Roasted Tomato Pizza

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Serves 4

Points calculated using 2 ingredient dough. If you use something different, you will need to recalculate

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:62d4dfaeec39557e8c86052b

- 1 1/2 pounds fresh tomatoes
- 1 teaspoon kosher salt
- 1 tsp olive oil
- Fresh black pepper to taste
- pizza crust of your choosing – will need to add points for the crust you chose!
- 3/4 cup mozzarella cheese (shredded)
- 1/2 oz grated parmesan cheese
- 1/2 cup fresh basil (sliced into thin strips)
- Preheat the oven to 450 degrees.

1. Slice the tomatoes into 1/8 thick slices and place on baking sheet sprayed with non-stick spray.
2. Season the tomatoes with salt, pepper and olive oil and bake at 450 degrees for 20 minutes.
3. Lower the oven to 425 degrees, then spread out the pizza crust out onto a clean baking sheet spreading to the

edges as much as possible. Poke holes with a fork along the top of the crust so it doesn't bubble up.
4. Bake the crust for 8 minutes then remove from the oven and top with the three types of parmesan cheese, the roasted tomatoes and then the mozzarella.
5. Place the pizza back in the oven and bake until the cheese is melted, about 7-8 minutes.

Main Course
Pizza

Chicken & Zucchini Foil Packs

Chicken & Zucchini Foil Packs

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:62bfc17274c7ee5d1ff41899

Serves 4

- 1 large sweet onion, thinly sliced
- 2 tsp olive oil
- 8 large button mushrooms, thinly sliced

- 1/4 cup tomato paste
- 1/4 cup chopped fresh basil
- 2 tsp chopped fresh oregano
- 2 cups chicken broth
- 4 6 oz boneless, skinless chicken breasts
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 medium zucchini, thinly sliced

1. Prepare grill for medium heat OR preheat oven to 450. In a large skillet cook the onion in oil over medium high heat until crisp tender, 4 to 5 minutes. Add mushrooms, cook until tender, 4 to 5 minutes. Stir in the tomato paste, basil and oregano. Cook until tomato paste startes to carmalize, 6 to 8 minutes. Stir in broth, stirring to loosen brown bits from bottom of pan. Bring to a boil. Cook untl sauce is thickened, 8 to 10 mintues. Remove from heat, cool slightly.

2. Cut each chicken breast into 3 long strips. Divide chicken strips between 4 18×12 inch pieces of heavy duty foil. Place food on the dull side of the foil and sprinkle with salt and pepper and top with zucchini. Spoon tomato mixture over zucchini. Fold foil around mixture, sealing tightly.

3. Place the packets on grill or on a baking pan in the oven. Cook until the chicken is no longer pink – 15-20 minutes, turning once. Carefully open packets to allow steam to escape. If desired, top with addional basil.

Main Course
Chicken

Zucchini Fritters

Zucchini Fritters

Serves 4 (3 fritters each)

Adapted from Simply Quiona

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:62bfb93ab3ba535eeb64e38e

- 3 1/2 cups zucchini shredded
- 1/2 cup flour
- 1/2 cup scallions chopped
- 2 large eggs lightly beaten
- Salt and pepper to taste
- 1 Tbsp olive oil or avocado oil (divided)

1. Add the zucchini to a clean dish towel. Squeeze out all the water and transfer it to a bowl.
2. To the bowl, add the flour, scallions, eggs, salt and pepper. Stir the mixture together with a spatula or wooden spoon until combined.
3. Add 1 tsp of oil into a large skillet over medium-high heat. Once the oil is hot, divide into 12 portions and form small patties out of the zucchini mixture in your

hands.

4. Cook the fritters until golden brown, about 2 – 3 minutes, then flip and cook an additional 2 minutes. Transfer the fritters to a cooling rack.
5. Repeat this process with the remaining mixture.
6. Serve slightly warm

Side Dish
Vegetable

Zucchini Tomato Frittata

Zucchini Tomato Frittata

Serves 4 Adapted from Taste of Home Farm Fresh Favorites

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:62bfb3850207475d0f5f2c3f

- 1/3 cup sundried tomatoes – not packed in oil!
- 1 cup boiling water
- 6 large eggs
- 1/2 cup 2% cottage cheese
- 2 green onions, chopped

- 1/4 cup minced fresh basil or 1 Tbsp dried basil
- 1/8 tsp crushed red pepper flakes
- 1 cup sliced zucchini
- 1 cup fresh broccoli florets
- 1 medium red bell pepper, chopped
- 2 tsp olive or avocado oil
- 1/4 cup fresh grated parmesan cheese

1. Place tomatoes in a small bowl. Cover with boiling water; let stand for 5 minutes. Drain and set aside
2. In large bowl, whisk the eggs, cottage cheese, onions, basil, pepper flakes and reserved tomatoes; set aside.
3. In a 10 inch oven proof skillet, saute zucchini, broccoli and red pepper in oil until tender. Reduce heat; top with reserved egg mixture. Cover and cook for 4-6 minutes or until nearly set.
4. Uncover skillet. Sprinkle with Parmesan cheese. Broil 3-4 inches from the heat for 2-3 minutes or until eggs are completely set. Let stand 5 minutes. Cut into 4 wedges.

Breakfast, Brunch
Eggs

Fancy Beef Stew

Fancy Beef Stew (Beef Bourguignon)

Adapted from My Prairie Cookbook

This is a bit higher in points than a regular dinner, but I think it will be worth it for a special meal!

https://cmx.weightwatchers.com/details/MEMBERRECIPE:62b660a3154eb213217afa5d

- 3 pounds lean beef stew meat
- 1 large yellow onion, finely chopped
- 2 large carrots, peeled and chopped
- 2 cloves garlic
- 1 bouquet garni (see note)
- 1 750 ml bottle red wine, such as Pinot Noir ((I am only counting points for 2 cups of wine because that is all we will be using in the final recipe))
- 6 oz center cut bacon, cut into small pieces
- salt and freshly ground black pepper
- 1/3 cup all purpose flour
- 3 cups beef broth
- 1 1/2 pounds small button mushrooms, trimmed, quartered if large

1. Put the beef, onion, carrots, garlic and bouquet garni in a large bowl. Add the wine. Using your hands, mix all the ingredients together, then cover the bowl with plastic wrap and refrigerate for 24 hours.
2. Remove the beef from the marinade, reserving 2 cups of the liquid, and dry the meat well on paper towels,
3. Fry the bacon in a large pot over medium heat until crisp, about 7 minutes. Season the beef with salt and

pepper. Add it to the pot and brown it on all sides, about 7 minutes. Sprinkle with the flour and cook, stirring constatly for 3 minutes. Add the reserved marinade, vegetables, 3 cups of beef broth and 2 cups of water and bring them to a boil over high heat, scraping up any brown bits. Reduce the heat to low, cover and cook until the meat is tender, about 3 hours.

4. Add the mushrooms and cook for 30 minutes longer until the mushrooms are tender. Remove the bouquet garni before serving.

5. NOTES: If you can't get a bouquet garni in the store, you can make your own with 1 sprig fresh thyme, 1 bay leaf, 4 sprigs fresh parsley, 1 spring fresh tarragon (optional) and 4 peppercorns. Wrap it all up in a bundle of cheesecloth and tie closed with kitchen string – leave the string long to tie to the handle of the pot to make it easy to remove.

Main Course
Beef
Bourguignon, Stew

Pasta with Mushroom Cream Sauce

Pasta with Mushroom Cream Sauce



Adapted from My Prairie 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:628e476ba7c00a07e03cd352

- 1 ounce dried porcini mushrooms
- 1 Tbsp olive oil
- 1 pound cremini mushrooms (chopped)
- 8 ounces portobello mushrooms (stemmed and gills scraped off, chopped)
- 2 cloves garlic (minced)
- 1 bay leaf
- 1/3 cup red wine
- salt and pepper to taste
- 12 ounces whole wheat penne pasta
- 1 cup beef broth
- 1/4 cup fat free half and half
- 2 1/2 ounces Parmesan cheese, freshly grated
- 1 Tbsp butter

1. Put the porcini mushrooms in a small bowl an pour hot water over them. Let them stand untl the mushrooms soften, about 25 minutes. Using a slotted spoon, transer the shrooms to a work surface and coarsely chop. Discard the soaking liquid.

2. Heat the oil in a large heavy pot over medium-high heat. Add the chopped porcini, the cremini and portobello mushrooms, galic and bay leaf. Saute until the mushrooms are brown and tender, stirring often, about 10 minutes.

Add the wine and simmer unntil almost all the liquid evaporates, scraping up any browned bits, about 1 minute. Season the mushroom mixture to taste with salt and pepper. Remove from heat.

3. Cook the pasta in a large pot of boiling salted water. Drain well

4. Stir the broth and cream into the mushroom mixture and put it back on the stove over medium heat and simmer for 3 minutes. Add the Parmesan, butter, and pasta; toss to coat. Cook, stirring frequently, about 2 minutes. Discrd the bay leaf and season to taste with salt and pepper. Serve hot with additional Parmesan if desired.

Main Course
Meatless, pasta
mushrooms, pasta

Jelly Filled Sugar Donut Muffins

Jelly Filled Sugar Donut Muffins

Adapted from Cafe Delights

Makes 12, Serving Size 1

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

- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2 Tbsp zero calorie sweetener, I use Monkfruit
- 1 Tbsp Avocado oil (or other light flavored oil of your choice)
- 1 Tbsp unsweetened applesauce
- 1 egg
- 2 tsp vanilla extract
- 1/2 cup 1% milk or milk of your choice
- 1/4 cup of extra Monkfruit for coating
- 1/3 cup reduced sugar or sugar free jam of choice (check points!)

1. Preheat oven to 350. Spray a 12 cup muffin tin with non stick spray
2. In a large bowl, whisk all of the dry ingredients together. Make a well in the center and add the oil, egg, vanilla and milk. Whisk the batter until smooth and lump free
3. Spoon the batter (about 2 Tablespoons) into each muffin hole, Bake for 10-15 minutes, or until they are golden in color and a toothpick inserted into the centerof a donut comes out clean. Allow them to cool for 5 minutes. While they're still warm, gently roll each donut hole into the sugar until evenly coated.
4. Fill a piping bag with the jam, and using a small ound tip, fill each donut with the jam until they puff up and expand (not too much or the donuts will overflow).
5. Serve the same day they are made or freeze.

Dessert
Desserts
donuts

Blue Cheese Salad Dressing

Blue Cheese Salad Dressing

This recipe is very "blue cheesy" – to reduce the blue cheese flavor, reduce the amount of blue cheese crumbles!

Makes 1 3/4 cups.

Serving Size: 2 Tbsp – 14 servings

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

- 1 cup non-fat Greek yogurt
- 1 Tbsp light mayonaisse
- 2 Tbsp lemon juice
- 4 oz blue cheese crumbles
- 1 tsp apple cider vinegar
- 2 Tbsp milk or water if needed to thin dressing
- 1/8 tsp pepper
- 1/8 tsp salt

1. Mix yogurt and mayonaisse.

2. Add in 2 oz of blue cheese. Mix and "mash" in the blue cheese.
3. Add the lemon juice, apple cider vinegar, pepper, salt and remaining blue cheese. Mix well. If too thick, add in water or milk a teaspoon at a time until you reach the desired consistency.
4. Refrigerate at least one hour before serving. Dressing will keep for 1 week in the fridge.

Salad Dressing
salad dressing

Beef Stroganoff (Instant Pot or Stove Top)

Beef Stroganoff (Instant Pot or Stove Top)

Serves 4

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:626b2c66fe

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- Instant Pot

- 3/4 cup boiling water
- 2 beef bouillon cubes
- 1 Tbsp butter
- 1 1/2 cups sliced mushrooms
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 1/4 pounds steak of choice – strip steak, sirloin tips, london broil (cut across the grain), tenderloin (cut into chunks) (check your cut of steak for proper points)
- 1/4 cup dry sherry
- 1/2 tsp freshly grated black pepper
- 2 Tbsp all purpose flour
- 1 10 ½ oz can cream of mushroom soup
- 1/3 cup sour cream
- chopped fresh parsley

INSTANT POT INSTRUCTIONS

1. Combine 3/4 cup water and the bouillon cubes in a 1 cup glass measure. Stir until bouillon dissolves, set aside.

2. Place the butter in the innter pot of a 6 quart Instant Pot. Press Saute (Normal). When the butter melts, add the mushrooms and onion. Cook, stirring often, 3 minutes. Add the garlic; cook, stirring constantly, 30 seconds. Add the steak. Adjust heat to Saute (More); cook, stirring often, untl beef is browned. Stir in 1/2 cup of the bouillon mixture, 1/4 cup sherry and the pepper.

3. Lock the lid; turn pressure valve to "sealing". Pressure cook (High Pressure) for 12 minutes. Open the cooker

using quick pressure release. Turn off the cooker.

4. Stir together the flour and the remaining 1/4 cup bouillion mixture in a small bowl until smooth; stir into the beef mixture. Press Saute (normal); bring to a boil. Cook 5 minutes or until thickened. Add the soup, stirring until blended. Turn off the cooker. Remove the pot from the cooker. Stir in the sour cream. Serve over hot cooked noodles or rice. Sprinkle with the parsley.

STOVE TOP DIRECTIONS

1. Combine 3/4 cup water and the bouillon cubes in a 1 cup glass measure. Stir until bouillon dissolves, set aside.

2. Place the butter in a skillet (I use cast iron) heated to medium high. When the butter melts, add the mushrooms and onion. Cook, stirring often, 3 minutes. Add the garlic; cook, stirring constantly, 30 seconds. Add the steak. Turn heat to high, cook, stirring often, untl beef is browned/seared well. Stir in 1/2 cup of the bouillon mixture, 1/4 cup sherry and the pepper. Turn heat down to low and let simmer about 7-10 minutes – depending on how you want your steak cooked.

3. Stir together the flour and the remaining 1/4 cup bouillion mixture in a small bowl until smooth; stir into the beef mixture. Turn heat up, bring to a boil. Cook 3 minutes or until thickened. Add the soup, stirring until blended. Turn off the Turn off the heat. Stir in the sour cream. Serve over hot cooked noodles or rice. Sprinkle with the parsley.

Main Course
Beef

Mashed Potato Pancakes

Mashed Potato Pancakes

Serves 4 – 2 pancakes each 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:625da35809d17f266e2f097d

- 2 cups leftover mashed potatoes (depending on how your mashed potatoes are made, the points can change based on your mashed potato recipe)
- 1 egg, beaten
- 1 teaspoon onion juice, just grate the onion into the potato mixture
- 2 Tablespoons breadcrumbs
- 1/2 Tablespoon butter

1. Heat butter in large skillet over medium heat.
2. Add beaten egg and onion juice and mix. Slowly add breadcrumbs starting with 1 Tablespoon. Add breadcrumbs until potato mixture is thick enough to form a ball about the size of a golf ball.
3. Smash ball to form a 2 inch in diameter pancake, and gently add to the hot oil.

4. Fry until golden brown, approximately 2-3 minutes. Do not move or flip until completely golden brown. You will see the crust forming around the edge of the pancake.