



Low Carbohydrate Recipes

Asian Asparagus Salad
Asparagus Ham Quiche
Asparagus Tomato Salad
Asparagus Tomato Stir-Fry
Awesome Watermelon Salad
Bacon & Tomato Dip
Baked Broccoli Frittata
Balsamic Stir-Fry Vegetables
Blackberry & Basil Omelet
Blackberry Vinaigrette
Broccoli & Beef Stir-Fry
Broccoli Salad With Creamy Feta
Brussels Sprouts With Ham
Cauliflower Casserole



Cauliflower Mushroom Poppers
Cauliflower on the Side

Look for this symbol for recipes containing 5% or less of the % Daily Value for carbohydrates.



Cheesy Broccoli Potatoes
Cheesy Squash Medley
Chicken & Brussels Sprouts One Pan Meal
Corn & Sweet Potato Confetti Salad
Country Ham & Broccoli Grits
Cucumber Corn & Bean Salsa
Easy Cheesy Eggplant
Fall Harvest Salad
Fresh Corn Salad
Fresh Green Bean Stir-Fry

For these recipes and more visit:
<http://plateitup.ca.uky.edu>



**diabetes
friendly**

These low carbohydrate recipes are also diabetes friendly.

Glazed Butternut Squash
w/Carrots & Turnips
Greek Style Spaghetti Squash
Green Bean & Ham Soup
Green Bean Bundles
Green Beans With Feta & Dill
Green Beans With Ham & Basil
Jalapeño Poppers
Kale Pesto
Kickin' Greens
Mozzarella Basil Chicken
w/Roasted Grape Tomatoes
Nutty Sweet Potato Biscuits
Spinach Slaw
Spring Harvest Salad
Strawberry Salsa
Summer Veggie & Wild Rice Bake
Sweet & Spicy Butternut Squash
Sweet & Savory Cucumber Salad
Sweet & Spicy Brussels Sprouts

Tomato Basil Salad
Turnip Green Soup
Very Berry Salsa
Watermelon Salsa
Yellow Squash Ribbons
Zippy Zucchini Cakes
Zucchini Rosemary Pizza



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