

# Mashed Potatoes

## Mashed Potatoes

Serves 4-6, 3-5 FSP depending on number of servings. Weight or measure entire amount and divide by 4-6 to get serving size

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

1. Wash, peel, cube potatoes
  2. Put in pot, cover with water
  3. Bring to a boil, reduce heat and cook until tender
  4. Drain. Add butter, and mix with an electric mixer.
  5. Add salt, pepper and milk, mix until creamy.
  6. Weigh or measure entire amount and divide by 4 or 6 to get proper serving size.
-

# Cheddar Garlic Biscuits

## Cheddar Garlic Biscuits

Serves 8, 2 FSP each

- 1 cup self rising flour \*\*
- 1/2 tsp baking powder
- 3/4 cup fat free Greek yogurt
- 1 tsp garlic powder
- 1 tsp dried parsley flakes
- 1/2 cup fat free cheddar cheese
- 1 Tbsp light butter, melted

1. Preheat oven to 400 degrees.
2. In a medium mixing bowl, stir together flour, baking powder, yogurt, garlic powder, parsley, cheddar cheese.
3. When well combined, knead for about 1 minute
4. Drop by equal spoonfulls on a baking sheet lined with parchment paper or a slipat mat, making 8 biscuits. Smooth the tops.
5. Bake for about 12 minutes until golden brown. Ovens vary...
6. Brush tops with melted butter.

---

# Creamy Swiss Chicken

## Creamy Swiss Chicken

Adapted from Lil Luna

Serves 4, 6 FSP per serving

- 4 boneless, skinless chicken breasts
- 4 slices Sargento Ultra Thin Swiss Cheese
- 1/4 cup light mayo
- 1/4 cup fat free Greek yogurt
- 1/2 cup fat free sour cream
- 3/4 cup grated parmesan cheese, divided
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp garlic powder

1. Preheat oven to 375
2. Pat chicken dry and place in a greased 9×13 baking dish
3. Add sliced cheese on top of chicken
4. In a bowl, mix mayo, yogurt, sour cream, 1/2 cup parmesan cheese, salt, pepper, and garlic powder. Spread this over chicken and sprinkle with remaining parmesan cheese.
5. Bake for 1 hour. Delicious served over rice.

---

# Banana Bread Pancake Muffins

## Banana Bread Pancake Muffins

Makes 9 muffins, 1 point for 1, 2 points for 2, 4 points for 3

- 2 very ripe bananas, mashed
- 1/2 cup Birch Benders Protein Pancake Mix
- 2 eggs
- 1/4 cup almond milk
- 2 Tbsp non fat plain Greek yogurt
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 oz chopped walnuts

1. Preheat oven to 350
2. In a large mixing bowl, mash bananas with an electric mixer. Add in the rest of the ingredients and mix well.
3. Spray a standard size muffin pan with non stick spray. Divide batter evenly between muffin cups.
4. Bake for about 16 minutes or until a toothpick inserted in the center comes out clean.

5. Cool on wire rack. Refrigerate leftovers.

---

# 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.
- 

# 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.

---

# 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.
- 

## 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.

---

## 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.

---

# **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