Chicken Pot Pie (Amish Style)

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Serves 6 – I take the finished recipe and weigh it out and then divide by 6. Yes, it is higher in points, but it is a family favorite, and I plan my day to fit it in!

Blue – 13 points

Purple – 13 points

Green – 15 points

- 4 large bone in, skin on chicken breasts
- 1 large onion (peeled and cut in half)
- 3 carrots cut into large pieces
- 3 stalks of celery (cut into large pieces)
- Kosher salt (to taste)
- Pepper (to taste)
- 3 chicken bouillon cubes
- 3 cups cake flour
- 3/4 tsp baking soda
- 3/4 tsp salt
- 4 1/2 Tbsp vegetable shortening
- 1 cup 1 % milk
- 2 Tbsp cornstarch
- 2 Tbsp warm water

1. Place the chicken, onions, celery, carrots and bouillon on a large stock pot and cover with water.
2. Bring to a boil, then reduce heat so water maintains a

gentile simmer.

3. Cook chicken for 1 hour or until cooked through.
4. While the chicken is cooking you can skip to making the noodles.
5. Once the chicken is done, remove from bone and spread into medium pieces-discard bones and skin.
6. Pour chicken broth through a fine mesh sieve (May line with cheesecloth or a coffee filter if you like, I don’t). Reserve 6-8 cups of broth. If you don’t have enough broth, add some canned chicken broth.
7. Mix flour, baking soda and salt together in a bowl. Cut shortening into flour mixture with your fingertips until it resembles small peas.
8. Add milk-a 1/4 cup at a time, you probably won’t need the whole cup-and stir until a ball of dough just begins to form, be careful not to over mix.
9. Roll out dough onto a floured surface that you don’t mind cutting on. Roll 1/4 inch thick.
10. Using a pizza cutter or sharp knife cut dough into rectangles about 1 inch wide by 3 inches long. Place strips on wax paper and allow to dry a bit, at least 30 minutes or several hours.
11. In a large pot over medium low heat, bring broth to a gentle simmer and drop in noodles.
12. Cover and let cook 8-10 minutes. Reduce heat to low and add chicken. Allow to cook until thickened, about 20-30 minutes. If you want your broth thicker, mix cornstarch and water together, bring broth to a boil and add in cornstarch mixture. Reduce heat to a simmer, let thicken. Season generously with salt and pepper.

MomMom’s Crab Cakes

MomMom's Crab Cakes

Makes 8 Crab Cakes – I will probably eat 2 crab cakes as a serving!

1 Crab Cake Blue – 2 points

1 Crab Cake Purple – 2 points

1 Crab Cake Green – 2 points

- 1 pound lumb crab meat
- 2 eggs, beaten
- 2 Tbsp minced onion
- 1 Tbsp minced green pepper
- 1 Tbsp dijon mustard
- 1/4 tsp Worcestershire sauce
- 15 saltine crackers, finely crushed into 1/2 cup crumbs
- 3 Tbsp light mayonnaise
- salt and pepper to taste
- 1/4 cup light butter

1. In a large bowl, combine eggs, onion, pepper, mustard, Worcestershire sauce, cracker crumbs, mayo and salt and pepper.
2. Gently fold in crab meat until it is all incorporated. Try not to break up the pieces of crab too much.
3. Form mixture into 8 equal size cakes

4. Melt butter in skillet and cook crab cakes over medium-low heat until golden and heated through. Serve with your favorite sauce.

BBQ Chicken Wraps

BBQ Chicken Wraps

Serves 4

Blue – 2 points

Purple – 2 points

Green – 3 points

Chicken

- 8 ounces boneless, skinless chicken (I used 4 small

breasts)
- 2 Tbsp BBQ dry rub
- 1/4 cup Sugar free BBQ sauce

Slaw

- 7 oz cole slaw mix
- 1/4 cup light mayonnaise
- 1 Tbsp light sour cream
- 2 tsp dijon mustard
- 2 tsp apple cider vinegar
- 1/2 tsp sugar
- salt and pepper to taste

Remaining Ingredients

- 4 wraps of choice – I used Ole Extreme Wellness – they are 1 point each
- lettuce/greens of choice
- additional BBQ sauce to drizzle on

Chicken

1. Rub dry rub into chicken.
2. Heat a grill pan or outdoor grill and cook chicken until done, basting with BBQ sauce as it cooks. Set aside when done.

Slaw

1. Place cole slaw mix in a medium bowl
2. In another bowl, mix mayo, sour cream, mustard, vinegar,salt and pepper and sugar until well combined.
3. Add to cole slaw mix and stir to combine. Set aside.

Assembly

1. On top of wrap, add lettuce
2. Slice chicken into strips, place on top of lettuce. Drizzle with a little BBQ sauce if desired.
3. Place 1/3 cup cole slaw on top of chicken.
4. Wrap up sandwich and serve!
5. ***If making this for meal prep, I would not make the sandwich, but keep the components separate and put together before eating.***

Disappearing Chicken Casserole

Disappearing Chicken Casserole

Serves 6

- 1 pound boneless, skinless chicken breast-cooked and shredded or cubed
- 4 oz low fat cream cheese
- 1/2 cup fat free sour cream

- 1/2 cup light mayonnaise
- 1 cup fat free greek yogurt
- 8 ounces canned chopped green chilies
- 8 oz Cabot Lite 75% Reduced Fat Cheddar Cheese
- 1/2 tsp garlic salt
- salt and pepper to taste

1. Mix together cream cheese, sour cream, mayo, yogurt, chilies, shredded cheese, salt and pepper and garlic salt until well combined.
2. Fold in chicken. Place in a 9×13 dish and bake for 30-35 minutes at 350.

Breakfast Egg Bundt

Breakfast Egg Bundt

Serves 12

Blue – 4

Purple – 4

Green – 6

- 10 slices Canadian Bacon, chopped
- 12 eggs
- 2 cups frozen shredded hashbrowns
- 8 oz Cabot Cheese 75% reduced fat, shredded
- 2 – 7.5 oz cans refrigerator biscuits (the small ones, not the Grands)
- 1 1/2 cups chopped assorted veggies of your choice

1. Spray a bundt pan with non stick spray. Preheat oven to 400
2. Beat eggs in a large bowl.
3. Add the rest of the ingredients.
4. Pour into prepared bundt pan. Bake at 400 for about 45 minutes.
5. When done, flip onto platter, cut into 12 slices and serve.

Hash Waffles

Hash Waffles

Makes 2 Waffles

Blue – 2 Waffles, 2 Points

Purple – 2 Waffles, 0 points

Green – 2 Waffles, 4 points

- 85 grams refrigerated shredded hash browns, thawed (about 1 cup)
- 1 egg
- 28 grams fat free cheddar cheese (or cheese of choice, just adjust points)
- salt and pepper and any other seasoning to taste

1. Mix hashbrowns, egg, cheese and seasonings in a bowl.
2. Heat mini waffle iron. I use this one. Spray with non stick spray
3. Add 1/2 of batter to waffle iron. Cook about 3 minutes until golden brown
4. Repeat with other half of batter
5. Serve as a “bun” for a breakfast sandwich. serve with eggs, whatever you like!
6. **If using a regular size waffle iron, use all potato mixture at once**

Breakfast Egg Rolls

Breakfast Egg Rolls

This was a tough recipe to write because you only need a small amount of the sausage gravy. When I made the sausage gravy, I make a pound. You really only need about 3-4 ounces. So, that said, I will put in the directions to make a 1/4 batch. Also, I generally made my own gravy, but for this recipe today, I used a packaged gravy – Pioneer Country Gravy mix. Here is the link to my full recipe. If you are going to use it for these egg rolls, I would remove the turkey sausage from the pan, make the sauce in the pan and then add the gravy to the sausage, reserving some for dip. Recipe: http://joanspointedplate.com/sausage-gravy/

I know this sounds confusing – it's hard to articulate a recipe when I make things up! I did link a video down below, so maybe that will help

Serves 4

Blue – 1 egg roll – 3 points, 2 egg rolls – 6 points

Purple – 1 egg roll – 3 points, 2 egg rolls – 5 points

Green – 1 egg roll – 4 points, 2 egg rolls – 8 points

***Recalculate points for any substitutions made!!**

- 4 egg roll wrappers
- 2 eggs, beaten and cooked as scrambled eggs
- 1 cup shredded, frozen hash browns, thawed and cooked
- 4 oz 99% fat free ground turkey breast
- 3/4 tsp poultry seasoning
- pinch pepper
- pinch salt
- pinch crushed red pepper

- 1 packet Pioneer or similar country gravy mix, prepared according to package directions

1. In a bowl, mix turkey with poultry seasoning, salt, pepper and crushed red pepper.
2. Cook in a pan generously sprayed with non stick spray until done. Add in 1 tablespoon of prepared country gravy and mix well.
3. On an egg roll wrapper, lay down 1 tablespoon of hashbrowns in a line, on top of that lay down 1/4 of the eggs and 1 1/2 tablespoons of sausage gravy. Wet edges of the egg roll wrapper. Bring up the sides, then the bottom and roll up. Repeat for all 4.
4. Preheat air fryer to 390. Spray the tops of the egg rolls with non stick spray. Air fry for 8 minutes. I turn over the last 2 minutes and spray that side. Let cool. ***OVEN DIRECTIONS** Bake in a 400 degree oven for 8-10 minutes, turn over and cook 5-7 longer.
5. Serve with 2 tablespoons of gravy for dipping.

Buffalo Stuffed Chicken

Buffalo Stuffed Chicken



Serves 4

Blue – 3 points

Purple – 3 points

Green – 5 points

- 4 boneless skinless chicken breasts (skinless chicken breasts)
- 8 Tbsp whipped cream cheese
- 2 oz Cabot 75% reduced fat cheese (shredded)
- 1 packet ranch seasoning
- ½ cup or to taste buffalo sauce
- 1 Tbsp fresh parsley (optional)
- Low Fat/Fat Free Ranch or blue cheese dressing (optional (points not included in recipe))

1. Preheat oven to 375
2. Spray a 9×13 baking dish with non-stick spray
3. Cut a pocket into each chicken breast careful not to cut all the way through. Set aside
4. In a bowl, combine cream cheese, shredded cheese and ranch seasoning. Mix well
5. Divide the cream cheese mixture into 4 equal servings and stuff chicken breasts.
6. Place chicken in baking dish and brush to taste with buffalo sauce.
7. Bake for 25 minutes, brushing with additional buffalo sauce every 10 minutes.
8. Sprinkle with chopped fresh parsley and drizzle with ranch or blue cheese dressing before serving, optional

Sweet Hawaiian Crock Pot Chicken

Sweet Hawaiian Crockpot Chicken

Serves 4

Blue – 1 point

Purple – 1 point

Green – 4 points

- 1 pound boneless (skinless chicken breast, cut into chunks)
- 1 20 oz can crushed pineapple (drained, juice reserved)
- ½ cup reserved pineapple
- 3 Tbsp low sodium soy sauce
- ¼ cup zero calorie brown sugar alternative (I use Surkin Gold)

1. Place chicken in a slow cooker that has been sprayed with non stick spray.
2. Mix remaining ingredient in a bowl.
3. Pour over chicken, stir to combine.
4. Cook on low for 6-8 hours.
5. I plan on serving mine over rice.

Cheesesteak Egg Rolls

Cheesesteak Egg Rolls

Adapted from Ang at SMAC Vision on YouTube

Ang's Video: https://youtu.be/TPnT80Kwl80

Serves: 8

Blue – 4 points for 1

Purple – 4 points for 1

Green – 4 points for 1

- 8 egg roll wrappers
- 1 cup chopped onions
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper
- 10 oz lean chip steak
- 2 Tbsp whipped cream cheese
- 3 oz Cabot 75% reduced fat cheese (shredded)

1. Spray a large skillet with non stick spray.
2. Add onions and saute until soft and translucent.
3. Add in chip steak. Season with garlic and onion powders,

salt and pepper.
4. Cook until meat is done.
5. Remove skillet from heat. Add in cream cheese and shredded cheese. Stir until melted.
6. Transfer to a bowl.
7. Lay an egg roll wrapper flat on a dry surface. Divide the meat mixture into 8 servings. In a row a little below the center of the wrapper, lay the meat mixture. Moisten all 4 edges of the wrapper with water. Fold the sides in toward the middle and then roll up the wrapper around the mixture. Seal with a dab of water.
8. Spray rolls with non stick spray. Place egg rolls in the air fryer and cook at 390 for 7-9 minutes or until golden brown. I turn over half way through.
9. For the oven – Spray rolls with non stick spray. Preheat oven to 400. Bake for 8-10 minutes, turn and bake for 5-7 minutes more.