

Caesar SaĻad Dressing

Caesar Dressing



Makes 1 cup

Blue – 1 point per tablespoon

Purple – 1 point per tablespoon

Green – 1 point per tablespoon

- 2 Tbsp olive oil
- 1 cup non fat plain greek yogurt
- 1/3 cup lemon juice (about 2 lemons)
- 2 Tbsp dijon mustard
- 1 clove garlic (minced)
- 1 tsp anchovy paste
- 1 tsp Worcestershire sauce
- 1 oz Parmesan cheese (grated fine)
- 1/4 tsp salt
- 1/8 tsp fresh ground peppe

1. Combine all ingredients in a food processor or blender.
2. Blend for about 10 seconds or until smooth. Taste and adjust seasonings – salt, pepper, anchovy paste (this has points, be careful how much you use)
3. Store in refrigerator, chill for 30 minutes before using.

Chicken Piccata

Chicken Piccata



Serves 4

Blue – 4 points

Purple – 4 points

Green – 7 points

- 4 4oz boneless, skinless chicken breasts
- 1 1/2 tsp olive oil
- 2 tablespoon light butter
- 1/4 cup all purpose flour
- 1 oz parmesan cheese (grated)
- 1 egg
- 1/4 tsp salt
- 1/4 cup + 1 Tbsp white wine or chicken broth (divided)
- 1/8 cup minced fresh parsley
- dash hot pepper sauce
- 4 Tbsp lemon juice (divided)
- 1 cloves garlic (minced)

1. Flatten chicken to 1/4 inch thickness.
2. In a shallow dish, combine the egg, 1 Tbsp wine, 1 Tbsp lemon juice, garlic and hot pepper sauce.
3. In another shallow dish, combine the flour, parmesan

cheese, parsley and salt.

4. Coat chicken with flour mixture, shake off excess, dip in egg mixture, then coat again with flour mixture.
 5. In a large non stick skillet, heat oil and brown the chicken breasts for about 3-5 minutes on each side or until cooked through.
 6. Remove and keep warm.
 7. In the same pan, melt butter, add the remaining wine and lemon juice. Bring to a boil. Boil, uncovered until the sauce is reduced by a fourth. Drizzle over chicken.
 8. I like to serve the chicken over angel hair pasta and then drizzle the sauce on top of both the chicken and pasta.
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Sausage Muffins

Sausage Muffins



Makes 12 muffins (points based on using homemade 0 point turkey sausage)

Blue – 1 muffin-2 points, 2 muffins-3 points, 3 muffins-5 points

Purple – 1 muffin-2 points, 2 muffins-3 points, 3 muffins-5 points

Green – 1 muffin – 3 points, 2 muffins-6 points, 3 muffins- 8 points

Turkey Sausage

- 1 pound 99% fat free ground turkey
- 1 tsp dried sage ***
- pinch marjoram ***
- 1 tsp salt
- 1/2 tsp white pepper (can use black)
- 1/4 tsp crushed red pepper flakes
- *** can substitute 1 1/2 to 2 tsp poultry seasoning for sage and marjoram (this is what I do!)

Muffin Ingredients

- 1 cup Bisquick Heart Smart
- 4 eggs, beaten
- 4 oz Cabot 75% reduced fat cheese
- 1 pound turkey sausage that you prepared or an already prepared turkey sausage (adjust the points!)

Turkey 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 meat.
3. Cook meat in a non stick skillet (I use a little oil or cooking spray also) until cooked through.

Muffin Assembly

1. Spray a 12 cup regular size muffin tin with non stick spray, set aside

2. Preheat oven to 350
 3. In a large bowl, combine all ingredients and mix well.
 4. Scoop into muffin tin
 5. Bake at 350 for about 20 minutes.
 6. Let cool, remove from tin. Can be refrigerated for 3 days or frozen. To reheat, thaw if frozen and microwave 15-25 seconds.
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Salmon with Garlic Dijon Cream Sauce

Salmon with Garlic Dijon Cream Sauce



Serves 4

Blue – 4 points

Purple – 4 points

Green – 4 points PLUS the salmon points, depending on your salmon portion

- 4 6oz salmon filets
- 4 Tbsp light butter
- 4 cloves garlic, minced
- 1 Tbsp dijon mustard
- 1 cup fat free half and half
- 2 tsp fresh dill (or 1 tsp dried)
- 1 Tbsp flour

1. Season the salmon lightly with salt and pepper on each side.
2. Cook your salmon however you would like – on the grill, in a skillet or in the oven. Cook about 5-6 minutes on each side until the internal temperature reaches 140-145F
3. To make the sauce, melt butter in a small saucepan. Add the garlic and cook for about 1 minute. Whisk in the flour until blended and smooth.
4. Gradually add the half and half and reduce heat to medium low. Stir in the Dijon mustard and dill. Salt and pepper to taste. Serve over salmon.

Dalgona (Whipped) Matcha Latte

Dalgona (Whipped) Matcha Latte



Serves 1

1 Point on all plans (if you use a different milk or sugar, adjust points)

- 1 1/2 tsp matcha powder (or more or less to your taste)
 - 1 1/2 tsp zero calorie sweetener (or to taste) **I think it needs more, but I like sweet ☐
 - 2 tsp boiling water
 - 2 Tbsp aquafaba (chick pea juice, drained from the can)
OR 1 egg white (egg white will not be cooked, it will be consumed raw, the USDA does not recommend this)
 - 1 cup unsweetened almond or cashew milk, or milk of choice
1. In a small bowl, combine matcha powder and sugar substitute. Add boiling water and whisk until matcha and sugar are dissolved, Set aside
 2. In another bowl, measure 2 Tbsp of aquafaba. Beat with an electric mixer with the whisk attachment on high until stiff.
 3. Drizzle in/scrap in matcha mixture and whisk in on low until completely incorporated.
 4. Pour milk over ice and to with matcha whip. Stir together, enjoy.

Chicken Piccata

Chicken Piccata



Serves 4

Blue – 4 points

Purple – 4 points

Green – 7 points

- 4 (4 oz) boneless, skinless chicken breasts
- 1 egg
- 1/4 cup + 1 Tbsp white wine (or chicken broth), divided
- 4 Tbsp lemon juice, divided
- 1 clove garlic, minced
- dash hot pepper sauce
- 1/4 cup all purpose flour
- 1 oz parmesan cheese, grated
- 1/4 tsp salt
- 1/8 cup fresh parsley, minced
- 1 1/2 tsp olive oil
- 2 Tbsp light butter
- capers, optional

1. Flatten chicken to 1/4 inch thickness

2. In a shallow dish, combine the egg, 1 Tbsp wine, 1 Tbsp

lemon juice, garlic and hot pepper sauce.

3. In another shallow dish, combine the flour, parmesan cheese, parsley and salt.
4. Coat chicken with flour mixture, shake off excess, dip in egg mixture, then coat again with flour mixture.
5. In a large non stick skillet, heat oil and brown the chicken breasts for about 3-5 minutes on each side or until cooked through. Remove and keep warm.
6. In the same pan, melt butter, add the remaining wine and lemon juice. Bring to a boil. Boil, uncovered until the sauce is reduced by a fourth.
7. Drizzle sauce over chicken.
8. Top with capers (optional)
9. I like to serve the chicken over angel hair pasta and then drizzle the sauce on top of both the chicken and pasta.

Mississippi Roast (Instant Pot)

Mississippi Roast (Instant Pot)



Serves 8

3 oz per serving – 8 points on all plans. Can reduce the points to 7 by omitting the butter

- 1 Tbsp olive oil
- 3 pound chuck roast
- 1 pkg ranch dressing mix (1.25 oz)
- 1 pkg au jus gravy seasoning mix (1 oz)
- 6 pepperoncini peppers
- 3/4 cup beef broth
- 1/4 cup pepperoncini juice
- 1/4 cup light butter (can omit or reduce to 2 Tbsp)

1. Set pressure cooker to saute and let heat
2. Add in 1 Tbsp olive oil. Brown roast on all sides
3. Add beef broth and pepperoncini juice to pressure cooker
4. Sprinkle ranch and au jus seasoning packets on top of roast.
5. Place peppers on and around roast
6. Dot butter on top.
7. Close the pressure valve and set pressure cooker to high pressure and cook for 45 minutes.
8. When done, let natural release for 20 minutes.
9. Remove from pot and shred, removing any visible chunks of fat from the roast.

10. Serve over mashed potatoes with juice (I strain the fat off the juice) or thicken juice to gravy
 11. OPTIONAL: Heat juice in a saucepan to boiling, add in a slurry of 1-2 Tbsp cornstarch and 2 Tbs water until thickened.
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Au Jus Mix

Au Jus Mix



Makes 6-7 cups of au jus

- 6-7 beef bouillon cubes OR 2-3 Tbsp granules (low sodium works best)
 - 2 tsp onion powder
 - 1 tsp parsley
 - 1/8 tsp black pepper
 - 1/8 tsp garlic powder
 - 2 Tbsp cornstarch
1. If using bouillon cubes, crush cubes using a mortar and pestle or with a meat mallet
 2. Add all ingredients to blender and blend for 30 seconds until completely ground and combined OR crush all

ingredients together with mortar and pestle.

3. Store in an air tight container

4. To make au jus: measure 4 1/2 teaspoons into a small saucepan and whisk with 2 cups of water over medium high heat for 15 minutes, until bubbly and thickened. To use as a seasoning measure out 4 1/2 tsp at a time to equal one package of au jus seasoning mix.

Chicken Yogurt Enchilada Bake

Chicken Yogurt Enchilada Bake



Serves 6

Blue – 6 points

Purple – 6 points

Green – 7 points

- 1/4 cup light butter with canola oil
- 1/4 cup flour
- 2 cups FF chicken broth
- 1 cup FF plain Greek yogurt
- 7 oz can diced green chilies

- 1 small onion (finely chopped)
- 12 Mission extra thin corn tortillas
- 8 oz Cabot 75% reduced fat cheddar, shredded
- 2 cups chicken (cooked and cut into bite sized pieces)
- 1/4 cup thinly sliced green onion

1. In a 2 quart saucepan, melt butter over medium heat. Add flour and whisk until bubbly. Whisk in broth, stir until boiling. Remove from heat; mix in yogurt and chilies.
2. Cover the bottom of a 9×13 baking dish with 1/3 of the sauce.
3. Quickly dip tortillas in water. Drain briefly and cut into 1 inch strips.
4. Scatter 1/2 of the tortillas over sauce, then cover evenly with all the chicken and onion, 2/3 of the cheese and 1/3 of the sauce.
5. Top with remaining tortillas, sauce and cheese.
6. Cover dish and bake at 400 until hot in center, 30-35 min. Sprinkle with green onion

Mississippi Roast

Mississippi Roast



Serves 8

8 points per serving on all plans

- 3 pound chuck roast
- 1 packet dry ranch seasoning mix
- 1 packet dry au jus gravy mix
- 1/4 cup light butter
- 1/4 cup water
- 5-6 pepperoncini peppers

1. Pour 1/4 cup water in your slow cooker then place roast in.
2. Sprinkle dry ranch and dry au jus seasoning over roast. Then put butter on top.
3. Add pepperoncini around the roast
4. Cook on low for 8 hours
5. Shred meat and serve with gravy