TOP 5 KETO Christmas DINNER RECIPES

CLAUDIA J. CALDWELL



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info@cj-caldwell.com

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Turkey Chilli Winter Warmer

Ingredients:

- 24 oz turkey (minced).
- 16 oz tomatoes (crushed).
- 6 oz tomato puree.
- 4 garlic cloves (crushed).
- 1 zucchini (chopped).
- 1 cup water.
- 1 cup olive oil.
- 2 tbsp chilli powder.
- 2 tsp chilli flakes.
- 2 tsp cumin.
- 1 tsp onion powder.
- 1 tsp salt.

Instructions:

- Heat the oil in a large frying pan; add the turkey and garlic and cook for 15 - 20 minutes, until browned.
- Add all ingredients to the turkey (except the zucchini). Bring to the boil and then simmer for 2 hours, stirring occasionally.
- After 1 hour 45 minutes, add in the zucchini.

Nutritional Information:

Total servings - 4
Per serving:
Fat: 46g
Carbohydrates: 17g
Protein: 34g
Calories: 638

Autumnal Harvest Pumpkin Stew

Ingredients:

- 24 oz pork sausage.
- 2 cups chicken stock.
- ½ cup thick cream.
- ½ cup pumpkin puree.
- ½ cup red onion (chopped).
- ⅓ cup red peppers (chopped).
- 1 garlic clove (crushed).
- 2 tbsp butter.
- 1 tsp mixed herbs (dried).
- ½ tsp chilli flakes.

Instructions:

- In a large frying pan, cook the sausage, onion and peppers.
- When thoroughly cooked, sprinkle in mixed herbs and chilli flakes.
- Gradually add chicken stock, thick cream, butter and pumpkin puree; simmer for 20 minutes until the stew thickens.

Nutritional Information:

Total servings - 4
Per serving:
Fat: 72g
Carbohydrates: 6g
Protein: 29g
Calories: 768

A Twist on Thanksgiving Turkey

Ingredients:

- 24 oz turkey breast.
- 7 oz cream cheese.
- 2 cups thick cream.
- 2 tbsp butter.
- 1 tbsp soy sauce.
- Salt and pepper.

Instructions:

- Preheat oven at 350 degrees.
- In a large frying pan, melt half of the butter and fry the turkey breast until golden brown.
- Put the turkey and juices in an ovenproof dish to cook thoroughly.
- Pour the turkey juices into a saucepan, add the cream cheese and cream.
- Stir and bring to a light boil. Simmer and let thicken.
- Add soy sauce, salt and pepper.
- Drizzle sauce over turkey.

Nutritional Information:

Total servings - 4
Per serving:
Fat: 66g
Carbohydrates: 6g
Protein: 46g
Calories: 816

Salmon with Cream Cheese Spinach

Ingredients:

- 10 oz spinach (chopped).
- 4 salmon fillets.
- 3 oz cream cheese.
- 4 garlic cloves (crushed).
- ½ cup thick cream.
- 3 tbsp butter.
- 2 tsp olive oil.
- ¼ tsp salt.
- ¼ tsp black pepper.

Instructions:

- Preheat oven at 400 degrees.
- Lightly drizzle the salmon with olive oil and wrap in kitchen foil.
- Bake for 15 - 20 minutes.
- As the salmon cooks, heat butter in a large frying pan and add garlic.
- Add spinach, let cook until completely wilted.
- Add the cream cheese, cream, salt and pepper. Stir continuously until melted and thickened.
- Place spinach on a plate and top with salmon.

Nutritional Information:

Total servings - 4
Per serving:
Fat: 40g
Carbohydrates: 7g
Protein: 38g
Calories: 540

Sweet Glazed Ham with Roasted Mustard Brussels

Ingredients:

- 1 ham shank.
- 16 oz brussels (halved).
- 4 bacon slices.
- 2 garlic cloves (crushed).
- 1 ½ tbsp olive oil.
- 1 tbsp butter.
- 1 tbsp maple extract.
- 1 tbsp mustard (whole grain).
- 2 tsp dijon mustard.
- ½ cup Stevia.
- ½ tsp paprika.
- 4 drops orange oil.

Instructions:

- Preheat oven at 250 degrees.
- Score the ham so that glaze can enter.
- Melt Stevia and butter over a medium heat until completely melted and add in maple extract and orange oil. Brush ⅓ glaze over ham.
- In a large ovenproof dish, pour in one cup of water and add the ham. Cover with foil, bake for 4 hours.
- Remove from oven, brush over remaining glaze, cover with foil and bake for an additional 30 minutes at 300 degrees.
- Remove foil and turn temperature to 350 degrees; bake for 30 minutes.
- Cover with foil and set aside.
- Turn oven to 400 degrees.
- Place brussels and bacon in an ovenproof dish.
- Mix together olive oil and garlic, sprinkle over the brussels and bacon.
- Bake for 25 minutes until brussels are browned and bacon is crispy.
- Mix in remaining ingredients and bake for an additional 5 minutes.
- Slice the ham and serve with brussels.

Nutritional Information:

Total servings - Ham - 12 / Brussels - 4
Per serving:
Fat: 34g
Carbohydrates: 9g
Protein: 37g
Calories: 514

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