



## Keto Cream Sauce - for Salmon or Chicken

This Creamy Garlic Parmesan Sauce is perfect to top your chicken or salmon! The Keto macros are amazing and the flavor is out of this world! The trick is to not overcook the sauce on the stovetop . . . which means it only takes minutes to prepare!

### Recipe:

3 T Butter  
2 tsp Minced Garlic  
1/3 C Parmesan Cheese  
1/3 C Avocado Mayo  
1.5 Tbsp Fresh Parsley

Mix everything together and saute on low heat. Remove from heat as soon as everything is melted together - DO NOT OVERCOOK (it separates)!!

Pour over cooked chicken, or cook straight on your salmon.



### The Keto Dad Tips and Tricks:

- Don't overcook on the stovetop!
- This is a great way to add healthy fats to a high protein meal (like chicken breast).
- We will often use dried parsley flakes when we don't have fresh parsley - both work!
- Cooking salmon? 350 degrees for 20-25 minutes until it's flaky!

Serving size: Makes 4 (divide over 4 plates)

Calories: 260, Fat: 28g, Carbs: 1g, Fiber: 0 (Net Carbs 1) Protein: 3g

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