Feta Burger with Cauliflower Mash
Green Bean Almandine & Creamy Mushroom Sauce.
Notice the Calories are only 25 for 3 oz. 3 net carbs and 2 grams fiber.
Cauliflower Mash

- 1 Large Head Cauliflower
- 2 oz. cream cheese
- 3 T. butter
- 2 T. green onions
- 1 T. Chopped Parsley
- ¼ C. Heavy Cream
- Salt & Pepper to Taste
- Bacon Bits (optional)
Cut the Cauliflower into florets, blanch in a pot of boiling water for about 8-10 minutes, cook until soft but not mushy.
Place all the other ingredients in a stainless bowl. I like to place the bowl on the pot that is cooking the cauliflower to begin to soften the cream cheese and butter.
When the Cauliflower is done, Drain well in a colander, Add to the other ingredients and mash with potato masher season with Salt & Pepper
Other options: you can add parmesan cheese, and bacon, place in a baking dish, Top with Cheddar cheese, Bake in the oven for a twice baked Cauliflower.
Did you know?

Three florets of cauliflower a day will provide you with 67% of your daily vitamin C requirement.

http://www.bellybytes.com/

FUN FACT’S ABOUT CAULIFLOWER
Like many great traditional pizza crusts, Trader Joe's gluten-free Cauliflower Crust is made in Italy with straightforward ingredients. Garnish it with your favorite toppings or simply crisp and cut into pieces for snacking or dipping.

Nutrition Facts

Serving size 1/8 crust (50g/1.8oz)

Amount per serving

Calories 80

% Daily Value

Total Fat 1g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 220mg 9%
Total Carbohydrate 17g 6%
Dietary Fiber 1g 4%
Sugars 6g
Protein 2g

Total Sugars 4g
Added Sugars 3g

Servings Per Container 8

Cooking Instructions:

COOK FRESH FROZEN. DO NOT THAW.

Pizza: Preheat oven to 425°F. Remove all packaging. Cover pizza crust with sauce, followed by cheese and toppings of desired. Place on oven rack or pizza pan and bake until cheese is golden on edge, 8 to 10 minutes. Rest 2 or 3 minutes before slicing.

Fritatta: Preheat oven to 425°F. Remove all packaging. Gently place crust with cheese all the way to edge of crust. Sprinkle with dried herbs. Place in oven directly on oven rack and bake until cheese is golden and crispy, 10 to 15 minutes. Rest 2 or 3 minutes before slicing.

*For crispier crust.
# GREEN BEANS

**Nutrition Facts**

A 100-gram serving of raw green beans contains about:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>31 kcal</td>
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</tr>
<tr>
<td>Protein</td>
<td>1.8 g</td>
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<tr>
<td>Fiber</td>
<td>3.4 g</td>
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</tr>
<tr>
<td>Carbs</td>
<td>7.1 g</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td>0.1 g</td>
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- **Vitamin C**: 16.3 mg (27% DV)
- **Vitamin K**: 14.4 mg (18% DV)
- **Vitamin A**: 690 IU (14% DV)
- **Manganese**: 0.2 mg (11% DV)
- **Folate**: 37 mcg (9% DV)
- **Thiamine**: 0.1 mg (6% DV)
- **Riboflavin**: 0.1 mg (6% DV)
- **Iron**: 1 mg (6% DV)
- **Magnesium**: 25 mg (6% DV)
- **Potassium**: 209 mg (6% DV)
Green Bean Almandine

- 1 # Green Beans (Haricots Verts)
- 4 T. Butter
- ½ Onion Sliced
- ¼ C. Almonds Sliced or Slivered
- 2 T. Lemon Juice
- 1 Clove Garlic Minced
- 2 T. Fresh Parsley or Dill
- Salt & Pepper to Taste
Bring a pot of water to a boil. When the pot is boiling add the Green Beans and cook until crisp-tender and bright green. Drain and blanch in cold water. In a large Sauté pan over medium heat add the butter and onions and cook for 4-5 minutes until soft. Add the Almonds. Cook until the almonds just begin to brown.
Add the green beans warming them all of the way through. Squeeze the lemon juice in avoiding the seeds. Finish with parsley or dill, Season with salt & pepper
I almost always buy my green beans frozen and keep them stocked in my freezer for a quick and friendly side dish.
Beef Burger with Feta

- 1 # Ground beef
- 2 T Olive oil
- 1 t. Garlic minced
- 2 T. Green scallion
- ¼ C. Feta Cheese crumbled
- 2 T Fresh Herbs (Thyme, Parsley, Dill or Rosemary) any combo of these herbs.
- ½ t. Salt
- ½ t. Pepper
Combine the Ground Beef with all other Ingredients.
Form into four patties. Grill or pan fry. These can be made ahead of time and grilled just before dinner.
Wild Mushroom Cream Sauce

- 3 T. butter
- 8 oz. Button Mushrooms
- ½ C. Dried Mushrooms
  - (Morels, Porcini, Shitake, Chanterelles)
- ½ C. White Wine
- 1 Clove Garlic minced
- ½ Small Onion diced
- 1 t. Thyme
- ¼ C White Wine
- 1 C Heavy Cream
- Salt & Pepper to Taste
If you are using dried mushrooms, start by soaking them in warm water for about 15 minutes. When done soaking lift them out of the water leaving the sand and grit at the bottom.
Start the onions in the butter cooking for 4-5 minutes until they begin to soften. Next add the garlic and cook for another minute.
Next, Turn the heat up to a medium high, add the mushrooms to the pan, notice they will release quite a bit of liquid, let that reduce down until the pan is almost dry.
Add the wine and let that reduce by half.
Last add the cream and herbs bringing it to a boil. Season with Salt and Pepper.
Serve this over any grilled Beef or Chicken.