

Chicken and Rice Casserole

Chicken Casserole



Serves 6

Blue – 6 points

Purple – 4 points (if you use brown rice)

Green – 8 points

- 2 cups cooked, diced boneless, skinless chicken breast
- 3/4 cup light mayo
- 1 cup celery, diced
- 2 cups rice, cooked
- 1 Tbsp lemon juice
- 3 large eggs, hard boiled
- 10.5 oz can Healthy Request Cream of Chicken soup (or homemade – recipe under "mixes" in the recipe section)
- 1 Tbsp onion, grated
- 1/2 tsp salt
- 1 cup corn flakes, crushed
- 1 Tbsp light butter, melted

1. In a large bowl, mix all ingredients, except cornflakes and butter.
2. Pour into a 9×13 casserole that has been sprayed with non stick spray
3. Mix crushed cornflakes and butter. Sprinkle over

casserole

4. Bake at 375 for 25 minutes.

Chicken and Rice Casserole

Key West Grilled Chicken

Key West Grilled Chicken



Serves 4

Blue – 3 points

Purple – 4 points

Green – 6 points

- 4 4 oz boneless, skinless chicken breasts
- 3 Tbsp soy sauce
- 2 Tbsp honey
- 1 Tbsp olive oil

- Juice of 1 lime
- 1 tsp minced garlic
- 1 tsp fresh cilantro, finely chopped
- 2 Tbsp red bell pepper, finely chopped

1. In a bowl, combine soy sauce, honey, oil, lime juice, garlic, bell pepper and cilantro.
2. Add chicken and turn to coat. Cover and let marinade in the refrigerator for a minimum of 30 minutes.
3. Grill chicken over medium high until cooked through

Key Lime Pie Parfaits

Key Lime Pie Parfaits



Serves 10. Each serving is 4 points on all plans.

You can change out the jello and yogurt to make these any flavor you would like!

- 1 small pkg sugar free lime jello
- 1/4 cup boiling water
- 2 5.3 oz containers Dannon Light and Fit Greek Key Lime Yogurt

- 8 oz Fat Free Cool Whip
- 5 Full Sheets Graham Crackers
- Redi Whip (Optional)

1. NOTE: I mix everything together with the bowl on my kitchen scale. That way I know exactly how much the entire recipe weighs and I can portion it out evenly. See the video linked to this recipe.
2. In a large bowl, dissolve jello in boiling water.
3. Whisk in yogurt until well combined
4. Fold in cool whip
5. Cover and refrigerate about 2 hours

To Assemble

1. Distribute 1/2 of the filling equally among your 10 serving dishes.
2. Top each with 1 graham cracker rectangle (1/4 of the whole sheet), crumbled
3. Distribute the rest of the filling equally among your 10 serving dishes.
4. Top each with 1 more graham cracker rectangle (1/4 of the whole sheet), crumbled
5. Refrigerate until ready to serve.
6. Top each with a squirt of redi whip before serving (optional)

Buffalo Chicken Wraps

Buffalo Chicken Wraps



Serves 4

Blue – 2 points

Purple – 2 points

Green – 4 points

- 4 wraps of choice – points calculated using Ole Extreme Wellness Wraps
- 8 oz chicken breast, cooked and shredded
- 1/3 cup Frank's Red Hot Sauce (or other buffalo sauce of choice – just check points)
- 1/4 cup celery, chopped fine
- 2 oz Cabot 75% reduced fat cheese, shredded
- ranch or blue cheese dressing for drizzle – type and amount will determine the points
- lettuce, tomato, whatever you would like to add to your wrap

1. In a bowl, mix together chicken, buffalo sauce, celery, and cheese
2. Divide the mixture between the wraps.

3. Drizzle with dressing if desired. Roll up and serve

Cole Slaw

Cole Slaw



Serves 15 – serving size approx 1/2 cup

1 point on all plans

- 1 14 oz bag shredded cole slaw mix
- 3/4 cup light mayonnaise
- 1/4 cup non fat, plain Greek yogurt
- 1/4 cup 1% milk
- 1 tsp sugar
- 1 tsp vinegar
- 1/2 tsp salt
- 1/4 tsp pepper

1. In a small bowl, mix mayo, sugar, milk and vinegar, salt and pepper
2. In a large bowl, dump cole slaw mix in, add dressing and mix well.
3. Let sit in refrigerator at least 1 hour before serving

Grilled Hawaiian BBQ Chicken

Grilled Hawaiian BBQ Chicken



Serves 4

Blue – 2

Purple – 2

Green – 4

- 4 4 oz each boneless, skinless chicken breasts
- 1 cup sugar free BBQ sauce
- 1 15 oz can pineapple rings, tidbits or chunks, juice reserved
- 2 tsp soy sauce
- 1 clove garlic, minced
- 1 red bell pepper, cut into chunks
- 2 medium zucchini, sliced
- green onions for garnish, optional

1. Heat grill to medium. Cut 4 sheets of heavy duty aluminum foil large enough to hold a chicken breast and veggies.
2. Place chicken in the center of foil and divided veggies/pineapple evenly between packets

3. In a small bowl, whisk together BBQ sauce, reserved pineapple juice, soy sauce and garlic. Spread about 2 Tbsp of the sauce on the chicken pieces and reserve 1/4 cup of sauce for later.
 4. Fold up foil around chicken. Place chicken packets on the grill and grill for about 13-15 minutes, flipping over at about 7 minutes. To serve, carefully open packets and baste with remaining sauce. Garnish with green onion if desired.
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Creamy Cheesy Chicken

Creamy Cheesy Chicken



Serves 4

Blue – 6 points

Purple – 6 points

Green – 8 points

- 4 boneless, skinless chicken breasts
- 3/4 cup fat free sour cream
- 3/4 tsp seasoned salt

- 1 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 4 oz freshly grated parmesan cheese, divided

1. Preheat oven to 375. Lightly spray a 9×13 baking dish with nonstick spray and set aside
2. In a medium bowl, mix together the sour cream, garlic powder, seasoned salt, pepper and 3 oz parmesan cheese
3. Place the chicken breasts evenly in the pan. Spread the sour cream mixture on top of the chicken. Sprinkle with remaining parmesan cheese.
4. Bake for 25-30 minutes or until the chicken is cooked through.
5. Turn the oven to broil and place the pan under the broiler for 2-3 minutes until lightly browned on top.
6. Serve immediately.

Chicken Parmesan Pasta

Chicken Parmesan Pasta



Adapted from The Chunky Chef

Serves 6 – I weigh out the entire recipe and divide by 6

Blue – 8 points

Purple – 5 points

Green – 10 points

- 1` lb boneless, skinless chicken breasts, cut into bite sized pieces
- 2 tsp olive oil
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1 small onion, minced
- 3 cloves garlic, minced
- 12 oz Ronzoni 150 Penne pasta (if using a different pasta, adjust points)
- 24 oz pasta sauce (I use my homemade – points based on that)
- 24 oz water
- 1 cup part skim mozzarella cheese, grated
- 4 oz Parmesan cheese, finely grated (I use a block and finely shred with a microplane grater)
- salt and pepper to taste
- fresh parsley or basil, chopped for garnish (optional)

1. In a large pot, skillet or dutch oven, add 2 tsp olive oil and heat over medium-high heat. Add chicken, season with salt, pepper, Italian seasoning and garlic powder. Cook about 5 minutes, until chicken is most of the way cooked through. Remove to a plate.
2. Add chicken and pasta, stir, then cover and cook for 10-15 minutes until pasta is done to your liking. Stir in parmesan cheese and 1/4 cup of the mozzarella.
3. Sprinkle remaining mozzarella on top of pasta and cook another 2-3 minutes until cheese is melted and gooey.

4. Sprinkle with additional Italian seasoning, if desired and garnish with basil or parsley.
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Triple Berry Sauce

Triple Berry Sauce



0 points on all plans

- 1 cup mixed berries (or all of one kind, your choice)
 - 1/4 cup zero calorie sweetener like Lakanto Monkfruit
 - 1/4 cup water
 - 2 tsp cornstarch
 - dash salt
 - 1 tsp lemon zest (optional)
 - 1 tsp lemon juice (optional)
1. In a heavy bottom sauce pan, add berries, water, sugar substitute, cornstarch and salt.
 2. Mash berries a bit. Cook over medium high heat until it boils. Simmer for 5 minutes or until thick and clear.
 3. Remove from heat and stir in lemon zest and lemon juice.

