

Copy Cat Chipotle Chicken Bowls

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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 pablano 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
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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.
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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!
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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.

White Pizza

White Pizza

Makes 16 squares

Blue – 1 piece-2 points; 2 pieces-5 points; 3 pieces-7 points;
4 pieces – 9 points

Purple – 1 piece-2 points; 2 pieces-5 points; 3 pieces-7

points; 4 pieces – 9 points

Green – 1 piece-2 points; 2 pieces-5 points; 3 pieces-7 points; 4 pieces – 10 points

Dough

- 1 cup self rising flour
- 3/4 cup non fat greek yogurt

Other Ingredients

- 1 Tbsp olive oil
- 1 Tbsp Or to taste, Italian Seasoning, divided
- 3 cloves garlic, minced
- 2 cups part skim, shredded mozzarella cheese

1. Preheat oven to 400.
2. In a large bowl, combine flour and yogurt. Mix well. Knead for 20-30 seconds.
3. Spray a 15×10 inch baking sheet with non stick spray. Roll out the dough evenly on the baking sheet. I use this dough roller <https://amzn.to/3c4njmL> (paid link)
4. Bake crust for 8-9 minutes. Remove from oven

Assembly

1. While crust is par baking, mix garlic and olive oil together in a small bowl
2. When crust is done par baking, brush garlic/olive oil mixture over the crust.
3. Sprinkle 2/3 of the Italian seasoning over olive oil
4. Top with 2 cups shredded mozzarella and any additional toppings and the last 1/3 of the Italian seasoning.
5. Return to oven and bake 12-14 minutes longer – until cheese is melted

6. Let stand 5 minutes so cheese can set.

7. Cut into 16 servings.

Pizza

Pizza

Makes 16 squares

Blue – 1 piece-2 points; 2 pieces-4 points; 3 pieces-6 points;
4 pieces – 9 points

Purple – 1 piece-2 points; 2 pieces-4 points; 3 pieces-6
points; 4 pieces – 9 points

Green – 1 piece-2 points; 2 pieces-5 points; 3 pieces-7
points; 4 pieces – 9 points

Dough

- 1 cup self rising flour
- 3/4 cup non fat greek yogurt

Pizza Sauce

- 15 ounce tomato sauce
- 2 tsp dried oregano
- 1 tsp dried thyme
- 2 tsp dried basil

- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp sugar
- 1/4 tsp seasoned salt
- 1/8 tsp black pepper

Additional Ingredients

- 2 cup part skim, shredded mozzarella cheese
- any additional toppings (be sure to count points if necessary!)

Crust

1. Preheat oven to 400.
2. In a large bowl, combine flour and yogurt. Mix well. Knead for 20-30 seconds.
3. Spray a 15×10 inch baking sheet with non stick spray. Roll out the dough evenly on the baking sheet. I use this dough roller <https://amzn.to/3c4njmL> (paid link)
4. Bake crust for 8-9 minutes. Remove from oven
5. While crust is baking, make sauce.

Sauce

1. Combine all sauce ingredients in a medium saucepan
2. Cook the sauce over medium-high heat until it boils
3. Reduce heat and simmer for 10 minutes.
4. It is ready to use. Can be frozen

Assembly

1. Once the crust is out of the oven, spread desired amount

of sauce over crust

2. Top with 2 cups shredded mozzarella and any additional toppings.
 3. Return to oven and bake 12-14 minutes longer – until cheese is melted
 4. Let stand 5 minutes so cheese can set.
 5. Cut into 16 servings.
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Cinnamon Rolls

Cinnamon Rolls



Makes 8 mini rolls

Blue – 1 Point each

Purple – 1 Point each

Green – 1 Point each up to 4. 4 is 5 points

- 1/2 cup self rising flour
- 1/3 cup non fat, plain Greek yogurt
- Spray butter

- 2 Tbsp zero calorie sweetener (I use Lakanto Monkfruit)
- 1 Tbsp cinnamon
- 2 Tbsp whipped cream cheese
- 1/2 Tbsp zero calorie powdered sugar
- 1 Tbsp almond milk

1. Preheat oven to 350.
2. In a mixing bowl, mix flour and Greek yogurt until combined. Knead for 20-30 seconds
3. On a piece of parchment paper that has been sprayed with non stick spray, Roll out dough into a rectangle, about 10 inches long.
4. Spray dough generously with butter spray
5. In a small bowl, combine sugar and cinnamon. Sprinkle on dough, reserving about 2 tsp.
6. Roll up dough, starting on long side. Pinch to seal.
7. Cut dough into 8 pieces. You can cut more or less, just adjust the points.
8. Place cut side down on a baking sheet sprayed with non stick spray
9. Bake for about 20-23 minutes, checking often for doneness.
10. Meanwhile, mix cream cheese and powdered sugar. Add a tiny bit of milk a little at a time until desired consistency. Frost rolls.