

# Stuffed Chicken Breasts (cheese, spinach & sundried tomatoes)

## Stuffed Chicken Breasts

Recipe from Louise Lane on YouTube, with a few adaptations

Serves 4, 2 FSP per serving

- 4 boneless, skinless chicken breasts
  - 8 wedges Laughing Cow Lite Garlic and Herb cheese
  - 2 cups fresh spinach chopped
  - 1/2 cup sundried tomatoes (not packed in oil), chopped
  - choice of spices to sprinkle on chicken
1. Cut a pocket in each chicken breast. Do not cut all the way through!
  2. In a bowl, mix cheese, spinach and tomatoes.
  3. Divide cheese into 4 portions. Stuff breasts with cheese mixture. Secure with a toothpick
  4. Sprinkle with spices of your choice. Bake at 350 for 25-35 minutes for until chicken is done.

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# Salmon with Peas & Pasta

## Salmon with Peas & Pasta

Serves 4, 9 FSP per serving

- 1 lb salmon
- 2 cup 1% milk
- 8 oz pasta
- 6 Tbsp shredded parmesan cheese
- 2 cup cooked green peas
- 1 large lemon – will need zest and juice (3 Tbsp juice)
- 1 Tbsp cornstarch

1. Preheat oven to 425. When preheated, bake salmon with a little salt, pepper, zest from 1/2 a lemon for 20 minutes.
2. Cook pasta to your liking.
3. While pasta and salmon are cooking, heat the milk (minus about 2 Tbsp). Add the peas and the salt and pepper to taste and heat everything through.
4. Mix the cornstarch and reserved milk to make a slurry and stir into the sauce until thickened. Add the parmesan cheese and stir. Finally, add the lemon zest from the other half of the lemon and juice and incorporate fully.
5. Add the cooked pasta. Mix everything well. Take the time

to give it a taste, and adjust the salt and pepper, and more lemon if desired.

6. Plate the pasta, add cooked salmon on top.

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# Eggs Benedict

## Eggs Benedict



Serves 2 , 6 FSP per serving

- 2 English Muffins (3 point ones)
- 4 eggs
- 4 slices Canadian Bacon
- 1 egg yolk
- 2 Tbsp light butter (melted)
- 2 tsp fresh lemon juice

1. Toast English muffins.
2. Poach 4 eggs (great tutorials on YouTube!)
3. Heat Canadian Bacon
4. Make Hollandaise sauce by putting 1 egg yolk in a blender, blend. Slowly, in a steady stream, add the

melted butter. Add the lemon juice. Let process for about 30 seconds.

5. Place muffin on a plate, top with bacon, then egg, then Hollandaise sauce.
6. This recipe is tough to time – trying to get it all done and plated at the same time while everything is still hot! It helps to have a second set of hands.

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# Personal Pizza

## Personal Pizza

Final points are determined by what ingredients you use!

This post contains affiliate links

- 1/4 cup self rising flour
- scant 1/4 cup FF Greek yogurt
- 1/4 cup or less depending on tastes, prepared pizza sauce
- 28 grams mozzarella cheese – the cheese you choose will determine the points
- toppings of your choice – add points if necessary

1. Preheat oven to 400.

2. In a bowl, mix flour and yogurt. Knead a few times
3. Roll out on a baking sheet sprayed with non stick spray. I use this roller <https://amzn.to/2IB6txF>
4. Bake for 8 minutes
5. Top with pizza sauce, cheese and toppings of your choice. Bake an additoinal 12 minutes.

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## Mary Lou's Muffin in a Mug

### Mary Lou's Muffin in a Mug

Inspired by my WW Coach Mary Lou, tweaked to perfection by Denise at Dish With Dee on YouTube

1 serving, 2 FSP

- 1/4 cup quick cook oats
- 1/4 cup unsweetened applesauce
- 1 Tbsp unsweetened plain or vanilla almond milk
- 1 egg
- 1/2 tsp cinnamon
- 1 tsp baking powder
- dash salt
- 2 tsp 0 calorie brown sugar substitute such as Swerve or Lakanto Golden

- 13 Lily's chocolate chips or 1/4 cup berries or both!  
Optional!

1. Spray a mug with non stick spray
2. Mix all ingredients in mug.
3. Microwave on high for about 3 minutes. Let sit 2 minutes.

VARIATION: In place of oats, spices and sweetener, you can use 1 packet of WW oatmeal. The points would then adjust to 3 FSP for the muffin.

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# Cream of Broccoli Cheddar Soup

## Cream of Broccoli Cheddar Soup



Comforting and delicious and perfect for a cold night!

6 Servings – 7 points per serving as written.

You can reduce the points by using 2 cups of fat free half and half instead of half and half and milk and reduced fat cheese (if using reduced fat cheese, increase to 6-8 ounces)

- 1 pound broccoli (chopped)
- 2 tsp olive oil
- 1 clove garlic (minced)
- 1/2 cup onion (diced fine)
- 4 cups chicken broth
- 2 cups fat free half and half
- 1 cup shredded carrots
- 4 oz cheddar (grated)
- 2 Tbsp cornstarch
- 2 Tbsp warm water

1. In a stock pot, saute onions and broccoli in olive oil, about 5 minutes Add g.arlic, saute for 30 seconds.
2. Add chicken broth, half and half, milk and carrots. Bring to a boil and reduce to a simmer. Simmer for 30 minutes or until broccoli and carrots are soft. When veggies are cooked to your liking, combine cornstarch and water in a bowl.
3. Bring soup back to a boil and add cornstarch mixture. Stir until thickened. You can blend with an immersion blender if you wish.
4. Season with salt and pepper and/or a dash of hot sauce if you like. Add cheese and stir until melted.

Soup

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## Maryland Crab Soup

# Maryland Crab Soup

Soooooo delicious and tastes like it came from a restaurant!  
Adapted from [www.hungryhappyhome.com](http://www.hungryhappyhome.com)

Serves 8, 1 FSP per serving

- 3 cups beef broth
- 2 cups water
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Old Bay seasoning (or more if you prefer)
- 1 cup carrots (sliced)
- 1 cup celery (diced)
- 1 cup potato (cut into small cubes)
- 1 cup frozen sweet corn
- 1 cup frozen peas
- 15 oz can diced tomatoes
- 1/2 medium onion (diced)
- 3 oz tomato paste
- freshly ground black pepper (to taste)
- 1 lb cooked crab meat (I use claw meat for soup)

1. Combine beef broth, water, Worcestershire sauce, Old Bay, carrots, potatoes, corn, celery, peas, tomatoes, onions, tomato paste and black pepper in a 4 quart pot.
2. Bring to a boil over medium high heat.
3. Reduce heat to low
4. Cover and simmer for 5 minutes.
5. Add the crabmeat, replace the lid and simmer for 2 hours.



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# Banana Muffins

## Banana Muffins



\*\*Same recipe as my banana bread, just in muffin form

Makes 12 muffins, 2 muffins 1 FSP

- 4 ripe bananas
- 1 cup quick cook oats
- 4 eggs
- 1 tsp cinnamon
- 1 tsp nutmeg
- 2 tsp vanilla
- 2 tsp baking powder
- sweetener of choice – I use 3 packets of Sweet N Low
- 72 Lily's brand chocolate chips, optional
- 6 tsp pepitas, optional

1. Preheat oven to 350
2. In a large mixing bowl, beat bananas with an electric mixer for about 30 seconds.
3. Add oats, eggs, cinnamon, nutmeg, vanilla and baking powder. Beat well for about 1-2 minutes.
4. Spray a 12 cup muffin pan generously with non stick spray. Divide batter evenly between the 12 cups.

5. Top each with 6 Lily's chips and 1/2 tsp pepitas –  
OPTIONAL
  6. Bake for 20-25 minutes. Let cool for 10 minutes. Using a thin blade knife, Loosen muffins from pan. Remove to a wire rack to complete cooling.
  7. If not consuming within 2 days, store in refrigerator for up to 4 days, beyond 4 days, store in freezer. I like to heat mine in the microwave for 10 seconds after taking them out of the fridge!
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## **Caprese Stuffed Portobella Mushrooms**

### **Caprese Stuffed Portobello Mushrooms**

Adapted from [eatingwell.com](http://eatingwell.com)

4 servings, 5 FSP per serving

- 2 Tbsp olive oil, divided
- 1 med. clove garlic, minced
- 1/2 tsp salt, divided
- 1/2 tsp black pepper, divided

- 4 portobello mushrooms, about 14 oz, stems and gills removed
- 1 cup grape or cherry tomatoes, halved
- 4 oz fresh mozzarella cheese
- 1/2 cup thinly sliced fresh basil
- 2 tsp balsamic glaze (I use store bought)

1. Preheat oven to 400

2. Combine 1 Tbsp olive oil, garlic, 1/4 tsp salt, 1/4 tsp pepper in a small bowl. Using a brush, coat mushrooms all over with oil mixture. Place on a large rimmed baking sheet and bake until the mushrooms are mostly soft, about 10 minutes.

3. Meanwhile, stir tomatoes, mozzarella, basil and the remaining 1/4 tsp salt and pepper and 1 Tbsp olive oil together in a medium bowl. Once the mushrooms have softened, remove from the oven and fill with the tomato mixture. bake until the cheese is fully melted and the tomatoes have wilted, about 12 to 15 minutes more. Drizzle each mushroom with 1/2 tsp balsamic glaze and serve.

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## **Creamy Chicken and Mushrooms**

# Creamy Chicken and Mushrooms

Adapted from [eatingwell.com](http://eatingwell.com)

Serves 4, 3 FSP per serving (not including noodles)

- 4 5oz chicken cutlets (or chicken breasts pounded thin)
  - 4 cups sliced mushrooms – whatever kind you want to mix up!
  - 5 oz dry white wine
  - 1/2 cup fat free half and half
  - 2 Tbsp chopped fresh parsley for garnish
  - 3 1/2 tsp olive oil, divided
  - salt and pepper to taste
1. Sprinkle chicken with salt and pepper. Heat 2 tsp olive oil in a large skillet over medium heat. Cook the chicken, turning once until browned and just cooked through, 7-10 minutes total. Transfer to a plate.
  2. Add 1 1/2 tsp oil and mushrooms to the pan; cook, stirring occasionally, until the liquid has evaporated and mushrooms are browned. Increase heat to high. Add wine and cook until it has mostly evaporated, about 4 minutes.
  3. Reduce heat to medium. Stir in half and half and any accumulated juices from the plate the chicken is on, stir in salt and pepper to taste. Return chicken to pan and turn to coat with the sauce.
  4. Serve the chicken over egg noodles (optional) with sauce and sprinkled with parsley.