



bell pepper keto nachos

ingredients

- 2 medium bell peppers
- kosher salt
- 1 tablespoon vegetable oil
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 4 ounces ground beef
- 1 cup shredded mexican blend cheese
- 1/4 cup guacamole
- 1/4 cup pico de gallo
- 2 tablespoons full-fat sour cream

directions

Cut bell peppers into sixths, remove seeds. Microwave with water and salt for 4 minutes. Let cool, then arrange on a foil-lined baking sheet. Heat oil, add chili powder and cumin, cook for 30 seconds. Add beef and salt, cook until browned, about 4 minutes. Preheat broiler. Top peppers with beef and cheese, broil until cheese melts, about 1 minute. Add guacamole, pico de gallo, and drizzle with thinned sour cream.



chicken parmesan

ingredients

- 4 slices whole-wheat bread
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 4 teaspoons paprika
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 egg whites
- 1/2 cup skim milk
- 1/2 cup all-purpose flour
- 4 skinless chicken breast halves
- olive oil cooking spray
- 1 jar good-quality marinara sauce
- 3/4 cup shredded mozzarella cheese
- 2 tablespoons shredded parmesan

directions

Preheat oven to 350°F. Process bread into crumbs, bake for 12 minutes until golden. Combine crumbs with oregano, garlic powder, paprika, salt, and pepper. In separate bowls, whisk egg whites and milk, and mix flour with salt and pepper. Dip chicken pieces in flour, then egg, then seasoned crumbs. Increase oven to 400°F. Place breaded chicken in a baking dish, spray with cooking spray. Bake for 15 minutes. Top with marinara, mozzarella, and parmesan. Bake an additional 10 minutes until cheese is bubbling.