

Smoky Chicken with Cherry BBQ Sauce

Smoky Chicken with Cherry BBQ Sauce – WW Weekly Recipe



This recipe is from the 8/30/20 WW weekly handout and is on their website

Serves 4 (3 oz chicken and 3 Tbsp sauce)

Blue – 3

Purple – 3

Green – 5

- 2 Tbsp Extra virgin olive oil
- 1 1/4 tsp Kosher salt, divided
- 1 1/4 tsp Smoked Paprika, divided (smoked is recommended)
- 1 lb Uncooked boneless skinless chicken breast, thin cutlets recommended
- 3/4 cup Cherries, pitted (or defrosted unsweetened frozen cherries)
- 1 Tbsp Apple cider vinegar
- 1 Tbsp Molasses
- 1 Tbsp Dijon Mustard
- 2 Tbsp Chives, minced

1. In a small bowl, stir together oil, 1 tsp salt and 1 tsp

- paprika; rub evenly over chicken and set aside.
2. Into a blender place cherries, vinegar, molasses, mustard and remaining 1/4 tsp each smoked paprika and salt; blend until smooth and set aside.
 3. Make sure your grill grates are super clean. Preheat a gas or charcoal grill to medium-high heat (or set a large grill pan over two burners or broil).
 4. Grill chicken, flipping once, until cooked through, 2-3 minutes per side. Let chicken rest for 5 minutes before slicing; serve drizzled with sauce and sprinkled with chives.
 5. Serving size: 3 oz chicken, 3 Tbsp sauce
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Taco Pizza Flatbread

Taco Pizza Flatbread



Serves 2

Blue – 4

Purple – 4

Green – 4

- 2 1 Point Flatbreads (such as Artoria Family Bakery Mini Lavash)

- 1/2 cup 96% lean ground beef that has been cooked and seasoned with taco seasoning
- 2 oz Cabot Lite 75% , shredded
- shredded lettuce
- chopped tomatoes
- 2 Tbsp light sour cream

1. Preheat oven to 400
2. On each flatbread, place 1/4 cup taco meat and 1 oz of cheese
3. Bake flatbread for 8 minutes or until flatbread is crisp and cheese is melted
4. Garnish each flatbread with shredded lettuce, tomato and 1 Tbsp of sourcream
5. Optional: Add a bit of heated queso cheese – adjust points accordingly

Sausage Pie

Sausage Pie



Serves 6

Blue – 4

Purple -4

Green – 7

Sausage

- 1 lb 99% fat free ground turkey
- 1 tsp dried sage
- 1 tsp salt
- 1/2 tsp white pepper (black is fine too)
- 1/4 tsp crushed red pepper
- pinch marjoram
- ****Can substitute 1 1/2 tsp poultry seasoning can be substituted for sage and marjoram

Pie

- 1 recipe turkey sausage – see above
- 8 oz Cabot Lite 75% reduced fat cheddar cheese, shredded
- 1 1/4 cups 1% milk
- 3 eggs
- 3/4 cup Heart Healthy Bisquick
- 3/4 tsp sage (can substitute poultry seasoning)
- 1/4 tsp pepper

Sausage

1. In a small bowl, mix all spices
2. In a larger bowl, place ground turkey. Sprinkle seasonings over turkey and mix very well with hands until all the seasonings are distributed throughout the meat.
3. Cook until cooked through. I use a small amount of oil and non stick cooking spray to keep turkey from sticking.

Pie

1. While sausage is still in pan, stir in 1 1/2 cups cheese until well combined. Transfer mixture to a greased 9 inch deep dish pie pan
2. In a small bowl, combine eggs, milk, Bisquick, sage and pepper. Pour over sausage mixture.
3. Sprinkle with remaining cheese and bake 1-2 minutes more or until cheese is melted. Let stand 10 minutes before cutting.

Chicken Club Flatbread

Chicken Club Flatbread



This recipe is very similar to the Chicken Bacon Club Pizza, but less points and scaled to serve one

Blue – 5 Points

Purple – 5 Points

Green – 7 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 whipped cream cheese
- 1 Tbsp minced shallot (If I don't have shallots, I just use some onion powder or Trader Joe's Garlic Salt-just reduce to a teaspoon)
- 1/2 cup shredded cooked, chicken
- 1 ounce Cabot 75% Reduced Fat Cheddar Cheese, grated (or cheese of choice, just adjust points)
- 1 slice center cut bacon, cooked crisp
- 1 Tbsp fat free or reduced fat sour cream
- 1 tsp milk of choice
- 1 tsp ranch dressing and dip mix powder
- shredded lettuce
- chopped tomatoes

1. Preheat oven to 400
 2. Combine cream cheese and shallot, spread over flatbread. Top with chicken, crumbled bacon and cheese
 3. Bake for 10 minutes until crust is crisp and cheese is melted
 4. Combine sour cream, milk and ranch mix.
 5. Top flatbread with shredded lettuce, chopped tomato and drizzle with sour cream mixture (I put it in a ziploc bag with the corner cut off and "pipe" it on)
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Berry Baked Oatmeal

Berry Baked Oatmeal



Serves 6

Blue – 6

Purple – 1

Green -6

- 3 cups old fashioned rolled oats
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 2 eggs lightly beaten
- 2 1/2 cups unsweetened almond or cashew milk
- 1/2 cup zero calorie sweetener like Lakanto Monkfruit
- 2 tsp vanilla extract
- 3 Tbsp light butter, melted
- 3 cups fresh berries – slice larger berries

1. Preheat oven to 350. Grease a 2 1/2 or 3 quart baking dish (or a 9x13 dish)
2. Combine oats, baking powder and salt. Place half the oat mixture in the baking dish. Top with half the berries then top with the remaining oat mixture.
3. Whisk the eggs, almond milk, sugar, vanilla and melted butter. Pour over the oats. Top with remaining berries. Gently shake the baking dish and forth from side to side

to allow the wet mixture to get down into the oats.

4. Bake uncovered for 25-40 minutes until oats are tender and the mixture is set.
5. Serve immediately with a splash of milk or cool and refrigerate to reheat later

Pork Chops in Onion Gravy

Pork Chops in Onion Gravy



Serves 4

Blue – 4

Purple – 4

Green – 4

- 4 3-4 oz boneless pork chops
- salt and pepper
- 1 large onion, sliced
- water
- 1-1 1/2 Tbsp cornstarch

1. In a skillet coated with non stick spray, add onions and

pork chops and cook pork chops until nice and brown on both sides. Season with salt and pepper while cooking

2. When pork chops are nice and brown, add water to pan to cover, scraping up bits on bottom of the pan. Turn heat down, cover and let simmer about 10-15 minutes until pork chops are cooked through and onions are soft.
3. Mix cornstarch with 1 Tbsp water. Turn pork chops up to boil and add cornstarch mixture. Stir until thick.

Chicken Bacon Club Pizza

Bacon Chicken Club Pizza



Adapted from Taste of Home

Serves 2

Blue – 9

Purple – 9

Green – 11

- $\frac{1}{2}$ cup self rising flour
- $\frac{1}{3}$ cup non fat plain Greek yogurt

- 2 Tbsp whipped cream cheese
- 2 Tbsp minced shallot
- 1 cup cooked, shredded chicken
- 2 oz reduced fat cheese of choice
- 2 slices center cut bacon cooked
- 4 Tbsp fat free sour cream
- 1 Tbsp 1% milk
- 1 tsp ranch dressing mix
- Shredded lettuce
- Chopped tomato

1. Preheat oven to 400.
2. In a bowl, mix flour and yogurt until combined. Knead for 20 seconds. Divide in half and roll each half into a crust on a pan that has been sprayed with non stick spray. Bake crust for 8 minutes.
3. While crust is done, combine cream cheese and shallot; divide and spread over crust. Top each crust with chicken, cheese and bacon.
4. Return to oven and bake 12-15 minutes or until crust is brown and cheese is melted.
5. Meanwhile, in a small bowl, combine sour cream, milk and dressing mix.
6. When pizza is done, sprinkle on lettuce and tomato and drizzle with dressing.

Chicken Swiss Sandwich

Chicken Swiss Sandwich



Adapted from Taste of Home

Serves 4

Blue – 5

Purple – 5

Green – 7

- 3 Tbsp light mayonnaise
- 1 Tbsp mustard
- 4 light sandwich buns (I use 647 buns-2 points each)
- 4 slices 98% fat free deli ham
- 4 slices Sargento Ultra Thin Swiss cheese
- 2 cups shredded chicken

1. Preheat oven to 350.
 2. In a small bowl, mix mayonnaise and mustard
 3. Spread bun bottoms and tops with mayo mixture
 4. Layer bottoms with ham, chicken and cheese; replace tops.
 5. Arrange in a single layer in a 9×9 baking pan
 6. Bake, covered, until heated through and the cheese is melted. About 10-15 minutes
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Crock Pot Cashew Chicken

Crock Pot Cashew Chicken



From Kim at A Girl and Her Phone on YouTube and Family Fresh Meals

Serves 6

Blue – 8

Purple – 8

Green – 10

- 2 pounds boneless skinless chicken breast, (cut into 1 inch pieces)
- $\frac{1}{4}$ cup all purpose flour
- Salt and pepper to taste
- 1 $\frac{1}{2}$ Tbsp olive oil
- $\frac{1}{2}$ cup low sodium soy sauce
- $\frac{1}{4}$ cup rice vinegar
- $\frac{1}{4}$ cup honey
- 2 $\frac{1}{2}$ Tbsp zero calorie brown sugar replacement
- $\frac{1}{4}$ tsp ground ginger
- $\frac{1}{4}$ tsp red pepper flakes
- $\frac{3}{4}$ cup unsalted cashews
- 3 green onions (sliced, for garnish)

1. Fill a gallon sized bag with flour and add some salt and pepper. Add chicken to the bag and shake to coat
2. Once the chicken is coated add it to the crockpot with

- the temperature on hot while you make the marinade
3. To make the marinade, combine the olive oil, soy sauce, rice vinegar, honey, brown sugar, ginger and red pepper flakes
 4. Stir your chicken and add the marinade. Turn heat to low and cook for 3 hours
 5. If you like your cashews softer, add them in 30 minutes before serving. If you like them crunchy, then add them before serving
 6. NOTE: a suggestion was made to turn to high and cook with the lid off after adding the cashews to help the sauce thicken up.
 7. Garnish with green onions and serve over rice.
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Sheet Pan Sweet Chili Shrimp and Veggies

Sheet Pan Sweet Chili Shrimp and Veggies



Adapted from Taste of Home

Serves 4

Blue – 2

Purple – 2

Green – 3

- 1 pound raw shrimp (large or jumbo, peeled and deveined)
- 2 medium zucchini (halved and sliced)
- $\frac{1}{2}$ lb fresh mushrooms (sliced)
- 1 medium orange bell pepper (sliced)
- 3 Tbsp sweet chili sauce
- 1 Tbsp canola or olive oil
- 1 Tbsp lime juice
- 1 Tbsp reduced sodium soy sauce
- 3 green onions (chopped)
- $\frac{1}{4}$ cup minced fresh cilantro

1. Preheat oven to 400
2. Place the shrimp, zucchini, mushrooms and pepper in a 15x10x1 pan that has been sprayed with non stick spray.
3. Combine chili sauce, oil, lime juice and soy sauce. Pour over shrimp mixture and toss to coat.
4. Bake until the shrimp turn pink and the vegetables are tender, about 12-15 minutes.
5. Sprinkle with green onions and cilantro and serve.