

A top-down view of a kitchen scene. In the upper left, a glass jar with a metal clasp contains a dark, textured sauce. To its right, a small bowl is filled with sliced almonds. In the lower half, a dark-colored pan is filled with green beans, topped with sliced almonds. A white text box is overlaid in the center.

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NUTRITION

Easy & Satisfying
Low Carb Sides

When rice, pasta, or potatoes
won't cut it, try these flavorful
ideas.

SIDE DISHES

Low Carb



Roasted Asparagus with Pecans

Ingredients: Trimmed asparagus, avocado oil, nutritional yeast, salt. Top with chopped pecans.

Roast asparagus, nutritional yeast, and salt at 400 F (205 C) for 15 minutes. Cook until desired consistency and top with pecans.



Mushrooms and Bacon

Ingredients: Sliced mushrooms, uncured no sugar added bacon, chopped parsley.

Cook bacon in a skillet until crispy on both sides. Remove bacon from heat and discard most bacon grease, leaving a thin layer. Add sliced mushrooms and cook until desired consistency. Top with crumbled bacon and parsley.



Honey Roasted Brussel Sprouts

Ingredients: Brussel sprouts (halved), avocado oil, honey, garlic powder, salt and pepper. Top with slivered almonds and blue cheese.

Roast at 400 F (205 C) for 20 minutes and top with blue cheese and slivered almonds



Garlic Green Beans

Ingredients: Green beans, garlic, sea salt, avocado oil.

Warm all oil in a skillet. Add all other ingredients and cook, flipping occasionally until desired consistency. Option to top with sliced or chopped nuts.



Herb Roasted Carrots

Ingredients: Carrots, avocado oil, ground pepper, thyme leave, oregano, flat leaf parsley.

Toss all ingredients together and roast at 425 degrees F (220 C) for 15 minutes.



Parmesan Roasted Zucchini

Ingredients: Zucchini (sliced thin), grated parmesan, garlic, avocado oil, sea salt, pepper.

Toss all ingredients together and roast in a single lay at 425 degrees F (220 C) for 15 minutes, flipping once.

SIDE DISHES

Low Carb



Pickled Beet Salad

Ingredients: Sliced pickled beets, goat cheese, chopped dill, basil leaves, salt, pepper.

Warm beets and cheese together in the oven on low heat. Top with fresh dill, basil, salt, and pepper before serving.



Garlic Butter Cauliflower Rice

Ingredients: Riced cauliflower, minced garlic, butter, salt, pepper.

Heat butter in a large skillet. Add garlic and cook 1-2 minutes. Add remaining ingredients and cook, occasionally stirring until desired consistency.



Cabbage Steaks

Ingredients: Head of cabbage sliced into 1 inch rounds, avocado oil, onion powder, garlic powder, salt, pepper.

Coat cabbage rounds with all other ingredients. Roast at 400 F (205 C) for 25 minutes, flipping once.



Sautéed Broccoli and Parmesan

Ingredients: Broccoli florets or broccolini, avocado oil, salt, pepper, Parmesan

Warm all oil in a skillet. Add all other ingredients except parmesan and cook, flipping occasionally until desired consistency. Top with Parmesan.



Mashed Turnip and Carrots

Ingredients: Peeled carrots, chopped turnips, ghee/butter, salt, pepper.

Boil carrots and turnip until soft. Remove from water, pat dry, and mash together with butter, salt, and pepper.



Avocado Cucumber Salad

Ingredients: Chopped avocado, chopped cucumber, lime juice, chopped cilantro, salt.

Toss all ingredients together and enjoy fresh.