

Delicious and Healthy 30-minute Keto Recipes!

Avgolemono

Serves: 6

Total Time: 15 minutes

Ingredients

- 2 cups chicken, cooked and shredded
- 1 tablespoon olive oil
- 1 tablespoon shallots, diced
- 5 cups chicken stock
- 2 eggs
- ¼ cup lemon juice
- ¼ cup fresh parsley, chopped
- 1 tablespoon fresh tarragon, chopped
- 1 cup spaghetti squash, roasted
- 1 teaspoon salt
- 1 teaspoon black pepper
- ¼ cup Parmesan cheese, freshly grated

Directions

1. Heat the olive oil in a stock pot over medium heat.
2. Add the shallots and sauté for 2-3 minutes.
3. Next, add the chicken and chicken stock. Increase the heat to medium high and bring it to a boil, and then reduce the heat to low.
4. In a bowl, combine the eggs, lemon juice, parsley, and tarragon. Whisk them together until creamy.
5. Take about 1 cup of the hot chicken stock and slowly whisk it into the egg mixture. This is to temper the eggs so when you add them to the soup, they do not instantly scramble.
6. Slowly add the egg mixture to the soup and stir.
7. Next, stir in the spaghetti squash, salt, and pepper, and simmer for 5-7 minutes.
8. Serve with freshly grated Parmesan.

Skewered Chicken with Tzatziki

Serves: 4

Total Time: 20 minutes

Ingredients

- 1 pound boneless chicken, cut into strips
- 1 cup cherry tomatoes
- 1 cup pearl onions
- 2 tablespoons olive oil
- 1 tablespoon fresh thyme
- 1 tablespoon fresh chives
- 1 cup cucumber, shredded with excess liquid squeezed out
- 2 cloves garlic, crushed and minced
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ cup full fat plain yogurt
- 2 tablespoons fresh mint, chopped

Directions

1. Preheat an indoor or outdoor grill to medium heat.
2. Place the chicken strips onto metal or bamboo skewers in an alternating pattern with the cherry tomatoes and pearl onions.
3. Brush the skewers liberally with olive oil and season with thyme and chives.
4. Place the skewers on the grill and cook for approximately 10 minutes, turning occasionally, until the chicken is cooked through.
5. While the skewers are grilling, combine the cucumber, garlic, salt, black pepper, yogurt, and mint. Mix well and transfer to a serving bowl.
6. Remove the skewers from the grill and arrange them on a serving platter with the tzatziki sauce.

Cordon Bleu Style Pork Chops

Serves: 4

Total Time: 30 minutes

Ingredients

- 1 pound thin boneless pork chops
- 1 teaspoon salt
- 1 teaspoon black pepper
- ¼ pound prosciutto
- 1 cup Gruyere cheese, sliced
- ¼ cup buttermilk
- 1 tablespoon Dijon mustard
- ½ cup Parmesan cheese
- ¼ cup fresh parsley
- ¼ cup almonds, finely ground
- 1 tablespoon butter

Directions

1. Preheat the oven to 400°F and line a baking sheet with aluminum foil.
2. Cut a slit into one side of each pork chop to create a pocket for the filling.
3. Season both sides of the pork chops with salt and black pepper.
4. Place equal amounts of prosciutto and Gruyere cheese into the slits in each of the pork chops. Secure them shut with wooden toothpicks.
5. In one bowl, combine the buttermilk and Dijon mustard, and mix well.
6. In a second bowl, combine the Parmesan cheese, parsley, and almonds.
7. Heat the butter in a large skillet over medium-high heat.
8. Dip each pork chop into the buttermilk mixture and then into the Parmesan mixture. Repeat, if desired for a thicker coating.
9. Place the pork chops in the skillet and cook, 2-3 minutes per side, until they are browned.
10. Remove the pork chops from the skillet and immediately transfer them to the baking dish.
11. Place the dish in the oven, and bake for 15-20 minutes, or until the pork is cooked through.

Seared Filets with Spinach Pesto

Serves: 4

Total Time: 20 minutes

Ingredients

- 4 filet mignon steaks
- 1 teaspoon salt
- 1 teaspoon coarsely ground black pepper
- 2 tablespoons butter
- 1 sprig rosemary
- 4 cups fresh spinach
- ½ cup walnuts, chopped
- 2 cloves garlic
- ¼ cup olive oil
- ¼ cup Parmesan cheese
- ½ teaspoon nutmeg

Directions

1. Season the steaks with salt and black pepper.
2. Place the butter and rosemary in a skillet over medium-high heat.
3. Add the steak and sear until browned on both sides.
4. Reduce the heat to medium and cook, spooning the butter over the steaks from time to time, until the desired doneness is reached.
5. Remove the steaks from the skillet and set them aside to rest.
6. While the steaks are resting, combine the spinach, walnuts, garlic, olive oil, Parmesan cheese, and nutmeg in a blender or food processor. Pulse until blended.
7. Place a spoonful of the spinach pesto on a serving plate and top it with a filet for serving.

Elegant Scallops with Capers

Serves: 4

Total Time: 15 minutes

Ingredients

- ¼ cup olive oil, divided
- ½ cup sweet yellow onion, sliced thin
- ¼ cup capers
- 1 tablespoon lemon juice
- 1 pound scallops, trimmed
- ½ cup dry white wine
- ¼ cup fresh parsley, chopped

Directions

1. Place 2 tablespoons of the olive oil in a skillet over medium heat.
2. Add the onions, capers, and lemon juice. Sauté for 5-6 minutes, or until the onions are tender. Remove the mixture from the skillet.
3. Pour the remaining olive oil in the skillet and raise the heat to medium high.
4. Once the skillet is very hot, add the scallops and sear them on both sides until browned and caramelized, approximately 2 minutes per side.
5. Pour in the white wine and cook, letting the wine reduce for 1-2 minutes.
6. Serve the scallops on a bed of onions and capers, with any pan sauce drizzled over the top. Garnish with parsley.

***These recipes and more can be found in Madison Miller's Keto 30-minute Meal Cookbook: Quick and Easy Low Carb Ketogenic Diet Recipes. To get your copy, click on the cover or click [here](#).

