

# Turkey Sausage

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Blue – 0 points

Purple – 0 points

Green – 2 points

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

1. In a small bowl, mix all spices.
2. In a larger bowl, place ground turkey. Sprinkle seasonings over turkey and mix VERY WELL with hands until all the seasonings are distributed throughout meat
3. Next, you can form patties and fry them or use as ground turkey sausage in a recipe such as sausage gravy and biscuits or in a breakfast casserole.
4. I use a small amount of oil and non stick spray when cooking the sausage to prevent it from sticking.

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# Crock Pot Creamy Chicken and Wild Rice Soup

## Crock Pot Creamy Chicken and Wild Rice Soup

recipe adapted from Dash of Herbs

Serves 8 – I will measure/weigh out the entire recipe and then divide by 8 to get accurate servings. I am estimating about 1 cup

Blue – 4 points

Purple – 2 points

Green – 4 points

- 1/2 pound boneless and skinless chicken breast
- 1/2 small bag shredded carrots chopped
- 2 Tbsp garlic minced
- 1/2 small onion chopped
- 6 cups chicken broth
- 1/2 teaspoon salt
- 1/8 tsp black pepper
- 6 ounces wild rice
- 2 Tbsp light butter
- 2 1/2 Tbsp all-purpose flour
- 1/2 cup 1% milk

- 1/2 cup fat free half and half
- 1/2 Tbsp garlic powder
- 1/2 tsp dried parsley

1. Spray your slow cooker with olive oil spray. Place the chicken breasts into the cooker and cover with salt and pepper. Add the chicken broth, wild rice, garlic, shredded carrots, onion and spices. Stir to combine and cook on high for 6 hours.
2. Once the chicken is finished cooking, take the breasts out and shred them. Add them back to the soup.
3. In a small sauce pan, melt the butter over medium heat. Add the flour to combine. Add the milk and half and half. Add this mixture to the soup and mix to combine. Serve immediately.

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## **Pork Chop, Potato and Asparagus Sheet Pan Bake**

## **Pork Chop, Potato and Asparagus Sheet Pan Bake**

Serves 4

- 1 pound baby potatoes
- 2 Tbsp olive oil, divided

- 2 oz fresh grated parmesan cheese
- 1/2 cup panko breadcrumbs
- 1 tsp garlic powder
- 1/2 tsp ground black pepper
- 1 pound boneless porkchops (4 oz each) \*\*SEE NOTE
- 1 pound asparagus spears, trimmed

1. Preheat oven to 350. Spray a sheet pan with non stick spray
2. Clean and cut potatoes into halves or quarters, depending on the size. Place on baking sheet and toss with 2 teaspoons of olive oil. Mix around so all are coated. Put the potatoes down one side of the sheet pan.
3. In a shallow pie plate, mix parmesan cheese, panko breadcrumbs, garlic powder and pepper. Stir to combine
4. Place pork chops on sheet pan. Brush the tops with 2 tsp olive oil. Spoon half of the breadcrumb mixture over the pork chops, pressing down onto the chops to form a crust. Bake for 25 minutes
5. Remove from oven and stir potatoes. Make room on tray for asparagus.
6. Add the asparagus to the tray and drizzle with remaining 2 tsp of olive oil. Make sure it is well coated (you can use a brush to spread it). Sprinkle the remaining breadcrumb mixture evenly over the potatoes and asparagus. Cook everything for 20 minutes more.

Do not use "thin sliced" pork chops – use ones that are about 1/2 inch thick. If you use thin they will be dry and tough.

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# Chai French Toast Casserole

## Chai French Toast Casserole

Serves 6

Blue – 4 points

Purple – 4 points

Green – 8 points

- 12 slices 1 point bread (647 Bread, Sara Lee 45 Calorie), cubed
- 2 cups 1% milk
- 8 eggs
- 1 1/2 Tbsp ground cardamom
- 1 Tbsp cinnamon
- 1 tsp ground cloves
- 2 tsp nutmeg
- 1/2 tsp salt
- 2 tsp vanilla extract
- 1/2 cup zero calorie sugar substitute that measures like sugar (Lakanto Monkfruit, Swerve)
- 2 Tbsp light butter

1. Spray a 9×13 baking dish with non stick spray. Sprinkle bread evenly over the bottom of the dish.
2. In a large bowl, beat eggs. Add milk, sugar substitute, vanilla, and spices. Whisk until all ingredients are

combined.

3. Pour egg mixture over the bread. Dot with butter.
4. Cover and refrigerate at least one hour. You can prepare this the night before and refrigerate all night.
5. When ready to bake, preheat oven to 375. Bake for 35-40 minutes.

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# Horseradish-Mustard Salmon

## Horseradish-Mustard Salmon

Serves 4

Blue – 1 point

Purple – 1 point

Green – 7 points

- 2 tsp olive oil
- 2 Tbsp dijon mustard
- 2 Tbsp prepared horseradish
- 2 tsp fresh squeezed lemon juice, plus 4 lemon slices for garnish (garnish optional)
- 1 tsp dried tarragon
- 1/2 tsp salt

- 1/2 tsp black pepper
  - 24 oz salmon fillets (4 – 6 oz fillets)
1. In a small bowl, stir together mustard, horseradish, lemon juice, tarragon, salt and pepper until well blended.
  2. Heat olive oil in a large skillet over medium-high heat. Add salmon, skin side up; cook 5 to 6 minutes or until golden brown on bottom. Turn salmon and cook 4 to 5 minutes or until internal temperature reaches about 145 degrees. Spread some horseradish-mustard mixture over salmon pieces during the last 3 minutes of cooking.
  3. Slide spatula between skin and salmon to remove skin. Serve salmon over rice if desired and drizzle with horseradish-mustard sauce; garnish with lemon slices if desired.

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# **Creamy Shrimp Pasta and Mushrooms**

## **Creamy Shrimp Pasta and Mushrooms**

Serves 4

Blue – 10 points

Purple – 6 Points

Green – 11 Points

- 8 oz linguine pasta \*\*see note below
- 1/2 cup pasta water
- 1 Tbsp olive oil
- 1 lb shrimp
- 3 cloves garlic, minced
- 1/4 tsp dried basil
- 1/4 tsp paprika
- 1/4 tsp salt
- 1/4 tsp red pepper flakes
- 8 oz mushrooms, thinly sliced
- 1 cup fat free half and half
- 2 oz fresh block parmesan cheese, grated
- 1/2 cup part skim mozzarella

1. Cook pasta according to package directions, reserving at least 1/2 cup pasta water
2. Heat a large skillet until hot – add olive oil and immediately add garlic and shrimp.
3. Cook on one side for about 1 minute until pink (medium high heat)
4. Flip the shrimp to the other side. Sprinkle the top of the cooked shrimp with basil, paprika, crushed red pepper flakes and salt. Cook another 1-2 minutes, stirring occasionally, until shrimp is pink on both sides.
5. Remove the shrimp from the skillet. If it is a bit under cooked, it's fine, it will continue to cook in the sauce.
6. To the same skillet, add sliced mushrooms. Add a bit



more oil if necessary.

7. Cook on medium high for about 2 minutes, occasionally stirring until mushrooms before soft and release juices. Sprinkle with a small amount of salt midway through
8. To the skillet with the mushrooms, add cooked shrimp. Immediately add half and half. Bring to a boil.
9. Add half the cheeses. Bring to a boil and immediately reduce to medium-simmer. Cook, constantly stirring, until the cheese melts
10. Gradually start adding remaining cheese while stirring. Do not add all of remaining cheese at once. Add just enough for the sauce to get creamy without getting too thick. You might not use all of the remaining cheese.
11. Remove from heat. Taste and adjust seasonings.
12. Add cooked and drained pasta from step 1 to the skillet with the shrimp and mushroom and cream sauce. Heat through on medium heat. Stir well
13. If the sauce is too thick, you can add the reserved pasta water a bit at a time until you reach the desired consistency
14. Season with more salt and add more crushed red pepper flakes and basil, if desired.

NOTE: On purple plan, use whole wheat pasta. On green or blue, use Ronzoi 150 or Barilla Protein Plus.

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# Cheesy Beef and Pasta Skillet

## Cheesy Beef and Pasta Skillet

Serves 4 – Each serving is about 1 1/2 cups

Blue – 8

Purple – 6 points (if you use whole wheat pasta)

Green – 8

- 8 oz uncooked pasta – if you are on purple, use whole wheat, green or blue use a low point pasta like Ronzoni 150 (that is what I used for the points on this for blue or green)
  - 1 Tbsp olive oil
  - 1 lb 96% lean ground beef
  - 1/2 tsp pepper
  - 3 cloves garlic, minced
  - 1 tsp crushed red chili flakes (optional)
  - 1 Tbsp Worcestershire sauce
  - 2 Tbsp tomato paste
  - 1 onion, chopped
  - 1/2 cup fresh parsley, chopped plus more for garnish (or 1 Tbsp of dried parsley)
  - salt to taste
  - 8 oz Cabot 75 cheese, grated (if using full fat cheese, you can reduce to 4 oz to save some points)
1. Cook pasta according to package directions. Reserve 1/2 cup pasta water. Drain pasta without rinsing
  2. Meanwhile in a large skillet over high heat add 1 Tbsp olive oil and brown beef and onion, breaking up with a wooden spoon, about 2 minutes. Reduce to medium heat.

Season with 1 tsp salt and 1/2 tsp black pepper. Stir in garlic, chili flakes, Worcestershire sauce, tomato paste, parsley and 1/2 cup pasta water. Simmer until meat is tender, about 8 to 10 minutes.

3. Toss in pasta and 1 cup of cheese. Top with remaining cheese and cover with lid. Garnish with additional parsley.

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# Banana Bread Oatmeal Bake

## Banana Bread Oatmeal Bake



Serves 4

Blue – 5 points

Purple – 1 point

Green – 6 points

- 2 1/4 cups old fashioned oats
- 1 tsp baking powder
- 1 Tbsp cinnamon
- 1 tsp nutmeg
- 1/4 tsp salt
- 1 cup mashed banana – 2 large or 3 medium
- 2 eggs

- 1 1/2 cups unsweetened almond milk
  - 1/4 cup sugar free maple syrup
  - 1 tsp vanilla
  - OPTIONAL – chopped nuts, chocolate chips, banana slices  
– adjust points accordingly
1. Preheat oven to 375. Spray an 8×8 inch baking dish with non stick spray. I like to line the bottom with parchment paper.
  2. In a small bowl, combine oats and spices. Stir
  3. In a large bowl, mash bananas
  4. Whisk in eggs, then almond milk, maple syrup and vanilla.
  5. Add in oat mixture and stir well until oats are totally combined. Add in any "extras"
  6. Pour into prepared baking dish. Bake for 40-45 minutes. Let cool before cutting.

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**Leftover Bombs/Thanksgiving  
Pockets/Gobbler  
Stromboli... you chose the**

# name!

## Leftover Bombs/Thanksgiving Pockets/Gobbler Stromboli...you chose the name!

Points will vary depending on the ingredients/brands/homemade components you use. The dough will be 3 points, the insides will depend on you.

- 1/4 cup self rising flour
- 1/4 cup minus 1 Tbsp fat free plain Greek Yogurt
- 2 oz turkey
- 1-1 1/2 Tbsp stuffing
- 1 Tbsp gravy
- 1-1 1/2 Tbsp mashed potatoes
- 1 Tbsp cranberry sauce
- 1 egg, beaten
- extra gravy for dipping

1. Mix together flour and yogurt to form a dough. Roll out into a 5-6 inch circle on a piece of parchment that has been sprayed with non stick spray
2. On half of the circle, layer turkey, gravy, stuffing (I warm mine a bit), mashed potatoes, cranberry sauce
3. Using parchment paper to guide you, fold dough over to form a half circle. Fold edges over and pinch to seal.
4. Brush with beaten egg.

5. Air fry at 325 for 12 minutes (turning for the last 2)  
OR bake in oven at 400 for 12-15 minutes until golden brown. Serve with gravy for dipping
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# Stuffing

## Stuffing

I have no idea on the points as I have never measured out the entire amount (and it's different every time!) I would estimate 16 points for 3/4 cup. This is NOT WW FRIENDLY, but it is my Mom's recipe and I won't change it for the world. I get it once a year, and I am happy to take the points ☐

- 2 cups diced celery
- 1 1/2 cups diced onion
- 1 package bacon (I use 12 oz center cut, diced small)
- 1 pound bulk pork sausage (in the roll)
- 2-3 loaves cheap white bread
- Chicken broth
- Poultry seasoning (Bell's brand if it is available in your area)
- Salt and pepper to taste
- 3 eggs

1. In a large skillet, sauté onion, celery, bacon and sausage until meat is cooked through and celery and

onions are tender.

2. Let cool a bit-you will need to be able to mix with your hands.
3. In a large bowl or pot, start ripping bread in small pieces-start with a 1/2 loaf. Add in some of the meat mixture-don't drain the grease, add it in. Add in an egg and some broth, salt and pepper and a generous amount of poultry seasoning. Mix well with your hands. Keeping adding more bread, more veggie/meat mixture, broth, egg and seasonings. Once you use all the meat mixture, you can adjust and use more bread, etc into it is the desired consistency. Not too dry, not too wet. I like to let it sit in fridge overnight and then stuff the turkey right before roasting. If you do not want to stuff the bird, you can bake in a casserole covered with foil until internal temperature reaches 165