# Pineapple Upside Down Cake Pancake Muffins

## Pineapple Upside Down Cake Pancake Muffins (Sourdough Version)



Makes 14

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61e8ae14ac654f219c592521

- 15 oz can crushed pineapple
- 14 maraschino cherries
- 7 Tbsp brown sugar substitute
- 1 cup sourdough starter or discard
- 1/2 cup flour
- 1/4 cup 1% milk
- 1 egg (beaten)
- 1 tsp baking soda
- 1/4 tsp salt
- 2 Tbsp unsweetened applesauce

1. Spray 14 of the wells in the muffin tin with non stick spray. To each well, add 1/2 Tbsp of brown sugar, 1 Tbsp crushed pineapple and 1 cherry (pushed down in the center). Bake in the oven for 3 1/2 to 4 minutes until sugar is caramelized.

2. In a mixing bowl, combine sourdough, flour, egg, milk, extract, applesauce, salt, 2/3 cup crushed pineapple, reserved pineapple juice (2 TBSP). Mix well. Add baking soda. Mix well.
3. Divide pancake mixture evenly over pineapple/sugar mixture.
4. Bake for approx 16 minutes at 350. Let cool 5 minutes. Take a thin blade knife and run along the edges of the muffins and lift out carefully.

Breakfast
Breakfast

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# Zucchini Bread (not WW!)

## Zucchini Bread (NOT WW!)

Serves 30

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61e4c3e2faeb816887e7a48e

- 3 eggs

- 2¼ cups sugar
- 1 cup oil (avocado or some other mild oil)
- 3 tsp vanilla
- 3 cups flour
- 1 tsp salt
- 1 tsp baking soda
- 1/2 tsp baking powder
- 3 tsp cinnamon
- 2 cups minced/shredded zucchini
- 1 cup chopped walnuts

1. Beat eggs. Beat in sugar. Add oil slowly, beat well. Add vanilla
2. Sift together flour, salt, cinnamon, baking soda, baking powder.
3. Add flour mixture to egg mixture.
4. Add zucchini and nuts. Mix well.
5. Grease and flour 2 loaf pans. Divide mixture evenly between the two pans.
6. Bake at 350 for 45-55 minutes or until a toothpick inserted in the center comes out clean.
7. Cook on wire rack for 15-20 minutes then turn out of pan to cool completely
8. When cool, cut each loaf into 15 slices

Bread, Dessert
Bread, Breakfast, brunch, Desserts
Quick Bread

# Cream of Mushroom Soup

## Cream of Mushroom Soup




Serves 6 – a bit over a cup per serving

Adapted from Cafedelites.com

- 1 Tbsp butter
- 1 tsp olive oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 1¼ pounds mushrooms, sliced/chopped
- 1 tsp dried thyme
- 1/2 cup Marsala cooking wine or any dry red wine
- 6 Tbsp all purpose flour
- 4 cups low sodium chicken broth
- 1/2 tsp salt
- 1/2 tsp fresh ground black pepper
- 2 beef bouillon cubes, crushed
- 1 cup fat free half and half
- chopped fresh parsley

1. Heat butter and oil in a large pot or dutch oven over

medium high heat until melted. Saute onion for 2 to 3 minutes until softened. Cook garlic until fragrant, about 1 minute

2. Add mushrooms and thyme, cook for 5 minutes. Pour in wine and allow to cook for 3 minutes.
3. Sprinkle mushrooms with flour, mix well and cook for 2 minutes. Add chicken broth, mix again and bring to a boil. Reduce heat to low-medium heat, season with salt, pepper and bouillon cubes.
4. Cover and allow to simmer for 10-15 minutes, stirring, until thickened
5. Reduce heat to low, stir in half and half. Allow to gently simmer (do not boil). Adjust salt and pepper to your taste. Mix in parsley. Serve.

Soup
soup
mushrooms

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# Parmesan Cod II

## Parmesan Crusted Cod II

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:61df482339cb32722d0566ea

- 1/2 cup all purpose flour
- 1/4 cup shredded parmesan cheese
- 2 Tbsp yellow corn meal
- 1 tsp paprika
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 egg
- 1/4 cup low-fat milk
- 24 oz cod filets

1. Preheat oven to 350°
2. In a shallow dish, combine the flour, Parmesan cheese, cornmeal, paprika, salt and pepper; set aside.
3. In another shallow dish, beat egg and milk. Dip fillets in milk mixture, then in flour mixture.
4. Place in 13x9x2 baking dish coated with nonstick cooking spray.
5. Bake uncovered, at 350° for 35-40 minutes or until fish flakes easily with a fork.

Main Course
Fish
cod, fish

# Italian Chicken Strips

## Italian Ranch Chicken Strips



Serves 4

Adapted from Light and Tasty Magazine

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

- 2/3 cup cornflake crumbs
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 5 Tbsp reduced fat ranch dressing (I use my homemade – recipe linked below)
- 1 tsp water
- 12 oz boneless, skinless chicken breasts, cut into strips

1. Preheat oven to 400°
2. In a shallow bowl, combine the cornflake crumbs, Italian seasoning and garlic powder.
3. In another shallow bowl, combine dressing and water. (Here is the link to my homemade ranch dressing:

   https://joanspointedplate.com/ranch-dressing-and-dip-mix/
4. Dip chicken into dressing mixture, then coat with crumb mixture.

5. Arrange chicken on a baking sheet coated with non stick spray.
6. Lightly spray top of chicken with nonstick cooking spray. Bake, uncovered at 400° for 12-15 minutes or until juices run clear.

Main Course
Chicken
Chicken Strips

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# Breakfast Potato Casserole

## Breakfast Potato Casserole

A great way to use up leftover hash brown or baked potatoes! You can also use frozen hashbrowns. You can substitute the full fat cheese for a low fat cheese or cheese of your choice. Just be sure to recalcuate points!

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:61d9c3e8aef8c4057f8f3628

- 2 cups potatoes, cooked and sliced/cubed, seasoned to your liking (I use Trader Joe's Onion Salt)
- 8 slices candadian bacon, diced
- 2 ounces sharp cheddar cheese, grated
- 8 eggs, beaten and seasoned with salt and pepper to taste

1. Preheat oven to 375. Spray an 8×8 dish with nonstick spray
2. Place cooked, diced potatoes in the bottom of baking dish.
3. Sprinkle on Canadian bacon.
4. Sprinkle cheese on top of Canadian bacon.
5. Pour eggs on top.
6. Bake 35-45 minutes or until eggs are completely set.

Breakfast
Breakfast, Casserole, Eggs
breakfast casserole

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# Pork with Garlic Cream Sauce

## Pork with Garlic Cream Sauce

Serves 4 ( 1 – 3 oz. cooked pork chop + 2 Tbsp sauce)

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

- 4 4 oz boneless, lean pork chops
- 1 tsp olive oil
- 2 cloves garlic, minced
- 1 Tbsp butter
- 1/3 cup 1% milk
- 3 oz light cream cheese
- 1 Tbsp minced chives
- 1 tsp toasted sesame seeds, divided

1. In a large skillet, heat olive oil. Cook pork chops until nicely browned and cooked through. Remove from pan and keep warm
2. Place butter in the same pan the pork chops were cooked in and let heat/melt.
3. Saute garlic in butter for 30 seconds.
4. Stir in milk and cream cheese. Reduce heat; cook and stir until blended and smooth. Stir in chives.
5. Plate pork chop, drizzle with 2 Tbsp sauce and sprinkle with sesame seeds.

Main Course
Pork
pork chops

# Chicken Stroganoff II

## Chicken Stroganoff II

Adapted from Light and Tasty Magazine

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:61cd098ab84cb3188ef69b6c

- 1 pound fresh mushrooms, sliced
- 1 medium onion, chopped
- 1 Tbsp butter
- 1½ pounds boneless, skinless chicken breasts, cut into 2 inch strips
- 1⅓ cups reduced sodium beef broth
- 1 cup white wine OR additional beef broth
- 2 Tbsp ketchup
- 2 cloves garlic, minced
- 1 tsp salt
- 2 Tbsp cornstarch
- 1 cup light sour cream

1. In a large skillet, saute mushrooms and onions in butter until tender
2. Remove and set aside. In the same skillet, cook the chicken until golden brown.

3. Add 1 cup of broth, wine (or additional broth), ketchup, garlic and salt. Bring to a boil. Reduce heat; cover and simmer for 15 minutes

4. Combine cornstarch and remaining 1/3 cup broth until smooth; stir into chicken mixture. Add reserved mushrooms. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat to low. Stir in sour cream; heat through, do not boil. Serve over egg noodles.

Main Course
Chicken

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# Cranberry Salsa

## Cranberry Salsa

The original recipe came from Becky at scratchpantry.com and Acre Homestead on YT. I lightened it up a bit. It's hard to figure out the points because it's hard to figure out the number of servings. So just use this as a guide

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61b35e225443a866262916d9

- 12 oz bag of fresh whole cranberries
- 1 bunch green onions (chopped into 2-inch lengths)
- 1-2 fresh jalapenos peppers (to taste, roughly chopped)
- 1 bunch fresh cilantro (roughly chopped)
- 3/4 to 1 cup zero calorie sugar replacement (I use Lakanto Monkfruit (to taste))
- 2 limes (juiced)
- 1/4 teaspoon salt
- 8 oz light cream cheese

1. Place cranberries, cilantro, green onions and jalapenos into the bowl of a food processor. Pulse on and off until coarsely chopped. Scrape down the side of the bowl as needed. Be very careful not to over chop or cranberries will liquify.
2. Add cranberry mixture into a bowl and mix in sugar, lime juice, and salt.
3. Place cranberry salsa into the refrigerator overnight.
4. Place cream cheese in your mixer and whip with whisk attachment for 5-7 until it is light and fluffy.
5. Spread cream cheese on a serving platter
6. Using a slotted spoon, spoon salsa over cream cheese leaving any excess liquid in a bowl.
7. Serve with your favorite crackers or chips! Enjoy!

Appetizer
Appetizer, snack
cranberry

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# White Chip Orange Cream Cookies (NOT WW)

## White Chip Orange Cream Cookies (NOT WW)

These are Doug's favorite cookies! Makes 5 dozen cookies

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61b25e6bf7d57b5a4dfde32b

- 2 ¼ cups all purpose flour
- 3/4 tsp baking soda
- 1/2 tsp salt
- 1 cup butter, softened
- 1/2 cup sugar
- 1/2 cup packed light brown sugar
- 1 egg
- zest of one large orange
- juice of one orange
- 12 ounces white morsels

1. Combine flour, baking soda and salt in a small bowl.
2. Beat butter and sugars until creamy
3. Beat in egg, orange zest and orange juice. Beat until well combined

4. Gradually beat in flour mixture.
5. Stir in morsels
6. Drop dough my rounded tablespoons onto ungreased cookie sheets. I use a small cookie scoop
7. Bake in a preheated 350° oven 10 to 12 minutes or until just starting to get golden brown. Let stand on cookie sheet 2 minutes. Remove to wire rack to cook completely.

Cookies, DessertCookiescookies