

Leah Groppo's family favorite lower carb recipes

Carrot Fries

5 large carrots

1 tablespoon oil (avocado or other high heat oil)

½ teaspoon granulated garlic

1 teaspoon onion powder

½ teaspoon pepper

Salt per preference (not added into the nutrition facts)

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Peel carrots and cut into carrot sticks. Combine in large bowl with oil, granulated garlic, onion powder, and pepper. Place on sheet pan in a single layer and bake at 425 degrees for 30 minutes or until crispy.

Create your own flavor combinations! Add smokey paprika or curry or make sweet fries by adding cinnamon or pumpkin spice.

A single serving of carrot fries has 47 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories **47**

% Daily Value*

Total Fat 2.3g **3%**

Saturated Fat 0.3g **1%**

Cholesterol 0mg **0%**

Sodium 42mg **2%**

Total Carbohydrate 6.5g **2%**

Dietary Fiber 1.6g **6%**

Total Sugars 3.2g

Protein 0.6g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 0mg **1%**

Potassium 200mg **4%**

Cauliflower Rice

One head of cauliflower or a package of frozen riced cauliflower

--If using fresh cauliflower, grate one head without the stalks, into rice-like pieces.

1 tablespoon oil (avocado or other high heat oil)

3 garlic cloves, minced

Salt and pepper to taste

In a large skillet, add the oil and garlic. Sauté until fragrant and lightly tan. Add the cauliflower and stir intermittently. Cook for about 20 minutes until tan/toasted-looking. You can add salt and pepper or any other spices you would like.

Other ideas: add peas, corn, scrambled egg, and soy sauce for fried rice.

Not ready to jump into 100% cauliflower rice? Mix in cooked rice with your cauliflower rice.

A single serving of cauliflower rice has 67 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 3

Amount per serving

Calories **67**

% Daily Value*

Total Fat 4.6g **6%**

Saturated Fat 0.6g **3%**

Cholesterol 0mg **0%**

Sodium 27mg **1%**

Total Carbohydrate 5.7g **2%**

Dietary Fiber 2.3g **8%**

Total Sugars 2.2g

Protein 1.9g

Vitamin D 0mcg **0%**

Calcium 25mg **2%**

Iron 0mg **2%**

Potassium 280mg **6%**

Tofu or Yam Fiber Noodle

Common names: tofu noodle, yam noodle, miracle noodle

Unsure if you're using low-carb noodles? Check the nutrition label to see if the noodles have less than 6g of carbs and 40 calories or less per package.

1 package tofu or yam fiber noodles

1 large tomato, sliced into wedges

2-3 garlic cloves minced or crushed

½ tablespoon oil

Salt and pepper to taste

Drain and rinse the noodles. Thoroughly pat them dry with paper towels - try to get them as dry as possible. The noodles have a funny smell when you open the package, but it will fade after rinsing and heating. I rinse my noodles in a colander with cool water before cooking them.

Add oil to a skillet. When heated, add the garlic and tomatoes. Cook on medium heat until the tomato starts to break down into a sauce. You can speed up the process by cutting the tomato into smaller pieces and smashing it with your spatula. After it cooks down and looks like a thick tomato sauce, add the drained and dried noodles. Lower the heat and simmer for 5-8 minutes until well combined.

Want to try some different? Add: chili pepper flakes, Italian seasoning, or another tasty seasoning.

<p>A single serving of tomato sauce has 102 calories.</p> <p>Read through the nutrition label for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.</p>	<p>Nutrition Facts</p> <p>Servings: 1</p> <hr/> <p>Amount per serving</p> <p>Calories 102</p> <p style="text-align: right;">% Daily Value*</p> <hr/> <p>Total Fat 7.2g 9%</p> <p>Saturated Fat 0.9g 5%</p> <p>Cholesterol 0mg 0%</p> <p>Sodium 10mg 0%</p> <p>Total Carbohydrate 9.1g 3%</p> <p>Dietary Fiber 2.3g 8%</p> <p>Total Sugars 4.9g</p> <hr/> <p>Protein 2g</p> <hr/> <p>Vitamin D 0mcg 0%</p> <p>Calcium 29mg 2%</p> <p>Iron 1mg 3%</p> <p>Potassium 455mg 10%</p>
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Garlic Noodles

3 cloves of garlic minced or crushed

½ tablespoon of oil (avocado or other oil)

¼ cup mushrooms, diced

¼ cup zucchini, diced

¼ cup green bell peppers, diced

½ teaspoon sesame oil

1 teaspoon of oyster sauce

½ teaspoon soy sauce

Pinch of sugar or monk fruit (if you would like)

Green onions and sesame seeds to garnish

*All of veggies above can be replaced with whatever you have in the fridge.

Sauté the garlic in oil until fragrant and then add all the veggies.

When the veggies are tender add the drained noodles, oyster sauce, soy sauce, sesame oil, and the pinch of sugar. Stir fry for 5-10 minutes until the noodles are well sauced. Add sesame seeds and diced green onions to garnish.

A single serving of garlic noodles has 113 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 1

Amount per serving

Calories **113**

% Daily Value*

Total Fat 9.3g **12%**

Saturated Fat 1.2g **6%**

Cholesterol 0mg **0%**

Sodium 192mg **8%**

Total Carbohydrate 7.1g **3%**

Dietary Fiber 1.1g **4%**

Total Sugars 2.4g

Protein 2g

Vitamin D 63mcg **315%**

Calcium 24mg **2%**

Iron 1mg **5%**

Potassium 228mg **5%**

Characteristics of Various Oils

Oil	Characteristics	Smoke Point*
Almond	Distinctive nutty flavor. High in monounsaturated fatty acids.	High
Avocado	Sweet aroma. High in monounsaturated fatty acids. Cold-pressed is less refined and contains antioxidants and other beneficial plant chemicals.	High
Canola (rapeseed)	Neutral flavor. Extremely versatile. Contains some omega-3 fatty acids. Contains monounsaturated fatty acids. Often highly refined.	Medium-high
Chia seed	High in omega-3 fatty acids. Keep refrigerated.	No heat
Coconut	Contains medium-chain triglycerides (MCTs); 91% saturated fat. Cold-pressed has more nutrients than refined.	Medium
Corn	High in omega-6 fatty acids.	Medium
Cottonseed	High in omega-6 fatty acids.	High
Flaxseed	Best oil source of omega-3 fatty acids. High in monounsaturated fatty acids. Keep refrigerated.	No heat
Grapeseed	High in omega-6 fatty acids. Mild flavor. All-purpose.	Medium-high
Hazelnut	Bold, strong flavor. Has more monounsaturated fats than olive oil.	High
Hemp	High in polyunsaturated fats. Contains omega-3 fatty acids. Keep refrigerated.	Medium
Macadamia nut	Bold flavor. High in monounsaturated fatty acids.	Medium-high
Olive, extra virgin	High in monounsaturated fatty acids. Minimally processed. Contains antioxidants and stanols. Fruity, tangy, bold flavor.	Medium-high
Olive, refined	High in monounsaturated fatty acids. Lighter in color and better for all-purpose cooking than extra virgin. Mild flavor.	High
Palm/red palm	High in saturated fats. Red palm oil is less processed and has more carotene and other beneficial plant chemicals.	High
Palm kernel	From a different part of the plant than palm oil, and higher in saturated fat. Contains MCTs.	High
Peanut	Great for stir-frying. Cold-pressed is less refined. Nutty yet mild. Contains heart-healthy phytosterols.	Medium-high
Pumpkin seed	Contains omega-3 fatty acids.	Medium
Safflower	Naturally high in omega-6 fatty acids. Often modified to be high in monounsaturated fatty acids (high-oleic).	High
Sesame	Dark has a bold, nutty flavor. Light is nutty. Popular for Asian cooking. Keep refrigerated.	Medium
Soybean	High in omega-6 fatty acids.	Medium
Sunflower	Naturally high in polyunsaturated fatty acids. Often modified to be high in monounsaturated fatty acids (high-oleic).	High
Tea Seed	Subtle nutty flavor. Contains vitamin E and tea polyphenols. Source of monounsaturated fatty acids.	High
Walnut	High in polyunsaturated fatty acids. Good source of omega-3 fatty acids. Rich nutty flavor. Short shelf life.	Medium
Wheat germ	Rich in omega-6 fatty acids. Keep refrigerated.	No heat

*High smoke point: Searing, browning, and deep-frying.
 Medium-high smoke point: Best for baking, oven cooking, or stir-frying.
 Medium smoke point: Best for light sautéing, sauces, and low-heat baking.
 No heat: Best for making dressings, dips, or marinades.

SOURCES
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 7. ARETTE TEA SEED OIL. ARETTE FOODS WEBSITE. [HTTP://WWW.ARETTEFOODS.COM/PRODUCT_OIL.HTM](http://www.arettefoods.com/product_oil.htm)
 8. COOKING OIL SMOKE POINTS. THE NIBBLE WEBSITE. [HTTP://WWW.THENIBBLE.COM/REVIEWS/MAIN/OILS/SMOKE-POINT2.ASP](http://www.thenibble.com/reviews/main/oils/smoke-point2.asp)