Chicken Pie Skillet

Chicken Pie Skillet – 2 Ways

Serves 6

Using Sourdough Topping

Blue – 8 points

Purple – 8 points

Green – 10 points

Using Biscuit Topping

Blue – 7 points

Purple – 7 points

Green – 8 points

Filling

- 1 tsp oil
- 1/3 cup onion, diced
- 1 cup celery, diced
- 1 cup carrots, diced
- 1 cup fresh, frozen or canned corn
- 2 cloves garlic
- 3 Tbsp butter (I use real butter, you can substitute light butter and adjust points)
- 1/3 cup flour
- salt and pepper to taste

- 14 oz chicken or bone broth
- 1/2 cup 1% milk
- 2 1/2 cup cooked chicken, in bite sized pieces

Topping – Option 1

- 1 1/2 cups fed sourdough starter
- 3 eggs
- 1 tsp salt
- 1 tsp dried basil
- 2 tsp baking powder
- 1 Tbsp butter, melted

Topping – Option 2

- 1 7.5 oz can biscuits

1. In an oven proof skillet, heat 2 tsp oil.
2. Add onion, celery, carrot and garlic. Saute until veggies start to soften.
3. While veggies are cooking – mix up sourdough topping if using this option. Let sit.
4. Add corn
5. Over medium high heat, to this mixture, add 3 Tbsp butter, let melt
6. Sprinkle on flour, stir to combine about 1 minute
7. Season with salt and pepper to taste
8. Slowly add broth while stirring. Add milk. Stir and bring to a gentle boil until thickened.
9. Add chicken, stir

Topping – Option 1

1. In a bowl, mix sourdough starter, eggs, salt, basil, baking powder and 1 Tbsp melted butter.
2. Pour on top of chicken mixture.
3. Bake in a preheated 400 degree oven for 25 minutes or until golden.
4. Cut into 6 servings

Topping – Option 2

1. Separate biscuits and place on top of filling.
2. Bake at 375 for 17-20 minutes or until biscuits are golden
3. Cut into 6 servings

Loaded Chicken Breasts

Loaded Chicken Breasts

Adapted from Diethood

Serves 4

Blue – 6 Points

Purple – 6 Points

Green – 9 Points

- 4 slices bacon (diced)
- 4 1-pound, total boneless, skinless chicken breasts, pounded to 1/4-inch thickness
- salt and fresh ground pepper (to taste)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked or sweet paprika
- 8 Tbsp reduced fat cream cheese (softened)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried dill weed
- 1/2 teaspoon dried chives
- 3 ounces reduced fat cheddar cheese
- chopped fresh parsley
- sliced green scallions

1. Preheat oven to 400F.
2. Lightly grease a 9×13 baking dish with cooking spray and set aside.
3. Set a large skillet over medium-high heat and add in diced bacon; cook until crispy.
4. Remove bacon from skillet and set aside. DON’T discard bacon fat.
5. Return skillet to heat

6. Pound chicken breasts to a 1/4-inch thickness and season with salt, pepper, garlic powder, and paprika.
7. Add chicken breasts to the hot oil – you may have to do this in batches if skillet isn’t big enough – and cook chicken breasts for 2 to 3 minutes, or until golden brown.
8. Flip over the chicken breasts and continue to cook for 3

more minutes.

9. Remove chicken breasts from skillet and arrange in previously prepared baking dish. Set aside.
10. In a small bowl combine cream cheese, garlic powder, onion powder, dill weed, and chives; mix until thoroughly combined. Taste for seasonings and adjust accordingly.
11. Top each chicken breast with 2 tablespoons of the cream cheese mixture. Spread to coat the surface of each chicken breast.
12. Take half of the bacon and add on top of the cream cheese.
13. Sprinkle shredded cheese over the chicken breasts.
14. Bake, uncovered, for 15 minutes, or until chicken is cooked through and cheese is melted and lightly browned.
15. Remove from oven.
16. Garnish with remaining bacon, fresh parsley, and scallions.
17. Serve.

Crockpot Peach Oatmeal

Crockpot Peach Oatmeal



Serves 4 or 6 – depending on the size of your serving. The points are given based on 4 servings. A serving is about 1-1 1/4 cups.

Blue – 6

Purple – 1

Green – 6

- 2 large peaches (sliced (or canned peaches in their own juice, drained))
- 1/4 cup zero calorie brown sugar substitute (such as Sukrin Gold or Swerve)
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- pinch salt
- 2 cups oatmeal (I prefer Old Fashioned, but quick cook will do)
- 2 cups unsweetened almond milk
- 2 cups water

1. In a slow cooker, place peaches in the bottom, then sprinkle on the brown sugar, then cinnamon, nutmeg and salt. Pour in 2 cups oatmeal, then 2 cups milk over the oats, then 2 cups water. DO NOT STIR!!!
2. Cook overnight for 8 hours on low (my quick oats were done in 7 hours).
3. Stir and serve

Pork Chops in Creamy Garlic Spinach Sauce

Pork Chops in Creamy Garlic Spinach Sauce

Serves 4

Blue – 7 points

Purple – 7 points

Green – 7 points

- 4 4oz boneless pork chops
- salt and pepper to taste
- 1 tsp paprika
- 2 tsp olive oil
- 6 cloves garlic, minced
- 1 small yellow onion, minced
- 1/3 cup chicken stock
- 1 ¾ cups fat free half and half
- 3 cups baby spinach
- 1 tsp Italian seasoning
- 1 oz freshly grated parmesan cheese
- Fresh chopped parsley

1. Heat the oil in a large skillet over medium-high heat. Season the chops with paprika, salt and pepper on both sides and sear in the hot pan for 3-5 minutes on each

side depending on the thickness or until cooked to your liking. Remove chops from pan and set aside

2. Add garlic, onion, Italian seasoning and stir fry in pan juices until fragrant, about one minute
3. Add in the stock and allow to reduce a little
4. Reduce heat to low and add the half and half and bring the sauce to a gentle simmer. Adjust seasoning with salt and pepper
5. Add the spinach leaves and allow to wilt in the sauce and stir in the parmesan cheese. Allow sauce to simmer for a minute or two until cheese melts.
6. Transfer pork chops back into the pan to reheat; sprinkle with the parsley and spoon the sauce over each chop.

French Onion Soup

French Onion Soup



Serves 4

6 points on all plans, 5 points if you use light butter

- 2 Tbsp butter (or 4 Tbsp light butter)
- 4 large onions, halved and sliced
- 1/4 cup Lakanto Monkfruit
- salt, to taste
- 1/2 tsp ground black pepper
- 6 cups homemade beef stock or canned stock
- 2 Tbsp red wine
- 4 slices (about 1/2 oz each) French bread, toasted
- 4 oz grated Gruyere cheese

1. Melt the butter in a soup pot. Add the onions and wilt over medium low heat, covered, for 20 minutes, stirring occasionally.

2. Sprinkle the Monkfruit over the onions, toss, and cook, uncovered, until caramelized, 10 minutes. Sprinkle with salt and pepper

3. Add 3 cups of the stock and simmer, uncovered over medium heat for 15 minutes. Then add the remaining 3 cups of stock and the wine; cook until the broth is rich in taste, another 30-40 minutes

4. Preheat the broiler, or the oven to 350

5. Divide the soup among four ovenproof bowls. Top each with a slice of toasted French bread (I like to tear mine in bite size pieces) and sprinkle the cheese evenly on top. Place under the broiler until the cheese melts or back until the cheese melts and the soup is bubbly.

Salsa Chicken Casserole

Salsa Chicken Casserole

Serves 6

Blue- 4 points

Purple- 4 points

Green- 6 points

- 1 ½ pounds boneless, skinless chicken breasts cut into bite size pieces
- 1 ½ cups salsa (pour off liquid, drain well)
- 6 oz reduced fat mexican blend cheese
- 1-2 Tbsp taco seasoning (depending on taste) *see note below

1. Preheat oven to 375.
2. Place chicken pieces in a 9×13 baking dish that has been sprayed with non stick spray
3. Sprinkle taco seasoning over chicken.
4. Spread salsa on top of chicken
5. Sprinkle cheese over salsa
6. Bake for 30 minutes at 350 or until chicken reaches 165 degrees.
7. NOTE: I use homemade taco seasoning, but you can use

anything you like

Taco Seasoning:

3-4 Tbsp Ground Cumin

3 Tbsp kosher salt

2 Tbsp garlic powder

2 Tbsp ground black pepper

2 Tbsp SMOKED paprika

INSTRUCTIONS

Mix all ingredients.

Place in an airtight container

Use about 3 Tbsp per 1 pound of meat

Chocolate Cake

Chocolate Cake

Sometimes known as "Wacky" or "Depression" Cake

Serves 9

3 Points on all plans

- 1 1/2 cups flour (all-purpose)
- 3 Tbsp. cocoa (unsweetened)
- 1 zero calorie sugar substitute – I use Lakanto Monkfruit
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. white vinegar
- 1 tsp. pure vanilla extract
- 2 Tbsp. canola or vegetable oil
- 3 Tbsp. unsweetened applesauce
- 1 cup water

1. Preheat oven to 350 degrees F.
2. Grease an 8×8 baking dish
3. Mix first 5 dry ingredients in large bowl
4. Make 3 depressions in dry ingredients – two small, one larger.
5. Pour vinegar in one depression, vanilla in the other and the vegetable oil in third larger depression. Pour water over all. Mix well until smooth.
6. Pour into prepared pan
7. Bake on middle rack of oven for 35 minutes. Check with toothpick to make sure it comes out clean. Cool.
8. Note: Oven baking times may vary, be sure to check your cake to make sure you do not over bake.

Sandwich Bread

Sandwich Bread

Adapted From Plated Cravings .com

Makes 2 loaves. Cut each loaf into 14 slices.

2 points for 1 slice on all plans

4 points for 2 slices on all plans

- 1 ⅔ cups water – 110° to 115°
- 2 ¼ tsp instant or active dry yeast
- 4 tsp Lakanto Monkfruit
- 1 tsp salt
- 1 ½ Tbsp room temperature butter, cut into small cubes
- 4 ¼ cups all purpose flour
- 1 tsp butter, melted, for brushing

1. In the bowl of a stand mixer with the dough hook attached, combine the yeast, 1 tsp of sugar and about 1/2 of the water. Let sit for 5-10 minutes if using instant yeast and 15 minutes if using active dry yeast.
2. Add remaining water, remaining sugar, salt, and 4 cups of flour to the bowl. Knead at low speed until the dough comes together and is soft but not sticky. If dough is sticky, add more flour a tablespoon at a time. I usually use an extra 1/4 cu
3. Continue to knead 6 to 9 minutes. Stopping to scrap down

about 1/2 way through. Continue to knead for the remaining time until the dough pulls away from the sides of the bowl and is soft and smooth*****see note below

4. Transfer the dough to a lightly greased large bowl and turn to coat. Cover with a towel and place in a warm place to rise for 45 minutes or until doubled.
5. Lightly flour your work surface. Divide dough in half and working with one half at a time, pat down into a 12 x 8 inch rectangle. Use your fingers to press out any air bubbles
6. Starting at the short end, Roll up into a tight log and pinch the seams to seal. Tuck ends under. Place in a greased 8×4 inch loaf pan. Repeat with other piece. If using a larger pan, do not divide dough.
7. Cover with plastic wrap sprayed with non stick spray. Put in a warm place and let rise again for 45 minutes or until doubled in size
8. Preheat oven to 390°. Carefully and gently remove plastic wrap. Bake for 25-30 minutes.
9. Invert bread on a cooling rack and brush tops with melted butter. Let cook, slice each loaf into 14 slices.
10. ***NOTE: if you do not have a stand mixer, you can knead in the bowl for 10 minutes.

Sourdough Pancakes

Sourdough Pancakes



To make these, you need active, recently fed sourdough starter.

Serves 2 – about 3 large pancakes per serving – easily doubled or tripled!

4 points per serving on all plans as far as I can calculate with the sour dough starter

- 1 cup fed sourdough starter
- 1 egg
- 2 Tbsp unsweetened applesauce
- 1 Tbsp zero calorie sugar replacement (I use Lakanto Monkfruit)
- 1/4 tsp salt
- 1/2 tsp baking powder
- 1 tsp canola oil for frying in cast iron or spray for other pans

1. If using a cast iron skillet or griddle, begin heating it while you are mixing batter – it should be hot enough to produce a sizzle
2. In a medium bowl, mix the starter, egg, applesauce, monkfruit and salt in a glass bowl.
3. Add the baking soda last – it should foam up!

4. Put oil in hot skillet and let that heat up.
5. Once it is heated, start scooping batter in. Turn the stove down so the inside of the pancakes cook and the outside does not get too brown.
6. Once the top is nice and bubbly, turn the stove down a bit more and flip. Flip only once. Let cook another 30 seconds to 1 minute.

Creme Brulee Oatmeal Custard

Creme Brulee Oatmeal Custard

Serves 4

Blue – 5 points

Purple – 1 point

Green – 6 points

- 2 1/4 cups old fashioned oats
- 1/3 cup Lakanto Monkfruit or other zero point sweetener
- 1/4 tsp salt
- 3 1/3 cups unsweetened almond or cashew milk
- 2 eggs

- 2 tsp vanilla extract
- cinnamon
- 3 Tbsp zero point/zero calorie brown sugar replacement

1. Preheat oven to 350. Spray an 8×11 dish with non stick spray
2. Combine milk, eggs and vanilla in a large bowl.
3. Add oats, monkfruit, cinnamon (to taste) and salt. Mix well.
4. Pour into baking dish, spreading out
5. Bake 40-45 minutes or until center is jiggly but not runny. Edges should be light brown and pull away slightly from the sides of dish.
6. Remove from oven. Sprinkle brown sugar on top. Return to the oven and bake until sugar is melted.
7. Turn oven to broil and heat until sugar bubbles slightly (about 1-2 minutes). Allow to cool slightly.