

BLT Pizza

BLT Pizza



Points will depend on what kind of crust you use, what kind of bacon, mayo, cheese etc. I will put the specific brands I use and base the points on that. Use the recipe builder to determine your points.

Serves 4

9 points on all plans

- 4 pieces Naan or Flatbread ****can also use pizza crust!****
 - 8 slices center cut bacon, cooked crisp
 - 4 oz Cabot 75% reduced fat cheddar
 - 8 tsp light mayo
 - diced tomatoe
 - shredded lettuce
1. On each crust, layer tomato, 2 slices of bacon (crumbled) and cheese on crust of choice.
 2. Bake in a 375 degree oven until dough is done and cheese is melted ****if using traditional pizza dough, you should blind bake it at 400 for 7-10 minutes before topping.**
 3. Remove from oven, spread 2 tsp of mayo on each pizza, top with shredded lettuce, pushing it down into the mayo so it sticks.

Jessica's German Pancake

Jessica's German Pancake



This recipe comes from one of the moderators, Jessica, on my FB group. Thanks for sharing Jess! Serves 4

Blue – 4 points

Purple – 4 points

Green – 5 points

- 3 Tbsp light butter
- 1/2 cup all purpose flour
- 3 eggs
- 1/2 cup 1% milk
- pinch salt
- 1/2 tsp vanilla extract

1. Preheat oven to 425 – while oven is preheating, add butter to a 10 inch nonstick skillet or oven safe baking dish (8x8, 9x9 or round dish) and let melt in preheating oven
2. Mix remaining ingredients.
3. Pour batter over melted butter

4. Bake for 22-25 minutes at 425.
 5. Top as desired – with fruit, powdered sugar, syrup – add points accordingly.
-

Blueberry Muffins

Blueberry Muffins



Makes 12 muffins, serving size 1 muffin

Blue – 3 points for 1 muffin, 6 points for 2 muffins

Purple – 3 points for 1 muffin, 6 points for 2 muffins

Green – 3 points for 1 muffin, 6 points for 2 muffins

- 2 cups all purpose flour
- 1 tsp baking soda
- 1 tsp lemon zest (don't leave this out – give great flavor!)
- 3/4 cup unsweetened applesauce
- 1/4 cup light butter, melted
- 1 cup zero calorie sugar substitute like Lakanto Monkfruit
- 2 large eggs

- 1/2 cup non fat plain Greek yogurt
 - 1 cup blueberries
1. Preheat the oven to 375. Spray a regular size muffin tin with non stick spray and set aside
 2. Stir together the flour, baking soda and lemon zest in a medium bowl. Set aside
 3. Combine the melted butter, applesauce, sugar and eggs in a large bowl. Stir in the Greek yogurt. Stir in all but 1 Tbsp of the flour mixture. Mix until just combined and moistened – do not overmix
 4. Place the blueberries in the bowl with the remaining 1 tablespoon of flour and toss to coat.
 5. Fold the flour dusted blueberries into the batter.
 6. Spoon the batter into the prepared muffin tins almost to the brim.
 7. Bake until the muffins are golden brown and a toothpick inserted in the center comes out clean, 20 to 25 minutes. Cool the muffins in the tin for 5 minutes, then take them out (may need to run a thin knife around the edge) and let them cool on a rack, eat them warm!
-

Cinnamon Rolls

Cinnamon Rolls



Makes 12, 1 serving is 1 roll

Blue – 2 points for 1, 5 points for 2

Purple – 2 points for 1, 5 points for 2

Green – 3 points for 1, 5 points for 2

Dough

- 2 cups self rising flour ***see note below
- 2 tsp yeast
- 2 Tbsp Zero calorie confectioners sugar such as Swerve Confectioners
- 1/2 c cup non fat plain Greek yogurt
- 1 egg
- 1/4 to 1/2 cup warm water

Filling

- 1/3 cup zero calorie brown sugar substitute such as Sukin Gold or Swerve
- 1 Tbsp cinnamon
- **optional – butter spray

Icing

- 1/2 cup Zero calorie confectioners sugar such as Swerve Confectioners
- 2 Tbsp whipped cream cheese
- 2 Tbsp nonfat plain Greek Yogurt
- 1 tsp vanilla extract

Dough

1. In a large bowl, mix flour, yeast, and confectioners sugar
2. Add Greek yogurt and stir
3. Add egg and stir
4. Add water, a bit at a time until dough comes together. I use about 1/4 cup.
5. Turn dough out onto a floured surface and knead for about 2 minutes
6. Place the dough back in the bowl and cover with a towel and let rise in a warm spot for 30-45 minutes.
7. Take a large piece of parchment paper and spray with non stick spray. Turn dough out onto parchment paper and roll out into a 12X9 rectangle, making sure dough is even thickness throughout. Time to place the filling

Filling/Rolling/Cutting

1. Preheat oven to 350
2. Optional: spray dough with spray butter
3. Sprinkle 1/3 cup brown sugar over the dough, all the way to the edges.
4. Sprinkle 1 Tbsp cinnamon over the brown sugar
5. Starting from the long end, roll dough tightly, jelly roll style. Pinch edge to seal.
6. Cut dough into 12 equal portions.
7. Place dough, cut side down into a 11x7 or 13x9 pan that has been sprayed with nonstick spray

8. Bake at 350 for about 22 minutes. Until very light brown.
9. Let sit 10 minutes while you prepare the icing.

Icing

1. In a small bowl, mix confectioners sugar.
 2. Add cream cheese, yogurt and vanilla.
 3. Mix well. Be patient and keep mixing. It will make a perfect icing consistency. Do not add milk or water.
 4. After rolls have rested for 10 minutes, ice and enjoy!
-

Mom's German Potato Salad

Mom's German Potato Salad



A family favorite! Often requested! Serves 8, about 1/2 cup serving. It's best to measure the whole recipe and divide by 8 to be the most accurate!

Blue – 4 points

Purple – 1 point

Green – 4 points

- 2 pounds potatoes
 - 6 slices center cut bacon
 - 3/4 cup celery, chopped fine
 - 1/4 cup onion, chopped fine
 - 1 tsp salt
 - 1 tsp sugar
 - 1 tsp white pepper (or black will work too!)
 - 2 Tbsp white vinegar
 - 1/4 cup water
1. Cook potatoes in boiling water until tender, but not mushy. Remove and let cool until you can handle them.
 2. While potatoes are cooling, make dressing by frying bacon in a skillet. Fry it crispy. Remove to paper towels, reserving bacon grease.
 3. To bacon grease, add salt, pepper, sugar, vinegar and water. Bring to a boil. Reduce heat and simmer 2 minutes.
 4. Peel and slice potatoes. Place 1/3 of them in a large bowl, salt and pepper them and add 1/3 of the celery, 1/3 of the onion and 1/3 of the dressing, and 2 strips of bacon crumbled. Repeat 2x. Once done, stir well, but gently, you don't want to break up the potatoes.
 5. Serve warm or at room temperature. Reheat leftovers before serving.
-

Baked Caesar Chicken

Baked Caesar Chicken



Serves 4 **If you use a commercially prepared dressing, you may need to adjust points. There are 9 points in the 1 cup of homemade dressing that is used in this recipe.**

Blue – 6 points

Purple – 6 points

Green – 8 points

All Ingredients

- 1 pound boneless, skinless chicken breasts (4 breasts)
- 1 cup Caesar dressing – use recipe below to make your own, that's what points are based on. If you use a commercial dressing, you will need to adjust your points!
- 1/2 cup fat free sour cream
- 4 ounces block parmesan cheese, grated fine, divided

Caesar Dressing

- 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 pepper

Chicken

1. Start by preparing Caesar dressing
2. Preheat oven to 375
3. Spray a 9×13 dish with non stick spray. Lay chicken in dish.
4. Sprinkle chicken with half of the parmesan cheese and pepper, Do not salt the chicken
5. Mix together dressing, sour cream and parmesan cheese in a bowl.
6. Pour the dressing/sour cream mixture over chicken and sprinkle on remaining parmesan cheese.
7. Bake at 375 for 30 minutes or until a meat thermometer reaches 165
8. Next, place chicken under the broiler for about 2-3 minutes, until the chicken turns golden brown. This can happen FAST – keep a close eye on it.
9. Remove from broiler and cover loosely with foil and let sit and rest for 5-10 minutes before serving. Garnish with chopped fresh parsley if desired.

Dressing

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.
-

Cream of Chicken Soup Mix

Cream of Whatever Soup Mix



I am back to no longer using cream of chicken soup in a can. I make my own from a mix. I used to do it all the time as a young bride and I'm not really sure why I stopped. I think the recipe came out of a church/community cookbook.

All plans are 6 points for a "can" Each full mix makes 9-10 "cans"

- 2 cups non fat dry milk
- 2 1/2 cups all purpose flour
- 1/4 cup chicken bouillon powder
- 1/2 tsp white pepper (black is totally fine if you don't have white!)
- 1/2 tsp dried thyme
- 1 tsp dried basil

1. Mix all ingredients well and store in an airtight container. This recipe makes the equivalent of 9-10

- cans of cream soup. Each serving or "can" is 6 points.
2. To make the soup, place 1/2 cup of mix in a small saucepan. Slowly add and whisk in 1 1/4 cup of water. Cook over medium heat until thick and bubbly. It only takes a few minutes.
 3. You can alter the taste to cream of mushroom, celery or potato by adding the appropriate dried vegetables. You can also chop fresh veggies very fine and saute and add to mix.
-

Ground Beef and Noodles

Ground Beef and Noodles

Quick, easy, tasty – serves 4.

Blue – 3 points for meat, 6 points for noodles – 9 points total

Purple – 3 points for meat, 6 points for noodles – 9 points total **use whole wheat noodles and total points would be 3

Green – 3 points for meat, 6 points for noodles – 9 points total

- 1 pound 96% lean ground beef
- salt and pepper to taste
- 1 can stewed tomatoes, cut up smaller than they come in

the can

- 8 oz tomato sauce
- 8 oz egg noodles

1. In a skillet, cook ground beef. Drain. Season with salt and pepper to taste
2. Add to skillet the stewed tomatoes and the tomato sauce. Stir well.
3. Bring to a boil then reduce heat to a low simmer. Let cook for 15 minutes, stirring occasionally.
4. While meat is cooking, cook noodles according to package directions
5. To serve, place 1 cup noodles on plate and top with 1/4 of the meat mixture.

Garlic Mustard Pork Tenderloin

Garlic Mustard Pork Tenderloin



Serves 6 (4 oz servings)

- 1 1/2 lb pork tenderloin
- salt and pepper
- 1 Tbsp dijon mustard
- 1 Tbsp olive oil
- 3 cloves garlic, chopped
- 1 Tbsp Italian seasoning
- 1/2 tsp coarse sea salt

1. Preheat oven to 350
2. Place the tenderloin in a cast iron skillet, oven proof dish or dutch oven. Season with salt and pepper. Using a pastry brush, cover the tenderloin with Dijon mustard
3. In a small bowl, combine olive oil, chopped garlic, Italian seasoning and sea salt. Using a pastry brush, cover the tenderloin with the herb mixture on top and sides.
4. Roast at 350 for about 30-40 minutes or until a thermometer reads between 145-160, depending on how you like your pork done. Remove from oven and let rest for 5 minutes. Slice and serve.

English Muffin Bread

English Muffin Bread



This recipe is from restlesschipotle.com

Makes 2 loaves, Slice each loaf into 10 slices

4 points per loaf on all 3 plans

- 5 1/2 cups all purpose flour
- 2 Tbsp yeast
- 1 Tbsp honey
- 1/4 cup warm water (115 degrees F)
- 2 tsp kosher salt
- 1/4 tsp baking powder
- 2 1/4 cups warm 1 % milk
- non stick spray and cornmeal for greasing and dusting

1. In a large mixing bowl, mix the yeast, honey and water. Set aside and let proof for 5 minutes
2. In a medium mixing bowl, mix the flour, salt and baking powder
3. Add the milk and one cup of the flour mixture to the yeast mixture
4. Blend well.
5. Add the remaining flour to the yeast mixture and beat well (by hand if possible)
6. You should have a soft, goopy dough.
7. Spoon the dough into 2 9x6 loaf pans or 3 4.5x8x5 loaf pans that have been sprayed with non stick spray and dusted with corn meal.

8. Set aside in a warm place until the batter has doubled or is at or just above the top of the pans – about 30-45 minutes.
9. Preheat the oven to 425
10. Dust the tops of the loaves with cornmeal and bake for 15 minutes or so. The loaf will sound hollow when tapped. If you want a crispier, more golden crust, bake for 18-20 minutes.
11. Cool and slice – try to be patient and let it cool! To serve, toast and serve with butter and jam