Single Serve French Toast Bake

Single Serve Baked French Toast

Serves 1

Points will depend on the type of bread you use. If you use a low point bread, your points will be much less. I use my homemade bread that is 2 points per slice.

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:61aa30819cbd4b18f56f4e02

- 2 slices bread of choice, torn into pieces
- 2 eggs
- 1/4 cup almond milk or milk of choice
- 1 Tbsp zero calorie sugar replacement – I use Lakanto Monkfruit
- 1 tsp vanilla extract
- **spices of your choice** To make a chai flavored, use cardamom, ginger, cloves and cinnamon. To make blueberry, add fresh blueberries and cinnamon. Use your imagination!

1. Spray a mini loaf pan with non stick spray. Preheat oven to 350

2. Tear bread into bite size pieces and add to mini loaf pan
3. In a bowl, beat eggs, milk, vanilla, sugar and seasonings of choice.
4. Pour egg mixture over bread. Mush it around so all the bread is soaked with the egg mixture.
5. Bake for about 25 minutes or until the egg mixture is set and cooked through.
6. Serve with syrup

Breakfast
Breakfast
french toast

Apple Cranberry Bread

Apple Cranberry Bread

Adapted from Quick Cooking Magazine Nov 2002

Serves: 16 slices

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:619bd71d5d7612657b1d2a03

- 2 eggs
- 3/4 cup zero calorie sugar replacement (1:1 ratio) I use Lakanto Monkfruit
- 2 Tbsp unsweetened applesauce
- 1 ½ cups all purpose flour
- 1 ½ tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- 1/2 tsp salt
- 2 cups apples – peeled and chopped
- 1 cup cranberries – chopped coarse or quartered
- ½ cup chopped walnuts

1. Preheat oven to 350°
2. In a mixing bowl, beat the eggs, sugar and applesauce
3. In a medium bowl, combine the flour, baking powder, baking soda, cinnamon and salt; add to egg mixture just until combined (batter will be thick)
4. Stir in the apples, nuts and cranberries.
5. Pour batter into an 8x4x2 inch loaf pan that has been sprayed with non stick spray. Bake at 350 for 50-60 minutes or until a toothpick inserted near the center comes out clean.
6. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
7. Cut into 16 slices.

Bread
Bread

apples, cranberry

Cranberry Orange Tea Biscuits

Cranberry Orange Tea Biscuits

Makes 9

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

https://cmx.weightwatchers.com/details/MEMBERRECIPE:6192748024c7ae3d49c6fa56

- 1 ½ Tbsp softened butter
- 1/3 cup zero calorie sugar replacement (I use Lakanto Monkfruit)
- 1 egg
- 2 Tbsp non fat greek yogurt
- 1 Tbsp unsweetened applesauce
- zest and juice from a medium/large orange, reserve 1-2 tsp of juice
- 1 cup flour
- 1 ½ Tbsp baking powder
- 1/2 cup chopped cranberries
- 2 Tbsp powdered sugar OR zero calorie powdered sugar **SEE NOTE BELOW**

1. Preheat oven to 350°. Line a baking sheet with parchment paper
2. In a medium bowl, whisk together softened butter, orange zest and juice, monkfruit, egg, yogurt and applesauce.
3. Add flour and baking powder and stir. Do not over stir.
4. Fold in cranberries just until combined.
5. Drop batter by large scoopfuls onto prepared baking sheet, leaving space in between. You should have 9 tea biscuits
6. Bake for 20-25 minutes.
7. Cool on wire rack
8. Mix powdered sugar with reserved orange juice until desired consistency (**NOTE: If you use real powdered sugar, it will add 1 point to the tea biscuit, if you use a replacement it will not)
9. Drizzle or brush on (this is the way I would do it in the future) glaze.
10. Enjoy with a cup of tea or coffee!

Brunch, Dessert, Snack
brunch, Desserts, snack

Creamy Chicken Lasagna

Creamy Chicken Lasagna

Serves 9

Blue – 6 points

Purple – 4 points

Green – 7 points

- 8 oz whole wheat lasagna noodles
- 2 cans Healthy Request Cream of Chicken Soup OR 2 recipes of homemade cream of chicken soup mix – recipe linked below
- 8 oz canned mushrooms OR 8 oz fresh mushrooms, sauteed
- 2 oz freshly grated parmesan cheese
- 1/2 cup light sour cream
- 1/2 cup non fat greek yogurt
- 3 cups cooked, diced chicken breast
- 4 oz part skim mozzarella, shredded

1. Cook lasagna noodles according to package directions. Drain
2. In a mixing bowl, blend together soup (see homemade mix recipe here: https://joanspointedplate.com/cream-of-whatever-soup-mix/), mushrooms, parmesan cheese, sour cream and yogurt. Stir in chicken
3. Put 1/4 of the chicken mixture into a greased 9×13 baking dish. Top with cooked noodles.
4. Spoon in 1/2 of the remaining chicken mixture. Sprinkle with a third of the mozzarella. Repeat process to add another layer. Sprinkle with remaining mozzarella.

5. Bake, covered at 350 for 25 minutes. Remove cover and bake an additional 15 minutes.

Main Course
pasta

Garlic Butter Gnocchi

Garlic Butter Gnocchi

Adapted from Robin at Faith and Flour

Serves: 6

10 points on all plans

To reduce the points, you can use light butter or less cheese.

- 4 Tbsp butter
- 3 cloves garlic
- 2 cups cherry tomatoes, halved
- 1 tsp oregano
- salt and pepper to taste
- pinch crushed red pepper
- 4 cups baby spinach
- 1 cup chicken broth
- 1 cup fat free 1/2 and 1/2

- 2 oz parmesan cheese, grated
- 2 Tbsp fresh parsley chopped OR 1 tsp dried
- 2 Tbsp fresh basil, chopped OR 1 tsp dried
- 24 ounces cauliflower gnocchi (points were calculated with Trader Joe's brand – if you use a different brand, calculate points), thawed if frozen.
- 4 oz part skim mozzarella, shredded

1. Preheat oven to 350
2. Melt butter in a skillet
3. Add cherry tomatoes, oregano, salt and pepper and crushed red pepper
4. Cook until the tomatoes start to burst.
5. Add 1/2 of the spinach, cook down. Add the other half. After it is wilted, add chicken broth, half and half, parmesan cheese and herbs
6. Bring to a simmer, reduce heat, cook 3 minutes until slightly reduced.
7. Add gnocchi and toss to coat. Mix well
8. Pour into a 9×13 pan. Top with mozzarella.
9. Bake 30 minutes at 350

Main Course
pasta

Butternut Pasta Sauce

Butternut Pasta Sauce



Adapted from The Prairie Homestead Cookbook

Serves 8 (you can easily halve recipe)

Blue – 8 points (can lower it by using lower point pasta)

Purple – 2 points (if you use whole wheat pasta)

Green – 8 points (can lower by using lower point pasta)

- 12 slices center cut bacon
- 1 cup diced onion
- 3 cups peeled and cubed butternut squash
- 2 cloves garlic, minced
- 2 Tbsp minced fresh sage leaves
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 1/2 cups chicken stock
- 16 oz dry pasta
- 1 cup 1% milk

1. In a Dutch oven over medium high heat, cook the bacon until crispy, about 15 minutes.
2. Remove the bacon, setting it aside on a paper towel to drain and leaving about 2 Tbsp of bacon fat in the pot.
3. Saute the onion in the bacon fat until softened, about 6 minutes. Add the squash, garlic, sage, salt and pepper

and saute for 2 to 3 minutes more to brown the cubes lightly and draw out more flavor.

4. Add the stock, reduce the heat to low, cover and simmer for 10 to 15 minutes, until the squash is tender.
5. Meanwhile, cook the pasta, drain and set aside
6. Remove the squash mixture from the heat and pour in the milk. Using an immersion blender, puree the sauce. If you do not have an immersion blender, blend in batches in a regular blender. Taste and add more salt and pepper if needed
7. Add the pasta to the sauce and toss to coat. Chop the cooled bacon into bits. Serve the pasta with the bacon sprinkled on top

Main Course
pasta
pasta

Pumpkin Scones

Pumpkin Scones

Makes 12

Blue – 3 points for 1, 7 points for 2

Purple – 3 points for 1, 7 points for 2

Green – 4 points for 1, 7 points for 2

Scones

- 2 cups self rising flour **see note below to make your own
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp all spice
- 1/4 tsp cloves
- 1/4 tsp ginger
- 3/4 cup packed zero brown sugar substitute
- 1 1/2 Tbsp butter, cut in small cubes
- 1/3 cup non fat, plain Greek yogurt
- 1 egg
- 1 tsp vanilla
- 1/2 cup pumpkin puree
- 2-3 Tbsp milk of your choice

Glaze

- 1/4 cup powdered sugar
- 1 tsp milk

Scones

1. Preheat oven to 400°. Line 2 baking sheets with parchment paper

2. In a large bowl, whisk flour, salt and spices. Set aside

3. In a medium bowl, add brown sugar. Add butter cubes. Using your fingers, work brown sugar and butter together until the mixture is combined and crumbly. Set aside

4. In another bowl, whisk egg, yogurt, vanilla extract and pumpkin puree
5. Add brown sugar mixture to flour and stir well to combine.
6. Add pumpkin mixture to flour/sugar mixture and fold over and over until well combined. You want a stiff dough. If dough is too stiff, you can add a little milk, a teaspoon at a time.
7. Turn dough out onto a floured surface. With floured hands, pat down into a 7½x12 inch rectangle that is about 1/2 inch thick.
8. Cut rectangle long ways right down the middle, forming to strips.



9. Then cut into 6 equal squares.



10. Cut each square into 2 triangles.



11. Carefully move triangles to 2 parchment lined baking sheets.
12. Bake at 400° for 13 minutes. Remove to wire rack to cool completely

Glaze

1. Whisk powdered sugar and milk together in a bowl. May need more or less milk depending on your consistency. Brush, drizzle or pipe onto cooled scones.

NOTES

1. To make self rising flour, take 1 cup of all purpose flour and whisk in 1½ tsp of baking powder and ¼ tsp of salt.
2. To freeze the scones, cool completely, do not glaze, freeze. Do not glaze until you are ready to eat them.

Breakfast, Dessert, Snack
Pumpkin

Crack Chicken Casserole

Crack Chicken Casserole

Adapted from Plain Chicken

Serves 6

Blue – 6 points

Purple – 6 points

Green – 9 points

- 4 cups cooked chicken, chopped
- 1 1 oz packet ranch seasoning OR home made mix – see

notes at the bottom
- 6 oz Cabot Reduced Fat 75% Cheese, shredded
- 8 slices chopped cooked center cut bacon
- 3/4 cups light sour cream
- 3/4 cup non fat, plain Greek yogurt
- 1 can Healthy Request Cream of Chicken Soup OR 1 recipe of homemade cream of chicken soup mix – see notes at bottom
- 3/4 cup panko bread crumbs
- 1 Tbsp butter, melted

1. Preheat oven to 350. Spray an 11X7 baking dish with nonstick spray
2. Combine chicken, ranch dressing mix, cheese, bacon, sour cream, Greek yogurt and cream of chicken soup. Spread into prepared pan
3. Combine bread crumbs with melted butter. Sprinkle over chicken mixture.
4. Bake, uncovered 30-40 minutes
5. NOTES: I use my homemade ranch dressing mix, you can find it here: https://joanspointedplate.com/ranch-dressing-and-dip-mix/

   Homemade Cream of Chicken Soup Mix: https://joanspointedplate.com/cream-of-whatever-soup-mix/

Main Course
Casserole
chicken casserole

Shrimp Cocktail

Shrimp Cocktail

Recipe from the Bubba Gump Shrimp Company Cookbook

Serves 6-8

Blue – 0 points

Purple – 0 points

Green – measure out how much you will eat and count accordingly

- 6 cups water
- 2 Tbsp salt
- 2 bay leaves
- 1 lemon, halved
- 1 stalk celery, cut in 3-inch pieces
- 2 pounds unpeeled, fresh shrimp (if using frozen, defrost)

1. Combine first 5 ingredients in a Dutch oven. Bring to a boil; add shrimp
2. Cook 3 to 5 minutes or until shrimp turn pink
3. Drain well; rinse with cold water

4. Chill, Peel and devein shrimp
5. Serve with cocktail sauce if desired.

Appetizer
Seafood
shrimp

Cheesy Cauliflower Bake

Cheesy Cauliflower Bake

The original recipe came from Recipes With Roy – here is the link to the original

https://recipeswithroy.wixsite.com/website/post/roy-s-light-and-cheesy-baked-cauliflower

I changed a few ingredients, so my points are a bit higher.

Serves 4

Blue – 3 points per serving

Purple – 3 points per serving

Green – 4 points per serving

- 1 head (about 1 lb) of cauliflower, cut into small

florets (may need to halve or quarter them)
- 2 eggs
- 1/2 cup 1% milk
- 1/2 cup nonfat Greek yogurt
- 2 Tbsp flour
- 1 tsp baking powder
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp salt or to taste
- Ground black pepper to taste
- 1/2 cup cheddar cheese, grated and divided

1. Preheat oven to 400 F. Spray an 8” baking dish with cooking spray. Start a pot of water boiling and add 1 tbsp of Kosher salt.
2. Add the cauliflower to the boiling salted water and cook for 2-3 minutes. Drain and set aside.
3. In a large bowl, mix eggs, milk, yogurt, flour, baking powder, paprika, garlic powder, salt, pepper, and only 1/4 cup of the cheddar. Add the cauliflower and toss to combine.
4. Pour cauliflower mixture into the prepared baking dish. Bake 25 minutes.
5. Remove from the oven and sprinkle the remaining cheese on top. Return to the oven until cheese is melted and lightly golden brown, about 10 minutes. If you’d like the cheese more browned, turn on the broiler for 2-3 minutes, but keep an eye on it!
6. Remove from the oven and let cool 5-10 minutes before serving.

Side Dish
Vegetable
Cauliflower