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TASTY WAYS TO CUT CARBS RECIPES

PORTOBELLO PIZZA

Cut out the gills of the mushroom then place on an oiled cookie sheet and broil for 5-10 minutes until a bit dried. Top with sauce, mozzarella cheese and seasonings and broil till cheese is melted.

CHEESE FLAVORED CHIPS

Cut ¼ inch slices of mozzarella cheese and place on a cookie sheet coated with non-stick spray, Bake at 375 for 4-5 minutes until golden brown. Peel off and enjoy.

LOW CARB PANCAKES

From the South Beach diet: Mix together ½ cup raw oats, ¼ cup cottage cheese, 2 eggs , cinnamon, nutmeg and a splash of vanilla extract. Process in a blender until smooth, cook in a skillet turning once. Top with sugarfree syrup.

SPAGETTI SQUASH

Cut a spaghetti squash down the middle and place on a plate or dish filled with an inch of water. Nuke each side face down in a microwave for 10 minutes until soft. Cool and then scrape out the strands and top with pasta sauce and cheese.

“MASHED POTATOES”

Steam some fresh cauliflower, Take ¼ cup non-fat half and half, 1 tbsp. Butter , salt, and pepper and puree in a blender. Add parm. Cheese, garlic or lowfat sour cream if desired.