

Seasoned Pretzels

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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

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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.

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.

Copy Cat Chipotle Chicken Bowls

Copy Cat Chipotle Chicken Bowls

Serves 4

Points are calculated using 1/2 cup rice, 4 oz chicken, 1/2 cup corn salsa and 1/2 cup fajita veggies. Points are not

included for add on toppings!

Blue – 3 points (only need to count rice)

Purple – 3 points if using white rice, 0 points if using brown rice

Green – 7 points (rice, chicken, corn salsa)

Chicken

- 1 pound boneless, skinless chicken breast (4 breasts)
- 1/2-3/4 cup Chipotle marinade (I use Lawry's Baja Chipotle)

Fajita Veggies

- 3 green bell peppers, sliced
- 1 red onion, sliced
- 1 tsp dried oregano
- 1 tsp olive oil

Corn Salsa

- 20 oz frozen corn, thawed (I prefer white corn or mixed yellow and white, but you can use whatever) You can also use fresh or canned corned
- 2 limes
- 1/2 cup fresh cilantro, chopped
- 1/2 cup red onion, diced
- 2 poblano peppers
- 1 jalapeno pepper (optional)
- salt to taste

Cilantro Lime Rice

- 1 cup rice
- 1 cup water
- 1/4 cup fresh cilantro, chopped
- 1 lime, zested and juiced.

Additional Add On Toppings

- sour cream
- shredded cheese
- salsa
- chopped romaine lettuce
- avocado

Chicken

1. Cook chicken however you would like – grill it, bake it, pan fry it. Cook until done. Cut into bite size pieces.

Corn Salsa

1. Roast the pablano peppers: Preheat broiler. Brush the peppers with olive oil. Place peppers on a foil lined baking sheet. Roast for 3 minutes – keeping a close eye on them. Turn peppers over and roast the other side. They are done when they get black and blistered. It goes quick – keep a close eye! When done, put the peppers in a bowl and cover with plastic wrap. Let sit while you assemble the rest of the corn salsa.
2. In a large bowl place the corn (drain the corn well if using canned or frozen). Add chopped onion, chopped cilantro, chopped jalapeno (if using) salt to taste and the juice of 2 limes.
3. When the peppers cool, the skin will peel right off. Slice open the peppers and remove seeds. Chop peppers and add to corn bowl. Mix well. Place in fridge and let flavors blend while working on the other components of the dish.

Cilantro Lime Rice

1. I make my rice in the Instant Pot, you do whatever

method you chose!

2. Before cooking rice by your preferred method, add 1/4 cup chopped cilantro and the zest and juice from 1 lime. Cook according to your preferred method.

Fajita Veggies

1. In a large skillet, heat 1 tsp of olive oil.
2. Add peppers and onions, sprinkle with oregano.
3. Cook on high heat so veggies get a nice sear. Once seared, turn heat to medium.
4. If you like your veggies more on the tender side, put a small amount of water in the pan and cover with a lid – this will steam and soften the veggies. If you prefer your veggies crisp, do not cover. Stir veggies often and when done to your liking, remove from heat.

Bowl Assembly

1. To the bottom of your bowl, add shredded lettuce, desired amount of rice, chicken, fajita veggies, corn salsa, and the rest of your "add on" toppings. Mix all together and enjoy!

NOTES:

1. I work on several of the steps at the same time. While the chicken and fajita veggies are cooking, I make the corn salsa and assemble the "add ons".

Peanut Butter Freeze Cups

Peanut Butter Freeze Cups



Makes 56 mini cups

On all plans – 1 or 2= 1 point; 3 = 2 points

- 8 oz lite cool whip
- 8 Tbsp peanut butter powder or chocolate peanut butter powder
- 6 Tbsp water
- 224 mini chocolate chips

1. Mix peanut butter powder and water.
2. Fold into cool whip.
3. Place liners in mini muffin tins. Place 1 tablespoon of mixture in each cup.
4. Top with 3 mini chips.
5. Freeze until firm. Store in plastic bag in freezer

Egg McMuffin Casserole

Egg McMuffin Casserole



Serves 4 – Points based on ingredients that I used. If you use something different, be sure to recalculate points

Blue – 5

Purple – 5

Green – 7

- 3 ShopRite Lite English Muffins – or any 2 point English Muffins
- 8 slices Canadian bacon, chopped
- 4 oz Cabot 75% reduced fat cheese
- 1 1/2 cups 1% milk
- 4 eggs
- salt and pepper to taste

1. Spray an 8 inch square baking dish with non stick spray. Cut each English muffin in half and lightly toast. Then cut each half into 6 pieces. Place 1/2 of the English muffins on the bottom of the baking dish.
2. Sprinkle on 1/2 the Canadian bacon and 1/2 the cheese
3. Next, layer on the remaining English muffins, the

remaining Canadian bacon and remaining cheese.

4. Beat eggs and milk together, seasoning with salt and pepper to taste.
5. Pour egg mixture evenly over casserole. Cover with plastic wrap and refrigerate at least 1 hour or up to overnight.
6. Bake at 325 for 45-50 minutes.

Yellow Cake Waffle

Yellow Cake Waffle



This is a riff on Denise's (Dish With Dee) Broffle.

Blue – 1 waffle -1 point, 2 waffles – 1 point, 3 waffles -2 points

Purple – 1 waffle -1 point, 2 waffles – 1 point, 3 waffles -2 points

Green -1 waffle -1 point, 2 waffles -3 point, 3 waffles -4 points

- 30 grams Sugar Free cake mix-classic yellow

- 1 egg
- 1 Tbsp unsweetened applesauce
- 1 tsp baking powder
- 1 tsp vanilla extract

1. Heat your mini Dash waffle maker or regular waffle maker.
2. Spray waffle maker with non stick spray
3. If using a mini Dash, add 1/3 of the batter to waffle maker and keep an eye on it until it is done to your liking. If using a regular size, add all the batter. Cook until desired doneness.
4. Top as desired. I like some ice cream, crock pot apples, and redi whip! The possibilities are endless!

Instant Pot Manhattan Clam Chowder

Instant Pot Manhattan Clam Chowder



Adapted from Pressure Luck

Blue – 3 points

Purple – 1 point

Green – 4 points

- 2 Tbsp light butter
- 4 slices center cut bacon, diced
- 1 large onion (chopped)
- 3 ribs celery (diced)
- 28 oz canned petite diced tomatoes
- 18-24 oz canned minced clams, drained and liquid reserved
- 1 Tbsp dried parsley
- 1/2 tsp seasoned salt
- 1/2 tsp pepper
- 1 bay leaf
- 1/2 tsp dried crushed thyme
- 1/2 tsp Old Bay
- 1 cup chicken broth or clam base
- 2 carrots (thinly sliced)
- 1 pound potatoes (peeled and cubed)

1. Turn Instant Pot to Saute.
2. Add butter and let melt. Add celery and onions and cook about 4-5 minutes until they begin to soften.
3. Add bacon and cook an additional 4 minutes until bacon begins to crisp.
4. Add chicken broth and scrape the bottom of the pot to deglaze it – get up all the little browned bits.
5. Add reserved clam juice, but not clams.
6. Add in diced tomatoes, all the seasonings and stir well
7. Add in potatoes and carrots
8. Put lid on and close sealing valve

9. Press the pressure cook button and cook on high pressure for 5 minutes.
 10. Do a quick controlled release when the soup is done cooking.
 11. Add clams and stir. Let sit 2 minutes so the clams heat through in the hot soup.
 12. Serve. Makes 8 servings. (I weigh out the entire batch of soup in grams and divide by 8 to figure out how much soup is in each serving. Each serving is approximately 1 1/2 cups of soup)
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Chicken, Spinach and Bacon Pasta

Chicken, Bacon, Spinach Pasta



Adapted from The Cozy Cook

Serves 4

Blue – 10 points

Purple – 5 points (if you use whole wheat pasta)

Green – 12 points

- 3 oz parmesan cheese, shredded
- 2 1/2 Tbsp all purpose flour, divided
- 2 tsp olive oil
- 1 lb chicken breasts (4 breasts-butterfly if they are large)
- 1 tsp Italian seasoning
- salt and pepper to taste
- 4 strips center cut bacon
- 8 oz Ronzoni 150 Penne pasta (if using something different, recalculate points; if on purple, use whole wheat pasta)
- 2 tsp garlic, minced
- 1 1/3 cup fat free half and half
- 1/2 tsp red pepper flakes
- 1 cup cherry or grape tomatoes, halved
- 2 cups raw, fresh spinach

1. Set parmesan cheese aside so it comes to room temperature. Before stirring it into the sauce, toss with 1/2 Tbsp of flour, this will help with clumping when it is stirred into the sauce
2. In a large skillet (I prefer cast iron), heat olive oil on medium high
3. Season each chicken breast with Italian seasoning, salt and pepper
4. Sear the chicken in the skillet on each side until cooked through and golden brown with a nice sear, about 3-5 minutes per side. Set aside
5. Reduce heat to medium low and add the bacon to the same skillet. Cook the bacon low and slow so it does not burn! While the bacon cooks, prepare the pasta according to package directions. Drain and set aside

6. Once the bacon is cooked, remove to paper towels to drain. Keep 2 Tbsp of the drippings in the pan. Add the garlic and stir and cook for about 1 minute.
7. Increase the heat to medium and stir in 2 Tbsp flour. Whisk constantly, cooking for about 1 minute.
8. Heat the half and half for 30 seconds in the microwave. Add to skillet and increase the heat to medium high, stirring constantly. Once it starts to bubble, reduce heat to low.
9. Slowly add the parmesan cheese, stirring constantly as you add it.
10. Once the sauce is well combined and smooth, add the tomatoes, spinach and red pepper flakes. Cook for a few minutes until the tomatoes have softened slightly and the spinach begins to wilt. Add the penne and mix in until coated with sauce.
11. Slice or cube the chicken and add it to the mixture. Crumble bacon and sprinkle on top. Serve.

Lemon Dill Baked Cod

Lemon Dill Baked Cod



Recipe adapted from Bonita's Kitchen

Serves 6

Blue – 1 point

Purple – 1 point

Green – 1 point + the points for the amount of fish you use

- 6 Pieces cod fillets boneless, skinless
- 1 medium white onion
- 4-5 stems fresh dill (can used dried but fresh is preferred)
- 2-3 lemons
- sea salt
- white pepper
- onion powder
- 2 cloves fresh garlic
- 1 cup vegetable broth
- 2 Tbsp light butter

1. Preheat oven to 375
2. Peel and slice onion and place in the bottom of a 9×13 pan
3. Layer cod fillets over top and season with sea salt, pepper and grated garlic, fresh or ground dill and slices of lemon with peel, add butter.
4. Add one cup of vegetable broth or stock and cover with a lid or foil wrap.
5. Bake in a 375 degree oven for 30-40 minutes or until fish is cooked through and flakes easily with a fork. Cooking time will depend on the thickness of your fillets. If they are thin, reduce the time.
6. Serve with some chopped fresh dill and fresh lemon if desired. Spoon pan sauce on top.

