

Peasant Bread

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Makes 2 loaves, each loaf gets cut into 12 pieces – cut down the middle and then slice each half into 6 pieces

1 piece on Blue, Purple and Green – 2 points

- 4 cups all purpose flour
- 2 tsp kosher salt
- 2 cups lukewarm water – 110 to 115 degrees
- 1 Tbsp zero calorie sugar substitute that measures 1:1 like sugar. I use Lakanto Monkfruit (**if you use regular sugar, the bread is 2 points for 1 slice and 5 points for 2 slices**)
- 2 tsp active dry yeast

1. In a medium mixing bowl, mix the sugar into the water until the sugar dissolves. Sprinkle the yeast over top. Set aside while you prepare the flour
2. In a large mixing bowl, whisk together the flour and the salt.
3. Mix the yeast gently into the water with a whisk.
4. Add the water/yeast mixture to the flour. Stir with a rubber spatula or wooden spoon. The dough will be sticky.
5. Cover with a piece of plastic wrap sprayed with non stick spray. Put in a warm place to rise for 1 1/2- 2 hours. ***See note below on how to create a warm place

6. After the dough has risen. Grease two 1 to 1 1/2 quart oven proof bowls.
7. Using two forks, punch down the risen dough, scraping it from the sides of the bowl, which it will be clinging to. As you scrape it down, try to turn the dough up onto itself. You want to loosen the dough entirely from the sides of the bowl, and you want to make sure that it was punched down (deflated). Take the two forks and divide the dough into two equal portions – eyeball the center of the mass of dough and starting from the center and working out, pull the dough apart with the two forks. Then scoop up each half of the dough and place into your prepared bowls.
8. Let the dough rise again for 30 minutes or until it has risen to just below or at the top of the bowl. While the dough is on its second rise, preheat the oven to 425
9. Once the dough has completed its second rise, bake at 425 for 12 minutes, then reduce heat to 375 and cook 12 minutes longer or until golden brown.
10. Remove from oven and turn out onto a cooling rack. Cool for 10 minutes before cutting

To create a nice environment for the dough's first rise, turn your oven to preheat and set it at 200. Let it preheat for JUST ONE MINUTE and then turn it off. The temperature will probably not change, it just heats it up a bit. Place dough in oven WITH OVEN OFF to let rise. Remember, just preheat for one minute – you don't want the oven to reach 200

Ham and Cheese Breakfast Bubble Up

Ham and Cheese Breakfast Bubble Up

Serves 6

Blue – 6 points

Purple- 6 points

Green – 9 points

- 8 eggs
- 1 cup 1% milk
- 8 oz cooked lean ham (can substitute canadian bacon, adjust points accordingly)
- 8 oz mushrooms, cooked
- any veggies of your choice – onion, peppers, etc, sauteed until softened.
- 8 oz Cabot 75% reduced fat cheese, grated
- 1 7.5 oz can biscuits (these are the SMALL buttermilk biscuits not the Grands, etc) they come 10 to a can
- salt and pepper to taste

1. Preheat oven to 350. Spray a 9×13 casserole with non stick spray
2. Cut each biscuit into 8 pieces, sprinkle on the bottom of the casserole dish. Set aside

3. In a large bowl, beat eggs with milk, salt and pepper.
 4. Sprinkle veggies, 1/2 of the cheese and ham over biscuits.
 5. Pour egg mixture over top.
 6. Top with remaining shredded cheese
 7. Bake for 30-40 minutes or until top is browned and the biscuits are cooked through.
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Sausage Gravy Breakfast Bowls

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Recipe adapted from Kim at A Girl and Her Phone. Here is the link for the original recipe. I cannot get the country gravy mix she uses, so I made my own.

<https://agirlandherphone.weebly.com/breakfast.html>

Blue – 4 points

Purple – 2 points

Green – 9 points

For bowls

- 400 grams shredded hashbrowns (about 4 1/2-5 cups, thawed)
- 8 eggs

For Zero Point Turkey Sausage

- 1/2 pound 99% fat free ground turkey
- 1/2 tsp ground sage
- 1 tsp salt
- 1/4 tsp white pepper (you can use black)
- 1/8 tsp crushed red pepper flakes
- pinch marjoram
- ****You can substitute 1 tsp poultry seasoning for sage and marjoram****
- 1/4 cup flour

For Gravy

- 1 cups 1% milk
- salt and pepper to taste

For Turkey Sausage

1. In a small bowl, combine sausage spices and mix well.
2. In a medium bowl, place turkey. Add spices in and with your hands, mix VERY well until spices are evenly distributed throughout meat.
3. Cook turkey sausage in a skillet. I use a little oil and non stick spray, breaking it apart in little crumbles as it cooks. When done, begin making gravy.

For Gravy

1. Add flour and stir into turkey sausage. Slowly add milk and cook over medium high heat until gravy is smooth and

thickened. Season with salt and pepper to taste. Set aside and keep warm

To assemble

1. Cook hashbrowns to your liking
2. Scramble eggs
3. In a bowl, place 1/4 of the cooked hashbrowns, top with 1/4 of the scrambled eggs, then 1/4 of the sausage gravy. Repeat for 4 bowls.
4. To serve, either serve as is or mix all ingredients in the bowl. Serve immediately or refrigerate and heat up as needed.

Crab Bisque

Crab Bisque

Serves 4

Blue, Purple – 5 points Green – 6 Points

I serve with a slice of crusty bread and a side salad

- 3 Tbsp light butter

- 1 small onion, very finely chopped
- 2 stalks celery, very finely chopped
- salt and pepper to taste
- 1 tsp Old Bay Seasoning
- 2 cloves garlic, minced
- 2 Tbsp tomato paste
- 3 Tbsp flour
- 3 1/2 cups fat free vegetable broth or seafood stock
- 1/2 cup white wine
- 1 bay leaf
- 1 cup fat free half and half
- 1 pound crab meat, reserve 4 Tbsp
- chopped fresh parsley for garnish

1. In a large, heavy pot over medium heat, heat butter. Add onion and celery and cook until soft, about 5 minutes. Season with salt, pepper and Old Bay, then stir in garlic and tomato paste. Cook until garlic is fragrant and tomato paste coats vegetables, about 2 minutes. Sprinkle over flour and cook until absorbed, 1 minute more.
2. Pour in vegetable broth and wine, then stir in bay leaf. Reduce heat and let simmer until liquid is reduced and flavors meld, stirring occasionally, 30 minutes.
3. Remove bay leaf and puree soup with an immersion blender on high (if you do not have an immersion blender, puree in batches in a regular blender) until very smooth. Return to medium low heat and stir in half and half and the crab, reserving 4 Tablespoons of the crab for garnish. Cook until just warmed through, about 5 minutes.
4. Divide among bowls and garnish with remaining crab and parsley.

Banana Cake with Cool Whip Pudding Frosting

Banana Cake with Cool Whip Pudding Frosting



Serves 15

Blue, Purple and Green – 4 Points

Cake

- 1 box sugar free yellow cake mix
- 1 box sugar free instant banana cream pudding (can use vanilla, but banana cream is better)
- 1 single serve unsweetened applesauce (or 1/2 cup)
- 4 eggs
- 1 tsp vanilla
- 1/2 cup water

Frosting

- 1 box sugar free instant vanilla pudding mix
- 1 cup 1% milk
- 1 8 oz tub fat free cool whip

For cake

1. Preheat oven to 350. Grease a tube pan or baking pan of choice (2- 9 inch pans or a 9×13) I have only done it in a tube and bundt pan, so I can't vouch for the outcome in others!), set aside
2. In a large mixing bowl, combine cake mix, pudding mix, applesauce and vanilla. Mix until combined.
3. Add eggs, mix
4. Add water, mix until combined and then beat on medium speed for 2 minutes
5. Pour into prepared pan and bake for 40-50 minutes or until toothpick inserted in center comes out clean.
6. Cool for 10 minutes. If using a pan other than a 9×13, remove from pan and let cool completely.

For Frosting

1. While cake is baking, prepare frosting.
2. In a mixing bowl, combine pudding mix and 1 cup of cold milk. Whisk until combined. Let sit 5 minutes.
3. Fold in 8 oz fat free cool whip.
4. Refrigerate until ready to use, when cake is completely cool.

To finish

1. Frost cake. Cut into 15 servings. Store cake in refrigerator.

Crock Pot Chicken Cordon Blue Casserole

Crock Pot Chicken Cordon Blue Casserole

Serves 6 – Blue and Purple – 6 points, Green 11 points

- 6 chicken breasts
- 12 slices deli ham
- 6 slices Sargento Ultra Thin Swiss Cheese
- 1 can Healthy Request Cream of Chicken Soup
- 1/2 cup milk
- 1 package Stove Top Stuffing
- 1/2 cup hot water

1. Mix together soup and milk. Put about 1/3 of mixture in the bottom of the crock pot
2. Slice a pocket into each chicken breast. Place 2 pieces of ham and 1 slice of cheese in each pocket.
3. Place chicken in crockpot
4. Pour the remaining soup mixture over chicken breast
5. Mix stuffing mix and 1/2 cup hot water. Spread over chicken in crock pot
6. Cook on low 4-6 hours until chicken is cooked through

Crock Pot Apples

Crock Pot Apples



Based on Hungry Girl's Scoopable Apple Pie Recipe

Makes 5 cups. All Plans, 1 cup – 0 points

- 3 pounds apples, peeled and sliced
- 2 Tbsp cornstarch
- 3/4 cup water
- 3 Tbsp zero calorie brown sugar such as Swerve or Surkin Gold
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1/4 tsp salt

1. Place apples in slow cooker.
2. In a bowl, mix together cornstarch and water. Whisk to dissolve. Add in brown sugar, cinnamon, nutmeg, salt. Whisk to combine.
3. Pour over apples in crockpot.
4. Cook on high for 2 1/2 to 3 hours
5. Serve with redi whip or ice cream

Deb's Banana Peanut Butter Oatmeal Power Balls

Deb's Banana Peanut Butter Oatmeal Power Bites



Makes 34 power balls when you use a small scoop.

Blue – 1 point for 1, 3 points for 2

Green – 1 point for 1, 3 points for 2

Purple – 1 point for 1, 2 points for 2

- 2 very ripe bananas
- 2 cups old fashioned oats
- 1/3 cup reduced fat peanut butter
- 2 Tbsp honey
- 1/2 tsp cinnamon
- 2 Tbsp mini chocolate chips

1. Combine all ingredients and mix well. Refrigerate at least 2 hours or overnight. Using a small scoop (check my Amazon store front on the home page to see the one I use), scoop out 34 balls onto a cookie sheet lined with a silpat mat or wax or parchment paper. Place in fridge

until solid. Store in airtight container in refrigerator.

Chicken and Mushrooms in White Wine Sauce

Chicken and Mushrooms in White Wine Sauce

Serves 4

- 4 boneless, skinless chicken breasts, pounded thin
- 1/2 cup flour
- 1/2 tsp salt
- 1 tsp pepper
- 1/2 tsp garlic powder
- 1 pound mushrooms, sliced
- 4 Tbsp light butter, divided
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1/2 small onion, chopped
- 1 1/2 cups low sodium chicken broth
- 1/2 cup fat free half and half
- 1 tsp dijon mustard
- 2 Tbsp cornstarch dissolved in 2 tablespoons of water

1. Pound chicken thin between 2 pieces of wax paper or plastic wrap. If too big after pounding, cut into smaller pieces
2. In a shallow bowl or pie plate, combine flour, salt, pepper and garlic powder. Set aside
3. In a large skillet, melt 2 Tbsp light butter and 1 Tbsp olive oil together until the butter is melted. Dredge chicken in flour, shake off excess. Brown the chicken in the butter until lightly browned, about 5 minutes. Turn chicken and cook on other side 3-5 minutes. Do in batches if need be. Remove to a plate and keep warm
4. Add remaining 2 Tbsp of light butter to pan and heat until melted. Add the mushrooms and onions and cook until well browned and softened and liquid is evaporated. Add the garlic and stir and cook for 30 seconds.
5. Pour the wine into the pan and scrape the bottom to deglaze. Add the chicken broth, mustard and half and half. Bring to a boil and cook for 5 minutes. Stir in the cornstarch slurry. Bring the sauce back to a light simmer and add the chicken. Heat and simmer for 5 minutes or until the sauce is thickened and the chicken heated through. Season with salt and pepper to taste.

Crock Pot Chicken Cordon Blue

Casserole

Crock Pot Chicken Cordon Blue Casserole

Serves 6 Blue and Purple – 8 points, Green 11 points

- 6 chicken breasts
- 12 slices deli ham
- 6 slices Sargento Ultra Thin Swiss Cheese
- 1 can Healthy Request Cream of Chicken Soup
- 1/2 cup milk
- 1 package Stove Top Stuffing
- 1/4 cup light butter, melted

1. Mix together soup and milk. Put about 1/3 of mixture in the bottom of the crock pot
2. Slice a pocket into each chicken breast. Place 2 pieces of ham and 1 slice of cheese in each pocket.
3. Place chicken in crockpot
4. Pour the remaining soup mixture over chicken breast
5. Sprinkle dry stuffing mix over the top. Pour melted butter over stuffing.
6. Cook on low 4-6 hours until chicken is cooked through