

Buffalo Chicken Flatbread

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Serves 1

Blue – 2 Points

Purple – 2 Points

Green – 4 Points

- 1 piece Flatbread (I use Atoria's Family Bakery Mini Lavash for 1 point (but any Lavash for 1 point will work))
- 1 Tbsp celery, chopped fine
- 1/2 cup shredded cooked (chicken)
- 2 Tbsp Franks Hot Sauce (or to taste!)
- 1 ounce Cabot 75% Reduced Fat Cheddar Cheese (grated (or cheese of choice, just adjust points))
- tsp blue cheese or ranch dressing

1. Preheat oven to 400
2. Combine chicken, hot sauce and celery
3. Top flatbread with chicken mixture
4. Sprinkle with cheese
5. Bake for 10 minutes
6. Drizzle with a teaspoon or blue cheese or ranch dressing

Pumpkin Spice Krispie Treats

Pumpkin Spice Krispie Treats



If you cut into 12 servings, they are 2 points on all plans

If you cut into 9 servings, they are 3 points on all plans

- 1 1/2 Tbsp light butter
- 2 cups mini marshmallows
- 1/4 tsp pumpkin pie spice
- 1/4 tsp cinnamon
- 1/8 cup pure pumpkin puree – thoroughly drained!!! See note below!
- 3 cups crisp rice cereal

1. In a pot, melt butter over low heat.
2. Stir in marshmallows and stir over low heat until completely melted and smooth.
3. Remove from the heat.
4. Stir in pumpkin pie spice, cinnamon and drained pumpkin puree until well incorporated.
5. Add 1/2 of the crisp cereal, mix well. Add the rest and mix until well combined.

6. Spray a 9×9 baking dish with non stick spray (I use butter flavor).
 7. Put a little butter on your hands and press marshmallow cereal mixture into dish until even and touching all sides. Let sit until it sets. *These bars are SOFT! If you do not want them soft, but crunchier – more like a traditional rice cereal treat, double the pumpkin pie spice and leave out the pumpkin puree!*
 8. NOTE: YOU MUST DRAIN THE PUMPKIN! I put a coffee filter in a mesh sieve, put the pumpkin in, put a coffee filter on top and put a can on pumpkin on top to weigh it down (See video). I let it sit for 45 minutes, pressing down the can each time I walked by.
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Chicken Orzo Soup

Chicken Orzo Soup (adapted from WW)



Serves 8 – each serving is approx 1 1/4 cups

- 8 cups chicken broth (packaged or homemade)
- 1 tsp salt – or to taste
- 1/2 tsp black pepper – or to taste
- 4 medium carrots, peeled and sliced thin

- 1 cup uncooked orzo pasta (use whole wheat if on purple)
- 2 cups chopped or shredded cooked chicken breast
- 1/4 cup fresh lemon juice
- 3 Tbsp fresh chopped dill, divided

1. In a large soup pot, combine broth, salt and pepper. Bring to a boil over high heat
2. Add carrots and orzo, bring to a boil
3. Reduce heat to low and simmer, partially covered until orzo and carrots are tender, about 8-10 minutes
4. Stir in chicken; cook until heated through.
5. Remove pot from heat; stir in lemon juice and dill
6. Serve.

Tuscan Chicken Pasta (Instant Pot, Crock Pot or Stovetop)

Tuscan Chicken Pasta (Instant Pot, Crock Pot or Stovetop)



Serves 6

Blue – 7 points

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

Green – 11 points

- 3 cups low sodium chicken broth **if using crock pot or stovetop method, only 1 cup of chicken broth is needed**
- 1/2 cup sun dried tomatoes (not in oil), or 1/2 cup halved cherry tomatoes
- 1/2 Tbsp Italian seasoning
- 1 Tbsp minced garlic
- 2 pounds chicken breast, cut into 1 inch cubes
- 12 oz penne pasta (whole wheat for purple, I use Ronzoni 150 for blue or green)
- 2 cups baby spinach
- 3/4 cup non fat plain greek yogurt
- 3/4 cup 1% fat cottage cheese
- 5 oz grated fresh parmesan cheese
- 1/4 cup fresh basil OR 1 tsp dried basil
- 1/2 tsp salt
- 1/4 tsp pepper

For Instant Pot

1. Spray the pot with non stick spray and turn to saute
2. Once your pot is hot, add tomatoes, garlic, Italian seasoning, salt and pepper.
3. Cook until just fragrant using a wooden spoon or spatula to prevent sticking
4. Brown chicken on all sides for 3-5 minutes. This will prevent chicken from sticking together when under pressure

5. Add the noodles and chicken broth to the pot. Stir and make sure all of the pasta is pushed below the liquid.
6. Close and lock the lid and turn the pressure valve to sealing. Select pressure cook (high) and set the time for 3 minutes
7. While pasta is cooking, blend the Greek yogurt and cottage cheese together until smooth and set aside.
8. When the cook time is complete, quick release the pressure and remove the liquid. Drain extra liquid if necessary.
9. Add the spinach and fresh basil to the pot and stir until the leaves have wilted, then drain the excess liquid from the pot.
10. Add the parmesan cheese and yogurt mixture and stir until evenly mixed. Measure or weigh to divide into 6 equal servings.

Crock Pot

1. Lightly spray a skillet with cooking oil.
2. Add tomatoes, garlic, Italian seasoning, basil, salt and pepper. Sauté over high heat for 30 seconds.
3. Next, add chicken and brown for 1-2 minutes until chicken no longer sticks together.
4. Place contents of skillet into crock pot and add 1 cup of chicken broth.
5. Cover with lid and cook on high for 2-3 hours or low for 4-5 hours
6. During the last 30 minutes, stir in your noodles and make sure all the pasta is covered in liquid. If you

need to add more liquid, do so now.

7. Once the cook time is complete, add the spinach and basil. Stir until the spinach is wilted. Drain the excess liquid from the pot.
8. Blend the cottage cheese and Greek yogurt until smooth, and add to the pot.
9. Stir in parmesan cheese and serve immediately – top with fresh basil

Stove Top

1. Lightly spray a skillet with cooking oil.
2. Add tomatoes, garlic, Italian seasoning, basil, salt and pepper. Saute over high heat for 30 seconds.
3. Next, add chicken and brown for 1-2 minutes until chicken no longer sticks together.
4. Add 1 cup of chicken broth and pasta to the skillet, stir and make sure all the noodles are covered. Once the broth begins to boil, cover your skillet and reduce heat to medium. Simmer for 12-15 minutes, stirring occasionally
5. Once the pasta is cooked, add the spinach and basil. Stir until spinach is wilted. Drain any excess liquid from the pan.
6. Blend the cottage cheese and Greek yogurt until smooth, and add to the pan.
7. Stir in parmesan cheese and serve immediately – top with fresh basil

Orange Cranberry Muffins

Orange Cranberry Muffins



Makes 12

Blue -1 muffin – 2 points, 2 muffins – 5 points

Purple – 1 muffin – 2 points, 2 muffins – 5 points

Green – 1 muffin – 2 points, 2 muffins – 5 points

- 2 cups flour
- 1 Tbsp baking powder
- 1/4 tsp salt
- 1 large egg
- 1 cup zero calorie sweetener (I use Lakanto Monkfruit)
- 1/4 cup unsweetened applesauce
- 1 cup reduced sugar orange juice (Like Trop 50)
- zest from 1 orange
- 1 1/4 cup fresh cranberries, chopped (I toss them in the food processor)

1. Preheat oven to 400.
2. Spray a 12 cup muffin pan with non stick spray (I don't recommend using liners – the muffins will stick)
3. Whisk together flour, baking powder and salt. Set aside.

4. Beat the egg, sugar and applesauce with an electric mixer on medium speed until smooth. Add the orange juice and zest and beat again.
 5. Add the flour and the chopped cranberries to the egg mixture by hand until just combined. Do not overmix.
 6. Spoon batter into muffin tins making each one 2/3 full.
 7. Bake 15-20 minutes until a toothpick inserted in center comes out clean.
 8. Cool in pan for 10 minutes, then remove to wire rack. Eat warm or let cool.
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Hałuski (Polish Cabbage and Noodles)

Hałuski (Polish Cabbage and Noodles)



Serves 4

Blue – 7

Purple – 4 (if you use whole wheat noodles)

Green – 7

- 6 ounces egg noodles
- 12 ounces turkey kielbasa, sliced
- 4 Tbsp light butter
- 1 medium onion, chopped
- 1 large head of cabbage, chopped
- 2 cloves garlic, minced
- salt and pepper to taste

1. Cook egg noodles for 2 minutes less than the package directions say. Drain and set aside
2. Brown the kielbasa slices in a pan sprayed with non stick spray
3. Add the butter and onion to the sausage. Cook until the onions soften. Scrape brown bits off the bottom of the pan.
4. Add garlic and cabbage, stir well, cover and simmer for 20 minutes.
5. Add the noodles and simmer for 5 minutes more or until cabbage is at the desired tenderness.
6. Add salt and pepper to taste before serving.

Chili's Copycat Monterey

Chicken

Chili's Copycat Monterey Chicken



Serves 4

Blue – 4 points

Purple – 4 points

Green – 7 points

- 4 chicken breasts
- 1/4 cup Ranch dressing (I use my homemade – it's under Salads/Dressings)
- 1/4 cup sugar free BBQ sauce
- 4 slices bacon, cooked crisp
- 4 oz reduced fat Mexican blend cheese, shredded
- 1 Roma tomato
- green onions, sliced
- salt and pepper

1. Preheat oven to 350
2. Pound each chicken breast a bit to thin them out – not too much
3. Lay the chicken in a 9×13 baking dish. Salt and pepper chicken. Spread 1 Tbsp ranch dressing over each breast. Cook in oven for 30-40 minutes
4. While chicken is cooking, cook bacon crisp. Set aside

5. When chicken is cooked through, remove from oven and spread 1 Tbsp BBQ sauce on each piece.
 6. Crumble 1 slice of bacon on each chicken breasts
 7. Sprinkle on 1 oz of cheese on each breast
 8. Turn the oven to broil and broil about 3-5 minutes until cheese melts – KEEP A CLOSE EYE ON IT
 9. Top each breast with chopped tomato and sliced onion
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Pumpkin Pie Twists

Pumpkin Pie Twists



****I recommend you watch the video linked below – it was hard to explain some of the steps!****

Makes 11

Blue – 1 – 1 point, 2 – 3 points, 3 – 4 points

Purple- 1 – 1 point, 2 – 3 points, 3 – 4 points

Green – 1- 2points, 2 – 3 points, 3 – 5 points

- ****I recommend you watch the video linked below – it was**

hard to explain some of the steps!**

Dough

- 1 cup all purpose flour
- 2 tsp baking powder
- 3/4 cup non fat plain greek yogurt
- 2 Tbsp sugar substitute (I use Lakanto Monkfruit)

Filling

- 1/2 cup pure pumpkin puree
- 1/4 cup zero calorie brown sugar substitute (Swerve, Lakanto Golden, Sukrin Gold)
- 1 Tbsp sugar free maple syrup
- 1 1/2 tsp pumpkin pie spice

Topping

- 1 Tbsp light butter, melted
- 1 Tbsp zero calorie sugar substitute (I use Lakanto Monkfruit)
- 1/2 tsp cinnamon

1. Preheat oven to 400

Dough

1. In a large bowl, whisk together flour, baking powder, salt and sugar
2. Add Greek yogurt and mix well.
3. Knead for about 20 seconds
4. On a piece of parchment paper that has been sprayed with non stick spray, roll out dough into a 12w x15L rectangle. Take your time!
5. Cut the dough down the middle width wise

6. Set aside

Filling

1. In a medium bowl, mix pumpkin, brown sugar, syrup, pumpkin pie spice.
2. On half of the dough, spread the filling. Spread it all the way over to the edges



3. Now flip the plain side over onto the filled side (see video!). Peel off parchment paper
4. Cut the dough into 11 equal strips.



5. Twist the end of each dough piece. Transfer to a parchment lined baking sheet with a thin spatula.
6. Bake for 20-21 minutes in a 400 degree oven.
7. Let cool on wire rack for about 10 minutes. Proceed with topping.

Topping

1. Melt butter.
2. Mix 1 Tbsp sugar and 1/2 tsp cinnamon in a small bowl.
3. Brush each twist with melted butter and sprinkle with sugar and cinnamon.
4. Serve with some whipped cream!
5. I highly recommend watching the video below – parts of this were very hard to explain!

Swedish Meatball Casserole

Swedish Meatball Casserole



Serves 4

Blue – 9

Purple – 7 (using whole wheat pasta)

Green – 9

Meatballs

- 1/2 cup Panko bread crumbs
- 1 lb 96% lean ground beef
- 1/3 cup onion, chopped very fine
- 1 tsp salt
- 1/4 tsp pepper
- 2 cloves garlic, minced
- 1/3 cup skim milk
- 1 egg
- 1 Tbsp Olive oil

Pasta

- 8 oz medium shell pasta (on purple use whole wheat)

Sauce

- 3 Tbsp light butter
- 1/4 cup all purpose flour
- 2 cups beef broth
- 1/4 cup water
- 2 tsp Worcestershire sauce
- 1 Tbsp fresh parsley, chopped
- 1/4 cup fat free half and half
- 1/2 tsp salt
- 1/4 tsp black pepper

Meatballs

1. Add the panko bread crumbs to a large bowl, set aside
2. Spray a skillet with non stick spray.
3. Over medium heat, saute onion, salt, and pepper. Cook for 5 minutes, stir often
4. Add the minced garlic and cook for another 2 minutes.
5. Turn the heat down, add the milk and bring to a simmer. Once it comes to a simmer, pour it onto the panko bread crumbs and stir to combine.. The mixture will be thick. Set aside to cool.
6. In another large bowl, add the egg and beat. Then crumble ground beef over egg and add onion mixture. Mix well (the easiest way is to mix with your hands)
7. Form about 16 meatballs and chill in the refrigerator for 30 minutes
8. Once the meatballs have chilled, heat oil in a large skillet
9. Add the meatballs and cook until brown on all sides, about 15 minutes.

10. Transfer meatballs to a dish and set aside

Pasta

1. Cook pasta al dente according to the package directions. When done cooking, strain and put into a 9×9 baking dish

Sauce and Assembly

1. Preheat the oven to 375.
2. Place the meatballs into the baking dish nestling them into the pasta
3. In a large skillet on medium heat, melt the butter
4. Add the flour, stirring constantly for about 2 minutes
5. Stir in the beef broth, water and Worcestershire sauce, salt and pepper and bring to a simmer. Stir often
6. Reduce heat to med/low and add the parsley and half and half. Stir everything together constantly and cook it until it thickens, about 10 minutes.
7. Pour the sauce over the meatballs and pasta.
8. Bake for 30 minutes.

Upside Down Apple Gingerbread

Upside Down Apple Gingerbread



Serves 9

4 Points per serving on all plans

Cake

- 1/2 cup unsweetened applesauce
- 1/2 cup zero calorie granulated sugar substitute (I use Lakanto Monkfruit)
- 1/4 cup zero calorie brown sugar substitute (I use Swerve)
- 1 egg
- 2 Tbsp molasses
- 1 1/2 cups flour
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp ground cloves
- 1/2 tsp salt
- 1/4 tsp nutmeg
- 2/3 cup brewed tea (plain tea, not flavored)

Topping

- 2 large apples, peeled and sliced
- 1/3 cup zero calorie brown sugar substitute (I use Swerve)
- 1/4 cup light butter, melted

Cake

1. In a large mixing bowl, add applesauce, sugar, and 1/4 cup brown sugar. Mix with an electric mixer until well

combined

2. Add egg and molasses, beat well.
3. In another bowl, combine dry ingredients. Whisk until blended
4. Add dry ingredients and tea alternately while mixing on low. Start and end with flour mixture. Set batter aside

Topping

1. Spray a 9×9 baking dish with non stick spray
2. Melt butter and add to dish. Stir/whisk in 1/3 cup brown sugar.
3. Peel and slice apples and add to dish.
4. Pour batter over top of apples.
5. Bake at 350 45-50 minutes. (mine took 45 – do not overbake)
6. Let sit in pan to cool for 10 minutes. After 10 minutes, invert onto serving platter.
7. Serve warm.