Chai French Toast Casserole

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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 gloves
- 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.

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.

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 t.he shrimp to the other side. Sprinkle the top of the cooked shrimp with bqsil, paprika, crusted 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 about 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 basil 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 nd 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.

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.

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.

Leftover Bombs/Thankgiving Pockets/Gobbler Stromboli….you chose the

name!

Leftover Bombs/Thankgiving 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

Chili

Chili

Serving Size – 1 3/4 cups
Blue – 3 points
Green – 6 points
Purple – 3 points

- 1 pound 96% lean ground beef
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 can diced tomatoes (28 oz)
- 1 can tomato sauce (8oz)
- 2 tsp chili powder
- 1 tsp salt
- 1/8 tsp cayenne pepper
- 1/8 tsp paprika
- 1 can kidney beans

1. Cook and stir ground beef, onion and peppers in a large skillet until meat is brown and onion is tender. Drain fat. Stir in remaining ingredients except kidney beans. Heat to boiling, reduce heat, cover and simmer for 2 hours, stirring occasionally. Stir in beans and heat through.This can also be made in a crock pot. Cook the meat/onion/pepper in a skillet. Then add meat and all ingredients to a crock pot. Cook on low for 8 hours or 4 hours on high.

Sausage Gravy and Biscuits Casserole

Sausage Gravy and Biscuits

Casserole

Serves 4, can easily be doubled to serve 8!

Blue – 4 points

Green – 5 points

Purple – 4 points

Sausage

- 8 oz 99% fat free ground turkey
- 1/2 tsp dried sage
- 1 tsp salt
- 1/4 tsp pepper (I use white, you can use black)
- 1/8 tsp crushed red pepper
- pinch marjoram

Casserole

- 5 (half of a 7.5 oz tube) small buttermilk biscuits
- 1 Tbsp light butter
- 1/4 cup all purpose flour
- 1 cup 1% milk
- salt and pepper to taste

Sausage

1. In a small bowl, mix all seasonings together.
2. Place turkey in a bowl and pour spices on top. Mix well with hands incorporating the spices into the meat very well.
3. Cook in a hot pan sprayed with non stick spray until cooked through. Remove from pan

Casserole

1. Cut each biscuit into 8 pieces. Sprinkle half over the bottom of an 8 inch square baking pan that has been coated with non stick spray. Set aside
2. In the same skillet that you cooked the sausage in, melt butter. Add in flour and stir for about 1 minute until golden. Add milk slowly and stir/whisk constantly until all the milk is incorporated and the sauce is smooth and thick. Season with salt and pepper. Add sausage back in and stir well.
3. Let cool slightly. Add remaining biscuits to sausage gravy mixture and fold in, making sure they do not clump. Pour mixture over biscuits in casserole dish.
4. Bake covered at 350 for about 25 minutes. Remove cover and bake an additional 5 minutes.

Creamy Garlic Shrimp

Creamy Garlic Shrimp

Adapted from cafedelites.com. Serves 4

Blue – 7 points

Green – 8 points

Purple -7 points

- 2 tsp olive oil
- 1 pound shrimp (peeled, deveined and tails removed)
- salt and pepper to taste
- 2 Tbsp light butter
- 6 cloves garlic (minced)
- 1/2 cup dry white wine (can sub chicken broth, but flavor will change)
- 1 1/2 cups fat free half and half
- 1/2 cup fresh shredded parmesan cheese
- 2 Tbsp fresh chopped parsley

1. Heat oil in a large skillet over medium high heat. Season shrimp with salt and pepper and fry for 1-2 minutes on each side, until just cooed through and not pink. Transfer to a bowl; set aside
2. Melt the butter in the same skillet. Saute garlic until fragrant (about 30 seconds) Pour in wine or broth allow to reduce to half while scraping any bits off of the bottom of the pan
3. Reduce heat to low-medium heat, add the cream and bring to a gentle simmer while stirring occasionally. Season with salt and pepper to your taste
4. Add the parmesan cheese and allow sauce to gently simmer for a further minute or until the cheese melts and sauce thickens.
5. Add the shrimp back into the pan. Sprinkle with parsley. Taste test sauce and adjust seasonings, if needed.
6. Serve over rice, pasta or veggies