredded mozzarella
1/3 c. mini pepperoni
Dried oregano, for sprinkling
Preheat oven to 400°. Place zucchini on a baking sheet and brush with olive oil. Bake until slightly tender, 5 minutes.

Step 2

Spoon a thin layer of sauce over each slice, then top with mozzarella and mini pepperoni. Sprinkle with dried oregano and bake until zucchini is tender and cheese is melted, 10 minutes.

9. Buffalo Chicken Celery Boats

1/3 c. Frank's hot sauce
2 tbsp. mayonnaise
kosher salt
Freshly ground black pepper
2 c. shredded rotisserie chicken
4 stalks celery, cut into 3" pieces
1/3 c. crumbled blue cheese
Ranch, for drizzling
chives, for garnish

Step 1

In a medium bowl, whisk together hot sauce and mayo and season with salt and pepper. Pour over shredded chicken and mix to combine.

Step 2

Spoon chicken mixture into celery boats.

Step 3

Top with blue cheese, drizzle with ranch and garnish with chives.

10. Sweet Potato Chips

2 medium sweet potatoes, thinly sliced
1 tbsp. vegetable oil
1 tbsp. cornstarch
1 tbsp. chili powder
2 tsp. smoked paprika
1 tsp. garlic powder
1 tsp. mustard powder
2 tsp. kosher salt
1/2 tsp. Freshly ground pepper
2 green onions, finely sliced
2/3 c. sour cream

Step 1

Preheat oven to 350°. Place two wire racks on two large rimmed baking sheets. Toss sweet potatoes in oil until evenly coated.

Step 2

In a separate large bowl, whisk together spices and cornstarch. Add sweet potatoes and toss until evenly coated in spice mixture.

Step 3

Place sweet potatoes on wire racks in a single layer. Bake for 25 to 35 minutes, until sweet potatoes look crispy and dry to touch. (They'll continue to crisp as they cool.)

Step 4

While the sweet potatoes cool, make dip: Fold green onions into sour cream and serve with sweet potato chips.

Salads

1. Buffalo Chicken Salad

FOR THE CHICKEN

1 c. buffalo sauce
2 tbsp. honey
Juice of 1 lime
1 tsp. garlic powder
1/2 tsp. onion powder
Kosher salt
Freshly ground black pepper
1 1/2 lb. boneless skinless chicken breasts (about 3 breasts)
1 tbsp. extra-virgin olive oil

FOR THE DRESSING

1/2 c. mayonnaise
1/2 c. sour cream
1/2 c. buttermilk
2 cloves garlic, minced
1/4 c. freshly chopped parsley
2 tbsp. freshly chopped dill
2 tbsp. freshly chopped chives
1 1/2 tsp. kosher salt
1/2 tsp. freshly ground black pepper
1/2 tsp. onion powder
Pinch of cayenne pepper

FOR THE SALAD

4 c. chopped romaine
2 c. baby spinach
2 stalks celery, sliced
1 carrot, cut into matchsticks
1 Persian cucumber, cut into half moons
1 avocado, sliced
1/2 red onion, thinly sliced
1 c. halved cherry tomatoes
3/4 c. blue cheese crumbles

Step 1

Make chicken: In a large bowl, combine buffalo sauce, honey, lime juice, garlic powder, and onion powder. Season with salt and pepper. Reserve 1/3 cup marinade. Add chicken to remaining marinade and toss to coat. Let marinate 30 minutes at room temperature. Or cover and refrigerate for up to 2 hours.

Step 2

In a large skillet over medium heat, heat oil. Remove chicken from marinade, letting as much marinade drip off as possible, and add to skillet. Cook until golden, 6 minutes, then flip and brush chicken with reserved marinade. Continue cooking until no longer pink, 6 to 8 minutes more. Place on a cutting board and let rest 5 minutes, then slice into strips.

Step 3

Meanwhile, make dressing: In a medium bowl, whisk together mayonnaise, sour cream, and buttermilk. Add remaining ingredients and stir until combined.

Refrigerate until ready to use.

Step 4

Assemble salad: In a large bowl, toss together romaine, spinach, celery, carrots, cucumber, avocado, red onion, tomatoes, and blue cheese crumbles. Top with chicken and drizzle with dressing just before serving.

2. Cobb Salad

1/3 c. red wine vinegar

1 tbsp. Dijon mustard

2/3 c. extra-virgin olive oil

Kosher salt

Freshly ground black pepper

1 head romaine lettuce, coarsely chopped

4 hard-boiled eggs, peeled and quartered

12 oz. cooked chicken, diced

8 slices bacon, cooked and crumbled

1 avocado, thinly sliced

4 oz. crumbled blue cheese

5 oz. cherry tomatoes, halved

2 tbsp. finely chopped chives

Step 1

In a jar, shake together vinegar, mustard, and oil and season with salt and pepper.

Step 2

On a large platter, spread out lettuce, then add rows of hard-boiled egg, chicken, bacon, avocado, blue cheese, and cherry tomatoes.

Step 3

Season with salt and pepper, drizzle with dressing, and garnish with chives.

3. Vegan Taco Salad

FOR SALAD

2 c. water

1 c. quinoa

1 (15-oz.) can black beans, rinsed and drained

1 (15-oz.) can pinto beans, rinsed and drained

1 c. corn

1 tbsp. taco seasoning

Kosher salt

Freshly ground black pepper

Chopped romaine

1/2 small red onion, thinly sliced

1 c. cherry tomatoes, halved

1 bell pepper, chopped

Tortilla chips

FOR AVOCADO-CHIPOTLE DRESSING

2 large avocados, pitted
1 chipotle in adobo sauce, plus 1 tsp. sauce
Juice of 1 lime
1/4 c. fresh cilantro
2 cloves garlic
1/4 c. water
2 tbsp. extra-virgin olive oil
2 tbsp. white wine vinegar
Kosher salt
Freshly ground black pepper

Step 1

In a medium pot over medium heat, bring water to a boil. Add quinoa, reduce heat to a simmer, then cover and cook 12 minutes or until water is absorbed. Remove from heat, but keep covered for 5 minutes.

Step 2

Add beans, corn, and taco seasoning to warm quinoa and toss to combine. Season with salt and pepper.

Step 3

In a blender or small food processor, blend together dressing ingredients. Season with salt and pepper. Add more vinegar or water to thin dressing as desired.

Step 4

In a large bowl, add romaine and toss with quinoa mixture, red onions, tomatoes, and bell pepper. Serve with chipotle dressing and tortilla chips.

4. **Classic Chef Salads**

6 c. chopped romaine
4 hard-boiled eggs, halved
4 oz. ham, diced
4 oz. cooked chicken or turkey breast, diced
4 oz. roast beef, diced
4 oz. cheddar, cubed
4 oz. Swiss cheese, cubed
1 c. cherry tomatoes, halved
1 Persian cucumber, sliced
Kosher salt
Freshly ground black pepper
1 c. croutons
Preferred dressing, such as ranch or a vinaigrette

Step 1

Place lettuce in a large serving bowl or platter. Arrange remaining ingredients on top and season tomatoes, cucumbers, and eggs with salt and pepper.

Step 2

Serve with desired dressing.

5. **Strawberry Spinach Salad**

2 tbsp. fresh lemon juice
1/2 tsp. Dijon mustard
1/4 c. extra-virgin olive oil
Kosher salt
Freshly ground black pepper
5 c. packed baby spinach (5 oz.)
2 rotisserie chicken breasts, cut into 1/2" pieces
2 c. thinly sliced strawberries
3/4 c. chopped toasted pecans
1/4 small red onion, thinly sliced
5 oz. feta, crumbled

Step 1

In a large bowl, whisk the lemon juice with the mustard. While whisking, slowly pour in the oil until the dressing is combined. Season with salt and pepper.

Step 2

Add spinach, chicken, strawberries, 1/2 cup pecans, and onion to the bowl with the dressing and toss to combine.

Step 3

Pile salad onto plates and top with the remaining pecans and a generous crumbling of feta.

Soups

1. Healthy Chicken Noodle Soup

1 tsp. extra-virgin olive oil
1 c. diced onion
2 celery stalks, diced
2 carrots, diced
2 cloves garlic, minced
2 tsp. fresh thyme
1 lb. boneless skinless chicken breast, cut into 1/2" pieces
Kosher salt
Freshly ground black pepper
32 oz. low-sodium chicken stock
1 lb. egg noodles
1/4 c. freshly chopped parsley

Step 1

In a large pot over medium heat, heat oil. Add onions, celery, and carrots and cook until softened, 6 minutes. Add garlic and thyme and cook until fragrant, 1 minute more.

Step 2

Move vegetables to one side of the pot and add chicken. Season with salt and pepper and cook until no pink remains, 6 to 8 minutes. Add stock and 1/2 cup of water and bring to a boil.

Step 3

Add noodles and cook according to package instructions. Season to taste with salt and pepper. Add parsley and serve immediately.

2. Keto Broccoli Cheddar Soup

4 tbsp. unsalted butter
1 large carrot, cut into matchsticks
2 small cloves garlic, minced
3/4 tsp. smoked paprika
3/4 tsp. ground mustard
3/4 tsp. onion powder
Pinch cayenne pepper
Kosher salt
Freshly ground black pepper
4 c. low-sodium chicken stock
6 c. small broccoli florets
6 oz. cream cheese
4 c. freshly grated sharp cheddar

Step 1

In a medium saucepan, melt the butter. Add the carrot and garlic and cook, stirring until fragrant, about 2 minutes. Stir in paprika, ground mustard, onion powder, and cayenne. Pour in the chicken stock and bring to a boil. Season with salt and pepper.

Step 2

Add the broccoli and simmer until very tender, about 3 to 5 minutes. Add the cream cheese and cheddar and cook, stirring, until melted.

Step 3

Season with salt and pepper and serve warm.

3. Cheeseburger Soup

3 slices bacon, chopped
1 onion, chopped
2 stalks celery, diced
2 carrots, diced
2 cloves garlic, minced
1 lb. ground beef
Kosher salt
Freshly ground black pepper
2 tbsp. yellow mustard
1 (16-oz.) diced tomatoes, drained
3 c. low-sodium chicken broth
2 c. shredded cheddar, plus more for garnish
1 c. half and half
3 tbsp. all-purpose flour
Pickle slices, for serving
Sesame seeds, for serving

Step 1

In a large pot over medium heat, cook bacon until crispy. Transfer to a paper-towel lined plate. Add onion, celery, and carrot to pot and cook until soft, 5 minutes then add garlic and cook until fragrant, 1 minute more. Add ground beef and cook, breaking up meat

with a wooden spoon, until no longer pink, about 6 minutes. Drain fat. Season with salt and pepper.

Step 2

Stir in mustard, broth, and diced tomatoes. Bring to a simmer, and let cook about 10 minutes. Lower heat and stir in cheese, half and half, and flour. Cook until the cheese has melted and soup is thickened, about 15 minutes.

Step 3

Serve with bacon, cheese, pickles, and sesame seeds.

4. Cauliflower Soup

1 tbsp. extra-virgin olive oil, plus more for garnish

1 medium yellow onion, chopped

1 clove garlic, minced

1 large head cauliflower, cut into small florets (about 8 cups)

6 c. low-sodium chicken or vegetable stock

3 sprigs fresh thyme, plus more for serving

1 bay leaf

Kosher salt

Freshly ground black pepper

1/4 c. heavy cream or whole milk

Step 1

In a large pot over medium heat, heat oil. Add onion and cook until soft, 6 minutes. Add garlic and cook until fragrant, 1 minute. Add cauliflower, stock, thyme, and the bay leaf and bring up to a simmer. Cook until cauliflower is very tender, 15 to 20 minutes.

Step 2

When vegetables are tender, remove thyme and bay leaf and discard. Blend with immersion blender or transfer to a blender in batches and blend until smooth. Stir in cream and reheat if needed. Garnish with a drizzle of olive oil and fresh thyme and serve immediately.

5. Sweet Potato Chili

2 tbsp. extra-virgin olive oil

1 medium onion, chopped

1 bell pepper, chopped

3 cloves garlic, minced

1 tbsp. tomato paste

1 lb. Italian sausage

1 tbsp. chili powder

1 tsp. dried oregano

1/2 tsp. garlic powder

1/4 tsp. cayenne

Kosher salt

Freshly ground black pepper

4 large sweet potatoes, peeled and cubed into 1" pieces

3 c. low-sodium chicken broth

1 (14.5-oz.) can diced tomatoes
Freshly chopped parsley, for serving

Step 1

In a large pot over medium heat, heat oil. Add onion and bell pepper and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more, then add tomato paste and stir until well coated. Add sausage and cook, breaking up meat with a wooden spoon until no longer pink, 7 minutes. Add chili powder, oregano, garlic powder, and cayenne and season with salt and pepper.

Step 2

Add sweet potatoes, broth, and tomatoes and bring to a boil. Reduce heat and let simmer, covered, until sweet potatoes are tender, about 15 minutes.

Step 3

Garnish with parsley before serving.

6. Pesto Rice and Bean Soup

2 tbsp. extra-virgin olive oil
1 small yellow onion, chopped
2 medium carrots, chopped
4 cloves garlic, chopped
1/4 c. sundried tomatoes, finely chopped
1 tsp. kosher salt
1/2 tsp. freshly ground black pepper
1 tsp. dried oregano
1/4 tsp. red pepper flakes (optional)
1/2 c. short-grain brown rice, rinsed
4 c. low-sodium chicken broth or water, divided
2 (15.5-oz.) cans beans of your choice (such as butter beans and pink beans), rinsed and drained
1/2 c. pesto
Freshly grated Parmesan, for serving
Toasted pine nuts, for serving (optional)
Fresh herbs, for serving

Step 1

In a large pot over medium heat, heat oil. Add onion, carrots, garlic, tomatoes, salt, pepper, oregano, and red pepper flakes (if using) and cook, stirring occasionally, until vegetables soften, 6 to 8 minutes. Add rice and stir until toasted, about 2 minutes.

Step 2

Add 2 cups broth and bring to a simmer, stirring occasionally. Cover, reduce heat to medium-low, and let cook until rice is al dente, 30 to 35 minutes.

Step 3

Return heat to medium and add beans and remaining broth. Stir to combine and continue cooking until slightly thickened and rice is completely tender, 12 to 15 minutes more. Remove from heat and stir in pesto.

Step 4

Garnish with Parmesan, pine nuts, and herbs before serving.

7. Quinoa Vegetable Soup

2 tbsp. extra-virgin olive oil
1 medium onion, chopped
2 carrots, peeled and cut into thin rounds
2 stalks celery, thinly sliced
3 cloves garlic, thinly sliced
1 large zucchini, cut into 1/2" pieces
1 (14.5-oz.) can diced tomatoes
1 (15.5-oz.) can cannellini beans, rinsed and drained
1 c. quinoa
1/2 tsp. ground cumin
8 c. low-sodium vegetable broth
8 oz. Tuscan kale, ribs removed and leaves thinly sliced
1 tbsp. fresh lemon juice
Crushed red pepper flakes, for serving

Step 1

In a large pot over medium-high heat, heat oil. Add onion, carrot, celery, and garlic and season with salt and pepper. Cook, stirring occasionally, until vegetables are soft, about 10 minutes.

Step 2

Add zucchini, diced tomatoes, beans, quinoa, and cumin. Pour in broth and stir to combine. Bring to a boil and boil until quinoa is tender, about 13 minutes.

Step 3

Stir in kale and cook until wilted, 1 minute more, then stir in lemon juice. Season with salt, pepper, and red pepper flakes and serve.

8. Instant Pot Vegetable Soup

1 tbsp. extra-virgin olive oil, plus more for serving
1 medium onion, chopped
4 garlic cloves, minced
Kosher salt
Freshly ground black pepper
1 tbsp. tomato paste
2 c. chopped cabbage
2 c. small cauliflower florets
2 carrots, peeled and thinly sliced
2 celery stalks, thinly sliced
1 red bell pepper, chopped
1 medium zucchini, chopped
1 (15-oz.) can kidney beans, rinsed and drained
1 (15-oz.) can diced tomatoes
4 c. low-sodium vegetable broth
2 tsp. Italian seasoning
3/4 tsp. paprika
Freshly chopped parsley, for serving

Step 1

Set Instant Pot to “Sauté” and add oil, onion, and garlic. Season generously with salt and pepper. Cook, stirring occasionally, until onion softens, 5 minutes. Add tomato paste and cook, stirring, 1 minute. Add remaining ingredients and stir to combine.

Step 2

Lock lid and set machine to cook at high pressure for 8 minutes. When finished, carefully turn steam valve to the venting position to release the pressure.

Step 3

Stir soup and season with salt and pepper.

Step 4

Garnish with parsley and a drizzle of olive oil before serving.

9. Vegan French Onion Stew

5 c. water, divided

Extra-virgin olive oil

2 large yellow onions, thinly sliced

4 small red onions, thinly sliced

Kosher salt

Freshly ground black pepper

1/2 c. dry red wine

3 sprigs fresh thyme

4 cloves garlic, finely chopped

2 bay leaves

1/2 c. brown lentils

1/2 baguette, sliced

Sliced vegan cheese, such as provolone or Gruyère

Chopped fresh parsley, for serving

Step 1

Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add onions, season with salt and pepper and toss to coat in the oil. Cook, stirring occasionally, until onions are golden brown and very tender, 30 to 35 minutes, adding a splash of water if onions start to stick to the bottom of the skillet. Stir in 1 cup water and transfer onions and liquid to a Dutch oven or other large oven-safe pot.

Step 2

Add wine, thyme, garlic, and bay leaves to the pot. Bring to a simmer and cook, stirring occasionally, 5 minutes. Add remaining 4 cups water and lentils and bring up to a boil. Reduce heat to low and simmer, skimming foam from surface and stirring occasionally, until lentils are tender, 30 to 35 minutes.

Step 3

When lentils are tender, remove pot from heat and preheat the broiler to high. Top soup with baguette slices, then top baguette with cheese. Place pot in oven and broil until cheese is melty, 2 to 5 minutes depending on your broiler and cheese. Top with parsley before serving.

10. Chicken Stew

2 tbsp. butter

2 large carrots, peeled and sliced into coins

1 stalk celery, chopped
Kosher salt
Freshly ground black pepper
3 cloves garlic, minced
1 tbsp. all-purpose flour
1 1/2 lb. boneless skinless chicken breasts
3 sprigs fresh thyme
1 bay leaf
3/4 lb. baby potatoes, quartered
3 c. low-sodium chicken broth
Freshly chopped parsley, for garnish

Step 1

In a large pot over medium heat, melt butter. Add carrots and celery and season with salt and pepper. Cook, stirring often, until vegetables are tender, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds.

Step 2

Add flour and stir until vegetables are coated, then add chicken, thyme, bay leaf, potatoes, and broth. Season with salt and pepper. Bring mixture to a simmer and cook until the chicken is no longer pink and potatoes are tender, 15 minutes.

Step 3

Remove from heat and transfer chicken to a medium bowl. Using two forks, shred chicken into small pieces and return to pot.

Step 4

Garnish with parsley before serving.

Entrees

1. Cilantro-Lime Wraps

1 lb. medium shrimp, peeled and deveined
2 tsp. ground cumin
1 tsp. chili powder
Juice of 1 lime
2 tbsp. freshly chopped cilantro, plus more for garnish
2 cloves garlic, minced
3 tbsp. extra-virgin olive oil, divided
Kosher salt
Freshly ground black pepper
Romaine lettuce, for serving
1 avocado, thinly sliced
1/4 c. Sour cream, for serving

Step 1

In a large bowl, stir together shrimp, cumin, lime juice, cilantro, garlic, and 2 tablespoons oil and season with salt and pepper. Toss until combined, then let marinate in the fridge 10 minutes.

Step 2

In a large skillet over medium heat, heat remaining tablespoon oil. Add shrimp and marinade cook until pink, 2 minutes per side.

Step 3

Assemble wraps: Add shrimp and avocado to lettuce, drizzle with sour cream, and garnish with cilantro.

2. Air Fryer Orange Chicken

2 lb. skinless, boneless chicken breasts, cut into 1" pieces

1/2 tsp. kosher salt

1/4 tsp. freshly ground black pepper

2 large eggs

1/4 c. all-purpose flour

1/2 c. plus 1 tbsp. cornstarch

Olive oil cooking spray

1 1/2 c. orange juice

1/4 c. packed light brown sugar

2 tbsp. low-sodium soy sauce or tamari

2 tbsp. rice vinegar

2 cloves garlic, minced

1/2 tsp. minced fresh ginger

1/4 tsp. crushed red pepper flakes

2 tsp. toasted sesame oil

Sliced scallions and toasted sesame seeds, for serving

Step 1

In a medium bowl, pat chicken dry with paper towels; season with salt and black pepper. In a shallow bowl, beat eggs to blend. In another shallow bowl, whisk flour and 1/2 cup cornstarch. Coat chicken in egg, then toss to coat in flour mixture, shaking off any excess.

Step 2

Coat an air-fryer basket with cooking spray. Working in batches, arrange chicken in a single layer in basket; spray chicken with cooking spray. Cook at 400°, tossing halfway through and spraying with cooking spray, until golden brown and cooked through, about 10 minutes. Transfer chicken to a clean large bowl.

Step 3

In a measuring cup, whisk orange juice, brown sugar, soy sauce, vinegar, and remaining 1 tbsp. cornstarch.

Step 4

Coat a small pot with cooking spray and heat over medium heat. Cook garlic, ginger, and red pepper flakes, stirring, until fragrant, about 2 minutes. Add orange juice mixture and bring to a boil. Cook, stirring occasionally, until thickened and slightly reduced, about 10 minutes (you should have about 1 1/4 cups sauce). Add oil and stir to combine.

Step 5

Pour orange sauce over chicken and toss to coat. Garnish with scallions and sesame seeds.

3. Keto Mac and Cheese

FOR THE MAC & CHEESE

Butter, for baking dish
2 medium heads cauliflower, cut into florets
2 tbsp. extra-virgin olive oil
Kosher salt
1 c. heavy cream
6 oz. cream cheese, cut into cubes
4 c. shredded cheddar
2 c. shredded mozzarella
1 tbsp. hot sauce (optional)
Freshly ground black pepper

FOR THE TOPPING

4 oz. pork rinds, crushed
1/4 c. freshly grated Parmesan
1 tbsp. extra-virgin olive oil
2 tbsp. freshly chopped parsley, for garnish

Step 1

Preheat oven to 375° and butter a 9”-x-13” baking dish. In a large bowl, toss cauliflower with 2 tablespoons oil and season with salt. Spread cauliflower onto two large baking sheets and roast until tender and lightly golden, about 40 minutes.

Step 2

Meanwhile, in a large pot over medium heat, heat cream. Bring up to a simmer, then decrease heat to low and stir in cheeses until melted. Remove from heat, add hot sauce if using and season with salt and pepper, then fold in roasted cauliflower. Taste and season more if needed.

Step 3

Transfer mixture to prepared baking dish. In a medium bowl stir to combine pork rinds, Parmesan, and oil. Sprinkle mixture in an even layer over cauliflower and cheese.

Step 4

Bake until golden, 15 minutes. If desired, turn oven to broil to toast topping further, about 2 minutes.

Step 5

Garnish with parsley before serving.

4. Skinny Alfredo

12 oz. whole-wheat linguine
1 tbsp. extra-virgin olive oil
3 cloves garlic, minced
2 tbsp. all-purpose flour
1 c. low-sodium chicken broth
3/4 c. 1% milk
1/2 c. freshly grated Parmesan
2 tbsp. plain Greek yogurt (optional)

Freshly ground black pepper
Pinch crushed red pepper flakes
Freshly chopped parsley, for serving

Step 1

In a large pot of salted boiling water, cook linguine according to package directions until al dente. Set aside ½ cup of pasta water, then drain pasta and set aside.

Step 2

In a large skillet over medium heat, heat oil. Add garlic and cook until fragrant, 1 minute. Sprinkle flour over evenly, then stir and cook until mixture is lightly golden.

Step 3

Very gradually add broth in while whisking, 2 tablespoons at a time, waiting for mixture to become completely smooth before adding more broth. Bring mixture to a boil, then gradually stream in milk while whisking. Bring to a simmer and cook until sauce is thickened, 2 to 3 minutes.

Step 4

Remove from heat and add Parmesan and yogurt, if using. Season with salt, pepper, and a pinch of red pepper flakes.

Step 5

Add pasta and a 1/4 cup reserved pasta water to sauce and toss to combine. If sauce is too thick add more pasta water, a tablespoon at a time, until desired consistency.

Step 6

Garnish with parsley before serving.

5. Vegan Pizza

FOR THE PIZZA

1 small head cauliflower, cut into small florets
1 tbsp. extra-virgin olive oil
1 tbsp. apple cider vinegar
1/2 tsp. garlic powder
1/2 tsp. cayenne pepper
Kosher salt
Freshly ground black pepper
Cooking spray, for pan
2/3 c. barbecue sauce, divided
2 (8-oz packages) store-bought pizza dough
1/2 small red onion, thinly sliced

FOR THE VEGAN RANCH

1/2 c. vegan mayonnaise
Juice of 1/2 a lemon
1 tbsp. finely chopped chives, plus more for garnish
1 tbsp. finely chopped parsley
1 clove garlic, minced
Kosher salt

Freshly ground black pepper

Step 1

Preheat oven to 400°. In a large bowl, toss cauliflower with oil, vinegar, garlic powder, and cayenne. Season with salt and pepper and spread in an even layer on a large baking sheet. Roast until florets are tender and slightly golden, 20 to 30 minutes, depending on the size of your florets.

Step 2

When ready to assemble pizza, return cauliflower to large bowl and toss with 1/3 cup barbecue sauce. Turn oven up to 475°. Grease a large baking sheet with cooking spray.

Step 3

Make vegan ranch: In a medium bowl, mix together all ingredients then season with salt and pepper.

Step 4

Spread 1 ball pizza dough onto greased baking sheet. Spread half remaining 1/3 cup barbecue sauce on crust in a thin, even layer, leaving about a 1/2" border. Top with half the cauliflower and red onions. Repeat with remaining ingredients and bake until crust is crispy, 12 to 15 minutes.

Step 5

Garnish with chives and a drizzle of vegan ranch.

6. Lemon Pepper Baked Chicken

1/2 c. all-purpose flour

1 tbsp. lemon pepper seasoning

1 tsp. kosher salt

2 lemons, divided

1 lb. boneless skinless chicken breasts, halved

2 tbsp. extra-virgin olive oil

1/2 c. Chicken broth Swanson Chicken Broth

2 tbsp. butter

2 cloves garlic, minced

Freshly chopped parsley, for garnish

FOR OVEN

Step 1

Preheat oven to 400°. In a medium bowl, whisk together flour, lemon pepper, salt, and zest of 1 lemon. Toss chicken breasts in the flour mixture until fully coated. Slice remaining lemon into thin rounds.

Step 2

In a large ovenproof skillet over medium-high heat, heat oil. Add chicken in a single layer and cook until golden on bottom, about 5 minutes, then flip chicken breasts.

Step 3

To skillet, add broth, butter, garlic, and lemon slices and bake until chicken is cooked through and sauce has reduced slightly, about 5 minutes.

Step 4

Spoon sauce on top of chicken and garnish with parsley.

FOR STOVETOP

Step 1

In a medium bowl, whisk together flour, lemon pepper, salt, and zest of 1 lemon. Toss chicken breasts in the flour mixture until fully coated. Slice remaining lemon into thin rounds.

Step 2

In a large ovenproof skillet over medium-high heat, heat oil. Add chicken in a single layer and cook until golden on bottom, about 5 minutes, then flip chicken breasts.

Step 3

To skillet, add broth, butter, garlic, and lemon slices and cook until chicken is cooked through and sauce has reduced slightly, 3 minutes.

Step 4

Spoon sauce on top of chicken and garnish with parsley.

7. **Vegan Meatloaf**

1 tbsp. extra-virgin olive oil

1/2 yellow onion, finely chopped

2 stalks celery, finely chopped

1 medium carrot, peeled and finely chopped

1 c. finely chopped baby bella mushrooms

2 (15-oz) cans chickpeas, drained and rinsed

1 c. panko bread crumbs

1/4 c. freshly chopped parsley, plus more for garnish

2 tbsp. low-sodium soy sauce

1 tbsp. vegan Worcestershire sauce

1/4 c. ketchup

1/4 c. barbecue sauce

1/2 tsp. smoked paprika

Kosher salt

Freshly ground black pepper

Step 1

Preheat oven to 375° and line an 5"-x-8" loaf pan with parchment paper. In a large skillet over medium heat, heat oil. Add onion, celery, carrot, and mushrooms and cook, stirring occasionally, until vegetables are soft and most of the liquid has cooked out, 6 to 8 minutes.

Step 2

Using a potato masher in a large bowl or food processor, mash the chickpeas until a rough paste forms. (A few large pieces of chickpea are OK.) Transfer to a large bowl if using a food processor.

Step 3

Add cooked vegetables, bread crumbs, parsley, soy sauce, and Worcestershire sauce to the bowl with chickpeas. In a medium bowl, whisk together ketchup and barbecue sauce. Add half of this mixture to the bowl with the chickpeas. Season with paprika, salt, and pepper, and stir until all ingredients are evenly incorporated.

Step 4

Transfer chickpea mixture to prepared loaf pan, packing the mixture in gently. Smooth top, then brush with half of the remaining ketchup mixture and bake for 30 minutes. Remove from oven, brush with remaining ketchup mixture, and bake 30 minutes more.

Step 5

Let cool 10 minutes, then garnish with parsley and serve

8. Zucchini Lattice Lasagna

2 c. ricotta

1 c. freshly grated Parmesan, plus more for sprinkling

2 large eggs

Kosher salt

Freshly ground black pepper

1 1/2 c. marinara sauce

3 large zucchini, cut into wide strips using a Y peeler and drained on paper towels

3 c. shredded mozzarella

Step 1

Preheat oven to 350°. In a small bowl, stir together ricotta, Parmesan, and eggs and season mixture with salt and pepper.

Step 2

Spread a thin layer of marinara in a baking dish. Cover with 2 layers of zucchini, a third of the ricotta mixture, and a third of the mozzarella. Spread about 1/3 cup marinara over mozzarella. Repeat layering twice more.

Step 3

For the top, layer zucchini noodles side by side on a diagonal in the baking dish to make a lattice. Lift the bottom half of every other noodle and lay another zucchini noodle across diagonally. Repeat until full.

Step 4

Sprinkle with more Parmesan and season with salt and pepper.

Step 5

Bake until melty and zucchini is cooked through, 30 minutes.

Step 6

Let rest for 10 minutes before slicing.

9. Honey Garlic Glazed Salmon

1/3 c. honey

1/4 c. low-sodium soy sauce

2 tbsp. lemon juice

1 tsp. red pepper flakes

3 tbsp. extra-virgin olive oil, divided

4 6-oz. salmon fillets, patted dry with a paper towel

Kosher salt

Freshly ground black pepper

3 cloves garlic, minced

1 lemon, sliced into rounds

Step 1

In a medium bowl, whisk together honey, soy sauce, lemon juice and red pepper flakes.

Step 2

In a large skillet over medium-high heat, heat two tablespoons oil. When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper. Cook salmon until deeply golden, about 6 minutes, then flip over and add remaining tablespoon of oil.

Step 3

Add garlic to the skillet and cook until fragrant, 1 minute. Add the honey mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste salmon with the sauce.

Step 4

Garnish with sliced lemon and serve.

10. Chicken Primavera Spaghetti Squash Boats

FOR SPAGHETTI SQUASH

1 medium spaghetti squash, halved, seeds removed

1 tbsp. extra-virgin olive oil

Kosher salt

Freshly ground black pepper

FOR PRIMAVERA FILLING

1 tbsp. extra-virgin olive oil

1/2 small red onion, chopped

1 orange bell pepper, chopped

1 c. grape tomatoes, halved

1 medium zucchini, cut into half-moons

2 cloves garlic, minced

1 tsp. lemon zest

Kosher salt

Freshly ground black pepper

1/2 tsp. Italian seasoning

2 1/2 c. cooked shredded chicken

1 c. shredded mozzarella

1/4 c. freshly grated Parmesan

Freshly chopped parsley, for garnish

Step 1

Preheat oven to 400°. Drizzle cut sides of spaghetti squash with oil and season with salt and pepper. Place cut side down on a large, rimmed baking sheet. Roast until tender, 30 to 35 minutes. Let cool slightly. Using a fork, break up squash strands. Keep oven on.

Step 2

Meanwhile, make filling: In a large skillet over medium heat, heat oil. Add onions and bell pepper and cook until slightly softened, 3 to 4 minutes. Add tomatoes, zucchini, garlic, and lemon zest. Season with salt, pepper, and Italian seasoning

and stir until combined. Cook until soft, 3 to 4 minutes. Stir in shredded chicken. Remove from heat.

Step 3

Divide mixture between squash halves and stir to combine with squash strands.

Top each half with mozzarella and return to oven to melt, 5 minutes.

Step 4

Garnish with Parmesan and parsley before serving.

Dessert

1. Keto Red Velvet Cake

FOR THE CAKE

Cooking spray

1/2 c. almond milk

2 tbsp. white distilled vinegar

3 c. almond flour

1/4 c. dutch process cocoa powder

1 tsp. baking soda

1/2 tsp. kosher salt

1 c. (2 sticks) butter, softened

3/4 c. granulated Swerve

3 large eggs

1 tsp. pure vanilla extract

3 tbsp. red food coloring

FOR THE FROSTING

2 (8-oz.) block cream cheese, softened

1/2 c. (1 stick) butter, softened

1 1/4 c. confectioners Swerve

1/4 c. heavy cream

1 tsp. pure vanilla extract

Pinch of kosher salt

Step 1

Make cake: Preheat oven to 350°. Line two 8" round cake pan with parchment and grease with cooking spray. In a glass measuring cup or small bowl, combine almond milk and vinegar. Let sit at least 10 minutes.

Step 2

In a medium bowl, whisk together almond flour, cocoa powder, baking soda, and salt.

Step 3

In a large bowl using a hand mix, beat butter and sugar together. Add eggs one at a time until incorporated, then add vanilla. Add dry ingredients and mix until just combined.

Add almond milk mixture and red food coloring and mix until just combined.

Step 4

Divide batter evenly between prepared cake pans. Bake until a toothpick inserted in the middle comes out clean, 35 to 40 minutes. Let cool 15 minutes, then flip onto a cooling rack and let cool completely.

Step 5

Make frosting: In a large bowl using a hand mixture, beat cream cheese and butter until smooth. Add confectioners sugar and beat until no lumps remain. Add heavy cream, vanilla, and a pinch of salt and beat until combined.

Step 6

Place one cake layer on a serving platter and frost top with about $\frac{1}{3}$ of the frosting. Place second layer on top and frost top and sides with the rest of the frosting.

2. Keto Copycat Snicker Bar

FOR THE NOUGAT

1 c. raw cashews

Boiling water

1 c. blanched finely ground almond flour

1/2 c. coconut oil, melted, plus more for brushing

1/4 c. finely shredded dried coconut

2 tbsp. Swerve granular

1 tsp. pure vanilla extract

Kosher salt

FOR THE CARMEL

1/4 c. heavy cream

2 tbsp. brown Swerve

1 c. unsweetened natural creamy peanut butter

3 tbsp. coconut oil

2 tbsp. sugar-free maple syrup

2 tsp. pure vanilla extract

Kosher salt

1 1/2 c. salted roasted peanuts

FOR THE CHOCOLATE COATING

3 c. sugar-free semisweet chocolate chips

2 tbsp. coconut oil

Step 1

Make nougat: In a large heatproof bowl, place cashews and pour enough boiling water over them to cover by at least 1 inch. Let sit 10 minutes. Drain well.

Step 2

Transfer drained cashews to a blender. Add almond flour, coconut oil, dried coconut, sweetener, vanilla, and a pinch of salt. Process until smooth.

Step 3

Brush a 9x9-inch baking pan with coconut oil. Line with parchment, leaving an overhang of at least 2 inches on two sides. Brush parchment with coconut oil. Scrape cashew mixture into prepared pan and spread into an even layer with a spatula. Transfer to freezer while making caramel layer.

Step 4

Make caramel: In a large bowl, whisk heavy cream and sweetener until sweetener is dissolved and cream forms firm peaks. Add peanut butter, coconut oil, maple syrup, vanilla, and a pinch of salt and stir until well combined.

Step 5

Scrape caramel mixture on top of nougat layer and spread evenly. Sprinkle evenly with peanuts and press lightly to partially submerge peanuts. Return to freezer and freeze until cold and firm, at least 1 hour.

Step 6

Carefully lift frozen nougat and caramel layers from baking pan to a cutting board. Cut square into 4 long rectangles, then cut each rectangle crosswise into 10 bars.

Step 7

Make chocolate coating: In a medium microwave-safe bowl, combine chocolate chips and coconut oil. Microwave, stirring every 20 seconds, until smooth.

Step 8

Dip each bar in melted chocolate, then place on parchment-lined baking sheet. Place in refrigerator to set, 10 minutes.

3. Keto Snickerdoodle

1/2 c. (1 stick) butter, melted and slightly cooled, plus more for brushing

4 c. blanched finely ground almond flour

2 large eggs

1/4 c. packed brown Swerve

1 tsp. baking powder

1 1/2 tsp. ground cinnamon, divided

1/4 tsp. kosher salt

1 tsp. pure vanilla extract

1 tbsp. Swerve granular

Step 1

Preheat oven to 350°. Brush a 9x9-inch baking pan with butter. Line with parchment paper leaving a 2-inch overhang on two sides. Brush parchment with butter.

Step 2

In a large bowl, combine almond flour and sweetener. Use your fingers to break up any clumps. Then add baking powder, 1/2 teaspoon cinnamon, and salt and whisk until well combined. Add butter, eggs, and vanilla and stir until well combined.

Step 3

Scrape dough into prepared baking pan and, using a spatula, smooth into an even layer. Bake until golden and a toothpick inserted in center comes out clean, about 25 to 28 minutes. Let cool completely.

Step 4

In a small bowl, combine remaining 1 teaspoon cinnamon and sweetener. Brush top of bars lightly with butter and sprinkle all over with cinnamon-sweetener mixture.

4. Fruit Popsicles

12 oz. fresh strawberries, rinsed and quartered (about 3 c.)

1/4 c. strawberry jam

2 tbsp. granulated sugar

1 tsp. fresh lemon juice

Pinch of kosher salt

Step 1

In a blender, blend strawberries, jam, granulated sugar, lemon juice, and salt until smooth.

Step 2

Pour strawberry mixture into ice-pop molds. Cover and insert sticks.

Step 3

Freeze until solid, at least 8 hours. Dip molds in lukewarm water to release pops.

5. **Gluten-Free Chocolate Chip Cookies**

3/4 c. (1 1/2 sticks) melted butter, cooled

1/2 c. packed brown sugar

1/2 c. granulated sugar

2 large eggs

2 tsp. pure vanilla extract

2 3/4 c. almond flour

1/2 c. cornstarch

1/2 tsp. baking soda

3/4 tsp. kosher salt

1 1/4 c. chocolate chips

Step 1

In a large bowl, whisk together melted butter and sugars until smooth. Add in eggs and vanilla and whisk until smooth and slightly thickened.

Step 2

In a medium bowl, whisk together almond flour, cornstarch, baking soda, and salt. Fold almond mixture into butter mixture until just combined. Fold in chocolate chips.

Step 3

For cookies that hold better shape when baked, chill dough for at least 30 minutes and up to 2 days.

Step 4

When ready to bake, preheat oven to 375°. Line two baking sheets with parchment. With a medium cookie scoop, scoop balls of dough on prepared baking sheets.

Step 5

Bake until edges are golden and center is just set, 10 to 12 minutes.

6. **Vegan Chocolate Brownies**

4 oz. bittersweet chocolate, roughly chopped

1/3 c. refined coconut oil

1/2 tsp. instant espresso powder (optional)

3/4 c. granulated sugar

1/3 c. unsweetened nondairy milk, room temperature

1/2 tbsp. cornstarch

1 c. all-purpose flour

1/4 c. dutch process cocoa powder

3/4 tsp. baking powder

1/2 tsp. kosher salt

Step 1

Preheat oven to 350° and line a 8"-x-8" pan with aluminum foil.

Step 2

Combine chopped chocolate and coconut oil in a large microwave-safe bowl. Microwave on medium power in 30 second increments, stirring in between, until chocolate is completely melted. Whisk in espresso powder if using, then whisk in sugar, milk, and cornstarch..

Step 3

In a medium bowl, whisk together flour, cocoa powder, baking powder, and salt. Fold dry ingredients into wet ingredients until just combined, then transfer to prepared baking pan. Spread batter into an even layer that reaches the edges of the pan, and bake until a toothpick inserted in the center comes out mostly clean, 25 minutes. Let cool 10 minutes before removing from pan. Slice and serve, or let cool completely before slicing.

7. **Keto Pound Cake**

FOR THE CAKE

Cooking spray

1/2 c. (1 stick) butter, softened

4 oz. cream cheese, softened

1/2 c. Swerve granular

3 large eggs

1/2 tsp. almond extract

2 1/2 c. almond flour

1 tsp. baking powder

1/2 tsp. kosher salt

FOR THE GLAZE

1/2 c. Swerve confectioners

3 tbsp. heavy cream

1 tbsp. freshly squeezed orange juice

Zest of 1/2 an orange

Step 1

Make cake: Preheat oven to 325° and grease a loaf pan with cooking spray. In a large bowl using a hand mixer, beat butter and cream cheese together. Add sugar and beat until combined. Add eggs and almond extract and beat until incorporated.

Step 2

In a medium bowl, whisk together almond flour, baking powder, and salt. Add to wet ingredients and mix until just combined.

Step 3

Pour batter into prepared pan and bake until golden and a toothpick inserted in middle comes out clean, about 1 hour and 20 minutes. If top starts to get too dark loosely cover with foil. Let cool 10 minutes then flip onto a cooling rack to let cool completely.

Step 4

Make the glaze: In a small bowl, mix together powdered sugar, cream, orange juice, and zest. Pour over cooled cake. Let set for 10 minutes before slicing.

8. **Keto Cheesecake**

1/2 c. almond flour

1/2 c. coconut flour

1/4 c. shredded coconut

1/2 c. (1 stick) butter, melted
3 (8-oz.) blocks cream cheese, softened to room temperature
16 oz. sour cream, at room temperature
1 tbsp. stevia
2 tsp. pure vanilla extract
3 large eggs, at room temperature
Sliced strawberries, for serving

Step 1

Preheat oven to 300°. Make the crust: Grease an 8" or 9" springform pan, and cover the bottom and edges with foil. In a medium bowl, mix together the flours, coconut, and butter. Press the crust into the bottom and a little up the sides of the prepared pan. Place the pan in the fridge while you make the filling.

Step 2

Make the filling: In a large bowl, beat the cream cheese and sour cream together, then beat in the stevia and vanilla. Add the eggs one at a time, mixing after each addition. Spread the filling evenly over the crust.

Step 3

Place cheesecake in a deep roasting pan and set on middle rack of oven. Carefully pour enough boiling water into roasting pan to come halfway up sides of springform pan. Bake for 1 hour to 1 hour 20 minutes, until it only slightly jiggles in the center. Turn oven off, but leave the cake in the oven with the door slightly ajar to cool slowly for an hour.

Step 4

Remove pan from water bath and take off foil, then let chill in the fridge for at least five hours or overnight. Slice and garnish with strawberries.

9. **Healthy Oatmeal Cookies**

1 c. quick-cooking oats
1/2 c. old-fashioned oats
1/4 c. whole-wheat flour
3/4 tsp. baking soda
1 tsp. ground cinnamon
1/2 tsp. kosher salt
1/4 c. (1/2 stick) butter, softened
1/3 c. granulated sugar
1 large egg
1 tsp. pure vanilla extract
1/2 c. applesauce
1/2 c. dried cherries
1/3 c. chopped dark chocolate, plus more for topping

Step 1

Preheat oven to 350° and line a large baking sheet with parchment paper. In a medium bowl, whisk together oats, flour, baking soda, cinnamon, and salt.

Step 2

In a large bowl using a hand mixer, cream together butter and sugar until light and fluffy. Beat in egg, vanilla, and applesauce until combined. Mix in flour mixture until just combined. Fold in dried cherries and chocolate.

Step 3

Using a large cooking scoop, arrange balls of dough on prepared baking sheet, 2 inches apart. Gently flatten each ball slightly. Top with more chocolate.

Step 4

Bake until golden around edges, about 12 minutes.

10. Keto Peanut Butter Cups

2 1/2 c. sugar-free chocolate chips

2 1/2 tbsp. coconut oil, divided

3/4 c. sugar-free smooth peanut butter

Step 1

Line a muffin tray with cupcake liners. Combine chocolate chips and 1 tbsp. coconut oil in a large microwave-safe bowl. Microwave on high, stirring every 30 seconds, until chocolate is smooth and melted completely.

Step 2

Spoon 1 1/2 tbsp. melted chocolate into each cupcake liner. Gently tilt cupcake tin in a circular motion to coat the bottom 2/3 of the cupcake liners. Place in refrigerator to harden, 10 minutes.

Step 3

Meanwhile, stir together peanut butter and remaining coconut oil (melted) until smooth. Transfer to piping bag or a medium resealable bag. When chocolate layer is set, pipe about 1 tablespoon of peanut butter into a round disc on top of the chocolate in the cupcake liner. Reheat remaining chocolate, if needed, then spoon 1 tablespoon over each peanut butter disk and smooth into an even layer. Repeat until all chocolate is used and return to refrigerator to harden, 15 more minutes.