

CHOCOLATE MUDSLIDE

Halfway between a drink and a frozen dessert, these sweet treats can be enjoyed with a spoon or slurped through a straw.

Prep time: 5 minutes Cook time: 5 minutes 4 servings

1 cup heavy cream	2 tablespoons cocoa powder
½ cup water	2 teaspoons chocolate extract
½ cup Atkins® Sugar Free Chocolate Syrup	1 teaspoon vanilla extract

1. In a medium saucepan, combine cream, water, syrup and cocoa. Bring to a boil over medium heat. Reduce heat to low; cook, stirring occasionally, 5 minutes. Remove from heat. Stir in chocolate and vanilla extracts.
2. Pour mixture into an 8-inch square pan. Freeze until almost solid, about 3 hours. To serve, transfer mixture to blender or food processor and blend until softened. Transfer to glasses.

Carbohydrates per serving: 3.5 grams; Net Carbs: 2.5 grams;
fiber: 0.9 grams; protein: 1.8 grams; fat: 22.4 grams; calories: 220



YELLOW SQUASH AND GRUYERE FRITTATA

The frittata gets a quick finish under the broiler. Ovenproof your skillet by wrapping the handle with a double layer of aluminum foil.

Prep time: 10 minutes Cook time: 10 minutes 4 servings

2 tablespoons butter	10 large eggs
2 medium yellow squash, cut into ¼-inch rounds (2½ cups)	¼ cup water
1 packed tablespoon thinly sliced fresh sage or basil leaves	½ teaspoon salt
¾ cup coarsely shredded Gruyere cheese	

1. Melt butter in 12-inch nonstick ovenproof skillet over medium-high heat. Add squash and sauté 8 minutes; stir in sage and sprinkle with salt, cook just 1 to 2 minutes more until tender and browned in spots.
2. Meanwhile, arrange oven rack 6 inches from heat source; heat broiler. Whisk the eggs, water and salt in a bowl. Melt remaining tablespoon butter in skillet; pour eggs over squash. Reduce heat to medium-low, cover and cook until set on bottom and edges (but top will still be loose), about 3 minutes. Sprinkle Gruyere evenly over top.
3. Broil frittata until just set, about 1 minute. Cut into wedges. Makes 4 servings.



TOMATO, CUCUMBER AND FETA SALAD

Use the scale in the produce section to buy the appropriate amounts of tomatoes and cucumbers. We don't use any olive oil in this recipe because the olives and cheese add richness, but feel free to add some, to taste.

Prep time: 15 minutes 6 servings

1 pound tomatoes, seeded and cut into ½-inch pieces	½ teaspoon salt
1 pound cucumbers, seeded and cut into ½-inch pieces	¼ teaspoon ground pepper
1 teaspoon grated lemon rind	½ cup feta cheese, crumbled
½ cup cured black olives, pitted and chopped	

1. In large salad bowl, toss tomatoes, cucumbers, lemon rind, salt and pepper. Let sit 15 minutes.
2. Top with feta and olives.

Carbohydrates per serving: 7 grams; Net Carbs: 5 grams; fiber: 2 grams;
protein: 3 grams; fat: 4 grams; calories: 72



CHEDDAR BURGERS WITH CHIPOTLE SAUCE

Chipotles are smoked jalapeño peppers that add an appealing smoky heat to foods. This recipe uses canned chipotles in adobo sauce, which are chipotles packed in a tomato sauce with vinegar and spices.

Prep time: 10 minutes Cook time: 10 minutes 4 servings

2 pounds ground chuck	1 cup (4 ounces) shredded cheddar cheese
4 teaspoons Atkins Quick Quisine™ Steak Sauce	¼ cup mayonnaise
½ teaspoon salt	1 chipotle pepper in adobo, finely chopped

1. Prepare a medium grill or heat broiler. Combine ground beef, steak sauce and salt. Form into 6 patties, about 3½ inches across by 1 inch thick.
2. Grill patties, covered, 5 minutes per side for medium-rare doneness (cook longer, if desired). Two minutes before the burgers are done top with cheddar cheese and cover grill.
3. While burgers are cooking, mix mayonnaise and chipotle. Top burgers with sauce and serve.

Carbohydrates per serving: 1 gram; Net Carbs: 1 gram; fiber: 0 grams;
protein: 42.5 grams; fat: 39.5 grams, calories: 540

