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What are the recipes for keto diet

Save This easy recipe for baked kale chips is simply the best. Save You will love these tasty, quick, and keto-friendly chicken thighs with juicy meat and a crispy skin that are ready for the table in less than 30 minutes! Save Use your air fryer to cook hamburger patties when it's too cold to grill outside. Add your favorite seasoning or finish with a slice of cheese if you like. Save Use your microwave to make light and fluffy scrambled eggs for a quick and easy breakfast to start your day. Save At my age I feel like I've seen and done it all, so you can only imagine my shock at finding a new way to do eggs. I would never have thought to pair yogurt with poached eggs and a spicy red pepper butter, but it might be my new favorite breakfast now. Fried eggs also work in this, any way you like 'em. Serve with toasted crusty bread for dipping. Save No need to dirty up a cast iron skillet and fill your house with smoke. Let your air fryer create that perfect blackened crust. Save When a sweet craving hits, whip up this quick keto chocolate mousse in minutes. No need to pre- whip the heavy cream—just throw everything into a bowl and mix! Save Kids will love these scrumptious low-carb keto cookies; all you need is peanut butter, vanilla extract, an egg, and some sugar substitute. Save What could be simpler than ranch seasoning mix and 10 minutes in the air fryer? I prefer my chops slightly pink to ensure juiciness, but feel free to add an extra minute on each side for well done. Try different varieties of ranch mix (like spicy or bacon) to change up the flavor. Save Make crispy bacon in the oven and never fry again! Save Boneless, skinless chicken thighs are simply coated in za'atar and olive oil, then baked to perfection. The chicken gets a simple treatment because the za'atar spice mix imparts loads of flavor! Even better, it takes just a couple of minutes to prepare. I like these baked chicken thighs alongside a Middle Eastern inspired side dish, or try them in a wrap or green salad with a tahini dressing. Save These low-carb, keto-friendly chicken thighs are basted with a tangy and rich butter sauce. They are easy enough for a weeknight meal and guaranteed to impress the pickiest eaters. Serve over egg noodles, mashed potatoes, or rice, or alongside your favorite vegetables. Save Need a simple ground beef casserole to feed your family or friends? They will love this easy low-carb bacon cheeseburger casserole. Save I kept this recipe simple for the fact I often like to use shrimp in pasta. I use frozen, peeled, deveined, tail-off shrimp in this recipe, but feel free to use peeled, deveined, tail-on shrimp if you wish. Save Topped with bacon, mushrooms, green onions, and a creamy sauce, these chicken thighs are sure to become a favorite on your keto menu. Save I always bake bacon in the oven! You just need to plan a bit ahead as the bacon takes longer. With baking, the bacon grease stays nice and clean and you can reuse it to saute vegetables or eggs for extra flavor. Save Try this quick and easy keto and paleo bread made with only 5 ingredients in the microwave in just 90 seconds! So tasty and just perfect for sandwiches and toast. Save These one-ingredient keto Cheddar cheese crisps are an easy snack for anyone who is following a low-carb, grain-free or gluten-free diet. Save Zucchini slices step in for pasta in this low-carb and gluten-free beef lasagna that is delicious and satisfying; such a crowd pleaser! Save This is what I've found to be the optimal way for cooking perfectly crispy bacon in the air fryer. Save Use your air fryer to turn pepperoni slices into crispy meat chips - great on their own, they also make an excellent tool for your favorite dip. Save Treat yourself and guests to creamy homemade Alfredo sauce with this easy recipe. This sauce pairs well with pasta or zoodles (spiralized zucchini). You can even add chicken or shrimp. Sauce will become very thick if stored in the refrigerator. Simply heat the sauce up for it to be pourable. Save This is a very easy weeknight pork tenderloin recipe that is also keto-friendly. Save Page 2 13 Meals That Make Eating Healthy Easy These recipes prove that healthy meals can be easy and actually taste good. Read More 12 Simple and Healthy Sheet Pan Dinners for Winter These simple sheet-pan recipes feature healthy, flavorful, and seasonal ingredients, and they can all call themselves "one-pan wonders." Read More 21 Healthy Dinners Ready in 20 Minutes or Less You really can cook healthy dinner recipes on the quick. Read More 15 Healthy Side Dishes for Chicken Make dinner decisions easier with this collection of side dishes that will always be right for chicken. Read More Page 3 Our top eight keto dinner recipes are healthy, delicious, and ready in 30 minutes or less. 1. Keto chicken salad with a creamy dressing This beautiful keto salad is simple to make, healthy, and bursting with color and flavor. 5g 2. Keto butter burgers Butter burgers are a Midwestern staple, but we swapped the bun for lettuce to make it a keto burger. 4g 3. Pan-seared cod in salsa with queso fresco This budget-friendly keto fish recipe is one of our favorites. Cod is seared, simmered in salsa, and then topped with avocado, queso fresco, and sour cream. 7g 4. Keto pizza Get your keto pizza fix in under 30 minutes. Make it your own with the toppings of your choice. 6g 5. Garlic steak bite salad with tarragon dressing This keto steak salad is hearty and packed with flavor. Juicy steak bites fried in garlic butter and served with fresh veggies and a dressing to die for! 6g No time to cook? No problem! We understand how precious your time is. With personalized meal plans, we do the planning for you. All you have to focus on is simple cooking and enjoying delicious food. 6. Keto chicken pesto zoodle salad This Mediterranean-inspired keto recipe combines chicken, basil, tomato, feta and serves them over fresh zoodles. 5g 7. Asian keto chicken stir-fry with broccoli This fast and easy Asian keto stir-fry has just five ingredients and five grams of carbs. Serve it as is, or top it with spicy mayo. 5g 8. Keto egg casserole with zucchini and ham This keto egg casserole is delightful as a lunch, dinner, picnic and great for weekly meal prep. 6g Get your personalized meal plan with a FREE 30-day trial! What's your main health goal? 1 of 45 Keto Corned Beef & Cabbage No need to deprive those eating Keto from enjoying a proper St. Patrick's feast. Get the recipe from Delish. 2 of 45 Keto Beef Stew This is a stunner of a weeknight meal. Get the recipe from Delish. 3 of 45 Keto Mac & Cheese All the goodness of mac & cheese, without the guilt. Get the recipe from Delish. 4 of 45 Keto Fried Chicken Fried chicken, without the guilt. Get the recipe from Delish. 5 of 45 Keto Stuffed Cabbage This one is a game changer. Get the recipe from Delish. 6 of 45 Keto Meatballs A perfect hearty weeknight dinner. Get the recipe from Delish. 7 of 45 Keto Broccoli Salad I'll eat any salad with cheese and bacon. Get the recipe from Delish. 8 of 45 Garlic Rosemary Pork Chops Dinner is served. Get the recipe from Delish. 9 of 45 Cheesy Bacon Ranch Chicken All your favorite things wrapped into one skillet dinner. Get the recipe from Delish. 10 of 45 Keto Taco Casserole Keto people, meet your new favorite weeknight dinner. It's super-easy, extremely hearty, and it's got a little kick from the jalapeño. We packed all of your favorite Tex-Mex flavors into this endlessly scoopable and delicious casserole. Get the recipe from Delish. 11 of 45 Keto Chicken Parmesan Just 'cause you're keto doesn't mean you have to quit chick parm! Get the recipe from Delish. 12 of 45 Keto Meatloaf Who wouldn't love bacon-wrapped meatloaf? Get the recipe from Delish. 13 of 45 Garlicy Lemon Mahi Mahi Mahi Mahi was made for summer. Get the recipe from Delish 14 of 45 Keto Taco Cups Cheese cups have more fun. Get the recipe from Delish. 15 of 45 Philly Cheesesteak Lettuce Wraps Make your favorite sandwich without the carbs. Get the recipe from Delish. 16 of 45 Tuscan Butter Shrimp The insanely easy dinner that you NEED in your life. Get the recipe from Delish. 17 of 45 Keto Chili Not your classic chili. Get the recipe from Delish. 18 of 45 Zoodle Alfredo With Bacon From Keto for Carb Lovers, our new cookbook This zoodle alfredo gives the original a run for its money. Get the recipe from Delish. 19 of 45 Keto Taquitos Typically, taquitos are made by rolling a variety of fillings tightly in a corn tortilla before deep frying. They're good. Like, REALLY good. Unfortunately, they're not keto, so we got creative and replaced the tortilla with something that is: cheese! Get the recipe from Delish. 20 of 45 Bacon Wrapped Stuffed Zucchini Creamy, salty and delicious. Get the recipe from Delish. 21 of 45 Cheesesteak Stuffed Peppers A Philly favorite with a twist! Get the recipe from Delish. 22 of 45 Keto Lasagna This low-carb lasagna uses a simple noodle replacement that once it's covered in meat and cheese, feels just like pasta. Get the recipe from Delish. 23 of 45 BLT Burgers Everything is better with a bacon weave bun. Get the recipe from Delish. 24 of 45 Keto Burger Buns Don't skip the bun. Get the recipe from Delish. 25 of 45 Keto Pork Chops This mushroom cream sauce is everything. Get the recipe from Delish. 26 of 45 Tuscan Butter Salmon Your new favorite salmon recipe. Get the recipe from Delish. 27 of 45 Cobb Egg Salad When you don't feel like cooking, throw this together. Get the recipe from Delish. 28 of 45 Foil Pack Grilled Salmon with Lemony Asparagus These super-fresh salmon grill packs make clean-up a breeze. Get the recipe from Delish. 29 of 45 Garlicy Shrimp Zucchini Pasta Oodles of zoodles! Get the recipe from Delish. 30 of 45 Bacon-Wrapped Cauliflower Bacon on the outside, spinach dip on the inside. Just be sure to leave out the panko! Get the recipe from Delish.

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