Creamy Swiss Chicken

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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 he 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 iand half nstead 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

Maryland Crab Soup

Maryland Crab Soup

Soooooo delicious and tastes like it came from a restaurant! Adapted from www.hungryhappyhome.com

Serves 8, 1 FSP per serving

- 3 cups beef broth
- 2 cups water
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Old Bay seasoning (or more if you prefer)
- 1 cup carrots (sliced)
- 1 cup celery (diced)
- 1 cup potato (cut into small cubes)
- 1 cup frozen sweet corn
- 1 cup frozen peas
- 15 oz can diced tomatoes
- 1/2 medium onion (diced)
- 3 oz tomato paste
- freshly ground black pepper (to taste)
- 1 lb cooked crab meat (I use claw meat for soup)

1. Combine beef broth, water, Worcestershire sauce, Old Bay, carrots, potatoes, corn, celery, peas, tomatoes, onions, tomato paste and black pepper in a 4 quart pot.
2. Bring to a boil over medium high heat.
3. Reduce heat to low
4. Cover and simmer for 5 minutes.
5. Add the crabmeat, replace the lid and simmer for 2 hours.

Banana Muffins

Banana Muffins



**Same recipe as my banana bread, just in muffin form

Makes 12 muffins, 2 muffins 1 FSP

- 4 ripe bananas
- 1 cup quick cook oats
- 4 eggs
- 1 tsp cinnamon
- 1 tsp nutmeg
- 2 tsp vanilla
- 2 tsp baking powder
- sweetener of choice – I use 3 packets of Sweet N Low
- 72 Lily's brand chocolate chips, optional
- 6 tsp pepitas, optional

1. Preheat oven to 350
2. In a large mixing bowl, beat bananas with an electric mixer for about 30 seconds.
3. Add oats, eggs, cinnamon, nutmeg, vanilla and baking powder. Beat well for about 1-2 minutes.
4. Spray a 12 cup muffin pan generously with non stick spray. Divide batter evenly between the 12 cups.

5. Top each with 6 Lily's chips and 1/2 tsp pepitas – OPTIONAL
6. Bake for 20-25 minutes. Let cool for 10 minutes. Using a thin blade knife, Loosen muffins from pan. Remove to a wire rack to complete cooling.
7. If not consuming within 2 days, store in refrigerator for up to 4 days, beyond 4 days, store in freezer. I like to heat mine in the microwave for 10 seconds after taking them out of the fridge!