Strawberry Spinach Salad

Strawberry Spinach Salad

Serves 2 salad plus 1 Tbsp dressing

Blue – 5 points

Purple – 5 points

Green – 5 points

Salad

- 8 oz baby spinach and mixed greens
- 8 oz fresh strawberries
- 1/4 cup crumbled cheese – goat, feta, bleu, your choice – adjust points. Points based on feta
- 2 Tbsp chopped nuts of choice
- sliced red onion, optional

Poppy Seed Dressing

- 1/4 cup olive oil
- 3 Tbsp non fat, plain Greek yogurt
- finely grated zest of 1/2 lemon
- 2 Tbsp lemon juice
- 1/2 Tbsp dijon mustard
- 1 tsp honey
- 2 tsp poppy seeds
- 1/8 tsp salt

Dressing

1. Mix all ingredients together in a jar with a tight fitting lid. Shake until well combined

Salad

1. Combine spinach and mixed greens. Top with strawberries, cheese, nuts and onions
2. Top with 1 Tbsp salad dressing

Main Course, Salad
Salad

Parmesan Chicken Pasta

Parmesan Chicken Pasta

Serves 6

Blue – 8 points

Purple – 3 points (if you use whole wheat pasta)

Green – 11 points

- 1 Tbsp olive oil

- 1 1/2 lb boneless, skinless, chicken breast, cut into 1 inch pieces (1)
- 3 cloves garlic, minced
- 1 serving homemade cream of chicken soup mix **see below OR 1 can Cream of Chicken soup
- 3 cups low sodium chicken broth
- 12 oz penne pasta
- 10 oz frozen peas
- 1/2 cup grated Parmesan cheese
- 1/4 cup fresh basil leaves, chopped or torn

1. Heat oil in a large skillet over medium-high heat. Add chicken and cook for 5 minutes, stirring occasionally, until browned. Add garlic; cook and stir for 30 seconds.
2. Stir in the soup and broth; mix well. Stir in the penne and bring to a boil. Reduce heat to medium. Cook, uncovered, stirring occasionally, for 15 minutes.
3. Stir in peas. Cook 3 minutes or until the penne is tender and the chicken is cooked through. Sprinkle with cheese and basil
4. NOTE: I make homemade cream of chicken soup from this mix: https://joanspointedplate.com/cream-of-whatever-soup-mix/

Main Course
Chicken, pasta

Steak Tips and Mushrooms

Steak Tips and Mushrooms



adapted from The Prairie Homestead Cookbook

Divided into 4 servings – 9 Points on all plans

Divided into 6 servings – 6 Points on all plans

- 2 pounds Tenderloin or sirloin steak cut into bite size pieces
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 Tbsp butter
- 2 cups mushrooms of your choice – quartered
- 1/2 cup beef stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp dried parsley

1. Toss the steak with 1/4 tsp of the salt and the pepper.
2. Heat the butter in a large skillet over high heat until it's blazing hot, then add the steak in small batches
3. Sear the steak, turning as soon as a dark brown crust appears, which, as long as the skillet is hot enough should take 30 seconds per side. Turn steak so all sides are seared. Remove from the skillet and set aside. Repeat with all the steak
4. Add the mushrooms to the skillet, reduce the heat to

medium and saute for 5 minutes until the mushrooms release their juices

5. Add the beef stock, vinegar, parsley and remaining salt to the skillet. Cook for 5 minutes or until the stock has reduced by half and slightly thickened. Pour the mushrooms over the steak and serve

Main Course
Beef

Sourdough Sheet Pan Pancakes

Sourdough Sheet Pan Pancakes

Serves 6

5 points on all plans, if you cut into 6 servings

7 points on all plans if you cut into 4 servings

- 1 cup sourdough starter or discard
- 3/4 cup flour
- 1/4-1/2 cup 1% milk (to taste/consistency you like)
- 1 egg, beaten
- 1/2 tsp baking soda
- 1/4 tsp salt

- 1 Tbsp melted butter
- 1 Tbsp unsweetened applesauce

1. Preheat oven to 425
2. Spray or grease a 9×13 pan generously
3. In a medium bowl, mix together all ingredients.
4. Pour batter into prepared pan.
5. Bake 15-20 minutes or until golden brown.

Breakfast
Pancakes

Grilled Ham Steaks

Grilled Ham Steak

From Taste of Home Magazine

5 Points on all Plans

- 3 Tbsp Smucker's Simply Fruit Apricot (or apricot jam/jelly of your choice – adjust points as needed)
- 1 tablespoon prepared mustard
- 1 teaspoon lemon juice

- 1/8 teaspoon ground cinnamon
- 20 ounces thick cut ham steak

1. In a small saucepan, combine the jam/jelly, mustard, lemon juice and cinnamon. Cook and stir over low heat for 2-3 minutes. Set glaze aside. Score edges of ham.
2. Grill, uncovered, over medium heat for 8-10 minutes on each side, brushing with glaze during the last few minutes of grilling.

Chicken in Basil Cream Sauce

Chicken in Basil Cream Sauce

Adapted from Quick Cooking Magazine

Blue – 6

Purple – 6

Green – 8

- 1/4 cup 1% milk
- 1/4 cup dry breadcrumbs
- 4 boneless, skinless chicken breasts
- 2 Tbsp butter

- 1/2 cup chicken broth
- 1 cup fat free half and half
- 1 4 oz jar sliced pimientos, drained
- 1/2 cup fresh parmesan cheese, grated
- 1/4 cup minced fresh basil
- 1/8 tsp pepper

1. Place milk and bread crumbs in separate shallow bowls.
2. Dip chicken in milk, then coat with crumbs.
3. In a skillet over medium – high heat, cook chicken in butter on both sides until juices run clear and chicken is cooked through to 165° – about 10 minutes
4. Remove and keep warm.
5. Add broth to the skillet. Bring to a boil over medium heat; stir to loosen browned bits from pan.
6. Stir in half and half and pimientos; boil and stir for 1 minute. Reduce heat.
7. Add parmesan cheese, basil and pepper; cook and stir until heated through. Pour over the chicken.

Shrimp Monterey

Shrimp Monterey



Adapted From Quick Cooking Magazine

Blue – 5 points

Purple – 5 points

Green – 6 points

- 2 cloves garlic, minced
- 2 Tbsp butter (you can reduce points by 1 point by using light butter if you chose)
- 2 pounds uncooked shrimp, peeled and deveined
- 1/2 cup white wine or chicken broth
- 1 1/2 cups reduced fat monterey jack cheese, shredded
- 2 Tbsp minced fresh parsley

1. In a skillet over medium heat, saute garlic in butter for 1 minute. Add shrimp; cook for 4-5 minutes or until pink.
2. Using a slotted spoon, transfer shrimp to a greased 11×7 baking dish; set aside and keep warm
3. Add wine or broth to the skillet; bring to a boil. Cook and stir for 5 minutes or until sauce is reduced.
4. Pour over shrimp; top with cheese and parsley.
5. Bake uncovered at 350 for 10 minutes or until cheese is melted

Citrus Salad

Citrus Salad With Citrus Poppy Seed Dressing



Serves 2

4 points on all plans as written with 1 Tbsp dressing – adjust points if you want more walnuts/more dressing

Salad alone – 3 Points

1 Tbsp dressing – 1 point

Citrus Poppy Seed Dressing

- 2 Tbsp zero calorie sweetener (I use Lakanto Monkfruit)
- 2 Tbsp white wine vinegar
- pinch salt
- 1/4 cup olive oil
- 1 tsp poppy seeds
- 1/3 cup fresh squeezed orange juice
- 1 Tbsp orange zest

Salad

- 4 cups mixed salad greens
- 1/2 cup mandarin oranges in 100% juice, drained
- 1 Tbsp walnuts, chopped

- 2 Tbsp dried cranberries
- 1/4 cup reduced fat feta cheese, crumbled

Dressing

1. Mix oil, monkfruit, orange juice, vinegar, salt and zest together.
2. Whisk well. Add poppy seeds and whisk until combined.

Salad

1. Divide the salad greens between two bowls or plates.
2. Top each with half the oranges, half the walnuts, half the cranberries, half the feta
3. Top with 1 Tbsp dressing

Citrus Poppy Seed Dressing

Citrus Poppy Seed Dressing



Makes 1 cup, serving size 1 Tbsp

1 point on all plans for 1 Tbsp, 2 Points for 2 Tbsp

- 2 Tbsp zero calorie sweetener (I use Lakanto Monkfruit)
- 2 Tbsp white wine vinegar
- pinch salt
- 1/4 cup olive oil
- 1 tsp poppy seeds
- 1/3 cup fresh squeezed orange juice
- 1 Tbsp orange zest

1. Combine orange juice, oil, monkfruit, vinegar and salt in a bowl.
2. Whisk until blended.
3. Add poppy seeds and whisk to combine.

Ham, Egg and Cheese Cups

Ham, Egg and Cheese Cups

From delish.com

Makes 12

Blue – 1 point each

Purple – 1 point each

Green – 3 points each

- 12 slices deli ham, sliced thin
- 12 Tbsp Reduced fat cheddar cheese, shredded
- 12 large eggs
- Salt
- Freshly ground black pepper
- Chopped fresh parsley (for garnish)

1. Preheat oven to 400º and grease a 12-cup muffin tin with cooking spray. Line each cup with a slice of ham and sprinkle with 1 Tbsp cheese. Crack an egg into each ham cup and season with salt and pepper.
2. Bake until eggs are cooked through, 12 to 15 minutes (depending on how runny you like your yolks).
3. Garnish with parsley and serve.