



HEALTHPOINTE

live better, feel better

HEALTHPOINTE FRIENDLY RECIPES



Donna Bahler

Ken's Grilled Chicken

Ingredients:

- ¼ Chicken leg Quarters or thighs
- Chica Licka Bam Bam Bird Rub



Directions:

- 1) Sprinkle the rub on the chicken.
- 2) Grill 24 minutes until the internal temperature is 165 degrees.



Walnut/Pecan Crusted Chicken

Ingredients:

- 1 Tbsp kosher sea salt
- 1 C raw walnuts or pecans
- 4 cloves of garlic, minced
- 2 Tbsp fresh rosemary, chopped
- 1/8 tsp cayenne pepper
- 3 large chicken breasts or skinless, boneless thighs (1 ½ - 2lb)
- 2 Tbsp walnut oil or avocado oil or butter
- Salt and pepper



Directions:

- 1) To brine the chicken, fill a large bowl with cold water and stir in the salt until mostly dissolved. Place the chicken in the bowl and chill in the refrigerator about 1 hour.
- 2) Preheat the oven to 375 degrees and lightly grease a 9 X 13 glass or ceramic baking dish.
- 3) In a food processor, grind the walnuts (or pecans) until they resemble coarse crumbs. Transfer into a bowl and stir in the garlic, rosemary and cayenne.
- 4) Remove the chicken breasts from the brine and pat dry. Carefully slice each breast horizontally through the center to make 6 cutlets.
- 5) Arrange the chicken in a single layer in the prepared baking dish. Drizzle the chicken with the oil and brush to coat, then season generously with salt & pepper.
- 6) Sprinkle the nut mixture over the chicken and use a spoon to press firmly into the chicken. Bake until golden and the chicken is cooked through, 20 to 25 minutes.

Mexican Shredded Beef

Ingredients:

- 4 lb chuck roast
- Salt and pepper
- 2 Tbsp avocado oil
- 15 oz can diced tomatoes (not drained)
- 1 cup water
- 2 Tbsp liquid smoke, optional
- 4 cloves garlic minced
- 1 tsp ground cumin
- 1 tsp chipotle powder OR 1 Tbsp chili powder



Directions:

Slow Cooker Method:

Brown the roast in a skillet before adding it to the slow cooker. Season with salt and pepper. Add the tomatoes with their juices, water, liquid smoke, cumin and chili powder.

Cook on low for 8 hours until the roast is tender and can be easily pierced with a fork. Use 2 forks to shred the meat.

Instant Pot Method:

Use the sauté function to brown the beef. Reduce the water to 1/3 cup. Turn to manual high or stew/meat for 70+ minutes.

Store in a covered container in the refrigerator for up to 5 days. It can also be frozen for up to 3 months.

Rhubarb Custard Pie

Ingredients:

- 1 ¼ lb rhubarb chopped into ½ inch pieces or 1 lb bag frozen, thawed and drained
- 1 C heavy cream
- 4 large eggs
- ¾ C sweetener or equivalent
- 1 tsp vanilla
- ¼ C coconut flour
- 1 tsp baking powder
- ¼ tsp salt



Directions:

- 1) Preheat oven to 350 degrees and grease a 9-inch pie pan. Spread the rhubarb in the bottom of the pan.
- 2) In a blender, combine the cream, eggs and sweetener. Blend briefly to combine, then add the remaining ingredients and blend until smooth.
- 3) Pour the mixture over the rhubarb and spread out evenly in the pan. Bake 50 to 60 minutes, until golden around the edges and the center is just barely set.
- 4) Remove from the oven and let cool completely, then refrigerate at least 4 hours to firm up.

8 slices. 1 slice = Carbs 5.4g Fiber 2.1g Protein 4.7g

Shortbread Cookies

Ingredients:

- ¾ C low carb sweetener or equivalent
- ¼ C butter softened and salted
- 2 large eggs room temperature
- 1 tsp vanilla extract
- 2 C almond flour



Directions:

- 1) Preheat oven to 350.
- 2) Line a large baking sheet with parchment paper.
- 3) In a large mixing bowl, add butter and sweetener.
- 4) Using a hand mixer, beat together until creamy.
- 5) Add the vanilla and eggs, one at a time, until combined and smooth.
- 6) Gently fold in the almond flour, until combined.
- 7) Using a large spoon or cookie scoop, form 12-15 balls of dough and place on the lined pan.
- 8) Bake the cookies for 17-20 minutes or until beginning to go golden around the edges.
- 9) Remove from the oven and allow cookies to cool completely.

Shortbread cookies can be stored at room temperature, in a sealed container, for up to 4 weeks. They can be stored in a ziplock bag in the freezer for up to 6 months.

1 cookie = 4g carbs, net carbs = 2g

Double Chocolate Chip Cookies

Ingredients:

- ½ C melted butter
- ¾ C sweetener
- 2 large eggs, beaten
- 1 tsp vanilla
- 1 C almond flour
- ¼ C coconut flour
- ½ C cocoa powder
- 2 tsp baking powder
- ½ tsp pink salt
- ½ tsp xanthan gum
- 1/3 to ½ C chocolate chips



Directions:

- 1) Cream the butter and sweetener together.
- 2) Add eggs and vanilla.
- 3) In a separate bowl, mix the dry ingredients together.
- 4) Add to the egg mixture. Stir.
- 5) Fold in the chocolate chips.
- 6) Using a large spoon or cookie scoop, form into balls of dough.
- 7) Press down slightly into a cookie shape.
- 8) Bake 350 degrees 12-15 minutes.



Makes 18 cookies. 2g carbs / cookie.

Can prep and freeze until ready to bake.

Cookie is crumbly when thawed.

Tastes great frozen. Chocolate chip is hard, but good.