Thai Coconut Curry Chicken

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Recipe given to me by a subscriber Beth Powell who saw it on Weight Watcher Girl. Makes 8 1 cup servings, 4 FSP per serving

- 1 1/2 pounds chicken breast, cooked and cubed
- 1 can light Thai Kitchen coconut milk
- 2 Tbsp Thai Kitchen Green Curry Paste
- 1 Tbsp honey
- salt and pepper
- 3 Tbsp dried basil
- 1 bag frozen, steamable sweet potatoes
- lemon juice
- 1 cup chopped onion
- chopped ginger
- 1 bag spinach
- olive oil spray

1. Spray pan well and cook onions until translucent. Add ginger and garlic and cook 1-2 minutes.
2. Shake unopened can of coconut milk very well, then add to onion mixture
3. Add 2 Tbsp green curry paste and 1 Tbsp honey.
4. Add chicken and sweet potatoes and let simmer 10 minutes.
5. Remove from heat, add spinach and the rest of the seasonings.

6. Serve over rice.

Pizza Sloppy Joes

Pizza Sloppy Joes

Recipe adapted from Kim at A Girl and Her Phone on YouTube

Serves 8, 3 FSP per serving PLUS the points for the bun of your choosing. Also if you choose to use jar pizza sauce , add the points in.

- 1 lb 96% lean ground beef
- 1 small onion, chopped
- 1 small can mushrooms (pieces and stems)
- 4 oz turkey pepperoni, chopped
- 14 oz can crushed tomatoes
- 1 tsp dried basil
- 1/4 tsp sugar
- 1/4 tsp onion powder
- 1 tsp oregano
- 1/2 tsp paprika
- 1 tsp garlic salt
- 1/4 tsp pepper
- 8 oz Cabot 75 cheese, shredded
- 8 sandwich rolls of your choice (like Hoagie rolls, unsliced preferably)

1. Cook ground beef and onion together until done, drain.
2. While ground beef is cooking, mix tomatoes and all the spices together.
3. Add sauce, mushrooms and pepperoni to meat mixture. Let simmer for 10 minutes.
4. Cut off the top 1/3 of the rolls and hollow out bottoms. Sprinkle 1/2 oz. of cheese in the bottom of each roll. Top with meat mixture. Sprinkle with an additional 1/2 oz of cheese.
5. Replace tops of rolls. Wrap each sandwich individually in foil and bake on a baking pan for 15 minutes at 375.

Pizza Sloppy Joes

Penne a la Betsy

Penne a la Betsy

adapted from The Pioneer Woman

Serves 6, 8 FSP per serving

- 12 oz Barilla Protein Plus penne pasta
- 2 pounds shrimp, raw, peeled, deveined. I used medium or large
- 1 Tbsp light butter
- 1 Tbsp olive oil
- 1 cup diced onion
- 2 cloves garlic, minced
- 3/4 cup white wine
- 8 oz can tomato sauce
- 1 cup fat free 1/2 and 1/2
- salt and pepper to taste
- 12 whole fresh basil leaves, chiffonade (rolled and cut into ribbons)

1. Heat butter and olive oil in a large skillet over medium-medium high heat. Add the shrimp and cook for a couple of minutes, stirring, until just opaque. Remove them from the pan with a slotted spoon. When cool enough to handle, cut in half or however big you want them. Set aside. Cook pasta according to package directions.

2. To the same skillet, add the onion and garlic and saute, stirring occasionally for 3 minutes. Pour in the wine and let reduce for a few minutes, stirring occasionally. (Can substitute chicken broth for the wine, but the flavor will change)

3. Add the tomato sauce and stir until well combined. Cook for 3 minutes, then stir in 1/2 and 1/2. Add salt and pepper to taste. Add the shrimp, then turn down the heat and let simmer for a few minutes. Stir in the pasta then add basil on top.

4. ****I mix a 1/2 Tbsp of corn starch with a little water/broth/wine to make a slurry and add it after the

1/2 and 1/2 to make the sauce thicken a bit (add after bringing mixture to a gentle boil, it will thicken quickly)****

Chicken Pie

Chicken Pie

Serves 6, 6 FSP per serving ***You can use the refrigerated roll out pie crusts instead of the 2ID, but that will make the points 12 FSP per serving.

- 1 1/2 cups self rising flour
- 1 cup Fat free Greek yogurt (1/2)
- 1/3 cup light butter
- 1/3 cup chopped onion
- 1/3 cup all purpose flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 14 oz. chicken broth
- 1/2 cup 1% milk
- 2 1/2 cups cooked chicken, cubed
- 2 cups frozen mixed veggies, thawed

1. Heat oven to 400.
2. In a bowl, mix self rising flour and greek yogurt to

form a dough. Knead a few times. On a piece of wax paper or parchment paper sprayed with non stick spray, roll out 1/2 the dough to fit in the bottom of a 9 inch pie plate. Spray the pie plate with non stick spray. Carefully, using the parchment paper as a guide lay the dough in the pan and fit to sides.

3. In a 2 quart saucepan, melt butter over medium heat. Add onion and cook 2 minutes, stirring frequently, until tender. Stir in flour, salt and pepper until well blended. Gradually stir in broth and milk, cooking and stirring until bubbly and thickened.

4. Stir in chicken and mixed veggies. Remove from heat. Spoon into crust lined pie plate. Carefully top with second crust, seal edges and flute. Cut several slits in the crust to allow steam to escape.

5. Bake 15-20 minutes or until crust is golden brown. **Times will vary!!** If crust gets too brown on the edges, cover them with foil. Let stand 5-10 minutes before serving.

Buffalo Chicken Egg Rolls

Buffalo Chicken Egg Rolls

Serves 8

2 Points – Blue and Purple

3 Points – Green

- 2 cups cooked, shredded chicken breast
- 1/3 cup fat free Greek yogurt
- 1/3 cup wing sauce
- 2 oz light cream cheese
- 8 egg roll wrappers

1. Mix chicken, yogurt, wing sauce and cream cheese in a bowl.
2. Divide evenly among 8 egg roll wrappers.
3. Wet edges of wrappers and roll up, tucking in ends
4. Spray with olive oil spray
5. Air fry for 8 minutes at 390 or bake in the oven at 400 for 8-10 minutes, turn and cook 5-7 minutes more.
6. Serve with blue cheese or ranch dressing (count the points!)

Egg Rolls

Egg Rolls

Serves 8, 2 FSP per eggroll

- 1 tsp olive oil
- 1 bag shredded cole slaw mix with carrots
- 1/4 tsp ginger (in a tube, fresh grated, powdered)
- 1 clove minced garlic
- 3 Tbsp low sodium soy sauce
- 10 oz cooked shrimp (or chicken), cut into small pieces (if using chicken, finely diced)
- 1/4 tsp sesame oil

1. Heat olive oil in a skillet. Add cole slaw mix, ginger, garlic and soy sauce and cook until tender crisp. I go about 15 minutes.
2. Add cole slaw mix, ginger, garlic and soy sauce and cook until tender crisp. I go about 15 minutes.
3. Add shrimp and heat through. Finish with a 1/4 tsp of sesame oil and stir well.
4. Divide evenly onto 8 eggroll wrappers and wet edges of wrapper and roll up, tucking in ends. Spray with olive oil spray
5. Air fry at 390 for 8 minuets or bake in oven at 400 for 8-10 minutes, turn and cook 5-7 minutes longer

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Pumpkin French Toast in a Mug

Pumpkin French Toast in a Mug

Serves 1, 2 FSP per serving

- 2 slices 1 point per slice bread
- 2 eggs
- 2 Tbsp almond milk
- 1 tsp pumpkin pie spice
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1 tsp vanilla
- 3 Tbsp pure pumpkin puree
- 1 packet sweetener of your choice, optional

1. Spray a large microwave safe mug with non stick spray.
2. In the mug, beat eggs. Add milk, spices, pumpkin and sweetener. Mix well. Tear bread in to pieces, Fold into egg mixture.
3. Microwave on high 2 minutes. Let sit for 1 minute.
4. Top as desired (syrup, redi whip, etc) and add points accordingly

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Chicken Bundles

Chicken Bundles

Serves 6, 5 FSP per serving

- 1 cup self rising flour
- 3/4 cup non fat greek yogurt
- 16 oz cooked and shredded chicken breast
- 4 oz light cream cheese
- 1/2 cup Cabot 75 cheese
- 2 Tbsp fat free half and half
- salt and pepper to taste
- 1 egg, beaten

1. Mix flour and yogurt until a soft dough forms, Knead a few times. Divide into 6 equal pieces. Set aside
2. Mix remaining ingredients (EXCEPT egg).
3. Roll out each dough ball on a piece of parchment sprayed with non stick spray
4. Equally divide filling between each portion of dough.
5. Bring up edges and seal to make a bundle.
6. Brush with beaten egg
7. Bake on a greased cookie sheet at 350 for 20-25 minutes.
8. See a video here: https://youtu.be/bL6i08IXUQg

Chai Overnight Oats

Chai Overnight Oats

Serves 2, 4 FSP per serving

- 1 cup old fashioned rolled oats
- 1 tsp cardamom
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground cloves
- 1 Tbsp brown sugar alternative (or more to taste)
- 2/3 cup almond milk

1. Mix the oats, spices and brown sugar in a medium bowl and stir to combine. Add the almond milk and stir until incorporated. Cover.
2. Refrigerate overnight