

# No Mayo Potato Salad with Herbs

## No Mayo Herbed Potato Salad

Adapted from [foodiecrush.com](http://foodiecrush.com), Serves 8, 6 FSP per serving

- 1 Tbsp kosher salt
  - 3 lbs small red potatoes
  - 5 Tbsp white wine vinegar, divided
  - 1/4 cup extra virgin olive oil
  - 2 tsp dijon mustard
  - 1 tsp kosher salt
  - 1/2 tsp black pepper
  - 1/2 small red onion, chopped
  - 2 Tbsp each minced fresh dill, fresh basil, and Italian flat leaf parsley
1. Put the potatoes in a medium saucepan and cover with cold water. Bring to a boil over high heat by about 2 inches. Bring to a boil over high heat, add 1 Tbsp of kosher salt and cook the potatoes until tender, about 15-20 minutes or until fork tender. Drain well. As soon as the potatoes are cool enough to handle, cut them in half and place them in a large mixing bowl. While the potatoes are still hot, sprinkle them with 3 Tbsp of the vinegar and let cool to absorb the vinegar
  2. In a small bowl, whisk the olive oil, remaining 2 Tbsp of vinegar, Dijon mustard, 1 tsp. kosher salt and pepper.

3. Drizzle the dressing over the potato mixture and gently toss. Add the onion and minced herbs and toss again. Season with more salt and pepper to taste. Serve warm, at room temperature or chilled. Keeps in refrigerator for 3-4 days.

This potato salad gets ever better the second or third day after it's made. To freshen it up as the days go by, add more fresh herbs if you desire

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# Cannoli Stuffed French Toast

## Cannoli Stuffed French Toast

Adapted from Denise at Dish with Dee

1 serving, 3 FSP

- 2 eggs
- 1/4 cup almond milk
- 1 tsp vanilla extract, divided
- 2 slices 647 bread (or the equivalent)
- 1/4 cup fat free ricotta cheese
- 1/4 tsp cinnamon
- sugar substitute of choice
- 13 Lily's Chocolate Chips
- powdered sugar for dusting

1. Mix eggs, milk and 1/2 tsp vanilla

2. Dip bread in egg mixture and make French toast
  3. Mix ricotta cheese, 1/2 tsp vanilla, sweetener of choice and 1/4 tsp cinnamon
  4. Place 1 piece of French toast on a plate, spread with 1/2 of the ricotta mixture and sprinkle with 1/2 of the chips. Place other piece on top and top with the other half of the filling and rest of chocolate chips. Dust with powdered sugar.
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## **Bubble Up Chicken Pot Pie**

## **Bubble Up Chicken Bubble Up**

Serves 6, 7 FSP each serving

- 2 cups chicken, shredded and cooked
- 1 can Healthy Request Cream of Chicken Soup
- 1 cup plain, non fat Greek yogurt
- 1 cup Cabot 75% reduced fat cheddar cheese
- 1 1/2 cup mixed frozen vegetables
- 1 tsp garlic powder
- 1/2 tsp seasoned salt
- 2 7 oz cans refrigerated biscuits

1. Preheat oven to 375.

2. In a medium mixing bowl, combine the chicken, cream of chicken soup, yogurt, cheddar cheese, veggies, garlic powder and salt.
  3. Cut each biscuit into 6 pieces. Toss pieces into chicken mixture.
  4. Spray a 9×13 baking pan with cooking spray and spread chicken biscuit mixture evenly.
  5. Place pan in preheated oven and bake for about 35-45 minutes or until cooked through.
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## BBQ Chicken Pizza

## BBQ Chicken Pizza



Cut into 16 squares, 2 points per square

- 1 cup self rising flour
- 1 scant cup FF Greek yogurt
- 2 cups chicken, cooked and shredded
- 1 cup sugar free BBQ sauce
- red onion, sliced thin
- 1 cup green pepper, chopped
- 1 cup reduced fat Mexican shredded cheese blend

1. Mix yogurt and flour to form a dough. Knead a few times. Roll out onto a 15×11 cookie sheet sprayed with non stick spray. Bake at 400 for 8 minutes.
2. Mix chicken, bbq sauce, green pepper.
3. Place onion rings over par baked pizza crust. Sprinkle onions with 1/4 cup of cheese.
4. Top evenly with chicken mixture. Sprinkle with remaining cheese.
5. Bake at 400 for 12-14 minutes.

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# Chicken Salad

## Chicken Salad

Serves 1, 2 FSP per serving

- 4 oz chicken breasts, cooked and chopped or shredded
- 2 Tbsp chopped celery
- 1/2 cup red grapes, quartered
- 2 Tbsp fat free sour cream
- 1-2 Tbsp FF Greek yogurt
- 1-2 tsp Nance's Sharp and Creamy Mustard \*\*see note below

1. Mix and let flavors meld in fridge for at least an hour. Serve over mixed greens, on cracker or in a wrap (just adjust your points!

\*\*\*Nance's Sharp and Creamy mustard can be found at Walmart. If you cannot find it, a good substitution for this recipe is Woeber's Reserve Champagne Dill Mustard\*\*\*

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## Cake Batter Pancakes

## Cake Batter Pancakes or Waffles



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Filling and delicious!

Serves 1

Blue – 3 points

Purple – 3 points

Green – 5 points

- 1/3 cup Kodiak Buttermilk Power Cakes mix or Birch

Benders Protein Pancake mix

- 1 egg
- 1/2 tsp baking powder
- 1/4 cup unsweetened almond milk
- 1 tsp cake batter extract
- 1/2 Tbsp rainbow jimmies

1. In a bowl, mix all ingredients.
2. For Pancakes: Pour out batter to make 4 pancakes, on a pan or griddle sprayed with non stick spray, heated over medium heat. Cook until done on both sides. Top as desired.
3. For Waffles – heat a waffle iron (I use a mini dash-you can find it in my Amazon store :<https://www.amazon.com/shop/joanspointedplate>) and cook according to waffle iron directions. I get 3 or 4 waffles from the Mini Dash!

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## **Pretzel Coated Chicken with Mustard Cheddar Sauce**

**Air Fryer (or oven) Pretzel Coated**

# Chicken with Mustard Cheddar Sauce

adapted from pufffood.com

Serves 4, 8 FSP per serving

- 4 thin, boneless, skinless chicken breasts, slightly pounded
- 1 Tbsp spicy brown mustard
- 8 oz Cabot 75% reduced fat cheddar cheese, grated
- 5 oz salted pretzels
- 1 Tbsp flour
- 1 cup skim milk
- pepper to taste
- 1 Tbsp light butter
- 2 eggs
- fresh parsley, for garnish (optional)

1. Put the pretzels in a food processor and process until you have fine crumbs. Put the crumbs in a shallow dish and season with pepper. In another shallow dish, beat the eggs.
2. Dip chicken into the pretzels. l mixture, then into the eggs, then back into pretzels. Repeat with each piece of chicken. Spray each piece with olive oil spray
3. Preheat air fryer (see below for oven directions) to 400. Cook chicken for 10-12 minutes, until cooked through.
4. Meanwhile, make the sauce. In a saucepan, melt the butter. Whisk in the flour and cook for 1 minute. Whisk in the milk and the mustard and cook until slightly thickened. Stir in the cheese. Season with pepper if desired.



5. Serve the chicken with the sauce and a sprinkling of fresh parsley

## **OVEN DIRECTIONS**

1. Preheat oven to 375, bake for 20 minutes or until chicken is cooked through
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# **Asian Salmon**

## **Asian Salmon**

adapted from [mildlymeandering.com](http://mildlymeandering.com)

Serves 4, 1 FSP per serving

### **Salmon and Marinade**

- 2 pounds fresh salmon
- 3 Tbsp reduced sodium soy sauce
- 4 tsp minced garlic
- 2 tsp minced ginger

### **Asian Sauce (Optional)**

- 2 Tbsp hoisin sauce
- 2 Tbsp reduced sodium soy sauce
- 1/2 tsp sriracha

- 1/2 tsp sesame seeds
1. Pat salmon dry and place in a bowl with soy sauce, garlic and ginger. Refrigerate and let marinade for at least 15 minutes.
  2. Place the salmon on a foil lined baking sheet. Place in a cold oven. Turn oven on to 400 degrees and let cook for 20 minutes. Check to make sure salmon is done by flaking with a fork. If not done, let cook 3 minutes more – do NOT overcook!
  3. While salmon is cooking, mix together sauce ingredients if you chose to use the sauce.
  4. Serve salmon over rice and drizzle it with a little sauce. Serve immediately..
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## Lasagna

## Lasagna

Good, old fashioned, traditional lasagna! My Mom's recipe ☐

Serves 9, 9 FSP per serving

- 12 lasagna noodles
- 1 lb 96% lean ground beef

- 15 oz fat free ricotta cheese
- 8 oz part skim mozzarella
- 1/2 cup grated parmesan cheese
- 1 egg
- 2 tsp dried basil
- 2 tsp dried parsley
- salt and pepper to taste
- 3 cups spaghetti sauce \*\*I use homemade, if you use jar sauce, adjust points accordingly\*\*

1. Cook and drain noodles (unless you are using oven ready!)
  2. Brown ground beef, drain.
  3. Mix cheeses, egg and spices in a bowl.
  4. In a 9X9 baking dish, put some sauce in the bottom of the dish to cover.
  5. Lay on 4 noodles, overlapping. Put 1/2 meat on noodles. Spread 1/2 the cheese on top of meat. Top with 4 more noodles. Top with a generous layer of sauce, remaining meat, cheese and noodles and top with sauce.
  6. Bake at 350, covered with foil for 30-40 minutes, remove foil and bake another 10 minutes. Let sit 10 minutes, cut into 9 squares.
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# Kodiak Pancake Muffins

## Kodiak Pancake Muffins

Makes 10 muffins, 2 FSP per muffin

- 2 cups Kodiak Buttermilk Power Cake Mix
- 1 3/4 cups water
- 1 tsp vanilla extract
- 1 cup blueberries (or berries of your choice)

1. Mix pancake mix and water.
2. Divide between 10 regular size muffin cups that have been sprayed with non stick spray.
3. Top with berries of choice and push down a bit into batter.
4. Bake at 350 for 15 minutes. Serve with syrup of choice