

Andrea Holley's Favorite Low Carb BBQ Side Dishes

7 Layer Dip

Ingredients

For the cauliflower layer:

- 4 cups cooked cauliflower florets, well drained
- 2 tablespoons sugar free mayonnaise
- 1 teaspoon Creole seasoning
- 3 tablespoons heavy whipping cream
- 1/2 teaspoon ground cumin
- 3 tablespoons canned chipotle in adobo sauce
- 1 tablespoon avocado oil (or other light tasting oil)

For the avocado layer:

- 2 cups mashed avocado
- 2 teaspoons lime juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- To assemble the dip:
- 2 cups full fat sour cream
- 1 teaspoon Creole seasoning
- 1 cup chopped tomatoes
- 1 cup finely shredded cheddar cheese
- 1/2 cup chopped scallions
- 1/4 cup sliced black olives
- 2 tablespoons chopped cilantro (optional)

Instructions:

For the Cauliflower layer:

Combine the cooked cauliflower, mayonnaise, Creole seasoning, heavy whipping cream, cumin, chipotle, and avocado oil in a blender or food processor.

Blend until mostly smooth and thick.

For the Avocado Layer:

Mash the avocados with a fork until a slightly chunky consistency is reached.

Stir in the lime juice, salt and pepper.

To Assemble:

In an 8 inch trifle bowl or casserole dish, spread the cauliflower layer evenly over the bottom.

Spread the sour cream layer over the cauliflower layer.

Drop the avocado mixture by spoonfuls over the sour cream layer and carefully spread out until fully covered.

Sprinkle the Creole seasoning over the avocado layer.

Spread the chopped tomatoes over the avocado layer.

Sprinkle the shredded cheese evenly over the tomatoes.

Toss the scallions on over the tomato layer.

Dot the olive slices evenly over the top of the scallions.

Garnish with chopped cilantro.

Not Potato Salad

Ingredients

- 2 heads Cauliflower (cut into florets; about 10 cups)
- 2 tablespoon Olive oil
- 1/2 teaspoon Sea salt
- 1/4 teaspoon Black pepper
- 1.5 cups Avocado mayonnaise
- 1/4 cup Yellow mustard
- 1 cup Dill pickles (diced)
- 1 cup White onion (minced)
- 1/2 cup Celery (diced)
- 6 large Hard boiled eggs
- 1 tablespoon Apple cider vinegar
- Paprika (for topping)

Instructions:

Preheat the oven to 375° F. Line 2 large baking sheets with parchment.

Dice the cauliflower into 1 inch cubes and toss with olive oil and salt and pepper. Spread onto the baking sheets in a single layer. Bake for 30 minutes (flipping halfway through) until the tops are just starting to turn golden. Let cool.

While the cauliflower is baking hard boil your eggs.

In a large bowl combine the remaining ingredients, add it the cauliflower and 4 diced eggs, toss to coat. Taste for salt and pepper and add more if needed. Layer the salad into a serving dish, thinly slice the remaining eggs and lay them across the top. Sprinkle with paprika, chill until ready to serve.

Trick to making cauliflower taste more like potatoes:

Cut the cauliflower into small cubes

Bake the cauliflower until slightly soft but still a bit firm just like you would potatoes. You don't want to create cauliflower mash here.

By Wicked Spatula

Caprese Zucchini Pasta

Ingredients

2 pounds zucchini, washed and dried and spiralized
10.5 ounces cherry tomatoes, diced in half lengthwise
8 ounces mozzarella pearls
4 tablespoon balsamic vinegar
2 tablespoon olive oil
3.4 ounces fresh basil, chopped
salt and pepper, to taste

Instructions

Place the spiralized zucchini noodles, cherry tomatoes, mozzarella pearls, balsamic vinegar, olive oil, and basil in a medium-to-large serving bowl and mix until combined.

Taste and season with salt and pepper.

Place the salad in the refrigerator to allow the flavors to mend for at least 2 hours.

Serve cold.

By Gal On A Mission

BBQ Bacon Wrapped Lil Smokies

Ingredients:

24 Lit'l Smokies

6 slices bacon

3 tablespoons BBQ Sauce

Salt and pepper to taste

Instructions:

Preheat oven to 375F.

Start by slices of bacon into quarter-pieces, so you have 24 quarter-slices of bacon. Place a little smokie on top of the slice of bacon.

Roll the little smokies up in the bacon so that there is a small amount of overlap and stick a toothpick into them.

Set on a cookie sheet covered with foil and bake for 25 minutes. After 25 minutes, baste little smokies with BBQ sauce and bake for another 10-12 minutes.

Remove from the oven and let cool slightly, then serve.

BBQ Sauce:

Ingredients:

$\frac{1}{2}$ cup reduced sugar ketchup

1 tablespoon Louisiana Hot Sauce

2 teaspoons yellow mustard

1 teaspoon liquid smoke

1 teaspoon Worcestershire sauce

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{2}$ teaspoon onion powder

$\frac{1}{2}$ teaspoon chili powder

$\frac{1}{2}$ teaspoon cayenne pepper

$\frac{1}{2}$ teaspoon cumin

Instructions:

Find a small mixing bowl and add your $\frac{1}{2}$ Cup of Reduced Sugar Ketchup.

Add your Louisiana Hot Sauce, Worcestershire Sauce, liquid smoke, garlic powder, onion powder, and chili powder. Mix well.

Add some extra cayenne pepper if it isn't hot enough. I like my BBQ sauce tangy and full of heat

Add a little bit of mustard. I usually go with 2 tsp., but test it before you add too much.

Add your cumin and mix well.

Keep mixing it until all lumps are out and it is up to your taste.

Coleslaw

Ingredients:

1/4 cup Apple Cider Vinegar
1 tablespoon Pyure sweetener, or your choice
1/4 cup Sour Cream
1 cup Mayonnaise, Avocado mayo works great!
1 teaspoon Onion Powder
1 tsp Celery seasoning
1/2 tsp Pink Himalayan Salt
1/2 tsp Black Pepper
1 teaspoon Spicy Brown Mustard (optional)
Gives a GREAT kick!
3/4 cup each green and red cabbage, shredded
1/2 cup radishes, julienned or chopped
1 sprig of green onion, chopped

Instructions

In a bowl, stir together sweetener and vinegar until dissolved.
Add remaining dressing ingredients and mix well.
Fold in veggies. Cover and refrigerate for at least 15 minutes before serving.

By It's Simple By How to This and That