

*“Ah, Bellissimo!”*

# **Tuscan Inspired** Keto Pasta Cookbook



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Transport yourself through the picturesque ancient villages of Tuscany, down the narrow cobbled streets of Florence, and imagine being on your very own pasta-filled, food lover's journey of Italy - Keto style!

If you thought that simple pasta dishes filled with the flavors of the Mediterranean would never be enjoyed again, you would be wrong! On your trip through these recipes, you will experience the textures of pasta, and the flavors of garlic, herbs, and olive oil, filling you with the comfort of delicious ingredients, all inspired by Italy.

Lasagna, meatballs, carbonara, and pasta bakes have all been crammed in to ensure you get the most from your keto diet. You can enjoy fiber-rich zoodles and nutritious tomato-based sauces. There are also creamy, white sauces, oozing with cheese and topped with the precious herbs of Italy.

The seafood lovers out there haven't been forgotten. With Italy being known for its dishes using fresh fish, we have included some great recipes with plenty of variety.

So, be inspired by the Mediterranean, pour a glass of low carb wine, and enjoy some of our tastiest Keto pasta recipes!

*conscious keto*

# Shirataki Noodles with Basil Pesto





**Servings:** 2



**Time:** 20 minutes

One of the low-carb pasta replacements worth trying is shirataki noodles. These noodles are made from the fiber of the konjac plant. Shirataki means “white waterfall” in Japanese and refers to the noodle’s translucent appearance. These noodles are rich in fiber and super low in net carbs, making them a healthy alternative to starchy pasta. If you’re having trouble finding shirataki noodles, you can use zucchini noodles in this recipe instead.



### **Ingredients:**

- 1 cup fresh basil leaves
- 1 garlic clove minced
- ¼ cup walnuts, chopped
- ¼ cup freshly grated parmesan cheese
- ¼ cup olive oil, more as needed
- salt and pepper, to taste
- 2 (7 oz) packages of shirataki noodles, rinsed



### **Instructions:**

1. Add the basil, garlic, walnuts, and parmesan to a food processor. Blend, while slowly adding the oil, until well combined. Scrape down the sides of the food processor bowl, season with salt and pepper, and process again, adding more oil, if necessary.
2. Meanwhile, rinse your noodles well through a strainer. Heat a nonstick skillet over medium-high heat. Once hot, add the noodles and saute for a few minutes.
3. Add the pesto and saute, while coating the noodles in the sauce.
4. Divide the noodles between two plates and enjoy!

### **Tips:**

- Sprinkle with additional parmesan before serving, if desired.
- You can substitute zucchini noodles for shirataki, if you prefer.
- Shirataki noodles can often be found in the tofu or produce section of the grocery store.

### **Nutrition per Serving:**

- Fat: 40g
- Total Carbs: 10.5g
- Fiber: 5.5g
- Sugar Alcohols: 0g
- Net Carbs: 5g
- Protein: 7.5g
- Calories: 406

# Zoodles Bolognese





**Servings:** 4



**Time:** 30 minutes

We've removed the carbs from this classic Italian favorite! Simply replace pasta with zucchini 'zoodles' and you've got yourself a delicious and nutritious dinner.



### **Ingredients:**

- 2 tbsp olive oil, divided
- ¼ cup onion, chopped
- 2 garlic cloves, minced
- 1 celery rib, chopped
- 1 lb ground beef
- 2 cups canned crushed tomatoes
- 2 tbsp fresh parsley, chopped
- 5 fresh basil leaves, chopped
- salt and pepper, to taste
- 2 medium zucchini, spiralized
- 4 tbsp parmesan cheese



### **Instructions:**

1. Heat 1 tbsp oil in a large skillet over medium heat. Saute the onion and garlic for about 5 minutes. Add the celery and continue cooking until the veggies are soft.
2. Raise heat to medium-high and add the ground beef. Cook ground beef until browned, about 10 minutes.
3. Stir in the tomatoes, parsley, basil, salt, and pepper, and simmer over medium-low heat until the sauce thickens about 15-20 minutes.
4. While the sauce simmers, saute the zucchini noodles in the remaining 1 tbsp of oil for 5-10 minutes, or until done to your liking.
5. Serve sauce over zucchini noodles and top with parmesan cheese.

### **Tips:**

- You can also use shirataki noodles, in place of zucchini noodles, if you prefer.
- Try using ground sausage or ground turkey, in place of ground beef.
- To save time, look for zucchini noodles in your grocer's produce or frozen section.

### **Nutrition per Serving:**

- Fat: 25.5g
- Total Carbs: 12g
- Fiber: 5.3g
- Sugar Alcohols: 0g
- Net Carbs: 6.7g
- Protein: 35g
- Calories: 421

# Creamy Zoodles Alfredo





**Servings:** 2



**Time:** 20 minutes

If you're missing creamy pasta dishes, this Creamy Zoodles Alfredo recipe is perfect for you! Zoodles are a fabulous low-carb alternative to carb-heavy pasta and are incredibly delicious when coated in delicious creamy sauces. Feel free to make an extra batch of Alfredo sauce to keep on hand for topping veggies, chicken, or fish.



### Ingredients:

- 3 tbsp butter
- 1 garlic clove, minced
- 1/3 cup heavy whipping cream
- salt and pepper, to taste
- 1/2 cup parmesan cheese, freshly grated
- 2 medium zucchini, spiralized
- 2 tbsp water
- 2 tsp olive oil
- 1 cup baby portobello mushrooms, thinly sliced
- 1/2 tsp Italian seasoning



### Instructions:

1. To a saucepan, add the butter, garlic, and heavy cream. Season with salt and pepper, and whisk until butter melts. Bring to a simmer and allow to thicken for a minute or two.
2. Remove the sauce from heat and whisk in the parmesan, until creamy. Keep the sauce warm over low heat.
3. Add the zucchini noodles to a microwave-safe bowl. Add 2 tbsp water, cover the bowl with a damp paper towel, and microwave for about 3 minutes. Drain the liquid from the zoodles and set it aside.
4. Heat 2 tsp olive oil in a large skillet over medium-high heat. Add the mushrooms, sprinkle with salt, pepper, and Italian seasoning, and saute for about 3-4 minutes until softened.
5. Plate the zoodles, top with mushrooms and sauce. Garnish with more parmesan cheese, if desired.

### Tips:

- Feel free to add or sub other sauteed veggies, such as bell peppers, broccoli, or tomatoes.

### Nutrition per Serving:

- Fat: 44.5g
- Total Carbs: 9.5g
- Fiber: 2.5g
- Sugar Alcohols: 0g
- Net Carbs: 7g
- Protein: 14.5g
- Calories: 483

# Pesto Zoodles with Peas and Feta





**Servings:** 2



**Time:** 25 minutes

This delicious dish features healthy zucchini noodles, green peas, feta cheese, and pine nuts, with a delicious homemade basil pesto sauce. If you're short on time, feel free to pick up some pre-made zoodles and pesto for a quick 10-minute meal.



**Ingredients:**

**For the Pesto Sauce:**

- ¾ cup fresh basil leaves
- 2 garlic cloves, minced
- 2 tbsp pine nuts
- 2 tbsp freshly grated parmesan cheese
- salt and pepper, to taste
- ¼ cup olive oil

**For the Zoodles:**

- 2 tbsp pine nuts
- 2 tsp olive oil
- 2 medium zucchini, spiralized
- ¼ cup fresh or frozen peas
- 3 oz feta cheese
- Optional: lemon zest, fresh parsley, for garnish



**Instructions:**

1. To make the pesto sauce, add the basil, garlic, pine nuts, parmesan cheese, salt, and pepper to a food processor or blender, and pulse to break down. Process again, while slowly pouring the olive oil into the food processor. Process until all ingredients are incorporated. Taste and adjust salt and pepper, if necessary. Set aside for later.
2. In a dry skillet, toast the pine nuts for just a minute or two and remove to a plate.
3. Add the olive oil to the same skillet. Once hot, add the zucchini noodles, season with salt and pepper, and saute until done, to your preference. Drain any excess liquid.
4. Add the frozen peas and pesto sauce and use tongs to incorporate the sauce and peas into the zucchini noodles—Cook a couple of minutes or until heated through.
5. Sprinkle the zoodles with toasted pine nuts and feta cheese.
6. Transfer to bowls or plates for serving. Garnish with fresh parsley and/or lemon zest, if desired.

**Tips:**

- To save time, you can use a prepared pesto sauce.
- Feel free to omit or substitute the peas for another veggie, such as sauteed mushrooms.

**Nutrition per Serving:**

- Fat: 55g
- Total Carbs: 13g
- Fiber: 3.5g
- Sugar Alcohols: 0g
- Net Carbs: 9.5g
- Protein: 14g
- Calories: 589

# Keto Egg Pasta with Creamy Gorgonzola Sauce



 KONSCIOUS



**Servings:** 4 servings



**Time:** 45 minutes

This Keto Egg Pasta with Creamy Gorgonzola Sauce is the ultimate indulgence. You won't believe how rich, creamy, and delicious this pasta imposter dish is! Top this dish with some roasted pine nuts and freshly grated parmesan for a flavor boost!



## Ingredients:

### For the Pasta:

- 4 eggs
- 5 oz cream cheese, softened
- 1/4 tsp salt
- 3 tbsp ground psyllium husk powder

### Serving Suggestions:

- roasted pine nuts
- grated Parmesan cheese
- fresh chopped parsley

### For the Gorgonzola Sauce:

- 3 oz Gorgonzola cheese
- 4 oz cream cheese
- 2 tbsp butter



## Instructions:

1. Begin by setting your oven to 300°F to preheat.
2. To make the pasta, whisk the eggs, cream cheese, and salt in a large bowl until well combined.
3. Slowly whisk in the psyllium husk powder. When all the psyllium husk is mixed in, let the batter rest, for about 2-3 minutes.
4. Line a baking sheet with parchment paper and spread the mixture on top of the parchment. Place another piece of parchment on top and spread the mixture thin and smooth using a rolling pin, to shape into a rectangle.
5. Place the baking sheet in the oven for 10-12 minutes to bake. Leave the parchment layer covering the top. Remove when done and let cool.
6. When “pasta” is cool, remove the top layer of parchment paper.
7. Cut pasta into thin strips, using a knife or pizza cutter. Set aside.
8. Heat a saucepan over medium heat and add gorgonzola cheese to melt. Add cream cheese and mix.
9. Add the butter then mix well, until smooth.
10. Serve hot sauce over “pasta” and top with a sprinkle of pine nuts, parmesan cheese, and/or fresh parsley.

## Tips:

- Try this sauce served over zoodles, hearts of palm noodles, or shirataki noodles.

## Nutrition per Serving:

- Fat: 39.3g
- Total Carbs: 10g
- Fiber: 5.3g
- Sugar Alcohols: 0g
- Net Carbs: 4.7g
- Protein: 18.3g
- Calories: 510

# Spaghetti Squash with Spinach, Tomatoes, and Asiago Cheese



 KONSCIOUS



**Servings:** 2 servings



**Time:** 45 minutes

Spaghetti squash is a nutritious low-carb ingredient that can be used to make all your pasta dreams come true! This recipe features flavors of fresh tomatoes, spinach, garlic, and Asiago cheese to delight the senses. Feel free to add some red pepper flakes, if you like it spicy.



## Ingredients:

- 1 small spaghetti squash (about 2 cups cooked squash)
- $\frac{2}{3}$  cup water
- 1 tbsp olive oil
- 2 cloves of garlic, minced
- 5 oz fresh spinach
- 8 grape tomatoes, halved or quartered
- Salt and pepper, to taste
- $\frac{2}{3}$  cup Asiago cheese, shredded
- Optional: red pepper flakes, grated parmesan cheese



## Instructions:

1. Preheat your oven to 350°F and line a baking sheet with parchment paper.
2. Carefully slice the squash in half lengthwise. You can poke holes with a fork or knife in the squash first and microwave it for about 2-4 minutes to soften it, if it is difficult to cut through.
3. Using a spoon, scoop the seeds out of the squash.
4. Place the squash, cut side down on the baking sheet. Pour  $\frac{2}{3}$  cup water into the baking sheet and transfer to the oven to bake for about 30-40 minutes or until the squash is softened but not mushy.
5. When the squash is done, carefully flip over the squash halves to let the steam escape.
6. Once cool enough to handle, use a fork to remove the pasta like flesh of the squash to a bowl and set it aside.
7. Heat the olive oil in a large skillet over medium heat. Once hot, add the garlic and saute for about 30 seconds.
8. Add the spinach and tomatoes to the skillet and saute for about two minutes or until the spinach wilts and the tomatoes start to release their juices.
9. Add the spaghetti squash to the skillet, season with salt and pepper, and saute while folding in the tomatoes and spinach.
10. Sprinkle everything with Asiago cheese and gently mix until the cheese is melted.
11. Plate the squash and serve with red pepper flakes and grated parmesan cheese, if desired.

## Tips:

- If you're short on time, substitute zucchini noodles for spaghetti squash in this recipe and begin at step 7.
- Feel free to substitute another type of cheese for Asiago, such as parmesan or mozzarella.

## Nutrition per Serving:

- Fat: 22.5g
- Total Carbs: 15.5g
- Fiber: 3.9g
- Sugar Alcohols: 0g
- Net Carbs: 11.6g
- Protein: 13g
- Calories: 303

# Seafood Lover's Mussels and Zoodles





**Servings:** 2



**Time:** 30 minutes

This seafood lover's dish makes for a light, refreshing dinner, perfect for summer, or frankly, any season at all. Mussels are a great source of protein, and they're also rich in brain-boosting B vitamins and iron.



### Ingredients:

- 20 small mussels
- 2 tbsp olive oil
- ¼ onion, diced
- 1 clove garlic, minced
- 4 Roma tomatoes, diced
- ½ tsp salt
- ¼ tsp pepper
- 1 medium zucchini, spiralized



### Instructions:

1. Scrub and clean the mussels, getting rid of the barnacles and hairy “beard”, from the shell.
2. To a saute pan, add olive oil over medium-high heat. Add onions and saute for about 2 minutes. Then, add garlic and saute for a minute.
3. Add diced tomatoes, salt, and pepper, mixing well. Cook until the mixture begins to simmer. Lower the heat to medium-low and simmer for 15 minutes.
4. Add the spiralized zucchini and cook for a few minutes, until softened. Add mussels, tossing well. Cover and cook for 3 minutes or until the mussels open. Toss out any that don't open.
5. Plate and enjoy!

### Tips:

- Instead of mussels, you can use a seafood mix.
- To cut the acidity, you can add a bit of keto sweetener.
- Serve with a side salad for added nutrition.

### Nutrition per Serving:

- Fat: 16g
- Total Carbs: 12g
- Fiber: 3g
- Sugar Alcohols: 0g
- Net Carbs: 9g
- Protein: 14g
- Calories: 247

# Fabulous Shrimp and Zoodles





**Servings:** 2



**Time:** 25 minutes

Enjoy this Fabulous Shrimp and Zoodles dinner for a satisfying low-carb meal that is full of Italian ingredients. This dish features sauteed shrimp, garlic, and tomatoes in a light, lemon olive oil sauce, served over zucchini noodles. Feel free to top with some grated parmesan cheese and chopped parsley or basil, for a flavor boost!



### Ingredients:

- 3 tbsp olive oil, divided
- 2 medium zucchini, spiralized or about 5 cups zoodles
- 6 oz raw medium shrimp, peeled and deveined
- sea salt and pepper, to taste
- 2 cloves garlic, minced
- ½ tsp red pepper flakes (optional)
- 5 grape or cherry tomatoes, halved
- juice of 1 lemon
- Optional for serving: fresh chopped parsley and/or basil, parmesan cheese



### Instructions:

1. Heat 1 tbsp olive oil in a large skillet over medium-high heat.
2. Add the zoodles, season with salt and pepper, and saute to your preference. Remove the zoodles, set aside, and drain the liquid from the skillet.
3. Heat another tbsp of oil in the skillet. Once hot, add the shrimp, season with salt and pepper, and sear for about 2 minutes on each side. Add the garlic, red pepper flakes, and tomatoes, and saute for another minute or two.
4. Add the zoodles, remaining tbsp oil, and lemon juice, and toss everything until combined and hot.
5. Serve with fresh parsley, basil, and parmesan cheese, if desired.

### Tips:

- You can substitute chicken in this recipe, if you like.
- Feel free to omit the tomatoes or add/sub another veggie, like broccoli or spinach!

### Nutrition per Serving:

- Fat: 21g
- Total Carbs: 8g
- Fiber: 2.5g
- Sugar Alcohols: 0g
- Net Carbs: 5.5g
- Protein: 22.5g
- Calories: 303

# Italian Meatballs and Zoodles





**Servings:** 4



**Time:** 40 minutes

Make it Italian night with this meatball and zoodles dish. This recipe is easily halved and could be used as a rather romantic meal for 2, for a special occasion.



### Ingredients:

#### For the Meatballs:

- 1 lb ground beef
- 1/3 cup almond flour
- 1/2 cup parmesan cheese, grated
- 1/4 cup mozzarella cheese, shredded
- 1 clove garlic, minced
- 1 tbsp onion, grated
- 2 tsp Italian seasoning
- 1 egg

#### For the Marinara Sauce:

- 2 cups low carb marinara sauce, such as Rao's brand

#### For the Zoodles:

- 1 tbsp olive oil
- 2 large zucchini, spiralized
- 1 tsp Italian seasoning
- salt, to taste
- Optional: parmesan cheese, to taste



### Instructions:

1. Preheat the oven to 375°F.
2. Add the ingredients for the meatballs to a large bowl and mix well, with your hands.
3. Use meatball mixture to form 16-20 meatballs and place on a parchment paper-lined baking sheet. Place in the oven and bake for about 18 to 20 minutes or until fully cooked through.
4. While meatballs are baking, prepare the zoodles. Add olive oil to a skillet over medium-high heat. Once hot, add zucchini noodles, Italian seasoning, and salt. Cook until al dente, draining water from zucchini noodles.
5. Place marinara sauce in a pan and simmer until hot.
6. Plate zucchini noodles, adding meatballs and marinara sauce. Top with parmesan cheese, if desired, and enjoy!

### Tips:

- To add depth of flavor, you can use a mix of ground pork and ground beef for your meatballs.
- Garnish with fresh herbs, such as chopped parsley and basil, if desired.
- When you reheat your zucchini noodles, they will release some water. So, it's best to store your zucchini noodles separate from your sauce. That way, when you reheat your zucchini noodles, you can drain them, without losing any of your sauce.

### Nutrition per Serving:

- Fat: 37.5g
- Total Carbs: 12.8g
- Fiber: 4.3g
- Sugar Alcohols: 0g
- Net Carbs: 8.5g
- Protein: 34g
- Calories: 526

# Zoodles Carbonara





**Servings:** 4



**Time:** 20 minutes

A creamy carbonara is perfect for a cold night in or just a bowl of delicious comfort. This keto version ensures you don't miss out on one of the most loved Italian favorites.



### Ingredients:

#### For The Bacon:

- 2 tbsp butter (substitute ghee, olive, coconut, or avocado oil)
- 8 thick slices of bacon, chopped

#### For The Noodles:

- 3 tbsp butter (substitute ghee, olive, coconut, or avocado oil) melted
- 2 large zucchini, spiralized
- $\frac{2}{3}$  cup heavy cream
- 2 eggs
- 1 egg yolk
- $\frac{1}{2}$  cup parmesan cheese, grated
- $\frac{1}{2}$  tsp garlic powder
- 1 tsp Italian Seasoning
- $\frac{1}{4}$  tsp salt
- Freshly ground pepper



### Instructions:

1. Start by heating 2 tbsp butter or oil in a skillet over high heat and cook the bacon until crispy. Remove the bacon with a slotted spoon and set it aside.
2. Add 3 tbsp butter and zoodles to the same skillet and stir for 2-3 minutes until just a little soft and remove from the heat.
3. Beat the cream, eggs, egg yolk, parmesan, garlic powder, seasoning, salt, and pepper together in a bowl.
4. Pour the cream mix over the zoodles to coat, using the heat of the zoodles to lightly cook the eggs.
5. Top with the bacon and serve.

### Tips:

- You can top this with some freshly chopped parsley or basil, if you like.
- Don't overcook your zoodles; you want to keep some crunch!

### Nutrition per Serving:

- Fat: 45.2g
- Total Carbs: 6.2g
- Fiber: 1.6g
- Sugar Alcohols: 0 g
- Net Carbs: 4.6g
- Protein: 19.6g
- Calories: 513

# Creamy Shrimp Alfredo with Spinach and Mushrooms





**Servings:** 4



**Time:** 30 minutes

This fantastic keto recipe offers another alternative for pasta lovers; hearts of palm linguine. These tasty noodles pair perfectly with all of your favorite pasta sauces. We've combined them with flavors of shrimp, spinach, mushrooms, and an indulgent Alfredo sauce.



### Ingredients:

- 4 tbsp butter, divided
- 1 lb medium shrimp, peeled and deveined
- 1 cup portobello mushrooms, sliced
- 2 cloves of garlic, minced
- 1 cup heavy cream
- ½ cup parmesan cheese, grated
- 3 oz fresh spinach
- 2 (14 oz) cans of hearts of palm linguine, such as Palmini
- Salt and pepper, to taste



### Instructions:

1. Heat 1 tbsp butter in a skillet over medium-high heat.
2. Season the shrimp with salt and pepper and cook in the melted butter for about 2-3 minutes on each side. Remove shrimp to a plate and set aside.
3. In the same skillet, heat another tbsp butter and saute the mushrooms for about 5 minutes until softened and remove to the plate with the shrimp.
4. Add the remaining 2 tbsp butter to the skillet. Add the garlic and saute for about 30 seconds.
5. Add the heavy cream and parmesan cheese. Season with salt and pepper and cook for about 3 minutes until the sauce has thickened.
6. Add the spinach to the sauce and cook until it has wilted.
7. Drain and rinse the hearts of palm linguine and add to the sauce.
8. Add the shrimp and mushrooms to the skillet and use tongs to incorporate all the ingredients.
9. Cook until all ingredients are warmed. Plate and serve.

### Tips:

- For a kick of heat, sprinkle some Cajun seasoning on the shrimp before cooking.

### Nutrition per Serving:

- Fat: 27g
- Total Carbs: 10.9g
- Fiber: 3.8g
- Sugar Alcohols: 0g
- Net Carbs: 7.1g
- Protein: 25.8g
- Calories: 383

# Creamy Zoodle Salad with Pine Nuts





**Servings:** 1



**Time:** 5 minutes

This is a no-cook dish that can be prepared very quickly! So, if you love Italian flavors and you want something fast, this creamy recipe is for you. It's a treat that can fill your lunch box, too, as it tastes even better the next day.



### **Ingredients:**

- 1 medium zucchini, spiralized
- 3 tbsp mayonnaise
- ½ tsp lemon zest
- 1 tbsp sour cream
- 1 tbsp pine nuts
- ½ tsp Italian Seasoning
- ¼ tsp garlic powder
- 2 tbsp chopped dill, fresh if possible
- ¼ tsp salt
- Freshly ground pepper



### **Instructions:**

1. Stir all of the ingredients together until combined.
2. Refrigerate for at least an hour before serving.

### **Tips:**

- You add some protein, such as canned tuna, cooked chicken, boiled egg or grated cheese, if you like.
- Substitute fresh dill for basil, if you prefer.
- 

### **Nutrition per Serving:**

- Fat: 39.5g
- Total Carbs: 8.2g
- Fiber: 2.3g
- Sugar Alcohols: 0g
- Net Carbs: 5.9g
- Protein: 4g
- Calories: 412

# Italian Chicken Parmesan With Zoodles



 KONSCIOUS



**Servings:** 4 servings



**Time:** 45 minutes

This keto twist of the classic Chicken Parmesan is sure to please the entire family. They won't even know it's keto! Served with zoodles, this dish will give you and your family a complete low-carb meal.



## Ingredients:

### For the Chicken:

- 4 (approximately 4oz) chicken breasts
- 1 egg
- 1 cup freshly grated parmesan cheese
- ½ tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp dried parsley
- ½ tsp ground black pepper
- ½ tsp salt
- 4 slices mozzarella or provolone cheese, or 1 cup shredded cheese
- 1 cup jarred low-carb marinara sauce

### For the Zoodles:

- 2 large zucchini, spiralized
- 3 tbsp butter (substitute ghee, olive, coconut, or avocado oil)
- Optional: low-carb marinara sauce for serving



## Instructions:

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. Beat the egg in one bowl, and combine parmesan, garlic powder, oregano, basil, parsley, salt, and pepper, in another.
3. Coat the chicken in the egg, then dredge in cheese and spice mixture to coat—place chicken on the prepared baking sheet.
4. Bake the chicken for about 20-25 minutes.
5. Remove chicken from the oven and top with sauce and mozzarella and return to the oven to cook for another 5-10 minutes or until the cheese is melted and the chicken is fully cooked.
6. When nearly ready to serve, add the zucchini and butter to a skillet over medium heat and saute for 2-3 minutes or until the zoodles are cooked al dente. Drain excess liquid.
7. If you choose to serve with additional low-carb marinara, heat it in a small pan over medium heat for a few minutes or until thoroughly heated.
8. Serve the chicken with the zoodles topped with marinara, if desired, and enjoy!

## Tips:

- Look for pre-packaged zucchini noodles to save time.

## Nutrition per Serving:

- Fat: 30.2g
- Total Carbs: 7.8g
- Fiber: 2.2g
- Sugar Alcohols: 0g
- Net Carbs: 5.6g
- Protein: 54.8g
- Calories: 530

# Eggplant Lasagna





**Servings:** 6



**Time:** 50 minutes

Craving old-fashioned lasagna, but want to skip the carbs? This is a great option. Thinly sliced eggplant works wonderfully in this recipe and adds plenty of flavor and nutrition to this favorite Italian comfort food.



### Ingredients:

- 1 large eggplant (or 2 smaller eggplants)
- 1 tbsp olive oil
- 1 lb ground beef
- 1 ½ cup low-carb marinara sauce (e.g., Rao's)
- 1 tsp garlic powder
- 1 tsp dried oregano
- salt and pepper, to taste
- 1 ½ cup ricotta cheese
- 1 egg, lightly beaten
- 2 cups mozzarella cheese, shredded
- 1 tsp garlic powder
- 1 tsp dried oregano
- salt and pepper, to taste



### Instructions:

1. Preheat oven to 350°F
2. Cut eggplant lengthwise into long, thin slices. Sprinkle eggplant with about a tsp of salt and allow to sit for 15 minutes, then pat dry with paper towels. The salt will help draw out the moisture from the eggplant.
3. To a saute pan, over medium-high heat, add olive oil. Once hot, add ground beef and allow to brown while stirring. Add marinara sauce, garlic powder, dried oregano, salt, and pepper. Mix well and allow to simmer for 5 minutes.
4. In a bowl, combine the ricotta and egg and mix together.
5. In a baking dish, layer accordingly: meat mixture, eggplant, ricotta mixture, mozzarella cheese, and repeat the layers ending with mozzarella. Bake covered with tin foil for 30 minutes. Then, remove the foil and broil for 3 minutes until the cheese browns.
6. Let sit for at least 15 minutes before slicing and serving.

### Tips:

- Make sure you don't skip salting your eggplant slices to prevent soggy lasagna.
- Don't like tomato-based sauces? You can replace the marinara sauce with basil pesto or a keto-friendly Alfredo sauce!
- You can use a square 8x8 baking dish for a thicker lasagna or a larger rectangular dish for a thinner version.

### Nutrition per Serving:

- Fat: 34g
- Total Carbs: 11.9g
- Fiber: 4g
- Sugar Alcohols: 0g
- Net Carbs: 7.9g
- Protein: 37.5g
- Calories: 506

# Keto Minestrone





**Servings:** 2



**Time:** 20 minutes

This Italian soup, traditionally filled with pasta, has been revised as keto-friendly, so you can still enjoy it. Filled with zoodles and many Italian flavors, you can top this with a generous helping of parmesan cheese.



### Ingredients:

- 2 tbsp butter (substitute ghee, olive, coconut, or avocado oil)
- 1 small onion, diced
- 1 red bell pepper, diced
- ½ tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 ½ cups canned, chopped tomatoes
- ½ cup heavy cream (optional)
- 2 ½ cups vegetable broth
- 1 large zucchini, spiralized and chopped a little
- ¼ tsp salt
- Freshly ground pepper
- ½ cup parmesan cheese, grated
- Fresh basil leaves, for garnish



### Instructions:

1. Heat the butter or oil, in a large saucepan over medium heat and add the onion and pepper. Saute for 4-5 minutes, until soft.
2. Add the garlic powder, oregano, basil, tomatoes, cream, and vegetable broth, and bring to a boil.
3. Simmer for 10 minutes to allow the flavors to develop.
4. Optional: Using a stick blender or processor, blend the soup until smooth.
5. Add the zucchini and salt and pepper, and heat until the zoodles are soft.
6. Divide between bowls and top with the parmesan cheese and basil leaves.

### Tips:

- You could add some protein to this soup, such as chicken or sausage, if you like.

### Nutrition per Serving:

- Fat: 21.2g
- Total Carbs: 10.7g
- Fiber: 2.4g
- Sugar Alcohols: 0 g
- Net Carbs: 8.3g
- Protein: 7.7g
- Calories: 259

# Italian "Pasta" Bake





**Servings:** 6



**Time:** 40 minutes

This dish is an Italian-inspired, keto, “pasta” bake that will be perfect for a midweek, filling meal for the entire family. With the rich flavors of oregano, parmesan, garlic, and tomatoes, you will feel like you are on a terrace in the Tuscan hills.



### Ingredients:

- 2 tbsp butter (substitute ghee, olive, coconut, or avocado oil)
- 1 lb ground beef
- ½ tsp garlic powder
- ½ tsp onion powder
- 2 plum tomatoes, diced
- 2 large zucchini, spiralized
- 2 eggs
- ½ cup parmesan cheese, grated
- 4 oz cream cheese, softened
- ½ cup ricotta cheese
- ¼ tsp salt
- Freshly ground pepper, to taste
- 1 tsp dried oregano
- 1 ½ cups shredded cheese (mozzarella or cheddar)



### Instructions:

1. Preheat the oven to 425°F and grease a medium baking dish.
2. Heat the butter or oil in a large skillet and add the ground beef, garlic, and onion powders. Cook until the beef is browned.
3. Stir in the tomatoes and bring to a simmer.
4. Pour the beef and tomato mixture into the baking dish.
5. Add the zucchini noodles to the skillet and saute for a couple of minutes and drain any excess liquid.
6. In a small bowl, whisk the eggs and parmesan cheese together and add to the skillet with the zucchini noodles. Turn off the heat and quickly fold the egg mixture into the zucchini.
7. Add the cream cheese, ricotta, salt and pepper, and mix everything together until thoroughly combined.
8. Transfer the zucchini noodles to the baking dish and gently mix with the ground beef mixture.
9. Sprinkle the top of the casserole with oregano and shredded cheese.
10. Place in the oven and bake for 20-25 minutes or until golden on top.
11. Let sit about 5 minutes before serving.

### Tips:

- Instead of garlic and onion powders, you can use ½ cup chopped onion and 1 teaspoon minced fresh garlic.

### Nutrition per Serving:

- Fat: 32.8g
- Total Carbs: 7.7g
- Fiber: 1.4g
- Sugar Alcohols: 0g
- Net Carbs: 6.3g
- Protein: 36.2g
- Calories: 469