Ranch and Dill Pickle Pizza

Ranch and Dill Pickle Pizza

We had this at a local restaurant and loved it!

Recipe adapted from Thursday Night Pizza

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:632e79484faee35019fb5a12

- 1 cup flour
- 3/4 cup non fat greek yogurt
- ⅔ cup light ranch dressing
- 2 small garlic cloves very thinly sliced
- 1 cup freshly shredded low-moisture mozzarella (about 4 ounces)
- 1 cup very thinly sliced dill pickles
- dried dill for finishing
- hot sauce for finishing (optional)

1. Preheat the oven to 475°F
2. Mix together yogurt and flour until a dough forms. Roll out dough on 12 inch pizza stone or cookie sheet.
3. Spread the ranch dressing evenly over the dough, leaving a ½-inch border around the edges. Scatter on the sliced garlic and mozzarella, then arrange the pickles on top in an even layer.

4. Transfer the pizza to the oven and bake until the crust is golden and the cheese has browned in spots—8 to 10 minutes on the baking sheet, 6 to 8 minutes on the baking stone/steel.
5. Remove the pizza from the oven, then sprinkle with some dried dill. Slice and serve.

Main Course
Pizza

Swiss Steak

Swiss Steak

Adapted from The Laura Ingalls Wilder Country Cookbook

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:6325289b65f2522aa3105255

- 1/2 cup flour
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- 3 pounds round steak, 1/5 inches thick
- 1 Tbsp butter
- 1 Tbsp olive oil

- 2 cloves garlic, chopped
- 1 can cream of mushroom soup, diluted with 2 cans water or milk (points calculated using water)

1. Combine flour and seasonings
2. Pound the flour into both sides of the steak and let stand for 1/2 hour
3. Heat butter and oil in a large skillet. Brown steak on both sides. Add garlic and cook for a minute.
4. Add soup and simmer for 1 to 2 hours until meat is tender. Cooking time will depend upon thickness and tenderness of the meat

Main Course
Beef

Stuffed Cabbage Soup

Stuffed Cabbage Soup

Adapted from Kitchen Fun With My Three Sons

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:63251cab6b47a22936042630

- 2 tsp. olive oil
- 1 pound 96% lean ground beef
- salt and pepper
- 1 medium yellow onion diced finely
- 2 cloves garlic minced
- 4 cups chopped green cabbage
- 2 medium carrots quartered and sliced
- 4 cups low-sodium beef broth
- 3 8 oz cans tomato sauce
- 1/2 cups rice uncooked
- 1 bay leaf
- 2 Tbsp light brown sugar or brown sugar substitute
- 2 Tbsp fresh chopped parsley

1. In a dutch oven or large soup pot, heat oil over medium-high heat and add ground beef.
2. Season ground beef with salt and pepper as desired and cook until browned.
3. Add diced onion and minced garlic and cook for another 2-3 minutes, until onions are tender.
4. Add in chopped cabbage, carrots, tomato sauce, beef broth, white rice, bay leaf, and brown sugar and stir to combine.
5. Bring soup to a simmer and let cook for about 25 minutes, until rice is tender.
6. Take out the bay leaf and sprinkle with chopped parsley.

Main Course
soup

Shepherd’s Pie Soup

Shepherd’s Pie Soup

Adapted from The Cozy Cook

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:6323d5aec4631f170ec23352

- 4 large russet potatoes (equal to 2 lbs.)
- 3/4 tsp salt
- 1/2 cup light sour cream
- 1 lb. Ground Beef (96% lean)
- 1 large yellow onion
- 3 cloves garlic (minced)
- 2 Tbsp salted butter
- ¼ cup flour
- 3 cups Chicken broth
- 2 cups fat free half and half
- 3/4 teaspoon Worcestershire sauce
- 1/2 teaspoon dry mustard
- 3 ounces shredded cheddar cheese
- 10 ounces mixed frozen vegetables
- Salt/Pepper (to taste)

1. Shred the cheese,, measure out the sour cream and half and half. Let them all sit out at room temperature.

2. Cook and crumble the ground beef over medium-high heat until cooked through. Drain grease. Remove the ground beef from the pot and set aside.
3. While the meat cooks, peel the potatoes and cut them into chunks. Add to a stock pot and cover the potatoes with 1 inch of water. Boil gently for 10-15 minutes or until very fork tender. Drain, then gently mash with sour cream. Set aside. Melt 2 Tablespoons of butter over medium heat. Add the onions and cook until softened, about 5 minutes. Add the garlic and cook for 1 more minute.
4. Whisk in flour and cook for 1 full minute to remove the raw flour taste.
5. Add the chicken broth in splashes, stirring continuously. Loosen any beef remnants from the bottom of the pot, this will add flavor.
6. Add the Worcestershire sauce and mustard powder. Slowly add the half and half. Bring to a boil, then reduce to a simmer.
7. Stir in the potatoes until well-combined into the broth. If possible, use an immersion blender to blend until creamy. You can also transfer it to a blender in batches or use a large whisk.
8. Add the ground beef and frozen vegetables and allow them to heat through, about 5 minutes.
9. Remove from heat. Gradually sprinkle with shredded cheese and stir until combined. Make sure the base of the soup isn’t too hot or the cheese won’t melt creamy and smooth. The soup will continue to thicken as it sits.
10. Taste, season with salt/pepper if desired and serve!

Main Course
soup
shepherd’s pie

Crunchy Herb Chicken Breasts

Crunchy Herb Chicken Breasts



Adapted from Taste of Home

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:6308de6d798b98206fcbc287

- 2/3 cup panko bread crumbs
- 1/2 cup grated Parmesan cheese
- 1/2 cup grated Romano cheese
- 1 Tbsp minced fresh oregano or 1 tsp dried oregano
- 1 Tbsp minced fresh basil or 1 tsp dried basil
- 2 tsp minced fresh parsley
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 cup all purpose flour
- 2 eggs, lightly beaten
- 6 5 oz boneless, skinless chicken breast halves

1. In a shallow bowl, mix the first nine ingredients. Place flour and eggs in a separate shallow bowls. Dip both sides of chicken in the flour, eggs, then crumb mixture,

patting to help coating adhere.

2. Place on a greased baking sheet. Spritz tops with cooking spray. Bake at 375 for 25-30 minutes or until a thermometer reads 170.

Main Course
Chicken

Pistachio-Crusted Salmon with Lemon Cream Sauce

Pistachio Crusted Salmon with Lemon Cream Sauce

Adapted from Taste of Home Magazine

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:62fff55c1b7c231aef433d2e

Salmon

- 4 6oz Salmon Filets

- 1 tsp sea salt
- 1/2 tsp coarsely ground pepper
- 1/4 cup mayo
- 1/2 cup finely chopped pistachios

Sauce

- 1 shallot, chopped
- 1 tsp olive oil
- 1 cup fat free half and half
- 2 tsp grated lemon peel
- 1/4 tsp sea salt
- 1/8 tsp cayenne pepper

1. Preheat oven to 375
2. Place salmon on a greased baking sheet; sprinkle with salt and pepper. Spread with mayonnaise and sprinkle with pistachios
3. Bake at 375 for 15-20 minutes or until fish flakes easily with a fork
4. Meanwhile, in a small saucepan, cook and stir shallot in oil over medium high heat until tender. Add half and half and lemon peel, salt and cayenne; bring to a boil. Reduce heat; simmer, uncovered for 5-7 minutes or until thickened, stirring occasionally. Serve with salmon.

Main Course
Fish
salmon

Skillet Roasted Lemon Chicken with Potatoes

Skillet Roasted Lemon Chicken with Potatoes

Serves 4 – Recipe adapted from Taste of Home

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:62edad42232a6e2581cb687f

- 1 Tbsp olive oil, divided
- 1 medium lemon, sliced
- 4 cloves garlic, minced and divided
- 1/4 tsp grated lemon peel
- 1/2 tsp salt, divided
- 1/4 tsp pepper
- 4 4 oz boneless, skinless chicken breasts
- 1/4 tsp dried rosemary, crushed
- 1 pound fingerling or new potatoes, halved
- 8 cherry tomatoes

1. Grease a 10 inch cast iron or other oven proof skillet with 1 teaspoon of oil. Arrange lemon slices in a single layer in the skillet.
2. Combine 1 tsp oil, 2 minced garlic cloves, lemon peel,

1/4 tsp salt and 1/8 tsp pepper; rub over chicken. Place over lemons.

3. In a large bowl, combine rosemary and the remaining oil, garlic, salt and pepper. Add potatoes and tomatoes; toss to coat. Arrange over chicken. Bake, uncovered, at 450 for 25-30 minutes or until chicken is no longer pink and potatoes are tender.

Main Course
Chicken, One Skillet Meal

Sausage Veggie Skillet

Sausage Veggie Skillet – Recipe from Acre Homestead on YT

Serves 6

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:62eb142e7ee23d14cd4ecc30

- 1 large onion, diced
- 4 cloves garlic, chopped

- 6 links sausage of choice (I am using chicken apple sausage), sliced
- 1 large zucchini, diced (about 3 cups)
- 3 oz sharp grated cheese, grated
- 2 cups quartered grape or cherry tomatoes
- 1 Tbsp butter

1. Preheat oven to 400.
2. In an oven proof skillet, melt butter. Add sliced sausage and cook until browned. Add onion and cook until translucent. Add garlic and cook about 30 seconds. Add salt.
3. Next, add in zucchini and stir well. Add black pepper to taste. Let cook until zucchini is softened a bit and juices release
4. Place tomatoes on top of zucchini/sausage mixture. Season with salt and pepper. Top with shredded cheese. Place in the preheated oven for 15-20 minutes or until cheese is melted and golden brown.
5. Serve over rice, scooping the juice out of the pan and drizzling over veggies and rice. Serve with shredded parmesan if desired.

Main Course
sausage, vegetables

Chicken Paillard with Cherry Sauce

Chicken Paillard with Cherry Sauce



Serves 4 – Adapted from Taste of Home

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:62eb0a5535040c13694989a5

- 1 cup chicken stock
- 4 4 oz boneless, skinless chicken breasts
- 1/2 tsp sea salt
- 1/4 tsp pepper
- 1 1/2 tsp olive oil
- 1/2 cup finely chopped sweet onion
- 1 Tbsp butter
- 1 clove garlic, minced
- 3/4 cup dried tart cherries
- 1/3 cup balsamic vinegar
- 3 tbsp port wine
- 1/4 tsp dijon mustard

1. Pound chicken with a meat mallet to 1/4 inch thickness; sprinkle with salt and pepper. In a large skillet, cook chicken in oil over medium heat for 4-5 minutes on each side or until no longer pink. Remove and keep warm

2. In the same skillet, cook and stir onion in 1 tablespoon butter over medium high heat for 1-2 minutes or until tender. Add garlic; cook 1 minute longer. Add the cherries, vinegar, wine and stock, stirring to loosen browned bits from pan. Bring to a boil; cook until liquid is reduced by half and cherries are plump – about 6 minutes. Stir in mustard. Serve over rice with sauce.

Main Course
Chicken

Refrigerator Dill Pickles

Refrigerator Dill Pickles

Adapted from Kitchen Fun With My Three Sons

- 3 cups water
- 3/4 cup white vinegar
- 3 tablespoons granulated sugar (or Monkfruit)
- 2 tablespoons kosher salt
- 6 small cucumbers
- 12-16 sprigs fresh dill
- 4 cloves fresh garlic peeled and sliced thin
- 2 tablespoons pickling spices
- 2 quart jars with lids

1. In a medium saucepan, combine the water, vinegar, sugar, and 2 tablespoons of salt and bring to a boil over medium to medium-high heat. Reduce the heat to low and simmer for 15 minutes. Set aside to cool. to room temperature
2. Wash the cucumbers and cut each into even spears. If the cucumbers are too tall to stand up in the jars without sticking out the top, trim off one end of each so they’re the right size for the jars. Fill each jar with cucumbers.
3. Push the fresh dill sprigs down into the jars between the cucumbers. Add the sliced garlic and pickling spices to the jars.
4. Pour the room temperature brine evenly into the jars and seal each jar with a lid.
5. Refrigerate for 24 to 48 hours before serving. Keep refrigerated for up to one month (discard leftovers after 1 month).

Side Dish
Ferments, Pickles