

# Patty Melts

## Patty Melts



A classic. Worth the points! You can reduce the points by using a leaner ground beef, but it won't be as juicy.

Blue 11 points

Purple 11 points

Green 11 points

- 8 slices 647 Bread (or other 1 point bread)
- 1 lb 93% lean ground beef
- 4 Tbsp light butter, divided
- 4 slices Sargento Ultra Thin Swiss or Provolone cheese
- 2 large onions
- 1 Tbsp Worcestershire sauce
- salt and pepper to taste

1. In a medium skillet, melt 2 Tbsp butter. Add the sliced onions and cook until golden brown and caramelized. Cook them low and slow. Remove from skillet and drain.
2. In a medium bowl, mix ground beef, salt, pepper and Worcestershire sauce. Mix well and make 4 patties, a little larger than your bread.
3. Fry the hamburgers in the same skillet you used to cook the onions.
4. Remove the patties from the skillet and wipe the skillet

clean with a paper towel.

5. Butter the bread. Depending on the size of your skillet, decide how many sandwiches you want to do at a time. Place bread in skillet, butter side down, working quickly, place 1 piece of cheese on bread, 1 hamburger patty, 1/4 of the onions, another slice of cheese and bread, butter side up.
6. Cook the sandwiches like you would grilled cheese, until nice and golden brown.
7. \*\*you can also cook some mushroom and place on the sandwich with the onions if desired\*\*

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## London Fog Latte

### London Fog Latte



Points will depend on how much and what type of milk you use.

If you use 1/2 almond milk – 0 points on all plans

If you use 1/4 cup 1% milk – 1 point on all plans

If you use 1/2 cup 1% milk – 2 points on all plans

- 2 cups brewed Earl Grey tea – hot or iced
- sweetener of choice
- 1/2 to 1 cup milk of choice (see description box above)
- 1 tsp good quality vanilla extract

1. Brew 2 cups Earl Grey tea – for a hot latte, use immediately. For an iced latte, let cool.
2. **If you have a milk frother** – heat type and amount of desired milk in microwave for 30-45 seconds. Froth milk. For an iced latte, use cold milk

**If you do not have a frother** – heat type and amount of desired milk in a saucepan over medium heat while continually whisking -about 5 minutes. Let milk scald, but not boil. OR, place in a jar with a lid – make sure the jar is only 1/3 full and shake until milk is frothy and doubled in volume OR put desired amount in a blender and blend on high for 30 seconds until the milk is frothy.

3. Divide tea into two large mugs. Divide frothed milk between the two mugs on top of the tea
4. Drizzle with vanilla extract. Stir and enjoy!

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## **Favorite Chicken Casserole**

# Favorite Chicken Casserole



If you have the points, you can also crush up some Ritz crackers, corn flakes or some stuffing mix and mix with a little melted butter and sprinkle on top before baking. You could also add veggies into the mix – get creative!

Serves 4

- 4 1/2 cups cooked chicken breast, chopped
  - 4 oz light cream cheese, softened
  - 1 cup 1% cottage cheese
  - 1/2 cup fat free sour cream
  - 1 can Healthy Request Cream of Chicken Soup
  - 1/4 tsp garlic powder
  - 1/4 tsp onion powder
1. Preheat oven to 350. Lightly spray a 9 inch baking dish with cooking spray and set aside
  2. Combine chicken, cream cheese, cottage cheese, sour cream, garlic powder, onion powder and cream of chicken soup. Spread into pan
  3. Bake uncovered 30 to 40 minutes.
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# Impossible Cheeseburger Pie

## Impossible Cheeseburger Pie



A classic Bisquick recipe, lightened up a bit. A family favorite in our house.

Serves 6

Blue – 4

Purple – 4

Green – 5

- 1 pound 96% lean ground beef
- 1 cup chopped onion
- salt and pepper to taste
- 4 oz Cabot 75% reduced fat cheese, shredded
- 1/2 cup Heart Healthy Bisquick
- 1 cup 1% milk
- 2 eggs

1. Preheat oven to 400
2. Spray a 9 inch pie plate with non stick spray
3. Cook ground beef and onion until beef is brown and onion is tender, drain. Season with salt and pepper to taste.
4. Spread meat in the pie plate.
5. Sprinkle with cheese.

6. In a bowl, mix Bisquick, milk and eggs until well beaten.
7. Pour into pie plate.
8. Bake about 25 minutes or until knife inserted in center comes out clean.
9. Top as desired – we like to top with some chopped pickles, tomatoes lettuce, etc. Treat it like you would your favorite burger, or just eat it as is with a nice salad on the side.

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## High Temp Roast Beef

### High Temp Roast Beef



Servings depend on the size of your roast. I typically use a 3 pound roast.

Blue – 3 oz – 4 points

Purple – 3 oz – 4 points

Green – 3 oz – 4 points

- 1 3 pound eye roast

- salt and pepper
- any additional seasonings you like – garlic powder, onion powder, thyme, rosemary...your favorites

1. Preheat oven to 500 degrees for at least 20 minutes.
  2. Rub the roast with desired spices – covering all areas of the roast
  3. Place the roast FAT SIDE UP in a roasting pan. Do not add water, do not cover
  4. Turn oven down to 475. Place roast in oven for 7 minutes per pound. (3 lb – 21 minutes, 4 pounds 28 minutes, etc)
  5. After the cooking time, turn oven off. DO NOT OPEN THE OVEN!!!!!! DO NOT!!!! Let sit in oven for 2 1/2 hours – did I mention DO NOT OPEN THE OVEN?
  6. Let rest for 20 minutes under a piece of foil. Slice and serve.
  7. NOTES: I put a thermometer in the thickest part of the roast and set the alarm to 145, so I know it gets up to temp. If you check the temp at the end, it will not read 145 because it will cool. You may also need to heat it up a bit after you slice it, depending on the temp at which you like to eat it.
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# Chicken Asparagus and Mushroom Penne

## Chicken Asparagus Mushrooms and Penne



Serves 4

Blue – 7

Purple – 4 if you use whole wheat pasta

Green – 8

- 1 pound chicken, cut into bite size pieces
- salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder or granulated garlic
- black pepper
- 1/2 cup flour, divided
- 10 oz crimini mushrooms, sliced
- 2 Tbsp light butter
- 4 cloves garlic, minced
- 2 cups chicken stock
- 2 Tbsp Dijon mustard
- 1 tsp Italian seasonings
- 3/4 cup half and half
- 1/2 pound thin asparagus, trimmed and cut into bite sized pieces
- 1/4 cup julienned sun dried tomatoes

- 6 ounces Ronzoni 150 penne pasta, cooked and drained. If using a different pasta, recalculate points
- 1 Tbsp chopped fresh parsley for garnish, optional

1. In a large bowl, place chicken pieces and add in about 1/2 tsp salt, onion powder, garlic powder and 1/4 tsp pepper. Add in 1/4 cup flour. Toss together to make sure all the chicken is coated.
2. Spray a large, heavy bottom pan or Dutch oven with non stick spray. Heat over medium high. Add about 1/2 the chicken pieces and cook until brown and done – about 6 minutes. Remove and repeat with the remaining chicken.
3. In the same pan, add the butter and let melt. Add the mushrooms and sprinkle with salt and pepper, then saute for several minutes until golden brown and cooked through. Remove from pan with a slotted spoon.
4. Add the garlic to the pan and cook about 30 seconds. Sprinkle the flour in the pan and stir to create a roux.
5. Cook for about 30 seconds to 1 minute, stirring constantly.
6. Add in the chicken broth slowly, whisking the entire time.
7. Simmer the sauce very gently and allow to thicken up a bit
8. Whisk in the Dijon mustard, Italian seasoning and the half and half.
9. Add in the asparagus pieces and very gently simmer in the sauce for a few minutes until they are tender-crisp. Taste the sauce and add salt and pepper as needed.
10. Add the chicken and mushrooms back to the pan, add the

sun dried tomatoes and allow the sauce to simmer for another few minutes. Add in the cooked penne pasta. Toss together so everything is well coated. Serve hot. Garnish with chopped parsley

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# Broccoli and Cheese Crustless Quiche

## Crustless Broccoli and Cheddar Quiche



Serves 6

Blue – 3 points

Purple – 3 points

Green – 5 points

- 1 Tbsp light butter
- 8 slices Canadian bacon, diced
- 1/2 cup sweet onion, diced
- 2 cups broccoli, cut into bite sized pieces
- 4 oz Cabot 75% reduced fat cheese (if using a different cheese, check points), grated

- 6 large eggs
- 1 cup fat free half and half
- salt and pepper to taste

1. Preheat oven to 400.
2. Grease a 9 inch pie pan.
3. Over medium heat, in a medium skillet, melt the butter and saute the onion, about 7 minutes.
4. Add the chopped broccoli to the bottom of the pie pan, then add the onions and chopped Canadian bacon. Sprinkle with cheese
5. Mix the eggs and half and half together, season with salt and pepper. Pour over the veggie/cheese mixture.
6. Bake on middle rack in the center of the oven until eggs are set – about 30-35 minutes.

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## **Crockpot Apple Pie Oatmeal**

## **Crockpot Apple Pie Oatmeal**



Quick easy breakfast that is ready when you wake up!

This can easily serve 6, but we did 4 servings (growing boys ☐ ) I weighed out the entire recipe and divided by 4 to get the serving amount. Points based on 4 servings.

Blue – 6 points

Purple – 1 point

Green – 6 points

- 2 large apples, sliced
- 1/4 cup zero calorie brown sugar substitute, such as Sukrin Gold or Swerve
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- pinch salt
- 2 cups oatmeal (I prefer Old Fashioned, but quick cook will do)
- 2 cups unsweetened almond milk
- 2 cups water

1. In a slow cooker, place apples in the bottom, then sprinkle on the brown sugar, then cinnamon, nutmeg and salt. Pour in 2 cups oatmeal, then 2 cups milk over the oats, then 2 cups water. DO NOT STIR!!!
  2. Cook overnight for 8 hours on low (my quick oats were done in 7 hours).
  3. Stir and serve – I served with a tsp of walnuts and some vanilla creamer.
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# Classic Italian Stromboli

## Classic Italian Stromboli



Serves 4 – cut into 8 slices, 1 serving is 2 slices.

All plans – 10 points per serving.

### Dough

- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp yeast
- 1/4 cup non fat greek yogurt
- 1/4-1/2 cup water

### Filling

- 1 Tbsp light butter, melted
- 1 tsp garlic, minced
- 1 cup part skim mozzarella cheese, shredded
- 12 slices lean deli ham, sliced thin
- 10 slices hard salami
- 1 jar roasted red peppers in water, very well drained and patted dry
- 1 egg
- 1 Tbsp water
- 2 Tbsp Parmesan cheese, grated
- marinara sauce for dipping

## Dough

1. In a large bowl, combine flour, yeast, salt and baking powder. Stir
2. Add greek yogurt and stir.
3. Add water, starting with a few tablespoons and stir – add more water until the dough comes together in a ball. Knead for about a minute.
4. Let dough rise in a warm place for about 30 minutes.

## Assembly

1. After dough rises, roll the pizza dough on a piece of parchment paper into a 12×14 inch rectangle. Brush the dough with the melted butter and sprinkle garlic on top.
2. Sprinkle on 1/2 cup mozzarella cheese, leave a 1 to 2 inch border around 1 long edge and 2 short edges of the dough.
3. Top with 12 slices of ham
4. Place roasted peppers on top of ham.
5. Layer salami on top of the peppers.
6. Add another 1/2 cup of mozzarella.
7. In a small bowl, beat the egg with the water. Use a brush to coat the 3 exposed edges of your dough with egg wash.
8. Carefully roll up the long edge of your Stromboli, starting with the one edge that does not have the egg wash. Roll tightly so it stays together.
9. Seal the seam with wet fingers, then roll the stromboli so the seam is down. Seal the ends with wet fingers and tuck the extra dough on the ends under the stromboli.
10. Pick up the parchment paper and transfer paper and

stromboli to a baking sheet. Brush with egg wash and sprinkle with the Parmesan cheese. Use a sharp knife to make a few shallow diagonal cuts into the top of the stromboli.

11. Bake at 375 for 25-30 minutes until the top is brown. Remove from oven and let sit for a few minutes. Slice into 8 pieces. 1 serving is 2 pieces.

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## Kim's IP Meatloaf

## Kim's IP Meatloaf



Recipe came from Kim at [agirlandherphone.net](http://agirlandherphone.net) I changed very little

Serves 6

All Plans – 7 points per serving

- 1 egg
- 1 Tbsp minced onion
- 1 tsp pepper
- 1 1/2 tsp paprika
- 1 1/2 tsp dry mustard
- 1 1/2 tsp onion salt

- 1 1/2 tsp garlic powder
- 1 1/2 pounds ground beef (points based on 93% lean)
- 1/2 small onion, grated
- 4 oz Cabot 75% Reduced Fat Cheese, shredded
- 3 oz crushed saltine crackers (original recipe calls for Ritz, I don't have them)
- 2 lb potatoes, quartered **\*\*NOT COUNTED IN POINTS, COUNT SEPARATELY\*\***
- 2 cups chicken broth
- 1/2 cup no sugar BBQ sauce, ketchup or whatever sauce you like

1. In a small bowl, beat egg. Add spices and mix well.
2. In a large bowl, place ground beef. Add egg mixture and mix.
3. To meat mixture, add onion, cheese and cracker crumbs. Mix until well combined (I use my hands)
4. Place meat mixture on a piece of foil, large enough to wrap around meat.
5. Shape meat into a loaf. Poke a few holes down the center using your finger.
6. Gather foil around meatloaf.
7. Place potatoes in the bottom of the Instant Pot. Pour in 2 cups chicken broth
8. Put trivet on top of potatoes. Place meatloaf on the trivet.
9. Cook for 30 minutes on high pressure. Let natural release for 10 minutes.
10. Place meatloaf on a baking pan, open foil. Top with your choice of topping (BBQ sauce, ketchup, a combo of

ketchup, brown sugar and Worcestershire sauce – whatever you like) and place under broiler for a few minutes until caramelized.