

Low Carb Picnic Ideas

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Toasted Spicy Turkey Sandwich

What You Need:

1 tbsp fresh lime juice
1 tbsp chili garlic sauce
½ c mayonnaise
3 tbsp scallions, sliced
1 lb oven roasted turkey breast, deli style
12 slices low carb white bread, toasted

How to Make It:

Pour the lime juice into a small mixing bowl.
Add the garlic sauce and mayonnaise.
Stir well to combine the ingredients.
Fold in the scallions.
Spread each slice of bread with the spicy mixture.
Lay slices of the turkey breast on each slice of bread.
Place two slices of bread together to form the sandwich.

Any type of deli turkey breast works with this sandwich. Try honey roasted with mustard and mayonnaise spread. Just replace the garlic sauce and lime juice with a tablespoon of mustard.

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Devilled Eggs by the Seashore

What You Need:

1 dozen hard boiled eggs, peeled, washed and split in half
1/2 c mayonnaise
1 tbsp mustard
1 tsp. red hot sauce
1 (6 oz) container white crab meat
1/4 c red onion, chopped very fine

How to Make It:

Remove the yolk from each egg half and place it in the blender.
Place half of the mayonnaise in with the egg yolks.
Add the mustard and hot pepper sauce.
Blend until the mixture becomes smooth but has a slightly thick consistency.
Place the mixture into a mixing bowl.
Add the remaining mayonnaise and stir well to incorporate.
Fold in the crab meat and onion being sure to mix well and completely cover the crab and onion.
Fill each egg white half with the crab mixture.
Refrigerate until ready to use.
Sprinkle with a little paprika before eating.

Use any filling you have left over as a dip for fresh vegetables.

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Maple and Spice Snack Mix

What You Need:

1/4 c sugar free pancake syrup
2 tbsp unsalted butter, cut up in small chunks
1 tbsp chili powder
1/2 tsp salt
1/4 tsp cinnamon
3 c air popped popcorn
3 c mixed nuts, unsalted
1 c wheat nuts
1/3 c dried blueberries with no sugar added

How to Make It:

Pour the syrup into a medium size saucepan.
Place over low heat.
Add the butter and let it begin to melt.
Sprinkle in the chili powder, salt and cinnamon.
Stirring often continue to cook on low until the butter has completely melted.
Set the oven temperature to 300 degrees.
Toss together the popcorn, mixed nuts, wheat nuts and blueberries in a large baking pan.
Pour the syrup mixture over the top and toss to coat all the ingredients completely.
Bake 25 minutes or until golden brown.
Be sure to stir the snack mix a couple of times during baking to ensure it browns evenly.
Cool the snack mix to room temperature before storing in a container.

Wheat nuts can be found in most natural food stores. This snack mix is great to munch on anytime. Just remember a 1/2 c is a good portion at any one time.

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Summertime Ham and Cheese

What You Need:

1 1/2 tbsp mayonnaise
1 tbsp fresh parsley, chopped fine
8 slices low carb wheat bread
1/2 lb. thin sliced deli ham
4 slices Fontina cheese
8 spears asparagus, trimmed

How to Make It:

Place the asparagus in a saucepan filled with water.
Place the pan over medium high heat on your stove.
Steam the asparagus 4 minutes or until tender.
Drain and allow cooling to room temperature.
Mix the mayonnaise and parsley together in a small bowl.
Spread each slice of bread generously with the mixture.
Place a few slices of ham on four pieces of the bread.
Lay 2 to 3 pieces of asparagus on top of the ham.
Top with a slice of cheese.
Place a slice of the bread on top.
Place a scant amount of unsalted butter in a skillet over medium heat.
Grill each sandwich 2 minutes per side.
Each sandwich should be a golden brown and the cheese should be beginning to melt when removed from the skillet.

This sandwich is also very good when made with roasted red peppers instead of asparagus.

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Zucchini and Carrot Combo Salad

What You Need:

- 3 carrots, sliced rather thin
- 1 zucchini, sliced thin
- 3 tbsp scallions, sliced
- 1 tbsp rice wine vinegar
- 2 tsp canola oil
- 2 tsp reduced sodium soy sauce
- 2 tsp ginger, minced
- 1/4 tsp salt
- 3 tbsp toasted almonds

How to Make It:

Fill a medium size saucepan 3/4 full of water.
Place over high heat and bring to a rapid boil.
Add the carrots and bring back to a rapid boil.
Cook carrots 45 seconds.
Drain and rinse under cold water.
Place the carrots, zucchini and scallions in a large salad bowl.
In a separate bowl mix together the vinegar, canola oil and soy sauce.
Blend in the ginger and salt being sure to blend well to incorporate the flavors.
Pour the mixture over the top of the vegetables and toss to coat.
Sprinkle the top with the toasted almonds.

Another great addition to this salad is water chestnuts. An 8 oz can works great.
Just drain and toss in with the vegetables before adding the dressing.

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Not Just Potatoes in My Salad

What You Need:

1 lb. new red potatoes, chopped into chunks
2 yellow squash, chopped into chunks
1 red onion, chopped
2 carrots, grated
3 stalks celery, chopped
1 tbsp parsley
1/2 c mayonnaise
1/4 c sour cream
1/2 tsp salt
1/4 tsp pepper

How to Make It:

Just barley covers the potatoes in a large pot with water.
Place the pot on high heat.
Bring to a quick steady boil.
Turn the heat to low and continue cooking 15 minutes or until the potatoes are fork tender.
Drain well and allow to cool completely.
Place the squash, onion, carrots and celery into a mixing bowl.
Sprinkle in the parsley.
In a separate bowl combine the mayonnaise and sour cream.
Sprinkle in the salt and pepper and mix to incorporate together.
Pour the mixture into the bowl with the vegetables and stir together.
Add the potatoes and gently stir with a rubber spatula to coat.

White potatoes can be substituted for the red ones if you are in a pinch. They may be a little drier but they taste just as good.

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Slightly Sinful Cucumber Salad

What You Need:

2 small cucumbers, peeled, cut in half lengthwise, seeded and cut into slices
3 tbsp red wine vinegar
2 packets sugar substitute
1/2 tsp. salt
2 tomatoes, chopped
1/2 c scallions, chopped
2 tbsp olive oil
1/4 tsp. pepper

How to Make It:

Place the cucumbers in a large salad bowl.
In a separate bowl whisk together the vinegar, sugar substitute and salt.
Pour over the top of the cucumbers and toss making sure the cucumbers are covered completely.
Cover and let the cucumbers marinate for 1 hour.
Add the tomatoes and scallions to the cucumber mixture.
Pour in the olive oil and sprinkle in the pepper.
Carefully mix the ingredients together with a rubber spatula.
Refrigerate 1/2 hour before serving.

Allowing the cucumbers to sit in the sugar mixture takes away some of the bitterness in the cucumber. You can adjust the time to suit your taste. The longer they sit the sweeter they become.

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Quick and Easy Bean Bake

What You Need:

1 1/2 c white beans, cooked according to package directions
2 slices of smoked thick cut bacon
1 onion, chopped fine
1 tbsp minced garlic
1 (8 oz) can tomato sauce
1/4 c sugar free pancake syrup
1/3 c low sodium chicken broth

How to Make It:

Cook the bacon in a large skillet over medium heat until very crisp.
Drain on a piece of paper towel.
Place the onion in the skillet with the bacon grease.
Brown 5 minutes or until tender.
Stir the garlic into the onions.
Pour in the tomato sauce and mix well.
Add the syrup and chicken broth and mix to combine together.
Bring the mixture to a quick rapid boil.
Once boiling, remove from heat.
Crumble the bacon into the sauce mixture.
Heat the oven temperature to 400 degrees.
Place the cooked beans in a large ungreased baking dish.
Pour the tomato sauce mixture over the beans and stir to combine.
Cover the baking dish with aluminum foil.
Bake 45 minutes or until the sauce caramelizes on top.

This dish can be made ahead of time and placed in the smaller containers in the refrigerator.

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Very Berry Picnic Cakes

What You Need:

1 c low carb baking mix
1/2 c pecans
3 tbsp + 2 tsp. granulated sugar substitute
1/4 tsp. salt
6 tbsp butter, cold and cut into pieces
1 2/3 c heavy cream, dived
1/4 c sour cream
1 egg
3 c fresh berries, any type

How to Make It:

Place the baking mix into a food processor.
Add the pecans, 3 tbsp. sugar substitute and salt.
Pulse until the pecans are ground very fine.
Place the butter into the food processor.
Pulse until the butter becomes the size of a small pea.
Blend together in a large mixing bowl the 2/3 c of the heavy cream, the sour cream and the egg.
Pour the mixture into the food processor.
Pulse until just mixed together.
Remove the dough from the food processor.
Separate the dough into 12 equal size amounts.
Make a 3 inch circle out of each piece of dough.
Place the circles evenly on a cookie sheet.
Cover with plastic wrap and place in the refrigerator for at least 30 minutes.
Heat the oven temperature to 375 degrees.
Remove the dough circles from the refrigerator and bake 15 minutes or until the bottoms are a light brown.
Cool the baked cakes on a wire rack.
Place the remaining 2 tsp. sugar substitute and the 1 c of heavy cream into a mixing bowl.
Use an electric mixer and beat on medium speed until soft peaks form when the beaters are raised out of the mixture.
When ready to serve place 1/4 c of the cream mixture on to each piece of cake.
Top with the fresh berries and enjoy.

The dough for these little cakes can be made a day ahead. Keep them refrigerated until ready to bake.

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Stewed Rhubarb Applesauce

What You Need:

4 c fresh rhubarb, cut into 1/2 in chunks
2 apples, peeled and chopped
2 tbsp granulated sugar substitute
1 c water
2 tbsp unsalted butter
1 tsp. vanilla

How to Make It:

Place the rhubarb into a large sauce pan.
Add the apples to the pan.
Stir in the sugar substitute.
Pour the water in to the pan and mix together.
Place the pan over medium low heat.
Stew for 40 minutes being sure to stir often.
When done the rhubarb should be very soft.
Remove from the heat and allow to cool just slightly.
Stir in the butter until completely melted.
Pour in the vanilla and stir to incorporate.
Place in a bowl, cover and refrigerate until ready to use.

When cooking rhubarb you should never use an aluminum or cast iron pan. Rhubarb is tart and by using one of these types of pans you can give the rhubarb an even stronger tart taste. Use a stainless steel or enamel pan instead.

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Change My Flavor Extract Cookies

What You Need:

1 1/4 c almond flour
1 c granulated sugar substitute
1 egg
1/2 tsp. almond extract
1/4 c butter, room temperature

How to Make It:

Place the flour and sugar substitute in a large mixing bowl.
Toss to incorporate together.
Add the egg and almond extract.
Mix well to insure all the dry ingredients are moistened well.
Mix in the butter unto a dough consistency forms.
Set the oven temperature to 350 degrees.
Using your hands form 24 balls with the dough.
Place the dough balls on an ungreased cookie sheet.
Use the back of a spoon to flatten the balls into circles.
Bake 7 minutes or until the bottoms are a light golden brown.
Cool 2 minutes on the cookie sheet then move to a wire rack to finish cooling.

These cookies are great because you can use the basic recipe but change the flavor. Use different flavors of extract such as peppermint or banana for a different taste every time you take them on a picnic.

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Mushroom, Onion and Bacon Packed Burgers

What You Need:

4 slices bacon
1 onion, chopped
1 (6 oz) can mushrooms, drained and chopped fine
1 lb. lean ground round
1 lb. pork sausage
1/4 c Parmesan cheese
1/2 tsp. pepper
1/4 tsp. garlic powder
2 tbsp low sodium steak sauce (your favorite)

How to Make It:

Cook the bacon in a skillet over medium heat until crisp.
Drain the bacon well on a piece of paper towel.
Place the onion in the bacon drippings.
Cook the onion 5 minutes or until tender.
When the onion is tender crumble the bacon into the skillet.
Add the mushrooms and cook an additional 1 minute.
Remove from heat, do not drain and set aside to cool.
Place the ground chuck and sausage into a large mixing bowl.
Mix the two together with your hands.
Sprinkle in the cheese, pepper and garlic powder.
Pour in the steak sauce and mix well with your hands.
When all the ingredients are mixed well make 16 not too thick patties.
Place the bacon mixture over the top of 1/2 of the patties.
Be careful to not get too close to the edge of the patties.
Place the other 8 patties on top of each one of the covered patties.
Press the patties together and be sure to seal all the way around.
Heat the grill to medium temperature and allow to heat up.
Grill the burgers until well done.

These burgers are a great addition to any picnic. They only contain 3 g carbohydrates each.

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Picnic Cheese Nibbles

What You Need:

1/2 lb. Cheddar cheese, shredded
16 tbsp butter, room temperature
1/2 c granulated sugar substitute
3 c soy flour

How to Make It:

Place the cheese and butter into a large mixing bowl.
Mix together until blended together well.
Add the sugar substitute and flour.
Keep mixing the ingredients until a soft dough forms.
Shape the dough into a single roll that's not too thick.
Chill in the refrigerator until firm.
Heat the oven temperature to 375 degrees.
Remove the dough roll and place on a flat surface.
Slice the roll into thin slices.
Place the slices on an ungreased baking sheet.
Bake 8 minutes or until a crispy.

These crackers are a great snack to take along on a picnic. Kids enjoy them too and they only contain 5 g of carbohydrates.

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Heavenly Cheesecake Squares

What You Need:

5 tbsp butter, room temperature
1/3 c granulated brown sugar substitute
1 c oat flour
1 pkg. (8 oz) cream cheese, room temperature
1/2 c granulated sugar substitute
1 egg
2 tbsp heavy cream
1/2 tsp. vanilla extract
1 tbsp lemon juice

How to Make It:

Place the butter, brown sugar substitute and the flour in a large mixing bowl. Use a fork and mix the ingredients together until it becomes very crumbly. Remove 1 c of the mix and set aside for later use. Preheat the oven to 350 degrees. Spray a square baking pan with a non stick cooking spray. Press the mixture into the bottom of the prepared baking pan. Bake 12 minutes. Remove and set aside for later use. Mix the cream cheese and sugar substitute together in a bowl with an electric mixer until very smooth. Beat in the egg until combined well. Place the heavy cream, vanilla extract and lemon juice into the mixture. Beat until mixture begins to thicken. Use a rubber spatula and spread the mixture over the baked crust. Top with the 1 c of reserved crumble mixture. Bake 25 minutes. Remove from the oven and allow cooling slightly. Cover and refrigerate 2 hours before cutting into squares.

These squares are a delightful addition to any picnic. Instead of the crumble mixture on top, try fresh berries for a change of pace.

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Creamy Sesame Seed Slaw

What You Need:

- 1 c mayonnaise
- 1 tsp. mustard
- 1 tbsp lemon juice
- 2 packets sugar substitute
- 1/4 tsp. celery salt
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/4 tsp. pepper
- 1 tsp. sesame seeds
- 1 tsp. parsley
- 2 (16 oz) pkgs. Cole slaw mix

How to Make It:

Place the mayonnaise, mustard, lemon juice and sugar substitute together in a large mixing bowl.

Stir well being sure the sugar substitute is completely dissolved.

Sprinkle the celery salt, onion and garlic powder and pepper into the mixture.

Stir to incorporate.

Add the sesame seeds and parsley and stir well one more time.

Cover with plastic wrap.

Place the refrigerator and allow setting until ready to serve the salad.

Place the Cole slaw mix into a large bowl and toss to break up.

Pour the mayonnaise mixture over the top.

Once the mixture has settled, stir to completely cover the slaw mix.

The longer you allow the mayonnaise mixture to sit in the refrigerator the more the flavors blend together for a delightful taste.

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Extra Kick Summertime Relish

What You Need:

1 c corn, cooked
1/4 c red bell pepper, diced fine
1/4 c green bell pepper, diced fine
1 sweet onion, diced fine
1/4 c white vinegar
1 garlic clove, minced
1/2 tsp. celery seed
1/2 tsp. mustard seed
2 tbsp sugar substitute
1/2 tsp. salt

How to Make It:

Put the cooked corn into a large saucepan.
Stir in both the red and green peppers and the onion.
Pour the vinegar into the mixture and stir well.
Gently stir in the garlic, celery and mustard seed.
Sprinkle in the sugar substitute and salt.
Place the pan over high heat.
Bring the mixture to a boil.
Low the heat to the lowest setting and allow mixture to simmer for 5 minutes.
Remove the pan from the heat and set aside so the relish can cool to room temperature before serving.

This relish tastes great on any type of meat. Use it on hot dogs, burgers or even on chicken or steaks. It is also easily stored in an air tight container in the refrigerator for later use. Extra Kick Summertime Relish will stay fresh for up to 1 month.

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Refreshing Cucumber Salad Bowls

What You Need:

3 large cucumbers
1 (6 oz) can tuna in water, drained well
2 hard boiled eggs, chopped
1/2 c celery, chopped fine
1 tbsp sweet onion, chopped fine
1/4 c mayonnaise
2 tbsp relish
1 tsp. lemon juice
1/4 tsp. pepper
1/2 c Cheddar cheese, shredded

How to Make It:

Cut the cucumber in half longwise.
Remove the seeds and cut the bottom so the cucumbers set flat.
Place the tuna, eggs, celery and onion into a large mixing bowl.
Stir slightly to help breakup the tuna.
Add the mayonnaise and relish.
Stir together until the mayonnaise is slightly smooth.
Pour in the lemon juice.
Sprinkle in the pepper.
Stir to mix well.
Sprinkle in the cheese and continue stirring until all the ingredients are incorporated together.
Fill each cucumber half with the tuna mixture.

Cucumber boats can be filled with any type of salad. Egg salad, chicken salad or even ham salad make a great addition to any picnic.

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Apple and Cucumber Extravaganza

What You Need:

1 sweet red apple, chopped
1 small cucumber, chopped
2 stalks of celery, chopped
1/4 c plain yogurt
1 tbsp canola oil
2 tsp. lemon juice
1/2 tsp. salt

How to Make It:

Place the cucumber, apple and celery into a large mixing bowl.
Toss together.
Spoon the yogurt into a separate bowl.
Pour the canola oil and lemon juice in with the yogurt.
Sprinkle in the salt.
Mix together with a rubber spatula until all the ingredients are incorporated together.
Pour over the apple mixture.
With the rubber spatula stir until everything is coated well with the yogurt mixture.

This is a very refreshing salad for a summer picnic. You can add some chopped pecans or walnuts if you like a little extra crunch to you salad.

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Coconut Chicken Nibblers

What You Need:

3/4 c flaked coconut
1 (3 oz) cream cheese, softened
2 tbsp mayonnaise
1 c chicken, cooked and chopped
2 tbsp onion, minced
1 tbsp curry powder
1/4 tsp. salt

How to Make It:

Spread the coconut out on an ungreased cookie sheet.
Set the oven temperature to 350 degrees.
Toast the coconut 12 minutes or lightly brown.
Remove and set aside to cool to room temperature.
Place the softened cream cheese in a mixing bowl.
Add the mayonnaise and stir until the mixture is smooth.
Stir in the chicken, onion, curry powder and salt.
Be sure to stir well so all the ingredients are incorporated together.
Use your hands to form the chicken into balls.
Roll the chicken balls in the toasted coconut being sure to cover completely.
Place on a piece of wax paper laid out on a baking sheet.
Continue until all the chicken mixture has been used.
Cover the baking sheet with plastic wrap.
Place in the refrigerator at least 2 hours so the balls will become firm.

These are fun little nibblers to take on a picnic. They are also great rolled in toasted pecans or walnuts.

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Festive Picnic Salad

What You Need:

4 hard cooked eggs, chopped fine
2 tbsp mayonnaise
1 1/2 tsp. mustard
1/2 tsp. garlic powder
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. paprika
1 red bell pepper, cut into 8 rings
1 cucumber, sliced

How to Make It:

Place the eggs in a medium size mixing bowl.
In a separate bowl mix together the mayonnaise and mustard until well combined.
Sprinkle in the garlic powder, salt and pepper.
Stir very well making sure all the ingredients are incorporated together.
Sprinkle with the paprika.
When ready to serve place the bell pepper rings on paper plate.
Fill the ring with the egg salad.
Stick a slice of cucumber on each side of the egg salad.

This is one way to brighten up a picnic lunch. Make it look as festive as you want by adding other vegetables such as carrot sticks and celery sticks as decorations to the dish.

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Fruity Ham Bundles

What You Need:

- 1 (3 oz) pkg. cream cheese, room temperature
- 1 tbsp orange marmalade
- 1/3 lb. ham, cut into 4 in wide strips
- 2 kiwi, peeled and sliced

How to Make It:

Place the cream cheese in a small mixing bowl.
Add the marmalade and blend together well.
Cover one side of each ham slice with the mixture.
Lay a piece of kiwi at one end and roll the kiwi up in the ham slice.
Secure with a toothpick.
Chill until ready to serve.

These are an easy solution to a picnic appetizer. Any tropical fruit such as mango, papaya or even pineapple work well. You can also use pineapple marmalade for a something a little different.

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Lemon and Herb Roasted Turkey Sandwich

What You Need:

1/4 c lemon juice
3 tbsp thyme
2 tbsp sage
1/2 tsp. black pepper
1 tsp salt
1 (4-5 lb.) turkey breast
2 (16 oz) cans low sodium chicken broth
8 slices of low carb bread
Lettuce leaves
Mayonnaise

How to Make It:

Wash and pat dry the turkey breast
Stir together the lemon juice, thyme, sage, pepper and salt.
Baste the outside of the turkey with the lemon juice mixture.
Pour the chicken broth into the bottom of a roasting pan.
Place the turkey breast into the pan.
Set the oven temperature to 350 degrees and allow the oven to preheat.
Bake the turkey 1 hour 35 minutes basting with the lemon juice mixture about every 30 minutes or so.
The turkey is done when the internal temperature reaches 180 degrees.
When done cover the turkey with aluminum foil and allow standing 20 minutes before cutting.
Remove the aluminum foil and the skin from the turkey breast.
Carve the turkey into nice size slices.
Spread each piece of bread with the mayonnaise.
Place a lettuce leaf on 4 bread slices.
Add the sliced turkey.
Top with a slice of bread.

Chicken can be used in place of the turkey breast if you prefer. Just roast the chicken 20 minutes per pound or until internal temperature reaches 175 degrees.

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Old Fashioned Healthy Drop Biscuits

What You Need:

2 1/4 c almond flour
3 tbsp solid coconut or palm oil
1 1/2 tsp baking powder
1/2 c powdered egg whites
1/4 tsp. salt
1 tbsp artificial sweetener
1/2 c heavy cream
1/2 milk

How to Make It:

Set the oven to 400 degrees and allow the oven to heat while making the biscuit dough.

Place the flour in a large bowl.

Add the shortening and mix with a pastry blender until very coarse.

Add in the baking powder, egg white powder and salt and combine.

In a separate bowl whisk the artificial sweetener and heavy cream together.

Add in the milk and whisk until combined.

Pour the liquid ingredients into the dry ingredients.

Mix until a soft dough forms.

Allow the dough to set 5 minutes.

Cover a cookie sheet with aluminum foil.

Drop the dough by rounded tablespoons onto the covered cookie sheet.

Bake 8 minutes or until a light golden brown.

Cool on wire racks.

Be sure to use solid shortening oil for this recipe. The shortening needs to be at room temperature before mixing into the flour. There are solid coconut or palm oil readily available in many stores.

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Cauliflower Lemon Vinaigrette Salad

What You Need:

4 c cauliflower florets
1 c black olives
3/4 c green bell pepper, chopped
1/2 c onion, chopped
1/4 c canola oil
3 tbsp white wine vinegar
3 tbsp lemon juice
1/2 tsp. salt
1/4 tsp. pepper

How to Make It:

Toss together the cauliflower, olives, bell pepper and onions in a large salad bowl.

In a separate bowl place the canola oil and vinegar together.

Pour in the lemon juice and combine to incorporate the flavors.

Sprinkle in the salt and pepper and mix well.

Pour over the cauliflower mixture.

Toss to coat evenly.

Cover the bowl with a snug fitting lid.

Refrigerate overnight being sure to turn the bowl over a couple of times while chilling to incorporate the flavors together.

Stir well before serving.

This is a picnic favorite. By allowing the salad to set overnight the flavors have a chance to combine. This salad is also good made with broccoli.

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Baked Pork Rind Chicken Wings

What You Need:

2 lbs. chicken wings cut in half
2 c crushed pork rinds
2 tsp. chili powder
1/2 c butter, melted
1/4 tsp. hot sauce

How to Make It:

Toss together the crushed pork rinds and chili powder in a shallow bowl.
In a separate shallow bowl combine the butter and hot sauce.
Place the oven setting on 375 degrees and allow the oven to heat up.
Spray 2 large baking pans with a non stick cooking spray.
Dip the chicken wing halves into the butter mixture.
Then roll each wing in the crushed pork rinds.
Lay in a single layer in the baking dish.
Bake 40 minutes or until the chicken juice runs clear when poked with a fork.

Everybody loves chicken wings and a picnic is no exception. If there are children around you can omit the hot sauce and just dip the wings in the melted butter.

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Mama's Best Picnic Chicken

What You Need:

2/3 c almond flour
1 tsp. salt
1/4 tsp. pepper
1/4 tsp. dry mustard
1/4 tsp. celery salt
1 tsp. paprika
3 lbs. assorted chicken pieces
8 tbsp (1 stick) butter

How to Make It:

Place the flour, salt, pepper, dry mustard, celery salt and paprika in a large zip lock bag.
Shake to combine the ingredients.
Place 1 or 2 pieces of chicken (depending on the size of the pieces) into the bag.
Seal and shake until chicken is completely covered.
Shake off any excess flour.
Heat the oven to 375 degrees.
Place the butter into a large roasting pan.
Place the pan in the oven while the oven heats up and allow the butter to melt completely.
Place the chicken in a single layer in the roasting pan.
Turn each piece of chicken over a couple of times to coat with the melted butter.
Bake 1 hour 20 minutes being sure to turn the chicken half way through the baking time.

Chicken is an all time favorite for a picnic. This chicken has the crispy consistency on the outside but still remains moist on the inside.

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Pecan Rolled Chicken Breasts

What You Need:

1 egg white, slightly beaten
2 tbsp pecans, chopped and toasted
1 tsp parsley flakes
1/4 tsp salt
1/2 lb chicken breasts, skinless and boneless

How to Make It:

Beat the egg white slightly in a shallow bowl.
Toss together the pecans, parsley flakes and salt in a separate bowl.
Dip each chicken breast in the egg white.
Roll in the pecan mixture.
Place the coated chicken breast on a cookie sheet that has been sprayed with a non stick cooking spray.
Be sure that the chicken breasts do not touch either on the sheet.
Set the oven to 350 degrees and allow it to preheat.
Bake 25 minutes or until the juice runs clear when pricked with a fork.

Many like the idea of having chicken at a picnic. Fried chicken is a thing of the past when eating healthy. Try this chicken in its place. To toast the pecans lay them in a single layer on a baking sheet. Bake in a 350 degree oven about 3 minutes or until light brown.

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Gram Gram's BBQwiches

What You Need:

1 lb. very lean ground beef
1/4 c tomato juice, unsalted
1 tbsp spicy brown mustard
2 tbsp catsup
2 tbsp onion flakes
1/4 tsp. dry mustard powder
1/2 tsp. salt

How to Make It:

Crumble the ground beef into the bottom of a Dutch oven.
Place over medium heat and cook 20 minutes or until the meat is completely brown through stirring occasionally.
Drain the meat well and return to the pan.
Pour the tomato juice in with the meat.
Add the brown mustard and catsup and stir to incorporate.
Sprinkle in the onion flakes, dry mustard and salt.
Stir well, cover and allow mixture to simmer 25 minutes.

These sandwiches are an all time favorite on any picnic. Place it in a thermos to keep it warm until you're ready to eat.

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Simply Stuffed Strawberries

What You Need:

25 very large strawberries
1 (3 oz) pkg. cream cheese, room temperature
2 tbsp pecans, chopped very fine
1 1/2 tbsp granulated sugar substitute
1 tsp. orange extract

How to Make It:

Remove a thin slice from 22 of the strawberries by cutting just below the stem on each one.

Slice enough that the strawberries can rest standing up on the bottom.

Use a sharp knife and cut each strawberry into 4 wedges.

Only cut 2/3 of the way through each strawberry being sure to leave the bottom intact to hold the strawberry up.

Chop the remaining 3 strawberries into small bits.

In a small mixing bowl beat the cream cheese until it become light and fluffy.

Gently fold in the chopped strawberries and pecans.

Add the sugar substitute and extract and mix well to incorporate all the ingredients together.

Fill each wedged strawberry with about 1 tsp. of the mixture.

Walnuts also taste good in these stuffed strawberries. If you don't like nuts you can leave them out all together.

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Tropical Coconut Swizzle

What You Need:

1 c coconut milk
4 tbsp lime juice
4 (12 oz) cans lemon lime sugar free soda pop
Umbrella swizzle sticks (optional)

How to Make It:

Place the coconut milk in a large pitcher.
Add the lime juice and stir.
Pour in the pop.
Add ice to fill the pitcher.

This is a low carb, low sugar version of a Pina colada. Ginger ale also tastes very good instead of the lemon lime soda. Add an umbrella swizzle stick and let your mind wander to tropical heaven.

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