

# Marry Me Chicken

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- 1 Tbsp olive oil
- 4 boneless, skinless chicken breasts
- salt
- pepper
- 2 cloves garlic (minced)
- 1 tsp thyme
- 1/2 tsp red flakes (more if you like spicy, less if you don't)
- 3/4 cup chicken broth
- 1/2 cup fat free half and half
- 1/2 cup sundried tomatoes (dry or packed in water, chopped)
- 1/3 cup freshly grated parmesan cheese

1. Preheat oven to 375
2. In a large oven-safe skillet heat oil over medium-high heat. Season chicken generously with salt and pepper and sear until golden, about 4-5 minutes per side. Transfer chicken to a plate
3. Return skillet to medium heat. Add garlic and cook for 1 minute. Stir in thyme, red pepper flakes, chicken broth and half and half. Cook for 5 minutes, stirring often. Stir in sundried tomatoes and parmesan cheese.
4. Return chicken to skillet and spoon sauce all over the chicken breasts. Bake until chicken is cooked through, about 15-18 minutes. Garnish with basil and grated

parmesan cheese if desired.

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# Air Fryer Stuffed Pork Chops

## Air Fryer Stuffed Pork Chops

This is from the new Skinnytaste Air Fryer Cookbook. I made a few modifications that Kristie over at Planning Us Healthy on YouTube suggested. 1 serving is 6 FSP

### FOR PORK

- 4 boneless porkchops
- 1 tsp salt
- 1/2 tsp dried sage
- 1/2 tsp garlic powder
- 1/4 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp paprika
- 1/4 tsp black pepper
- 2 tsp pure maple syrup
- 2 tsp dijon mustard

### FOR APPLE STUFFING

- 1/2 Tbsp light butter
- 1 apple (peeled and thinly sliced)
- 1/2 onion (chopped)

- 1/4 cup celery (chopped)
  - 1/2 tsp salt
  - 1/2 tsp dried sage
  - 1/2 tsp garlic powder
  - 1/4 tsp cinnamon
  - 1/4 tsp nutmeg
1. Pound pork to about 3/4 inch thickness. In a small bowl, mix Dijon mustard and maple syrup. Set aside. Add remaining pork ingredients together. Cut a deep pocket in pork chops, being careful not to cut all the way through. Rub spice mixture all over and inside pork chops.
  2. In a large skillet, melt the butter on medium high heat. Add apples, onion, celery and spiced for the apple stuffing. Stir to mix. Cover and cook for approximately 10 minutes or until soft, stirring occasionally.
  3. Fill each pocket with 1/4 of the stuffing mixture.
  4. Preheat air fryer to 400 degrees. Spray basket with olive oil spray. Place pork chops in basket and air fry for 3 minutes. Flip pork chops, brush with maple syrup/dijon mixture and air fry for about another 4 minutes.

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## **Strawberry-Pineapple Smoothie**

# Strawberry-Pineapple Smoothie



If you count blended fruit, the entire thing is 4 FSP, 1/2 is 2 FSP. If you do not count blended fruit, it is 0 FSP

- 1/2 cup chopped strawberries
- 1/2 cup chopped pineapple
- 1/2 cup fat free greek yogurt
- 1 tsp vanilla extract (optional)
- 1 cup crushed ice

1. To a blender, add pineapple, strawberries, yogurt, vanilla and ice. Blend well. Drink immediately.

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## Mexican Rice

## Mexican Cauliflower Rice

Serves 4, 1 FSP per serving

- 1 cups rice (cooked)
- 3 cups frozen riced cauliflower
- 2 tsp olive oil
- 1 Tbsp taco seasoning

- 1/2 tsp cumin (optional)
- salt and pepper to taste
- 1 can Rotel (diced tomatoes with green chilies)

1. In a large skillet, heat olive oil
2. Add cauliflower rice to hot skillet and stir. Add in regular rice. Stir well to combine
3. Add cumin and taco seasoning and salt and pepper. Add rotel.
4. Turn heat to low, let cook about 8 minutes, stirring frequently.
5. Serve.

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## **Dill Sauce (for salmon)**

### **Dill Sauce**

Serves 4, 0 FSP

- 1 cup fat free Greek yogurt
- 1/4 cup fat free sour cream
- juice from 1/2 lemon
- 1/4 cup dried dill

1. Mix all ingredients together. Refrigerate at least an hour before serving so the flavors blend.

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# CopyCat Taco Bell Crunchwrap

## CopyCat Taco Bell Crunchwrap Supreme

Serves 1, 10 FSP

You can make this dish less points by using fat free ground turkey, an Ole wrap and greek yogurt in place of sour cream

- 1 large flour tortilla (the one I used was 5 FSP)
- 1 tostada shell
- 2 Tbsp queso cheese, warmed a bit
- 3 oz taco seasoned 96% lean ground beef
- 2 Tbsp fat free sour cream
- shredded lettuce
- chopped tomatoes
- 1 oz 75% reduced fat Cabot cheese (shredded)

1. In the center of the tortilla, spread the queso in a circle the size of the tostada. Top with ground beef (make sure it's warm)
2. Top with the tostada shell. Spread sour cream on shell

and top with lettuce, tomato and shredded cheese.

3. At this point, I take a round cookie cutter and cut out a 4 inch piece of tortilla from another tortilla because the wrap doesn't quite fit. Put the piece on top of the cheese.
4. To fold into the crunchwrap shape, start with the bottom of the tortilla and fold the edge up to the center of the fillings. Keep doing that, wrapping as tight as possible as you work your way around
5. Spray a skillet with cooking spray and heat. Add the crunch wrap, seam side down, to pan. Cook 2-3 minutes or until it starts to brown. Flip over and cook an additional 2-3 minutes or until golden brown. Serve immediately

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## **Honey Mustard Dressing and Dipping Sauce**

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1 FSP per Tablespoon

- 3/4 cup reduced fat mayonaisse
- 2 Tbsp sugar
- 4 Tbsp apple cider vinegar
- 3 Tbsp honey
- 5 Tbsp dijon mustard
- 2 Tbsp soy sauce

1. Whisk all ingredients well. Let sit 1 hour in fridge before serving. Store in fridge in an airtight container

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## Sensational Salad

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Serves 2,

- 1/2 head iceberg lettuce (cut in pieces)
- 1 head romaine hearts (torn into pieces)
- 20 grape tomatoes (halved)
- 4 oz light mozzarella (shredded (I use Trader Joe's))
- 2 oz cheddar cheese (shredded (I use Cabot 75% reduced fat), shredded)
- 6 strips center cut bacon (cooked and crumbled)
- 4 green onions (chopped (optional))

1. Divide lettuce between 2 bowls.



2. Divide the rest of the ingredients between the 2 bowls.
3. Serve with homemade Honey Mustard Dressing

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# Slow Cooker Creamy Lemon Chicken

## Slow Cooker Creamy Lemon Chicken

Serves 5, 4 FSP per serving

- 5 boneless, skinless chicken breasts
- 6 Tbsp light butter
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1 tsp Italian seasoning
- 2 lemons (juiced and zested)
- 2 cloves garlic (minced)
- 1 cup fat free half and half
- 1 Tbsp cornstarch
- 1 Tbsp chicken bullion

1. In a large cast iron skillet add 1 Tbsp butter and melt over medium heat.
2. Season the chicken with the salt, pepper and Italian

seasoning. Add chicken to hot pan.

3. Cook on each side 5-6 minutes
4. Add the chicken to the slow cooker
5. Cover with lemon juice, lemon zest, garlic and the rest of the butter, cut into pieces
6. Cook on low 4 hours or high 2 hours
7. In a bowl, mix the half and half, cornstarch and chicken bouillon and whisk well.
8. Add the liquid mix to the slow cooker and cook an additional hour on high.

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## Taco Pie

## Taco Pie

Serves 6, 5 FSP per serving

Serves 4, 8 FSP per serving

- 1 cup flour
- 2 tsp baking powder
- 3/4 tsp salt
- 3/4 cup fat free plain greek yogurt

- 1 pound 96% lean ground beef
- 1 packet taco seasoning
- 4 oz Cabot 75% reduced fat cheddar (shredded)
- 1/2 cup fat free sour cream
- 1/4 cup taco sauce
- shredded lettuce
- chopped tomatoes

1. Preheat oven to 400. Mix flour, baking powder, salt and Greek yogurt together. Carefully roll out dough and then place in pie pate that has been sprayed with non stick spray. Press down and crimp edges. Cook crust for 8 minutes
2. Cook ground beef until done. Drain. Mix in taco seasoning and 3/4 cup water. Let simmer 10 minutes.
3. Add beef to pie crust. Sprinkle with cheese. Bake an additional 8-12 minutes..
4. While pie is baking, mix sour cream and taco sauce. Shred lettuce and chop tomatoes.
5. Remove pie from oven and spread with the sour cream mixture. Let cool 7 minutes. Top with lettuce and tomato.