Hurry Up Ham and Noodles

Hurry Up Ham and Noodles



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/recipe-builder/MEMBERRECIPE:625d879ff12027244d6441f2

- 5 cups uncooked whole wheat egg noodles
- 2 Tbsp butter (cubed)
- 1 cup fat free half and half
- 1-1/2 cups chopped fully cooked ham
- 1/2 cup grated Parmesan cheese
- 12 oz cooked broccoli florets (or veggie of your choice)
- 1/4 cup thinly sliced green onions
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

1. Cook noodles according to package directions.
2. Meanwhile, in a large skillet, melt butter over medium heat.
3. Gradually whisk in half and half.
4. Bring to a boil, stirring constantly; cook and stir until thickened, about 2 minutes longer.
5. Add the ham, cheese, onions, broccoli, salt and pepper; cook, uncovered, until heated through.
6. Drain noodles; add to ham mixture. Toss to coat; heat

through.

Main Course
Ham
ham, noodles

Toasted Almond and Apple Quinoa

Toasted Almond and Apple Quinoa

Adapted from Instantly Delicious 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:625434943dfa1c5dcb5b18f0

- 6 quart Instant Pot or electric pressure cooker

- 2/3 cup slivered almonds
- 1 cup uncooked quinoa
- 2 cups water
- 1/3 cup dried tart cherries
- 1/4 tsp table salt
- 1 tsp vanilla extract

- 1 cup sliced apple
- 1 Tbsp zero calorie sugar replacement – I use monkfruit
- 1/4 tsp ground cinnamon

1. Remove lid from a 6 quart Instant Pot. Press Saute. Add the almonds to the pot; cook, stirring occasionally, 2 to 3 minutes or until lightly browned. Remove the almonds from the pot and set aside
2. Add the quinoa to the pot; cook 1 minute or until lightly bowned, stirring frequently. Stir in the 2 cups water, cherries, apples** and salt. Turn off the cooker
3. Lock the lid; turn pressure valuve to "sealing". Pressure cook on high pressure for 6 minutes. Allow to naturally pressure release. Remove lid and stir in the vanilla.
4. Combine almonds, sugar and cinnamon** – toss to coat. Divide quiona mixture among 4 bowls; top with apple mixture.
5. **the orginal recipe does not have you putting the apple in the pot to cook -due to my allergies, I need to cook it. The original recipe has you tossing the almond, apples, sugar and cinnamon and topping the quiona with that.

Breakfast
Breakfast
apples, Quinoa

Brown Rice Cereal with Vanilla Cream and Berries

Brown Rice Cereal With Vanilla Cream and Berries

Adapted from Instantly Delicious 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:6254356b27b76000e25b3d68

- 2 cups cooked brown rice
- 1 cup 1% milk
- 1/4 cup heavy cream
- 3 Tbsp zero calorie sugar replacement – I use Monkfruit
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries
- 2 tsp grated lemon rind

1. Divide rice among 4 bowls
2. Add the milk, cream, sugar and salt to a saucepan.
3. Cook over medium high heat, stirring constantly, 2 minutes or until thoroughly heated.

4. Remove from heat, stir in vanilla.
5. Top rice evenly with cream mixture. Sprinkle with berries and lemon zest

Breakfast
Breakfast
berries, cream sauce, rice cereal

Pan Fried Pork Tenderloin with Creamy Wine Sauce

Pan Fried Pork Tenderloin with Creamy Wine Sauce

Serves 4

- 1 1/2 pounds pork tenderloin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- 1/3 cup white wine
- 1/2 teaspoon chicken base/bouillon
- 1/2 cup fat free half and half
- 1/2 teaspoon cornstarch

- dash paprika
- 2 teaspoons chopped fresh Italian parsley

1. Slice the pork tenderloin into 1-inch medallions and lightly sprinkle each side with salt and pepper. Warm a large stainless skillet over medium-high heat. Add the oil and when it is shimmering, add the pork to the skillet. Let the pork cook without touching it for 3 minutes. Set a plate next to the stove along with a piece of foil to cover the pork.
2. Use a metal spatula to get underneath each one and flip them over. Don’t worry if they stick a bit. Cover with a lid and cook for 3 minutes. Lift each medallion with the spatula and transfer to the waiting plate. Cover lightly with foil to keep warm.
3. Place the empty skillet back on the stove over medium heat. Add the wine to the hot skillet and use a spatula to scrape up the little browned bits of meat and deglaze the pan. Add the chicken base, whisk to combine, and cook for about 2 minutes.
4. In a small cup, whisk the cornstarch, and paprika into the half and half until smooth. Add the cream into the saucepan slowly, whisking until combined. Continue cooking over medium heat, stirring constantly until it thickens slightly, about 1 minute. Pour the sauce over the pork, sprinkle with parsley, and serve. Enjoy!

Main Course
Pork

Wicked Awesome Chicken

Wicked Awesome Chicken

Adapted from plainchicken.com

I am not including the points for this dish because the ingredients are so variable. You can just pop it into the recipe builder on your WW app. Also, some people do not count all the marinade since most of it is left behind.

- 1 cup Italian dressing
- ¼ cup BBQ sauce
- ¼ cup hot sauce
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp Worcestershire sauce
- 1 tsp olive oil
- 1/4 tsp sugar
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1 tsp lemon juice
- 4 to 6 boneless skinless chicken breasts (pounded to an even thickness)

1. Whisk together all ingredients except chicken.
2. Pour over chicken.
3. Place chicken in the refrigerator and marinate for 1 hour up to overnight.
4. Remove chicken from marinade and grill until the internal temperature reaches 165ºF.

Main Course

Chicken

Sourdough English Muffins

Sourdough English Muffins

Recipe adapted from Heartbeet Kitchen

Using a 3 inch cutter you can get approximately 15-17 muffins. That is what I based the points on.

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:623f016cddd93e4a69c5fbb8

- 75 grams active sourdough starter
- 15 grams sugar
- 220 grams 1% milk
- 135 grams water
- 3 Tbsp butter
- 9 grams fine sea salt
- 500 grams all purpose flour
- cornmeal for dusting baking sheets

1. In the bowl of your stand mixer, add starter and sugar.

2. Add milk, water, and butter to a bowl. Microwave about a minute, until butter is just melted. Let cool for 5 minutes, you don’t want it to be too hot. The temp should be 110-115F

3. Add liquid mixture to bowl, and whisk with a fork to combine and disperse the starter.
4. Add flour and salt. Put dough hook on mixer, and start on low, speed 2 on kitchenaid mixer to incorporate flour, about one minute. Then turn to medium, speed 4 on a Kitchenaid, for 8 minutes. When finished, the dough will very wet. This is normal. Take a spatula and scrape the edges of the dough up onto itself, to round it out.
5. Let dough bulk ferment. This will take about 8-10 hours if your house is at 70 degrees. (So you could do this overnight while you sleep). Bulk ferment is complete when the dough has at least doubled, and is puffy and domed on the top. It should look pillowy and domed.
6. Dust your work surface with flour, and grab underneath the dough to take it out of the bowl and onto the surface. Let rest for 15 minutes. Pat into a 3/4 inch inch high circle or rectangle. Dust the top of muffins with flour. Using a 3 inch cookie cutter or jar cut out circles, and move them onto a parchment lined baking sheet dusted with cornmeal. They will stick if you do not do this.

7. Cover pan with a very light towel, and let rise again for about 1 to 1 1/2 hours, until your english muffins are puffy. They will not rise a ton. It’s the puffiness you’re going for.
8. Heat griddle or cast iron skillet to medium low. They’ll now puff when they cook! Leave undisturbed, cooking english muffins for about 7 minutes on each side, until internal temperature reaches 200 degrees F. You may have to adjust the heat during cooking. Keep an eye on them!

9. Remove to a wire rack to cool. Using a fork, "cut" them

in half – a knife will smash all the nooks and crannies! Toast and enjoy or freeze for later use. They do not keep long in the pantry as there are no preservatives in them.

Bread
Bread
english muffins, sourdough

Chunky Monkey Oatmeal Bowls

Chunky Monkey Oatmeal Bowls

Serves 1

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:623ca29497334f3ff3c2190c

- 1 cup cooked oatmeal of your choice – we like steel cut oats
- 1 tsp peanut butter
- 1 banana, sliced
- 1/2 Tbsp walnuts, chopped

1. To oatmeal, add peanut butter and stir in. Top with walnuts and banana slices.

Breakfast
Breakfast
oatmeal

Cod with Tomato Herb Butter

Cod with Tomato and Herb Butter

Serves 6 Recipe adapted from Little Broken

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:6238f55c4fdf7d2e2c6bca4a

- 1 medium shallot (finely chopped)
- 2 garlic cloves (minced)
- 2 tsp olive oil (plus extra for drizzling)
- 1 pint grape or cherry tomatoes
- 1/2 cup chicken stock
- 1/2 tsp. kosher salt
- 1/4 tsp. red pepper flakes
- 1/4 tsp. granulated sugar

- 4 Tbsp. unsalted butter (sliced)
- 3 Tbsp. fresh chopped herbs (basil, parsley, chives, cilantro, plus extra for garnish)
- 2¼ pounds fresh or frozen cod fillets (cut into 6–8 oz. portions*)
- 1/2 lemon
- Kosher salt and fresh ground black pepper

Tomato Herb Butter

1. In a small saucepan heat olive oil over medium heat. Sauté shallot and garlic for 4-5 minutes or until soft, stirring occasionally.
2. Add tomatoes, chicken stock, sea salt, red pepper flakes, and sugar. Simmer, uncovered, for 15-17 minutes or until tomatoes break down and release their juices and liquid has almost evaporated.
3. Remove the saucepan from the heat and stir in the butter and fresh herbs. The herb butter should be velvety and thick. Cover and keep warm while the cod is baking.

COD

1. Preheat the oven to 400 degrees F.
2. Drizzle the bottom of a casserole dish lightly with non stick spray. You want a dish big enough to fit the cod in a single layer with some room around or you will get too much juice during baking.

3. Pat dry the cod really well and place in a single layer. Season with salt and pepper to taste but be generous. Brush the top lightly with olive oil and squeeze of fresh lemon. I used about 1/2 lemon. Cover tightly with aluminum foil and bake for 12-18 minutes or until easily flaked. Baking time will depend on the thickness of the cod.

4. Remove from the oven and evenly spread the tomato butter

over the cod. Cover back with aluminum foil and let stand at room temperature for 1-2 minutes before serving. You just want all the flavors to come together.

5. Garnish with fresh chopped herbs, if desired, and serve immediately.

Main Course
Fish
cod

Bacon Wrapped Chicken Bites

Bacon Wrapped Chicken Bites

Serves 1

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:5e1283ba521544006fd1f027

- 1 4 oz boneless, skinless chicken breast
- 2 strips center cut bacon (make sure you check the points on your bacon – it's all different!)
- Seasoning of your choice – I like Trader Joe's 21 Seasoning Salute

1. Cut chicken into 6 bite size pieces
2. Cut each bacon strip into 3 pieces
3. Season chicken with seasoning of choice
4. Wrap a piece of the cut bacon around each piece of chicken
5. AirFryer – cook at 360 for 10-12 minutes or until cooked through

   Oven – bake at 375 for 15-20 minutes or until cooked through

Appetizer, Main Course
Appetizer, main course
bacon, chicken

Mushroom Stuffed Chicken Breast

Mushroom Stuffed Chicken Breasts

Serves 4

Recipe from Spend With Pennies. com

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:622a700e0b960245bb41a0d5

- 4 boneless, skinless chicken breasts (skinless chicken breasts)
- 1 tablespoon butter
- 6 ounces brown or white mushrooms sliced
- 3 tablespoons onion minced
- 1 clove garlic minced
- ¼ teaspoon thyme
- 2 tablespoons dry white wine
- 3 tablespoons garlic and herb cream cheese spread
- 2 ounces mozzarella cheese shredded

1. Preheat oven to 400°F.
2. Place butter in a pan over medium heat. Add onion and garlic and cook until slightly softened. Add in mushrooms and cook until juices are released and reabsorbed. Add wine and thyme. Cook until evaporated but not dry. Cool completely.
3. Combine cooled mushrooms with cream cheese, mozzarella cheese and salt & pepper to taste.
4. Using a sharp knife, cut a 1 ½″ slit in the side of the chicken. Move the knife around creating a pocket. Fill the pocket with ¼ of the mushroom mixture. Repeat with remaining chicken breasts.
5. Place chicken breasts on a parchment-lined pan, sprinkle with salt & pepper to taste, and bake 30-35 minutes (165°F).

Main Course
Chicken
Mushroom Stuffed Chicken