Caprese Stuffed Portobella Mushrooms

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Adapted from eatingwell.com

4 servings, 5 FSP per serving

- 2 Tbsp olive oil, divided
- 1 med. clove garlic, minced
- 1/2 tsp salt, divided
- 1/2 tsp black pepper, divided
- 4 portobello mushrooms, about 14 oz, stems and gills removed
- 1 cup grape or cherry tomatoes, halved
- 4 oz fresh mozzarella cheese
- 1/2 cup thinly sliced fresh basil
- 2 tsp balsamic glaze (I use store bought)

1. Preheat oven to 400
2. Combine 1 Tbsp olive oil, garlic, 1/4 tsp salt, 1/4 tsp pepper in a small bowl. Using a brush, coat mushrooms all over with oil mixture. Place on a large rimmed baking sheet and bake until the mushrooms are mostly soft, about 10 minutes.
3. Meanwhile, stir tomatoes, mozzarella, basil and the remaining 1/4 tsp salt and pepper and 1 Tbsp olive oil together in a medium bowl. Once the mushrooms have

softened, remove from the oven and fill with the tomato mixture. bake until the cheese is fully melted and the tomatoes have wilted, about 12 to 15 minutes more. Drizzle each mushroom with 1/2 tsp balsamic glaze and serve.

Creamy Chicken and Mushrooms

Creamy Chicken and Mushrooms

Adapted from eatingwell.com

Serves 4, 3 FSP per serving (not including noodles)

- 4 5oz chicken cutlets (or chicken breasts pounded thin)
- 4 cups sliced mushrooms – whatever kind you want to mix up!
- 5 oz dry white wine
- 1/2 cup fat free half and half
- 2 Tbsp chopped fresh parsley for garnish
- 3 1/2 tsp olive oil, divided
- salt and pepper to taste

1. Sprinkle chicken with salt and pepper. Heat 2 tsp olive oil in a large skillet over medium heat. Cook the chicken, turning once until browned and just cooked through, 7-10 minutes total. Transfer to a plate.

2. Add 1 1/2 tsp oil and mushrooms to the pan; cook, stirring occasionally, until the liquid has evaporated and mushrooms are browned. Increase heat to high. Add wine and cook until it has mostly evaporated, about 4 minutes.
3. Reduce heat to medium. Stir in half and half and any accumulated juices from the plate the chicken is on, stir in salt and pepper to taste. Return chicken to pan and turn to coat with the sauce.
4. Serve the chicken over egg noodles (optional) with sauce and sprinkled with parsley.

Shrimp Scampi with Orzo

Shrimp Scampi with Orzo

Serves 4, 8 FSP per serving

- 3 cups orzo, cooked to package directions
- 2 lbs raw shrimp, peeled, deveined and tails removed
- 1 Tbsp light butter
- 1 Tbsp olive oil
- 1/4 cup onion, finely chopped
- 4-5 cloves garlic, minced
- 1 cup white wine

- 3 Tbsp parsley, roughly chopped
- 1 large lemon, juiced
- 2 Tbsp grated parmesan cheese
- salt and pepper to taste

1. Cook orzo according to package directions.
2. In a large pan, heat olive oil over medium high heat. Add in shrimp, cook for 6-7 minutes, stirring occasionally
3. Add in onion, garlic, salt, pepper and butter
4. Cook 2 more minutes, stirring occasionally.
5. Slowly add in lemon juice and wine. Cook an additional 2-3 minutes, stirring occasionally
6. Lower heat to medium low. Add in parsley, parmesan, and orzo
7. Gently fold all ingredients together. Allow orzo to become warm and then serve.

Eggplant Lasagna

Eggplant Lasagna



Adapted from Hungry Girl

Serves 4, 6 FSP per serving as written

- 1 large eggplant, ends removed
- 8 oz raw 96% lean ground beef
- 1 13/4 cups 0 point marinara (I use recipe from Skinnyish Dish)
- 1 cup fat free ricotta cheese
- 4 sheets oven ready lasagna
- 3 oz shredded part skim mozzarella
- 1 tsp garlic powder, divided
- 3/4 tsp onion powder, divided
- 1/2 tsp italian seasoning
- 1/4 tsp each salt and pepper

1. Preheat oven to 400 degrees. Spray a baking sheet and an 8×8 baking dish with non stick spray.

2. Cut eggplant lengthwise into 9 1/4-1/2 inch slices. Sprinkle with 1/2 tsp each garlic and onion powder. Place on baking sheet and bake for 10 minutes. Flip after 10 minutes and bake until lightly browned and softened, about 10 more minutes.

3. Meanwhile, bring a large skillet sprayed with non stick spray to medium high heat. Add beef, Italian seasoning, 1/4 tsp garlic powder, salt, pepper and remaining 1/4 tsp onion powder. Cook and crumble for about 5 minutes, until fully cooked. Remove from heat, drain and mix in 1 cup marinara sauce.

4. In a medium bowl, mix ricotta with remaining 1/4 tsp garlic powder.

5. Blot eggplant dry. In the baking dish, place about 1/4 cup marinara over the bottom. Evenly layer 1/3 of the eggplant, half of the seasoned ricotta, 2 lasagna sheets

(broken into pieces to cover more area) and 1/3 cup of the meat mixture. Repeat layers 2 times. On top of last layer of eggplant, spread 1/4-1/2 cup more marinara sauce. Top with mozzarella.

6. Cover with foil and bake for 30 minutes. Uncover and bake until lasagna sheets are cooked through and cheese has lightly browned, about 8 minutes more.

7. Let cool 10 minutes. Cut into 4 equal pieces.

Chai Latte

Chai Latte

Makes 4 servings, 1 cup each. 1 FSP per serving

- 2 cups water
- 2 tea bags (plain black tea)
- 1 cinnamon stick
- 6 cardamom pods, crushed OR 1/4 tsp ground cardamom
- 1 whole clove
- 1/4 tsp ground ginger
- 2 1/2 cups unsweetened almond milk

1. In a small saucepan, combine first 6 ingredients. Bring

to a boil. Reduce heat; cover and simmer for 5 minutes.

2. Stir in milk. Return to a boil; boil for 1 minute, then strain. Pour into mugs. Sweeten with desired sweetener (if using real sugar, be sure and add the points!). Top with some fat free redi whip and cinnamon (optional). Can be stored in refrigerator for 5 days.

Copycat Taco Bell Breakfast Crunchwrap

Copycat Taco Bell Breakfast Crunchwrap

Serves 1, 6 FSP as written. Can be made less by using less potatoes and less meat.

- 2 Ole Extreme high fiber wraps, or equivalent
- 2 Tbsp queso cheese
- 85 grams frozen cubed hash brown potatoes (check points on your particular potatoes)
- 2 eggs
- 28 grams fat free cheddar cheese (or cheese of your choice, check and adjust points)

- 2 Tbsp salsa (optional)
- 3 links Jones Chicken Sausage (or breakfast meat of your choice-check and adjust points)

1. Prepare wrap by cutting out a 4 inch circle (I use a cookie cutter) from 1 of the Ole wraps. Set aside.
2. If your hashbrowns are frozen, thaw in microwave for 1 minutes. Add them to a hot pan that has been sprayed with non stick spray. Cook for about 7 minutes or until brown and crispy. Set aside
3. Beat eggs in a bowl. Put in a pan heated on medium high and sprayed with non stick spray. Add cheese and salsa to eggs. Cook until done.
4. Cook breakfast meat according to package directions.

   Microwave queso to warm
5. On large wrap, spread queso in a circle in the middle. Top with potatoes, then eggs, then meat.
6. Wet the edges of the cut out wrap and the large wrap with your finger dipped in water.
7. Place the cut on piece on top of the meat and start folding the large wrap up in pleat fashion.
8. Place in pan that has been sprayed with non stick spray, heated on med-high, seam side down. Give it a press down in the pan. Cook about 2 minutes, then flip and cook an additional 2 minutes. Until both sides are golden brown. Serve immediately.

“Braffle” (Brownie Waffle)

"Braffle" (Brownie Waffle)

A recipe creation from Denise at DIsh With Dee on YouTube

1 Braffle, 1 FSP – 2 Braffles, 3 FSP

- 29 grams Sugar Free Brownie Mix
- 1 egg
- 1 Tbsp pumpkin puree
- 1 tsp vanilla extract
- 1/2 tsp baking powder

1. Heat up a Dash Mini Waffle Maker. Spray with non stick spray
2. In a mixing bowl, mix 29 grams of sugar free brownie mix, egg, baking powder, pumpkin and vanilla.
3. Add 1/2 the batter to waffle iron and cook about 3 minutes. Remove and cook other 1/2 of batter.
4. Top with toppings of your choice (ice cream, PB2, redi whip, etc- just be sure to count the points for the extras!)

Chicken In Potato Baskets

Chicken in Potato Baskets

Serves 6, 9 FSP per serving

Potato Baskets

- 32 oz frozen hash browns, thawed
- 6 Tbsp light butter, melted
- 1 1/2 tsp salt
- 1/4 tsp pepper

Filling

- 1/4 cup chopped onion
- 4 Tbsp light butter
- 1/4 cup flour
- 2 tsp granulated chicken granules
- 1 tsp Worcestershire sauce
- 1/2 tsp dried basil
- 2 cups 1% milk
- 3 cups cooked, cubed chicken
- 10 oz frozen mixed vegetables, thawed

1. Preheat oven to 375.
2. In a large bowl, combine the potatoes, butter, salt and pepper. Press into 6 10 oz custard cups sprayed with non

stick spray; set aside

3. In a large saucepan, saute onion in butter. Add the flour, bouillon, Worcestershire sauce and basil. Stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. add chicken and mixed veggies. Spoon into prepared crusts.
4. Bake, uncovered at 375 for 30-35 minutes or until crust is golden brown.

Pineapple Upside Down Cake Pancake Muffins

Pineapple Upside Down Cake Pancake Muffins

Adapted from Denise from Dish With Dee and Amanda Cypert, both on YouTube

Makes 9 muffins

1 point per muffin – Blue and Purple

Green – 1 muffin, 2 points. 2 muffins, 3 points, 3 muffins, 5 points

- 15 oz can crushed pineapple, divided, juice drained and

2 Tbsp reserved (will not use entire can)

- 9 maraschino cherries
- 9 tsp Swerve Brown Sugar
- 1 cup Birch Benders or Kodiak PROTEIN pancake mix (I prefer Birch Benders)
- 2 eggs
- 1 tsp baking powder
- 1/2 cup almond milk
- 1 tsp vanilla or cake batter extract

Preheat oven to 350 degrees.

Spray 9 of the wells in the muffin tin with non stick spray. To each well, add 1 tsp of brown sugar, 1 Tbsp crushed pineapple and 1 cherry (pushed down in the center). Bake in the oven for 3 1/2 to 4 minutes until sugar is caramelized.

In a mixing bowl, combine pancake mix, eggs, almond milk, extract,2/3 cup crushed pineapple, reserved pineapple juice (2 TBSP) and baking powder. Mix well.

Divided pancake mixture evenly over pineapple/sugar mixture.

Bake for approx 16 minutes at 350. Let cool 5 minutes. Take a thin blade knife and run along the edges of the muffins and lift out carefully.

See my "cook with me" video here: https://youtu.be/aXphHtyaAl8

Rustic Veggie Pizza

Rustic Veggie Pizza

Serves 4, 8 FSP per serving

- 1 Tbsp cornmeal
- 1 cup flour
- 1 tsp baking powder
- 3/4 cup greek yogurt
- 1 1/2 cups part skim mozzerella, divided, shredded
- 1 small zucchini, cut into 1/8 inch slices, patted dry, divided
- 1 small red onion, sliced thin
- 4 plum tomatoes, cut into 1/4 inch slices
- 1 1/4 tsp salt, divided
- 1/4 tsp pepper
- 1/4 cup fresh basil, torn

1. Mix flour, 1 tsp salt, baking powder together. Add greek yogurt. Stir until combined. Turn out onto a LIGHTLY floured surface and knead a few times.
2. Spray a jelly roll pan with non stick spray. Sprinkle with cornmeal. Roll out dough onto pan. Brush with 1 tsp of oil.
3. Sprinkle on 1 cup of mozzarella cheese to within 1 inch of the edge.
4. Place 1/2 the zucchini about 2 inches apart around the edges of the cheese. Fold edges of dough about 1 inch over zucchini. Bake at 400 for 6 minutes.

5. Layer with onion and remaining zucchini and top with tomatoes. Sprinkle with salt and pepper.

6. Bake for 16 minutes or until crust in golden brown. Sprinkle remaining cheese over the tomatoes and bake , minutes longer or until cheese is melted. Drizzle with remaining oil, sprinkle with fresh basil. ***ALSO YUMMY WITH A DRIZZLE OF BALSAMIC GLAZE OR VINEGAR***

7. Let stand for 10 minutes before slicing.