

# Bean Soup

## Bean Soup



This was a recipe my mom always used! She got it from a cookbook published in 1959 called the Farm Journal's Country Cookbook. I make it as written – you can cut down LOTS of time by doing in the Instant Pot. But, I'm old fashioned and I like a pot of soup simmering all day ☐

Makes 10 servings. The points are more of an "at your discretion" decision. I don't know how to point out the ham bone. So, here is my take on it

Blue – 0 points or 3 points (if you want to count the small amount of meat/fat from bone)

Purple – 0 points or 3 points (if you want to count the small amount of meat/fat from bone)

Green – 4 points or 7 points (if you want to count the small amount of meat/fat from bone)

- 2 cups dried navy or white beans
- 1 ham bone or 1 1/2 lb ham butt
- 1/2 cup chopped onion
- 1 cup chopped celery and leaves
- 32 oz diced tomatoes
- 3/4 cup diced potatoes
- 1 tsp salt
- 1/4 tsp pepper

## Prepare Beans

1. Wash beans, add 6 cups water and boil 2 minutes.
2. Remove from heat and let stand 1 hour.
3. Simmer beans without draining until tender, about 2 hours, adding more water if necessary.

## Soup

1. While beans are simmering, simmer ham in water to cover. About 2 hours
2. Remove ham bone. Skim fat from broth and add tender beans
3. Stir in remaining ingredients and simmer until potatoes are tender, about 20 minutes.

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# Poppy Seed Chicken Casserole

## Poppy Seed Chicken Casserole



Recipe adapted from Taste of Home

Serves 6 – each serving is about 1 1/3 cups

Blue – 8 points

Purple – 5 points (if you use brown rice)

Green – 10 points

- 1 cup light sour cream
- 1 can 98% fat free cream of chicken soup or one "recipe" of homemade mix \*\*see note below!!
- 1 Tbsp poppy seeds
- 1 tsp dill weed
- 4 cups cubed cooked chicken
- 3 cups cooked rice
- 10 Ritz crackers, crushed into crumbs
- 3 Tbsp light butter, melted

1. In a large bowl, combine the sour cream, soup, poppy seeds and dill. Stir in chicken and rice.
  2. Spread into a greased 11×7 inch baking dish.
  3. Combine the cracker crumbs and butter; sprinkle over the top.
  4. Bake, uncovered at 350 until bubbly, about 30 minutes.
  5. \*\*\*I do not use canned soup – I make a homemade mix and use that. Here is the link to that recipe: <https://joanspointedplate.com/cream-of-whatever-soup-mix/> or you can search "Cream of Chicken Soup Mix" in the search box for that recipe. I make it in a big batch and then "make" the soup and use it in the recipe.
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# Oat Bran Muffins

## Oat Bran Muffins



Who would have thought oat bran muffins could be soooo delicious!!!!

Recipe adapted from the back of the Bob's Red Mill Oat Bran Hot Cereal Bag

Blue – 2 points per muffin

Purple – 2 points per muffin

Green – 1 muffin – 2 points; 2 muffins-5 points

- 3/4 cup whole wheat flour
- 3/4 cup Bob's Red Mill Oat Bran Cereal
- 1/2 cup zero calorie brown sugar (I use Surkin Gold)
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/3 cup mashed banana
- 1/2 cup non fat plain Greek yogurt
- 1 egg
- 2 Tbsp unsweetened applesauce
- 1/2 tsp vanilla
- 1/2 cup shredded carrots
- 1/3 cup chopped walnuts

1. Preheat oven to 400

2. Mix dry ingredients.
  3. In a separate bowl, mix wet ingredients
  4. Add dry mixture to wet mixture and stir until just moistened – do not overmix
  5. Fold in carrots and walnuts.
  6. Lightly grease (spray) a muffin tin.
  7. Fill each cup 2/3 full of batter
  8. Bake for 15 to 20 minutes. Makes 12 muffins
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# Taco Seasoning Mix

## Taco Seasoning Mix

- 3-4 Tbsp Ground Cumin
- 3 Tbsp kosher salt
- 2 Tbsp garlic powder
- 2 Tbsp ground black pepper
- 2 Tbsp SMOKED paprika

1. Mix all ingredients.
2. Place in an airtight container

3. Use about 3 Tbsp per 1 pound of meat

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## Cream of Mushroom Soup Mix

### Cream of Mushroom Soup Mix

1 "recipe" using 1/3 cup of mix is 4 points on all plans.

- 2 cups non fat dry milk
- 3/4 cup cornstarch
- 1/2 ounce dried mushrooms (about 1 cup)
- 1/4 cup beef bouillion granules
- 1 Tbsp dried thyme
- 1 Tbsp dried basil
- 1 1/2 tsp pepper
- 1 1/2 tsp parsley
- 1 1/2 tsp garlic powder

1. Rough chop mushrooms to your liking. to
2. Mix all ingredients together in a bowl.
3. Store in an airtight container
4. To make soup, stir in 1/3 cup mix to 1 1/4 cups boiling water in a saucepan. Stir over low heat until thickened. When done, put the lid on the pot for about 2 minutes to plump the dried mushrooms. This makes about 1 "can"

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# Lemon Blueberry Scones

## Lemon Blueberry Scones



Recipe from Janie Rasmussen-Wood

2 points for 1, 5 points for 2 on all plans

- 1 cup all purpose flour
- 1 1/2 tsp baking powder
- 3 Tbsp light butter
- 1 lemon, zested
- 1/3 cup Lakanto Monkfruit (or your favorite zero calorie sweetener)
- 1 egg
- 2 Tbsp Plain, non fat Greek yogurt
- 1/2 cup fresh blueberries

### Glaze (optional)

- 1 Tbsp whipped cream cheese
- 1 Tbsp powdered sugar or zero calorie powdered sugar
- 1 tsp milk

1. Preheat oven to 350

2. Whisk together butter, Greek yogurt, lemon zest, monkfruit and egg until combined

3. Add flour and baking powder and mix until barely combined.
4. Fold in 1/2 cup blueberries. DO NOT OVERMIX
5. Place a piece of parchment paper on a cookie sheet and spray with non stick spray.
6. Scoop dough out onto parchment paper.
7. Flour hands and pat dough out into an 8 inch circle that is 1/2 to 3/4 inches thick.
8. Sprinkle additional monkfruit over the dough
9. With a sharp knife, cut in 8 triangles, like a pizza
10. Bake about 12-16 minutes, depending on your oven.
11. Remove from oven and slightly separate slices.
12. Return to oven and bake about 5 minutes more until a toothpick inserted comes out clean.
13. Let cool on pan for 5 minutes, then move to wire rack.  
Glaze if desired

## **Glaze**

1. Whisk cream cheese, powdered sugar and 1 tsp of milk in a small bowl.
  2. Drizzle glaze over cooled scones
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# Baked Custard Oatmeal

## Baked Custard Oatmeal



Serves 4

Blue – 4

Purple – 2

Green – 4

- 2 cups cooked oatmeal
- 1 1/2 cups 1% cottage cheese
- 2 eggs
- 1 cup unsweetened almond or cashew milk
- 1/2 cup Lakanto monkfruit or your favorite sweetener (add points in applicable)
- 1/2 tsp cinnamon
- 1/8 tsp cardamom
- 1/2 tsp vanilla
- 1/2 tsp almond extract

1. Preheat oven to 325
2. Spray a 9×9 baking dish with non stick spray
3. In a large bowl, blend oatmeal, cottage cheese, eggs, milk, sugar, cinnamon, cardamom, vanilla extract and almond extract with an electric mixer until smooth.
4. Pour batter into prepared dish and bake for approximately 1 hour-1 hour 10 minutes. \*start checking

after 45 minutes\*

5. Serve warm or room temp.

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# Street Corn Chicken Casserole

## Street Corn Chicken Casserole



Serves 4

Blue – 3 points

Purple – 3 points

Green – 11 points

- 4 thin sliced chicken breasts
- 3 cups sweet corn (either canned or frozen, thawed)
- 1/4 cup light mayonnaise
- 1/4 cup light sour cream
- 1/2 Tbsp lime juice
- 1 1/2 tsp chili powder
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/8 tsp cayenne pepper
- 1/4 cup queso fresco crumbled

- 1/4 cup cilantro, chopped

1. In a large bowl, combine the corn, mayo, sour cream, lime juice and chili powder and mix to combine.
2. In a casserole dish, lay the chicken breasts flat in the dish with a little space in between each one. Season with salt, garlic powder and cayenne pepper. Spread the corn mixture evenly over the top of the chicken.
3. Bake at 350 for 30-40 minutes or until chicken is cooked through to 165 degrees.
4. Remove from oven and garnish with crumbled queso fresco and chopped cilantro

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# Chicken with Mushrooms and Bacon

## Chicken with Mushrooms and Bacon



Serves 4

Blue – 5 points

Purple – 5 points

Green – 7 points

## **Chicken**

- 4 boneless, skinless chicken breasts
- 2 tsp olive oil
- 2 cloves garlic, crushed
- 2 Tbsp chopped fresh parsley
- kosher salt and fresh ground pepper to taste

## **Cream Sauce**

- 4 cloves garlic, crushed
- 4 slices bacon, diced
- 12 oz sliced mushrooms
- 3/4 cup fat free half and half
- 1/3 cup chicken broth
- 2 oz freshly grated parmesan cheese
- pepper to taste, salt if needed

## **Baked Chicken**

1. Preheat oven to 400
2. Arrange chicken on a plate. Combine olive oil, garlic, parsley, salt and pepper in a bowl. Rub oil mixture over chicken to completely coat.
3. Heat a large oven proof skillet over medium high heat. Sear the chicken until it's golden brown, turn and sear other side. About 3 minutes per side.
4. Place in oven and cook until cooked through, about 25-30 minutes.
5. Once the chicken is done, remove from skillet and set aside. Pour out half of the chicken juices

## Sauce

1. Using the same skillet that you cooked the chicken in, fry the garlic in the reserved chicken juices over medium heat, stirring constantly for about 30 seconds.
2. Add the bacon and fry until just starting to crisp. Add in the mushrooms and cook until done to your liking.
3. Pour in the half and half, chicken broth and parmesan. Let simmer until slightly thickened, about 2 minutes.
4. While the sauce is simmering, mix cornstarch with 1-2 tablespoons of broth or water.
5. Pour into the center of the cream sauce and mix well and simmer until it thickens.
6. Season with pepper, check for salt and use as needed
7. Add chicken to pan and allow to simmer 1 to 2 minutes
8. Garnish with parsley or parmesan if desired. Serve over rice, pasta or veggies

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## Honey Basil Salmon

## Honey Basil Salmon



Serves 4

Blue – 3 points

Purple – 3 points

Green – 11 points

- 4 6 oz Salmon filets
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp honey
- 1 Tbsp dijon mustard
- 2 cloves garlic, minced
- 1/4 cup chopped fresh basil
- salt and pepper

1. Place salmon in a shallow dish or mixing bowl
2. In a small bowl, mix together oil, lemon juice, honey, mustard and garlic. Stir in basil, season with salt and pepper to taste.
3. Spread mixture over salmon filets, cover loosely and allow to marinate in the fridge for 1 hour.
4. Bake at 375 for 12 minutes or until salmon flakes easily with a fork.