

# Download George Stella's Livin' Low Carb : Family Recipes Stella Style

Image Source. The same day that I read Paula Deen has Type 2 Diabetes, I see George Stella's low carb recipe for Raspberry Drop Scones on Dr. Oz. Could America's favorite Dr. be advocating a low carb diet? To save on paper towels, we've found that you can place the cauliflower in a colander and drain the excess water by pressing down on the florets with a heavy bowl. Clams casino is a clam 'on the halfshell' dish with breadcrumbs and bacon. Green peppers are also a common ingredient. It originated in Rhode Island in the United States. It is often served as an appetizer in New England and is served in variations nationally. Low Carb Food List. Here's a low carb food list to help you get started. I have also included buying techniques and tips that will point you toward ketogenic foods that are clean, whole and offer the best nutrition.