# Creamy Garlic Shrimp

## Creamy Garlic Shrimp

Adapted from cafedelites.com. Serves 4

Blue – 7 points

Green – 8 points

Purple -7 poi ts

- 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

---

# Blackened Salmon

## Blackened Salmon

adapted from thekitchen.com Serves 4, 6 oz filet per serving

Blue -1 point

Green – 7 points

Purple – 1 point

- 1 Tbsp +1 tsp sweet paprika
- 1 tsp garlic powder
- 1 tsp dried orgeano
- 1 tsp kosher salt
- 3/4 tsp cayenne pepper (I use 1/8 tsp – I'm a spice wimp)
- 1 Tbsp olive oil
- 1 lemon, cut into wedges

1. Mix the paprika, garlic powder, oregano, salt and cayenne pepper in a shallow bowl or pie plate to combine. Press the flesh side of each salmon filet into the seasoning to evenly coat it. Or, you can sprinkle on the seasoning and pat onto the flesh side.

2. Heat the oil in a large nonstick or cast iron skillet oven medium heat until it is shimmering. Add the fillets, skin side up, and cook until blackened, about 3 minutes. Flip the fillets and continue to cook until cooked through to your ,liking 5 to 7 minutes depending on the thickness of your fillets. If the skin is starting to burn before fillets are cooked, turn the heat down to medium low. If the fillets are extra thick (1 1/2 to 2 inches) in the middle) you may need to turn the fillets on their sides for a minute on each side to cook them through. An instant read thermometer inserted into the middle of the thickest fillet should read 120 to 130 for medium rare or 135-145 for more well done. Serve with lemon wedges.

---

# Chicken Fritters

## Chicken Fritters – adapted from Drizzle Me Skinny

Makes 6 Fritters.

Blue – 1 fritter 1 point, 2 fritters – 3 points, 3 fritters – 4 points

Green – 1 fritter 3 points, 2 fritters – 6 points, 3 fritters – 9 points

Purple – 1 fritter 1 point, 2 fritters – 3 points, 3 fritters – 4 points

- 16 oz boneless skinless chicken breast
- 1 egg
- 3 Tbsp flour
- 1 1/2 Tbsp fresh parmesan cheese (grated)
- 1/3 cup reduced fat mozzarella cheese
- 1 clove garlic (minced)
- 3 Tbsp fresh basil (chopped)
- 1 Tbsp dried chives
- 1 Tbsp parsley
- salt and pepper to taste
- 1/4 tsp chili powder
- 2 tsp olive oil
- cooking spray

1. Cut the chicken into VERY small pieces (the smaller the better). Place chicken pieces in a bowl and add in the egg, flour, paremesan, mozzarella, garlic and seasonings. Mix well
2. Heat a large frying pan over medium to low heat. Add the oil. You can also spray in some non stick spray to keep them from sticking and so you don’t have to add more oil.
3. Once the pan is hot, add in about 1/4 cup of the chicken mixture per fritter. Do not overcrowd the pan too much. Cook fritters about 10 minutes each, turning a few times. Don’t have the pan too hot or the chicken will not cook through and the outside will burn.
4. These freeze well

****You can use ground turkey/chicken breast, it just changes the consistency of the patties – makes them more “burger like” ****

---

# Chicken Fritters

## Chicken Fritters – adapted from Drizzle Me Skinny

Makes 6 Fritters.

Blue – 1 fritter 1 point, 2 fritters – 3 points, 3 fritters – 4 points

Green – 1 fritter 3 points, 2 fritters – 6 points, 3 fritters – 9 points

Purple – 1 fritter 1 point, 2 fritters – 3 points, 3 fritters – 4 points

- 16 oz boneless, skinless chicken breast
- 1 egg
- 3 Tbsp flour
- 1 1/2 Tbsp fresh parmesan cheese, grated
- 1/3 cup reduced fat mozzarella cheese
- 1 clove garlic, minced
- 3 Tbsp fresh basil, chopped

- 1 Tbsp dried chives
- 1 Tbsp parsley
- salt and pepper to taste
- 1/4 tsp chili powder
- 2 tsp olive oil
- cooking spray

1. Cut the chicken into VERY small pieces (the smaller the better). Place chicken pieces in a bowl and add in the egg, flour, paremesan, mozzarella, garlic and seasonings. Mix well

2. Heat a large frying pan over medium to low heat. Add the oil. You can also spray in some non stick spray to keep them from sticking and so you don't have to add more oil.

3. Once the pan is hot, add in about 1/4 cup of the chicken mixture per fritter. Do not overcrowd the pan too much. Cook fritters about 10 minutes each, turning a few times. Don't have the pan too hot or the chicken will not cook through and the outside will burn.

4. These freeze well

   ****You can use ground turkey/chicken breast, it just changes the consistency of the patties – makes them more "burger like" ****

---

# Carrot Casserole

## Carrot Casserole



Serves 12. Makes 12 ½ cup servings. 1/2 cup serving is 3 points on Blue, Green and Purple

- 3 lb. carrots (peeled, sliced and cooked)
- ½ cup light butter
- ¼ cup flour
- 2 Tbsp instant minced onion
- 1 tsp salt
- ½ tsp dry mustard
- 1/8 tsp pepper
- ¼ tsp celery salt
- 2 cups 1% milk
- 8 oz Cabot Lite 75 cheddar cheese
- 2 Tbsp dried breadcrumbs

1. In a medium sauce pan melt butter. Add flour and whisk for 1 minute. Add flour, onion, salt, dry mustard, pepper and celery salt. Mix well. Slowly add milk, stirring constantly. Once all milk is added, cook until smooth and thickened.
2. In a casserole, layer 1/3 of the cooked carrots, ½ of the cheese, 1/3 of the sauce, then repeat, 1/3 carrots, remaining cheese, 1/3 sauce, remaining carrots and remaining sauce. Sprinkle on breadcrumbs.
3. Bake at 350 for 25 minutes or until bubbly.

# Creamy Chicken Casserole

## Creamy Chicken Casserole

Recipe adapted from Becca Nerkowski. Serves 4, 3 FSP per serving

- 1 pound boneless, skinless chicken breasts, cooked and shredded
- 3/4 cup 1% fat cottage cheese
- 1/4 cup fat free plain Greek yogurt
- 1 tsp onion powder
- 1 tsp garlic powder
- salt and pepper to taste
- 2 tsp dried parsley
- 1 tsp dill
- 4 slices center cut bacon, cooked and crumbled
- 4 oz Cabot 75 Lite cheese, shredded

1. Preheat oven to 350.
2. Combine the cottage cheese, greek yogurt and seasonings in a blender and blend until smooth.
3. In a bowl, mix together chicken and cottage cheese sauce. Add in bacon.
4. Pour in a casserole dish. Top with shredded cheese
5. Bake at 350 for 20-25 minutes or until heated through and cheese is melted.

Main Course
Casserole
chicken

---

# Mexican Lasagna

## Mexican Lasagna

Serves 4, 8 FSP per serving.

- 1 pound 96% lean ground beef (can also use ground turkey)
- 1 package taco seasoning
- 3/4 cup water
- 1 can fat free refried beans (optional)
- 2 1/2 cups chunky salsa
- 8 ounces Cabot 75 Lite cheddar cheese, grated
- 10 Mission Extra Thin Corn Tortillas
- 1/2 cup fat free sour cream

1. Preheat oven to 375. Spray a 9×9 inch baking pan with nonstick spray
2. In a large skillet, brown ground beef. Drain.
3. Add taco seasoning and water and simmer until thick and flavors blend. about 5 minutes. Add in refried beans if you are using them. Mix until well combined

4. Place 2 whole tortillas in bottom on baking pan, then cut one in half and fit it in to cover bottom



5. Layer 1/2 of the meat mixture over the tortillas, then 1 cup of salsa over the meat, then 1/2 of the cheese. At this point, if you would like to add in black beans, corn, etc, you can. Repeat layers, tortillas again, the rest of the meat, 1 cup salsa, 1/2 the cheese, any "add ins" and end with tortillas. Top with remaining 1/2 cup salsa. Cover and bake for 25-30 minutes, uncovering the last 5 minutes.
6. Cut into 4 servings, garnish each with 2 Tbsp sour cream.

---

# Mexican Lasagna

## Mexican Lasagna

Serves 4, 8 FSP per serving. If you use 99% lean ground turkey it is 6 FSP per serving.

- 1 pound 96% lean ground beef (can also use ground turkey)
- 1 package taco seasoning
- 3/4 cup water
- 1 can fat free refried beans (optional)
- 2 1/2 cups chunky salsa
- 8 ounces Cabot 75 Lite cheddar cheese, grated

- 10 Mission Extra Thin Corn Tortillas
- 1/2 cup fat free sour cream

1. Preheat oven to 375. Spray a 9×9 inch baking pan with nonstick spray
2. In a large skillet, brown ground beef. Drain.
3. Add taco seasoning and water and simmer until thick and flavors blend. about 5 minutes. Add in refried beans if you are using them. Mix until well combined
4. Place 2 whole tortillas in bottom on baking pan, then cut one in half and fit it in to cover bottom



5. Layer 1/2 of the meat mixture over the tortillas, then 1 cup of salsa over the meat, then 1/2 of the cheese. At this point, if you would like to add in black beans, corn, etc, you can. Repeat layers, tortillas again, the rest of the meat, 1 cup salsa, 1/2 the cheese, any “add ins” and end with tortillas. Top with remaining 1/2 cup salsa. Cover and bake for 25-30 minutes, uncovering the last 5 minutes.
6. Cut into 4 servings, garnish each with 2 Tbsp sour cream.

---

# Chicken, Artichoke, Spinach

# and Cheese Bubble Up

## Chicken, Artichoke, Spinach and Cheese Bubble Up

Adapted from Drizzle Me Skinny. Serves 6, 6 FSP per serving.

- 1 7.5 oz can buttermilk biscuits (the small ones, not the big fluffy ones)
- 4 oz light cream cheese, softened
- 2 Tbsp light mayonnaise
- 1/3 cup fat free sour cream
- 2 cloves garlic, minced
- 2 Tbsp parmesan cheese, grated
- dash salt and pepper
- 3 cups fresh chopped spinach
- 6 oz can artichoke hearts, drained and chopped
- 8 oz cooked shredded chicken
- 1/2 cup reduced fat shredded mozzarella

1. Preheat oven to 375. Spray a 9×13 dish with non stick spray
2. Cut each of the 10 biscuits into 8 pieces, giving you 80 pieces of dough.
3. In a large bowl, mix together softened cream cheese, mayonnaise, sour cream, parmesan cheese, garlic and salt and pepper. Mix well
4. Chop up the artichoke hearts and spinach and stir into mixture, then stir in chicken.

5. Place half of the dough pieces into the chicken mixture and gently fold in. Then place the other half in an gently fold in again.
6. Place mixture into casserole dish and spread out evenly, making sure there are no lumps of biscuits stuck together.
7. Bake for 30 minutes, remove from oven, sprinkle mozzarella on top then return to the oven for 10 more minutes.
8. Let sit 5 minutes before cutting into 6 servings.

---

# Creamy Chicken Soup

## Creamy Chicken Soup

One of our absolute favorites! So rich and creamy. Serves 8, 5 FSP per serving. I measure/weigh the entire batch and divide by 8 to get the correct serving size. Adapted from Simply Sated

### For the Roux

- 2 Tbsp canola oil
- 2 Tbsp light butter

- 4 Tbsp all purpose flour
- 1 cup fat free reduced sodium chicken stock/broth

## For the Soup

- 1 Tbsp light butter
- 1 Tbsp canola oil
- 4-6 carrots peeled and cut into 1/8″ slices
- 2 stalks celery (diced)
- 1 medium yellow onion (diced)
- 1 clove garlic (minced)
- 3 cups fat free reduced sodium chicken stock/broth
- 1/4 cup dry or semi dry white wine
- 2 1/4 cups fat free half and half
- 1 cup 1% milk
- 2 Tbsp chicken granules
- 1/2 tsp black pepper
- 1 Tbsp dried parsley or 2 Tbsp minced fresh parsley
- 3 dried bay leaves
- 1 1/2 tsp Herbs de Provence (don’t skip this!!!!)
- 1/2 tsp paprika (optional)
- 1/4 tsp red pepper flakes (optional)
- 4-5 cups cooked chicken – cubed or shredded-rotisserie works well but do not use smoked chicken

## For the Roux

1. Heat 2 Tbsp oil and 2 Tbsp butter in a medium saucepan then sprinkle the flour on top. Whisk quickly until well combined. Cook, whisking occasionally, until the roux turns light golden brown. Slowly, while whisking, add 1 cup chicken broth to the roux and whisk vigorously until smooth. Remove the roux from the heat and set it aside while combining other ingredients.

## For the Soup

1. In a large Dutch oven, heat 1 Tbsp butter and 1 Tbsp oil

over med-high. Add the carrots and celery, saute 5 minutes; stir occasionally. Add the diced onions and cook 3 additional minutes or until the onions are translucent Add the minced garlic and cook 30 seconds- just long enough for the garlic to bloom.

2. Slowly add 1 cup of broth while scraping the bottom of the pot to deglaze the pan. Add the rest of the broth and the wine, the roux and stir well. Bring the mixture to a boil and stir often.
3. Reduce the heat to low and add all other ingredients.
4. Simmer 15 minutes then taste and adjust seasonings if necessary. This is the time to add salt and pepper, if desired. Continue to simmer the soup until it thickens about 30-45 minutes more or to desired consistency.
5. Discard bay leaves.
6. ***If soup is not thick enough for you, make a slurry with 2 Tbsp cornstarch and 3 Tbsp of water. Bring soup to a boil and add slurry, simmer until thick to your likeness.***