

Recipe submitted by: Atkins Kitchen

Salmon-Stuffed Zucchini

You may prepare these up to six hours ahead. Smoked whitefish may be substituted for the salmon.

Prep time: 20 minutes

Ingredients:

2 medium or 3 small zucchini, scrubbed
1 can (6 ounces) salmon, drained and flaked
2 tablespoons mayonnaise
1 teaspoon Dijon mustard
1 teaspoon chopped dill
Dash Worcestershire sauce
1 tablespoon finely chopped red bell pepper

Directions:

With a vegetable peeler, peel stripes down length of zucchini (to create a pattern of dark and light green). Cut zucchini into 3/4" slices; remove seeds and hollow slightly with a spoon. Arrange in rows on a serving plate.

Mix salmon, mayonnaise, mustard, dill and Worcestershire. Fill zucchini hollows with salmon mixture.

Sprinkle red pepper on top of salmon.

Servings: 8

Nutrition Per Serving:

Carbohydrates:1.5 grams

Net Atkins Carbohydrates:1.0 grams

Fiber:0.5 grams

Protein:4.5 grams

Fat:4.0 grams

Calories:60

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Roasted Eggplant Purée

This is the classic Middle-Eastern appetizer, and is almost always part of a mezze platter. For variety (and a few extra carbs) add 1 chopped fresh tomato and 1 tablespoon sesame paste.

Prep time: 15 minutes **Bake/Cook time:** 30 minutes

Ingredients:

1 1-pound eggplant or 2 Italian eggplants
1/4 cup olive oil
2 garlic cloves, pushed through a press
1/2 teaspoon salt
Freshly ground black pepper to taste
Chopped fresh parsley to taste
Atkins bread toast points or low carb crackers for serving

Directions:

- Heat oven to 425° F. Cut eggplant on all sides with deep slashes and place on a baking sheet. Roast until soft, 30 to 40 minutes. Set aside until cool enough to handle, about 15 minutes.
- Peel eggplant and coarsely chop. Place in a medium bowl. Mix in oil, garlic, salt, pepper and parsley.

Servings: 8

Nutrition Per Serving (2 tablespoons) :

Carbohydrates:3.7 grams

[Net Atkins Carbohydrates](#):2.3 grams

Fiber:1.4 grams

Protein:0.6 grams

Fat:6.9 grams

Calories:76

Italian Tuna Pâté

Simple and quick, this spread is perfect to nibble on when you are preparing the rest of the meal. Celery sticks are great for dipping.

Prep time: 10 minutes

Ingredients:

1 can (6 ounces) tuna packed in olive oil, lightly drained
1/4 cup tightly packed fresh parsley leaves
1 stick unsalted butter, softened
1 tablespoon lemon juice
Salt and pepper

Directions:

- In a food processor, pulse tuna and parsley until parsley is finely chopped.
- Add butter and lemon juice; process until smooth. Season to taste with salt and freshly ground black pepper.

Servings: 8 (Serving Size: 2 tablespoons)

Nutrition Per Serving:

Carbohydrates:0.0 grams

Net Atkins Carbohydrates:0.0 grams

Fiber:0.0 grams

Protein:5.0 grams

Fat:16 grams

Calories:163

Simple Salad Nicoise

Contemporary versions of this southern French classic often use fresh grilled tuna. But for the most flavor—and authenticity—canned tuna, packed in olive oil, is the way to go.

Prep time: 15 minutes

Ingredients:

3 tablespoons olive oil
1 1/2 tablespoons red wine vinegar
1 teaspoon Dijon mustard
2 cans (6 ounces each) tuna in olive oil, lightly drained and flaked
2 hard-cooked eggs
1 medium tomato, quartered lengthwise
6 ounces green beans, cooked until tender crisp
1/4 small red onion, thinly sliced
6 oil-cured black olives, cut into slivers
4 anchovies (optional)
salt and pepper

Directions:

- In a large bowl, whisk together olive oil, vinegar, and mustard. Arrange tuna, eggs, tomato, green beans, and onion on 2 plates. Drizzle with dressing; top with olives and anchovies. Add salt and pepper to taste.

Servings: 2

Nutrition Per Serving:

Carbohydrates:13.4 grams

[Net Atkins Carbohydrates](#):9.5 grams

Fiber:3.9 grams

Protein:58.2 grams

Fat:43.1 grams

Calories:685

Confetti Salad with Ranch Dressing

Colorful and delicious, chopped salads are a change of pace from leafy greens.

Prep time: 25 minutes

Ingredients:

1 medium cucumber, seeded and chopped
1 bunch radishes (about 8), chopped
1 cup chopped celery
1 red pepper, chopped
1 small yellow squash, chopped
4 green onions, white and 1" green, chopped
1 carrot, chopped
1/2 recipe [Garlic Ranch Dressing](#)

Directions:

- Combine salad ingredients in a large bowl. Just before serving, toss with dressing (do not toss in advance or salad will become soggy).

Servings: 8 (1 cup each)

Nutrition Per Serving:

Carbohydrates:4.6 grams

[Net Atkins Carbohydrates](#):3.3 grams

Fiber:1.3 grams

Protein:1.0 grams

Fat:8.6 grams

Calories:94

Chop-Chop Chicken Salad

On busy summer days, try this easy, Asian-inspired chicken salad. Its chock-full of protein, vitamins, and flavor, and takes only minutes to prepare — especially if you purchase cooked chicken breasts from the deli counter.

Prep time: 10 minutes **Standing time:** 15 minutes

Ingredients:

Dressing:

1/4 cup low-sodium soy sauce
1/4 cup fresh lemon juice
1 tablespoon toasted sesame oil
1 packet sugar substitute (optional)

Salad:

4 boneless, skinless chicken-breast halves, about 5 to 7 oz. Each, grilled or poached and cut into strips
6 cups chopped Napa cabbage
2 medium heads endive, sliced lengthwise in narrow strips
1 cup cucumber, peeled and cut in 1/4" dice
1 cup zucchini, in 1/4" dice
1 cup green, red or yellow peppers, or a combination, in 1/4" dice
1 cup celery, in 1/4" dice
2 tablespoons fresh cilantro, chopped
1/4 cup chopped macadamia nuts

Directions:

- For dressing, in a small bowl whisk soy sauce, lemon juice, sesame oil and optional sugar substitute until well combined; set aside.
- In a large bowl, mix chicken, vegetables and cilantro. Pour in dressing; mix well. Let the salad sit for 15 minutes for flavors to blend. Divide evenly on 4 plates; sprinkle with macadamia nuts.

Servings: 4

Nutrition Per Serving:

Carbohydrates:11.5 grams
[Net Atkins Carbohydrates](#):10 grams
Fiber:1.5 grams
Protein:38.5 grams
Fat:13 grams
Calories:320

Creamy Classic Coleslaw

Quick and delicious. Unlike store-bought slaws, ours contains no sugar.

Prep time: 15 minutes **Chill time:** 1/2 hours

Ingredients:

1 medium cabbage (about 1 1/2 pounds), halved and cored
2 carrots
3/4 cup mayonnaise
1/2 cup sour cream
2 tablespoons cider vinegar
2 packets sugar substitute
1 teaspoon celery seed
1 teaspoon salt

Directions:

- Cut cabbage halves in half and thinly slice. Transfer to a large bowl. Coarsely grate carrots into cabbage and mix well.
- In a small bowl, whisk together mayonnaise, sour cream, cider vinegar, sugar substitute, celery and salt. Pour dressing over vegetables. Mix until thoroughly combined. Refrigerate at least 30 minutes before serving for flavors to blend.

Servings: 8

Nutrition Per Serving:

Carbohydrates: 8.2 grams

[Net Atkins Carbohydrates](#): 5.7 grams

Fiber: 2.5 grams

Protein: 2.1 grams

Fat: 19.8 grams

Calories: 143

Broccoli Salad with Olives

This is a perfect make-ahead salad because it maintains its texture and flavors develop on standing. Just be sure not to overcook the broccoli.

Prep time: 25 minutes **Bake/Cook time:** 5 minutes

Ingredients:

1 small head broccoli, separated into florets
1 large garlic clove
2 tablespoons white wine vinegar or more to taste
1 tablespoon capers, drained, rinsed
1/2 teaspoon salt
1/4 teaspoon pepper
1/3 cup olive oil
3 celery stalks, thinly sliced
2 green onions, thinly sliced
6 pimiento-stuffed Spanish olives, sliced

Directions:

- Cook broccoli in lightly salted boiling water 5 minutes, until crisp-tender. Drain and rinse under cold water.
- In a blender or food processor, puree garlic, vinegar, capers, salt, and pepper. With motor running, add oil in a thin, steady stream; blend until smooth. Pour dressing into a large salad bowl.
- Thinly slice broccoli florets, and add to dressing. Mix in celery, green onions, and olives. Toss gently to coat evenly with dressing.

Servings: 4

Nutrition Per Serving:

Carbohydrates:9.7 grams

[Net Atkins Carbohydrates:](#)6.5 grams

Fiber:3.2 grams

Protein:2.7 grams

Fat:18.8 grams

Calories:220

Tri-Color Salad

If you are doing Induction and don't want to use balsamic vinegar, substitute red wine vinegar mixed with a dash of [sugar substitute](#).

Prep time: 10 minutes

Ingredients:

Dressing:

3 tablespoons olive oil

1 tablespoon balsamic vinegar (or red wine vinegar mixed with 1/2 packet [sugar substitute](#))

1/2 teaspoon lemon juice

1/2 teaspoon salt

1/4 teaspoon pepper

Salad:

1 head endive, thinly sliced on the diagonal

1/2 small head radicchio, cut into bite-sized pieces

1/2 small head Bibb lettuce, cut into bite-sized pieces

Directions:

- In a salad bowl, whisk together olive oil, balsamic vinegar, lemon juice, salt and pepper.
- Add endive, radicchio, and lettuce. Toss to coat with dressing.

Servings: 4

Nutrition Per Serving:

Carbohydrates:2.5 grams

[Net Atkins Carbohydrates:](#)1.5 grams

Fiber:1.0 grams

Protein:1.0 grams

Fat:10.5 grams

Calories:106

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Cauliflower "Potato" Salad

This salad is also great made with bright green broccoflor, a hybrid of cauliflower and broccoli. For variety, add sliced hardboiled eggs.

Prep time: 10 minutes Cook time: 10 minutes Chill time: 30 hour

Ingredients:

1 medium head cauliflower, broken into small florets
1/4 cup mayonnaise
2 tablespoons lemon juice
2 packets sugar substitute
1/2 teaspoon dried mustard
3 green onions, chopped
1 very finely chopped jalapeno pepper or 2 tablespoons chopped green bell pepper
Salt and pepper

Directions:

- Cook cauliflower in a large pot of boiling salted water 10 minutes, until tender. Drain and rinse under cold water; pat dry.
- In a large mixing bowl, mix mayonnaise, lemon juice, sugar substitute, and mustard. Add cauliflower, green onion and pepper, if using. Mix well until vegetables are evenly coated with dressing. Add salt and pepper to taste. Chill 30 minutes for flavors to blend

Servings: 6

Nutrition Per Serving:

Carbohydrates:5.9 grams

[Net Atkins Carbohydrates](#):2.5 grams

Fiber:3.4 grams

Protein:2.5 grams

Fat:11.5 grams

Calories:129