Chicken Fried Rice

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Adapted from Rachel Cooks

Pro Tip: Have everything ready to go for this recipe – it moves very quickly from step to step!

Serves 3 – Serving size 3/4 to 1 cup (measure it out!) ***if you like cauliflower rice, you can substitute all or half of the regular rice to reduce the points***

This recipe is great to use up leftover rice and chicken! I like to make this the day after we have a dish that uses both those ingredients. I make a bit extra of each so I have enough to make this for lunch the next day!

Blue – 5 points

Purple – 1 point (if you use brown rice)

Green – 8 points

- 3 cups cooked rice (day old and cold is the best to use)
- 8 oz cooked chicken breast, chopped small
- 1/2 Tbsp olive oil
- 1/2 small diced onion
- 1 cup frozen peas and carrots
- 2 cloves garlic, minced
- 1 tsp minced or grated ginger
- 2 Tbsp reduced sodium soy sauce or coconut aminos
- 1 tsp sesame oil

- 2 eggs, beaten
- 3 green onions, thinly sliced

1. Heat a large skillet or wok over medium – high heat
2. Add oil, rice and chicken and cook, stirring only once or twice for 8-10 minutes until the rice starts turning golden brown.
3. Push rice mixture to one side of pan and add onion and peas and carrots to the other side of the pan. Cook vegetables 4-5 minutes or until tender, stirring frequently.
4. Add garlic and ginger and cook until fragrant, about 1 minute.
5. Mix vegetables and rice together and add soy sauce and sesame oil, stirring to combine.
6. Push vegetables and rice to the side of the pan.
7. On the other side of the pan, add eggs and cook, stirring until scrambled. Chop up slightly.
8. Mix everything together and top with green onions.

Main Course, Side Dish
Chicken, Chinese
fried rice

Peachy Baked Oatmeal

Peachy Baked Oatmeal

Serves 1 ***if you use unsweetened almond milk, the points would reduce by 1 on each plan***

Blue – 5

Purple – 1

Green – 5

Oatmeal

- 1/2 cup rolled oats
- 1/4 tsp pure vanilla extract
- 1/4 tsp nutmeg
- 1/4 tsp cinnamon
- 1/8 tsp all spice
- 1 Tbsp granulated monkfruit sweetener OR zero calorie brown sugar substitute I use Sukrin Gold or Swerve
- 1/4 cup unsweetened applesauce
- 1/4 cup 1% milk
- pinch salt
- 1/2 peach (chopped)

Glaze

- 2 Tbsp no calorie powdered sugar
- 1/4 tsp pure vanilla extract
- 1/4-1/2 tsp juice from peaches to thin glaze if needed

Oatmeal

1. Preheat oven to 375.
2. Combine oats, vanilla, spices, peaches, sugar, applesauce and milk
3. Pour into a mini loaf pan or 1 cup ramekin that has been sprayed with non stick spray
4. Cook about 18-20 minutes or until it’s firm

Glaze

1. In a small bowl, mix vanilla and powdered sugar.
2. If too thick, add peach juice, 1/4 tsp at a time
3. Glaze oatmeal.

Breakfast
Breakfast
oatmeal

Southern Peach Cobbler

Southern Peach Cobbler

Serves 12 – This recipe is easily halved! The way the recipe is written, it is 4 points per serving on blue and purple and 5 points on green. By substituting the brown sugar with ALL brown sugar replacement and using light butter like Land O Lakes Light Butter with Canola Oil you can change the points

to 2 points per serving on blue and purple and 3 points on green.

- 8 cups fresh peaches, peeled, pitted and sliced
- 1/2 cup zero calorie brown sugar replacement such as Swerve or Surkin Gold
- 1/2 cup brown sugar
- 1/2 tsp nutmeg
- 1 1/2 cups all purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1 cup 1% milk
- 2 large eggs
- 2 tsp vanilla extract
- 2 Tbsp butter, melted
- 2 tsp grated lemon zest

1. Preheat oven to 350. Spray a 9X13 baking dish with non stick spray
2. In a medium bowl, combine brown sugar replacement, brown sugar and nutmeg. Mix well.
3. In a large bowl, mix peaches with 1/2 of the sugar/nutmeg mixture. Toss well to coat. Set aside for about 30 minutes to let the peaches soak up the sugar and make juice.
4. In another large bowl, combine the flour, baking powder, salt and remaining brown sugar mixture.
5. In a separate bowl, mix together the milk, eggs, vanilla, lemon zest and melted butter. Whisk until well combined.
6. Slowly blend the milk mixture into the flour mixture until the batter is smooth.

7. Evenly spread the peaches in prepared baking dish. Evenly spread the batter over the top of the peaches and bake until the batter becomes golden brown – about 30-35 minutes.
8. Remove from oven and let sit for 30 minutes before serving. Scoop into 12 equal servings. Serve warm or at room temperature.
9. ***see summary at the top for instructions to reduce the points even further!***

Dessert
Desserts
cobbler, Peaches

Garlic Butter Steak with Lemon Green Beans

Garlic Butter Steak with Lemon Green Beans

Serves 4 – Recipe from Eatwell 101

Points for the recipe as written

9 points on all plans.

If you use light butter (calculated with Land O Lakes Light Butter with Canola Oil) , it would be 7 points per serving on all plans.

Marinade

- 1/4 cup low sodium soy sauce or coconut aminos
- 1 Tbsp olive oil
- 1 Tbsp or to taste – hot sauce such as Sriracha
- Fresh cracked pepper

Steak and Beans

- 1 ¼ lb flank steak, sliced against the grain
- 1¼ lb fresh greenbeans, trimmed
- 3 Tbsp butter, divided
- 5 cloves garlic, minced
- 1 tsp Italian seasoning
- 1/2 lemon, juiced + slices for garnish
- salt and fresh cracked pepper
- 1/2 cup low sodium beef stock
- crushed red pepper flakes, to taste, optional
- 1/2 cup fresh chopped parsley
- 1 Tbsp fresh thyme leaves

1. In a large bowl, combine the steak strips with soy sauce, olive oil, pepper, and hot sauce. Set aside to marinate for 10 minutes while you prepare green beans.
2. While meat is marinating, arrange green beans in a microwave-safe dish with 1/2 cup water. Cook in the microwave for 8-10 minutes, until almost done but still crisp.
3. Melt 2 tablespoons butter in a large skillet over medium-high heat. Lay the steak strips in one layer in the skillet, keeping drained marinade for later. Sear on for 1 minute on one side, until nicely browned. Add half the garlic and red chili pepper flakes and turn steak

strips to finish cooking for one minute more – adjust timing depending on how you like your steak. Transfer steak strips to a plate and set aside.

4. In the same skillet, lower the heat and melt the remaining tablespoon butter. Add chopped parsley, thyme, remaining garlic, Italian seasoning, red crushed chili pepper flakes and pre-cooked green beans and cook for 4 to 5 minutes, stirring regularly, until cooked to your liking. Deglaze with lemon juice, beef stock, and reserved steak marinade and reduce the sauce for a couple of minutes.
5. Add grilled steak strips back to the pan and reheat quickly. Adjust seasoning with pepper and serve garlic Butter steak and lemon green beans skillet immediately, garnished with more crushed chili pepper, fresh herbs, and a slice of lemon if you like. Enjoy!

Main Course
Beef

Zucchini, Sausage, Egg Roll

Zucchini, Sausage, Egg Roll

So pretty and delicious! It's a bit confusing as written, scroll down for the video!

Serves 9 (makes 9 slices)

Blue – 1 point per slice

Purple – 1 point per slice

Green – 3 points per slice

- 1 large zucchini
- 8 eggs
- salt and pepper to taste
- 8 oz shredded cheddar cheese (points based on Cabot75% reduced cheddar)
- 1 recipe homemade turkey sausage (see link below OR 1 lb loose turkey sausage of your choice (points based on homemade sausage))

1. Cut the zucchini into 1/4 slices, salt them, and set them aside for 10 minutes so they can extract some of their water and soften. Pat dry, then spread the slices on a baking sheet (10×15 jellyroll pan with sides) lined with parchment paper and sprayed with non stick spray
2. Preheat the oven to 350°F. Add the eggs to a bowl and season with salt and pepper. Beat the seasoned eggs until creamy. Pour the mixture over the zucchini slices.
3. Transfer the baking sheet to the preheated oven, cook for 15 minutes, and then let everything cool down a bit.
4. Sprinkle the shredded cheddar cheese over the zucchini egg bake and then cover everything with the turkey sausage Homemade turkey sausage recipe: https://joanspointedplate.com/turkey-sausage/
5. Use the parchment paper to carefully roll everything up starting on the short side.
6. Bake the zucchini roll at 350°F for 15 minutes.
7. Slice into 9 servings.

Breakfast, Brunch
Eggs

Roasted Carrots

Roasted Carrots

Serves 4

0 points on all plans

- 1 pound carrots
- 1 tsp olive oil
- salt, pepper and garlic powder to taste

1. Preheat oven to 425
2. Peel carrots. Cut in half and then into thick matchstick pieces
3. Arrange on a baking sheet and drizzle olive oil over carrots.
4. Using your hands, mix them up so the carrots are coated in the oil
5. Season with salt, pepper and garlic powder or any other herbs/spices you wish, to taste
6. Roast in the oven for about 25 minutes or until desired doneness, stirring every 10 minutes

Side Dish
Vegetable

Crispy Smashed Potatoes

Crispy Smashed Potatoes

Tiny New Potatoes are the best for this recipe!

Serves 4

Blue – 4 oz. potatoes = 3 points

Purple – 4 oz. potatoes = 0 points

Green – 4 oz. potatoes = 3 points

- 24 oz new potatoes
- 1 Tbsp oil – will not use this much
- salt and pepper to taste
- other herbs/seasoning – rosemary herbs de province, garlic powder, onion powder, seasoned salt, whatever you like
- 10 grams finely shredded parmesan cheese

1. Place potatoes in a pot of water. Bring to a boil and let cook for about 20 minutes or until tender

2. Preheat oven to 425.
3. Place potatoes, one at a time on baking sheet. Press down with a large fork or a potato masher.
4. Once all the potatoes are "smashed", brush each with olive oil.
5. Season with salt and pepper and your choice of other herbs/spices.
6. Sprinkle with a small amount of parmesan cheese.
7. Bake at 425 for about 20-25 minutes until potatoes are crispy.

Side Dish
potatoes

Zucchini Bolognese

Zucchini Bolognese

This recipe was giving to me YEARS ago by a neighbor!

Serves 4

Blue – 9

Purple – 3 (if you use whole wheat noodles)

Green – 9

- 1 Tbsp olive oil
- 1 onion, chopped
- 5 medium zucchini, chopped
- 1/2 cup water
- 1 chicken bouillon cube
- 8 oz rigatoni or penne
- juice of 1/2 lemon
- 1 cup parmesan cheese, grated
- pinch red pepper flakes

1. In a large pot or dutch oven over medium heat, heat olive oil. Add onion and cook until soft, about 6 minutes. Stir in zucchini, water and bouillon cube. Season with salt and pepper
2. Reduce heat to low and cover pot. Cook 4 hours, stirring often, until the zucchini is falling apart (it will be mushy, and that's good!)
3. What the sauce is almost ready, bring a large pot of salted water to a boil. Add pasta and cook according to package directions. Drain. Season sauce with salt and pepper, then stir in lemon juice, Parmesan and red pepper flakes. Serve immediately.

Main Course
One Skillet Meal, pasta

Grilled Pineapple

Grilled Pineapple

Zero Points on All Plans

- 1 Pineapple – peeled, cored and cut into 8 spears
- 3/4 cup zero calorie brown sugar alternative-I use Surkin Gold
- 2 tsp cinnamon
- dash salt

1. Mix sugar, cinnamon and salt together.
2. Place in shallow dish, such as a pie plate
3. Coat each spear with sugar mixture
4. Grill on high for 3 minutes per side.
5. Let cook 5-7 minutes, serve warm.

Dessert
Fruit

Unbelievable Chicken Marinade

Unbelievable Chicken Marinade

Adapted from All Recipes.com

I generally don't count marinade, but if you do, it is 1 point

- 1/4 cup apple cider vinegar
- 3 Tbsp prepared coarse ground mustard
- 3 cloves garlic, peeled and minced
- 1 lime juiced
- 1/2 lemon juiced
- 1/2 cup zero calorie brown sugar alternative, such as Surkin Gold
- 1 1/2 tsp salt
- fresh ground pepper to taste
- 2 Tbsp olive oil
- 6 bonless, skinless chicken breasts

1. In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, lemon juice, brown sugar, salt and pepper. Whisk in the olive oil. Place chicken in the mixture. Cover and marinate 8 hours or overnight.
2. Grill chicken until juices run clear or internal temperature reaches 165°

Main Course
Chicken