

Ham and Cheese Pinwheels

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Recipe adapted from Sandy at Let's Get Fit With Sandy on YouTube

Sandy's Cook With Me: https://youtu.be/RZVugEwL_JE

Makes 12 pinwheels – 3 points per pinwheel on all 3 plans

You can substitute prepackaged pizza dough – just adjust the points!

DOUGH

- 2 cups all purpose flour
- 3/4 cup non fat plain greek yogurt
- 2 tsp dry yeast
- 2 tsp baking powder
- 1 tsp salt
- 1/2-3/4 cup water

Filling

- 8 oz deli ham (I use Krakus brand – adjust points for your brand), chopped
- 4 oz part skim mozzarella cheese, shredded
- 4 Tbsp dijon mustard or mustard of choice (can also use pizza sauce or honey mustard salad dressing)
- 2 tsp poppy or sesame seeds

For Dough

1. In a large bowl, combine flour, yeast, baking powder, and salt.
2. Add in yogurt and stir until combined.
3. Add water, starting with 1/4 cup, add more until a dough forms
4. Knead for 2 minutes.
5. Let rise for a minimum of 30 minutes.

Assembly

1. Heat oven to 375.
 2. Spray a cookie sheet with sides with non stick spray
 3. Roll out pizza dough into a 15×10 rectangle.
 4. Brush on 1/2 the mustard
 5. Sprinkle on the chopped ham and the cheese.
 6. Fold the short ends in a little, then roll from the long in, jelly roll style and pinch the ends.
 7. Cut jellyroll into 12 equal slices and lay cut side down on the prepared baking sheet. Brush remaining mustard onto slices and sprinkle with sesame seeds.
 8. Bake for 25-30 minutes.
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Chicken with Garlic Parmesan Rice

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Serves 4

Blue – 10

Purple – 6 (if you use brown rice!)

Green – 14

- 1 1/2 pounds chicken breast tenders
- salt and pepper to taste
- 1/2 tsp garlic powder
- 1 Tbsp olive oil
- 1/4 cup light butter
- 2 Tbsp minced garlic
- 1/4 tsp red pepper flakes
- 1 tsp salt, divided
- 1/2 cup dry white wine
- 1 cup uncooked white or brown rice
- 3 cups chicken broth
- 1 1/2 oz freshly grated Parmesan cheese

1. In a large skillet, heat olive oil over medium heat. Season chicken with salt and pepper and garlic powder. Saute chicken until nicely browned and cooked through. Remove from skillet and set aside

2. Add butter, garlic, pepper flakes and 1/2 tsp of salt to the empty skillet and saute garlic for a few minutes on medium heat
3. Turn heat to medium high and add white wine. Cook and stir about 5 minutes. Remove and set aside 3 Tbsp of pan sauce to use later
4. Add uncooked rice to skillet with the remaining butter sauce. Stir well – make sure it is completely covered. Add chicken broth and remaining 1/2 tsp salt. Bring mixture to a low boil and reduce heat to medium low. Cover pan and simmer for 20 minutes (longer for brown rice) or until rice is tender. Stir several times while it is cooking
5. Sprinkle Parmesan over rice then arrange chicken in skillet over rice. Cover, remove from heat and let stand 5 minutes.
6. Drizzle reserved 3 tablespoons of pan sauce over chicken tenders when serving.

Salmon in Sundried Tomato Cream Sauce

Salmon in Sundried Tomato Cream Sauce



Adapted from eatwell 101

Blue – 2

Purple – 2

Green – 10

- 1 1/2 pounds salmon fillets
- 3 cloves garlic, minced
- 1/2 onion, minced
- 1/2-1 cup sundried tomatoes
- 4 tsp olive oil, divided
- 1/4 tsp paprika
- 1 cup fat free half and half
- 1 Tbsp dried basil
- 1/4 tsp crushed red pepper flakes
- 1/2 cup vegetable stock
- salt and pepper to taste

1. Season salmon fillets with salt and pepper. In a large non stick pan on medium heat, sear salmon fillets in 1 tsp of olive oil – about 2-3 minutes on each side. Remove salmon and set aside.
2. In the same skillet, add the remaining 3 tsp of olive oil, saute onion, garlic, sundried tomatoes, paprika, red chili pepper flakes and dried basil for 1 minute until garlic is fragrant
3. Add vegetable stock to deglaze the skillet and bring to a gentle simmer. Add half and half to the skillet and

stir until a creamy sauce forms. Adjust seasoning with salt and pepper. If you want it thicker, make a cornstarch and water slurry and add it to simmering sauce until it is thickened to your liking.

4. Add salmon back to the skillet and reheat for a few minutes. Sprinkle with fresh basil and serve over pasta, rice or other grain.

Asparagus Risotto with Shrimp and Scallops (Trader Joe's Collab Recipe)

Asparagus Risotto with Shrimp and Scallops (Trader Joe's Collab Recipe)



Serves 3

Blue – 8 points

Purple – 8 points

Green – 8 points + points for the amount of shrimp and

scallops you use for your portion

- 1 bag Trader Joe's Asparagus Risotto (frozen food section)
- 1 pound sea scallops
- salt, pepper, garlic powder to taste
- 12 oz cooked, peeled shrimp
- 1 pound asparagus, cleaned and woody end snapped off
- 2 Tbsp light butter

1. This recipe can be made very quickly if you do all the steps at the same time! I have linked the video, it may be easier to watch -it was hard writing out the directions!
2. First, make the risotto following the package instructions. In the video, I used two bags of the risotto mix, not just one, because my guys eat more than 1 cup of it (athletes!). When the risotto is done, add in the shrimp to heat through.
3. While the risotto is cooking, start steaming (or roasting, or microwaving...your choice!) your asparagus, and cook to your liking.
4. Next, start the scallops. Make sure you pat them dry! We want a nice sear on them, we don't want them "steamed".
5. Season the scallops with salt, pepper and garlic powder.
6. Melt 1 tablespoon of light butter in a skillet. I do them in two batches so they cook nicer.
7. Put scallops, seasoned side down in hot butter. Season the side that is now face up. Let cook for 2-3 minutes. Turn over and let cook another 2 minutes until just opaque. Keep warm while doing the next batch. Use the second tablespoon of butter for the second batch.

8. Once everything is done, it's time to assemble the plates.
9. Put 1 cup of the risotto on a plate. I avoided the shrimp in the measuring of the rice. I picked out the shrimp and placed them on top of the rice. Then lay your asparagus on top of the rice, then divide the scallops and nestle them down in the rice. Optional: finely grate some fresh Parmesan cheese over the top.

Chocolate Peppermint Cookies

Chocolate Peppermint Cookies



Makes 48 cookies

Blue- 1 cookie=1 point, 2 cookies = 2 points, 3 cookies=3 points, 4 cookies=4 points

Purple- 1 cookie=1 point, 2 cookies = 2 points, 3 cookies=3 points, 4 cookies=4 points

Green- 1 cookie=1 point, 2 cookies = 2 points, 3 cookies=4 points, 4 cookies=5 points

- 1 box sugar free chocolate cake mix

- 2 eggs
- 1 tsp peppermint extract
- 1/2 cup unsweetened applesauce
- 6 Starlight mints

Icing

- 1/2 cup Zero calorie confectioners sugar (Swerve, Monkfruit)
- 1/8 tsp peppermint extract
- 2 Tbsp light butter
- 3 starlight mints

Cookies

1. Preheat oven to 375
2. In a bowl, mix cake mix, eggs, extract, 6 starlight mints, crushed and applesauce. A stand mixer works best,. If you don't have one, an electric hand mixer will work. Batter will be thick.
3. Drop by Tablespoonfuls onto a greased cookie sheet. Bake 8-10 minutes. Cool on wire racks

Icing

1. For icing, mix together softened butter, confectioners sugar and 1/8 tsp extract. Frost cookies. Crush remaining 3 Starlight mints and sprinkle on cookies while frosting is still wet.
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Bisquick Impossible Breakfast Casserole

Bisquick Impossible Breakfast Casserole



Adapted from Kim @ A Girl and Her Phone. Here is the link to her recipe:

<https://www.agirlandherphone.net/impossible-breakfast-casserole.html>

Serves 6 OR 8, depending on how big you would like your servings and how many points you want to spend ☐

Blue – 6 servings- 6 points; 8 servings – 4 points

Purple – 6 servings – 5 points; 8 servings – 4 points

Green – 6 servings – 7 points; 8 servings – 5 points

- 9 oz frozen shredded hashbrowns
- 6 oz Canadian bacon, diced
- 1/2 small onion, finely chopped (or to your taste)
- garlic powder, to taste
- salt and pepper to taste
- 4 oz Cabot Lite 75% reduced fat cheese, grated
- 4 eggs
- 2 cups 1% milk
- 1 cup Bisquick Heart Smart baking mix

1. In a medium bowl, mix together hash browns, Canadian

bacon and onion. Season with garlic powder, salt and pepper to taste. Add 1/2 the cheese.

2. Spread potato mixture over the bottom of a sprayed 9×13 inch baking dish; set aside.
3. In another bowl, beat eggs, season with salt and pepper and whisk in milk.
4. Whisk in Bisquick and beat until smooth. Add remaining cheese. Mix well
5. Pour over the top of the hash brown mixture. Bake, uncovered, at 400 for about 30 minutes or until set. Let cool slightly before cutting. Cut into 6 or 8 servings.

Creamy Lemon Garlic Chicken (Instant Pot or Stovetop)

Creamy Lemon Garlic Chicken (Instant Pot or Stove Top)



Serves 4

Blue – 3 points

Purple – 3 points

Green – 5 points (points according to how much chicken you eat – 3 points for sauce, plus chicken)

- 1 pound boneless, skinless chicken breast
- 4 cloves garlic, minced
- 1 cup chicken broth
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/4 tsp red pepper flakes
- 3/4 cup fat free half and half
- 2 oz fresh parmesan cheese, grated
- 2 Tbsp lemon juice

INSTANT POT INSTRUCTIONS

1. In your Instant pot, combine garlic, chicken stock, oregano, basil, red pepper and chicken.
2. Cook on high pressure for 10 minutes. When done, do a quick pressure release.
3. Using tongs, carefully remove the chicken to a platter to let rest while you prepare the sauce.
4. Select "saute" on Instant Pot, and let simmer, stirring occasionally for 7-10 minutes until the sauce reduces by about 1/3.
5. Add half and half, stir in the parmesan cheese, and add lemon juice. Stir until cheese is melted and sauce is heated through, do not let it boil.
6. Spoon sauce over chicken and serve. I will be serving it over rice.

STOVE TOP INSTRUCTIONS

1. In a skillet sprayed with non stick spray, cook chicken on both sides until cooked through.
 2. To the same skillet, add garlic, chicken stock, oregano, basil and red pepper.
 3. Bring to a boil and then reduce to a simmer. Simmer until sauce is reduced by about 1/3. Remove chicken.
 4. Add in half and half, parmesan cheese and lemon juice. Let simmer, do not boil, until the cheese is melted and the sauce is heated through.
 5. Serve sauce over chicken. I plan on serving it over rice.
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Seasoned Pretzels

Seasoned Pretzels



30 servings – each serving is 19 grams or about 12 pretzels

3 points on all plans

- 1 pound pretzels of your choice

- 1/2 cup olive oil
- 1 package Ranch dressing mix – regular or spicy
- 1 1/2 tsp dill
- 1 tsp lemon pepper
- 1 tsp garlic powder

1. Preheat oven to 350.
 2. In a medium bowl, whisk oil with dressing mix and spices.
 3. Place 1/2 of the pretzels in a large bowl.
 4. Pour 1/3 of the oil mixture over pretzels and stir until pretzels are well coated.
 5. Place the other half of the pretzels in the bowl and add another 1/3 of the oil mixture, stir until pretzels are well coated.
 6. Add the last of the oil mixture and stir again.
 7. Spread out pretzels on a very large sheet pan or two smaller ones.
 8. Bake at 350 for 5 minutes – toss pretzels well – bake an additional 3 minutes.
 9. Let cool for 15 minutes. Store in an airtight container.
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Copycat Starbucks Passion Tea Lemonade

Copycat Starbucks Passion Tea Lemonade

I originally saw this on another YouTuber – Jess Journey to Health

0 Points on all plans

- 2 Tazo Passion Tea Teabags
- 1 sleeve 2 quart size Crystal Light Lemonade Mix (not individual size, pitcher size)

1. Place tea bags in a heat proof pitcher or container. Pour 32 oz. boiling water over teabags. Let steep about an hour.
 2. Pour tea into a 2 quart pitcher, pour 32 oz of cold water into the pitcher.
 3. Add 1 sleeve (2 quart pitcher size) of Crystal Light Lemonade to pitcher.
 4. Mix well. Serve over ice.
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Lowfat Irish Soda Bread

Low Fat Irish Soda Bread



This St. Partrick's Day recipe was handed out at my WW meeting!

Serves 15, 4 points per slice on all plans

- 1 1/2 cups all purpose flour
- 1 1/2 cups whole wheat flour
- 1 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1 tsp salt
- 1 1/2 cups 1% buttermilk ***see note below
- 2/3 cup raisins

1. Preheat oven to 375
2. Mix all dry ingredients (first 5) in a large bowl with a whisk.
3. Slowly add buttermilk stirring with a wooden spoon until a soft dough is formed
4. Add raisins, knead the dough lightly on a sheet of wax paper or a floured surface for about 1 minute
5. Form into a round, slightly flattened shape.
6. Place on a cookie sheet with parchment paper or silicone baking mat.

7. Using a knife, make an X at the top about 1/2" deep.

8. Bake about 40 minutes, until golden.

9. Let cook on rack for about 5-10 minutes before serving.

***To make your own buttermilk, add 2 Tbsp vinegar to 1 1/2 cups of 1% milk. Stir and let sit for 5 minutes.