



Low Carb Appetizer & Snack Recipes

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

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

BUTTERY SESAME CRACKERS

3 ounces almond flour (3/4 cup)
Sweetener equal to 2 teaspoons of sugar
1 egg white
3/8 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
3 teaspoons untoasted sesame seeds
2 tablespoons butter, softened

With a spoon, mix all of the ingredients well in a small bowl. Cover and chill the dough about 30 minutes. Drop the dough by 1/4 teaspoons onto a parchment or Silpat-lined 12x17" baking sheet making 24 little piles and leaving at least an inch between them. Pick the pieces of dough up one at a time and very gently roll into balls. Cover the dough with plastic wrap (you can use a small piece and move it around as needed) and take a baking powder can, that has about an 1/8" rim around the bottom, and press down firmly over each ball of dough. Be sure to press all the way down to the baking sheet. Peel off the plastic wrap and repeat until all the crackers have been shaped. Prick them with a fork.

Bake at 325° for 17-20 minutes, or until golden brown. Cool and store in an airtight container at room temperature or freeze for longer storage.

Makes 24 crackers



CAJUN SMOKED SALMON DIP

1/2 cup sour cream
3 ounces cream cheese, softened
1/2 packet ranch dressing mix
4 ounces smoked salmon, flaked
1 green onion, chopped
1 teaspoon chives, minced
1/2 teaspoon cayenne
1/8 teaspoon chipotle chile powder, optional

Puree everything in a food processor until smooth. Serve with low carb crackers, etc.

Makes 1 1/3 cups



CHEESE CRISPS

8 ounces shredded cheese, any flavor

Place a square of parchment paper (do NOT use wax paper) on a microwaveable dinner plate. Place a generous tablespoon of cheese in center of plate and spread it with your fingers into a circle about 3 1/2-4" in diameter and not too thick in the middle. Microwave on HIGH about 30-40 seconds or until they sound crisp when tapped with your fingernail.

Lift the crisp off the paper with tongs and set it on paper towel to cool and absorb any excess oil. You can use the same piece of parchment over and over for the current crisp-making session. These will keep well in an air-tight container at room temperature for several days.

Makes about 18-20 crisps



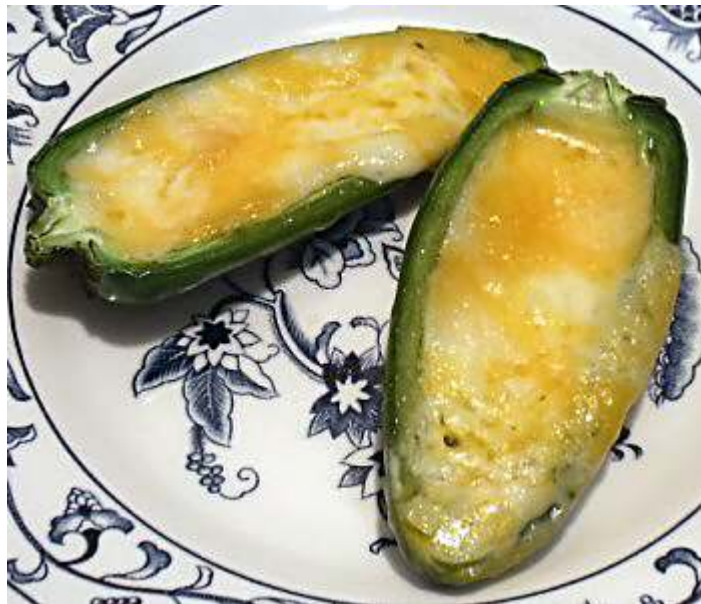
CHEESY PEPPER POPPERS

10-12 large jalapeño peppers
8 ounce block colby-jack cheese

Trim off the stems, leaving the pepper stem caps intact. Cut the peppers in half lengthwise; scrape out the seeds and membranes. Arrange the peppers on a large foil-lined baking sheet.

Slice the cheese into 10-12 cross-wise slices then cut each slice in half. Place one piece of cheese in each pepper half. Bake at 375° for 10-15 minutes or until the cheese is bubbly and the peppers are slightly tender but not mushy. Some of the cheese may ooze out, but you can scrape some of it up and put it back in the peppers.

Makes 20-24 poppers



CHOCOLATE PEANUT BUTTER CUPS

4 ounces sugar free chocolate chips (about 2/3 cup)
1 tablespoon plus 1 1/2 teaspoons natural peanut butter
1/2 teaspoon butter
Sweetener equal to 1 tablespoon sugar
1/8 teaspoon vanilla
12 peanut halves, optional
12 small paper candy cups

Microwave all of the ingredients in a microwaveable bowl until melted. Stir until blended and smooth. Pour into candy cups and chill until set.

Makes 12 peanut butter cups



COCONUTTY CRUNCH

4 ounces coarsely chopped pecans
2 ounces slivered almonds
2 1/2 ounces unsweetened coconut
2 ounces unsalted sunflower kernels
Pinch salt, optional
1 teaspoon cinnamon
3 tablespoons butter or coconut oil, melted
Sweetener equal to 1/3 cup sugar
1/2 teaspoon vanilla

Put the nuts, coconut and sunflower kernels in a large bowl. Add a sprinkle of salt and the cinnamon; toss everything together well. In a small bowl, mix the butter or coconut oil, sweetener and vanilla. Pour this over the nuts and mix to coat well.

Spread on a large jelly roll pan and bake at 300° about 15-20 minutes, stirring every 5 minutes, until lightly toasted. Watch closely so it doesn't burn. Cool completely and store in an airtight container in the refrigerator.

I like to sprinkle this mixture on top of my yogurt to make it a little more filling and satisfying.

Makes about 3 1/2 cups



FRENCH ONION DIP

1/2 cup sour cream

1 teaspoon regular or toasted dried onion

1/4 teaspoon regular or toasted onion powder

1/4 teaspoon seasoning salt

1/8 teaspoon salt, or to taste

1/2 teaspoon minced chives, optional

Blend all of the ingredients with a spoon and chill several hours to allow the flavors to meld. Serve with low carb chips or crackers.

Makes about 1/2 cup



HOMEMADE BOURSIN CHEESE SPREAD

4 ounces cream cheese, softened
4 tablespoons butter, softened
1 small clove garlic, coarsely chopped
1/8 teaspoon black pepper
1/8 teaspoon dill
2 teaspoons minced chives
1 tablespoon fresh parsley, chopped fine

In a mini food processor, process the cream cheese, butter and garlic until blended. Add the remaining ingredients and process until well combined. Put in an airtight container and chill a couple hours to allow the flavors to develop. Serve with crackers or raw vegetables.

Makes about 3/4 cup



JALAPEÑO CHEESE APPETIZER

4 eggs

7 ounce can sliced pickled jalapeños, drained and chopped (about 3/4 cup)

8 ounces cheddar or colby cheese, shredded

Whisk the eggs well then stir in the peppers and cheese. Pour into a greased 9x9" baking pan (nonstick recommended). Bake at 350° 15-20 minutes until firm but still slightly soft. Cool 10 minutes before cutting into 1-inch squares. You'll get 36 squares if you cut them 6 across and 6 down. Serve warm or cold.

Makes 12 servings of 3 squares each



KOREAN MEATBALLS

MEATBALLS:

2 pounds ground beef
1 clove garlic, minced
1/3 cup onion, minced
2 eggs
1 teaspoon salt
1/4 teaspoon pepper



MARINADE:

1/2 cup plus 2 tablespoons soy sauce
1/2 cup plus 2 tablespoons water
Sweetener equal to 1/2 cup sugar
1/2 teaspoon pepper
1 clove garlic, minced
2 tablespoon sesame oil
1/4 teaspoon orange extract, optional
1/4 cup green onions, chopped

In a large bowl, mix all of the meatball ingredients well with your hands. Shape in small balls about 1-inch diameter and place on an ungreased rimmed baking sheet lined with foil. Bake at 425° for about 10-15 minutes, until the meatballs are cooked through, but still tender. Rinse in a colander to remove any egg that has leaked out.

Mix all of the marinade ingredients in a small bowl. Put the meatballs in a slow cooker and add the marinade. Cook on LOW about 3-4 hours, stirring occasionally. Or, simmer in a covered pot on the stove on lowest setting about an hour or so.

Makes about 60 small meatballs

LAYERED NACHO DIP

- 1 serving leftover taco meat, reheated
- 1 serving Quick Nacho Cheese Dip (see recipe in this booklet)
- 2 tablespoons guacamole
- 2 tablespoons sour cream
- 2 teaspoons green onions, chopped
- 1 ounce pork rinds for dipping

Put a serving of taco meat in the bowl that you plan to serve this in making sure that it is thoroughly heated. Now prepare the Quick Nacho Cheese Dip while the meat is still hot. Immediately pour the cheese dip over the meat and top with everything but the pork rinds. Scoop up the dip with the pork rinds.

Makes 1 huge serving



PASTRAMI-DILL BITES

3 dill pickle spears, about 5 inches long
5 ounces very thinly sliced pastrami *
Boursin (see recipe below)

Cut each pickle spear lengthwise into 3 strips. Pat them dry with paper towels. Pat the pastrami dry. Spread 2 stacked slices of pastrami with a thin even layer of the Boursin. Place a pickle spear on one edge and roll up jelly roll-style to enclose the pickle. Carefully slice the roll into 4 pieces. Repeat with the remaining ingredients Chill well before serving.



Makes 36 pieces

* I used one package of Hillshire Farm Deli Select pastrami and there were 17 slices in the package.

BOURSIN:

4 ounces cream cheese, softened
1 small clove garlic, minced
1/8 teaspoon pepper
1/8 teaspoon dill
1 teaspoon chives
1 tablespoon fresh parsley, chopped

In a mini food processor, process the cream cheese and garlic until blended. Add the remaining ingredients and process until well combined.

QUICK NACHO CHEESE DIP

2 slices Deluxe American cheese, torn in pieces
2 tablespoons chunky salsa

Put the cheese pieces in a small microwaveable bowl; top with the salsa. Cover and microwave on 40-50% power for 1 minute. Stir and microwave another 30 seconds on 40-50% or until the cheese has melted completely and the dip becomes smooth and creamy when you stir it with a spoon. Serve at once with pork rinds or raw vegetables.

Makes 1-2 servings



SESAME ALMOND CRACKERS

3 ounces almond flour (3/4 cup)
Sweetener equal to 2 teaspoons sugar
1 egg white
3/8 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
2-3 teaspoons untoasted sesame seeds



Mix all of the ingredients well in a small bowl. Everything should be moist and the dough should hold together. Divide the dough into 4 pieces then divide each in 2 pieces and each of those into 3 very small pieces. Roll each piece of dough into a ball and place on a parchment-lined 12x17" baking sheet. Or, you can use a 1-teaspoon cookie scoop to portion out the dough.

Cover the balls with a piece of plastic wrap. With a baking powder can that has about an 1/8" rim around the bottom, press down firmly over each ball of dough. The plastic wrap will keep the can from sticking to the dough. Be sure to press all the way down to the baking sheet. Peel off the plastic wrap and repeat until all the crackers have been shaped. Prick them with a fork.

Bake at 325° for 15-20 minutes or until golden brown. You want them nice and brown, but don't let them get too dark or they'll taste burnt. It's ok for the centers to be slightly lighter than the outer edges, but they should not be too pale. Cool and store in an airtight container at room temperature or freeze for longer storage.

Makes 20-24 crackers

TRUFFLE CUPS

4 ounces sugar free chocolate chips *
2 tablespoons butter
2 tablespoons heavy cream
3/8 to 1/2 teaspoon almond, vanilla, peppermint or orange extract
1/8 teaspoon vanilla
12 paper small candy cups

Place 12 candy cups on a small baking sheet or tray. In a medium microwaveable bowl, microwave the chocolate and butter at 50% power for 1 1/2 to 2 minutes or just until melted, stirring after half the time. Stir in cream and extract. Spoon at once into the cups. Chill or freeze until firm. Store in the refrigerator or in the freezer for longer storage.

* Or chop a 4 ounce bar of sugar free chocolate.

Makes 12 truffles

Mint Truffle Cups - use 3/8 teaspoon peppermint extract
Almond Truffle Cups - use 1/2 teaspoon almond extract
Orange Truffle Cups - use 1/2 teaspoon almond extract

