

Delicious Keto Diet Recipes for Beginners

Caprese Salad

Servings: 2

Ingredients

- 2 cups fresh spinach
- 1 large tomato, cut into thick slices
- ½ pound fresh mozzarella, cut into thick slices
- ¼ cup fresh basil
- 2 cloves garlic
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

1. Place the spinach onto salad plates.
2. On top of each plate of spinach, arrange the slices of tomatoes. There will be approximately 3-4 thick slices per plate.
3. Next, add a thick slice of fresh mozzarella on top of each tomato.
4. Place the basil and garlic in a food processor and pulse until chopped. Spoon the basil mixture over each piece of mozzarella.
5. Drizzle the salads with olive oil and balsamic vinegar.
6. Season with salt and black pepper, if desired.

Nutritional Information

*Calories 374.4, Total Fat 32.2 g, Saturated Fat 12.5 g,
Total Carbs 2.9 g, Approx. Net Carbs: 2 g, Dietary Fiber 1.0 g,
Sugars 0.1 g, Protein 22.1 g*

Frittata with Spanish Chorizo

Servings: 6

Ingredients

- 1 tablespoon butter
- ½ cup green bell pepper, diced
- ½ cup red onion, diced
- 2 cups fresh spinach, chopped
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon ground cumin
- ½ pound Spanish chorizo, crumbled and cooked
- 1 cup Oaxaca cheese, shredded
- 8 eggs, beaten
- ¼ cup heavy cream
- ½ cup red onion, diced

Directions

1. Preheat the oven to 350°F.
2. Place the butter in an oven proof skillet over medium heat.
3. Add the bell pepper and red onion to the skillet and sauté until firm tender, approximately 5 minutes.
4. Next, add the spinach and season with salt, black pepper and ground cumin. Cook for 1-2 minutes.
5. Add the chorizo and Oaxaca cheese.
6. Whisk together the beaten eggs and heavy cream. Pour the mixture into the skillet, evenly covering the surface.
7. Gently lift the ingredients to make sure the eggs reach and cover the bottom of the skillet as well.
8. Reduce the heat to medium low and cook until the eggs just begin to set along the edges.
9. Remove the skillet from the burner and transfer it to the oven.
10. Finish cooking in the oven for an additional 15-20 minutes, or until it is set in the center.

Nutritional Information

*Calories 409.1, Total Fat 32.5 g, Saturated Fat 15.1 g,
Total Carbs 3.7 g, Approx. Net Carbs: 3 g, Dietary Fiber 0.6 g,
Sugars 0.6 g, Protein 25.3 g*

Buffalo Chicken Soup

Servings: 6

Ingredients

- 2 tablespoons butter
- 1 cup onion, diced
- 1 cup red bell pepper, diced
- 1 tablespoon jalapeno pepper
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 pound chicken, cooked and shredded
- 2 cup chicken stock
- 1 cup heavy cream
- ¼ cup cayenne pepper sauce (adjust to suit tastes)
- ½ cup blue cheese

Directions

1. Melt the butter in a large saucepan or stock pot over medium heat.
2. Add the onion, red bell pepper, jalapeno pepper, salt, black pepper, garlic powder, and onion powder. Sauté until the vegetables are firm tender, approximately 5 minutes.
3. Add the chicken and sauté 1-2 additional minutes.
4. Next, add the chicken stock and bring it to a boil. Reduce the heat to low and simmer for 15 minutes. Remove it from the heat and allow it to cool slightly.
5. Stir in the heavy cream and cayenne pepper sauce. Heat over low until warmed through, approximately 5 minutes.
6. Remove from the heat and serve garnished with blue cheese crumbles.

Nutritional Information

Calories 344.9, Total Fat 24.8 g, Saturated Fat 14.5 g,
Total Carbs 7.4 g, Approx. Net Carbs: 6 g, Dietary Fiber 1.8 g,
Sugars 2.0 g, Protein 22.9 g

Bacon Wrapped Beef Tenderloin Cooked in Herbed Butter with Creamed Spinach

Servings: 6

Ingredients

- 1½ pounds beef tenderloin medallions
- ½ pound bacon
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ cup plus 2 tablespoons butter, divided
- 1 tablespoon fresh thyme
- 1 tablespoon fresh chives
- 1 tablespoon olive oil
- ½ cup yellow onion
- 2 cloves garlic
- 8 cups fresh spinach
- ¼ teaspoon nutmeg
- ¼ cup heavy cream

Directions

1. Preheat the oven to 375°F and line a baking sheet with aluminum foil.
2. Wrap the bacon slices around the tenderloin medallions, securing with a toothpick, if necessary.
3. Season the medallions with salt, black pepper, and garlic powder. Set them aside.
4. In a bowl, combine ¼ cup butter, thyme, and chives.
5. Melt the herbed butter mixture in a skillet over medium-high heat.
6. Place the steaks into the skillet and sear them on both sides, spooning butter over the steaks as you go, until they are nicely browned on the outside.
7. Place the steaks on the baking sheet and spoon the butter over them before placing them in the oven. Bake for 15 minutes, or until the desired doneness is reached.
8. Add the remaining butter and olive oil to the skillet and heat over medium.
9. Add the onion and garlic. Sauté for 3-5 minutes, until tender.
10. Add the spinach and sauté for an additional 2 minutes.
11. Add the heavy cream and nutmeg to the skillet and stir to mix.
12. Continue to cook until the cream bubbles and reduces to a thicker consistency. Remove it from the heat and let it set for 2-3 minutes before serving.

Nutritional Information

*Calories 505.7, Total Fat 41.9 g, Saturated Fat 19.0 g,
Total Carbs 2.4 g, Approx. Net Carbs: 1 g, Dietary Fiber 1.0 g,
Sugars 0.2 g, Protein 29.4 g*

****These recipes and more can be found in Madison Miller's *Keto for Beginners Cookbook: Quick and Easy Low Carb Ketogenic Diet Recipes - 14-Day Meal Plan Included*. To get your own copy, click on the cover or [here](#).**

