

# Chicken Scampi

## Chicken Scampi



Serves 4 (generous servings, you could stretch to 6)

Blue – 8 points (4 servings)

Purple – 8 points (4 servings)

Green – 11 points (4 servings)

- 1 1/2 lbs chicken breasts, cut into cubes
- 1/4 cup light butter
- 1/8 tsp crushed red pepper
- 4 oz white wine, divided
- 4 tsp all purpose flour
- 1/8 cup olive oil
- 4 cloves minced garlic
- 1/2 cup chicken broth
- 1 tsp oregano
- 2 oz parmesan, shredded
- 3 Tbsp dried plain breadcrumbs
- chopped fresh parsley for garnish

1. Simmer chicken in butter and red pepper until lightly browned. Remove chicken with a slotted spoon and place in baking dish (12x8).
2. To butter remaining in pan, add 1/4 cup wine and flour. Mix well.

3. Add rest of wine, olive oil, garlic, chicken broth, and oregano. Simmer 10 minutes. Pour over chicken.
4. Sprinkle with cheese, bread crumbs and parsley.
5. Bake at 350 for 30 minutes, uncovered. Serve over rice.

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## Creamy Salsa Chicken

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Serves 4

Blue – 2

Purple – 2

Green – 5

- 1 pound chicken breast tenders
- 1 Tbsp taco seasoning
- 2 tsp olive oil
- 1/2 cup corn kernels
- 1 cup salsa
- 1/4 cup light sour cream
- 1/4 cup non fat Greek yogurt

1. Heat a large skillet over high heat. Add oil and swirl to coat.
  2. Season chicken with taco seasoning. Add chicken to pan and brown on both sides for 3 to 4 minutes.
  3. Mix in corn kernels and salsa. Reduce heat to medium and simmer for 3-4 minutes or until chicken is cooked through.
  4. Remove from heat and stir in sour cream and yogurt.
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# Berries and Cream French Toast

## Berries and Cream French Toast



Serves 8. Final Points will be determined by your specific ingredients. I use my homemade bread, so that is what I based the points on. Please put all your specific ingredients into the recipe builder.

Blue – 7

Purple – 7

## Green – 9

- 1 loaf french bread, sliced into 8 slices
  - 3 oz whipped cream cheese
  - 3 Tbsp Sugar free preserves – any flavor you like
  - 1 tsp brown sugar
  - 3 eggs
  - 1/2 cup 1% milk
  - 1/2 tsp vanilla
  - 1/4 tsp cinnamon
  - optional: powdered sugar or syrup
1. Cut a pocket into each slice of bread by cutting from the top crust side, almost to the bottom crust. Be careful not to slice completely through bread.
  2. In a small bowl, combine cream cheese, preserves and brown sugar.
  3. Spoon about one tablespoon of mixture into each pocket.
  4. In another small bowl, beat eggs, milk, vanilla and cinnamon until well combined.
  5. Dip stuffed bread slices in egg mixture, letting excess drip off.
  6. Spray griddle or skillet with non stick spray.
  7. Cook bread slices over medium heat until golden brown, turning once, about 2 minutes per side.
  8. Lightly garnish each slice with powdered sugar or maple syrup.

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# Taco Bubble Up

## Taco Bubble Up



Serves 6

6 Points on all plans

- 1 7.5 oz can buttermilk biscuits (the small cheap ones)
- 1 lb extra lean 96% ground beef
- 1 package taco seasoning
- 1 1/3 cups salsa
- 4 ounces 75% reduced fat Cabot cheddar cheese (shredded)
- 8 Tbsp queso cheese ((The one I use is 6 points for 8 Tbsp))
- shredded lettuce
- chopped tomatoes
- sour cream of choice (point accordingly-not added in to total points)
- taco sauce

1. Preheat oven to 350 degrees.
2. Spray a 13X9 casserole with non stick spray. Cut biscuits into 8 pieces each. Scatter evenly in bottom of casserole dish.
3. In a skillet, cook ground beef until done. Drain and rinse. Add taco seasoning and 3/4 cup water. Cook until thick.

4. Add salsa and mix until well combined.
  5. Spread meat mixture over biscuits. Top with grated cheese.
  6. Cover loosely with foil. Bake for 30 minutes, uncover and bake for an additional 10. Let sit 5 minutes. Cut and serve with queso, lettuce, tomatoes, sour cream and taco sauce.
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## Ranch Dressing and Dip Mix

### Ranch Dressing and Dip Mix



0 points as a dry mix. Makes 1/4 cup

Points vary depending on what you do with it!

- 1 1/2 Tbsp dried parsley
- 1/2 Tbsp salt
- 1/2 Tbsp dried chives
- 1/4 Tbsp dried oregano
- 1/4 Tbsp dried tarragon
- 1/2 Tbsp garlic powder
- 1/2 Tbsp lemon pepper

1. Combine all ingredients. Store in an airtight container.

## **Ranch Dressing (Makes 1 cup)**

1. In a large bowl, mix together 1/4 cup light mayo, 1/4 cup non fat Greek yogurt, 1/2 cup of buttermilk and 1 Tbsp Ranch Mix. Refrigerate for 1 hour.

Points on all 3 plans: 1 Tbsp 0 points; 2 Tbsp 1 point

## **Ranch Dip (Makes 2 cups)**

1. Combine 2 Tbsp mix, 1/2 cup light mayo, 1/2 cup non fat greek yogurt and 1 cup fat free sour cream. Refrigerate for 2 hours before serving.

Points on all 3 plans: 2 Tbsp 1 points; 4 Tbsp 2 points

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# **Creamy Beef and Pasta**

## **Creamy Beef and Pasta**



Serves 6

Blue – 7

Purple – 5 (If you use whole wheat pasta)

Green – 7

- 8 oz pasta (I use Ronzoni 150, it is 4 points per 2 oz) (if you use a different pasta, recalculate the points, if you are on purple, use whole wheat)
- 1 Tbsp olive oil
- 1 pound 96% lean ground beef
- 1/2 medium onion, diced
- 2 cloves garlic, minced
- 1 1/2 tsp Italian seasoning
- 1 tsp paprika
- 1/2 tsp mustard powder
- 2 Tbsp all purpose flour
- 2 cups beef stock
- 15 oz tomato sauce
- 3/4 cup fat free half and half
- salt and pepper to taste
- 6 oz Cabot 75% reduced fat cheese (if you are using a different cheese, recalculate the points)

1. In a large pot of boiling salted water, cook pasta according to package directions. Drain well
2. Spray a large skillet with non stick spray and heat over medium-high heat. Add ground beef and cook until beef is brown crumbling the ground beef as it cooks. Drain any fat and remove beef to dish and set aside.
3. In the same skillet, add in olive oil and let heat – add in onion and cook, stirring frequently until translucent, about 3 minutes.
4. Stir in garlic, Italian seasoning, paprika, and mustard powder, cook about 1 minute
5. Whisk in flour and stir and cook until lightly browned, about 1 minute.
6. Gradually whisk in beef stock and tomato sauce. Bring to a boil, reduce heat and simmer, stirring occasionally

until reduced and slightly thickened, about 6-8 minutes.

7. Stir in pasta, beef and half and half and heat through. Season with salt and pepper to taste.

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# Breakfast Bundles

## Breakfast Bundles



Serves 4

Blue – 5

Purple – 5

Green – 8

### Dough

- 1 cup self rising flour \*\*see note below to make your own self rising flour\*\*
- 3/4 cup non fat Greek yogurt

### Filling

- 5 eggs, divided
- 8 Tbsp reduced fat shredded cheddar cheese

- 4 links turkey sausage OR other meat of choice-just adjust points!
- salt and pepper to taste

## **Dough**

1. In a large bowl, mix the flour and yogurt together until a dough forms.
2. Knead for about 30 seconds.
3. Divide dough into 4 equal portions.
4. Roll each portion out into a 5-6 inch circle onto a piece of wax or parchment paper that has been sprayed with non stick spray. Set aside and make filling

## **Filling**

1. Preheat oven to 400
2. Cook sausage or other meat according to package directions. Set aside
3. In a bowl, beat 4 of the eggs. Season with salt and pepper.
4. Cook eggs, until soft set. They will continue cooking in the oven.

## **Assembly**

1. On each piece of dough, place 2 Tbsp shredded cheese, 1 link of turkey sausage that has been sliced or chopped (however you like it) and 1/4 of the eggs
2. Carefully pull up two sides of the dough circle over the filling and pinch them together over the filling ingredients. Then repeat with the opposite two sides.

Then make sure all dough is "bundled" over the ingredients, make sure all the filling ingredients are covered. Turn the bundle over and place it, seam side down on a baking dish that has been sprayed with non stick spray.

3. Repeat for the remaining 3 bundles.
4. Beat remaining egg in a small bowl. Brush bundles with beaten egg.
5. Place dish in oven and bake for about 14-18 minutes. Checking often and removing when they are golden brown.
6. Let sit for 5-7 minutes before serving.
7. To freeze let cool completely and package for freezer. To reheat, let thaw and reheat for 5-10 minutes at 350.

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## Mom's Spaghetti Sauce

## Mom's Spaghetti Sauce



Makes a huge vat.

1/2 cup is 1 point on all plans

- 1 lb sweet Italian sausage
- little olive oil
- 1 onion (peeled and cut in half)
- 3 28 oz cans tomato puree
- 3 12 oz cans tomato paste
- 2 bay leaves
- 1 Tbsp (or more to your taste) dried basil
- 1 Tbsp (or more to your taste) dried oregano
- 1 Tbsp (or more to your taste) dried parsley
- 1 tsp (or more to your taste) garlic powder
- 1 1/2 tsp or to taste salt
- 1 carrot (peeled and cut in half)
- a few strips of green pepper

1. In a large pot, heat olive oil (about 2 tsp). Add onion and sausage and cook until the sausage is brown on all sides. Turn down the heat and add in the puree and the paste. Then, using the paste cans, add 3-4 cans of water until the sauce is the consistency you like. Add in all the spices and the carrot and the pepper. Stir well. Let simmer over low heat for about 3 hours. Remove onion pieces, green pepper and carrots.

\*\*If you like a sweeter sauce, you can add 1 Tbsp sugar

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## **Breakfast Pizza Casserole**

# Breakfast Pizza Casserole



Serves 8

Blue – 3 points

Purple – 3 points

Green – 5 points

## 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

- 8 slices Canadian bacon, diced
- 6 eggs
- salt and pepper to taste
- 1 cup part skim shredded mozzarella cheese

## 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.
5. After dough rises, spray a 9X13 pan with non stick spray
6. Roll dough out in pan, going up the side about 1/2-1 inch. Set aside

## **Filling**

1. Preheat oven to 400
2. In a bowl, beat eggs, season with salt and pepper.
3. Sprinkle Canadian bacon over the bottom of the crust
4. Pour eggs on top of Canadian bacon
5. Sprinkle cheese on top of eggs.
6. Bake for 15-18 minutes until the eggs are set. Let cool 5 minutes and cut into 8 pieces

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# **Kim's Spinach Lasagna Roll Ups**

## **Kim's Spinach Lasagna Roll Ups**



Makes: 8, 6 points per roll up on all plans

Kim's Cook With Me Video: <https://youtu.be/-qFsRdGxvVE>

Kim's recipe:

<https://www.agirlandherphone.net/spinach-lasagna-rollups.html>

- 8 lasagna noodles (cooked and drained)
- 1 teaspoon oil
- 2 cloves garlic (minced)
- 1/2 onion (chopped)
- 10 ounces frozen chopped spinach (thawed and squeezed dry)
- 1 cup reduced fat ricotta cheese
- 4 large mushrooms or 4 ounces sliced canned mushrooms (drained)
- salt and pepper (to taste)
- 2 cups spaghetti sauce (I used 0 pt Crockpot Marinara)
- 4 ounces shredded part skim mozzarella cheese

1. Dice mushrooms and cook with onions and garlic in oil until tender. If using canned mushrooms chop them into smaller pieces first then add to onions and garlic after they have cooked just to warm them up. Remove from heat and mix together ricotta, spinach, mushrooms, salt (a must) and pepper. Spread mixture onto each noodle evenly and roll up. Place a spoonful of spaghetti sauce on bottom of baking dish and add rolls, seam side down. Cover with remaining sauce and sprinkle with cheese. Bake at 350° for 20-25 minutes, or until heated through and cheese is melted.