



Completely Keto™

PASTA

recipes

RECIPES BY
Chana Abehsera-Kilstein & Dr. Harlan Kilstein

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Introduction

One of the things people on Keto miss the most is pasta. In my pre-Keto days, I discovered that vegan food restaurants made incredible pastas from unusual ingredients. Some of these restaurants were raw food specialists where the food is not cooked.

I had to put up with a lot of jokes about “why are you taking us to a restaurant where they don’t cook the food.” But everyone I took to these restaurants became fans.

Three restaurants stand out in my mind. Café Gratitude in San Francisco (now closed but open in Los Angeles) was my introduction to raw food. The foods were tasty, filling and delicious.

Christopher’s Kitchen in North Palm Beach served the most amazing raw lasagna. You’ll find that recipe here. Christopher’s is a vegan restaurant, so the cheese was made from macadamia nuts. Most never realized it wasn’t real cheese.

Finally, our new favorite — Chicago Raw — introduced us to an unusual Pad Thai recipe that uses a very unusual ingredient for pasta. One taste and you’ll be addicted. They didn’t share their recipe but they did share how they prepared their pasta. Chana Abehsera-Kilstein reconstructed their recipe in our kitchen.

These recipes are filling and will have guests asking for more.

If you use our nut-based cheese recipes they are fine on Speed Keto because soaking the nuts eliminates the inflammation.

Recipes that are suitable for the Speed Keto Program will be marked (SK). If you are following a regular Ketogenic Diet Program all of the recipes here are suitable.

Enjoy this recipe selection.

- Chana Abehsera-Kilstein & Harlan Kilstein



Section 1

Spiralizing 'Noodles'





Spiralizing 'Noodles'

About Summer Squash

You can use any type of summer squash to spiralize noodles on the speed keto program. Winter squash tend to be higher in carbohydrates so we don't use them, but don't fret; a description of the many varieties of summer squash follows. I haven't listed them all but these are the ones that are easiest to find. The farmer's market will probably be your best option when shopping for squash and at this location you are likely to find some nice heirloom varieties being sold by local farmers and vegetable growers.

Most summer squash are thin-skinned so there's no need to peel away the nutrient dense top layer. However, as the season progresses into late summer and early fall, these summer vegetables can become much larger with skins that become leathery. When this happens it's best to peel off the outer skin. The flesh inside remains excellent for making noodles but you may also have to throw away the central portion where the seeds congregate. By this time of year the seeds are large and gum everything up when trying to spiralize noodles.





Green & Yellow Zucchini

Zucchini are the easiest summer squash to find all year round on grocery store shelves. They can be spiralized into spaghetti, fettuccine or ribbon style noodles and cook up in minutes. These noodles are also tasty raw and can be used when creating jarred salads for an easy lunch option. Zucchini has a fairly neutral flavor but will pick up the taste of the herbs and spices you are using in your recipe. Employ both yellow and green zucchini squash to add color and eye appeal at mealtime. This squash is low in carbohydrates and very versatile.

Round Zucchini

Round zucchini fit nicely into most electric spiralizers and are excellent for making lovely wide ribbon style noodles.



Zephyr

This summer plant will actually produce squash right into the autumn months. They are firm in texture with a slightly nutty flavor. I like their firm texture for making veggie spaghetti noodles that hold together well when topped with sauce and tossed.





Patty Pan Squash

Round and somewhat flat this small, scallop-edged squash resembles a flying saucer! The skin is thin so there's no need to peel it when spiralizing noodles. The patty pan is neutral in flavor and pairs well with cream-style sauces.

Crookneck Squash

The flesh of this summer squash is firm and somewhat meaty. The crookneck is stellar when it comes to making spiralized noodles as not only do the noodles retain their shape, they also freeze well.



Couse Squash

Couse squash is a pale green striped squash that is shorter and thicker than its cousin, zucchini. It is slightly sweet in flavor with a light texture.



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Other Veggies to Spiralize

Daikon Radish

Daikon Radish is commonly used in Asian cuisine and is not as peppery in taste as the red radishes we are used to eating. Milder in taste, this carrot-shaped radish is slightly sweet and crisp in texture. This veggie is perfect for use when making Asian style raw noodle salads.



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English Cucumber

The seeds in English cucumbers are very small and undeveloped making this type of cucumber perfect for the spiralizer. Fresh and bright, cucumber noodles pair well with mint or dill in salad recipes.

Celeriac

Celeriac will never win a beauty contest but when all the knobby bumps are peeled off and the vegetable is spiralized into thin noodles, it is transformed into something most gourmet palates will enjoy. Also known as celery root, this bulb-shaped root veggie tastes like a combination of celery and parsley.



Jicama

Slightly sweet and with a hint of nutty flavor, jicama is also crisp in texture; much like an apple. I find jicama to be a nice textural element in salads and use it often.





Turnip

The flesh of a turnip is whiter in color than that of a rutabaga and less dense, being almost crispy in texture; similar to an apple. It works well in the spiralizer and makes fine alternate pasta for those embracing a ketogenic lifestyle.

Broccoli Stems

Don't throw those woody broccoli stems away. Simply peel away that tough outer layer and the stem beneath can be used to spiralize thin and delicious noodles. You can also simply use your peeler to make thin noodles manually. Either way; they taste great!



Bell Peppers

Spiralizing bell peppers works better in some spiralizers than others. It's easy to use a paring knife to make the pepper noodles if your spiralizer is letting you down. Just cut out the stem seed the pepper from the top then careful spiralize the pepper by hand using a sharp paring knife.





Konjac Noodles

What is konnyaku?

The root or tuber part of *Amorphophallus Konjac* (also known as konjak, konjaku, konnyaku potato, devil's tongue, voodoo lily, snake palm, or elephant yam) is dried and made into flour called konjaku. The water-soluble fiber contained in this flour is called glucomannan. This flour has been used in Japan for centuries to make a variety of noodles including shirataki noodles. Having zero carbohydrates these noodles have recently become very popular in North America and Europe with people following low carbohydrate, ketogenic eating plans.

Some people find Konjac noodles to be a bit smelly. Most brands are packaged in a liquid which has an odor. This doesn't mean the noodles have gone bad; they just need a good rinse under lukewarm running water before use.

Preparing konjac noodles for use

The second issue with these noodles is their rubbery texture but this can be handled by boiling the noodles for 2-3 minutes in salted water. The noodles must then be drained and patted dry with paper towel to remove excess water. Next stir-fry the noodles in a non-oiled heavy bottomed skillet for a few minutes until you hear a little squeaky sound. The noodles are now ready for use and are not as chewy as they were before this process. Many people don't mind the texture of konjac noodles and simply give them a good rinse before using them in a recipe.





Kelp Noodles

Kelp is first steamed and then a jelly-like substance is extracted and used to make transparent, glass style noodles that are a traditional staple in Asian cuisine. Neutral in flavor these zero carb noodles have become popular with most of my clients following my ketogenic diet eating plans. The texture of these noodles is less rubbery than the konjac noodles described above. Although they are not as easily found on grocery shelves, they can be readily sourced on-line.



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Section 2

Recipes





Making Keto Pasta

The recipes in the Making Keto Pasta section will be for those following a regular ketogenic diet eating plan. Most of these recipes contain nut flour and/or cheese making them unsuitable for the Speed Keto (SK) program.

- Cauliflower/Mozzarella Lasagna Noodles
- Keto Pasta Dough #1
- Keto Pasta Dough #2
- Farfalle (Bowtie) noodles
- Cavatelli Noodles



Cauliflower/Mozzarella Lasagna Noodles

Yes, that does say cauliflower but don't tell your family; they'll never know! The recipe here will yield enough noodles for small sized lasagna. If making lasagna in a regular sized 9"x13" pan, you will need to double the recipe that follows. Incidentally; this recipe can also be used to make a fine pizza crust!

Ingredients

- 4 C cauliflower florets
- 1 egg, lightly beaten
- 1 ½ C mozzarella cheese, grated
- 2 T Parmesan cheese, finely grated

Preparation

1. Pre-heat oven to 400 F
2. Cut cauliflower into florets and place them into the bowl of a food processor or heavy duty blender. Pulse until the cauliflower is riced. Alternatively you can use a grater to rice the florets. Transfer the cauliflower rice to a microwave safe bowl and add 1 T of water. Microwave on high until the cauliflower softens and is partially cooked. This takes about 3 minutes in my 1000 watt microwave.



3. The next step is crucial for successful noodles. Make sure to blot out the excess moisture from the cauliflower using a clean kitchen towel or folded paper towels before proceeding. I fold paper towel over-top the cauliflower and press down, using a flat bottomed mug. This wicks the moisture up out of the cauliflower and into the towel.
4. Now mix the partially cooked cauliflower with the beaten egg, mozzarella and Parmesan cheese.
5. Line a rimmed 9" x 13" baking sheet with parchment paper, cut to size. Spread the cauliflower/cheese mixture around evenly in the pan and place on the middle rack of your pre-heated oven.
6. Bake for 20-25 minutes until the noodle begins to turn a nice golden brown color. When cool enough to handle, use kitchen scissors to cut the noodle lengthwise into three long Lasagna noodle shaped strips.

Yield: 3 lasagna noodles (each 3" x 9")

Nutritional Information:

- Total Calories (*whole recipe*): 798
- Total Carbs: 30 g
- Fiber: 0 g
- Net Carbs: 30 g
- Total Fat: 45 g
- Protein: 62 g





Keto Pasta Dough #1

Keto Pasta Dough may be a bit fiddly to make but it is well worth the effort. Because there is no gluten in this wheat-free pasta dough it isn't as stretchy as regular pasta. This means you won't be able to use a pasta machine when making noodles with this dough. However, rolling the dough out between pieces of parchment paper isn't difficult and you will find the process doesn't take too much time out of your day.

You can make this dough ahead of time and hold it in the fridge for up to 5 days. It also freezes well. I find many uses for the pasta dough including making different pasta shapes like farfalle (bow-tie) noodles and large flat lasagna noodles. I also make mighty fine ravioli with a variety of tasty fillings. Calzone can also be made with this versatile dough.

Ingredients

- $\frac{3}{4}$ C finely ground almond flour
- 3 T coconut flour
- 2 tsp xanthan gum
- Grinding of pink Himalayan salt
- 2 tsp apple cider vinegar
- 1 egg, lightly beaten
- 1 $\frac{1}{2}$ - 2 $\frac{1}{2}$ tsp water



Preparation

For the basic pasta dough:

1. Place almond flour, coconut flour, xanthan gum and salt in the bowl of a food processor or heavy duty blender and pulse to mix.
2. Whisk the egg, cider vinegar and 1 ½ tsp of the water and add this mixture to the food processor all at once. Process on low speed. The dough will form into a ball as the liquid is incorporated. The dough ball should be firm yet a bit sticky on the outside. If it has small cracks on the outside it is too dry. Slowly drizzle in more water until the ball is firm and smooth.
3. Place dough ball into a plastic bag (or wrap it up in plastic wrap) and knead for a few minutes from the outside. Refrigerate the dough for an additional 30 minutes (or for up to 5 days) before using.

Yield: 4 portions

Nutritional Information:

- | | |
|-------------------------------|--|
| • Total Calories/serving: 291 | • Total Calories (<i>whole recipe</i>): 1162 |
| • Total Carbs: 14 g | • Total Carbs: 56 g |
| • Fiber: 9 g | • Fiber: 34 g |
| • Net Carbs: 5 g | • Net Carbs: 22 g |
| • Total Fat: 23 g | • Total Fat: 92 g |
| | • Protein: 45 g |





Keto Pasta Dough #2 (Vegan)

Ingredients

- $\frac{3}{4}$ C finely ground almond flour
- 3 T coconut flour
- 1 $\frac{1}{2}$ tsp xanthan gum
- Grinding of pink Himalayan salt
- 2 tsp apple cider vinegar
- $\frac{1}{4}$ C pumpkin puree



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Preparation

1. Place almond flour, coconut flour, xanthan gum and salt in the bowl of a food processor and pulse to mix.
2. Whisk the cider vinegar and pumpkin puree and add this mixture to the food processor all at once. Process on low speed. The dough will form into a ball as the liquid is incorporated. The dough ball should be firm yet a bit sticky on the outside. If it has small cracks on the outside it is too dry. Slowly drizzle in more water until the ball is firm and smooth.
3. Place dough ball into a plastic bag (or wrap it up in plastic wrap) and knead for a few minutes from the outside. Refrigerate the dough for an additional 30 minutes (or for up to 5 days) before using.

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 340
- Total Carbs: 21 g
- Fiber: 11 g
- Total Fat: 10 g
- Protein: 11 g
- Total Calories (*for the whole recipe*): 680
- Total Carbs: 41 g
- Fiber: 21 g
- Total Fat: 51 g
- Protein: 22 g





Easy Pasta Dough for One

This cheesy pasta dough requires only two ingredients: cheese and egg. That's it! You have to roll the dough out and cut the noodles by hand because there's no flour with gluten in it to make the dough stretchy, the way it needs to be for use in pasta machines. Even so, these noodles don't take long to make. However they do require some time to dry out before cooking, so you do have to plan ahead when this pasta is on the menu.

Ingredients

- 1 large egg
- 1 C full fat mozzarella cheese

Preparation

1. Separate egg and save the egg white for another use. Beat the yolk until light and creamy and set aside.
2. Place the cheese in a microwavable dish and microwave for about one minute. Stir the cheese as it continues melting. If need be, microwave for another 20 seconds and stir again.
3. Allow the cheese to cool for a minute or two before adding the egg yolk. If the cheese is too hot the yolk will begin to cook and you don't want that to happen. Stir the beaten yolk into the melted cheese until well incorporated and a yellow dough ball forms. You may need to squeeze the dough with clean hands to get the yolk incorporated evenly.



4. Turn dough out onto a piece of parchment paper. Place second piece of parchment paper on top and roll the dough out into a rectangle that is about 1/8" thick.
5. Cut the dough into strips that are 1/3 inch wide. Lay the strips out on a cookie sheet and refrigerate for an hour or overnight.
6. Prepare a pot of boiling salted water and blanch the noodles for no more than 30 seconds. Watch the timer and remove the noodles from the boiling bath quickly. If you leave them too long they will begin to fall apart. The pasta will be a bit sticky. Run under cold water until the noodles begin to firm up and are just warm to the touch. Gently pull apart the noodles that stick together. Serve with your favorite keto pasta sauce. I usually go for Marinara Sauce as it compliments these cheesy noodles perfectly.

Yield: 1 Serving

Nutritional Information:

- Total Calories/serving: 358
- Total Carbs: 3 g
- Fiber: 0 g
- Net Carbs: 3 g
- Total Fat: 22 g
- Protein: 33 g





Farfalle (Bow-tie) Noodles

Ingredients

- ½ of ½ of a [Keto Pasta Dough #1](#) or [Keto Pasta #2](#) recipe
- 2-3 T extra-virgin olive oil (or ghee)

Preparation

1. Refrigerate dough for at least ½ hour before making farfalle.
2. Divide dough into 3 equal-sized sections
3. Roll dough out between two pieces of parchment paper making it as thin as possible. Cut into small rectangles about 2" x 1 ½".
4. Pinch each rectangle together in the center and fan out the outside edges to make a bow-tie shape.



5. Place bow-ties on a cookie sheet and put them, uncovered, in the fridge for about an hour. They will firm up and will become drier and a bit leathery in texture.
6. These little bow ties will be sautéed in the olive oil or ghee when used in a recipe. Pasta made with almond and coconut flour will get very mushy when boiled so we never prepare it that way.

Nutritional Information:

- Total Calories (*using ½ of Keto Pasta Dough #1 recipe*): 581
- Total Carbs: 28 g
- Fiber: 17 g
- Net Carbs: 11 g
- Total Fat: 46 g
- Protein: 23 g
- Total Calories (*using ½ of Keto Pasta #2 recipe*): 340
- Total Carbs: 21 g
- Fiber: 11 g
- Net Carbs: 10 g
- Total Fat: 26 g
- Protein: 11 g





Ridged Cavatelli

I purchased a ridged board to make these small rolled noodles by hand. I like the ridges in these football shaped noodles because they hold the sauce well. Pair Cavatelli with any of the keto sauces or pesto in this cookbook and you will have memorable meal that family and guests will enjoy. These Cavatelli freeze well so a meal-in-minutes is on hand if you have Cavatelli in the freezer and pesto waiting in the fridge! You can feed Cavatelli to your vegan friends too!

Ingredients

- ½ of [Keto Pasta Dough #1](#) or [Keto Pasta #2](#) recipe
- 2-3 T extra-virgin olive oil (or ghee)

Preparation

1. Refrigerate dough for at least ½ hour before making cavatelli.
2. Divide the dough into 3 equal-sized sections. Roll each section into a log shape between the flat palms of your hands. Make the log about an inch in diameter.



3. Pinch off a small piece of the dough and roll it along the ridges of the Cavatelli board forming a small, ridged football shaped noodle. Keep the individual noodles small for best results.
4. Place cavatelli on a cookie sheet and put them, uncovered, in the fridge for about an hour. They will firm up, dry out and become a bit leathery in texture during this time in the fridge.
5. Pasta made with almond and coconut flour will get very mushy when boiled so we never prepare it that way. When ready to use the noodles with a recipe simply sauté the Cavatelli in a bit of extra-virgin olive oil over medium heat until it is heated through and browned lightly on all sides.

Nutritional Information:

- Total Calories (*using ½ of Keto Pasta Dough #1 recipe*): 581
- Total Carbs: 28 g
- Fiber: 17 g
- Net Carbs: 11 g
- Total Fat: 46 g
- Protein: 23 g
- Total Calories (*using ½ of Keto Pasta #2 recipe*): 340
- Total Carbs: 21 g
- Fiber: 11 g
- Net Carbs: 10 g
- Total Fat: 26 g
- Protein: 11 g





Pasta Sauces

- Yummy Rose Sauce #1 (SK)
- Yummy Rose Sauce #2
- Marinara Sauce
- Keto Alfredo Sauce #1
- Keto Alfredo Sauce #2 (SK)
- Cashew Cream Sauce (Vegan)
- Macadamia Nut Cream Sauce (Vegan)



Yummy Rose Sauce #1 (SK)

The name says it all. Pair this creamy white sauce with keto noodles of choice and you have a quick and easy meal that tastes; well ... yummy! It can also be used cold, as a dip. Change up the flavor profile by adding different combinations of fresh herbs and spices.

Ingredients

- 2/3 C full fat mayonnaise
- 2 T water
- 1 T melted butter (use ghee if you are on Speed Keto)
- 1 tsp tomato paste
- 1 tsp garlic powder
- 1 tsp paprika
- ¼ tsp cayenne pepper (more if you like heat, less if you don't)
- Allowed sweetener, to taste (optional)





Preparation

1. Whisk all ingredients and serve a few tablespoons of the sauce with 1 cup of sautéed veggie noodles of choice. The heat from the hot noodles will warm the sauce sufficiently.

Yield: 3 servings

Nutritional Information:

- Total Calories/serving: 414
- Total Carbs: 3 g
- Fiber: 1 g
- Net Carbs: 2 g
- Total Fat: 44 g
- Protein: 1 g



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Yummy Rose Sauce #2

This version of Yummy Rose Sauce is for everyone following the regular Keto program.

Ingredients

- 2/3 C full fat mayonnaise
- 2 T water
- 1 T melted ghee or butter
- 1 tsp tomato paste
- 1 tsp garlic powder
- 1 tsp paprika
- ¼ tsp cayenne pepper (more if you like heat, less if you don't)
- ¼ C Parmesan cheese, finely grated
- Allowed sweetener, to taste (optional)





Preparation

1. Whisk all ingredients and use in your favorite recipe or refrigerate for up to 3 days.

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 470
- Total Carbs: 4 g
- Fiber: 1 g
- Net Carbs: 3 g
- Total Fat: 49 g
- Protein: 5 g



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Marinara Sauce

This sauce can be used as is on keto pasta or spiralized veggie noodles of choice. It also can be a base sauce for other additions like: sautéed mushrooms and ground beef or Italian sausage.

Ingredients

- 1-28 oz can whole stewed tomatoes
- 1 C water
- ¼ C extra-virgin olive oil
- 5 garlic cloves, minced
- ½ tsp pink Himalayan salt flakes
- ¼ tsp red pepper flakes (more if you like heat)
- 1 tsp dried basil
- ½ tsp dried oregano
- Grinding of pink Himalayan salt and black peppercorns



Preparation

1. Coarsely chop the whole tomatoes and set aside.
2. Heat oil over medium high heat in a heavy bottomed, deep skillet. Add garlic and sauté for a minute until garlic becomes translucent. Add tomatoes and water. Stir to blend.
3. Stir in the dried herbs, salt and pepper. Turn heat under the skillet down and simmer for 15 minutes, stirring occasionally. Serve ladled over keto pasta of choice.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 188
- Total Carbs: 15 g
- Fiber: 3 g
- Net Carbs: 12 g
- Total Fat: 16 g
- Protein: 3 g
- Total Calories (*whole recipe*): 750
- Total Carbs: 61 g
- Fiber: 12 g
- Net Fiber: 49 g
- Total Fat: 61 g
- Protein: 12 g





Basic Tomato Sauce

This tomato sauce takes a bit more time than my Marinara sauce. The extra steps of roasting the tomatoes and caramelizing the paste deepens the flavors and is well worth the extra bit of effort.

If you caramelize tomato paste you will find that the slightly metallic taste from raw tomato paste disappears. I also roast the cherry tomatoes used in this sauce before simmering them with the caramelized paste and what a difference it makes in the outcome. Follow this process when making a basic tomato sauce and you won't be disappointed!

This sauce is good as is, but also makes a great base sauce that can be added to cooked ground beef, ground turkey or Italian sausage. You can also use it when making lasagna.

Ingredients

- 1 pint red grape cherry tomatoes
- 2 T extra-virgin olive oil
- 3 T tomato paste
- ½ small onion, minced
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp dried basil
- 3 garlic cloves, minced or pushed through a press
- 1 C vegetable or chicken broth



Preparation

1. Pre-heat oven to 300 F. Place grape tomatoes on a parchment lined baking sheet. Drizzle 1 T of the oil over-top and place on the middle rack of the pre-heated oven. Slowly roast the tomatoes for 45 minutes.
2. Heat the remaining oil in a heavy bottomed saucepan over medium high heat and add the minced onion, and dried herbs. Saute for 2-3 minutes until onion softens and is translucent. Add the garlic and continue to sauté for one minute more.
3. Add the tomato paste and turn the heat under the pot down to medium. Stir the tomato mixture while the tomato paste slowly caramelizes. This will take another 3 or 4 minutes.
4. Stir in the broth and add the roasted grape tomatoes. Adjust the heat so the sauce is simmering nicely. Simmer for an hour. Stir occasionally. If the sauce becomes too thick it may scorch so add a bit of water during this process when needed. Serve over veggie or allowed pasta noodles of choice.

Yield: 2 servings

Nutritional Information:

- | | |
|-------------------------------|---|
| • Total Calories/serving: 217 | • Total Calories (<i>whole recipe</i>): 433 |
| • Total Carbs: 16 g | • Total Carbs: 33 g |
| • Fiber: 5 g | • Fiber: 10 g |
| • Net carbs: 11 g | • Total Fat: 28 g |
| • Total Fat: 14 g | • Protein: 12 g |
| • Protein: 6 g | |





Keto Alfredo Sauce #1

This cheesy Alfredo Sauce is easy to make and tastes superb. Pair it with spiralized veggie noodles, Konjac noodles or kelp noodles for a simple and elegant meal.

Ingredients

- 3 T butter
- 1 ½ C heavy cream
- Grinding pink Himalayan salt & black peppercorns
- ¾ C Parmesan cheese, finely grated

Preparation

1. Melt butter in a heavy bottomed saucepan over medium heat. Add heavy cream as well as salt & pepper. Bring to boil slowly while stirring constantly.
2. Adjust heat so sauce is just at the simmering point. Continue stirring while sauce thickens to the desired consistency. This will take around 3 minutes.
3. Remove from heat and add Parmesan cheese. Stir while cheese melts into the sauce.

Yield: 4 servings

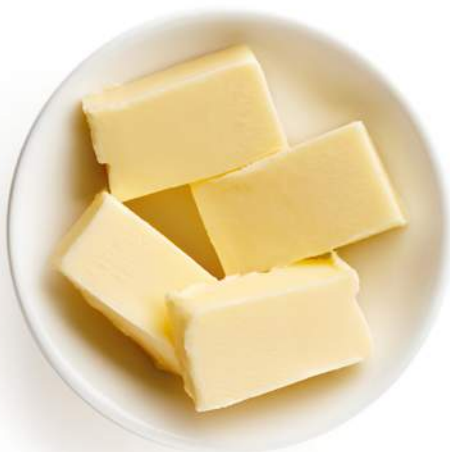


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Nutritional Information:

- Total Calories/serving: 310
- Total Carbs: 4 g
- Fiber: 0 g
- Net Carbs: 4 g
- Total Fat: 31 g
- Protein: 6 g
- Total Calories (*whole recipe*): 1240
- Total Carbs: 16 g
- Fiber: 0 g
- Net Carbs: 16 g
- Total Fat: 122 g
- Protein: 25 g





Keto Alfredo Sauce #2 (SK)

Yes, you can be on Speed Keto and enjoy pasta! This version of Alfredo Sauce has my seal of approval for those following a Speed Keto program.

Ingredients

- 1 T ghee
- 2 garlic cloves
- 1 C beef broth
- ½ C canned coconut cream
- ¼ tsp xanthan gum
- Grinding of pink Himalayan salt & black peppercorns

Preparation

1. Place a saucepan over high heat, add ghee and garlic. Saute about 1 minute until garlic is translucent.
2. Add beef broth and simmer to reduce down to half a cup.
3. Pour in the coconut cream and continue to simmer for another 5 minutes.
4. Sprinkle the xanthan gum over-top and stir while the sauce thickens.



5. Correct the seasoning with salt and pepper.
6. Serve while hot or cool and refrigerate for up to 3 days.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 470
- Total Carbs: 4 g
- Fiber: 1 g
- Net Carbs: 3 g
- Total Fat: 49 g
- Protein: 5 g
- Total Calories (*whole recipe*): 940
- Total Carbs: 8 g+
- Fiber: 2 g
- Net Carbs: 6 g
- Total Fat: 98 g
- Protein: 10 g





Creamy Macadamia Nut Sauce (Vegan)

This rich and creamy white sauce lends itself well to a number of different recipes.

Ingredients

- 1 C raw macadamia nuts
- 2 garlic cloves
- 1 T nutritional yeast
- ½ tsp pink Himalayan salt
- ½ tsp freshly ground peppercorns
- ½ tsp apple cider vinegar
- ¼ C full fat canned coconut cream
- ½ C water





Preparation

1. Cover raw macadamia nuts with water and soak for a minimum of 7 hours or overnight. Drain and rinse under running warm water.
2. Puree the soaked nuts with the remaining ingredients in the bowl of a food processor or heavy duty blender until a smooth creamy sauce forms.
3. Heat in a heavy bottomed sauce pan over medium heat, stirring occasionally to keep the sauce from scorching. If it seems too thick add a bit more water.
4. Use the sauce over keto pasta, spiralized noodles or as a base sauce in a casserole.

Yield: 3 servings

Nutritional Information:

- | | |
|-------------------------------|--|
| • Total Calories/serving: 386 | • Total Calories (<i>whole recipe</i>): 1157 |
| • Total Carbs: 10 g | • Total Carbs: 30 g |
| • Fiber: 5 g | • Fiber: 13 g |
| • Net Carbs: 5 g | • Net Carbs: 17 g |
| • Total Fat: 39 g | • Total Fat: 118 g |
| • Protein: 5 g | • Protein: 13 g |





Cashew Cream Sauce (Vegan)

This is a versatile sauce that can be used in many different recipes. Just add a bit of allowed sweetener and some pure vanilla extract and you have a perfect topping for berries. Or – add fresh herbs of choice for something savory to top keto noodles. You can also create some spectacular keto casseroles that include Cashew Cream as a base sauce. Use your imagination to see what combos you can come up with for this easy-to-make and completely keto, white sauce.

Ingredients

- 2 C raw cashews
- Grinding of pink Himalayan salt
- 2 ½ C water



Preparation

1. Place cashews in a bowl and cover with water. Add a quick grinding of salt and refrigerate for at least 4 hours or overnight.
2. Drain cashews and rinse.
3. Place cashews in blender and pour in the water. Blend on high speed until the cashew cream is completely smooth. Store in the fridge for up to 7 days or heat over medium heat in a heavy bottomed saucepan and use immediately.

Yield: 5 servings

Nutritional Information:

- Total Calories/serving: 256
- Total Carbs: 15 g
- Fiber: 2 g
- Net Carbs: 13 g
- Total Fat: 19 g
- Protein: 8 g
- Total Calories (*whole recipe*): 1280
- Total Carbs: 64 g
- Fiber: 8 g
- Net Carbs: 56 g
- Total Fat: 96 g
- Protein: 40 g





Pesto

- Going Nuts
- Soaking Nuts & Seeds
- Classic Pine Nut Pesto
- Walnut Pesto
- Vegan Seed Pesto
- Pistachio Pesto
- Brazil Nut Pesto
- Pili Nut Pesto
- Sun-dried Tomato Pesto (SK)
- Basil Pistou (SK)



Going Nuts

Nuts and seeds are a tasty addition to a ketogenic menu plan. But you may be missing out on the many minerals, healthy fats and proteins packed into these little gems if you don't prepare them properly for consumption. Nuts and seeds can prove difficult to digest and simply need a good soak in water before making them into your favorite pesto.

Phytic Acid

Phytic acid is Nature's safeguard that works to protect seeds until they are ready to germinate. It's good for the seeds but not so great for us. Some animals produce an enzyme known as phytase that helps them break down phytic acid but not us humans. This means that phytic acid can bind itself onto minerals in our gut, making these nutrients hard for us to absorb as well as causing irritation and consequently; inflammation.



Enzymes in Nuts

Raw nuts are similarly protected with enzymes that keep them from germinating too soon. However these same enzymes cause disruption to the human digestive system that ends up blocking the absorption of much of the good stuff that comes in nuts. So ... if you are going nuts you will have to prepare these nutrient powerhouses properly!

Buy organic ... if you can

Buying organic is always preferable but I always add “if you can” because I know how expensive buying organic can be. It’s just not possible for everyone. So now, about nuts and seeds there is some controversy about how important buying organic actually is ...

Some believe that since nuts and seeds come in hard shells and casings, they are less affected by pesticide residue. However pesticides are readily soluble in fats and since nuts are also high in fat content, others believe their hard outer coatings may not be enough to protect them from pesticide residue.

You will have to make your own decision about buying organic but keep in mind you may find other places in your personal budget where you can cut back in order to eat the healthiest diet possible.

Soaking Raw Nuts & Seeds

I suggest soaking raw nuts and seeds for at least 7 hours before using them in a recipe or even better, overnight. Simply place them in a bowl, cover with filtered water and let them soak for 7 hours. If you are leaving them overnight, soak them in the fridge. Drain and give them a good rinsing under luke-warm running water. Now it’s time to make pesto!





Classic Pine Nut Pesto

I grow basil all year round just for the express purpose of making this traditional pesto.

Ingredients

- 3 C basil leaves
- ¼ C pine nuts
- ¼ C extra-virgin olive oil
- 2 garlic cloves, peeled and pushed through a press
- Grinding of pink Himalayan salt & black peppercorns, to taste
- 1 T Parmesan cheese, finely shredded

Preparation

1. Place all ingredients in food processor and pulse, scraping down sides when necessary, until a paste forms.
2. Serve on spiralized noodles of choice

Yield: ½ C (2 T/serving)



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Nutritional Information:

- Total Calories/serving: 189
- Total Carbs: 3 g
- Fiber: 1 g
- Net carbs: 2 g
- Total Fat: 19 g
- Protein: 2 g
- Total Calories (*whole recipe*): 757
- Total Carbs: 12 g
- Fiber: 4 g
- Net Carbs: 8 g
- Total Fat: 75 g
- Protein: 8 g





Walnut Pesto

The distinctive taste of walnut pairs well with spiralized veggie noodles. I am particularly fond of walnut pesto with spiralized zucchini noodles.

Ingredients

- 3 C fresh basil leaves
- 1 C walnuts, soaked overnight
- 2 garlic cloves, peeled and pushed through a press
- 1/3 C extra-virgin olive oil
- 1 T fresh parsley
- 1 T fresh lemon juice
- Grinding of pink Himalayan salt & black peppercorns, to taste

Preparation

1. Place all ingredients in food processor or heavy duty blender and pulse until a paste forms.
2. Toss with spiralized noodles of choice and serve.

Yield: 4 servings



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Nutritional Information:

- Total Calories/serving: 354
- Total Carbs: 5 g
- Fiber: 2 g
- Net Carbs: 3 g
- Total Fat: 38g
- Protein: 5 g
- Total Calories (*whole recipe*): 1420
- Total Carbs: 20 g
- Fiber: 8 g
- Net Carbs: 12 g
- Total Fat: 152g
- Protein: 20 g





Vegan Seed Pesto

Toss some pesto with a keto noodle of choice and you are good to go!

Ingredients

- 2 C basil leaves
- 2 T sunflower seeds, soaked overnight
- 2 T pumpkin seeds, soaked overnight
- 4 garlic cloves, peeled and pushed through a press
- ¼ C extra-virgin olive oil
- 2 T nutritional yeast
- 2 T fresh lemon juice
- Grinding of pink Himalayan salt & black peppercorns, to taste



Preparation

1. Place all ingredients in a food processor and process until a paste forms.
2. Toss with noodles of choice and serve.

Yield: 2 servings

Nutritional Information:

- Total Calories/serving:
- Total Carbs: 9 g
- Fiber: 4 g
- Net Carbs: 5 g
- Total Fat: 38 g
- Protein: 14 g
- Total Calories (*whole recipe*):
- Total Carbs: 18 g
- Fiber: 8 g
- Net Carbs: 10 g
- Total Fat: 76 g
- Protein: 28 g





Pistachio Pesto

Ingredients

- ½ C unsalted pistachio nuts
- 2 T fresh lemon juice
- 3 garlic cloves
- ½ C extra-virgin olive oil or avocado oil
- ½ tsp pink Himalayan salt
- ¼ C Parmesan cheese, finely grated (substitute 2 T nutritional yeast if on SK)

Preparation

1. Place all ingredients in a food processor or blender and pulse until a paste forms. Store refrigerated in a container with a tight lid for 5 -7 days

Yield: 2 servings

Nutritional Information:

- | | |
|-------------------------------|--|
| • Total Calories/serving: 404 | • Total Calorie (<i>whole recipe</i>): 808 |
| • Total Carbs: 8 g | • Total Carbs: 16 g |
| • Fiber: 2 g | • Fiber: 4 g |
| • Net Carbs: 6 g | • Net Carbs: 12 g |
| • Total Fat: 38 g | • Total Fat: 76 g |
| • Protein: 7 g | • Protein: 14 g |





Brazil Nut Pesto

Brazil nuts have a mild flavor and a rich and buttery texture making them perfect for pesto. Toss the pesto with spiralized summer squash noodles for an easy lunch or dinner.

Ingredients

- ½ C Brazil Nuts, chopped
- 2 garlic cloves, minced or pushed through a press
- 1 lemon
- 1/3 C fresh basil leaves
- 2 T nutritional yeast
- 1/3 C extra-virgin olive oil
- ½ tsp pink Himalayan salt

Yield: 3 servings



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Completely Keto™ Pasta Recipes

Nutritional Information:

- Total Calories/serving: 374
- Total Carbs: 7 g
- Fiber: 3 g
- Total Fat: 37 g
- Protein: 7 g
- Total Calories (*whole recipe*): 1121
- Total Carbs: 21 g
- Fiber: 10 g
- Net Carbs: 11 g
- Total Fat: 111 g
- Protein: 20 g





Sun-dried Tomato Pesto (SK)

I make this pesto using hemp seeds but you could easily employ pine nuts or almonds if following a regular keto eating plan. Toss a few tablespoons of the pesto with a spiralized veggie noodle of choice and you have an easy meal on a busy day. This pesto also pairs well with my totally keto Farfalle or Cavatelli noodles (once again this would be for those on regular keto eating plans, not SK).

Ingredients

- 1 cup sun-dried tomatoes, (from a jar, packed in oil)
- 1/3 C hemp seeds
- 3 garlic cloves
- ¼ C Parmesan cheese, finely grated (substitute 2 T nutritional yeast if on SK)
- ½ tsp pink Himalayan salt
- ¼ tsp ground black peppercorns
- ½ tsp red pepper flakes, if desired
- 1 C extra-virgin olive oil



Preparation

1. Place all ingredients in the bowl of a food processor and pulse until finely chopped and slightly pasty. Store, covered, in the refrigerator, for 5-7 days.
2. Serve tossed with keto pasta of choice, as a sandwich spread, your favorite meats or seafood. If refrigerated and not heating for a recipe, allow the pesto return to room temperature before serving.

Yield: 12 servings (2 T/serving)

Nutritional Information:

- Total Calories/serving: 257
- Total Carbs: 4 g
- Fiber: 2 g
- Total Fat: 25 g
- Protein: 3 g
- Total Calories (*whole recipe*): 3083
- Total Carbs: 50 g
- Fiber: 24 g
- Net Carbs: 26 g
- Total Fat: 301 g
- Protein: 38 g





Pili Nut Pesto

Pili nuts come from the Philippines and are low in carbohydrates making them perfect for a ketogenic menu plan. If you purchase the pili nuts I suggest below, they have already been sprouted so you won't have to soak them before use. If you use unsprouted nuts you will have to soak them for a minimum of 4 hours before making this pesto.

This is the pesto recipe I use when making my [Raw Zucchini Lasagna](#).

Ingredients

- 2 C basil leaves
- 2 garlic cloves
- $\frac{3}{4}$ C pili nuts
- $\frac{1}{2}$ C extra-virgin olive oil
- 1 tsp fresh lemon juice
- Grinding of pink Himalayan salt & black peppercorns



Preparation

1. The pili nuts I suggest you use have been sprouted so there is no need to soak them.
2. Place all the pesto ingredients into the bowl of your food processor or blender and pulse until a paste forms.
3. Scrape the pesto into a bowl, cover and refrigerate until ready for use.

Yield: 8 servings (2 T/serving)

Nutritional Information:

- Total Calories/serving: 146
- Total Carbs: 3 g
- Fiber: 0 g
- Net carbs: 3 g
- Total Fat: 14 g
- Protein: 0 g
- Total Calories (*whole recipe*): 1172
- Total Carbs: 28 g
- Fiber: 1 g
- Net carbs: 27g
- Total Fat: 113 g
- Protein: 3 g





Basil Pistou (SK)

Pistou is the French version of pesto. It's a multi-purpose sauce that's made without nuts or cheese, making it perfect for use as a pesto substitute while on the Speed Keto program. My vegan clients also love this recipe. I toss a few tablespoons of pistou with sautéed spiralized noodles for a quick meal and often add a small amount to mayonnaise when making a homemade salad dressing. This sauce also adds a great flavor kick to scrambled eggs in the morning.

Ingredients

- 1/3 C extra-virgin olive oil
- 1 T fresh lemon juice
- 2 C fresh basil leaves, large stems removed
- 4 garlic cloves, peeled and minced or pushed through a press
- Grinding of pink Himalayan salt & black peppercorns, to taste



Preparation

1. Pour olive oil and lemon juice into a blender and add the basil leaves and mince garlic.
2. Process until a sauce forms.
3. Correct the seasoning with salt and pepper

Yield: 3 servings

Nutritional Information:

- Total Calories/serving: 226
- Total Carbs: 2 g
- Fiber: 1 g
- Net Carbs: 1 g
- Total Fat: 25 g
- Protein: 1 g
- Total Calories (*whole recipe*): 677
- Total Carbs: 6 g
- Fiber: 2 g
- Net Carbs: 4 g
- Total Fat: 75 g
- Protein: 4 g





Pasta & Noodle Salads

- Minted Cucumber Noodle Salad (SK)
- Spiralized Cucumber & Egg Salad Bowl
- Mediterranean Farfalle Salad
- Tossed Veggie Noodle Salad (SK)
- Jarred Veggie Noodle Picnic Salad (SK)
- Jarred Asian Salad (SK)



Minted Cucumber Noodle Salad

Ingredients

- 1 seedless English cucumber
- 2 T extra-virgin olive oil
- 2 T fresh lime juice
- 2 T fresh mint leaves, minced

Preparation

1. Spiralize English cucumber into round spaghetti style noodles.
2. Make a dressing by whisking oil, lime juice and mint.
3. Gently toss dressing with noodles and serve, garnished with a few fresh mint leaves.

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 146
- Total Carbs: 4 g
- Fiber: 1 g
- Net Carbs: 3 g
- Total Fat: 14 g
- Protein: 1 g



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Spiralized Cucumber & Egg Salad Bowl

Ingredients

- 2 hard boiled eggs
- 1 English cucumber, spiralized into flat ribbon noodles
- 2 oz farmers cheese, small cubes
- 2 T full fat mayonnaise
- 2 tsp apple cider vinegar
- ½ tsp dried dill
- Allowed sweetener, to taste (optional)

Preparation

1. Cut hard boiled eggs in half and set aside
2. Spiralize English cucumber into flat ribbon noodles.
3. Arrange spiralized cucumber around the outer edges of a salad plate and place the cubed cheese and egg halves inside the cucumber ring.
4. Whisk mayonnaise, apple cider vinegar, dill and sweetener. Drizzle over-top the salad and serve.

Yield: 2 servings

Nutritional Information:

- | | |
|-------------------------------|-------------------|
| • Total Calories/serving: 273 | • Net Carbs: 4 g |
| • Total Carbs: 5 g | • Total Fat: 22 g |
| • Fiber: 1 g | • Protein: 13 g |



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Mediterranean Farfalle Salad

Ingredients

- ½ recipe Keto Pasta Dough #1 made into sautéed Farfalle noodles
- 1 C cherry tomatoes, cut into halves
- ½ C black Mediterranean style olives
- 3 C baby spinach leaves
- ¼ C soft goat cheese (chevre), crumbled
- 2 T fresh lemon juice
- ½ tsp Dijon mustard
- 1 garlic clove, minced or pushed through a press
- ½ tsp dried oregano



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Preparation

1. Prepare the Farfalle according to instructions and set aside.
2. Cut the olive meat off of the olive pits.
3. Place cherry tomatoes, olive meat and spinach leaves into a salad bowl.
4. Whisk lemon juice, Dijon mustard, garlic and oregano. Drizzle over salad and toss. Divide the salad between 4 bowls and garnish with the crumbled chevre.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 144
- Total Carbs: 8 g
- Fiber: 5 g
- Net Carbs: 3 g
- Total Fat: 12 g
- Protein: 8 g





Tossed Veggie Noodle Salad (SK)

I've found the texture of spiralized veggies gives tossed salad a new appeal and I'm down with anything that helps me and my family eat more fresh veggies!

Ingredients

For the salad:

- 1 small zucchini, spiralized
- ½ English cucumber, spiralized
- ½ C spiralized Daikon
- 2 C mixed greens
- ¼ C yellow bell pepper, thin slices

For the dressing:

- Juice from ½ lemon
- ½ tsp Dijon mustard
- Liquid stevia, to taste
- 1/3 C extra-virgin olive oil



Preparation

1. Place all the prepared veggies in a salad bowl.
2. To make the vinaigrette salad dressing whisk lemon juice, Dijon mustard, and stevia.
3. Drizzle the oil into the dressing a drop at a time while continuing to whisk until all the oil is incorporated into the dressing.
4. Top the salad with the dressing and toss just before serving.

Nutritional Information:

- Total Calories/serving: 203
- Total Carbs: 5 g
- Fiber: 1 g
- Net carbs: 4 g
- Total Fat: 19 g
- Protein: 3 g





Jarred Veggie Noodle Picnic Salad (SK)

Take along a layered salad in a Mason jar to your next picnic lunch. Pleasant to look at and equally pleasant to eat, there's no end to the layered possibilities when it comes to making this salad. Today I've chosen layers of spiralized zucchini noodles, cherry tomato halves, spiralized Daikon radish, spiralized carrot and then cucumber but what will I take next time? Who knows! I guess it depends on what I have in the fridge.

Ingredients

For the salad:

- 1 English cucumber, spiralized into ribbon noodles
- ½ small zucchini, spiralized into thin round noodles
- 2 ½" thick slice of Daikon, spiralized into thin round noodles
- 2 green onions, thinly sliced
- ½ C cherry tomatoes, cut in half
- ½ C baby spinach leaves

For the dressing:

- 3 T fresh lemon juice
- 3 T extra-virgin olive oil
- ½ tsp thyme
- Allowed sweetener, to taste (if desired)



Preparation

1. Spiralize the veggies and slice up the green onions and cherry tomatoes. Layer them into two, quart Mason jar, ending with the spinach leaves. Seal the jars and place the salads in the fridge until ready to head out for the picnic.
2. To make the dressing place all the ingredients into a jar with a tight fitting lid. Screw on the lid and give the jar a good shake. Divide the dressing between the jarred salads when it's time to eat.

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 257
- Total Carbs: 10 g
- Fiber: 1 g
- Net Carbs: 9 g
- Total Fat: 21 g
- Protein: 3 g





Jarred Asian Noodle Salad (SK)

This salad makes a great lunch for one. I layer the veggie noodles and other ingredients into a pint sized Mason jar and take my Asian flavored dressing along in a separate sealed container and the salad gets dressed just before lunch time.

Ingredients

For the salad:

- ½ English cucumber
- ½ small zucchini
- 2 thin slices red onion
- 2 large radish
- ½ C cilantro leaves

For the dressing:

- 2 T full fat mayonnaise
- 1 tsp dark Asian sesame oil
- 1 T gluten free tamari sauce
- 1 T fresh lemon juice
- Allowed sweetener, to taste (optional)



Preparation

1. Spiralize the zucchini, cucumber and radishes into thin round spaghetti style noodles.
2. Cut thin slices from a red onion, separate the rings and cut them in half.
3. Layer the spiralized veggies and red onion in a pint sized jar. Top with the cilantro leaves.
4. Make the dressing by whisking all the ingredients. Drizzle over-top the jarred salad when it's time for lunch and enjoy!

Yield: 1 serving

Nutritional Information:

- Total Calories/serving: 301
- Total Carbs: 8 g
- Fiber: 2 g
- Net Carbs: 6g
- Total Fat: 27 g
- Protein: 3 g





Entrees

- Easy Keto Chicken Tetrazzini
- Zucchini Noodles with Grilled Shrimp Skewers (SK)
- Creamy Garlic Cavatelli
- Farfalle Marinara
- Spaghetti Carbonara (SK)
- Zoodles & Meatballs (SK)
- Tuna Noodle Casserole (SK)
- Beef Ramen Bowl (SK)
- Completely Keto Pad Thai (SK)
- Keto Style Lasagna
- Vegetarian Lasagna
- Harlan's Raw Zucchini Lasagna
- Red Pepper Egg Boats on Summer Squash Noodles (SK)
- Fajita Noodle Bowl
- Chicken Alfredo on Zucchini Noodles (SK)
- Divine Tagliatelle a la Turnip
- Easy Shrimp & Noodle Bowl (SK)
- Chicken Stir Fry on Turnip Noodles
- Broccoli & Sausage; Italian Style (SK)



Easy Keto Chicken Tetrazzini

Here's an old-fashioned pasta dish that never goes out of style. We've just tweaked it a bit to make it keto. Enjoy!

Ingredients

- 1 recipe of [Keto Alfredo Sauce #1](#)
- ½ medium cooking onion, small dice
- 2 garlic cloves, minced
- 2 C sliced mushrooms
- 2 C cooked chicken
- 1 package of zero carb konjac or kelp noodles
- ½ C Parmesan cheese, finely grated



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Preparation

1. Pre-heat oven to 350 F.
2. Prepare Keto Alfredo Sauce # 1 and set aside.
3. Melt ghee in a large, heavy bottomed skillet and sauté onions for about 3 minutes until soft and translucent.
4. Add mushrooms and sauté until the mushrooms are cooked and most of the liquid from the mushrooms has evaporated. Add the minced garlic and sauté for one minute more.
5. Pour Alfredo sauce into the pan and stir in the chicken. Lower heat to the low setting and keep warm while you prepare the noodles.
6. Prepare noodles according to the package instructions or, if using konjac noodles follow our directions here.
7. Toss noodles with the chicken/Alfredo sauce mixture and transfer into a prepared (lightly sprayed with cooking oil) casserole dish. Sprinkle Parmesan cheese over-top and place, uncovered, on the middle rack of the pre-heated oven. Bake for 25 minutes. Serve with salad on the side.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 443
- Total Carbs: 8 g
- Fiber: 1 g
- Net carbs: 7 g
- Total Fat: 39 g
- Protein: 17 g





Zucchini Noodles with Grilled Shrimp Skewers (SK)

When the weather permits it takes no time at all to grill these shrimp skewers. If it's not BBQ season then simply run the shrimp skewers under the broiler for a few minutes. Then lightly steam the spiralized zucchini noodles and toss them with pesto and ... presto; dinner is served!

Ingredients

- 6 C spiralized zucchini noodles (or use another summer squash of choice)
- 24 large shrimp, shells removed & deveined
- ½ C Classic Pine Nut Pesto (use Basil Pistou if SK)

Preparation

1. Thread shrimp on skewers (3 per skewer)
2. Grill for a few minutes on each side until shrimp curl up and turn pink. Remove from heat and keep warm.
3. Prepare spiralized noodles by steaming over boiling water for 3 or 4 minutes until they soften somewhat but are still al dente.
4. Toss hot noodles with pesto and serve with grilled shrimp skewers on top.

Yield: 4 servings



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Nutritional Information:

- Total Calories/serving (*with Classic Pine Nut Pesto*): 466
- Total Carbs: 4 g
- Fiber: 2 g
- Net carbs: 2 g
- Total Fat: 38 g
- Protein: 19 g
- Total Calories/serving (*with Basil Pistou*): 331
- Total Carbs: 6 g
- Fiber: 3 g
- Net Carbs: 3 g
- Total Fat: 26 g
- Protein: 19 g





Creamy Garlic Cavatelli Pasta

I like to form the pasta dough into that small, plump pasta called Cavatelli. I find the making of these lovely little noodles to be relaxing and almost meditative. Since they freeze well there is usually some in my freezer so I can make this simple meal easily on a busy week day.

Ingredients

- 1 recipe [Cavatelli](#)
- 2 tsp extra-virgin olive oil
- 4 garlic cloves, minced or pushed through a press
- 2 C chicken broth
- ½ C heavy cream
- Grinding of pink Himalayan salt & black peppercorns
- 2 T fresh parsley, minced (or 2 tsp dried parsley)
- ½ C Parmesan cheese, finely grated



Preparation

1. Heat oil in a heavy bottomed saucepan over medium high heat and sauté garlic for a minute until soft and lightly golden in color. Pour in the chicken broth and cream and bring the liquid up to the boiling point, stirring occasionally.
2. Adjust heat beneath the pot so the liquid is just simmering and allow to simmer for 5 minutes or until the sauce reduces and thickens nicely.
3. Stir in the Parmesan cheese and parsley. Simmer for a few minute more.
4. Prepare the Cavatelli according to instruction. Divide the Cavatelli between 6 bowls and ladle on the sauce. Garnish with a bit of grated Parmesan and minced parsley, if desired.

Yield: 6 servings

Nutritional Information:

- Total Calories/serving: 247
- Total Carbs: 9 g
- Fiber: 4 g
- Net Carbs: 5 g
- Total Fat: 19 g
- Protein: 8 g





Farfalle Marinara

A bowl of red bow-ties; your kids will love them and so will the adults at your table! With a nice green salad on the side this meal is hard to beat.

Ingredients

- 1 recipe Keto Pasta Dough made into Farfalle
- 1 recipe Marinara Sauce or Basic Tomato Sauce

Preparation

1. Make Keto Pasta Dough according to directions and form into Farfalle shaped noodles.
2. Make one recipe of Marinara Sauce. Keep warm.
3. Melt ghee (see [Farfalle recipe](#)) in a large, heavy bottomed skillet over medium high heat. Add the farfalle and spread them out so they don't over-lap. Saute on one side for 3 minutes then flip them over and sauté for a few minutes more until the noodles are lightly browned.
4. Add the marinara sauce to the skillet and gently toss the farfalle so they become evenly coated with the sauce. Divide into 4 bowls and serve.

Yield: 6 servings

Nutritional Information:

- Total Calories/serving: 319
- Total Carbs: 20 g
- Fiber: 8 g
- Net Carbs: 12 g
- Total Fat: 25 g
- Protein: 10 g



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Spaghetti Carbonara

You can enjoy this recipe for Spaghetti Carbonara with poached eggs or without. Either way, bacon always makes this meal hard to resist. Substitute the pork bacon with turkey bacon, if pork isn't on your menu.

Ingredients

- 4 bacon slices, cooked and chopped
- 4 small zucchini, spiralized
- 1 C heavy cream
- ¼ C full fat mayonnaise
- 2 egg yolks, whisked
- Grinding of pink Himalayan salt & black peppercorns
- ¼ C Parmesan cheese, finely grated
- 4 soft poached eggs, if desired



Preparation

1. Fry bacon until crisp and cooked. Remove from pan and chop. Set aside.
2. Whisk heavy cream, mayonnaise, salt and pepper. Heat in a heavy bottomed saucepan over medium heat until the sauce is warm. Stir occasionally. Remove from heat and stir in the whisked egg yolks. If the sauce is really hot allow it to cool for a few minutes. You just want it warm enough so that it cooks the yolks without scrambling them. Keep the sauce warm.
3. Place spiralized zucchini in a microwavable bowl and microwave on a high setting until the noodles are lightly cooked but still have a bit of crisp in them. Alternatively you can blanch the zucchini noodles in boiling water for half a minute.
4. Toss the drained noodles with the warm sauce, bacon and Parmesan and top each serving with a soft poached egg, if desired. Serve immediately!

Yield: 4 servings

Nutritional Information:

- Total Calories/serving (*without poached eggs*): 411
- Total Carbs: 7 g
- Fiber: 1 g
- Net Carbs: 6 g
- Total Fat: 31 g
- Protein: 8 g
- Total Calories/serving (*with poached eggs*): 474
- Total Carbs: 7 g
- Fiber: 1 g
- Net Carbs: 6 g
- Total Fat: 42 g
- Protein: 14 g





Zoodles & Meatballs

Get these meatballs in the crock pot before heading out the door in the morning and you will come home to a superb meal that is almost ready to serve. Simply sauté some spiralized zucchini zoodles (or other keto noodle of choice) and ... dinner is done!

Ingredients

- ½ cooking onion, quartered
- 2 garlic cloves
- 3 slices bacon, cut into small pieces (use turkey or pork bacon)
- 1 lb ground meat (beef, turkey or chicken)
- ½ tsp thyme
- ½ tsp dried oregano
- ½ tsp dried basil
- 1 tsp ground Himalayan salt
- Grinding of black peppercorns
- 1 egg, lightly beaten
- ½ C ketchup, sugar-free
- 2 T tomato paste
- 1 C chicken broth
- Squirt of liquid stevia, to taste



Preparation

1. Spray interior of crock pot lightly with cooking oil to keep the meatballs from sticking to the sides of the pot.
2. Place onions, garlic cloves and bacon in a food processor and pulse until finely chopped. Mix with ground beef. Add the dried herbs, egg, salt and pepper. Continue mixing until all ingredients are evenly distributed throughout the ground meat mixture.
3. Using a spoon scoop up some of the meat and roll it into a round meatball. Place in the crock-pot. Continue until all the mixture is used up.
4. Whisk ketchup, tomato paste and broth. Add liquid stevia to taste. Pour over meatballs and cover crock pot with lid.
5. Set the temperature to low (for about 8 hours) or high (for 4 -5 hours). The meatballs can be also be baked in the oven at 350 F (uncovered) in a casserole dish for about 40 minutes or until the internal temperature of the meatballs reaches 165F.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 312
- Total Carbs: 6 g
- Fiber: 1 g
- Net Carbs: 5 g
- Total Fat: 17 g
- Protein: 29 g



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Spaghetti Bolognese (SK)

Our Spaghetti Bolognese is packed with flavor and doesn't take long to make. This recipe makes 4 portions.

Ingredients

- ½ C mushrooms, thin slices
- 1 ½ T extra-virgin olive oil or coconut oil
- ½ medium onion, small dice
- 3 garlic cloves, about 2 T minced
- 2 C ground beef or ground Italian sausage
- 2 C unsweetened tomato sauce or Basic Tomato Sauce
- 2 tsp dried oregano
- 1 tsp dried basil
- ½ tsp salt
- ½ tsp ground black pepper
- 1 bay leaf
- 1 T ghee
- 2 small zucchini, about 6" in length
- 1 T Parmesan cheese (omit if SK)



Preparation

1. Sauté mushrooms in olive oil over medium high heat until soft and cooked through. Remove from heat and set aside
2. In a separate skillet sauté diced onion for a few minutes in the remaining ½ T of olive oil. When onion is soft and translucent add half of the minced garlic and continue to sauté for one minute more.
3. Add ground beef to the skillet and turn the heat up to medium high. Continue stirring the beef as it sautés until it is nicely browned.
4. Mix in the tomato sauce, bay leaf, oregano, basil, cooked mushrooms, salt and pepper and lower the heat to medium low so the sauce is just simmering.
5. Wash zucchini, pat dry and trim the ends. Spiralize into noodles. You will have about 4-5 cups of “veggie pasta” when done. Chop the left-over zucchini core and stir it into the simmering Bolognese sauce. Continue simmering the sauce for another 5 minutes.
6. When it's time to serve the meal melt the ghee in a separate skillet and add the remaining minced garlic. Sauté for one minute over medium heat then add the spiral zucchini noodles. Continue to sauté until the noodles are somewhat wilted but still al dente in texture. This won't take long (about 1 ½ - 2 minutes). Divide into 4 portions. Serve with the Bolognese Sauce ladled over-top. If doing a regular keto program you can garnish with a sprinkle of Parmesan cheese.

Yield: 4 servings

Nutritional Information:

- Calories: 231
- Net Carbs: 6 g
- Total Carbs: 9 g
- Total Fat: 16 g
- Fiber: 3 g
- Protein: 14 g





Tuna Noodle Casserole (SK)

My mom would make a similar noodle casserole back in the 60's. It was a staple week-day meal in our household. For me it became a comfort food and I now serve this Tuna Noodle Casserole, adapted from my mom's original recipe, to my own family.

Ingredients

- 1 recipe [Keto Alfredo Sauce #2](#) (SK)
- 1 T ghee
- 1 small cooking onion, small dice
- 1 celery stock, small dice
- 2 tsp dried parsley
- 1 can solid tuna, drained
- 1 package konjac (or kelp) noodles
- ¼ C Parmesan cheese, finely grated (omit if SK)



Preparation

1. Prepare 1 recipe of Keto Alfredo Sauce #2 and set aside
2. Melt ghee in a heavy bottomed saucepan over medium high heat. Saute onion and celery until soft and translucent. Stir in dried parsley.
3. Add drained tuna and break up into small chunks. Stir in the Alfredo sauce and adjust the heat under the pot to medium low.
4. If using konjac noodles rinse and prepare according to instructions found here: Konjac noodles.
5. Stir noodles into the sauce mixture. Spray a casserole dish with cooking oil and transfer the tuna/sauce/noodle mixture to the dish. Sprinkle Parmesan cheese over-top evenly (omit if SK)
6. Place casserole on the middle rack of the pre-heated oven and bake for 25 minutes. Serve immediately

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 571
- Total Carbs: 7 g
- Fiber: 2 g
- Net Carbs: 5 g
- Fat: 56 g
- Protein: 11 g





Beef Ramen Bowl (SK)

I've used konjac ramen noodles in this bowl but you could easily substitute any keto noodle of choice. I also like kelp noodles with this satisfying meal in a bowl.

Ingredients

- 1 T extra virgin olive oil
- 1 small cooking onion, thinly sliced
- 1 T fresh ginger root, peeled and minced
- 3 garlic cloves, minced or pushed through a press
- 1 tsp chili paste
- 1 T fish sauce
- ¼ C gluten free tamari sauce
- ¼ C unseasoned rice vinegar
- ½ C sliced oyster mushrooms
- Grinding of pink Himalayan salt and black peppercorns
- 5 C organic beef broth
- ½ lb sirloin steak, thinly sliced
- 2 small bok choy
- 2 eggs
- 2 packages of Miracle konjac ramen noodles
- 2 green onions (scallions), thinly sliced for garnish
- ¼ C cilantro leaves, for garnish



Preparation

1. In a large stockpot heat the oil over medium heat. Saute onions until softened, about 2 minutes. Add the ginger, garlic, chili paste, fish sauce, soy sauce, rice wine vinegar, salt, pepper and the beef broth. Simmer 15 minutes then add the mushrooms. Continue to simmer for 15 minutes more.
2. While the broth is simmering prepare the ramen. Rinse the noodles under running water. Don't be alarmed at the somewhat fishy smell of the liquid the noodles come packaged in; this is normal. Prepare a pot of salted, boiling water and blanch the noodles for 3 minutes. Drain noodles and pat them dry. Saute the noodles in a dry, un-oiled, non-stick skillet for 3 or 4 minutes. Remove from heat when you hear a squeaky noise as you are sautéing the noodles. This process will soften the rubbery texture of these noodles that some people find unappealing.
3. Hard boil the eggs. Cool the eggs then peel and cut each egg in half
4. Add the noodles along with the thinly sliced beef to the broth and simmer for an additional 3 minutes to cook the beef and warm the ramen. Cut the baby bok choy in half and add them to the pot. Simmer for a few more minutes until the bok choy is lightly wilted.
5. Divide between 4 bowls and garnish each bowl with half a boiled egg, sliced green onions and cilantro leaves. Serve immediately while hot.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 289
- Total Carbs: 10 g
- Fiber: 4 g
- Net Carbs: 6 g
- Total Fat: 11 g
- Protein: 20 g





Completely Keto Chicken Pad Thai (SK)

Completely Keto Chicken Pad Thai is a favored recipe from my website. The alternate pasta used here is the konjac noodle. Please use my method for preparing these noodles for use in recipes found here. By pre-boiling and sautéing briefly in a hot pan, the konjac noodle loses that rubbery texture many people dislike.

Ingredients

- 1 – 8 oz package of konjac (Miracle) noodles
- 4 T gluten free tamari sauce
- 1 tsp allowed sweetener
- 3 T ghee
- ½ lb boneless chicken breasts, cut into small thin strips
- Juice from whole lime, freshly squeezed
- 4 garlic cloves, minced or pushed through a press
- 1 C cabbage, shredded
- ¼ tsp freshly ground peppercorns
- 2 ½ tsp pink Himalayan salt
- 2 large eggs, well beaten
- ¾ C bean sprouts
- 2 green onions (scallions), cut on an angle into 2” pieces
- 3 T peanuts, chopped (omit if SK)



Preparation

1. Prepare Miracle noodles according to instructions found here. Whisk tamari sauce, sweetener and add the prepared Miracle noodles. Set aside for later use
2. Melt ghee in a wok or heavy bottomed skillet over medium high heat. Add pieces of chicken and toss for 2 min. until chicken is partially cooked. Now add the shredded cabbage and continue sautéing until the cabbage wilts and softens and the chicken is cooked (reaches 165 F). This will take about 3 more minutes.
3. Turn heat down to medium. Add scallions, minced garlic and bean sprouts. Sauté for 2 minutes more.
4. Using a spatula move everything to one side of the pan.
5. Pour beaten eggs onto the other side of the pan and toss until cooked then stir everything together until well combined. Turn the heat off.
6. Pour the Miracle Noodle mixture into the pan and toss to combine well. The heat in the pan will warm the noodles sufficiently.
7. Divide the pad Thai into 3 bowls. Drizzle some of the lime juice over-top and garnish with chopped peanuts. Omit the peanuts if following the Speed Keto Program. Serve immediately.

Yield: 3 servings

Nutritional Information:

- Total Calories/serving: 320
- Total Carbs: 6 g
- Fiber: 2 g
- Net Carbs: 4 g
- Total Fat: 23 g
- Protein: 21 g





Chana Abehsera-Kilstein's Vegan Pad Thai

The Pasta:

- 1 zucchini, spiralized
- 1 red bell pepper, sliced into thin strips
- 4 scallions, cut into small pieces
- 1 cup of bean sprouts
- ½ cup cilantro (optional)
- 1 jalapeno diced into small pieces
- Lime wedges for decoration
- 1 Tbs Raw cashews or peanuts for decoration
- 1 package (12-16 oz) Kelp noodles



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Preparation:

1. Heat up a pot of water till hot but not boiling.
2. Turn off the heat.
3. Pour the water over the kelp noodles in a bowl.
4. Soak the noodles for five minutes.
5. Use a colander to remove the liquid.
6. Repeat the steps above two more times.
7. This helps soften the kelp noodles.
8. Leave the kelp noodles in the colander while you prepare the sauce.

The Sauce:

- ¼ cup almond or peanut butter (Crunchy for texture)
- ¼ cup tahini
- ¼ cup water
- ½ teaspoon Stevia powder
- ⅓ cup gluten free tamari sauce
- Add all sauce ingredients to blender. Mix until smooth. Add additional water as needed.

Preparation:

1. Add pasta ingredients (save the limes for decoration) to a bowl lightly mix with wooden spoon.
2. Pour sauce on top of pasta.
3. Mix gently but thoroughly with wooden spoon. Garnish with lime wedges.

Yield: 3-4 servings

Nutritional Information:

- Total Calories/serving: 112
- Total Carbs: 3 g
- Fiber: 2 g
- Net Carbs: 1 g
- Total Fat: 9 g
- Protein: 1 g





Keto Style Lasagna

I just have to have lasagna every once in a while and enjoy a variety of different styles of this traditional Italian dish. I find this version, with Italian sausage, to be indistinguishable from lasagna that is made with wheat pasta.

Ingredients

- 6 Keto Lasagna Noodles (cut to fit small loaf pan)
- ½ tsp extra virgin olive oil
- ½ lb. ground Italian sausage meat
- 2 garlic cloves, minced or pushed through a press
- 1 cup full fat ricotta (or full fat cottage cheese)
- 1 egg, lightly beaten
- ½ tsp dried basil
- ½ tsp dried oregano
- 1 tsp garlic powder
- Grinding of pink Himalayan salt & black peppercorns
- 1 cup tomato sauce, no added sugar
- 1 C full fat Mozzarella cheese, shredded
- ½ C Parmesan cheese, finely grated



Preparation

1. Prepare Keto Lasagna Noodles and set aside. I often do this first step the night before and hold the noodles in the fridge overnight. If you do this make sure to place pieces of parchment paper between the noodle before wrapping and storing in the fridge. These noodles also freeze well if you want to hold them for later use.
2. Brush the inside of a heavy bottomed skillet with the extra virgin olive oil. Heat skillet and sauté sausage meat. When almost cooked through, add the minced garlic and continue stirring the meat mixture until the sausage and garlic are done. The meat should reach 165 F. Set aside.
3. Whisk the ricotta, egg, basil, oregano, garlic powder, salt and pepper. Set aside.
4. Use two, 4" x 8" loaf pans for assembling the lasagna. Place a lasagna noodle in the bottom of one of the pans. Top with some cooked sausage meat followed by tomato sauce then some of the ricotta mixture. Lay another noodle on top and repeat the process. Add one more noodle and distribute half of the mozzarella across the top then sprinkle on a thin layer of Parmesan cheese.
5. Repeat process in the second loaf pan. Bake the lasagnas on the middle rack of the pre-heated oven for 30-35 minutes. Allow the lasagnas to rest on the counter for 20 minutes before serving.

Yield: 6 servings

Nutritional Information:

- Total Calories/serving: 531
- Total Carbs: 14
- Fiber: 10
- Net Carbs: 4 g
- Total Fat: 35
- Protein: 25





Vegetarian Lasagna

I've substituted thin lengthwise slices of zucchini for the traditional flat noodles used in lasagna. There isn't a lot of fussing when putting this lasagna together, especially if you splurge and buy the ready to use grated cheeses. The recipe will make a large 9" x 13" casserole so there will probably have left-overs to enjoy tomorrow. You can also freeze well-wrapped left-overs for reheating later in the week or month.

Ingredients

- 4 zucchini
- 1 T extra virgin olive oil
- ½ cooking onion, small dice
- 2 garlic cloves, minced or pushed through a press
- 3 C baby spinach leaves
- 2 eggs
- 15 ounces full fat ricotta cheese
- 1 T dried basil
- 1 T dried oregano
- 2 tsp garlic powder
- 1 tsp pink Himalayan salt
- 1 ½ C mozzarella cheese, shredded
- 1 ½ C tomato sauce, sugar free



Preparation

1. Preheat the oven to 350 F.
2. Grease the bottom of the glass rectangle casserole dish with a light spray of olive oil.
3. Slice off the ends of the zucchini, then in half lengthwise and again until you have 4 or 5 long slices from each one of them. Line the bottom of the pan with one layer of zucchini.
4. In a bowl mix the ricotta, eggs, spice, salt and $\frac{1}{2}$ C of the Parmesan cheese until well combined.
5. Heat oil in a heavy bottomed skillet and sauté the onion and garlic until translucent. Add the spinach and continue to sauté for 3 or four more minutes until the spinach is cooked and some of the excess moisture has evaporated.
6. Stir the spinach mixture into the ricotta mixture.
7. Spread $\frac{1}{2}$ C of tomato sauce evenly over the zucchini slices. Place $\frac{1}{3}$ of the ricotta/spinach mixture on top and use a spatula to spread it out until all the zucchini is covered.
8. Place one-third of the shredded mozzarella cheese on top.
9. Repeat this process until all the zucchini, tomato sauce, ricotta/spinach mixture and sliced cheese has been used. It should make three layers altogether. Sprinkle the remaining $\frac{1}{2}$ C of grated Parmesan on top.
10. Bake for 60-70 minutes uncovered on the middle rack of the pre-heated oven. Remove from oven and let the lasagna rest on the counter for 20 minutes before, cutting it into 9 pieces. Serve immediately with a green salad on the side.

Yield: serves 9

Nutritional Information:

- Total Calories/serving: 233
- Total Carbs: 10 g
- Fiber: 1 g
- Net Carbs: 9 g
- Total Fat: 15 g
- Protein: 16 g



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Christopher's Kitchen Raw Zucchini Lasagna

Chef Christopher Slawson owns and operates the finest vegan restaurant in the world – Christopher's Kitchen. All his recipes are made with the freshest vegetables and spices. While not all of the foods on the menu are Keto approved, there are plenty of selections that are keto friendly on the menu. The staff is wonderful and will take care of your any and every need.

Want that mango taken out of your salad? Not a problem. Want olive oil and lemon instead of a dressing? They make it happen. They will all work to honor any request. Don't miss out on the raw zucchini lasagna. It's perfection.

This recipe is my salute to Chef Christopher and his amazing lasagna.



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Ingredients

For the macadamia cheese:

- 2 C raw macadamia nuts
- 3-4 tsp lemon juice
- 1 tsp pink Himalayan salt
- pinch garlic powder
- pinch white pepper

For the pili nut pesto:

- 2 C basil leaves
- 2 garlic cloves
- $\frac{3}{4}$ C pili nuts
- $\frac{1}{2}$ C extra-virgin olive oil
- 1 tsp fresh lemon juice
- $\frac{1}{4}$ tsp pink Himalayan salt
- Pinch black pepper

For the tomato/oregano sauce:

- 4 medium sized tomatoes
- 1 T fresh oregano (or 1 tsp dried)
- 1 T apple cider vinegar
- 1 tsp pink Himalayan salt
- 1 tsp ground black peppercorns

The remaining ingredients:

- 2 or 3 tomatoes
- 2 or 3 zucchini
- 1 C sprouts (your favorite sprouts) for garnish



Preparation

For the macadamia cheese:

1. Soak the raw macadamia nuts in 4 cups of water for at least 7 hours. You could also let them soak overnight, refrigerated.
2. Drain the nuts and rinse them off with warm water.
3. Put all ingredients in blender or food processor.
4. Add 1 C of water and the lemon juice. Pulse on and off. You want the end result to have the consistency of cream cheese. Add a bit more water as needed.
5. Store in refrigerator until ready to use.

For the pili nut pesto:

1. The pili nuts I suggest you use have been sprouted so there is no need to soak them. Place all the pesto ingredients in the bowl of your food processor or blender and pulse until a paste forms. Scrape into a bowl, cover and refrigerate until ready to assemble the lasagna.

For the tomato/oregano sauce:

1. Place all ingredients into the bowl of your food processor or blender and pulse until the sauce is coarsely chopped. Do not overdo the processing as you don't want to liquefy the tomatoes.

For the remaining ingredients:

1. Slice the tomatoes thinly.
2. Use a mandolin or spiralizer to make wide flat noodles with the zucchini. You could also use a vegetable peeler to make the thin zucchini noodles. The noodles will be used raw so you want them to be thinly cut. Cut them into 3" lengths.



To assemble the individual lasagna servings:

1. Each serving is constructed individually. Begin the layering process with zucchini noodles.
2. Top the noodles with a spoonful of pesto, followed by a spoonful of macadamia cheese and then some tomato/oregano sauce. Top with a slice of tomato.
3. Now repeat once more to complete this individual serving. Garnish with sprouts. There should be enough ingredients to construct 12 portions.

Yield: 12 servings

Nutritional Information:

- Total Calories/serving: 271
- Total Carbs: 8 g
- Fiber: 3 g
- Net carbs: 5 g
- Total Fat: 26 g
- Protein: 3 g





Red Pepper Egg Boats on Summer Squash Noodles (SK)

Enjoy these egg boats for breakfast, lunch or dinner!

Ingredients

- 1 red pepper, cut in half and seeded
- 2 tsp extra-virgin olive oil
- 2 T BBQ sauce, stevia sweetened
- 2 eggs
- 2 small zucchini (or other summer squash of choice), spiralized
- 1 garlic clove
- 2 tsp ghee
- Grinding of pink Himalayan salt & black peppercorns



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Preparation

1. Turn on the broiler element of your oven. Brush insides of pepper halves with the oil and place on rimmed baking sheet. Run under the broiler for 3 or 4 minutes until the pepper is lightly charred. Brush the insides of the pepper halves with the BBQ sauce and run under the broiler for one minute more. Remove from the oven and turn broiler off and re-set oven to 350 F.
2. Crack eggs into the pepper halves and return to the oven for about 15 minutes or until the eggs are baked to your liking.
3. While the eggs are baking prepare your veggie noodles. Melt ghee in a heavy bottomed skillet. Add noodles and garlic and sauté for a few minutes until the noodles soften slightly and the garlic is lightly browned. Divide between two bowls and place a red pepper/baked egg on each portion of noodles. Serve, as is, if you are on a Speed Keto program or garnish with Parmesan cheese. Serve immediately

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 194
- Total Carbs: 7 g
- Fiber: 3 g
- Net Carbs: 4 g
- Total Fat: 15 g
- Protein: 8 g





Fajita Noodle Bowl

This looks like a lot of ingredients but once they are all assembled the Fajita Noodle Bowl comes together quickly.

Ingredients

For the fajita spice mix:

- 1 tsp chili powder
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp oregano
- ¼ tsp cayenne pepper
- ¼ tsp cumin
- Grinding of pink Himalayan salt & black peppercorns

For the veggie noodle stir fry:

- 4 skinless and boneless chicken thighs. Cut into small chunks
- ¼ chicken broth
- 1 T tomato paste
- 1 squeeze or a few drops of liquid stevia
- 2 T extra-virgin olive oil or ghee
- ½ red bell pepper



- ½ green bell pepper
- 1 small zucchini, spiralized
- 1 small cooking onion, peeled and thinly sliced lengthwise
- 1 jalapeno pepper, seeded and minced
- ¼ C cilantro leaves, for garnish if desired

Preparation

1. Whisk all the ingredients together for the fajita spice mix and set aside
2. Toss the chicken chunks with 1 tsp of the spice mix. Heat oil or ghee in a heavy bottomed skillet or wok and stir-fry the chicken until it is cooked (reaches 165 F) and is lightly browned. Remove and keep warm.
3. Whisk broth, remaining spice mix, tomato paste and liquid stevia. Set aside
4. Wipe out wok and heat remaining oil or ghee over medium high heat. Add the onion and stir fry for a few minutes until the onion becomes soft and translucent. Add the red and green pepper, zucchini and jalapeno. Stir-fry until the noodles are cooked but still al dente.
5. Stir in the tomato/spice mixture and toss to coat all the veggies. Add the chicken and toss again. Divide between 4 bowls and serve garnished with cilantro, if desired.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 232
- Total Carbs: 7 g
- Fiber: 2 g
- Net Carbs: 5 g
- Total Fat: 13 g
- Protein: 21 g



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Divine Tagliatelle a la Turnip

I use the blade for flat noodles when making these ribbon-style noodles using my spiralizer. Turnip stands up well when boiled in salted water and then; when tossed with beurre blanc the taste is, well ... divine!

Ingredients

- 1 turnip, peeled
- 9 T cold butter
- ¼ C cooking onion, minced
- 8 whole peppercorns
- ¼ C chicken broth
- ¼ C heavy cream
- Grinding of pink Himalayan salt
- ¼ C Parmesan cheese, finely grated
- 1 T chives, minced



Preparation

1. Prepare the noodles by shaving the turnip into thin ribbons using a mandolin, vegetable peeler or the ribbon noodle blade on a spiralizer. You want the end result to be ribbon noodles that are about a ½” wide.
2. Set 1 T of the butter aside and cut the remaining into small chunks. Place chunks in the fridge to keep them well chilled.
3. Heat the remaining butter in a heavy bottomed saucepan over medium high heat. Add the minced onion and peppercorns. Saute for a minute until the onion is softened but not yet browning.
4. Add the broth and simmer until the liquid is reduced to 2 T. Add the cream and salt. Simmer until the sauce is somewhat reduced. Now whisk in the cold chunks of butter, one at a time. The sauce will thicken as the butter melts and you continue whisking. This process will take about 4 minutes and the resulting Beurre Blanc sauce will be thick with a nice shine. Remove from heat.
5. Strain the sauce to remove the peppercorns and onion bits. Keep the sauce warm while the noodles are prepared.
6. Blanch the noodles in a pot of boiling water for 3 minutes. The noodles will be partially cooked but will still be only slightly softened.
7. Return the warm Beurre Blanc to a pan and turn the heat beneath up to medium. Add in the drained noodles and toss while the sauce heats up some more and the noodles finish cooking. The noodles will be soft and well coated with sauce when done. This will take approximately 4 minutes. Serve garnished with some grated Parmesan and few snipped chives.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 338
- Total Carbs: 8 g
- Fiber: 2 g
- Net carbs: 6 g
- Total Fat: 33 g
- Protein: 4 g



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Chicken Alfredo on Zucchini Noodles (SK)

Ingredients

- 2 small zucchini, spiralized
- 1 C cooked chicken, cubed
- 1 recipe [Alfredo Sauce #2](#) (SK)

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 310
- Total Carbs: 8 g
- Fiber: 3 g
- Net Carbs: 5 g
- Total Fat: 20 g
- Protein: 25 g



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Easy Shrimp & Noodle Bowl (SK)

I like to make this super easy meal in a bowl with zucchini noodles but you can use whichever allowed noodle suits your fancy. If you go with kelp or konjak noodles the carb count will be even lower!

Ingredients

- 4 C summer squash (zucchini) noodles
- 2 T extra-virgin olive oil
- 1 C cooking onion, medium dice
- 3 garlic cloves, minced or pushed through a press
- 1 ½ C canned fire roasted tomatoes
- Grinding of pink Himalayan salt & black peppercorns
- Squirt of liquid stevia, if desired
- 1 lb large shrimp, peeled and deveined
- ¼ C minced parsley



Preparation

1. Spiralize zucchini noodles.
2. Heat 1 T of the oil in a heavy bottomed skillet over medium high heat and add the zucchini noodles. Stir to coat with the oil and sauté for 2 minutes until noodles are cooked but remain al dente. Remove from the skillet and keep warm.
3. Heat the remaining oil in the skillet over medium high. Add the onion and sauté until the onion becomes translucent and softens. Add the garlic and sauté one minute more.
4. Stir in the fire roasted tomato and bring the contents of the skillet up to the boiling point, breaking up the tomato chunks as you stir. Adjust the heat to medium low and allow the mixture to simmer for 5 minutes until it thickens into a nice sauce. Season with salt & pepper. Add a bit of liquid stevia to taste, if desired.
5. Stir in the shrimp. Simmer gently until the shrimp curl up and turn pink. This won't take long. Divide the warm zucchini noodles between 4 bowls. Top with equal portions of the shrimp mixture and garnish each bowl with parsley. Serve immediately.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 253
- Total Carbs: 11 g
- Fiber: 2 g
- Net Carbs: 9 g
- Total Fat: 11 g
- Protein: 29 g





Chicken Stir-fry on Keto Noodles

My family loves this stir-fry with crookneck squash noodles but any of the summer squash noodles would work well too. Konjac and kelp noodles are nice as well and yield an even lower carb count if used.

Ingredients

- 2 chicken breasts
- 1 tsp dark sesame oil
- 2 T unseasoned rice vinegar
- 4 T gluten free tamari sauce
- 3 garlic cloves, minced
- 1 T fresh ginger root, peeled and minced
- Squirt of liquid stevia, to taste
- 2 T extra-virgin olive oil
- 3 C spiralized crookneck squash
- ½ small yellow onion, medium dice
- ½ red bell pepper, seeded & julienned
- ½ yellow bell pepper, seeded & julienned
- 2 green onions, cut into thin diagonal pieces for garnish



Preparation

1. Cut chicken breasts into small chunks and set aside.
2. Whisk the sesame oil and vinegar with 2 T of the tamari sauce. Add 1 minced garlic clove and the minced ginger root. Whisk in the stevia, if using. Stir this marinade into the chicken chunks and refrigerate. Allow to marinate, refrigerated, for at least 1 hour before using in recipe.
3. Pre-heat the oven to 350 F.
4. Heat the oil or ghee in a wok over medium high heat and stir-fry the onion for 3 minutes then add the remaining minced garlic cloves.
5. Drain the chicken chunks and discard the marinade. Toss chicken into the wok and stir fry until the chicken is cooked (chunks reach 165 F).
6. Add the red and yellow pepper slices along with the spiralized noodles to the wok along with the remaining 2 T of tamari sauce and stir-fry for 2 minutes more.
7. Divide between 3 bowls and enjoy!

Yield: 3 servings

Nutritional Information:

- Total Calories/serving: 210
- Total Carbs: 8 g
- Fiber: 1 g
- Net carbs: 7 g
- Total Fat: 11 g
- Protein: 11 g





Broccoli & Sausage; Italian Style

Don't throw out those broccoli stems; they make excellent noodles. Just shave off the tough outer layer and the part that remains will spiralize nicely into thin tasty noodles. The stronger taste of broccoli pairs well with the Italian sausage and Parmesan cheese used in this recipe.

Ingredients

- 2 large (3 oz) mild Italian sausages
- 1 large stem of broccoli (2 C florets and 1 large stem altogether)
- 1 T extra-virgin olive oil
- ¼ tsp red pepper flakes, more if you like heat
- 2 garlic cloves, minced or pushed through a press
- ½ C chicken broth
- 2 T Parmesan cheese, finely grated



Preparation

1. Pre-heat oven to 425 F and bake sausage for 20 minutes or until the internal temperature reaches 165 F.
2. Cut broccoli into florets and peel the stem. Either spiralize the stem into thin noodles or use a vegetable peeler to make thin shaved broccoli noodles.
3. Heat the olive oil in a heavy bottomed skillet over medium high heat. When oil is hot add the florets, broccoli noodles, pepper flakes, minced garlic and chicken broth. Cook while stirring occasionally until the florets are al dente but still a nice bright green.
4. Cut the sausage on a slant into half inch pieces and add to the broccoli mixture along with any juices from their baking pan. Sprinkle in the Parmesan and toss everything again. Divide between 2 plates and serve.

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 445
- Total Carbs: 10 g
- Fiber: 2 g
- Net Carbs: 8 g
- Total Fat: 35 g
- Protein: 21 g



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