Cal-Italia Pizza

Cal Italia Pizza

This is a pizza we get at a local restaurant. It is one of our favorites, so we wanted to recreate it at home

Serves 4, 2 Slices per serving

9 points for 2 slices on all plans

Crust

- 1 cups flour
- 1/2 Tbsp baking powder
- 1 tsp INSTANT DRY YEAST *** see notes below if using Active Dry Yeast
- 1/4 tsp salt
- 1/4 cup fat free Greek yogurt
- 1/4 cup water

Toppings

- 3 Tbsp fig jam
- 2 oz prosciutto
- 2 oz fresh mozzarella cheese, grated
- 2 oz gorganzola cheese, crumbled
- 1 Tbsp balsamic glaze
- microgreens, optional

Crust

1. Mix flour, baking powder, yeast and salt in a large bowl.
2. Add Greek yogurt and stir well
3. Add water -start with 1/2 cup, add more if needed – only add a tablespoon at a time!
4. Knead in the bowl for about 30 seconds.
5. Cover and let dough rise in a warm place for at least an hour, but the longer the better – I let mine go a few hours until it doubles in size ** see below how I create a warm place!
6. Roll out dough onto your desired pizza pan.
7. Bake at 400 for 6-8 minutes.

Assembly

1. Spread fig jam evenly onto par baked crust
2. Top with mozzarella.
3. Break apart prosciutto and place on top of mozzarella
4. Sprinkle with Gorgonzola cheese
5. Bake an additional 12 minutes, until cheese is melty and crust is golden.
6. Top with microgreens and balsamic glaze. Let rest 3-5 minutes, slice into 8 pieces and serve.

**Instant dry yeast is yeast that can be mixed right with the dry ingredients, it does not need to be proofed – one brand is SAF.
If you use active dry yeast, you should add it to the warm (115 degrees) water and let it sit and bubble for about 10 minutes and then add to dry ingredients
**to create a warm place for dough to rise, preheat your oven to 200 for 1 minute 30 seconds. Do not let it get to 200 –

only do it for 1 minute and 30 seconds! Turn oven off and put dough bowl in oven and let rise.

Main Course
Pizza

Grilled Watermelon Pizza

Grilled Watermelon Pizza

From Taste of Home Magazine

Serves 8, Serving size 1 wedge

2 points per wedge on all plans

- 8 wedges seedless watermelon, about 1 inch thick
- 1 cup grape, cherry tomatoes, sliced
- 1 cup baby arugula
- 1/2 cup fresh blueberries
- 1/3 cup crumbled feta cheese
- 1 Tbsp olive oil
- 1/8 tsp kosher salt
- 1/8 tsp coarsely ground pepper
- 1 Tbsp balsamic glaze

1. Grill watermelon, covered, on a greased grill rack over

medium-high direct heat until seared, about 5-6 minutes per side. Remove from heat; transfer to platter; chill for about an hour

2. To serve, top chilled watermelon with tomatoes, arugula, blueberries and feta. Drizzle with olive oil, season with salt and pepper. Drizzle with balsamic glaze.

Side Dish
Fruit

Ham and Cheese Quiche

Ham and Cheese Quiche

Serves 6

Blue – 8 points

Purple – 8 points

Green – 9 points

Crust

- 1 1/2 cups self rising flour
- 1 cup Fat free Greek yogurt 1/2

Filling

- 8 oz reduced fat cheddar cheese, shredded (Cabot 75% reduced fat)
- 1 ½ cups diced, cooked ham
- 3 eggs
- 1 cup 1% milk
- 1/2 cup fat free half and half
- 1 tsp salt
- freshly ground black pepper

Crust

1. Heat oven to 400.
2. In a bowl, mix self rising flour and greek yogurt to form a dough. Knead a few times. On a piece of wax paper or parchment paper sprayed with non stick spray, roll out 1/2 the dough to fit in the bottom of a 9 inch pie plate. Spray the pie plate with non stick spray. Carefully, using the parchment paper as a guide lay the dough in the pan and fit to sides.
3. Bake for 20 minutes or until golden brown

Filling

1. Whisk the eggs, milk, half and half, salt and pepper together in a medium bowl until frothy and combined; set aside

2. Sprinkle 1/2 the cheese over the baked pie crust. Top with the ham, then sprinkle with the remaining cheese. Pour the egg mixture into the crust

3. Bake until the edges are set but the center still jiggles just a little, 30 to 40 minutes. Cool for at least 20 minutes. Serve warm, at room temperature or cold.

Main Course
Breakfast, Eggs

1-2-3-4 Cake (NOT WW Friendly!)

1-2-3-4 Cake with Chocolate Buttercream(NOT WW Friendly!)

A family favorite and often requested!

CAKE

- 3 cups sifted flour
- 2 cups sugar
- 4 tsp baking powder
- 1/2 tsp salt
- 1 cup butter (no substitutions)
- 4 unbeaten eggs
- 1 ½ cups milk
- 1½ tsp vanilla

Chocolate Buttercream

- NOTE: I halve this recipe when frosting a cake that I baked in a tube pan!

- 1 cup (2 sticks) butter, softened
- 3½-4 cups powdered sugar
- 1/2 cup unsweetened cocoa powder
- 1-2 Tbsp milk or heavy cream
- 1 tsp vanilla extract

CAKE

1. In a large mixing bowl or bowl of a stand mixer, sift together sifted flour, sugar, baking powder and salt
2. Add butter, eggs, milk and vanilla
3. Beat 8-10 minutes (don't cheat!) until smooth.
4. Pour batter into a well greased tube pan (not bundt pan) or 9 inch round pans. Tube pan is my favorite.
5. Bake at 350 for 45 minutes to an hour – testing for doneness with a toothpick .
6. Cool cake 10-15 minutes, remove from pan, cool completely. Frost as desired.

CHOCOLATE BUTTERCREAM FROSTING

1. NOTE: I halve this recipe when frosting a cake that I baked in a tube pan!
2. Using a stand mixer or electric hand mixer, mix butter on medium until light and creamy – about 4-5 minutes.
3. Turn off mixer and add powdered sugar and cocoa powder.
4. Mix on low until it starts to combine, about 1 minute. It will look crumbly – just keep mixing.
5. Once it has started to come together, turn speed to medium and add milk or heavy cream. You can add up to 1/4 cup depending on how soft you like your frosting.

Beat for another 3 minutes until light and fluffy.

Dessert
Cake

Baked Chicken & Zucchini

Baked Chicken & Zucchini

Adapted from Taste of Home Magazine

Blue: 8 points

Purple: 8 points

Green: 10 points

- 1 large egg
- 1 Tbsp water
- 3/4 tsp salt, divided
- 1/8 tsp pepper
- 3/4 cup dry bread crumbs
- 4 boneless, skinless chicken breasts
- 3 Tbsp olive oil, divided
- 5 medium zucchini, sliced
- 4 medium tomatoes, sliced
- 1 cup part skim mozzarella, shredded, divided

- 2 tsp minced fresh basil

1. In a shallow bowl, beat egg, water, 1/2 tsp salt and the pepper. Set aside 2 Tbsp. bread crumbs. Place remaining crumbs in a large shallow dish. Dip the chicken into egg mixture, then place in crumbs and turn to coat.
2. In a large skillet, cook the chicken in 2 Tbsp oil until golden brown, 2-3 minutes on each side; remove and set aside. In the same skillet, sauté zucchini in remaining oil until crisp tender; drain. Transfer to a greased 13×9 baking dish.
3. Sprinkle the reserved bread crumbs over the zucchini. Top with tomato slices; sprinkle with 2/3 cup of mozzarella cheese, basil and the remaining salt. Top with chicken. Cover and bake at 400° until a thermometer reads 170° about 25 minutes. Uncover; sprinkle with remaining cheese. Bake until cheese is melted, about 10 minutes.

Main Course
Chicken

Egg and Cheese Crepes

Egg and Cheese Crepes



Makes 10 Crepes, Serving Size 2 Crepes

Blue – 9 Points

Purple – 9 Points

Green – 13 Points

Crepes

- 2/3 cup flour
- 3/4 cup 1% milk
- 2 Tbsp butter (melted)
- 1/4 tsp salt
- 3 eggs

Filling

- 10 Eggs
- 5 oz reduced fat cheddar cheese, shredded
- **meat of choice – optional** add appropriate points for meat of your choice
- **sauteed veggies of choice – optional**

Hollandaise Sauce

- 2 egg yolks
- 1 1/2 Tbsp butter melted
- 2 Tbsp fresh lemon juice

Crepes

1. Mix all ingredients together. Let batter sit for 30 minutes. Prepare filling while waiting for batter to sit
2. To make crepes, with burner on medium heat, pour about 1/4 cup into a small (8 inch) pan that has been sprayed with cooking spray.
3. Move the batter around to cover the bottom. When the bottom is golden brown, and the edges begin to curl,

flip over. Cook until golden on that side. Remove from pan and keep moist by covering with a damp paper towel. Repeat for 10 crepes. **You will need to turn the burner down as you cook more, they cook very fast in a hot pan**

Filling

1. Beat eggs
2. Cook until desired doneness – add any optional add ins, season with salt and pepper

Hollandaise Sauce

1. Make Hollandaise sauce by putting 1 egg yolk in a blender, blend. Slowly, in a steady stream, add the melted butter. Add the lemon juice. Let process for about 30 seconds.

Assembly

1. Add 1/10 of egg mixture to each crepe
2. Sprinkle with cheese
3. Roll up
4. Top each crepe with 1 tsp hollandaise sauce
5. ***It's great to have help with this dish as all the components need to be timed to be done at the same time!***

Breakfast
Eggs

Holy Yum Chicken

Holy Yum Chicken



Adapted from Tablefortwoblog.com

Serves 4

Blue – 4 points

Purple – 4 points

Green – 6 points

You can reduce the points to 1 on blue and purple and 3 on green by using sugar free syrup, but the taste will change drastically.

- 4 bonless, skinless, chicken breasts
- 1/2 cup dijon mustard
- 3 Tbsp pure maple syrup
- 1 Tbsp rice wine vinegar
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp cornstarch
- 2 tsp fresh rosemary, for garnish, optional

1. Preheat oven to 425. Line a 7×11 or 9×13 dish with 2 layers of foil.

2. In a small bowl, whisk together Dijon mustard, syrup, rice wine vinegar, salt and pepper
3. Place chicken breasts in dish and pour the mixture on top. Turn the chicken around and over to make sure it all gets coated.
4. Bake, uncovered 40 minutes
5. Remove from oven and let chicken sit for 5 minutes. Transfer to a plate. Do not discard liquid
6. Immediately after plating chicken, whisk in 1 Tbsp cornstarch into the liquid in the plan. Serve sauce with chicken, garnish with rosemary.

Main Course
Chicken

Country French Skillet Chicken

Country French Skillet Chicken

Adapted from Aunt Bee's Recipes

Blue – 5

Purple – 5

Green – 7

- 4 boneless, skinless chicken breasts, pounded to an even thickness
- seasoning salt to taste
- garlic powder to taste
- 1 ½ Tbsp butter
- 1 cup water
- 1 1.4 oz pkg Knorr Vegetable Soup and Dip Mix
- 1/2 cup light sour cream
- 1/2 to 1 tsp dried dillweed

1. Season chicken with seasoning salt and garlic powder.
2. Melt butter in a large skillet over medium high heat. Add chicken and brown on both sides for about 5 minutes.
3. Stir in water, soup mix and dill weed. Bring to a boil, then reduce heat to simmer and cover, stirring occasionally until chicken is done.
4. Remove chicken to a platter to keep warm. Stir in sour cream
5. Spoon sauce over chicken and serve over buttered noodle, rice or mashed potatoes

Main Course
Chicken

Fettuccine Alfredo

Chicken and Broccoli Fettuccine Alfredo

Serves 4

Blue – 10

Purple – 5 (if you use whole wheat pasta)

Green – 12

- 8 oz fettucchini noodles
- 12 oz chicken, cut in bite sized pieces
- 1 head broccoli
- 1 Tbsp butter
- 1 cup fat free half and half
- 2 oz parmesan cheese, shredded

1. Boil water and cook fettuccini according to package directions.
2. Steam/cook broccoli to desired doneness
3. While pasta and broccoli are cooking, season chicken with salt and pepper, then cook in a skillet sprayed with non stick spray. Remove from skillet and keep warm
4. Add butter and half and half to the skillet. Heat slowly. Add Parmesan cheese and melt over low heat.

5. Pour cheese mixture over fettuccini, add in broccoli and chicken, mix well. Season with black pepper. Serve immediately.

Main Course
Chicken, pasta

Deb’s 1000 Island Dressing

Deb’s 1000 Island Dressing

This recipe comes from a member of the Meal Planning FB Group – Deb from Korn's Kitchen

Makes 350 grams (1 1/2 cups), 2 Tbsp = 30 grams

2 Tbsp = 1 Point on all plans

- 1/2 cup light mayo
- 1/2 cup plain, non fat Greek yogurt
- 2 oz ketchup
- 2 oz sweet pickle relish
- 1-2 Tbsp finely chopped or grated onion
- 1/4 tsp salt
- 1/8 tsp pepper

1. Mix all ingredients together. Store in refrigerator.

Salad Dressing
salad dressing