5 Low Carb Side Dishes

Following a low carb diet isn’t always easy; particularly when it comes to side dishes. The majority of side dishes tend to be based around rice, potatoes or pasta – all of which are really high in carbohydrates.

So, if you’re looking for a little inspiration for healthier, low carb side dishes, here you’ll discover 5 great ideas.

1. Cauliflower rice

Vegetable based rice has become extremely popular in recent years. Providing the texture of rice, while benefitting from a low carbohydrate content, these side dishes are filling, nutritional and very simple to make.

Cauliflower is literally the only ingredient you’re going to need, though you will need a food processor, a microwave and a microwave proof dish.

You can find the recipe for this simplistic side dish here

<https://www.verywell.com/cauliflower-rice-2242130>

2. Sugar Snap Peas with Mint

Give sugar snap peas a delicious makeover with a little mint, garlic and onions. This mouthwatering side dish is really simple to prepare and takes just 4 minutes to cook.

Serve them alongside meat for a great fresh spring flavor. Get the recipe here.

<http://allrecipes.com/recipe/59467/sugar-snap-peas-with-mint/?internalSource=staff%20pick&referringId=1594&referringContentType=recipe%20hub&clickId=cardslot%206>

3. Naan bread with melted garlic butter

Just because you’re switching to a low carb diet, doesn’t mean you can’t enjoy a little bread every now and again. This delicious naan bread with melted garlic butter recipe is the perfect side dish for a homemade curry.

The basis of this low carb bread is coconut flour, coconut oil, psyllium husk powder, garlic, and butter. It’s easy and takes just 25 minutes to prepare and cook.

Find the full recipe here.

<https://www.dietdoctor.com/recipes/low-carb-naan-bread-with-melted-garlic-butter>

4. Stuffed mushrooms

If you’re looking to create a low carb side dish that’s going to impress your family and friends, stuffed mushrooms are a real winner. Use them as a side dish for meat or fish, or as a delicious appetizer.

Chives, bacon, paprika and cream cheese give the mushrooms a creamy, mouthwatering flavor.

There are a lot of different recipes for stuffed mushrooms, but this is rated as one of the best. Find the recipe here.

<https://www.dietdoctor.com/recipes/stuffed-mushrooms>

5. Sweet and sour cucumbers

Let’s face it, cucumbers aren’t the most exciting vegetables to add to your main meals. However, they are really refreshing. This unique recipe adds plenty of flavor and is perfect for hot, sunny days.

White vinegar, dill, salt and pepper are used to give the cucumbers a tangy, fresh taste. Perfect for serving up alongside a salad, it’s one of the simplest recipes to create.

Check out the full recipe here.

<https://www.popsugar.com/fitness/Recipe-Sweet-Sour-Cucumbers-Fresh-Dill-3798423>

So, there you have it – 5 delicious low-carb side dishes absolutely anybody can prepare. Low carb diets really don’t have to be boring and tasteless.