

# Chicken or Turkey Club Flatbread

## Chicken or Turkey Club Flatbread



Serves 1

Blue – 5 points

Purple – 5 points

Green – 7 points

- 1 flatbread (I use Atoria's Family Bakery brand for 1 point for the mini lavash)
- 2 slices bacon, cooked crisp
- 2 oz cooked shredded chicken or deli turkey
- 1 oz Cabot 75% reduced fat cheddar cheese, shredded
- chopped tomato
- chopped romaine lettuce
- 2 tsp light mayonnaise

1. Preheat oven to 375
2. Top the flatbread with chopped tomato, chopped bacon, chicken or turkey and cheese.
3. Bake for 6-8 minutes
4. Let cool 2 minutes.
5. Place mayo in a piping bag with a round tip or in a

sandwich bag with a small hole cut in the corner.

6. Pipe mayo over the cheese.
7. Press shredded lettuce on top of the mayo.
8. Serve.

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# Ham and Cheese Bagel Melt

## Ham and Cheese Bagel Melt



Serves 1

Points will vary depending on ingredients used. I use a homemade bagel, .25 oz cheese and 2 oz of ham (the ham I use is 0 points). My sandwich is 4 points total. Yours will vary.

- 1 bagel, lightly toasted
- 1 slice cheese (I use deli sliced American cheese)
- 2 oz ham (deli sliced thin)
- mustard

1. Preheat oven to 325
2. On half of the bagel, place 1/2 slice of cheese.

3. Top with mustard
  4. Top with ham
  5. End with remaining 1/2 slice of cheese.
  6. Wrap in foil and bake for 6-8 minutes.
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# Pancake Donuts

## Pancake Donuts



Serves 2 – 3 Donuts each

Blue – 3 points

Purple – 3 points

Green – 5 points

- 2/3 cup Protein Pancake mix such as Birch Benders Protein (my favorite) or Kodiak Protein (regular buttermilk) or Trader Joe's Protein
- 2 eggs
- 1/2 cup almond or cashew milk
- 2 tsp baking powder
- 1 tsp vanilla extract

## **Suggested Toppings (add points if applicable)**

- blueberries, strawberries, any berries
- chocolate chips
- jimmies (sprinkles)

1. Preheat oven to 375. Spray a donut pan with non stick spray.
2. Mix together pancake mix, eggs, milk, baking powder and extract.
3. Using a scoop, fill a 6 well donut pan with batter.
4. Add whatever toppings you want
5. Bake 15-18 minutes or until tops spring back when touched. Cool for 5 minutes in the pan. Serve with syrup (add points as necessary)

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# **Chicken and Potatoes in Dijon Sauce**

## **Chicken and Potatoes in Dijon Sauce**



Recipe adapted from Creme de la Crumb

Serves 4

Blue – 7 points

Purple – 4 points

Green – 9 points

- 4 5 oz boneless, skinless chicken breasts
- 2 tsp Herbs de Provence (can also use Italian seasoning put that will alter the flavor)
- 2 Tbsp light butter
- 1 Tbsp olive oil
- 1 1/2 pounds baby potatoes (cut in half or quarters so they are no larger than 1 inch pieces)

## **Dijon Cream Sauce**

- 1 Tbsp light butter
- 1 tsp minced garlic
- 1 cup chicken broth (I use low sodium)
- 2 Tbsp dijon mustard
- 1 cup fat free half and half
- 1/2 tsp salt, or to taste
- 1/4 tsp black pepper, or to taste

## **Prepare the chicken**

1. Preheat oven to 375
2. Combine the chicken and potatoes in a large bowl. Drizzle with 1/2 tablespoon of olive oil, toss to coat, then season with salt and pepper and Herbs de Provence
3. In a large skillet, 2 Tbsp of light butter over medium heat. Drizzle in remaining 1/2 Tbsp of olive oil and give it a good stir
4. Add the chicken to one half of the skillet and the

potatoes to the other half. Cook undisturbed for 3-4 minutes, flip chicken and cook another 3-4 minutes until browned on both sides. Transfer the chicken and potatoes to a plate and cover to keep warm.

## **Prepare the sauce**

1. In the same skillet, melt butter over medium heat. Stir in garlic for 1 minute until fragrant.
2. Stir in the chicken broth and dijon mustard, then whisk in half and half, salt and pepper

## **Put it together**

1. Return chicken and potatoes to the pan, giving them a good stir in the sauce to keep them from drying out in the oven
  2. Transfer to preheated oven and bake for 15-20 minutes until chicken is cooked through and potatoes are fork tender.
  3. Spoon dijon sauce from the pan over the chicken and potatoes, garnish with freshly cracked black pepper and fresh herbs if desired.
  4. You can reduce the amount of points by reducing the amount of potatoes – the original recipe called for 1/2 pound of potatoes to feed 4 people. If I tried to divide 1/2 pound of potatoes among my family, they would revolt! So adjust as you see fit for your family!
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# Chicken in Sour Cream

## Chicken in Sour Cream



An old family favorite – very simple but a crowd pleaser

Blue – 6

Purple – 6

Green – 8

- 4 5oz boneless, skinless, chicken breasts
- 1 12 oz can mushrooms (can also use fresh sauteed)
- 1 can cream of mushroom soup
- 1 cup light sour cream (If you use fat free, reduce total points by 2, but the sauce will not be as rich)
- 1/2 cup white wine
- paprika

1. Preheat oven to 350
2. Place chicken in a baking dish
3. Combine soup, mushrooms, sour cream and wine. Pour over chicken
4. Top with paprika
5. Bake for about 1 hour. Delicious served over rice.

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# Bagels – UPDATED!

## Bagels – UPDATED!

This recipe uses the dough recipe from Bizzy Kitchen (mybizzykitchen.com) – this is the only dough I use for my pizza and bagels now-it has completely replaced the traditional 2 ingredient dough – it is sooooo good! I can't believe how a little yeast and rising changes the texture and taste!

Makes 8 bagels

Blue – 3 points

Purple – 3 points

Green – 3 points

- 2 cups flour
- 1 Tbsp baking powder
- 2 tsp INSTANT DRY YEAST \*\*\* see notes below if using Active Dry Yeast
- 1/2 tsp salt
- 1/2 cup fat free Greek yogurt
- 1/2 cup water
- 1 egg beaten (for egg wash)

1. Mix flour, baking powder 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. Weigh out dough and divide into 8 equal pieces
7. Shape dough – you can roll dough into a rope and form into a bagel shape or just shape into a bun shape – this is my preference, it gives more “surface area” for cream cheese or sandwich fillings.
8. Brush each bagel with egg wash. Top as desired with sesame seeds, poppy seeds, Everything But the Bagel Seasoning or whatever you prefer.
9. AIR FRYER: Cook in air fryer at 325 for 12 minutes, turning over the last 3 minutes. OVEN: Bake in oven at 375 for 25 minutes on the top rack on parchment paper or silicone baking mat. If using parchment paper, spray with non-stick spray.
10. Cool for 15 minutes. Slice and freeze. To use, microwave for 15 seconds and then toast.
11. \*\*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.

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# Twice Baked Potatoes

## Twice Baked Potatoes



Serves 6

Blue – 4 points

Purple – 1 point

Green – 4 points

- 3 baking potatoes (totaling 1 1/2 pounds)
  - 1/2 cup fat free reduced sodium chicken broth
  - 4 oz Cabot 75% reduced fat cheddar cheese (shredded)
  - 1/3 cup green onions (sliced(optional))
  - 1/3 cup light sour cream
  - 1 tsp dijon mustard
  - 1/4 tsp paprika
1. Heat oven to 400. Pierce potatoes in several places with the tip of a sharp knife. Bake 1 1/4 hours or until tender. Immediately cut potatoes in half lengthwise, scoop out the centers leaving a 1/4 inch thick shell.
  2. Beat potato pulp, broth, 1/2 of the cheese, onions, sour cream and mustard with mixer until well blended. Spoon into shells. Top with remaining cheese and paprika.
  3. Bake at 400 for 20 minutes.
  4. \*\*\*These can be frozen! Freeze before you bake. Thaw and

bake at 400 for 20 minutes or until heated through.\*\*\*

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# Blueberry Sauce/Syrup

## Blueberry Sauce/Syrup



0 Points on all plans

- 1 cup blueberries
- 1 Tbsp Lakanto Monkfruit (or sweetener of your choice)
- 1 Tbsp water
- 1/2 tsp cornstarch
- 1 tsp lemon zest optional
- 1 tsp fresh lemon juice optional

1. Place water, sweetener and cornstarch in a small saucepan. Stir/whisk until combined.
2. Add blueberries and mash them a bit with a potato masher.
3. Cook over medium heat, stirring frequently until the mixture boils.
4. Turn heat down and let cook about 5 minutes until thick. Add zest and juice if desired.

5. Serve over waffles, pancakes, ice cream or crepes – or whatever!

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# Quick Beef Stronganoff and Noodle

## Quick Beef Stroganoff and Noodles



Serves 6

Blue – 9 points

Purple – 5 points

Green – 9 points

- 1 pound 96% lean ground beef
- 1/4 cup onion, finely chopped
- 8 oz uncooked egg noodles (use whole wheat noodles if on purple)
- 1 can Healthy Request tomato soup
- 3 soup cans water
- 1/2 cup light sour cream
- 1/2 cup light sour cream
- 8 oz can mushrooms, drained

1. Brown ground beef and onion. Drain
  2. Add noodles, tomato soup and water.
  3. Simmer 15-20 minutes, stirring occasionally.
  4. Add sour cream and mushrooms, heat through. Serve.
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## Egg Nog

## Egg Nog

This is Doug's Aunt Jane's "famous" egg nog. It is NOT WW friendly and yes, it uses raw eggs.

- 3 eggs
- 1 can sweetened condensed milk
- 1 tsp vanilla extract
- dash salt
- 1 quart milk
- 1 cup heavy whipping cream, beaten stiff

1. In a large bowl, whisk eggs VERY WELL
2. Add can of sweetened condensed milk to eggs. Whisk well.
3. Add in vanilla and salt. Mix well
4. Slowly add in milk while whisking.

5. Next, add in whipped cream. I whisk it in very well.
6. Serve and top with grated nutmeg
7. Store in refrigerator. Before serving, whisk the cream back into the milk mixture if settled on top.