

Pineapple Upside Down Cake

Pineapple Upside Down Cake



Serves 24

10 Points per serving

189 Calories per serving

Topping

- 1/2 cup butter
- 1 cup brown sugar
- 2 cans sliced OR crushed pineapple, well drained
- maraschino cherries (6 if using rings, 12 if using crushed)

Cake

- 2 2/3 cups flour
- 4 tsp baking powder
- 1/2 tsp salt
- 1 1/2 cups sugar
- 1/2 cup butter
- 2 eggs
- 2 tsp vanilla
- 1 cup 1% milk

1. Melt butter and brown sugar in a 9×13 pan -place in oven while the oven is preheating to 350. Blend sugar with butter and spread evenly in the pan.

2. If using crushed pineapple, chop cherries and sprinkle over the sugar butter mixture, then arrange crushed pineapple on top evenly. If using pineapple rings, arrange rings in pan, placing 12 in the pan, even if you have to squeeze them. Cut cherries in half and place a half a cherry in the center of each ring, rounded side down. Set pan aside
3. While butter and sugar are melting, prepare batter
4. Measure flour – add baking powder, salt and sugar. Sift 3X – do not skip this step.
5. In a bowl, cream butter until smooth.
6. Add dry ingredients, egg, milk and vanilla. Mix on 5-10m low/medium low for 1 minute until smooth. This is a thick batter.
7. Spread batter over the pineapple mixture. Bake at 350 for 45-50 minutes, until a toothpick inserted in the center comes out clean.
8. Cool in pan 5-10 minutes, then flip pan over. Let cool completely.

Dessert
Cake
Pineapple

Potato Ham Chowder

Potato Ham Chowder



Serves 6

- 4 slices center cut bacon (diced)
- 2 cloves garlic (minced)
- 1 onion (diced)
- 1 $\frac{1}{2}$ cups frozen corn kernels
- 2 teaspoons fresh thyme leaves
- 2 tablespoons all-purpose flour
- 3 $\frac{1}{2}$ cups milk (or more, as needed)
- 2 russet potatoes (peeled and diced)
- 8 ounces ham (diced)
- Kosher salt and freshly ground black pepper (to taste)

1. Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.
2. Melt butter in a large stockpot or Dutch oven over medium heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in corn and thyme until fragrant, about 1-2 minutes.
3. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in potatoes.
4. Bring to a boil; reduce heat and simmer until potatoes are tender, about 12-15 minutes. Stir in ham, salt and pepper, to taste. If the chowder is too thick, add more milk as needed until desired consistency is reached.
5. Serve immediately, garnished with bacon.

Main Course, Soup
soup
chowder, ham, potatoes

Chicken, Broccoli, Pasta Alfredo

Chicken, Broccoli, Pasta Alfredo



Serves 6 – 10 points per serving

- 2 cups 1% milk
- 3 oz low fat cream cheese
- 3 tablespoons flour
- 1 teaspoon salt
- 1 tablespoon butter
- 3 garlic cloves
- 1 cup grated Parmesan cheese
- 8 oz pasta of your choice (bow ties, rotini, spaghetti)
- 12 oz chicken (cooked and cubed)
- 2 cups cooked broccoli

1. Place milk, cream cheese, flour, and salt in a blender and blend until smooth. In a skillet, melt butter on med-high heat and add garlic. Let the garlic sauté for about 30 seconds, you don't want to burn it.

2. Then add milk mixture to the pan. Stir constantly for about 3 or 4 minutes or until it just comes to a simmer. Keep stirring and let it cook for a few minutes more. It should begin to thicken
3. When it's nice and thick remove the pan from the heat. Add the cheese, stir, and then cover immediately. Let stand for at least 10 minutes before using. It will continue to thicken upon standing. Season with additional salt if needed.
4. Meanwhile, cook pasta according to package directions. Drain.
5. Add pasta, chicken and broccoli to sauce. Stir to combine and heat through.

Main Course

Chicken

alfredo, chicken, pasta

New England Clam Chowder

New England Clam Chowder

Serves 6

7 Points / xxx calories per serving

- 6 slices bacon diced
- 1 cup yellow onion diced
- 1 cup celery diced

- 1 cup leeks sliced thinly
- 1/4 cup all-purpose flour
- 3 cups red potatoes diced
- 3 cups reduced sodium chicken broth or stock
- 3/4 cup clam juice
- 1/2 – 3/4 Tbsp dried thyme
- 1 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 4 dried bay leaves
- 1 1/2 tsp Tabasco sauce or your favorite hot sauce
- 2 – 3 cans (6.5 oz each chopped or minced clams drained)
- 4 cups fat free half and half
- sliced green onions for garnish (optional)

1. Heat a large pot over MED-LOW heat, then add bacon pieces and cook until crispy. Remove with a slotted spoon (or tongs) to a paper towel lined plate, reserving drippings in the pot.
2. Increase heat to MED, then add onion, celery and leeks and sauté about 3-4 minutes, until soft. Add flour and stir to coat vegetables. Cook 1 minute, stirring often.
3. Add diced potatoes, chicken broth, clam juice, thyme, salt, pepper, bay leaves, and tabasco sauce. Stir well, then bring to a boil.
4. Once boiling, reduce heat and cover, simmering about 15 minutes or so, until potatoes are fork tender.
5. Add canned clams, and pour in half and half stirring well to combine.
6. Cook over MED heat, stirring often, about 5 minutes, or until heated through and thickened to desired consistency.
7. Taste, then add salt and pepper if needed. Serve topped with cooked bacon, oyster crackers, sliced green onions and enjoy!

main dish, Soup
soup

clam chowder

Corn and Potato Chowder

Corn and Potato Chowder



Serves 6 – each serving approx 1 1/4 cups

Using regular half and half – 7 points/300 calories

Using Fat Free half and half – 5 points/271 calories

- 4 strips bacon cut into small pieces
- 1/2 medium onion chopped small
- 3 sticks celery chopped small
- 2 medium carrots peeled & chopped small
- 1/4 cup flour
- 2 cloves garlic minced
- 4 cups chicken broth or stock
- 1 cup half and half *can use fat free half and half (see above for points/calories)
- 4 cups frozen or fresh corn
- 2 large Russet potatoes peeled & diced
- 1/4 teaspoon Italian seasoning
- 1 pinch cayenne pepper optional
- Salt & pepper to taste

1. Prep your bacon and add it to a large pot over medium-high heat. Cook until crispy (about 10 minutes).
2. Meanwhile, prep your onion, celery, and potatoes.
3. Once the bacon is crispy, take it out of the pot and remove to a paper towel lined plate. Leave about 2 tablespoons of the bacon fat in the pot.
4. Add the onion, celery, and carrots to the pot and sauté for 5 minutes.
5. Stir in the garlic and cook for 30 seconds.
6. Stir in the flour and cook for about a minute, stirring nearly constantly.
7. Add in the chicken broth and give it a good stir to ensure the flour has dissolved and the brown bits are scraped up from the bottom of the pot.
8. Add in the corn, potatoes, Italian seasoning, cayenne pepper, and the bacon . Increase the heat to high and bring the soup to a boil. Once it's boiling, reduce the heat to a rapid simmer so it's gently boiling. Cover the pot so the lid is slightly ajar.
9. Cook until the potatoes are tender (about 15-20 minutes). Stir every so often.
10. Turn soup down to a gentle simmer and add the half and half. Let cook for 10 minutes.
11. If you want your soup thicker, make a slurry of 1 Tbsp cornstarch or arrowroot powder and 2 Tbsp of water, milk or broth and add to soup. Let cook 5 minutes
12. The soup will thicken up more the longer you cook it.
13. Season the soup with salt & pepper as needed.

Main Course, Soup

soup

corn chowder

Chicken Lombardy

Chicken Lombardy



Adapted from 4 sons r us

Serves 6

6 Weight Watchers Points/279 Calories per serving

- 8 oz pkg sliced baby bella mushrooms
- 3 large boneless skinless chicken breasts
- 1/2 cup flour
- 2 Tbsp butter, divided
- 1/2 cup chicken broth
- 1/4 cup Marsala wine
- salt & pepper (to taste)
- 1/2 tbsp corn starch + 1 tbsp water
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded Parmesan cheese
- 2-3 green onions (thinly sliced)

1. Cut each chicken breast evenly in half, lengthwise. One at a time, place a piece of chicken in between two sheets of heavy duty plastic wrap. Using the flat side of a meat mallet, flatten the breast out to a 1/4" thickness. Repeat for all the pieces of chicken.
2. Melt 1/2 tablespoon of butter in a large skillet over medium heat. Add in the mushrooms and saute for 3-5 minutes, or until tender. Remove the cooked mushrooms to a waiting plate or bowl, and set aside.

3. Add the flour to a flat plate. Dredge each piece of chicken in it, making sure there's an even coat.
4. In the same skillet you cooked the mushrooms in, melt 1/2 tablespoon of the remaining butter. Add two pieces of chicken, and up the heat to medium high. Let the chicken cook until nicely browned on one side, flip and repeat. Transfer the browned breasts to a waiting plate.
5. Add another 1/2 tablespoon of butter to the skillet, and brown another two breasts. Repeat the steps until all the chicken is browned, and all transferred to the waiting plate.
6. Stir the broth and wine into the drippings in the skillet, whisking to deglaze the pan and get up all those yummy browned bits. Season with salt & pepper. Bring the mixture to a boil, then reduce the heat and simmer for 5 minutes, or until thickened slightly.
7. In a small bowl, whisk together the corn starch and water to make a slurry. Whisk this into the skillet sauce, and let it simmer another 1-2 minutes- until nicely thickened. Remove the skillet from heat, and set aside.
8. Transfer the chicken breasts to a lightly greased 9x13 baking dish, overlapping a bit if necessary to fit them all. Spread the sauteed mushrooms evenly out over top.
9. Pour the sauce evenly out over top of the chicken. Then sprinkle the cheeses evenly out over top, followed by the sliced green onions.
10. Bake the prepared chicken at 450 degrees for 15-20 minutes, or until the cheese is melted and slightly golden brown. Remove the dish from the oven, and serve immediately.

Main Course

Chicken

chicken lombardy

Cherry Vanilla Almond Granola

Cherry Vanilla Almond Granola



Makes 9 cups. Easily halved. Serving size 1/4 cup.

129 calories / 5 points

- 6 cups rolled oats
- 1/2 cup brown sugar
- 1 teaspoon salt
- 1 Tablespoon ground cinnamon
- 1 cup dried cherries (or other dried fruit)
- 2/3 cup sliced almonds (or other nuts)
- 6 tablespoons coconut oil
- 2/3 cup maple syrup
- 4 teaspoons pure vanilla extract
- 2 large egg whites

1. Preheat the oven to 300 degrees. Line a large baking tray with a silicone baking mat or parchment. Set aside.
2. Add the oats, brown sugar, salt, cinnamon, dried fruit and nuts to a large mixing bowl. Gently toss to combine. Set aside.
3. Place the coconut oil and maple syrup in a small saucepan. Heat for about one minute, or until the oil has combined. Gently whisk the vanilla in with a fork.
4. Pour the liquid over your oat mixture. Gently toss to

combine.

5. Whisk the egg white until foamy/soft set. Drizzle over the mixture and give it one last toss to coat.
6. Turn the granola onto your prepared pan. Spread into an even layer.
7. Bake 30 minutes, stirring once halfway through. Allow to cool completely before packaging.
8. NOTES
9. Homemade granola, if stored properly, can be kept for up to six months. Keep in an airtight container in a cool dry place. I like to use mason jars.

Breakfast
Granola

Cheeseburger Soup

Cheeseburger Soup



Serves 8 – 8 Points/264 Calories per serving – you can reduce the points by using reduced fat cheese, skim milk, and light butter.

- 1 pound 96% ground beef
- 3/4 cup chopped onion
- 3/4 cup shredded carrots
- 3/4 cup diced celery

- 1 teaspoon dried basil
- 1 teaspoon dried parsley flakes
- 2 tablespoons butter divided
- 3 cups beef or chicken broth
- 4 cups peeled and diced potatoes
- 1/4 cup all purpose flour
- 3 oz shredded cheddar cheese
- 1 1/2 cups 1 % milk
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup light sour cream

1. Brown the ground beef in 3 quart saucepan. Drain and set aside.
2. In the same saucepan add 1/2 T butter and add onion, shredded carrots, parsley flakes, basil and celery. Saute until tender.
3. Add the broth, potatoes and beef and bring to a boil. Reduce
4. heat, cover and simmer 10-12 minutes or until potatoes are tender.
5. In small skillet melt remaining butter (1 1/2 T) and add the flour. Cook and stir for 3-5 minutes or until bubbly. Add to the soup and bring to a boil. Cook and stir for 2 minutes. Reduce heat to low.
6. Stir in the cheese, milk, salt and pepper. Cook and stir until cheese melts. Remove from heat and blend in sour cream.

Main Course, Soup
soup

Blueberry Cream Cheese Sourdough Pancake Bake

Blueberry Cream Cheese Sourdough Pancake Bake



Serves 6 – 8 Points/310 Calories

- 6 large Eggs
- 300 g Sourdough Discard
- $\frac{1}{3}$ cup 1% Milk
- 2 tbsp. Maple Syrup
- $\frac{1}{2}$ tsp. Salt
- 1 tsp. Vanilla Extract
- 2 tbsp. Salted Butter
- $\frac{3}{4}$ cup Frozen Blueberries
- 4 oz Light Cream Cheese (cubed into $\frac{1}{2}$ cubes)

1. Preheat the oven to 425F.
2. In a large bowl, whisk the eggs well. Add in the sourdough discard, milk, maple syrup, salt, and vanilla. Whisk well to combine, or use a hand mixer on medium speed until completely smooth.
3. Add the butter to a 9X13 glass baking dish and place it in the oven.
4. Once the butter has melted, pull the baking dish out of the oven.
5. Swirl the butter around the baking dish and pour in the sourdough batter.

6. Sprinkle the surface evenly with the wild blueberries, then the cubed cream cheese.
7. Bake in the preheated oven for 20-22 minutes.
8. Remove from the oven and serve with maple syrup.

Breakfast

Pancakes

pancakes, sour dough

Parmesan Pork Chops, Potatoes and Asparagus Sheet Pan

Parmesan Pork Chops, Potatoes and Asparagus Sheet Pan Dinner



adapted from The Wholesome Dish

- 1 lb. baby red potatoes cut into 1x1 inch chunks halved or quartered depending on their initial size
- 1 tbsp. olive oil divided
- 1/2 cup grated parmesan cheese
- 1/2 cup panko breadcrumbs
- 1 tsp. garlic powder
- 1/2 tsp. ground black pepper
- 4 ½ inch thick boneless pork chops (1 pound total weight*)

▪ 1 lb. asparagus spears not too thick

1. Preheat oven to 350 degrees Fahrenheit. Spray a large baking sheet with cooking spray.
2. Place the potatoes on the baking sheet. Drizzle with 1/2 tablespoon of olive oil. Use your hands to mix the potatoes around in the oil until they are all completely covered. Push the potatoes to one side of the baking sheet.
3. In a shallow dish or plate, add the parmesan, panko, garlic powder, and black pepper. Stir to combine.
4. Place the pork chops on the open side of the baking sheet. Spray the top of the pork chops with olive oil spray. Spoon half of the parmesan mixture evenly over the pork chops. Lightly press the parmesan mixture down onto the pork chops making a crust. Bake for 25 minutes.
5. Snap the tough woody ends off of the asparagus spears (they will naturally snap where the woody end ends)
6. Use a spatula to give the potatoes a stir and to make room on the baking sheet for the asparagus.
7. Add the asparagus spears to the open area of the baking sheet. Drizzle the asparagus with 1/2 tablespoon of olive oil. Use a brush to ensure the asparagus is well coated in oil. Sprinkle the remaining parmesan mixture evenly over the potatoes and asparagus. Cook for 20 minutes.

Main Course

Pork

sheetpan dinner