

# Cinnamon Sugar Almonds



## Cinnamon Sugar Almonds

Adapted from [alainga.com](http://alainga.com)

Serving Size:

25

Time:

1 hour 10 minutes

Difficulty:

Easy

## Ingredients

- 1 large egg white
- 1 tsp vanilla extract
- 450 gr / 3 cups whole almonds
- 100 gr /  $\frac{1}{2}$  cup granulated sugar
- 100 gr /  $\frac{1}{2}$  cup packed brown sugar
- 2 tsp ground cinnamon
- $\frac{1}{2}$  tsp fine sea salt

## Directions

1. Preheat oven to 120C / 250F
2. Line a large baking sheet with parchment paper.
3. In a medium sized mixing bowl beat together egg white and vanilla extract until frothy. Add the almonds to the bowl and stir until coated.
4. In another mixing bowl mix together sugars, cinnamon and salt.
5. Add the sugar mixture to the egg white coated almonds and toss until evenly coated.

6. Spread onto the prepared baking sheet in a single thin layer.
  7. Bake in the oven for 55-60 minutes. Stirring every 15 minutes.
  8. Let cool down for 3-5 minutes and then serve warm.
  9. To store: Let cool down completely to room temperature and then store in an airtight container.
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# Creamy Lemon Chicken

## Creamy Lemon Chicken



Adapted From The Cozy Cook

Serves 4

376 calories

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:636eef99be681453001b14e6>

- 4 boneless skinless chicken breasts
- Lemon pepper seasoning
- 1/2 cup all-purpose flour
- 1 cup Parmesan cheese (finely grated, divided)

- 1 teaspoon garlic powder
- 2 Tbsp olive oil
- $\frac{1}{2}$  cup dry white wine (like chardonnay or pinot grigio)
- 4 cloves garlic (minced)
- 1  $\frac{1}{2}$  cups chicken broth
- $\frac{3}{4}$  cup fat free half and half (at room temperature)
- 1 chicken bouillon cube
- 1 teaspoon mustard powder
- 3 Tablespoons freshly squeezed lemon juice
- 1 Tablespoon cold salted butter. optional

1. Place the chicken in a gallon freezer bag (or in between saran wrap) and use the textured side of a meat mallet to pound it to  $\frac{1}{2}$  inch thick.
2. Season with lemon pepper seasoning. You may also season with salt if desired.
3. Combine the flour, Parmesan cheese, and garlic powder, on a large plate. Set aside.
4. Pat the chicken dry and dredge each side in the flour mixture. Tap off excess.
5. Heat olive oil in a large skillet over medium-high heat. Sear the chicken in batches for 4-5 minutes per side, until a golden crust has developed. Set aside and leave brown remnants in the pan.
6. Add the wine and garlic. Set heat to medium. Bubble gently for about 4 minutes, until the liquid has reduced by half. Use a silicone spatula to "clean" any remaining brown flecks on the pan while the wine reduces and incorporate it into the liquid for more flavor.
7. Add the chicken broth, chicken bouillon, and mustard powder. Bring to a gentle boil and let it simmer for 5 minutes or so, to thicken and concentrate the flavor. Reduce heat to low.
8. Add the half and half slowly, stirring continuously.
9. Stir in the lemon juice and slowly sprinkle in the 1 cup Parmesan, stirring continuously, until combined. Add the

chicken back and let the chicken warm through.

10. Optional: Swirl in 1 Tbsp. cold butter to give the sauce a smooth, velvety finish

Main Course

Chicken

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# Hungarian Chicken

## Hungarian Chicken



Serves 6

- 2 tsp olive oil
- 1 medium onion, chopped
- 4 Tbs flour
- salt and pepper to taste
- 4 boneless, skinless chicken breasts
- 2/3 cup tomato sauce
- 2/3 cup chicken broth
- 1 Tbsp paprika
- 1 tsp sugar
- 1 bay leaf
- 2/3 cup light sour cream

1. Combine flour, salt and pepper in a shallow dish. Dredge each chicken breast until covered.

2. In a large skillet, heat 2 tsp of olive oil. Sauté onion until tender. Remove from pan and set aside
3. In the same skillet, brown chicken on all sides.
4. Combine tomato sauce, broth, paprika, sugar, bay leaf and onion; pour over chicken. Cover and simmer for 30-40 minutes or until chicken is cooked through.
5. Remove chicken to a platter and keep warm. Reduce heat to low; remove bay leaf and stir in sour cream. Heat through for 2-3 minutes (do not boil). Pour over chicken and serve.

Main Course  
Chicken

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## Dill Pickle Soup

## Dill Pickle Soup



Recipe from Edie at Edie's Adventures on YouTube Video of Edie making it:

<https://youtu.be/WpAzsvPBGFA>

10 servings, 1 cup per serving

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:635c6712fd6da43b195eda7c>

- 2 Tbsp butter
  - 1 medium onion finely chopped
  - 1 large carrot grated on the large holes of a box grater
  - 1 cup of chopped dill pickles
  - 5 cups of vegetable or chicken broth
  - 3 medium potatoes diced
  - 4 1/2 tbsp light sour cream
  - 1 1/2 tbsp flour
  - 4-5 tbsp dill pickle juice
  - salt and pepper to taste
  - fresh dill is optional
1. In you soup pot add the butter, onions and carrots, cook until soft, add broth, potatoes and chopped up dill pickles.
  2. Cook until it starts to boil then reduce heat and simmer for 10 minutes.
  3. In a separate bowl mix together, sour cream, flour and dill pickle juice, add to soup and stir.
  4. When your potatoes are soft your soup is ready to serve.

Soup  
soup

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# Instant Pot Yogurt (cook

# method)

## Instant Pot Yogurt (Cook Method)



Points, calories and servings are dependent on how much you make and what type of milk you use.

- Instant Pot
  - Milk – your choice of size (1/2 gallon or gallon) and your choice of fat content
  - Yogurt with live active cultures to use as starter – 1 Tbsp of yogurt per 1 quart of milk used
1. Pour your milk into the liner pot of the Instant Pot. Press the “Yogurt” button until the screen reads “BOIL.” Place the lid back onto the Instant Pot, with the vent open, and let it come up to a boil. (Optional step- stir occasionally, this helps reduce scalding on the bottom
  2. When the Instant Pot beeps, take the lid off and make sure it’s up at 180° F.
  3. Let the milk sit at temperature for 15-20mins, this will help thicken the end product.
  4. Now carefully pull out the Instant Pot bowl and place in a cold water bath, stirring occasionally, to slowly bring the temperature of the milk back down to 110-115° F.
  5. Once the yogurt is back down to 110° F, remove the pot from the water bath and dry the bottom and sides and add

one tablespoon of starter yogurt for each quart of milk used and whisk in to break the clump up.

6. Return the pot to the heating unit and re-cover. Press the "Yogurt" button again and then the "Adjust" button so it reads "8:00," 8:00 stands for 8 hours.
7. When done, cool in the fridge for about 4 hours to let it set.
8. (Optional for Greek Yogurt) Strain your yogurt.
9. (optional) Jar your yogurt in mason jars with plastic lids

Breakfast, Snack  
yogurt

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## Sour Cream and Dill Chicken

### Sour Cream and Dill Chicken



Adapted from Taste and Home Low Fat Country Cooking

208 Calories per serving

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:6351422e75061f238f938051>



- 4 boneless, skinless chicken breasts
- pepper, to taste
- 1/2 can cream of mushroom soup, undiluted
- 1/2 envelope dry onion soup mix
- 1/2 cup light sour cream
- 1/2 tablespoon lemon juice
- 1/2 tablespoon chopped fresh dill OR 1/2 tsp dried dill
- 4 oz can sliced mushrooms, drained ) OR 8 oz fresh, sauteed until cooked through

1. Place chicken in a single layer in a 9×13 baking pan coated with nonstick cooking spray.
2. Sprinkle with pepper.
3. Combine soup, soup mix, sour cream, lemon juice, dill and mushrooms; pour over chicken. Sprinkle with paprika. Bake, uncovered, at 350 for 1 hour or until chicken is tender and juices run clear.

Main Course

Chicken

chicken, dill, sour cream

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## Balsamic Pot Roast

## Balsamic Pot Roast



Adapted from diethood.com

420 calories per serving

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:634d6ccd3e7e677007cd0dcf>

- Slow Cooker

- 2 pounds small potatoes (halved)
- 1 pound baby carrots
- salt and fresh ground pepper (to taste)
- 3 to 3.5 pounds boneless rump roast
- 6 garlic cloves (halved lengthwise)
- salt and fresh ground pepper (to taste)
- 1 tablespoon olive oil
- 1/4 cup balsamic vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup low sodium beef broth
- 2 tablespoons Dijon mustard
- 1 tablespoon brown sugar
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1/4 cup chopped fresh parsley (for garnish)

1. Spray a 6-quart slow cooker with cooking spray.
2. Place carrots and potatoes on the bottom of the slow cooker; season with salt and pepper and set aside.
3. Make 12 incisions around the meat and insert a slice of garlic into each.
4. Season the roast with salt and pepper.
5. Heat 1 tablespoon olive oil in a large skillet over high heat.

6. Add roast to the skillet and sear on all sides until browned; about 5 minutes per side.
7. Remove from skillet and place the roast over carrots and potatoes. Set aside.
8. In a medium sized mixing bowl combine balsamic vinegar, olive oil, beef broth, dijon mustard, brown sugar, oregano, thyme and basil; whisk until well combined.
9. Slowly pour the balsamic mixture over and around the roast. If needed, use your hands to coat it evenly.
10. Cover and cook on LOW for 6 to 8 hours OR on HIGH for 4 to 6 hours. Roast is done when internal temperature reaches at least 145-degrees Fahrenheit.
11. Remove meat and let rest at least 10 minutes before cutting.
12. Cut into thin slices and serve with prepared potatoes and vegetables.

Main Course  
Beef  
crock pot

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## **Cream Apple Pie French Toast**

## **Cream Apple Pie French Toast**



You can lower the points by using low point bread, lower point cream cheese, nut milk and light butter.

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:634b73b53b00c55d6c05f025>

- 4 slices bread
- 1 egg
- 1/4 cup milk of choice
- 2 apples, peeled, sliced
- 1 tsp butter
- 1/2 tsp cinnamon
- 1-2 Tbsp zero calorie brown sugar
- 2 ounce light cream cheese, softened
- 1 Tbsp powdered sugar

1. Peel and slice apples.
2. Melt butter in a skillet, add apples, mix in cinnamon and brown sugar. Cook until softened. Keep warm
3. In a small bowl, mix cream cheese and powdered sugar until smooth
4. Beat egg and milk together. Dip bread in and fry in pan (in other words, make 4 slices French toast!
5. To assemble: spread cream cheese mixture evenly over 4 pieces of French toast. Divide apple mixture evenly over cream cheese. Drizzle with syrup if desired (count points!)
6. To assemble, spread cream chees mix

Breakfast, Brunch  
Breakfast, brunch

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# White Chicken Lasagna Soup

## White Chicken Lasagna Soup



Adapted From Carls Bad Craving

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:634b6fc87562bb59a3add8d5>

- 1 pound boneless skinless chicken breasts (chopped)
- 3 teaspoons olive oil (divided)
- 1 tablespoons butter
- 1 large onion (chopped)
- 2 carrots (peeled and sliced)
- 1 green bell pepper (chopped)
- 4-6 cloves garlic (minced)
- 1/3 cup flour
- 9-11 cups low sodium chicken broth (divided)
- 3 tablespoons cornstarch
- 1 tablespoon chicken bouillon
- 1 tsp EACH dried parsley, dried basil
- 1/2 tsp EACH dried oregano dried thyme, salt, pepper
- 2 bay leaves
- dash- 1/4 teaspoon red pepper flakes (optional)
- 10 uncooked lasagna noodles broken into approx. 1-2 inch pieces\*

- 2 cups fat free half and half (may sub fat free evaporated milk)
  - 1/2 cup heavy cream (optional)
  - 10 oz chopped frozen baby spinach (thawed)
  - 1 cup freshly grated Parmesan cheese
1. Heat 1 teas[ppm olive oil in a large Dutch oven/soup pot over medium high heat. Add chicken and cook until almost cooked through. Remove to a plate.
  2. Melt butter with 2 teaspoons olive oil in the now empty pot and heat over medium high heat. Add onions and carrots and cook, while stirring, for 3 minutes. Add bell pepper and garlic and cook for 1 minute. Sprinkle in flour then cook, stirring constantly for 3 minutes (it will be thick).
  3. Turn heat to low and gradually stir in 8 cups chicken broth. Whisk 3 tablespoons cornstarch with 1 cup additional chicken broth and add to soup. Stir in chicken, , chicken bouillon and all remaining herbs and spices. Stir in lasagna noodles.
  4. Bring to a boil then reduce to a simmer until lasagna noodles are tender, stirring occasionally so noodles don't stick to bottom (approximately 20-30 minutes).
  5. Turn heat to low, discard bay leaf and stir in half and half, optional heavy cream and spinach and warm through. Stir in 1 cup Parmesan cheese until melted. Stir in additional half and half or broth if desired for a less "chunky" soup. Season with additional salt and pepper to taste. Garnish individual servings with desired amount of cheeses (mozzarella, parmesan or ricotta).

Soup  
soup

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# Hash Brown Crust Quiche

## Hash Brown Crust Quiche



- 2 tablespoons butter melted
- 20 ounces frozen shredded hash brown potatoes (thawed)
- 8 large eggs
- 1 cup milk
- 1 cup shredded cheddar cheese
- 1 tsp olive oil
- 1/4 cup diced red onion
- 6 slices Canadian bacon, diced
- 1 clove garlic minced
- 1 tsp Salt
- 1/2 tsp coarse ground Pepper

1. Preheat oven to 400 degrees. Liberally spray a 9 inch deep dish glass pie pan with non stick spray.
2. Squeeze as much excess moisture from hash browns as you can. The hash browns should be as dry as possible so the crust will get crispy. In a large bowl, mix thawed, drained hash browns with melted butter, 1 egg, salt and pepper. Press hash brown mixture onto bottom and up the sides of your prepared pan. Press firmly to mold the potatoes against the edges. Bake until set and the edges of the hash browns are lightly browned, about 20 to 25 minutes.

3. While the crust is baking, in a small skillet, sauté red onions and garlic in one teaspoon of oil until the onion is soft and the garlic is fragrant, about 3 minutes.
4. In a large bowl, whisk the remaining eggs and milk, then add the rest of the ingredients. Pour into prepared crust. Bake until set, 45 to 50 minutes. When it's done, let it sit for 5 minutes, slice and serve.

Breakfast, Brunch

Breakfast, Eggs