Big Mac Sloppy Joes

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Serves 6, 5 FSP per serving Adapted from thisisnotdietfood.com

- 1 lb 96% lean ground beef
- 1/4 cup reduced fat mayo
- 3/4 cup Kraft Fat Free Thousand Island Dressing
- 1 tsp salt
- 1 tsp pepper
- 1/2 cup dill pickles, chopped
- 1 cup onions, diced
- 4 oz Cabot 75 cheddar cheese, shredded
- 1 cup Iceburg lettuce, shredded

1. Cook ground beef in a large frying pan over medium-high heat. Crumble the beef well as it cooks. Drain the grease from the pan and reduce heat to medium.
2. Add the mayo, Thousand Island Dressing, salt and pepper to the pan. Stir well until all the ground beef is coated.
3. Add the diced pickles and diced onions to the pan
4. Stir well and reduce heat to low.
5. Toast your buns if you would like
6. Add the shredded cheddar to the ground beef pan and stir just until the cheese is combined with the meat.
7. Serve on buns with shredded lettuce

Lemon Garlic Butter Chicken and Green Bean Skillet

Lemon Butter Chicken and Green Bean Skillet

Serves 4

- 1 1/4 pounds boneless skinless chicken breasts, cut into pieces
- 1 1/2 pounds green beans, trimmed
- 3 Tbsp Light butter, divided
- 4 cloves garlic, minced
- 1 tsp paprika
- 1 tsp onion powder
- salt and pepper to taste
- 1 lemon, juiced
- 1/2 cup chicken broth or stock
- 1 Tbsp or to taste, hot sauce such as Sriracha
- pinch red pepper flakes, optional
- 1/2 cup chopped fresh parsley

1. In a small bowl, combine onion powder, paprika, salt and pepper. Season chicken pieces generously with the spice mixture. Set aside
2. Arrange green beans in a microwave safe dish with 1/2

cup water. Cook in the microwave for 8-10 minutes, until almost done but still crisp.

3. Melt 2 Tbsp butter in a large skillet over medium-low heat. Lay the seasoned chicken in one layer in the skillet. Cook for 5-6 minutes then flip and cook another 5, until cooked through and a internal temperature is 165. If the chicken browns too quickly, lower the heat. Adjust timing depending on the thickness. Transfer chicken to a plate and set aside

4. In the same skillet, lower the heat and melt the remaining tablespoon of butter. Add chopped parsley, garlic, hot sauce, red crushed pepper flakes, and pre-cooked green beans and cook 4 to 5 minutes, stirring regularly, until cooked to your liking. Add lemon juice and chicken stock and reduce the sauce for a few minutes , until slightly thickened.

5. Add cooked chicken thighs back to the pan and reheat quickly. Adjust seasoning with pepper and serve immediately, garnished with more crushed red pepper, fresh parsley and a slice of lemon if you like.

Peanut Butter Sheetpan Pancakes

Peanut Butter Sheetpan Pancakes

Based on my other sheetpan pancakes, but got the Peanut Butter Idea from Kim at A Girl and Her Phone on YouTube. Serves 6 at 7 FSP per serving or Servves 8 at 5 FSP per serving

- 3 cups Kodiak or Birch Benders Peanut Butter Pancake Mix
- 2 1/2 cups Unsweetened Almond Milk
- 2 tsp baking powder
- 2 tsp vanilla extract
- 60 Lily's Chocolate Chips

1. Preheat oven to 350. Spray a 15X10 inch cookie sheet with sides (jelly roll pan) with non stick spray.
2. Mix all ingredients except chocolate chips pour into pan. Sprinkle chips on top and push down into the batter.
3. Bake 20 minutes. Serve warm (or reheated if using for meal prep) with syrup and a squirt of Redi Whip!

Lemon Garlic Salmon

Lemon Garlic Salmon

Serves 4, 1 FSP per serving

- 24 oz salmon filet (or whatever size you want to use to feed 4)
- 2 lemons, sliced
- 2 Tbsp light butter, melted
- 2 garlic cloves, minced
- 2 Tbsp chopped fresh parsley
- salt and pepper to taste

1. Preheat oven to 400.
2. Line a baking sheet with a double layer of foil, with overhang.
3. Arrange lemon slices on the baking sheet and place the salmon on top. Drizzle the melted butter over the salmon and sprinkle with the garlic. Season with salt and pepper to taste.
4. Fold the foil over the salmon to create an airtight pouch. Bake the salmon until it is cooked through, about 10-15 minutes.
5. Serve immediately topped with the parsley or store in the refrigerator for up to 3 days.

Hummingbird Cake Overnight Oats

Hummingbird Cake Overnight Oats

Adapted from Cupcakes and Kale Chips

Serves 2, 6 FSP per serving

- 1 small overripe banana, mashed
- 1 cup unsweetened almond milk
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- 3/4 cup old fashioned rolled oats
- 1 Tbsp chia seeds
- 1/2 cup chopped pineapple, fresh or canned
- sweetener of choice

1. In a bowl, stir together the mashed banana (I'm allergic to raw bananas, so I'm leaving this out of mine!), almond milk, cinnamon and vanilla.
2. Add the oats, chia seeds, pineapple and pecans and stir together until evenly distributed. Sweeten to taste, if desired
3. Divide into two containers, cover and store in the refrigerator overnight
4. Before serving, stir in additional milk to achieve desired consistency. Garnish with additional pineapple if desired.

Pumpkin Pancakes

Pumpkin Pancakes

Serves 1, 4 FSP per serving

- 1/3 cup Kodiak Pumpkin Flax Flapjack Mix
- 1 egg
- 1 tsp baking powder
- 3 Tbsp unsweetened almond milk
- 1-2 Tbsp pure pumpkin puree
- 1 tsp pumpkin pie spice

1. In a medium mixing bowl, mix all ingredients together until well combined.
2. Spray a frying pan or griddle with non stick spray.
3. Cook pancakes until golden.

Chicken and Potatoes in Creamy Garlic Parmesan Sauce

Chicken and Potatoes in Creamy Garlic Parmesan Sauce

Serves 6, 5 FSP per serving

Adapted from Damn Delicious.com

- 6 boneless, skinless chicken breasts
- 1 Tbsp Italian seasoning
- salt and pepper, to taste
- 5 Tbsp light butter, divided
- 3 cups baby spinach, roughly chopped
- 1 lb baby potatoes, halved and par boiled for about 7 minutes
- 2 Tbsp chopped fresh parsley, optional
- 4 cloves garlic, minced
- 2 Tbsp flour
- 1 cup fat free chicken broth, more as needed
- 1 tsp dried thyme
- 1/2 tsp dried basil
- 1/2 cup fat free half and half
- 1/2 cup freshly grated Parmesan

1. Preheat oven to 400. Spray a 9X13 baking dish with non stick spray.

2. Season chicken with Italian seasoning and salt and pepper to taste.

3. Melt 1 Tbsp butter in a large skillet over medium high heat. Add chicken and sear both sides until golden brown – about 2-3 minutes per side. Remove from pan

4. In the same pan, melt 1 more tablespoon of butter. Stir in spinach and cook, stirring occasionally, until it

begins to wilt, about 2 minutes. Set aside

5. To make the garlic parmesan sauce, melt remaining 3 Tbsp butter in the skillet over medium heat. Add garlic an cook stirring frequently, until fragrant, about 1 minute. Whisk in flour until lightly browned, about 1 minute.
6. Gradually whisk in chicken broth, thyme and basil. Cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in half and half and parmesan until slightly thickened, about 1-2 minutes. If the mixture is too thick, add more chicken broth as needed, season with salt and pepper to taste.
7. Place chicken in a single layer into the prepared baking dish. Top with potatoes, spinach and cream sauce. Cover with foil.
8. Place into oven and roast until completely cook through, reaching an internal temperature of 165 degrees, about 25-30 minutes. Check potatoes with a thin blade knife for doneness.
9. Serve immediately, garnished with parsley if desired

Breakfast Lasagna

Breakfast Lasagna

Soooo delicious! Makes 4 servings at 5 FSP per serving

- 5 cups shredded hash browns, thawed
- 1/2 tsp olive oil
- salt and pepper or prefered seasoning, to taste (I like Trader Joe's Onion Salt)
- 12 eggs, beaten
- 6 oz Cabot 75 cheddar cheese, shredded
- 9 slices Canadian bacon, diced

1. Preheat oven to 350
2. Spray an 8X8 baking dish with non stick spray
3. In a large skillet, heat olive oil. Add hash browns and cook until golden brown and crispy, about 12-14 minutes. Set aside
4. In the same skillet, cook eggs until JUST SET. Season generously with salt and pepper. Do not cook all the way, just until they are no longer liquidy
5. In the baking dish, layer 1/3 of the hash browns, 1/3 of the eggs, 1/3 of the Canadian bacon and 1/3 of the cheese. Repeat layers 2 more times.
6. Bake for 12 minutes. Cut into 4 servings and serve immediately

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.