

Blueberry French Toast Bake

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Serves 6

Blue – 4

Purple – 4

Green – 8

- 12 slices 647 or other 1 point bread, cubed
- 1 cup blueberries
- 2 cups 1% milk
- 8 eggs
- 2 tsp vanilla extract
- 1 tsp cinnamon
- $\frac{1}{2}$ cup zero calorie sugar replacement such as Lakanto Monkfruit
- 2 Tbsp light butter

1. Spray a 9×13 baking dish with non stick spray. Sprinkle bread evenly over the bottom, sprinkle blueberries over bread.
2. In a large bowl, beat eggs. Add milk, sugar substitute, vanilla and cinnamon. Whisk until all ingredients are combined
3. Pour egg mixture over the bread. Dot with butter
4. Cover and refrigerate at least one hour. You can prepare this the night before and refrigerate overnight.
5. When ready to bake, preheat oven to 375. Bake for 35-40

minutes.

Pineapple Delight (cocktail)

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Makes about 1 1/2 cups

- 1/2 cup pineapple juice
- 1/2 cup milk
- 1 oz coconut rum
- pineapple chunk and/or maraschino cheery for garnish (optional)

1. Mix together pineapple juice and milk
2. Mix in rum
3. Fill glass of choice with crushed ice.
4. Pour in drink, garnish as desired

Beverage

cocktail
adult beverage

Cinnamon Roll Baked Oatmeal

Cinnamon Roll Baked Oatmeal



Serves 1

Blue – 5

Purple – 1

Green – 5

Oatmeal

- 1/2 cup rolled oats
- 1/4 tsp pure vanilla extract
- 1/2 tsp cinnamon
- 1 Tbsp monkfruit sweetener
- 1/4 cup unsweetened applesauce
- 1/4 cup unsweetened almond milk
- pinch salt
- Optional: Raisins, nuts, brown sugar (for top), add points accordingly

Frosting (optional)

- 1 Tbsp whipped cream cheese

- 1 Tbsp no calorie powdered sugar
- 1/4 tsp pure vanilla extract
- almond milk (optional)

1. Preheat oven to 375.
2. Combine oats, vanilla, cinnamon, sugar, applesauce and milk
3. Pour into a mini loaf pan or 1 cup ramekin that has been sprayed with non stick spray
4. Cook for 15-20 minutes or until it's firm
5. Set your oven to "high broil" and broil for 2-3 minutes – don't take your eyes off of it!

Cream Cheese Frosting (optional)

1. In a small bowl, mix cream cheese and powdered sugar.
2. Add vanilla
3. Frost oatmeal. If too thick, add almond milk, 1/4 tsp at a time

One Pot Taco Pasta

One Pot Taco Pasta



Serves 6

Blue – 10

Purple – 6 (if you use whole wheat pasta)

Green – 10

- 1 cup reduced fat Co-Jack cheese, shredded
- 4 oz Cabot Reduced Fat 75% Cheddar, shredded
- 1/2 cup queso cheese
- 1 pound 96% lean ground beef
- 1 cup 1% milk
- 1 Tbsp light butter
- 2 cloves garlic, minced
- 1 packet taco seasoning (or 2 Tbsp if using homemade)
- 1 Tbsp Worcestershire sauce
- 2 Tbsp tomato paste
- 1 cup beef broth
- 1 cup chicken broth
- 1 cup 1% milk
- 1 can Rotel
- 8 oz medium pasta shells (whole wheat if you are on purple)
- salt / pepper to taste

1. Shred the cheeses. Set aside. Bring them to room temperature
2. Cook and crumble the ground beef over medium high heat in a high walled pot or dutch oven. Drain fat and return to pot
3. Melt the butter in the same pot and add garlic. Cook for

1 minute

4. Add all remaining ingredients except the cheese and pasta
5. Stir to combine. Bring to a gentle boil
6. Add the pasta and submerge it in the liquid. Cover and cook 10-12 minutes or according to the directions on the pasta package
7. Turn heat to low and gradually stir in cheese until melted
8. The sauce will thicken upon standing and the pasta will continue to absorb it. Once it reaches the desired consistency, serve.
9. Add ins: black beans, corn, jalapeno peppers, etc

Mexican Rice II

Mexican Rice II



Serves 4

Blue – 6

Purple – 1 (If you use brown rice)

Green – 6

- 2 tsp olive oil
- 1 cup long grain rice, uncooked (brown rice if you are on WW Purple)
- 1 clove fresh garlic
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/4 cup tomato sauce
- 14 oz chicken broth
- 3 Tbsp chopped fresh cilantro

1. In a large saucepan, heat the oil over medium heat
 2. Add the rice, stir to coat in the oil and cook until slightly golden
 3. Stir in the garlic, salt and cumin
 4. Add the tomato sauce and chicken broth
 5. Turn the heat to medium high heat and bring the mix to a boil.
 6. Once boiling, reduce heat to low, cover with a lid and allow to simmer for 20-25 minutes or until rice is tender
 7. Remove from heat, toss in chopped cilantro, stir to combine
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Mexican Chicken with Cheese Sauce

Mexican Chicken with Cheese Sauce



Serves 4

Blue – 4

Purple – 4

Green – 6

Chicken

- 4 boneless, skinless chicken breasts
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp crushed red pepper
- 1/2 tsp oregano
- 2 tsp paprika
- 1 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp pepper

Cheese Sauce

- 2 Tbsp flour
- 2 Tbsp light butter
- 1 cup 1% milk
- 1/4 tsp salt

- 1/8 tsp cayenne pepper
- 1/4 tsp paprika
- 4 oz Cabot 75% reduced fat cheese, shredded

Chicken

1. Mix together seasonings and season both sides of each chicken breast
2. Cook chicken in a grill pan or on a grill over medium high heat until internal temperature reaches 165.
3. Set aside

Cheese Sauce

1. In a medium sized saucepan, melt the butter over medium heat.
 2. Whisk in flour and cook until it begins to just bubble around the edges
 3. Add in the milk, slowly, whisking to combine as you pour
 4. Continue to whisk until it is heated through. Hot enough to melt the cheese, but not boiling
 5. When the milk is hot, start whisking in the cheese in small amounts at a time until all of the cheese has been mixed in.
 6. Once the cheese is melted, stir in paprika and cayenne. Season with salt if needed. Serve over chicken.
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Chicken Mushroom Stroganoff

Chicken Mushroom Stroganoff



Serves 4

Blue – 4

Purple – 4

Green – 6

- 6-8 ounces mushrooms, thinly sliced
- 2 Tbsp light butter
- 12 ounces chicken, cut into bite size pieces
- 1 tsp paprika
- 1/4 tsp smoked paprika
- 1 tsp dijon mustard
- 1 shallot, thinly sliced
- 3 cloves garlic, thinly sliced
- 1 1/4 cup fat free sour cream
- 1 Tbsp parsley
- 1/2 tsp salt
- 1/4 tsp pepper

1. In a medium bowl combine chicken, paprika, smoked paprika, salt and pepper.
2. Melt 1 Tbsp of butter in a large pan, over medium heat. Add mushrooms and cook stirring occasionally for 5 minutes or until slightly browned. Remove mushrooms to a plate.

3. In the same pan, melt the remaining Tbsp of butter and cook chicken, 5-6 minutes per side or until cooked through. Add shallot and continue cooking for another 3 minutes.
4. Stir in garlic, saute for 30 seconds and return mushrooms to pan. Add sour cream and dijon mustard, cover and simmer on low for 5 minutes.
5. Sprinkle with the parsley and serve immediately.
6. Serving Suggestion: Serve over egg noodles.

Chicken Italiano Sandwiches

Chicken Italiano Sandwiches



Serves 4, Points will vary based on the type of bun you use. The chicken/cheese combo is 1 point on blue purple and 1 point + your chicken points on green = don't forget to add the bun!

- 1 packet McCormicks Garlic, Wine and Herb Marinade – or something similar. Made according to package (I do not count points for marinades!)
- 4 boneless, skinless chicken breasts
- 4 slices Sargento Ultra Thin Provolone cheese

- roasted red peppers, packed in water
- buns of your choice

1. Marinade chicken for at least 30 minutes – the longer the better
2. When done, grill chicken until done. (or cook in a skillet on stove top). Add cheese and let melt
3. Assemble sandwich by placing chicken on bun (I prefer to spend the points on a good Brioche bun), top with roasted peppers.

Salisbury Steak Deluxe

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Serves 4, 5 points per serving on all plans

- 1 can Healthy Request cream of mushroom soup
- 1 Tbsp mustard
- 2 tsp Worcestershire sauce
- 1/2 tsp horseradish
- 1 egg
- 1/8 cup bread crumbs
- 1/8 cup finely chopped onion

- 1/4 tsp salt
- Dash pepper
- 1 lbs 96% lean ground beef
- 1 Tbsp canola oil
- 1/2 cup water
- 1 Tbsp chopped fresh parsley

1. In a small bowl combine soup, mustard, Worcestershire sauce and horseradish. Set aside.
2. In another bowl, lightly beat egg. Add the bread crumbs, onion, salt, pepper and 1/4 cup of the soup mixture.
3. Crumble beef over mixture and mix well. Shape into 4 patties.
4. In a large skillet brown the patties in oil; drain.
5. Combine remaining soup mixture with water; pour over patties. Cover and cook over low heat 10-15 minutes or until meat is no longer pink and the internal temperature is 160.
6. Remove patties, serve with sauce, sprinkle with parsley

Pound Dropper's White Chocolate Oreo Cheesecake

Pound Dropper's White Chocolate Oreo Cheesecake



Serves 8

Blue – 2 points per slice

Purple – 2 points per slice

Green – 3 points per slice

- 3 eggs
- 2 tsp vanilla
- 3 Tbsp 1:1 zero calorie sweetener such as Lakanto Monkfruit
- 3 cups non fat, plain Greek yogurt
- 1 1 oz box Jello Sugar Free White Chocolate Pudding Mix
- 3 Tbsp sugar free yellow cake mix
- 10 oreo thins, crushed

1. Preheat oven to 375. Spray a 9 inch springform pan or a 9 inch pie plate with nonstick spray.
2. In a large bowl, beat eggs, sugar substitute and vanilla with an electric mixer.
3. Add yogurt, jello pudding mix and cake mix. Beat well.
4. Fold in crushed Oreos
5. Spread in prepared pan
6. Bake for 30 minutes at 375. Middle may jiggle slightly but will set up upon cooling.
7. Remove from oven and let cool for 20 minutes. Cover with

plastic wrap and chill in fridge for at least 12 hours, but overnight is better, before serving.

8. Cut into 8 pieces. Store for up to a week in fridge and freeze for up to 30 days