Parmesan Crusted Cod

Parmesan Crusted Cod

Serves 4

Blue – 3 points

Purple- 3 points

Green – 5 points

- 4 4-6 ounce cod filets, patted dry
- 1/4 cup light mayonnaise
- 2 Tbsp chopped fresh parsley
- fresh ground pepper to taste

1. Preheat oven to 400
2. In a bowl mix together mayo, cheese, parsley and pepper
3. Spread mayo mixture evenly over cod filets
4. Place cod on a parchment lined baking sheet
5. Bake for about 12-15 minutes until fish flakes easily. Then switch oven to broil and broil for about 2-3 minutes – keep an eye on it, it can burn quickly!

Main Course
Seafood
fish

Tomato Soup

Tomato Soup

Recipe Modified from one a friend found on IG

Makes 4 – 1 cup servings. 1 point per cup

- 5 cups cherry or grape tomatoes (or regular tomatoes cut up)
- 1 Tbsp olive oil
- 1 Tbsp minced garlic
- 1 tsp salt
- pepper to taste
- 1 cup favorite pasta sauce (if using something other than zero point, adujst points accordingly)
- 1 cup chicken broth
- 1 Tbsp basil
- red pepper flakes to taste (I only use 1/4 tsp)

1. In a heavy pot, heat olive oil. Add tomatoes, salt and pepper and let cook for about 15 minutes, until tomatoes soften and start to char a bit and burst
2. Add remaining ingredients and cook for another 15 minutes.
3. Next, either use a hand blender or process in batches in

a blender to get soup to a smooth consistency. Enjoy.

Soup
soup
tomato soup

Crock Pot Pumpkin Oatmeal

Crock Pot Pumpkin Oatmeal

This recipe came from Susan Rader in one of the Lifetimers WW groups on FB. Thank you Susan!

Make 6 – 1 cup servings

Blue – 3 points

Purple – 0 points

Green – 3 points

- Crock Pot, Slow Cooker

- 1 cup uncooked steel cut oats
- 4 1/2 cups water
- 1 Tbsp pumpkin pie spice
- 2 tsp cinnamon
- 8 oz pure pumpkin purée

- sweetener of your choice (Monkfruit, Stevia, Maple Syrup, Honey-add any points accordingly)

1. Mix all ingredients together in a crock pot EXCEPT sweetener
2. Cook on low 8 hours
3. Add sweetener of your choice when serving.

Breakfast
Crock Pot
oatmeal

Ham and Broccoli Casserole

Ham and Broccoli Casserole

Serves 5 – You can reduce points by using light butter and reduced fat cheese

Blue – 9 points

Purple – 7 points

Green – 9 points

- 4 oz whole wheat noodles
- 12 oz broccoli steamed

- 1 Tbsp butter
- 1/4 cup flour
- 2 cups 1% milk
- 1/4 tsp dry mustard
- 1 Tbsp finely minced onion
- dash salt and pepper
- 4 oz cheddar cheese, grated
- 8 oz cooked lean ham, diced

1. Cook noodles as directed on package. Drain and rinse.
2. Cut broccoli into bite sized pieces.
3. In a saucepan, melt butter over medium heat. Add onions and cook for about 1 minute. Add flour, dry mustard, salt and pepper. Stir and cook constantly for 1 minute. Add milk slowly, stirring constantly. Cook over medium-high heat until thick and smooth.
4. Add cheese and stir until melted.
5. In a large bowl, lightly combine noodles, ham, broccoli and sauce. Pour mixture into greased 11×7 casserole.
6. Bake at 375° for 20-25 minutes or until casserole is bubbly and heated through.

Main Course
Casserole
broccoli, ham

Single Serve Upside Down Apple Gingerbread Cake

Single Serve Upside Down Apple Gingerbread Cake

Serves 1

4 points on all plans (can be reduced to 3 points if you use light butter)

- 1/4 apple, peeled and sliced
- 3/4 tsp butter, melted
- 2 tsp zero calorie brown sugar substitute
- 3 Tbsp flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- dash salt
- 1 Tbsp zero calorie brown sugar substitute
- 1 Tbsp zero calorie sugar substitute (I use Lakanto Monkfruit)
- 1/4 tsp cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground cloves
- 1/8 tsp ground nutmeg
- 2 tsp unsweetened applesauce
- 1 tsp molasses
- 2 tsp egg beaters or tsp of a beaten egg (OPTIONAL)
- 1 Tbsp brewed black tea

1. Preheat oven to 350°
2. Spray a mini loaf pan with nonstick spray
3. Pour melted butter in mini loaf pan. Add 2 tsp brown sugar substitute and stir until combined.
4. Lay apple slices over brown sugar-butter mixture and set aside
5. In a medium bowl, combine flour, baking powder, baking soda, salt, brown sugar, monkfruit sweetener and spices. Stir to combine
6. In a small bowl, combine apple sauce and molasses and egg (if using). Stir until well combined.
7. Add wet ingredients to dry ingredients and stir until just slightly combined. Add in brewed tea. Stir until thoroughly combined.
8. Pour batter over sliced apples
9. Bake at 350 for 18-22 minutes or until a toothpick inserted in the center comes out clean.
10. Let cool for 10 minutes. Loosen edges with a knife and invert onto plate. Serve warm.

Dessert
Cake
Gingerbread

Upsidedown Peach Cake (Single Serving)

Peach Upside Down Cake (Single Serve) (2 ways)

Serves 1

3 Points on all plans – Green, Blue and Purple

- 1/2 fresh peach, cut into pieces (can also use canned or frozen)
- 3/4 tsp butter
- 1 Tbsp zero calorie brown sugar substitute – I use Sukrin Gold
- 3 Tbsp self rising flour
- 1 Tbsp zero calorie sugar substitute (I use Lakanto Monkfruit)
- 1/4 tsp baking powder
- pinch salt
- 1 tsp unsweetened applesauce
- 2 Tbsp almond or cashew milk
- 1/8 tsp vanilla

1. Spray a small single serve baking dish (I use a 10 oz ramakin) with non stick spray
2. Add 3/4 tsp of butter and 1 Tbsp of brown sugar to the dish. Microwave for 20 seconds. Stir butter and sugar together. Add sliced peaches on top of sugar mixture.

Set aside

3. In a small mixing bowl, mix flour, monkfruit, baking powder, salt, applesauce, milk and vanilla. Whisk until batter is smooth
4. Pour batter over peaches.
5. Bake for 20 minutes in a 350° oven OR microwave on high for 50 seconds. The texture is better baked in the oven, but the microwave version is delicious too!
6. Let the oven version sit for 10 minutes then invert onto plate. Let the microwave version sit for 5 minutes and then invert on the plate.

Dessert
Cakes

Chicken Supreme

Chicken Supreme

Serves 4

Blue – 6 points

Purple – 6 points

Green – 8 points

- 4 4oz boneless, skinless chicken breasts
- 1 egg
- 1/2 cup plain bread crumbs
- 1 Tbsp butter
- ½ cup white wine
- ½ cup chicken broth
- 12 oz sliced, cooked mushrooms
- 1 cup part skim mozzarella cheese, shredded

1. In a shallow dish, beat egg.
2. In another dish, place bread crumbs
3. Sprinkle chicken with salt and pepper
4. Dip chicken in egg, then coat with bread crumbs
5. Melt butter in a fry pan. Brown chicken on each side.
6. Place chicken in baking dish, spread mushrooms and cheese on top.
7. Add wine and broth to the baking dish.
8. Bake at 350 for 1/2 hour.

Main Course
American, Chicken

Mozzarella, Pesto and Tomato Chicken

Mozzarella, Pesto and Tomato Chicken

Serves 4

Blue – 4

Purple – 4

Green – 6

- 4 4 oz chicken breasts
- 4 Tbsp basil pesto
- 2 tomatoes, sliced
- 1 cup grated mozzarella
- basil leaves for garnish

1. Preheat oven to 375
2. Place the chicken breasts in an oven proof dish and spread 1 Tbsp of the basil pesto onto each chicken breast
3. Add the sliced tomatoes on top of the pesto
4. Sprinkle the grated mozzarella on top of the chicken breasts
5. Bake in the oven for 30-35 minutes that the chicken

breasts are thoroughly cooked all the way through.

6. Garnish with fresh basil leaves

Main Course
Chicken

Mexican Street Corn Chowder

Mexican Street Corn Chowder (crock pot or stove top)

Adapted From Taste of Home Magazine.

Makes 8 – 1 cup servings

Blue – 1

Purple-1

Green-5

- 10 ears corn on the cob (5.5 cups)
- 1 1/4 to 2 cups water
- 6 strips center cut bacon
- 2 small onions, chopped
- 2 small green peppers, chopped

- 1 small jalapeno pepper, seeded and finely chopped
- 1 tsp ground chipotle pepper
- 2 tsp salt
- 3/4 tsp cumin
- 1/4 tsp pepper
- 1 cup fat free half and half
- 1 medium lime, zested and juiced
- Optional toppings-add points where necessary-fresh cilantro, lime wedges, chopped pepper, crumbled cotija cheese

Stove Top

1. Cut corn off cobs. Rub the edge of a knife over each cob to milk it; add enough water to cob juice to equal 2 cups.

2. In a Dutch oven, cook bacon over medium heat until crisp, 5-7 minutes. Remove with a slotted spoon; drain on paper towels.
3. Discard drippings, reserving 2 tablespoons in pan.
4. Add the onions, green peppers and jalapeno to Dutch oven; cook and stir over medium-high heat until soft, 3-4 minutes. Add seasonings and cook 1 minute more.
5. Stir in the corn kernels and corn liquid.
6. Bring to a simmer; cook until corn is tender and mixture has thickened slightly, 20-25 minutes.
7. Stir in half and lime zest and juice. If desired, puree mixture with an immersion blender to desired consistency.

Crock Pot

1. Cut corn off cobs. Rub the edge of a knife over each cob to milk it; add enough water to cob juice to equal 2 cups. Add corn and liquid to a 5-qt. slow cooker.

2. In a large skillet, cook bacon over medium heat until crisp, 5-7 minutes. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 2 tablespoons in pan. Add the onions, green peppers and jalapeno to skillet; cook and stir over medium-high heat until soft, 3-4 minutes. Add seasonings and cook 1 minute longer; transfer to slow cooker. Cook on low 3-1/2 to 4 hours or until corn is tender and mixture has thickened slightly.
3. Stir in cream and lime zest and juice. If desired, puree mixture with an immersion blender to desired consistency. Garnish with reserved bacon. Sprinkle with optional toppings as desired.

Main Course, Soup
soup

Spaghetti Salad

Spaghetti Salad

Adam's absolute favorite side salad!

Serves 8 – serving size is about 1 cup

Blue – 7 points

Purple – 2 points

Green – 7 points

- 1 pound thin spaghetti
- 16 oz fat free Italian dressing (calculate points on the brand you use- points calculated with WIsh Bone Fat Free Italian dressing)
- 2 Tbsp McCormick Salad Supreme Seasoning
- Optional: assorted chopped veggies – tomato, pepper, cucumber

1. Cook pasta according to package directions
2. Drain and rinse with hot water
3. Place in a large bowl and sprinkle salad supreme over hot noodles (I end up using more than 2 Tbsp because that is how my family likes it)
4. Mix well.
5. Add veggies if desired.
6. Add salad dressing. MIx well.
7. Cover and refrigerate at least 2 hours. The longer the better. Stir well before serving.

Side Dish
pasta