



Low Carb Italian-Style 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.

BAKED MEATBALLS

1 pound ground beef
1 pound bulk Italian sausage
2 teaspoons dry minced onion
1/2 teaspoon garlic powder
1/2 cup parmesan cheese (2 ounces)
2 eggs
1/2 teaspoon salt
1/4 teaspoon pepper

Mix all of the ingredients in a large bowl. Mix until the meat no longer feels slippery from the eggs. Shape in golf ball size meatballs and place on a large foil-lined baking sheet with sides. Bake at 375° for 15-20 minutes until the meatballs are cooked all the way through. If necessary, rinse them in a colander to remove any egg and cheese that has leaked out.

Makes about 20-30 meatballs



CHICKEN PARM A LA AMY

8 ounce can tomato sauce
4 ounces water
2 tablespoons tomato paste
2 teaspoons granular Splenda
1/4 teaspoon garlic powder
1/2 teaspoon Italian seasoning, or to taste

4 boneless chicken breasts
Salt and pepper, to taste
1/4 cup freshly grated parmesan cheese

To make the sauce, bring the first 6 ingredients to a boil in a small pot. Simmer on low about 1 hour.

Pound the chicken breasts to an even thickness. Place them in a greased baking dish, season them with salt and pepper then pour the sauce over them. Sprinkle with parmesan and bake at 350° about 15-20 minutes or until the chicken is done to your liking.

Makes 4 servings



EGGPLANT AND CHICKEN PARMESAN

Breading mixture:

- 1 cup almond flour (about 4 ounces)
- 1 cup grated parmesan cheese (4 ounces)
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- Salt, to taste
- 2-3 eggs

Combine all the dry ingredients in a pie pan. Break 2 of the eggs into another pie pan and beat well with a fork. Start with 2 eggs and add the third one later if needed.

- 6 1/4-inch slices eggplant
- 3 large boneless chicken breasts
- 1/4 cup oil, or as needed
- Salt and pepper, to taste
- 6 tablespoons marinara sauce
- 4 ounces mozzarella cheese, shredded
- 2 tablespoons parmesan cheese

Cut each chicken breast in half to make 2 servings from each; cover with plastic wrap and flatten. Heat the oil in a large skillet over medium heat. Dip each chicken breast in egg to coat, then lightly coat them with parmesan-almond mixture. Fry the chicken in hot oil until browned and the meat is almost done but still slightly pink in the center. The chicken is usually done by the time the breading is golden brown. Place the chicken breasts on a foil-lined rimmed baking sheet; season lightly with salt and pepper.

Repeat the breading and frying process with the eggplant slices.

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Top each piece of chicken with a slice of the fried eggplant then top each with 1 tablespoon of marinara sauce and 1/6 of the mozzarella. Sprinkle each with 1 teaspoon parmesan cheese. Bake at 350° about 10-15 minutes until chicken is heated through and the cheese is melted and bubbly.

Makes 6 servings



EGGPLANT LASAGNA

2 eggplants (about 14 ounces each)

1/4 cup oil, about

Salt

2 cups marinara sauce

16 ounces whole milk mozzarella cheese, shredded

1/2 cup parmesan cheese, grated

Trim the ends off the eggplants and slice lengthwise into 1/2" slices. You should get 6 slices from each eggplant. Brush both sides of the eggplant slices with oil to coat. Place them in a single layer on a baking sheet. Broil about 5 minutes per side until tender and a little browned. Watch them closely because they can burn quickly. Lightly sprinkle them with salt after removing from the oven.

Layer everything in a greased 7x9x3" baking dish in this order: 4 eggplant slices, 1/3 of the sauce, 1/3 of the mozzarella. Repeat the layering two more times then sprinkle with the parmesan cheese. Bake at 350° about 30 minutes or until the cheese is bubbly.

Makes 6 servings



FLORENTINE CHICKEN ALFREDO

4 boneless chicken breasts

Salt and pepper

2 tablespoons butter

8 ounces fresh mushrooms, sliced

1 ounce fresh spinach, cut into thin strips *

Alfredo Sauce (see recipe on the next page)

Season the chicken with salt and pepper. Grill on an outdoor or indoor grill; keep warm while making the rest of the recipe.

Meanwhile, sauté the mushrooms in the 2 tablespoons of butter until tender and set aside. Make the Alfredo sauce. Add the cooked mushrooms and spinach to the sauce and heat through over very low heat just until the spinach has wilted. Gradually whisk in a little water if the sauce is too thick. Serve the sauce over the chicken.

Makes 4 servings

* You'll need about 1 2/3 cups "confetti" sized strips (chiffonade).



ALFREDO SAUCE

4 tablespoons butter

2 cloves garlic, minced

1/4 teaspoon pepper

1 cup heavy cream

3 ounces parmesan cheese, grated or shredded

2 ounces mozzarella cheese, shredded

Water, if needed to thin down the sauce

In a medium saucepan, melt the butter over low heat. Add the garlic, pepper and cream and simmer about 2 minutes. Gradually whisk in the parmesan cheese. Simmer another 10 minutes until the sauce has thickened and the cheese has completely melted. Very gradually whisk in the mozzarella cheese, whisking constantly.

ITALIAN CASSEROLE

1 pound ground beef
1/2 pound Italian sausage
1 clove garlic, minced
2 tablespoons chopped onion
1/2 pound fresh mushrooms, sliced
8 ounce can tomato sauce
Salt, to taste
1/8 teaspoon pepper
1/4 teaspoon Italian seasoning
4 ounces mozzarella cheese, shredded



Topping:

1/2 cup sour cream
1/2 cup mayonnaise
1/2 teaspoon garlic powder
1/2 teaspoon pepper
1/2 cup freshly shredded parmesan cheese
4 ounces mozzarella cheese, shredded

Brown the ground beef and sausage along with the garlic, onions and mushrooms; season with a little salt and pepper. Drain the fat; stir in the remaining ingredients except for the topping. Adjust the seasoning if necessary and put in a greased 7x11" baking dish.

Combine the topping ingredients and spoon over the surface of the meat mixture. Spread evenly with a spatula. Bake at 350° about 40 minutes until the topping is nicely browned.

Makes 8 servings

ITALIAN MEATBALL BURGERS

1 pound ground beef
1 pound bulk Italian sausage
2 teaspoons dry minced onion
1/2 teaspoon garlic powder
1/2 cup parmesan cheese (2 ounces)
2 eggs
1/2 teaspoon salt
1/4 teaspoon pepper

1 cup marinara sauce, heated
6 tablespoons parmesan cheese (1 1/2 ounces)

Mix the first 8 ingredients in a large bowl. Shape in 6 patties and place them on a foil-lined baking sheet. Broil about 5-6 minutes per side or until done to your liking. Serve topped with the marinara sauce and a tablespoon of parmesan cheese per burger.

Makes 6 servings



LASAGNA

- 1 pound ground beef
- 1 clove garlic, minced
- 2 cups marinara sauce
- 1 cup ricotta cheese
- 1 egg
- Salt and pepper, to taste
- 1/2 pound deli roast turkey, thinly sliced
- 8 ounces mozzarella cheese, shredded
- 1/4 cup parmesan cheese



Brown the ground beef along with the garlic; season with salt and pepper. Drain the fat and stir in 1 cup of the marinara sauce.

In a small bowl, blend the ricotta cheese and the egg; season with a little salt and pepper.

Grease an 8x8" baking dish and line the bottom with a single layer of turkey slices. I used three 6 or 7-inch long slices per layer. Layer the remaining ingredients in this order:

1. Half of the meat sauce
2. Half of the mozzarella
3. Layer of turkey slices
4. Remaining meat sauce
5. Ricotta mixture
6. Remaining mozzarella
7. Layer of turkey slices, then lightly press down to even out the top of the lasagna
8. 1 cup plain spaghetti sauce
9. 1/4 cup parmesan cheese

Bake at 350° 30-40 minutes. Let stand 10 minutes before serving.

Makes about 6 servings

LASAGNA WITH HAM "PASTA"

1 pound ground beef
1 clove garlic, minced
2 cups marinara Sauce
15 ounces ricotta cheese
1 egg
Salt and pepper, to taste
Garlic powder, to taste
8 ounces ham slices *
8 ounces mozzarella cheese, shredded
1/4 cup parmesan cheese

Brown the ground beef along with the garlic; season with salt and pepper. Drain the fat and stir in 1 cup of the marinara sauce reserving 1 cup of plain sauce. In a small bowl, blend the ricotta cheese and the egg; season with a little salt, pepper and garlic powder. *(continued on the next page...)*



Grease an 9x13" baking dish; spread a small amount of the plain sauce over the bottom of the pan. Layer the ingredients in this order:

1. Single layer of 4 ham slices
2. Half of the meat mixture
3. All of the ricotta mixture
4. Half of the mozzarella
5. Single layer of 4 ham slices
6. Remaining meat mixture
7. Remaining mozzarella
8. 1 cup plain sauce
9. 1/4 cup parmesan cheese

Bake at 350° 30-40 minutes until hot and bubbly. Let stand 10 minutes before serving.

Makes 8 servings

* I used 8 slices from a 10 ounce package of cooked (not smoked) ham slices. There were 10 slices in the package and I used 4 per layer which perfectly fit in the bottom of my baking pan.

MEATY EGGPLANT LASAGNA

2 eggplants (about 1 1/4 pounds each)

1/4 cup oil

Salt

1 pound ground beef

2 cups marinara sauce

16 ounces whole milk mozzarella cheese, shredded

3/4 cup parmesan cheese, grated (3 ounces)

Trim the ends off the eggplants. Peel them and slice lengthwise into 1/2" slices. You should get 6-8 long slices from each eggplant. Brush both sides of the eggplant slices with oil to coat. Place them in a single layer on a baking sheet (you may need to do them in two batches). Broil about 3-5 minutes per side until tender and a little browned. Watch them closely because they can burn quickly. Lightly sprinkle them with salt after removing from the oven.

Brown the ground beef and season to taste with salt and pepper. Add the marinara sauce and heat through. *(continued on the next page...)*



Layer everything in a greased 7x9x3" baking dish in this order: 1/3 of the eggplant slices, 1/3 of the sauce, 1/3 of the mozzarella. Repeat the layering two more times then sprinkle with the parmesan cheese. If you don't have that size baking dish, use a 9x13" baking dish and make 2 layers of each ingredient using half of everything per layer in the same order. Bake at 350° about 30 minute or until the cheese is bubbly.

Makes 8 servings

PARMESAN CHICKEN

3 large boneless chicken breasts
2 ounces parmesan cheese (1/2 cup)
2 ounces almond flour (1/2 cup)
1/2 teaspoon garlic powder
1/2 teaspoon Italian seasoning
1 egg, beaten
1/4 cup oil, or as needed
Salt and pepper, to taste
6 tablespoons pasta sauce
4 ounces mozzarella cheese, shredded
2 tablespoons parmesan cheese



Cut each chicken breast in half to make 2 servings from each; cover with plastic wrap and flatten. Mix 1/2 cup parmesan, almond flour, garlic powder and Italian seasoning in a pie plate. Put the beaten egg in a separate pie plate. Dip each chicken breast pieces in egg to coat, then lightly coat them with parmesan-almond mixture.

Heat the oil in a large skillet over medium heat. Fry the chicken in hot oil until browned on both sides until almost done.

Place the chicken on a foil-lined rimmed baking sheet; season with salt and pepper. Top each with 1 tablespoon of pasta sauce, then 1/6 of the mozzarella. Sprinkle each with 1 teaspoon parmesan cheese. Bake at 350° about 20 minutes until chicken is done and cheese is melted and bubbly.

Makes 6 servings

QUICHE ITALIANO

- 1 pound ground beef
- 1/4 pound Italian sausage
- 1 clove garlic, minced
- 2 tablespoons onion, chopped
- 2 tablespoons green pepper, diced
- 1/2 cup fresh mushrooms, sliced
- 1/2 cup tomato sauce
- Salt, to taste
- 1/8 teaspoon pepper
- 1/8 teaspoon basil
- 1/8 teaspoon oregano
- 2 eggs
- 1/2 cup mayonnaise
- 1/4 cup heavy cream
- 8 ounce mozzarella cheese, shredded and divided
- 1 tablespoon parmesan cheese, grated



Brown the hamburger and sausage with the garlic, onion, peppers and mushrooms; drain the fat. Add the tomato sauce and seasonings to taste. Put the meat sauce in a greased pie plate. Mix in half of the mozzarella cheese.

Beat the eggs and mix in the mayonnaise and cream; beat well. Stir in the parmesan and the rest of the mozzarella. Pour the custard over the meat. Bake at 350° for 35 minutes or until set. Let stand 10 minutes before serving.

Makes 6-8 servings

SPINACH LASAGNA

1 pound ground beef
2 tablespoons onion, chopped
1/8 teaspoon garlic powder
1/2 cup spaghetti sauce
8 ounces cream cheese
1 egg
1/8 teaspoon pepper
10 ounces frozen chopped spinach, thawed and drained
4 ounces mozzarella cheese, shredded
2 tablespoons parmesan cheese

Brown the hamburger with the onion; drain off the fat. Mix in the garlic powder and spaghetti sauce; season to taste and heat until bubbly.

Meanwhile, soften the cream cheese in a medium-size microwaveable bowl for about 40-60 seconds. Stir until creamy; beat in the egg and pepper with a spoon until well mixed. Blend in the spinach.

Spread half of the meat mixture evenly in the bottom of a greased, 8 x 8" glass baking pan. Spread the spinach mixture over the meat; top with the mozzarella then the rest of the meat. It will not completely cover the top. Sprinkle with the parmesan cheese. Bake at 350° about 30 minutes until hot and bubbly. Let stand 5 minutes before serving.

Makes 6-9 servings



ZUCCHINI PASTA WITH SAUSAGE

1 pound Italian sausage
1 clove garlic, minced
14.5 ounce can diced tomatoes, drained
1 teaspoon Italian seasoning
2 medium zucchini, julienned
Salt and pepper, to taste
Pinch fresh basil, optional
1/2 cup freshly grated parmesan cheese (2 ounces)

In a large skillet, brown the sausage with the garlic; drain off any excess grease. Add the tomatoes and Italian seasoning. Simmer, uncovered, for a few minutes. Add the zucchini and cook just until it is tender but not mushy. Adjust the seasoning with salt and pepper. Sprinkle with the basil and parmesan cheese to serve.

Makes 4 servings

