Corn Muffins

Corn Muffins

Serves 12, 2 FSP for 1 muffin, 4 FSP for 2 muffins, 7 FSP for 3 muffins

- 1 can creamed corn
- 1 cup corn meal
- 2 tsp baking powder (omit if using self rising corn meal)
- 3/4 tsp salt (omit if using self rising corn meal)
- 2 eggs

1. Preheat oven to 400
2. Spray a 12 cup regular size muffin pan with non stick spray.
3. Mix all ingredients together.
4. Fill muffin tins 2/3 full
5. Bake for 15 minutes.
6. **if you get less than 12 muffins, you will need to adjust the points**

Mummy Dogs (Dough wrapped hot dogs)

Mummy Dogs (Dough wrapped hot dogs)

Serves 8, 3 FSP per serving when using the ingredients listed

- 1 cup self rising flour **see note below
- 3/4 cup non fat Greek yogurt
- 8 hot dogs (I use 96% fat free Hebrew National or DIetz and Watson Gourmet light- they are both 1 FSP)

1. In a bowl, combine flour and yogurt. Mix well and then knead about 20 seconds.
2. Divide dough into 8 equal portions (I weight mine)
3. Roll out dough pieces into ropes and then flatten slightly
4. Wrap dough around the hotdog, mummy style. You can cover the whole hot dog, or leave some showing.
5. Place in a preheated 360 air fryer for about 10-12 minutes, checking on them and removing when golden brown. Or, bake in oven at 400 degrees for 15-18 minutes or until golden brown. Serve with mustard and ketchup to dip

Copycat KFC Bowls

Copycat KFC Bowls

Serves 4, 8 FSP per serving

Mashed Potatoes

- 1 1/2 pounds potatoes, peeled and cubed (weigh after peeling)
- 1 Tbsp light butter
- 1/4 cup 1% milk
- salt and pepper to taste

Chicken

- 1- 1 1/2 pounds boneless, skinless chicken breasts, cut into bite sized pieces
- 1 envelope Shake and Bake of choice (I use extra crispy)

Other ingredients needed

- 1 12 oz bag frozen corn
- 1 12 oz jar chicken gravy

Mashed Potatoes

1. Wash, peel and cube potatoes
2. Put in pot, cover with water
3. Bring to a boil and reduce heat and let cook until

tender – 10-15 minutes

4. Drain. Add butter and mix with an electric mixer.
5. Add salt, pepper and milk. Mix until creamy
6. Weigh or measure the entire amount and divide into 4 servings

Chicken

1. Place cut chicken, a bit at a time into bag with Shake and Bake.
2. Shake bag to coat. Repeat until all chicken is coated
3. Preheat air fryer or oven to 400. Air fry chicken at 400 for 8-11 minutes or until done. If making in oven, bake for 15 minutes or until done.

Other

1. Heat corn and gravy

Assembly

1. Place mashed potatoes on bottom on bowl
2. Top with corn
3. Add chicken
4. Top with 1/4 cup of chicken gravy
5. Serve immediately

Shrimp Mozzarella Pasta

Shrimp Mozzarella Pasta

Adapted from Julias Album. Serves 4, 9 FSP per serving

You can reduce the points if you use fat free mozzarella. CHECK POINTS ON YOUR PASTA! The pasta I use is 4 FSP per serving.

Pasta

- 8 oz Ronzoni 150 penne pasta

Shrimp

- 1 Tbsp olive oil (you can omit this and use spray to save 1 point per serving!)
- 1 pound shrimp (peeled and deveined)
- 3 cloves garlic, minced
- 1/4 tsp salt

Sauce

- 4 oz sundried tomatoes (dry or packed in water)
- 4 cloves garlic, minced
- 1 cup fat free half and half
- 1 cup shredded, part skim mozzarella cheese (can use fat free to reduce points)
- 1 Tbsp dried basil (if using fresh, add 3 Tbsp)
- 1/4 tsp red pepper flakes

- 1/8 tsp paprika
- 1/2 cup reserved cooked pasta water (or more)
- 1/4 tsp salt

Pasta

1. Cook pasta according to package directions. Reserve some cooked pasta water. Drain the pasta

Shrimp

1. Heat 1 Tbsp olive oil (or use cooking spray) in a large skillet on medium high heat
2. Add the shrimp with the minced garlic. Cook the shrimp on one side for about 1 minute, until the shrimp turn pink on that side. While it cooks, sprinkle salt on shrimp.
3. Do not crowd the shrimp in the skillet – otherwise there will be too much moisture and the shrimp will not sear.
4. After 1 minute, flip the shrimp over to the other side and cook 30 seconds to 1 minute. The shrimp should be golden or pink on both sides and not overcooked.
5. Remove the shrimp to a plate, being careful to leave all the oil in the skillet

Sauce

1. To the same skillet, add the sun-dried tomatoes and more minced garlic
2. Saute the tomatoes in the remaining oil on medium heat, stirring for 1 minute until the garlic is fragrant. The skillet should be hot.
3. Add half and half to the hot skillet with the sundried

tomatoes and bring to a boil.

4. Add the shredded cheese to the skillet and quickly stir in while boiling. Immediately reduce to simmer
5. Continue cooking the sauce on low simmer, constantly stirring, until all the cheese melts and the creamy sauce forms
6. If the sauce is too thick, add a small amount of the reserved pasta water.
7. Add basil, crushed red pepper flakes, paprika. Stir
8. Add 1/4 tsp of salt gradually, stirring on low heat and testing – you may need less salt.

Assembly

1. Add cooked pasta to sauce and reheat gently on medium.
2. Add the cooked shrimp, stir
3. Taste and adjust seasonings, if needed
4. If the sauce is too thick, add reserved pasta water.
5. Let simmer for a few minutes to heat through and for flavors to combine.

Pumpkin Bread with Pumpkin

Buttercream Frosting

Pumpkin Bread with Pumpkin Buttercream Frosting

Serves 12, 2 FSP per serving. Thank you Christine Smith for asking me to lighten up this recipe!

Bread

- 1 3/4 cups all purpose flour
- 1 1/2 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground nutmeg
- 1/2 tsp ground allspice
- 2 large eggs
- 3/4 cup 0 calorie brown sugar substitute, packed (Swerve, Lakanto Golden, Sukrin Gold)
- 1/3 cup 0 calorie granulated sugar substitute (Swerve, Lakanto)
- 1/2 cup unsweetened applesauce
- 1 1/4 cups pure pumpkin puree

Frosting

- 2 Tbsp light butter
- 1 Tbsp pure pumpkin puree
- 1/4 tsp ground cinnamon
- 1/4 tsp vanilla

- 1 1/2 cups 0 calorie powdered sugar substitute (Swerve confectioners sugar)
- 2 tsp unsweetened almond milk or 1% milk
- 2 Tbsp chopped nuts of your choice (walnuts, pecans)

Bread

1. Position your oven rack in the middle of the oven and preheat oven to 325. Spray a 9×5 loaf pan with non stick spray. Set aside.

2. In a medium bowl, combine flour, cinnamon, baking powder, baking soda, salt, nutmeg and allspice and whisk until thoroughly combined. Set aside.

3. In another bowl or the bowl of an electric mixer, beat eggs on medium high for two minutes or until lightened in color. Add the brown sugar and beat for 2 minutes and then the granulated sugar and beat for 1 minute more. Scrape down sides as needed.

4. Drizzle in applesauce with beater on medium low. Reduce speed to low and add the pumpkin puree. Mix until thoroughly combined. Add the dry ingredients in two additions and blend for 10-15 seconds just until incorporated.

5. Spoon the batter into your prepared loaf pan and bake for 60-65 minutes or until a toothpick inserted in the center comes out clean. Cool loaf in pan for 15 minutes. Remove to wire rack and cool COMPLETELY.

Frosting

1. With an electric mixer, cream the butter, pumpkin puree, cinnamon and vanilla, blending well and scraping the sides as needed.

2. Add the powdered sugar, 1/2 cup at a time, blending well after each addition. Scraping the sides as needed. Add milk 1 tsp at a time and blend well. NOTE: this makes a very thick frosting. If you like it thinner, add a bit more milk.
3. Sprinkle nuts on top. Slice into 12 slices approx 3/4 of an inch thick.

Apple Oatmeal Muffins

Apple Oatmeal Muffins

adapted from Denise at Dish with Dee on YouTube.

1 muffin – 1 FSP, 2 muffins – 2 FSP, 3 muffins – 2 FSP, 4 muffins – 3 FSP

- 1 cup quick cook oats
- 4 Tbsp 0 calorie brown sugar substitute ** (see note at the bottom)
- 1 Tbsp baking powder
- 1 Tbsp cinnamon
- 2 tsp nutmeg
- 4 eggs
- 2/3 cup unsweetened applesauce
- 1 Tbsp vanilla extract

- 1 cup apple, chopped

1. Preheat oven to 350
2. Combine all ingredients and mix well with an electric mixer for 1 minute.
3. Spray a regular size muffin pan with non stick spray. I do not recommend using paper liners – the muffins will stick to the liner.
4. Evenly distribute the batter between 12 muffin cups
5. Bake at 350 for 12-15 minutes or until a toothpick inserted in the center comes out clean. Do not over bake!

*** Splenda brown sugar blend and Truvia brown sugar blend have points depending on the quantity you use, so if you use those, use the recipe builder and check your final points. Lankano Golden, Swerve Brown Sugar and Surken Gold are zero point brown sugars. You can find those in my Amazon store at this link: https://www.amazon.com/shop/joanspointedplate

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Roasted Butternut Squash with Horseradish Butter

Roasted Butternut Squash with Horseradish Butter

The original recipe uses “real” butter, I use light to cut the points. 2 FSP per serving, serves 8 (about 1 1/2 Tbsp of butter)

- 4 pounds butternut squash, halved lengthwise, peeled seeded, and cut into 1 1/2 to 2 inch pieces
- 2 Tbsp extra virgin olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 cloves garlic, minced
- 2 Tbsp prepared horseradish
- 1/2 cup light butter

1. Preheat oven to 400. In a large roasting pan, toss squash with oil, salt and pepper. Roast, uncovered, about 45 minutes, until squash is tender, stirring twice
2. Meanwhile, in a small saucepan, cook garlic and horseradish in hot butter over medium heat for 1 minute, whisking constantly. Season with salt and pepper to taste. Transfer horseradish butter to a small serving dish; cover and keep warm. Whisk again before serving. serve squash on a platter with horseradish butter on side.

Stuffed Pepper Soup

Stuffed Pepper Soup

Serves 6, 3 FSP per serving

- 1 pound 96% lean ground beef
- 1 small onion, diced fine
- 3 cloves garlic, minced
- 2 green peppers, diced
- 28 oz crushed tomatoes
- 28 oz water
- 2 Tbsp beef bouillon granules
- 2 tsp salt
- 1 tsp pepper
- 1 1/2 cup rice, cooked

1. In a large Dutch oven, cook beef and onions over medium heat until no longer pink, drain
2. Stir in the remaining ingredients, except rice; bring to a boil
3. Reduce heat; cover and simmer for 15 minutes or until peppers are tender.
4. Stir in rice and simmer for 5 minutes more.

Bacon Cheeseburger Bubble Up

Bacon Cheeseburger Bubble Up

Adapted from Skinnytaste.com. If you cut it into 8 servings, it is 5 points per serving. If you cut it into 6 servings, it is 7 points per serving.

- 1 7.5 oz buttermilk biscuits
- 1 lb 96% lean ground beef, cooked
- 7 slices center cut bacon (the brand I use is 4 points for 7 slices, calculate yours!), cooked and crumbled
- 4 oz Cabot 75 Cheese, shredded, divided
- 1/4 cup sugar free ketchup
- 1/4 cup mustard
- 2 Tbsp bread crumbs
- 1/2 cup diced onions
- 1 cup dill pickles, chopped optional

1. Preheat oven to 350. Spray a 9×13 baking dish with non stick spray
2. Cut up each biscuit into 8 pieces and sprinkle them in the bottom of the baking dish.
3. In a bow, mix cooked ground beef, ketchup, mustard, onion, bread crumbs and 2/3 of the bacon and 3 oz of the cheese.
4. Spoon meat mixture over biscuits. Bake for 20 minutes.

Top with remaining cheese and bacon and return to oven for an additional 10 minutes.

5. Serve sprinkled with chopped dill pickle if desired

Chicken, Broccoli, Rice Crepes

Chicken, Broccoli, Rice Crepes

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

Crepes

- 2/3 cup flour
- 3/4 cup 1% milk
- 3 eggs
- 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 onion
- 1-1 1/2 cups cooked, chopped broccoli

Filling

1. While crepe batter is resting, make 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, spread around the bottom of the pan

Crepes

1. Mix all ingredients togther. Let batter sit for 30 minutes
2. 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. Make the rest of the crepes

Assembly

1. Take one crepe and spread 1/10 of the filling down the center. Fold ends over, sealing the flaps with some gravy. Lay in 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.