

Perfect Salmon

Perfect Salmon

Adapted from The Pioneer Woman

1. To cook perfect salmon, lay salmon on a foil lined baking sheet. Brush with olive oil and season with salt and pepper.
2. Place pan in a cold oven. Turn oven on to 400 degrees and let cook 20-23 minutes.
3. Perfect salmon every time!

Bruschetta Chicken Pasta

Bruschetta Chicken Pasta

Serves 4, 8 FSP per serving

- 8 ounces Barilla Protein Plus Penne
- 1 lb boneless, skinless chicken breasts (cut into cubes)

- salt and pepper (to taste)
- 1 Tbsp olive oil
- 6 Roma tomatoes
- 10 fresh basil leaves (cut into thin strips)
- 4 cloves garlic (minced)
- 1/2 cup tomato sauce
- Balsamic Glaze (I buy commercially prepared)

1. Cook pasta according to package directions.
2. Season chicken with salt and pepper to taste
3. Spray a nonstick skillet with no stick cooking spray; add cubed chicken and cook for 8 minutes or until chicken is done. Set aside
4. Dice tomatoes and reserve the juice from the tomatoes in a small bowl
5. Combine tomatoes, tomato juices, basil and 1 tablespoon olive oil, salt, pepper and half the minced garlic; set aside.
6. Spray a heavy bottom saucepan with non stick cooking spray. Over medium-low heat, add remaining garlic and saute for about 20 seconds or until soft and tender – DO NOT BURN the garlic
7. Add remaining garlic and saute for about 20 seconds or until soft and tender. Do not burn the garlic
8. Increase heat to medium high and stir in previously prepped tomato salad. Add tomato sauce to the pan and bring to a boil.
9. Add pasta to the pan and toss around until coated. Transfer pasta to a large bowl. Stir in chicken. When plated, drizzle with balsamic glaze. Top with parmesan if desired.

Egg Rolls

Egg Rolls

Makes 8, 1 egg roll is 2 FSP

- 1 tsp olive oil
- 1 bag shredded cole slaw mix with carrots
- 1/4 tsp ginger – in a tube, fresh grated or powdered
- 1 clove minced garlic
- 2 Tbsp low sodium soy sauce
- 10 oz cooked shrimp or chicken (cut into small pieces)
- 1/4 tsp sesame oil
- 8 egg roll wrappers

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 shrimp or chicken and heat through.
3. Drizzle 1/4 tsp of sesame oil over slaw mix and mix well.
4. Divide into 8 portions. Place 1 portion on an egg roll wrapper and fold ends in, then roll.
5. Air fry at 390 for 8 minutes, turning half way through (can spray with olive oil spray)

6. Or, bake in 400 degree oven for 8-10 minutes, turn and cook 5-7 minutes longer.

Zucchini Casserole

Zucchini Casserole

Serves 6, 1 FSP per serving

- 2 Tbsp light butter
- 1 medium onion (sliced)
- 4 cups zucchini (peeled and cubed)
- 2 large tomatoes (cut into pieces)
- salt and pepper to taste
- 3 oz Cabot 75% reduced fat cheddar

1. In a large skillet, melt butter. Add veggies. season with salt and pepper.
2. Mix well. Cover and cook over medium heat for 30 minutes, stirring frequently.
3. Drain any excess liquid out of the pan.
4. Sprinkle cheese on top, cover and let cheese melt.

Garden Bake

Garden Bake

Cut into 4 servings, 6 FSP per serving, – Cut into 6 servings, 4 FSP per serving

- 1 cup chopped zucchini
- 1 cup chopped tomato
- 1/4 cup chopped onion
- 1/4 cup parmesan cheese (grated)
- 1/4 cup reduced fat cheddar cheese (shredded)
- 3 eggs
- 3/4 cup Bisquick
- 1 1/2 cups 1% milk

1. Preheat oven to 400
2. Spray a 9 inch deep pie plate with non stick spray.
3. Add zucchini, tomato, onion and cheeses to dish.
4. Beat eggs, add Bisquick and milk, salt and pepper to taste. Pour over veggies.
5. Bake at 400 for 25-35 minutes or until a knife inserted in the center comes out clean
6. Let sit 7-10 minutes before serving

Saltine Pork Chops

Saltine Pork Chops

Serves 4, 8 FSP per serving

- 4 4 oz. lean boneless pork chops
- 1/4 cup 1% milk
- 40 saltine crackers (crushed coarsely)
- olive oil spray

1. In a shallow bowl, beat egg and milk together.
 2. Place cracker crumbs in another shallow bowl
 3. Dip each pork chop in egg mixture, then coat with saltine crumbs, pressing crumbs down onto the porkchop to make a thick coating.
 4. Spray with olive oil spray.
 5. Cook in a 400 degree air fryer for 4 minutes. Flip, coat other side with olive oil spray and cook for 4 more minutes or until done.
-

Taco Bubble Up Bake

Taco Bubble Up Bake

Serves 6,

- 1 7.5 oz can buttermilk biscuits
- 1 lb extra lean (96%) ground beef
- 1 package taco seasoning
- 1 1/3 cups salsa
- 4 ounces 75% reduced fat Cabot cheddar cheese (shredded)
- 8 Tbsp queso cheese ((The one I use is 6 points for 8 Tbsp))
- shredded lettuce
- chopped tomatoes
- sour cream of choice (point accordingly-not added in to total points)
- taco sauce

1. Preheat oven to 350 degrees.
2. Spray a 13X9 casserole with non stick spray. Cut biscuits into 8 pieces each. Scatter evenly in bottom of casserole dish.
3. In a skillet, cook ground beef until done. Drain and rinse. Add taco seasoning and 3/4 cup water. Cook until thick.
4. Add salsa and mix until well combined.
5. Spread meat mixture over biscuits. Top with grated cheese.
6. Cover loosely with foil. Bake for 30 minutes, uncover and bake for an additional 10. Let sit 5 minutes. Cut and serve with queso, lettuce, tomatoes, sour cream and taco sauce.

Crustless Zucchini Quiche Cups

Crustless Zucchini Quiche Cups

Makes 12, Serving size 3 quiche, 2 FSP for 3. Recipe adapted from Denise at Dish with Dee

- 2 small zucchini (finely chopped or shredded)
- 1 medium onion
- 1 tsp olive oil
- 84 grams Kraft Fat Free Cheddar Cheese (about 3/4 cup)
- 6 large eggs (beaten)
- 1/2 cup flour
- 2 tsp baking powder
- 1 tsp salt
- 1/2 tsp pepper

1. Preheat oven to 375. Spray a regular muffin pan with non stick spray.
2. Saute onion in olive oil until soft and a bit caramelized
3. Combine all ingredients in a large bowl.
4. Divide the egg mixture evenly between the 12 muffin cups

5. Bake until golden brown and cooked through 20-23 minutes.

Carol Anne's Pasta

Carol Anne's Pasta

Makes approx 16 cups, 8 servings (1 serving is 2 cups), 7 FSP per serving

- 2 medium zucchini (sliced)
 - 2 medium yellow summer squash (sliced)
 - 1 pound mushrooms (sliced)
 - 1/2 cup onion (chopped)
 - 1 15 oz. can petite diced tomatoes
 - 1 15 oz can diced tomatoes seasoned with basil and oregano
 - 3 cloves garlic (minced)
 - 2 Tbsp olive oil
 - 1 pound fresh crabmeat
 - 12 oz Barilla Protein Plus Penne (cooked)
 - 1 cup Ragu sauce (or your favorite, just check points)
1. In a large skillet, heat olive oil over medium high heat. Saute zucchini, yellow squash, onions, mushrooms and garlic about 10 minutes or until they soften.

2. Add the diced tomatoes. Add crabmeat and pasta sauce.
3. Add pasta and stir until well combined. and heated through.

Crock Pot Potato Soup

Crock Pot Potato Soup

Makes 12 cups. 1 serving (1 cup), 4 FSP

- 30 ounce frozen hash browns, shredded or cubed
 - 42 oz chicken broth (low sodium, fat free)
 - 1 can Healthy Request Cream of Chicken Soup
 - 1/2 cup onion (chopped)
 - 8 oz light cream cheese
 - 4 oz Cabot 75% reduced fat cheddar cheese (shredded)
1. In a crockpot, combine all ingredients except cream cheese and shredded cheese. Mix well.
 2. Cook 6 hours on low.
 3. Put cream cheese in the microwave until it's soft and melty (30-45 seconds). Add to soup, mix in well and cook 1-2 more hours.
 4. Add shredded cheese at the end and stir until melted.

