



SINLESS SOURDOUGH: FROM SUNRISE TO SUNSET

Simple Low-Carb Recipes Using Sinless Sourdough



TABLE OF CONTENTS

Introduction	01
Author Bio	04
Breakfast:	07
• Sinless Breadcrumbs	08
• Sinless Breakfast Strata	10
• Sinless Breakfast Sandwich	12
• Sinless French Toast	14
• Sinless Eggs Benny	16
Lunch:	18
• Sinless Grilled Cheese	19
• Sinless Prosciutto & Mozz Panini	21
• Sinless Caprese Sandwich	23
• Sinless Sourdough Banh Mi	25
• Sinless Open-Faced Tuna Melt	27
Snacks:	29
• Sinless Trail Mix	30
• Sinless Pizza Bites	32
• Sinless Crostini with Smoked Salmon	34
• Sinless Mini Quiches	36
• Sinless Pesto Pinwheels	38

Hors D'oeuvres and Appetizers: 40

- Sinless Bacon-Wrapped Asparagus Bites 41
- Sinless Stuffed Mushrooms 43
- Sinless Spinach and Artichoke Dip Cups 45
- Sinless Cheeseburger Sliders 47

Soups: 49

- Sinless French Onion Soup 50
- Sinless Gazpacho with Croutons 52
- Sinless Garlic Soup 54
- Sinless Beer and Cheddar Soup 56
- Sinless New England Clam Chowder 58

Salads: 60

- Sinless Caesar Salad 61
- Sinless Crunchy Italian Bread Salad 63
- Sinless Spinach Salad 65

Dinner: 67

- Sinless Stuffed Chicken Breast with Sinless Sourdough Topping 68
- Sinless Eggplant Parmesan 70
- Sinless Chicken Cordon Bleu 72

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Introduction

Welcome to Sinless Sourdough: From Sunset to Sunrise, a cookbook that celebrates the versatility of Sinless Sourdough in delicious, low carb recipes for every meal of the day.

This book is designed for those who have embraced the art of low carb sourdough baking and are eager to explore the many ways this wholesome bread can enhance their culinary repertoire.

Sourdough is more than just a loaf to slice and serve; it's a gateway to a world of flavorful, nutritious dishes that can elevate your meals from morning until night. From breakfast to dinner, each recipe in this collection showcases how homemade Sinless Sourdough can be incorporated into a variety of delectable low carb dishes. By using your freshly baked sourdough, you not only enjoy its rich, tangy flavor but also benefit from its healthy components, such as gut-friendly bacteria, fiber, and protein. Or you may have Sinless Sourdough left over and want to use it up in a recipe.

Incorporating Sinless Sourdough into your daily meals is a delightful way to support a healthy microbiome. The fermentation process involved in making sourdough creates beneficial probiotics that can enhance gut health, improve digestion, and boost overall well-being.

By integrating these nutritious elements into your diet, you are making a conscious effort to nourish your body while enjoying the culinary creativity that sourdough offers.

As you turn the pages of this cookbook, you will find easy-to-follow low carb recipes that inspire you to experiment and create.

Whether you're whipping up a savory breakfast, a satisfying lunch, a healthy snack, an hors d'oeuvre or appetizer or a comforting dinner, each dish is crafted to highlight the unique qualities of Sinless Sourdough.

Embrace the joy of cooking with low carb sourdough, and let it transform your meals into something truly special. If you have no Sinless Sourdough on hand, use low carb sandwich bread to prepare these recipes. The choice is yours!

The Recipes

All the recipes feature straightforward, readily available ingredients. The recipes are a jumping off point to get your creative juices flowing. Improvise, change, make them your own. Just remember that secret to achieving rich flavors in these simple dishes lies in using fresh, high-quality and seasonal ingredients.

All recipes in this collection highlight Sinless Sourdough as a key ingredient. Some recipes call for slices of bread, while others require baguette rounds or breadcrumbs. For slices, simply bake your Sinless Sourdough in a bread pan; for baguettes, use a baguette pan. You'll likely find yourself baking a new loaf while still having some leftover in the refrigerator. Any older bread can be transformed into breadcrumbs, ensuring nothing goes to waste.

Sinless Sourdough Breadcrumbs

Some recipes require Sinless Sourdough breadcrumbs, which is the first recipe listed. Others specify small rounds of Sinless Sourdough. To create these rounds, use your preferred Sinless Sourdough bread recipe and bake it in a baguette pan; this allows you to slice small rounds from the baguette for your dishes. Additionally, some recipes call for slices of Sinless Sourdough bread. Use your preferred sourdough recipe and bake it in a loaf pan.

Nutritional Values

The nutritional values for the Sinless sourdough starter (1 cup) and a slice of the Sinless Sourdough Red Fife bread (1/2-inch) have been incorporated into the overall nutritional values for each recipe, per serving.

The nutritional values for 1 Red Fife Baguette round have been used for the recipes calling for baguette rounds.

It's important to note that precise nutritional values may vary due to factors such as slice thickness and weight. Additionally, while all recipes are designed to be low in carbohydrates, the exact nutritional content can differ based on the specific brands of ingredients used and any creative modifications made during preparation.

Remember that if you make your bread using the Sinless Sourdough Einkorn Artisan bread recipe or one of the high protein recipes, the values will be lower.

Nutritional Information Disclaimer

The nutritional data provided is offered as a courtesy and should be considered approximate. Due to variations in ingredient brands, recipe adherence, and potential creative additions, I cannot guarantee absolute nutritional accuracy for any recipe. Please use this information as a general reference rather than a definitive nutritional guide.

Join me on this flavorful journey from sunset to sunrise. Discover how Sinless Sourdough can become a cherished part of your everyday cooking and a cornerstone of your healthy lifestyle.

Enjoy the process, savor the results, celebrate the art of low carb living, and heal your gut one slice at time!

About the Author

At the age of 12, MAC's love for baking began to blossom as she discovered the joy of creating delicious treats for her family. On Friday nights, she would whip up a loaf of banana bread, filling their home with the warm, inviting aroma of freshly baked goods.

These cozy evenings were often spent gathered around the television, enjoying classic shows like *The Monkees*, *Nanny and the Professor*, and *The Brady Bunch*.

On weekends, the family would retreat to their cottage, where MAC continued her baking tradition, sharing her banana bread with loved ones amidst the serene backdrop of nature. This early passion for baking not only fostered a sense of togetherness but also laid the foundation for her lifelong journey in the culinary world.

For the past decade and now in her 60's, MAC has dedicated herself to perfecting low carb dishes, including breads and baked goods, supporting her and her husband Shawn's low carb diet and lifestyle. This commitment has culminated in her latest passion project: mastering low-carb sourdough bread.

The Quest for Authentic Low-Carb Sourdough

For over a year, MAC immersed herself in the intricate world of sourdough, adapting this ancient art to align with modern low carb dietary principles. Her journey began with a frustrating search for authentic low carb sourdough recipes, only to find inadequate alternatives:

- Sourdough starters using almond flour or other low carb flours, which lack fermentable carbohydrates
- Recipes relying on yogurt, apple cider vinegar, buttermilk, or lemon juice with baker's yeast to mimic sourdough flavor and rise

These methods, while producing tangy bread, fail to capture the true essence and health benefits of authentic sourdough.

The Science of Sourdough

True sourdough bread is a product of fermentation by wild yeast and lactic acid bacteria. This process offers several health benefits:

- 1. Improved digestibility:** The fermentation process breaks down gluten, making nutrients more bioavailable.
- 2. Lower glycemic index:** Sourdough fermentation reduces the bread's glycemic impact, beneficial for blood sugar management.
- 3. Probiotic properties:** The fermentation process cultivates beneficial bacteria, supporting gut health.

MAC's Low-Carb Sourdough Innovation

After extensive experimentation, MAC successfully created recipes for:

- Low carb sourdough starter
- Low carb sourdough breads
- Low carb sourdough baked goods

Her innovative approach combines her extensive culinary knowledge with a commitment to healthful eating, resulting in guilt-free alternatives to traditional sourdough creations. These recipes maintain the authentic sourdough process while adhering to low-carb principles, offering a unique solution for those seeking the benefits of sourdough without the high carbohydrate content.

Shari MAC, (formerly Shari Darling), a best-selling and International award-winning cookbook author, spent over three decades immersed in the world of traditional wine and gourmet food. She co-hosted a national TV series called "Simply Wine and Cheese" with

the late Al Waxman, known for his role as Lieutenant Bert Samuels in the American TV series “Cagney and Lacey”.

As a syndicated columnist, food editor, recipe developer, and teacher, MAC’s expertise is unquestionable—today she also teaches classes on low-carb bread making, Keto, low-carb cooking, and homemade cheesemaking.

Her work in sensory science, as it pertains to wine and food pairing, has been implemented into training programs for chefs and sommeliers at George Brown College and CCOVI at Brock University in Ontario, Canada. MAC is also the creator of innovative learning tools such as the Icewine Flavour Wheel and the Canadian Wine Wheel.

However, her passion for gourmet fare came at a cost: a 70-pound weight gain.

Determined to reclaim her health, MAC embraced a Keto diet, later transitioning to a low-carb lifestyle. Coupled with giving up alcohol, this transformation led to successful weight loss and improved well-being.

Today, MAC channels her culinary expertise into blogging and teaching about low carb cooking, homemade cheesemaking, and low-carb sourdough baking. Her Keto and Low Carb recipes with Non Alcoholic Wine Pairing Notes can be found at ketopaleosharimac.com

BREAKFAST



Sinless Breadcrumbs



Makes 2 Cups



Prep Time: 10 minutes

Equipment:

- Mini blender
- Bowl

Ingredients:

- 4 slices of Sinless Sourdough bread



Instructions:

1. **Prepare the Bread:** Start with fresh slices of Sinless Sourdough bread. If the bread is very fresh, you may want to let it sit out for a few hours to dry slightly. This will help achieve the desired texture.
2. **Cut the Bread:** Cut the slices into small cubes, approximately 1-inch in size. This will help the bread process more evenly.
3. **Process the Bread:** Place the bread cubes into a food processor. Pulse the bread until you reach your desired crumb size. For coarser crumbs, pulse less; for finer crumbs, pulse more.
4. **Dry the Crumbs:** Spread the processed crumbs in a single layer on a baking sheet.
5. **Bake:** Preheat your oven to 300°F (150°C) and bake the crumbs for about 10-15 minutes. Keep an eye on them to ensure they dry out without turning golden or toasting, as you want them to remain raw for your dish.

6. **Cool and Store:** Once dried, remove the crumbs from the oven and let them cool completely. Store the raw breadcrumbs in an airtight container at room temperature until you're ready to use them.

Tips

- **Avoid Browning:** Monitor the breadcrumbs closely while baking to prevent them from browning, as this will lead to them toasting and potentially burning when used in a dish.
- **Storage:** These raw breadcrumbs can be stored for several weeks in an airtight container, making them a convenient ingredient for various recipes.

This method ensures that your breadcrumbs remain raw, allowing them to achieve a golden color when incorporated into baked dishes.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 131.51
- Fat: 0.88 g
- Total Carbohydrates: 24.31 g
- Fiber: 17.38 g
- Net Carbs: 6.93 g
- Protein: 14.17 g
- Sugar: 0.07 g
- Cholesterol: 0.36 mg
- Sodium: 165.71 mg

Sinless Breakfast Strata



Serves 4



Prep Time: About 9–10 hours (including overnight chilling)

Equipment:

- 8x8 inch baking dish
- Mixing bowl
- Whisk
- Skillet
- Chef's knife
- Measuring cups
- Measuring spoons



Ingredients:

- Olive oil spray
- 2 cups Sinless Sourdough breadcrumbs (see recipe above)
- 6 large eggs
- 1/2 cup heavy cream
- Salt and pepper to taste
- 1 tbsp olive oil
- 1/4 cup diced bell peppers
- 1/4 cup diced onions
- 1/4 lb breakfast sausage, cooked and crumbled
- 1 cup shredded extra old cheddar cheese

Instructions:

1. Spray baking dish with olive oil.
2. Add breadcrumbs.
3. In a bowl, whisk eggs, cream, salt, and pepper. Set aside.
4. In a skillet with olive oil, sauté bell peppers and onions until soft. Set aside.

5. In the baking dish, layer breadcrumbs, sausage, vegetables, and cheese.
6. Pour egg mixture over everything.
7. Cover and refrigerate overnight.
8. In the morning, uncover strata.
9. Preheat oven to 350°F (175°C).
10. Bake for 45–50 minutes until set and golden brown.
11. Rest 10 minutes
12. Serve hot.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 572.76
- Fat: 38.83 g
- Total Carbohydrates: 27.46 g
- Fiber: 17.71 g
- Net Carbs: 9.76 g
- Protein: 35.47 g
- Sugar: 0.77 g
- Cholesterol: 364.36 mg
- Sodium: 649.96 mg

Sinless Breakfast Sandwich



Serves 4



Prep Time: About 15–20 minutes

Equipment:

- Skillet
- Toaster
- Cutting board
- Chef's knife
- Measuring cups
- Measuring spoons

Ingredients:

- 4 slices bacon
- 4 large eggs
- 8 slices Sinless Sourdough bread
- 4 slices extra old Cheddar cheese
- 2 avocados, sliced (1/2 avocado per sandwich)
- Salt and pepper to taste



Instructions:

1. In a skillet over medium heat, cook the bacon until crispy. Once done, remove it from the skillet and drain on paper towel. Set aside.
2. Using the same skillet (with some bacon drippings for flavor), crack the eggs into the skillet and fry them to your desired doneness (sunny side up, over-easy, etc.). Season with salt and pepper to taste.
3. While the eggs are cooking, toast the slices of Sinless Sourdough bread.

4. On one slice of toasted sourdough, layer the cheddar cheese, followed by a slice of crispy bacon, the fried egg, and slices of avocado. Top with a second slice of toasted Sinless sourdough bread.
5. Cut the sandwiches in half and serve immediately while hot.

Tips

- For added flavor, consider spreading a little mayonnaise or hot sauce on the toast before assembling.
- You can customize your sandwich by adding ingredients like spinach, tomato, or hot peppers. Just make sure they are low carb veggies.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 658.02
- Fat: 34.36 g
- Total Carbohydrates: 57.92 g
- Fiber: 41.46 g
- Net Carbs: 16.46 g
- Protein: 46.84 g
- Sugar: 0.64 g
- Cholesterol: 226.72 mg
- Sodium: 724.42 mg

Sinless French Toast



Serves 4



Prep Time: About 15 to 20 minutes

Equipment:

- Large skillet
- Shallow dish for egg mixture
- Whisk
- Spatula
- Measuring cups
- Measuring spoons

Ingredients:

- 4 large eggs
- 1/4 cup heavy cream
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 4 slices Sinless Sourdough bread
- ¼ cup unsalted butter for cooking (1 tablespoon per slice) •
Sugar-free syrup for serving (as desired)
- Swerve icing sugar (for sprinkling)



Instructions:

1. In a shallow dish, whisk together eggs, cream, vanilla, and cinnamon.
2. Dip bread slices in the egg mixture, coating both sides.
3. Melt butter in a skillet over medium heat.
4. Cook bread for 2-3 minutes per side until golden brown.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) and without sugar-free syrup of the recipe are as follows:

Nutritional Values

- Calories: 363.26
- Fat: 23.13 g
- Total Carbohydrates: 25.12 g
- Fiber: 17.38 g
- Net Carbs: 7.74 g
- Protein: 21.22 g
- Sugar: 0.07 g
- Cholesterol: 237.74 mg
- Sodium: 245.34 mg

Sinless Sourdough Eggs Benny



Serves 4

Prep Time: About 30-40 minutes.

Equipment:

- Mixing bowl
- Small saucepan
- Slotted spoon
- Whisk
- Baking sheet
- Broiler
- Measuring cups
- Measuring spoons



Ingredients:

For the Hollandaise Sauce:

- 3 large egg yolks
- 1 tbsp fresh lemon juice
- 1/2 cup unsalted butter, melted
- Salt and cayenne pepper to taste
- 4 slices Sinless Sourdough bread
- 8 slices Canadian bacon
- 4 large eggs
- 1 tbsp white vinegar (for poaching eggs)

Instructions:

1. Prepare the Hollandaise Sauce: In a mixing bowl, whisk together the egg yolks and lemon juice until pale and frothy. Slowly drizzle in the melted butter while whisking continuously until the sauce thickens. Season with salt and cayenne pepper. Set aside.

2. **Toast the Sourdough:** Preheat the broiler. Place the slices of Sinless sourdough bread on a baking sheet and toast under the broiler until golden brown, about 2-3 minutes. Keep an eye on them to prevent burning.
3. **Cook the Canadian Bacon:** In a skillet over medium heat, lightly brown the Canadian bacon for about 2 to 3 minutes on each side. Remove from heat and set aside.
4. **Poach the Eggs:** In a small saucepan, bring water to a gentle simmer and add the white vinegar. Crack each egg into a small bowl, then gently slide it into the simmering water. Poach for about 3-4 minutes until the whites are set but the yolks remain runny. Use a slotted spoon to remove the eggs and drain on paper towels.
5. **Assemble the Eggs Benny:** On each toasted slice of Sinless Sourdough, place a slice of Canadian bacon. Top each with a poached egg. Generously drizzle hollandaise sauce over the top.
6. **Serve:** Garnish with additional salt, pepper, or fresh herbs if desired. Serve immediately.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 476.01
- Fat: 33.82 g
- Total Carbohydrates: 25.36 g
- Fiber: 17.38 g
- Net Carbs: 7.98 g
- Protein: 27.67 g
- Sugar: 0.07 g
- Cholesterol: 401.36 mg
- Sodium: 474.71 mg

LUNCH



Sinless Grilled Cheese



Serves 4



Prep Time: About 16–18 minutes

Equipment:

- Large skillet or griddle
- Spatula
- Cutting board
- Chef's knife
- Measuring cups
- Measuring spoons

Ingredients:

- 8 slices Sinless Sourdough bread
- 8 tbsp unsalted butter, softened
- Garlic powder (optional)
- 8 slices cheddar cheese
- 8 slices Swiss cheese
- 4 slices cooked bacon (optional)
- 8 tbsp unsalted butter, softened



Instructions:

1. Butter one side of each bread slice. Sprinkle with garlic powder. (Cut off crusts if desired).
2. Place 4 slices, butter side down, in a large skillet over medium heat.
3. Top each with 2 slices cheddar and 2 slice Swiss cheese. (Or use one cheese variety if desired.)
4. Add bacon.

5. Cover with remaining bread slices, butter side up.
6. Cook for 3-4 minutes until golden brown, then flip and cook for another 2-3 minutes.
7. Slice diagonally and serve hot.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 1119.02
- Fat: 83.56 g
- Total Carbohydrates: 51.42 g
- Fiber: 34.76 g
- Net Carbs: 16.66 g
- Protein: 58.82 g
- Sugar: 0.14 g
- Cholesterol: 236.72 mg
- Sodium: 787.42 mg

Sinless Prosciutto & Mozz Panini



Serves 4



Prep Time: About 15-17 minutes

Equipment:

- Panini press or skillet
- Cutting board
- Chef's knife
- 4 ramekins
- Measuring cups
- Measuring spoons



Ingredients:

- 8 slices Sinless Sourdough bread
- ½ cup olive oil (1 tbsp per slice)
- 4 slices mozzarella cheese
- 8 slices prosciutto
- 2 cups baby spinach (1/2 cup each)
- 1/2 cup sun-dried tomatoes in olive oil, drained and chopped
- 2 tbsp olive oil
- 2 tbsp balsamic glaze*

*For balsamic glaze add 1 cup balsamic vinegar with ¼ cup of brown sugar substitute (Swerve brown sugar). Simmer in small saucepan until reduced by half, about 10 to 12 minutes.

Instructions:

1. Brush one side (for the outer side) of Sinless Sourdough bread with olive oil.
2. Layer cheese, prosciutto, spinach, and tomatoes on bread slices.

3. Top with another bread slice.
4. Grill in panini press or skillet until cheese melts and bread is golden.
5. Serve with a side ramekin of balsamic glaze.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe without the glaze are as follows:

Nutritional Values

- Calories: 722.52
- Fat: 43.31 g
- Total Carbohydrates: 59.22 g
- Fiber: 36.56 g
- Net Carbs: 22.66 g
- Protein: 43.77 g
- Sugar: 0.14 g
- Cholesterol: 52.72 mg
- Sodium: 1571.42 mg

Sinless Caprese Sandwich



Serves 4



Prep Time: About 15 minutes

Equipment:

- Toaster (optional)
- Cutting board
- Chef's knife
- Measuring cups
- Measuring spoons

Ingredients:

- 8 slices Sinless Sourdough bread
- 8 slices fresh mozzarella (2 slices per sandwich)
- 2 large tomatoes, sliced
- 1 cup fresh basil leaves, washed
- 3 tbsp balsamic glaze*
- Salt and pepper to taste

*For balsamic glaze add 1 cup balsamic vinegar with $\frac{1}{4}$ cup of brown sugar substitute (Swerve brown sugar). Simmer in small saucepan until reduced by half, about 10 to 12 minutes.

Instructions:

1. In toaster, toast Sinless Sourdough bread slices.
2. On 4 slices of sourdough, layer mozzarella, tomato slices, and basil leaves.
3. Drizzle with balsamic glaze.
4. Season with salt and pepper.
5. Top with remaining toast slices.
6. Cut and serve.



The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe without the glaze are as follows:

Nutritional Values

- Calories: 420.02
- Fat: 12.00 g
- Total Carbohydrates: 54.28 g
- Fiber: 35.96 g
- Net Carbs: 18.32 g
- Protein: 41.31 g
- Sugar: 0.14 g
- Cholesterol: 44.72 mg
- Sodium: 615.42 mg

Sinless Sourdough Banh Mi (Vietnamese-Inspired)



Serves 4



Prep Time: About 15 minutes

Equipment:

- Skillet
- Mixing bowl
- Measuring cups
- Measuring spoons

Ingredients:

- 8 slices Sinless sourdough bread
- 1/2 cup mayonnaise
- 4 tsp sriracha sauce
- 1 lb pre-cooked pork belly, sliced
- 1 cup cucumber, julienned
- 1 cup daikon radish, julienned
- 1 cup carrot, julienned (optional)
- Fresh cilantro (to taste)



Instructions:

1. Toast the 8 slices of Sinless sourdough bread.
2. In a mixing bowl, combine 1/2 cup of mayonnaise with 4 teaspoons of sriracha sauce. Mix well until fully blended. Set aside.
3. Warm pork belly.
4. On 4 slices of toast, layer the sliced pork belly, cucumber, daikon radish, and carrot. Top with cilantro.
5. Generously drizzle the spicy mayo over the sandwiches.
6. Top with slice of toast.
7. Cut sandwiches in half and serve immediately.

Tips

- For added flavor, consider marinating the pork belly in your favorite, sugar-free BBQ sauce before cooking. Just make sure the sauce is sugar-free!
- Feel free to customize the vegetables based on your preferences or seasonal availability. Just make sure they are low carb.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 950.02
- Fat: 69.86 g
- Total Carbohydrates: 54.62 g
- Fiber: 36.46 g
- Net Carbs: 18.16 g
- Protein: 41.04 g
- Sugar: 0.14 g
- Cholesterol: 70.72 mg
- Sodium: 879.42 mg

Sinless Sourdough Open-Faced Tuna Melt



Prep Time: About 15 minutes

Equipment:

- Mixing bowl
- Baking sheet
- Broiler
- Measuring cups
- Measuring spoons

Ingredients:

- 2 cans (5 oz each) tuna, drained
- 1/2 cup mayonnaise
- 1 celery stalk, finely chopped
- 2 tbsp red onion, finely chopped
- 1 tbsp fresh lemon juice
- Salt and pepper to taste
- 4 slices Sinless Sourdough bread
- 2 cups fresh Boston lettuce
- 1 cup shredded extra old Cheddar



Instructions:

1. Preheat broiler.
2. Set sourdough slices on baking sheet. Broil both sides.
3. In a bowl, mix tuna, mayonnaise, celery, onion, lemon juice, salt, and pepper.
4. Lay lettuce on slices of Sinless Sourdough toast.
5. Spread tuna mixture on lettuce of each slice of toast.
6. Top tuna with shredded cheese.
7. Broil for 2-3 minutes until cheese is melted and bubbly. Serve warm.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 754.02
- Fat: 41.16 g
- Total Carbohydrates: 52.22 g
- Fiber: 35.56 g
- Net Carbs: 16.66 g
- Protein: 59.24 g
- Sugar: 0.14 g
- Cholesterol: 93.72 mg
- Sodium: 1074.42 mg

SNACKS



Sinless Trail Mix



Serves 4



Prep Time: About 25 to 30 minutes

Equipment:

- Baking sheet
- 2 mixing bowls
- Measuring cups
- Measuring spoons

Ingredients:

- 4 slices Sinless Sourdough bread, cut into cubes
- ½ cup olive oil
- 1 tsp garlic powder
- 1 tsp dried rosemary
- Salt and pepper to taste
- 1/2 cup mixed nuts (almonds, walnuts, pecans)
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds
- 2 tbsp olive oil



Instructions:

1. Preheat oven to 350°F (175°C).
2. In a bowl toss bread cubes (croutons) with olive oil, garlic powder, rosemary, and salt and pepper.
3. Spread cubes on a baking sheet lined with parchment and bake for 15 minutes, turning so all sides are golden. Remove from the oven and let cool. Set aside.
4. In another bowl combine mixed nuts, pumpkin seeds, sunflower seeds, and Sinless Sourdough croutons.
5. Enjoy as a snack or store in an airtight container. Store up to 4 days.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 638.26
- Fat: 53.13 g
- Total Carbohydrates: 30.31 g
- Fiber: 20.38 g
- Net Carbs: 9.93 g
- Protein: 22.67 g
- Sugar: 0.07 g
- Cholesterol: 0.36 mg
- Sodium: 165.71 mg (plus added salt to taste)

Sinless Pizza Bites



Serves 4



Prep Time: About 25 to 30 minutes

Equipment:

- Baking sheet
- Mixing bowl
- Oven
- Measuring cups
- Measuring spoons



Ingredients:

- 8 Sinless Sourdough baguette rounds
- ½ cup olive oil (1 tbsp per round)
- ½ cup marinara sauce (1 tbsp per round)
- 2 cups shredded mozzarella cheese (2 tbsp per round)
- 16 mini pepperoni
- 2 tsp Italian seasoning

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Brush the bread rounds with olive oil and arrange them on a baking sheet lined with parchment.
3. Bake for 2 minutes each side or until bread is toasted.
4. Remove from oven. Let cool.
5. Top each round with marinara sauce.
6. Add 2 mini pepperoni on marinara sauce.
7. Sprinkle with Italian seasoning.
8. Top each round with shredded mozzarella.
9. Bake for 10–12 minutes, or until the cheese is melted and the toast is crispy.
10. Serve warm.

The nutritional values for 1 serving (based on Sinless Sourdough Red Fife sandwich bread) of the recipe are as follows.

Nutritional Values

- Calories: 586.12
- Fat: 45.68 g
- Total Carbohydrates: 26.08 g
- Fiber: 15.08 g
- Net Carbs: 11.00 g
- Protein: 29.02 g
- Sugar: 0.06 g
- Cholesterol: 54.28 mg
- Sodium: 874.12 mg

Sinless Crostini with Smoked Salmon



Serves 4



Prep Time: About 15 to 20 minutes

Equipment:

- Baking sheet
- Chef's knife
- Cutting board
- Measuring cups
- Measuring spoons

Ingredients:

- 8 Sinless Sourdough Baguette rounds
- ½ cup olive oil (1 tbsp per round)
- 1/2 cup cream cheese, softened (1 tbsp per round)
- 8 oz smoked salmon (1 oz per round)
- 2 tbsp fresh dill, chopped
- 2 tbsp capers, drained
- Fresh lemon wedges for serving



Instructions:

1. Preheat the oven to 375°F (190°C).
2. Brush the bread rounds with olive oil and arrange them on a baking sheet lined with parchment.
3. Bake for 2 minutes each side or until bread is toasted. Let cool.
4. Spread each crostini with cream cheese.
5. Top with smoked salmon and capers.
6. Sprinkle with dill and serve with lemon wedges.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 256.56
- Fat: 20.34 g
- Total Carbohydrates: 11.34 g
- Fiber: 7.04 g
- Net Carbs: 4.30 g
- Protein: 11.61 g
- Sugar: 0.03 g
- Cholesterol: 35.14 mg
- Sodium: 404.06 mg

Sinless Mini Quiches



Serves 4



Prep Time: About 25 to 30 minutes

Equipment:

- Mini muffin tin
- Mixing bowl
- Whisk
- Measuring cups
- Measuring spoons



Ingredients:

- 8 Sinless Sourdough baguette rounds
- 4 eggs
- 1/4 cup heavy cream
- Salt and pepper to taste
- 1 cup shredded Gruyere cheese (1 tbsp per cup)
- 3 slices bacon, cooked and crumbled
- 2 tbsp chives, finely chopped

Instructions:

1. Preheat oven to 350°F (175°C).
2. Using a rolling pin flatten baguette rounds.
3. Press baguette rounds into muffin tin cavities.
4. Whisk eggs, cream, salt, and pepper in a bowl.
5. Distribute cheese and cooked bacon among the cups.
6. Pour egg mixture into each cup.
7. Bake for 15–18 minutes until set and golden.
8. Sprinkle with fresh chives and serve.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 263.78
- Fat: 19.67 g
- Total Carbohydrates: 6.42 g
- Fiber: 3.52 g
- Net Carbs: 2.90 g
- Protein: 17.38 g
- Sugar: 0.02 g
- Cholesterol: 236.07 mg
- Sodium: 363.78 mg

Sinless Pesto Pinwheels



Serves 4



Prep Time: About 1.5 to 4 hours (refrigeration is 3 hours)

Equipment:

- Baking sheet
- Rolling pin
- Chef's knife
- Measuring cups
- Measuring spoons

Ingredients:

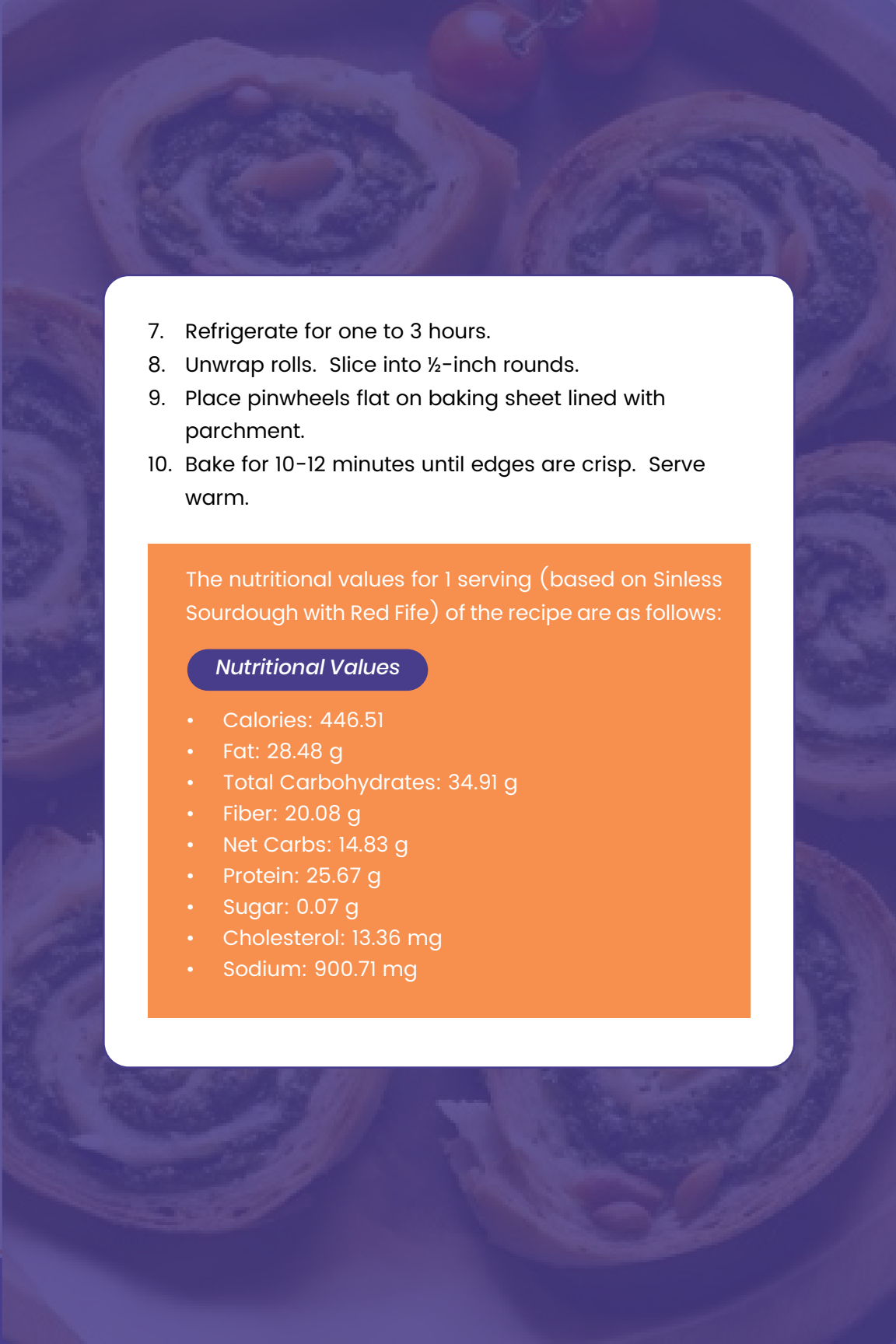
- 4 Sinless Sourdough bread, crusts removed
- 1 cup prepared pesto (2 tbsp per slice)
- 1/2 cup sun-dried tomatoes in oil, drained and chopped
- 1/2 cup grated Parmesan cheese
- ½ cup toasted pine nuts (1 tbsp per slice)*

*Toast pine nuts in a dry fry pan until golden. Watch carefully so to not burn nuts.



Instructions:

1. Preheat oven to 350°F (175°C).
2. Flatten bread slices with a rolling pin.
3. Spread each slice with pesto.
4. Sprinkle with sun-dried tomatoes, Parmesan, and pine nuts.
5. Roll up tightly.
6. Wrap each roll tightly in plastic wrap, twisting the ends of the plastic wrap to secure.

- 
7. Refrigerate for one to 3 hours.
 8. Unwrap rolls. Slice into ½-inch rounds.
 9. Place pinwheels flat on baking sheet lined with parchment.
 10. Bake for 10–12 minutes until edges are crisp. Serve warm.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 446.51
- Fat: 28.48 g
- Total Carbohydrates: 34.91 g
- Fiber: 20.08 g
- Net Carbs: 14.83 g
- Protein: 25.67 g
- Sugar: 0.07 g
- Cholesterol: 13.36 mg
- Sodium: 900.71 mg

HORS D'OEUVRES AND APPETIZERS



Sinless Bacon-Wrapped Asparagus Bites



Serves 4



Prep Time: About 35 to 40 minutes

Equipment:

- Baking sheet
- Oven
- Cutting board
- Chef's knife
- Toothpicks
- Measuring cups
- Measuring spoons

Ingredients:

- 12 asparagus spears, trimmed
- 4 thin slices bacon
- 2 eggs, beaten + 2 tbsp water
- 2 cups Sinless Sourdough breadcrumbs (Recipe Chapter One)
- 6 slices bacon, cut in half, lengthwise
- 1 tbsp olive oil for brushing



Instructions:

1. Preheat oven to 400°F (200°C).
2. When preparing the egg wash, whisk the eggs and water together until fully combined, ensuring there are no lumps.
3. Wrap 3 asparagus spears in 1 piece of bacon. Make sure bacon is not thick so it can easily wrap around a good portion of the asparagus.

4. Holding the wrapped asparagus and bacon in place, dip the parcel into the egg wash.
5. On a plate dredge the parcels in Sinless Sourdough breadcrumbs.
6. Secure with a toothpick or 2 if needed.
7. Lay parcels on baking sheet lined with parchment.
8. Bake for 20–25 minutes until bacon is crispy and breadcrumbs are golden.
9. Let cool slightly before serving.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 320.51
- Fat: 15.78 g
- Total Carbohydrates: 26.21 g
- Fiber: 18.28 g
- Net Carbs: 7.93 g
- Protein: 25.27 g
- Sugar: 0.07 g
- Cholesterol: 120.36 mg
- Sodium: 651.71 mg

Sinless Stuffed Mushrooms



Serves 4



Prep Time: About 30 to 35 minutes

Equipment:

- Baking sheet
- Oven
- Mixing bowl
- Cutting board
- Chef's knife
- Measuring cups
- Measuring spoons

Ingredients:

- 1 cup Sinless Sourdough breadcrumbs (1 tbsp per mushroom cup)*
- 1/3 cup grated Parmesan cheese
- 1/2 cup cream cheese, softened
- 2 tbsp chopped fresh parsley or fresh rosemary
- 1 clove garlic, minced
- 8 large mushrooms, stems removed
- 8 tsp olive oil (1 tsp per mushroom cap)

*Sinless Sourdough breadcrumb recipe in Chapter One.



Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix fresh Sinless Sourdough breadcrumbs, Parmesan, cream cheese, parsley (or rosemary), and garlic.
3. Fill each mushroom cap with the mixture. (If the natural cavity is not big enough, use a paring knife and make the cavity bigger.)

4. Place the stuffed mushrooms on baking sheet lined with parchment, filling side up.
5. Drizzle each mushroom cup with 1 tsp olive oil.
6. Bake for 15–20 minutes until mushrooms are tender and tops are golden.
7. Let cool slightly before serving.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows (based on one mushroom):

Nutritional Values

- Calories: 141.21
- Fat: 10.77 g
- Total Carbohydrates: 7.81 g
- Fiber: 4.35 g
- Net Carbs: 3.46 g
- Protein: 6.14 g
- Sugar: 0.02 g
- Cholesterol: 17.76 mg
- Sodium: 133.43 mg

Sinless Spinach and Artichoke Dip Cups



Serves 4



Prep Time: About 25 to 30 minutes

Equipment:

- Muffin tin
- Oven
- Mixing bowl
- Cutting board
- Chef's knife
- Measuring cups
- Measuring spoons

Ingredients:

- 8 Sinless Sourdough bread, crusts removed
- 8 tsp olive oil for brushing (1 tsp per round)
- 2/3 cup fresh spinach, finely chopped
- 1/3 cup artichoke hearts, finely chopped
- 1/2 cup cream cheese, softened
- 2 tbsp grated Parmesan cheese
- ¼ cup shredded mozzarella cheese
- 1 small clove garlic, minced



Instructions:

1. Preheat oven to 375°F (190°C).
2. Use a rolling pin flatten bread slices.
3. Press bread rounds into muffin tin cavities to form cups and brush with olive oil.

4. In a bowl mix together spinach, artichoke, cheeses, and garlic.
5. Fill each bread cup with the mixture.
6. Bake for 12–15 minutes until tops are golden and cheese is melted.
7. Let cool slightly before serving.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows (based on one cup):

Nutritional Values

- Calories: 246.51
- Fat: 11.78 g
- Total Carbohydrates: 26.41 g
- Fiber: 17.88 g
- Net Carbs: 8.53 g
- Protein: 17.07 g
- Sugar: 0.07 g
- Cholesterol: 20.36 mg
- Sodium: 257.71 mg

Sinless Cheeseburger Sliders



Serves 4



Prep Time: About 25 to 30 minutes

Equipment:

- Baking sheet
- Oven
- Skillet
- Cutting board
- Chef's knife
- Measuring cups
- Measuring spoons

Ingredients:

- 1/2 lb lean ground beef
- Salt, pepper, onion powder and garlic powder to taste
- 1 tbsp olive oil
- 8 Sinless Sourdough baguette rounds
- 8 tsp olive oil for brushing (1 tsp per round)
- 4 tbsp shredded cheddar cheese (1 tbsp per round)
- 2 tsp sugar-free ketchup
- 2 tsp prepared mustard (favorite)
- 4 dill pickles, thinly sliced



Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl mix ground beef with seasonings to taste.
3. Form ground beef into 4 small patties.
4. In a skillet heat olive oil and cook patties over medium heat until browned. Remove from heat. Set aside.

5. Place bread rounds on a baking sheet. Brush with olive oil.
6. Bake until golden each side, about 2 to 3 minutes.
7. Add cheese to 4 of the toasted rounds.
8. Preheat broiler.
9. Set under broiler for 2 minutes until melted. Remove from oven.
10. Top each toasted round with a patty, sugar-free ketchup, mustard, and pickle. Top with the other round.
11. Serve warm.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows (based on one burger):

Nutritional Values

- Calories: 249.51
- Fat: 10.18 g
- Total Carbohydrates: 24.71 g
- Fiber: 17.58 g
- Net Carbs: 7.13 g
- Protein: 20.97 g
- Sugar: 0.07 g
- Cholesterol: 25.36 mg
- Sodium: 349.71 mg

SOUPS



Sinless French Onion Soup



Serves 4



Prep Time: About 1 hour and 45 minutes to 2 hours

Equipment:

- Large pot
- Oven-safe bowls
- Cutting board
- Chef's knife
- Ladle
- Measuring cups
- Measuring spoons

Ingredients:

- 4 large onions, thinly sliced
- 3 tbsp unsalted butter
- 4 cups beef broth
- 1 tsp fresh thyme, chopped
- 1 bay leaf
- Salt and pepper to taste
- 4 Sinless Sourdough baguette rounds
- 1 cup grated Gruyère cheese



Instructions:

1. In a large pot, caramelize onions in butter and oil over low heat for 50 to 60 minutes.
2. Add broth, thyme, and bay leaf. Season with salt and pepper.
3. Simmer for 30 minutes.
4. Meanwhile toast bread slices.
5. Preheat broiler.
6. Ladle soup into oven-safe bowls.

7. Top each soup with Sinless Sourdough baguette.
8. Top toasted baguette slice with cheese (2 tbsp per bowl)
9. Broil until cheese is melted and bubbly. Serve hot.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 321.56
- Fat: 18.64 g
- Total Carbohydrates: 26.14 g
- Fiber: 9.74 g
- Net Carbs: 16.40 g
- Protein: 17.41 g
- Sugar: 6.83 g
- Cholesterol: 53.64 mg
- Sodium: 1015.81 mg

Sinless Gazpacho with Croutons



Serves 4



Prep Time: About 2 hours and 3 minutes to 3 hours
(Chilling for 2 hours)

Equipment:

- Blender or food processor
- Large bowl
- Cutting board
- Chef's knife
- Oven
- Measuring cups
- Measuring spoons

Ingredients:

For the Gazpacho:

- 2 lbs ripe tomatoes, roughly chopped
- 1 medium cucumber, peeled and roughly chopped
- 1 red bell pepper, seeded and roughly chopped
- 2 cloves garlic, minced
- 1/4 cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup fresh basil leaves

For the Keto Croutons:

- 2 slices Sinless Sourdough with Red Fife bread, cut into small cubes
- 2 tablespoons olive oil
- 1/4 teaspoon garlic powder
- Salt and pepper to taste



Instructions:

1. In a blender or food processor, combine tomatoes, cucumber, red bell pepper, garlic, olive oil, red wine vinegar, salt, pepper, and basil. Blend until smooth.
2. Transfer the mixture to a large bowl and refrigerate for at least 2 hours to chill and allow flavors to meld.
3. Preheat oven to 350°F (175°C).
4. For the croutons, toss bread cubes with olive oil, garlic powder, salt, and pepper in a bowl.
5. Spread the bread cubes on a baking sheet and bake for 10–15 minutes, or until golden and crispy, stirring halfway through.
6. Remove gazpacho from the refrigerator and adjust seasoning if needed.
7. Serve chilled gazpacho in bowls, topped with crispy keto croutons

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 255.76
- Fat: 16.34 g
- Total Carbohydrates: 23.56 g
- Fiber: 12.09 g
- Net Carbs: 11.47 g
- Protein: 9.59 g
- Sugar: 5.04 g
- Cholesterol: 0.18 mg
- Sodium: 95.86 mg (plus added salt)

Sinless Garlic Soup



Serves 4



Prep Time: About 35 to 40 minutes

Equipment:

- Large pot
- Baking sheet
- Oven
- Measuring cups
- Measuring spoons

Ingredients:

- 2 slices Sinless Sourdough bread, cubed (1/2 slice each per bowl)
- 1/4 cup olive oil
- Salt and pepper to taste
- 1 tbsp olive oil (for frying)
- 2 bulbs of garlic, cloves separated and peeled
- 6 cups chicken broth
- 4 eggs, beaten
- ¼ cup fresh parsley, chopped
- Salt and pepper to taste



Instructions:

1. Preheat oven to 375°F (190°C).
2. Toss bread cubes with olive oil. Season with salt and pepper.
3. Set cubes on a baking sheet lined with parchment.
4. Bake for 10 minutes until golden on all sides. Remove from oven. Set aside.

5. In a large pot, heat 1 tbsp olive oil over medium heat. Add garlic and cook over medium heat until aromatic.
6. Add broth and simmer for 15 minutes.
7. Slowly stir in beaten eggs.
8. Divide soup into bowls.
9. Add croutons, fresh parsley, salt, and pepper. Serve hot.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 352.76
- Fat: 22.97 g
- Total Carbohydrates: 23.56 g
- Fiber: 9.29 g
- Net Carbs: 14.27 g
- Protein: 17.09 g
- Sugar: 0.04 g
- Cholesterol: 186.18 mg
- Sodium: 1015.86 mg (plus added salt)

Sinless Beer and Cheddar Soup



Serves 4



Prep Time: About 35 to 40 minutes

Equipment:

- Large skillet
- Baking sheet
- Oven
- Measuring cups
- Measuring spoons

Ingredients:

- 2 slices Sinless Sourdough bread, cubed (1/2 slice per bowl)
- ¼ cup olive oil
- Salt and pepper to taste
- 2 tbsp unsalted butter
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 bottle (12 oz) non alcoholic beer
- 2 cups chicken broth
- 2 cups shredded extra old Cheddar
- 1 tbsp Dijon mustard



Instructions:

1. Preheat oven to 375°F (190°C).
2. Toss bread cubes with olive oil. Season with salt and pepper.
3. Set on baking sheet lined with parchment.

4. Bake for 10 minutes until all sides are golden. Remove from oven. Set aside.
5. In a large skillet, melt butter and cook onion and garlic until soft.
6. Gradually add beer and broth to pan, stirring constantly. Simmer for 10 minutes.
7. Add cheese in small handfuls to pan, stirring constantly.
8. Add mustard. Continue to stir.
9. Simmer on low for a few minutes to incorporate flavors.
10. Divide soup into 4 bowls. Top each with Sinless Sourdough croutons.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 517.26
- Fat: 39.04 g
- Total Carbohydrates: 22.86 g
- Fiber: 9.39 g
- Net Carbs: 13.47 g
- Protein: 23.35 g
- Sugar: 0.04 g
- Cholesterol: 73.18 mg
- Sodium: 924.36 mg (plus added salt)

Sinless New England Clam Chowder



Serves 4



Prep Time: About 35 to 40 minutes

Equipment:

- Large pot
- Baking sheet
- Oven
- Measuring cups
- Measuring spoons



Ingredients:

- 2 slices Sinless Sourdough bread, cubed
- ¼ cup olive oil
- Salt and pepper to taste
- 2 tbsp unsalted butter
- 1 onion, chopped
- 2 celery stalks, chopped
- 2 cans (6.5 oz each) clams with liquid
- 1 bay leaf
- 3 cup heavy cream
- 1 bay leaf
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C). Toss bread cubes with olive oil. Season with salt and pepper.
2. Set cubes on baking sheet lined with parchment.
3. Bake for 10 minutes until cubes are golden on all sides. Set aside.

4. In a large pot, melt butter. Add onion and celery and sauté until soft.
5. Open cans of clams. Pour clam liquid into the pan. Set clams aside.
6. Add bay leaf to pan. Simmer on low for a few minutes to incorporate flavors.
7. Add cream and clams to pan. Heat through but do not boil.
8. Remove bay leaf and season chowder with salt and pepper.
9. Transfer chowder to bowls. Serve topped with Sinless croutons.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 907.51
- Fat: 84.04 g
- Total Carbohydrates: 22.63 g
- Fiber: 9.77 g
- Net Carbs: 12.87 g
- Protein: 18.26 g
- Cholesterol: 255.43 mg
- Sodium: 514.86 mg

SALADS



Sinless Caesar Salad



Serves 4



Prep Time: About 20 to 25 minutes

Equipment:

- Oven
- Large mixing bowl
- Cutting board
- Chef's knife
- Salad tongs
- Measuring cups
- Measuring spoons



Ingredients:

- 2 slice Sinless Sourdough bread, cut into small cubes
- ¼ cup olive oil
- Salt and pepper to taste
- 1 clove garlic, minced
- Salt and pepper to taste
- 2 large romaine lettuce hearts, chopped
- ½ cup Caesar dressing (low carb friendly)
- 4 slices cooked bacon, crumbled
- 1/2 cup grated Parmesan cheese

Instructions:

1. Preheat oven to 350°F (175°C).
2. Toss bread cubes with olive oil. Season with salt and pepper. Add minced garlic.
3. Set cubes on a baking sheet lined with parchment.
4. Bake for 10 minutes making sure all sides are golden. Remove from oven. Set aside.
5. In a large bowl, toss lettuce with Caesar dressing.

6. Add bacon and Parmesan cheese, toss gently to combine.
7. Top with Sinless Sourdough croutons.
8. Serve immediately.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 418.76
- Fat: 35.04 g
- Total Carbohydrates: 14.06 g
- Fiber: 9.19 g
- Net Carbs: 4.87 g
- Protein: 15.49 g
- Sugar: 0.04 g
- Cholesterol: 29.18 mg
- Sodium: 642.86 mg (plus added salt)

Sinless Crunchy Italian Bread Salad



Serves 4



Prep Time: About 25 to 30 minutes

Equipment:

- Large mixing bowl
- Baking sheet
- Oven
- Measuring cups
- Measuring spoons

Ingredients:

- 4 slices Sinless Sourdough bread, cubed
- 1/4 cup olive oil
- Salt and pepper to taste
- 10 cherry tomatoes, sliced in half
- 1 cucumber, chopped
- 1 red onion, thinly sliced
- 1/4 cup fresh basil, torn
- 3 tbsp olive oil
- 2 tbsp red wine vinegar
- 1 clove garlic, minced
- Salt and pepper to taste



Instructions:

1. Preheat oven to 375°F (190°C).
2. Toss bread cubes with olive oil. Season with salt and pepper.
3. Set cubes on a baking sheet lined with parchment.

4. Bake for 10 minutes until golden on all sides. Remove from oven. Set aside.
5. In a large bowl, combine tomatoes, cucumber, onion, and basil.
6. In another small bowl whisk together olive oil with vinegar and garlic.
7. Toss salad with dressing.
8. Divide between bowls.
9. Top with Sinless Sourdough croutons.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 367.01
- Fat: 24.61 g
- Total Carbohydrates: 29.51 g
- Fiber: 18.68 g
- Net Carbs: 10.83 g
- Protein: 15.07 g
- Sugar: 0.07 g
- Cholesterol: 0.36 mg
- Sodium: 165.71 mg (plus added salt)

Sinless Spinach Salad



Serves 4



Prep Time: About 30 to 35 minutes

Equipment:

- Large salad bowl
- Small mixing bowl
- Baking sheet
- Parchment paper
- Skillet
- Cutting board and knife
- Measuring cups
- Measuring spoons

Ingredients:

- 2 slices Sinless Sourdough bread, cubed
- ¼ cup olive oil
- Salt and pepper to taste

- 4 slices bacon

Dressing

- 1/3 cup olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 clove garlic, minced
- Salt and pepper to taste

Salad

- 8 cups fresh baby spinach
- 4 hard-boiled eggs, sliced
- 1/2 cup cubed feta cheese
- 1/4 cup thinly sliced red onion



Instructions:

1. Preheat oven to 375°F (190°C).
2. Toss bread cubes with olive oil. Season with salt and pepper.
3. Set cubes on baking sheet lined with parchment.
4. Bake for 10 minutes until golden on all sides. Remove from oven. Set aside.
5. Cook bacon in a skillet until crispy. Drain on paper towels and crumble. Set aside.
6. In a small bowl, whisk together all dressing ingredients. Set aside.
7. In a large salad bowl, combine spinach, crumbled bacon, feta cheese, and red onion. Toss salad with dressing.
8. Divide salad between plates and top with croutons and sliced egg.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 528.76
- Fat: 43.62 g
- Total Carbohydrates: 17.36 g
- Fiber: 10.09 g
- Net Carbs: 7.27 g
- Protein: 21.49 g
- Sugar: 0.04 g
- Cholesterol: 222.18 mg
- Sodium: 596.86 mg (plus added salt)

DINNER



Sinless Stuffed Chicken Breast with Sinless Sourdough Topping



Serves 4



Prep Time: About 40 to 45 minutes

Equipment:

- Baking dish
- Mixing bowl
- Oven
- Measuring cups
- Measuring spoons



Ingredients:

- 4 oz cream cheese, softened
- 1/4 cup cooked spinach, drained and chopped
- Salt and pepper to taste
- 4 skinless and boneless chicken breasts
- 1 cup Sinless Sourdough breadcrumbs (Recipe in Chapter One)*
- 3 tbsp unsalted butter, melted
- 1 tsp garlic powder
- Olive oil spray

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl mix together cream cheese and spinach.
3. Season with salt and pepper.
4. Cut a pocket about 2-inches in length and 1/2 -inch deep in each chicken breast.

5. Stuff each breast with cream cheese mixture.
6. Mix Sinless Sourdough breadcrumbs with melted butter and garlic powder.
7. Place chicken in baking dish sprayed with olive oil.
8. Top chicken breasts with breadcrumb mixture.
9. Bake for 25–30 minutes until chicken is cooked through and topping is golden. Serve warm.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 429.76
- Fat: 22.54 g
- Total Carbohydrates: 14.46 g
- Fiber: 9.09 g
- Net Carbs: 5.37 g
- Protein: 44.49 g
- Sugar: 0.04 g
- Cholesterol: 138.68 mg
- Sodium: 251.61 mg (plus added salt)

Sinless Eggplant Parmesan



Serves 4



Prep Time: About 45 to 50 minutes

Equipment:

- Baking sheet
- Shallow dishes for breading
- Large iron skillet
- Oven
- Measuring cups
- Measuring spoons

Ingredients:

- 1 cup Sinless breadcrumbs (Recipe in Chapter One)
- 1 cup grated Parmesan cheese
- 2 medium eggplants, sliced into 1/2-inch rounds to make 8 rounds
- Salt and pepper to taste
- 2 eggs, beaten
- ¼ cup olive oil (for frying)
- Olive oil spray
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- Salt and pepper to taste



Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl mix together Sinless breadcrumbs with Parmesan. Set aside.
3. Cut eggplant into rounds.

4. Season eggplant rounds with salt and pepper.
5. Dip rounds in beaten eggs, then coat rounds with Sinless Sourdough breadcrumb mixture.
6. Heat olive oil in a large skillet over medium-high heat.
7. Fry eggplant slices until golden.
8. Place fried eggplant in an oven-proof skillet sprayed with olive oil spray.
9. Top rounds with marinara sauce.
10. Top marinara with mozzarella.
11. Bake for 15-20 minutes until cheese is melted and bubbly.
12. Serve hot.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 468.76
- Fat: 31.54 g
- Total Carbohydrates: 23.96 g
- Fiber: 12.19 g
- Net Carbs: 11.77 g
- Protein: 28.59 g
- Sugar: 0.04 g
- Cholesterol: 139.18 mg
- Sodium: 995.86 mg (plus added salt)

Sinless Chicken Cordon Bleu



Serves 4



Prep Time: About 45 to 50 minutes

Equipment:

- Baking dish
- Shallow dishes for breading
- Large skillet
- Oven
- Measuring cups
- Measuring spoons



Ingredients:

- 4 boneless, skinless chicken breasts
- 4 slices ham
- 4 slices Swiss cheese
- 1 cup Sinless breadcrumbs (Recipe in Chapter One)
- 1 cup grated Parmesan cheese
- Salt and pepper to taste
- 3 eggs, beaten
- 1/4 cup olive oil
- Olive oil spray

Instructions:

1. Preheat oven to 375°F (190°C).
2. Pound chicken breasts to 1/4 inch thickness.
3. Place a slice of ham on each flattened breast.
4. Top ham with slice of cheese.
5. Roll up chicken and secure with toothpicks.

6. Season rolls with salt and pepper.
7. In a bowl mix Sinless breadcrumbs with Parmesan.
8. Dip rolls in beaten eggs, then coat all sides with Sinless breadcrumb mixture.
9. Heat olive oil in a large iron skillet over medium-high heat.
10. Brown chicken rolls on all sides, about 2-3 minutes per side.
11. Transfer rolls to a baking dish sprayed with olive oil and bake for 20-25 minutes until cooked through.
12. Serve hot.

The nutritional values for 1 serving (based on Sinless Sourdough with Red Fife) of the recipe are as follows:

Nutritional Values

- Calories: 639.26
- Fat: 35.34 g
- Total Carbohydrates: 15.06 g
- Fiber: 8.69 g
- Net Carbs: 6.37 g
- Protein: 67.59 g
- Sugar: 0.04 g
- Cholesterol: 286.68 mg
- Sodium: 1014.36 mg (plus added salt)

-THE END-