Bath Salts

Bath Salts

Great for DIY gifts!

- 1 cup Epsom salt
- 5-10 drops essential oil (peppermint, lavender, eucalyptus, citrus – whatever your favorite is!)

OPTIONAL INGREDIENTS

- 1 Tbsp almond, coconut or jojoba oil (softens skin)
- 1/4 cup sea salt (detox, replaces lost minerals)
- 1/2 cup baking soda (softens skin)

1. Mix epsom salt and oils together and make sure oils are dispersed throughout salt. Store in an airtight container. Use 1/4 cup per bath
2. OPTIONAL – If using optional ingredients, mix all dry ingredients, add oil and essential oils and mix well.
3. Easy to double, triple, etc.
4. Watch the video to hear about what types of oils help with certain things!

GIfts
Gifts

Ricotta Cookies

Ricotta Cookies



Makes 9 dozen cookies

4 points each/74 calories

Cookies

- 2 sticks butter (1 cup)
- 2 cups sugar
- 1 tsp vanilla
- 3 eggs
- 4 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 15 oz ricotta cheese

Icing

- 1 stick butter (1/2 cup)
- 4 cups 10x/powdered sugar
- 1 tsp vanilla
- 2 Tbsp milk

Cookies

1. Preheat oven to 350

2. In a bowl, cream together butter and sugars.
3. Add vanilla
4. Add eggs, one at a time, beating well after each addition
5. In a separate bowl, sift together flour, baking soda and salt
6. Alternately mix in flour mixture and ricotta cheese to butter mixture. Start and end with flour mixture.
7. Drop by teaspoonfuls on a cookie sheet. Bake for 10-15 minutes. Cool completely on a wire rack

Icing

1. Cream butter. Add in powdered sugar a bit at a time.
2. Add in vanilla and milk. Add more milk until you get to your desired consistency. I like a "soft" icing, so I add about 4-4 1/2 Tablespoons.
3. Frost cookies when they are completely cool.

Dessert
Cookies

Sweet Mustard

Sweet Mustard



Makes a great DIY gift!

Makes 32 Tablespoons – 1 Tbsp 3 points/49 calories

- Double Boiler

- 1/2 cup dry mustard
- 1/2 cup apple cider vinegar
- 2 eggs
- 1 1/2 cup sugar
- 1/4 tsp salt
- 1/4 tsp paprika

1. Combine mustard and vinegar. Cover and let stand overnight.
2. In a double boiler, whisk eggs, sugar, salt and paprika.
3. Stir in mustard and cook, stirring frequently over simmering/boiling water until the sugar is dissolved and mixture is thick. About 25 minutes or so.
4. Pour into a jar or jars and let cool. Store in refrigerator

Condiments

Skillet Chicken with Mushrooms in Wine Sauce

Skillet Chicken with Mushrooms in Wine Sauce

Serves 6

- 3 boneless skinless (5 to 6 oz chicken breasts cut in half horizontally into cutlets)
- ½ cup all-purpose flour
- ½ teaspoon salt
- 1 teaspoon pepper
- ½ teaspoon garlic powder
- 12 ounces mushrooms (cleaned and thick sliced)
- 2 tablespoons butter (divided)
- 1 tablespoons olive oil
- 2 garlic cloves (minced)
- 2 large shallots (sliced thin)
- 1 ½ cups chicken broth (low sodium)
- ½ cup dry white wine
- ½ cup fat free half and half
- 2 large springs of fresh thyme
- 1 teaspoon Dijon mustard
- 2 teaspoons cornstarch dissolved in 2 tablespoons water or broth

1. Pat the chicken breasts dry with paper towels. Cut each breast in half horizontally into 2 thinner cutlets.

2. Alternately, place the chicken breasts between two sheets of plastic wrap and pound to an even thickness.
3. In a shallow bowl combine the flour, salt, pepper and garlic powder. Set aside.
4. Add 1 tablespoon butter and 1 tablespoon olive oil to a large skillet. Heat over medium until the butter is melted. Dredge 3 chicken cutlets in the flour mixture, coating both sides, shaking off the excess flour. Add the coated chicken to the skillet and cook until well browned, about 5 minutes. Turn and cook another 3-5 minutes. Remove the cooked chicken to a plate and cover to keep warm. Repeat until all chicken is browned.

5. Add remaining 1 tablespoon butter to the pan and heat until melted. Add the sliced mushrooms and cook, undisturbed, until the mushrooms are very dark on one side. Stir and turn the mushrooms and continue cooking until the moisture is released and then evaporated, and the mushrooms are all well browned.

6. Add the sliced shallots to the pan and cook until softened and starting to brown. Add the minced garlic and sauté for 30 seconds or until fragrant. Pour the wine into the pan and scrape the bottom to deglaze. Add the thyme sprigs, chicken broth, mustard and half and half. Bring to a boil and cook for 5 minutes. Stir in the dissolved cornstarch. Bring the sauce back to a light simmer and add the chicken. Heat and simmer for 5 minutes or until the sauce is thickened and the chicken warmed through. Remove the thyme sprigs, and season the dish with salt and pepper to taste.

7. Garnish with parsley or additional thyme and serve with rice, potatoes or noodles

Main Course
Chicken

Green Enchilada Chicken Soup

Green Enchilada Chicken Soup

Recipe adapted from Cat on Point on YT and Seeking Good Eats.com

Makes 12 servings, 4 points per serving

- 2 pounds boneless skinless chicken breasts
- 28- ounce can green enchilada sauce
- 24 ounces chicken broth
- 1 cup fat free half and half
- 4 oz cheese (Monterey jack or cheddar)
- 4 ounces light cream cheese (cubed and softened)
- 4 ounces green salsa (salsa verde)
- salt and pepper to taste

Slow Cooker Instructions:

1. In a 6-quart slow cooker add chicken breast, green enchilada sauce, and chicken broth. Cook on Low 6 to 8 hours.
2. Remove chicken and shred. Add shredded chicken, cheese, cream cheese, half and half, and green salsa to slow cooker. Turn slow cooker to warm and stir until cheeses are melted. Add hot sauce or additional salsa to taste.
3. Serve and enjoy! Delicious topped with avocado,

cilantro, green onion, and sour cream.

Instant Pot Instructions:

1. Cook your chicken on high pressure with 1 cup of broth for 8 minutes. Do a quick release after 10 minutes. Remove chicken and shred.
2. Set pot to saute medium, and add remaining broth, shredded chicken, green enchilada sauce, salsa, and heat until warm. Add cheese and remaining ingredients. Stir until cheese is melted. Season with salt and pepper if needed.

Stovetop Instructions:

1. In a large stockpot, add chicken and broth. Simmer until chicken is done and can easily be pulled apart. Remove chicken and shred.
2. Add shredded chicken, enchilada sauce, half and half, jack cheese, cream cheese, and green salsa to the pot. Stir and heat soup until it is warm and the cheese is melted. Season with salt and pepper if needed. Serve with additional green salsa, hot sauce, and sour cream on the side. Enjoy!

Soup
soup

Chicken with Tomato and Basil Cream Sauce

Chicken with Tomato and Basil Cream Sauce

Serves 4

5 points per serving

- 2 large boneless skinless chicken breasts (about 1–½ pounds, sliced in half lengthwise)
- ½ teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper
- 1 tablespoon olive oil
- 1 tablespoon minced fresh garlic
- 1 cup fat free half and half
- 1 14.5-ounce can diced tomatoes, undrained
- ¾ cup grated Parmesan cheese
- ¼ teaspoon Italian seasoning
- ½ cup loosely packed chopped or julienned basil

1. Season sliced chicken breasts on each side with salt and pepper.
2. Heat olive oil in a large skillet over medium high heat. Add chicken and cook until golden brown, cooked through and no longer pink (about 4 minutes on each side depending upon thickness).
3. Transfer chicken to a plate and set aside. In the same skillet, add garlic and cook until fragrant, stirring constantly (about 30 seconds).
4. Add half and half and diced tomatoes with juices, Parmesan cheese and Italian seasoning. Stir well to combine.
5. Bring to a boil, then reduce heat to maintain a simmer. Simmer for 4-5 minutes, or until slightly thickened (stirring frequently).

6. Remove skillet from heat and stir in fresh basil. Season cream sauce with salt and pepper, if desired. Return chicken to skillet. Serve over your favorite pasta, if desired.

Main Course
Chicken

Cinnamon Sugar Almonds

Cinnamon Sugar Almonds

Adapted From alainga.com

Serves 25 (23 grams/15almonds per serving)

5 Weight Watchers Points per serving

97 calories per serving

- 1 large egg white
- 1 tsp vanilla extract
- 3 cups (450 grams – I weighed mine) whole almonds
- 1/2 cup granulated sugar
- 1/2 cup cup packed brown sugar
- 2 tsp ground cinnamon
- ½ tsp fine sea salt

1. Preheat oven to 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. **I like them better served at room temperature!!
9. To store: Let cool down completely to room temperature and then store in an airtight container. Keeps for 10-14 days
10. ***SEE VIDEO BELOW FOR OTHER INFORMATION***

Appetizer, Snack
snack
almonds, sugar cinnamon

Cinnamon Sugar Almonds

Cinnamon Sugar Almonds

Adapted from alainga.com

Serving Size:
25
Time:
1 hour 10 minutes
Difficulty:
Easy

Ingredients

- 1 large egg white
- 1 tsp vanilla extraxt
- 450 gr / 3 cups whole almonds
- 100 gr / ½ cup granulated sugar
- 100 gr / ½ cup packed brown sugar
- 2 tsp ground cinnamon
- ½ 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.

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
- ½ cup dry white wine (like chardonnay or pinot grigio)
- 4 cloves garlic (minced)
- 1 ½ cups chicken broth
- ¾ 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 ½ 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

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