

Jalapeño Red Potato Bowls

Prep time: 20 minutes • Cook time: 15 minutes • Serves 6 • Serving size: 2 halves

Each serving has: 7 grams carbohydrate • Less than 1 gram fiber • 7 grams nutritive carbohydrate • 2 grams total protein • 2 grams from animal source • less than 1 gram from plant source

6 small new red potatoes

¼ tsp. cayenne

Salt to taste

1 TB. olive oil

1 (3-oz.) pkg. cream cheese, at room temperature

1 jalapeño pepper, finely chopped

1 TB. pimiento, chopped

2 slices bacon, cooked well and minced

Preheat oven to 400°F.

Cut potatoes in half, and scoop out inside, leaving a bit around edge; throw away flesh. Toss potato bowls with cayenne, salt, and oil. Place cut side down on a greased baking pan. Bake about 15 minutes until cooked through.

Meanwhile, place cream cheese, jalapeño, and pimiento into a small food processor or use an electric mixer to blend well. Fill each potato bowl with cream cheese mixture, and garnish with minced bacon.

Mock Mashed Potatoes

Prep time: 10 minutes • Cook time: 5 minutes • Serves 6 • Serving size: ½ cup

Each serving has: 3 grams carbohydrate • 1 gram fiber • 2 grams nutritive carbohydrate • 1 gram total protein • less than 1 gram from animal source • 1 gram from plant source

3 cups chopped cauliflower

1 TB. butter

¼ cup sour cream

Salt and pepper to taste

Microwave cauliflower and butter until soft enough to mash. Place cauliflower in a food processor with sour cream, and blend until texture of mashed potatoes. Stir in salt and pepper and serve.



Recipe for Success

A delicious lower-carb substitute for real mashed potatoes, cauliflower makes terrific mashed "potatoes." Feel free to add garlic powder and cheese to give more flavor if not serving with gravy.