Breakfast Enchiladas

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Serves 8, 2 FSP per serving if made like recipe. In the future, I will not use fat free cheese, I will use reduced fat and take the extra points

Turkey Sausage

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

Enchiladas

- 8 Ole Extreme Wellness Wraps (or any 1 point wrap)
- 7 ounces FF shredded cheese **see note in description box
- 6 eggs
- 1/2 tsp salt
- 1 Tbsp flour
- 2 cups fat free half and half

Turkey Sausage

1. In a small bowl mix all ingredients except turkey.
2. Place turkey in a larger bowl, pour spices on top and

mix well with hands, incorporating the spices well into the meat.

3. Cook in a hot pan sprayed with non stick spray until cooked through

Enchiladas

1. Preheat oven to 350
2. To the cooled turkey sausage, add 1/2 of the shredded cheese. Mix well
3. Divide into 8 portions and spoon down the middle of each tortilla. Roll up and place seam side down in a 9×13 pan sprayed with nonstick spray.
4. In a large bowl, beat eggs. Add in flour and salt. Beat in half and half.
5. Pour egg mixture over enchiladas.
6. If baking right away, sprinkle remaining cheese on top and cover with foil. If not baking until the next morning, cover and refrigerate and sprinkle cheese on before baking.
7. Bake, covered for 30 minutes. Remove foil and bake another 15 minutes.

Smashed Potatoes

Smashed Potatoes



Serves 4, 1 serving is 4 oz for 4 FSP

- 1 lb small-medium redskin potatoes
- 2 tsp olive oil
- 4 cloves garlic, minced
- dried or fresh dill, to taste
- salt and pepper, to taste

1. Preheat oven to 425
2. Bring a large pot of water to a boil. Add in potatoes. Cook potatoes until just cooked, but not all the way done. About 15-20 minutes depending on the size of your potatoes. Test with a thin blade knife for doneness
3. While the potatoes are cooking mix olive oil and garlic.
4. Drain potatoes and cut each in half.
5. Place potatoes, skin side down, on a baking sheet sprayed with non stick spray
6. Using a fork (I think it works better than a potato masher), smash down the potato
7. Brush the olive oil mixture on each potato. Sprinkle with dill and season with salt and pepper.
8. Immediately place baking sheet into the hot oven.

9. Bake 20-30 minutes or until the top of the potatoes are crispy. Serve immediately.

Egg Bites (Copycat Sous Vide Starbucks Eggs)

Egg Bites (Copycat Sous Vide Starbucks Eggs)

2 Bites, 1 FSP
**Check your ingredient brands, it could change the points!
**These are so versitile – you can vary the cheese (not the cottage, that's neccessary!), the veggies, the meat to make them just how you like them! Spinach and feta is delicious!

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- 6 eggs
- 2 oz Cabot 75% reduced fat cheddar cheese (grated)
- 3/4 cup 1% cottage cheese
- 3/4 cup FF Greek yogurt
- 1/2 tsp salt
- 3 slices Canadian bacon (chopped)
- 1/4 cup sauteed mushrooms (chopped)

1. Add eggs, cheese, cottage cheese, yogurt and salt to a blender. Blend for 30 seconds.
2. Grease 2 silicone egg bite molds Egg Bite Molds on Amazon
3. Sprinkle Canadian bacon, veggies, etc. in the bottom of each cup.
4. Fill each cup 3/4 full with egg mixture.
5. Cover the molds with lids or aluminum foil.
6. Add 2 cups water to the Instant Pot and place molds on the trivet. Slightly off set the molds on top of each other. Place the trivet in the pot.
7. Cook on high pressure using the steam function for 8 minutes. Let the pressure naturally release. Remove the molds and let cool. Remove egg bites from molds and let them cool completely.
8. Store in an airtight container in the fridge for 1 week or freeze. Microwave for 30-60 seconds to heat up.

OVEN DIRECTIONS!!!!

1. Follow the recipe using 2 muffin tins. Use 7 wells on each one to put your egg mixture in. Fill the other cups with water. Preheat oven to 375. Place a pan of water on the lower rack and place the muffin tins on the middle rack to help generate steam. Bake for 20 minutes.

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.***

Chicken, Broccoli and Rice Crepes

Chicken, Broccoli and Rice Crepes



A family favorite in our house! Make 10 crepes, serving size 2 crepes, 6 FSP

Crepes

- 2/3 cup flour
- 3/4 cup 1% milk
- 2 Tbsp light butter, melted
- 1/4 tsp salt

Filling

- 2 cups chicken, cooked and cubed small
- 2 jars Heinz fat free chicken gravy
- 1 1/2 cups cooked rice
- 2 Tbsp finely chopped onioin
- 1 1/2li, cups cooked broccoli, chopped

Crepes

1. Mix all ingredients together. Let batter sit for 30 minutes. Prepare filling while waiting for batter to sit
2. To make crepes, with burner on medium heat, pour about 1/4 cup into a small (8 inch) pan that has been sprayed with cooking spray.

3. Move the batter around to cover the bottom. When the bottom is golden brown, and the edges begin to curl, flip over. Cook until golden on that side. Remove from pan and keep moist by covering with a damp paper towel. Repeat for 10 crepes. **You will need to turn the burner down as you cook more, they cook very fast in a hot pan**

Filling

1. While crepe batter is resting, make the filling.
2. Mix together chicken, rice, broccoli, onion and 1 cup of gravy.
3. In a 9×13 baking dish that has been sprayed with non stick spray, pour in the rest of the 1st jar of gravy and spread around the bottom of the pan.

Assembly

1. Take one crepe and spread 1/10 of the filling down the center. Fold ends over, sealing the flaps with some gray. Lay in the pan.
2. Repeat with remaining crepes and filling. When all the crepes are done, pour the second jar of gravy over the top of crepes. Bake at 350 for 30 minutes

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Stromboli

Stromboli

Serves 2, 8 FSP per serving

- 2/3 cup self rising flour
- 1/2 cup FF, plain, Greek yogurt
- 1 tsp garlic powder
- 1/2 cup part skim mozzarella, shredded
- 6 Tbsp pizza/red sauce**
- 14 slices turkey pepperoni

1. Mix flour, yogurt and garlic powder together in a bowl until well combined. Knead dough for about 20 seconds.
2. Divide dough into 2 equal portions
3. On a piece of parchment paper sprayed with non stick spray, roll out dough into a 6 inch circle.
4. Sprinkle 1/4 cup of cheese on the top half of each dough circle.
5. Top cheese with about 2-3 Tbsp of red sauce.
6. Add 7 pieces of pepperoni to each stromboli.
7. Using the parchment paper as a guide, bring the dough up and over to cover the filling. Fold over edge of dough and pinch to seal. If it is sticky, dip your fingers in a bit of flour.

8. Brush dough with a beaten egg.
9. Air fry at 325 for about 10 minutes, turning over the last 2-3 minutes. Or bake in a pre heated 400 degree oven for about 12 minutes.
10. Serve with marinara for dipping

Watch me make the stromboli here: https://youtu.be/A2iJwKpPYJ4

***I use the zero point marinara sauce from the Skinnyish Dish. Here is the link:

https://theskinnyishdish.com/crockpot-marinara/

Taco Chicken

Taco Chicken

0 FSP – Can be used for tacos, in a salad, over rice….endless possibilities!

- 4 boneless, skinless chicken breasts
- 1 package taco seasoning
- 1/2 cup taco sauce

For Instant Pot

1. Place 2 cups water in Instant Pot

2. Place chicken on the trivet rack.
3. Sprinkle with taco seasoning. Pour on taco sauce
4. Cook on high pressure for 12 minutes. Natural release. Drain almost all excess liquid (leave about 1/4 cup). Shred chicken.

Crockpot

1. Place chicken breasts and 1/2 cup water in crock pot.
2. Sprinkle on taco seasoning and pour on sauce.
3. Cook on low for 6-8 hours or high for 4. Shred chicken

Chocolate Peanut Butter Sheetpan Pancakes

Chocolate Peanut Butter Sheetpan Pancakes

Serves 8, 5 FSP per serving. Recipe adapted from Kim at A Girl and Her Phone on YouTube

- 2 cups Kodiak Chocolate Pancake Mix
- 1 cup Kodiak or Peanut Butter Pancake Mix

- 3 tsp baking powder, divided
- 2 1/2 cups unsweetened almond milk, divided
- 1 tsp vanilla
- 3 eggs, divided

1. Preheat oven to 400
2. Spray a 15×10 inch pan with non stick spray. Set aside
3. In a mixing bowl, combine chocolate pancake mix, 2 eggs, 1 1/2 cups of almond milk and 2 tsp of baking powder. Mix until well combined. Set aside
4. In another mixing bowl, combine peanut butter pancake mix, 1 egg, 1 cup almond milk, 1 tsp vanilla and 1 tsp baking powder.
5. Pour the chocolate batter into the prepared pan.
6. Pour the peanut butter batter over chocolate batter.
7. Swirl with a knife to lightly combine, reaching all edges so you get chocolate and peanut butter in each bite.
8. Bake at 400 for 20 minutes or until done.
9. Let cool and cut into 8 pieces.

Zippy Chicken

Zippy Chicken

Serves 4, 4 FSP per serving

- 4 boneless, skinless chicken breasts
- 7 Tbsp light mayonnaise
- 5 Tbsp horseradish
- 1 cup panko breadcrumbs
- non stick cooking spray

1. Preheat oven to 425. Spray a 9×13 pan with non stick spray
2. Mix mayonnaise and horseradish until blended.
3. Put breadcrumbs on a plate or shallow pie pan
4. Spread 3 tablespoons of mayo mixture all over each chicken breast.
5. Coat each piece of chicken with 1/4 cup of bread crumbs
6. Place chicken in prepared pan. Spray the top of the chicken wit cooking spray until crumbs are coated.
7. Bake at 425 about 20-25 minutes, depending on the thickness of the breasts. Chicken is done when cooked through and reaches an internal temperature of 165.

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- 1 clove garlic, minced
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- 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)
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