



 **Atkins™ Low Carb**
Easy Fall Family Dinners





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Atkins™ Low Carb *Easy Fall Family Dinners*

Whether you're living a low carb lifestyle or just want some healthier options for the fall, this collection of nutritious, great-tasting recipes has got a little something for everyone. We included sheet pan dinners, instant pot, slow cooker, simple bowls, and casseroles – all of them great low carb options. Easy recipes for fall comfort food you'll love.

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Keto Salmon and Asparagus Sheet Pan



Yield:
2 servings



Phase:
1



Net Carbs:
4.4g



Total Time:
20 min.



Difficulty:
Easy

Ingredients

- 1 bunch asparagus, thin
- 1 tablespoon olive oil
- 1/8 teaspoon salt
- 8 ounces salmon, 3/4" thick
- 1/4 teaspoon olive oil
- 1 pinch ground black pepper
- 3 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon dijon mustard
- 1 clove garlic
- 1 tablespoon grated parmesan cheese

Directions

1. Heat oven to 425°F.
2. Wash and snap woody ends off 1 bunch asparagus. Place on a rimmed baking sheet and toss with 1 tablespoon olive oil and a pinch of salt. Arrange in a single layer, leaving space for two 4-ounce salmon fillets. Place salmon skin side down on the baking sheet. Brush with 1/4 teaspoon olive oil, season with a pinch of salt and pepper. Place in oven and bake for 12 minutes.
3. While the fish cooks, in a small bowl combine the mayonnaise, lemon juice, mustard and garlic.
4. Remove sheet pan from oven, sprinkle asparagus spears with parmesan cheese and place back in oven to cook another 3 minutes, or until fish reaches an internal temperature of 145°F and asparagus spears are tender and beginning to brown at the tips.

5. Plate one fillet of salmon and half the asparagus, drizzle each plate with about 2 tablespoons of the mayonnaise sauce, and serve.

Note: The amount of time to cook this meal depends on the thickness of the asparagus spears and salmon fillets. 15 minutes is adequate for fillets no thicker than 3/4-inch and thin asparagus spears.



Garlic-Parmesan Chicken and Vegetable Sheet Pan



Yield:
4 servings



Phase:
2



Net Carbs:
7.6g



Total Time:
30 min.



Difficulty:
Easy

Ingredients

- 1 1/2-pounds boneless skinless chicken breast
- 12-ounces green beans
- 8-ounces baby bella mushrooms
- 12 cherry tomatoes
- 1/4 cup olive oil
- 1 teaspoon minced or pressed fresh garlic
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1-ounce grated parmesan cheese
- 2 teaspoons Italian seasoning
- 4 teaspoons chopped fresh parsley

Directions

1. Preheat oven to 400°.
2. Slice the chicken breasts to halve the thickness of each breast. You should end up with 4 filets that are no more than 3/4-inch thick. Place on a sheet pan.
3. Place green beans in a large bowl. Add quartered mushrooms, and halved tomatoes.
4. In a small bowl, combine the olive oil, minced or pressed garlic, salt and pepper. Spread 1 teaspoon of the garlic oil on each side of each chicken breast. Drizzle remaining oil over the vegetables and toss to evenly coat.
5. In another small bowl, combine parmesan cheese and Italian seasoning. Sprinkle each side of each chicken breast slice with 1/2 tablespoon of parmesan mixture. If using a large sheet pan, arrange the vegetables around the chicken breasts, or spread in a single layer on a second sheet pan. Sprinkle remaining parmesan mixture over the vegetables.

6. Bake for 15-20 minutes, until green beans are tender, and chicken is cooked through (reaching an internal temperature of 165°). Evenly divide the chicken and vegetables onto 4 plates (one breast section and about 1 cup of vegetables on each plate). Garnish each plate with 1 teaspoon chopped parsley and serve while hot.



Low Carb Kielbasa and Veggie Sheet Pan



Yield:
4 servings



Phase:
2



Net Carbs:
10.4g



Total Time:
40 Min.



Difficulty:
moderate

Ingredients

- 3 turnips (360g)
- 2 tablespoons canola oil
- 1/2 teaspoon paprika
- 10-ounces frozen broccoli
- 10-ounces frozen cauliflower
- 12-ounces kielbasa
- 1/4 cup mayonnaise
- 1 tablespoon reduced sugar tomato ketchup
- 1 tablespoon pickle brine
- 1 teaspoon coconut aminos
- 1 pinch cayenne pepper

Directions

1. Preheat oven to 425°F.
2. Peel and cut turnips into ½-inch thick matchsticks, resembling French fries. In a medium bowl, toss with half of the canola oil to coat. Sprinkle with half the paprika, a pinch of salt, and toss to distribute. Place in a single layer on a sheet pan so they do not touch.
3. Place the frozen broccoli and frozen cauliflower into the bowl and toss with the remaining canola oil. Arrange in a single layer on a second sheet pan. Slice the kielbasa into 1-inch pieces on the diagonal and distribute among the broccoli and cauliflower.
4. Place both sheet pans into the oven and roast for 10 minutes. Remove the turnip fries from the oven and flip each fry, leaving the kielbasa pan in the oven for another 5 minutes. Then remove the kielbasa pan and toss the veggies and kielbasa. Return both pans to the oven and roast until veggies are tender, and starting to brown, but not scorch, 5-10 minutes more.

5. Meanwhile, make the dipping sauce. In a small bowl combine the mayonnaise, ketchup, pickle brine, coconut aminos, remaining paprika, and cayenne (start with just a pinch of cayenne if sensitive to spice).
6. Divide the turnip fries, kielbasa and veggies evenly, and serve warm with the dipping sauce. Each serving is about 1 cup roasted broccoli/ cauliflower, 3 ounces kielbasa, 1 ½ ounces cooked turnip fries and 1 ½ tablespoons dipping sauce.



Salmon Puttanesca Sheet Pan



Yield:
4 servings



Phase:
2



Net Carbs:
8.8g



Total Time:
35 min.



Difficulty:
Easy

Ingredients

- 1 large zucchini
- 16 grape tomatoes
- 4 medium slices red onion
- 20 kalamata olives
- 1/3 cup jarred roasted red pepper strips
- 1/2 tablespoon drained capers
- 2 tablespoons olive oil
- 1/2 teaspoon minced or pressed garlic
- 1/2 teaspoon anchovy paste
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1-pound boneless raw salmon
- 1 lemon
- 1 sprig rosemary

Directions

1. Preheat oven to 425°.
2. Cut zucchini into roughly 1-inch cubes and place in a medium bowl. Slice cherry tomatoes in half and add to zucchini. Slice red onion into rounds, separating layers, and add to the zucchini along with the olives, roasted red peppers and capers.
3. In a small bowl, combine the olive oil, minced or pressed garlic, anchovy paste, salt and pepper until well combined and evenly distributed. Drizzle the vegetables with 1 tablespoon of olive oil mixture, tossing to evenly coat. Arrange on a rimmed baking sheet in a single layer and roast in the oven for 10 minutes.
4. While the vegetables are roasting, brush the salmon with the remaining olive oil mixture, and slice the lemon. Remove the sheet pan from the oven and toss the vegetables, creating space to add the salmon. Place the salmon on the sheet pan, topping with a couple lemon slices and rosemary sprigs.

5. Distribute the rest of the lemon and rosemary over the vegetables. Roast salmon and vegetables for another 8 minutes, or until the salmon reaches an internal temperature of 145°F on an instant read thermometer. Cooking time for the salmon will depend on the thickness, 8 minutes is a good starting place for fillets about ½-inch thick.
6. Divide the vegetables evenly between 4 plates (about ¾ cup or 134 g per plate), portion the salmon (about 3 ounces cooked salmon per serving), squeeze roasted lemon slices over the fish, and serve while warm.



Keto Instant Pot® Creamy Italian Chicken and Kale



Yield:
4 servings



Phase:
1



Net Carbs:
6.5g



Total Time:
40 min.



Difficulty:
Moderate

Ingredients

- 2 cloves fresh garlic
- 1 fresh roma tomato
- 1/4 cup roasted red pepper, jarred
- 1 cup chicken broth
- 1/4 cup heavy cream
- 2 teaspoons Italian seasoning
- 2 teaspoons red wine vinegar
- 8 cups fresh chopped kale
- 1-pound raw boneless skinless chicken breasts
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons cream cheese
- 1/4 cup shredded parmesan cheese
- 1/4 teaspoon xanthan gum

Directions

1. Mince or press the garlic. Chop the tomato and roasted red pepper. Set aside.
2. Turn on Instant Pot sauté function and let warm. When hot, add olive oil and sauté onion until softened, about 2 minutes. Add garlic and sauté until fragrant, about 30 seconds. Turn off sauté, and add tomatoes, roasted red peppers, broth, cream, Italian seasoning, and vinegar, stirring to combine.
3. Layer the kale on top of the broth in the Instant Pot. Season both sides of the chicken breasts with salt and pepper, sprinkling the remaining salt and pepper on the kale. Place chicken on top of the kale (the broth should not be touching it). Cut the cream cheese into small dollops and place on the kale and chicken.
4. Attach the lid, seal the instant pot and set to pressure cook on high for 10 minutes. Allow to naturally release for 5 additional minutes then quick release following manufacturer's instructions.

5. Remove chicken and chop into bite size pieces. Stir the cream cheese into the kale and sauce. Add the parmesan cheese and xanthan gum and mix until slightly thickened. Add the chicken back in and mix to evenly distribute. Each serving is about 1 cup of kale and chicken.



Instant Pot® Low Carb Turkey Chili



Yield:
5 servings



Phase:
2



Net Carbs:
10.9g



Total Time:
50 min.



Difficulty:
Moderate

Ingredients

- 1 tablespoon olive oil
- 3/4 cup chopped yellow onion
- 1 teaspoon minced or pressed garlic
- 1 pound ground turkey
- 1 1/2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 2/3 turnips (200g)
- 1 medium red bell pepper
- 1/2 cup diced raw celery
- 1 1/2 cups canned diced tomatoes
- 1 cup beef bone broth
- 1/2 cup canned tomato sauce
- 1/2 cup + 1 tablespoon shredded Mexican blend cheese
- 5 tablespoons sour cream
- 2 1/2-ounces sliced pickled jalapenos
- 1 1/2 teaspoons fresh lime juice
- 2 tablespoons chopped fresh cilantro

Directions

1. Set the Instant Pot to sauté and when hot add the oil, swirling to coat the bottom. Add the onion and sauté until becoming translucent, 3 minutes. Add the garlic and sauté until fragrant, about 30 seconds. Add the ground turkey and brown the meat until fully cooked, about 5 minutes. Sprinkle the chili powder, cumin, smoked paprika, salt and pepper over the meat and mix, continuing to cook, until fragrant and well combined, another 30 seconds. Cancel the sauté function on the Instant Pot.
2. Peel and cube the turnip into 1/2-inch pieces and chop the bell pepper. Mix the turnip, bell pepper, and celery into the instant pot until evenly distributed. Pour in the diced tomatoes in their juice, bone broth, and tomato sauce. Lock the lid on the Instant Pot and choose the Beans/ chili setting for 10 minutes. Allow steam to naturally release for 5 minutes, then quick release.

3. Taste and season with additional salt if needed. Divide between 5 bowls (about 1 1/4 cup per serving), topping each with 2 tablespoons cheese, 1 tablespoon sour cream, 1/2 ounce pickled jalapenos, a wedge of lime and a sprinkle of cilantro. One bowl (as described above) is one serving.



Keto Instant Pot® Barbecue Pulled Pork



Yield:
16 servings



Phase:
1



Net Carbs:
1.4g



Total Time:
1 hr. 10 min.



Difficulty:
moderate

Ingredients

- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon Swerve Brown sweetener
- 2 teaspoons chili powder
- 2 teaspoons ground black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard powder
- 1/2 teaspoon ground allspice
- 1 tablespoon olive oil
- 1 cup beef broth
- 1/3 cup apple cider vinegar
2 tablespoons tomato paste
- 4-pounds pork roast
(loin or picnic suggested)

Directions

1. In a small bowl, combine the cumin, garlic powder, onion powder, sweetener, chili powder, pepper, salt, mustard, and allspice. Cut the roast into roughly 2-inch cubes (removed from bone, if needed). Rub the spice mix over all surfaces of the pork roast cubes.
2. Set the Instant Pot to sauté mode and let warm. Once hot, swirl in the oil and working in batches, brown all sides of the roast cubes, about 2 minutes per side. Remove browned pork to a plate and turn off the Instant Pot.
3. In a small bowl, mix together the broth, vinegar and tomato paste. Add to the instant pot and scrape up any browned bits from the bottom. Add the meat and any accumulated juices back to the pot, and set for pressure cooking on high for 40 minutes. Allow a natural pressure release for 10 minutes and then manually release the remaining pressure.

4. Remove the pork to a cutting board and use forks to pull the pork apart. Set the Instant Pot back to sauté and allow the juices to simmer and reduce for about 10 minutes. Add ½ cup of the reduced juices back to the pulled meat and serve. Each serving is about ½ cup pulled pork.

Use this recipe as a protein base for any meal. For dinner, mix the meat with sugar-free barbecue sauce and serve with a side salad and a serving Cauli Mac and Cheese. For lunch, use in a bowl along with riced cauliflower and cherry tomatoes with a dollop of Sriracha mayonnaise. As a snack, fold ½ serving into a slice of cheese, with some cucumber slices on the side. Or make into tacos using a lettuce leaf or low carb tortilla as a shell and topping with green chili, sour cream and cheddar cheese.



Slow Cooker Pork Verde Soup



Yield:
6 servings



Phase:
2



Net Carbs:
8.7g



Total Time:
3 hr. 15 min.



Difficulty:
Easy

Ingredients

- 1/2 cup chopped yellow onion
- 1 1/2 teaspoons minced or pressed garlic
- 1 3/4-pounds pork loin roast
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 cup salsa verde
- 1-ounces canned green chili peppers
- 3/4 large zucchini (236g)
- 1 cup chopped green pepper
- 4 cups chicken broth
- 1 teaspoon chicken bouillon paste
- 1 lime
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons chopped scallions
- 1 avocado
- 3 tablespoons sour cream

Directions

1. In an 8-quart slow cooker, combine chopped onion and minced or pressed garlic. Cut pork into roughly 1-inch cubes and layer on top of the onions. Sprinkle with salt and pepper and top with salsa verde, green chili, chopped zucchini and chopped green pepper. Pour chicken broth to cover the pork and add the bouillon. Slow cook on high for 3 hours, or low for 6 hours.
2. Once cooked, remove the pork and shred. In a blender with a corner left open to vent, blend together about half of the vegetables with enough broth to process. Add the blended vegetables and the shredded pork back to the slow cooker and stir to distribute.
3. To serve, offer lime wedges, chopped cilantro, sliced scallions, sliced avocado, and sour cream as toppings. One serving is 1 1/2 cups soup topped with 1/6 of a lime, 1/2 teaspoon chopped cilantro, 1 teaspoon sliced scallions, 1/6 avocado, and 1/2 tablespoon sour cream.



Low Carb Thai Turkey Cauliflower Rice Bowl



Yield:
4 servings



Phase:
3



Net Carbs:
9.1g



Total Time:
35 min.



Difficulty:
Moderate

Ingredients

- 1 tablespoon olive oil
- 1-pound ground turkey
- 1/2 cup chopped raw scallions
- 1 tablespoon Thai red curry paste
- 1 1/2 teaspoons grated fresh ginger root
- 1 1/2 teaspoons minced or pressed garlic
- 1/4 teaspoon salt
- 3 tablespoons no sugar added peanut butter
- 2 teaspoons fresh lime juice
- 1 1/2 tablespoons tamari soy sauce
- 1 1/2 tablespoons natural rice vinegar
- 1/2 teaspoon sambal oelek ground fresh chili paste
- 3 cups frozen riced cauliflower
- 2 cups frozen chopped broccoli
- 1/2 cup shredded raw carrot

Directions

1. In a 10-inch skillet, warm oil over medium heat. Add ground turkey and sauté, stirring with a spoon to gently break up until almost fully cooked, about 7 minutes. Add 1/4 cup chopped white and light green portions of scallions, curry paste, 1 teaspoon ginger, 1 teaspoon minced or pressed garlic, and salt. Stir to combine and evenly distribute while continuing to sauté until turkey is fully cooked, about 3 more minutes. Remove from heat and set Thai turkey aside.
2. In a small bowl, whisk together the peanut butter, lime juice, vinegar, tamari, chili paste, and remaining ginger (1/2 teaspoon) and garlic (1/2 teaspoon). Portion 2 tablespoons peanut sauce into each of 4 leak proof containers and store in refrigerator.
3. In 4 microwave safe food storage containers, assemble the uncooked bowls. In each container, layer a very full 1/2 cup cooked Thai turkey, 3/4 cup frozen cauliflower rice, 1/2 cup frozen broccoli florets, and 2 tablespoons (14 grams) shredded carrot.

4. Sprinkle with 1 tablespoon dark green portion of scallion. Store in the refrigerator until ready to heat and eat, up to 4 days.

To heat, microwave 1 container for 3-5 minutes, until steaming and hot throughout. Drizzle with peanut sauce and enjoy!



Keto Turkey Taco Bowl



Yield:
1 serving



Phase:
1



Net Carbs:
6.7g



Total Time:
20 min.



Difficulty:
moderate

Ingredients

- 1 tablespoon canola oil
- 3-ounces ground turkey
- 1 pinch salt
- 1/4 teaspoon chili powder
- 1/8 teaspoon ground cumin
- 1 1/2 cups shredded iceberg lettuce
- 1 roma tomato
- 1/4 cup shredded green cabbage
- 1/4 cup chopped jicama
- 2 tablespoons sour cream
- 1 tablespoon salsa

Directions

1. Heat 1 teaspoon oil in a small skillet over medium high heat. Brown the turkey meat, gently breaking up, until fully cooked, about 4 minutes. Sprinkle the meat with a pinch of salt, the chili powder and cumin powder and mix until evenly coated; set aside.
2. In a bowl layer the lettuce, cabbage, chopped tomato, jicama, and cooked meat. In a small bowl, combine remaining canola oil with the sour cream and salsa. Drizzle the sour cream dressing over the bowl and enjoy!

Spice it up! Add ½ teaspoon hot sauce to the sour cream dressing for an extra spice punch that adds a negligible amount of net carbs to this naturally keto and low carb recipe.



Low Carb Philly Cheesesteak Casserole



Yield:
6 servings



Phase:
1



Net Carbs:
5.5g



Total Time:
1 hr.



Difficulty:
Moderate

Ingredients

- 1 1/2-pounds ground beef (10% fat)
- 1 tablespoon olive oil
- 1 cup chopped yellow onion
- 2 cloves garlic
- 1 medium green bell pepper
- 2 cups sliced raw button mushrooms
- 1 tablespoon Italian seasoning
- 4-ounces cream cheese
- 1 teaspoon worcestershire sauce
- 1 teaspoon tabasco
- 2 large eggs
- 4-ounces provolone cheese

Directions

1. Preheat the oven to 350°.
2. In a 10-inch Dutch oven or oven safe skillet over medium heat, brown the ground beef, breaking apart with a wooden spoon.
3. While the meat is browning, prepare the vegetables. Mince or press the garlic, chop the onion, bell pepper and mushrooms and set aside.
4. Place the cooked meat in a bowl to cool. Add oil to the Dutch oven or skillet, and continuing over medium heat, sauté onion until beginning to become translucent. Add the garlic and sauté until fragrant, about 30 seconds. Add the bell pepper and mushrooms and sauté until beginning to soften, about 5 minutes.
5. Sprinkle the Italian seasoning on to the vegetables and mix well. Add the cream cheese, Worcestershire sauce, hot sauce and mix until cream cheese is melted and all ingredients are well combined. Remove from heat.

6. Add the eggs to the bowl of cooled meat and mix until evenly coated. Add the meat mixture to the vegetable mixture in the Dutch oven or skillet and mix until well combined. Smooth the mixture to create an even layer. Top with sliced or shredded provolone cheese and bake until cheese is melted and the casserole is bubbling along the edges, about 25 minutes. Serve warm; each serving is about 1 cup.



