

# Lasagna

## Lasagna

Good, old fashioned, traditional lasagna! My Mom's recipe ☐

Serves 9, 9 FSP per serving

- 12 lasagna noodles
- 1 lb 96% lean ground beef
- 15 oz fat free ricotta cheese
- 8 oz part skim mozzarella
- 1/2 cup grated parmesan cheese
- 1 egg
- 2 tsp dried basil
- 2 tsp dried parsley
- salt and pepper to taste
- 3 cups spaghetti sauce \*\*I use homemade, if you use jar sauce, adjust points accordingly\*\*

1. Cook and drain noodles (unless you are using oven ready!)
2. Brown ground beef, drain.
3. Mix cheeses, egg and spices in a bowl.
4. In a 9X9 baking dish, put some sauce in the bottom of the dish to cover.
5. Lay on 4 noodles, overlapping. Put 1/2 meat on noodles. Spread 1/2 the cheese on top of meat. Top with 4 more noodles. Top with a generous layer of sauce, remaining meat, cheese and noodles and top with sauce.

6. Bake at 350, covered with foil for 30-40 minutes, remove foil and bake another 10 minutes. Let sit 10 minutes, cut into 9 squares.

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# Kodiak Pancake Muffins

## Kodiak Pancake Muffins

Makes 10 muffins, 2 FSP per muffin

- 2 cups Kodiak Buttermilk Power Cake Mix
- 1 3/4 cups water
- 1 tsp vanilla extract
- 1 cup blueberries (or berries of your choice)

1. Mix pancake mix and water.
2. Divide between 10 regular size muffin cups that have been sprayed with non stick spray.
3. Top with berries of choice and push down a bit into batter.
4. Bake at 350 for 15 minutes. Serve with syrup of choice

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# Air Fryer Honey Crunch Chicken

## Air Fryer Honey Crunch Chicken

Recipe from everythingerica on Instagram

Makes 4 servings, 1 serving 5 FSP

- 4 boneless, skinless chicken cutlets
- egg
- 2/3 cup flour
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 1 Tbsp ground ginger
- salt and pepper
- 1/4 cup soy sauce
- 3 cloves crushed garlic
- 1 Tbsp honey

1. In a shallow bowl or pie plate, beat egg. Set aside
2. In another shallow bowl or pie plate, mix flour, garlic powder, onion powder, ginger and salt and pepper.
3. Dredge chicken in flour mixture. Then dip in egg mixture and then dip in flour mixture again
4. Spray chicken with olive oil spray on both sides. Air fry at 400 for 12 minutes.

5. After 12 minutes, paint your glaze mixture on both sides of the chicken. Air fry an additional 4 minutes.

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# Berry Chia Seed Jam

## Berry Chia Seed Jam



Recipe adapted from Jess' Journey To Healthy on YouTube

2 Tbsp, 0 FSP

- 2 cups assorted berries, large berries need to be chopped
  - 1 1/2 Tbsp chia seeds
  - 2 Tbsp corn starch
  - 3 Tbsp water
  - 3 Tbsp zero calorie sweetener (or 3 packets of sweetener of choice)
1. In a heavy, medium sauce pan, combine berries, cornstarch, chia seeds, sweetener and water
  2. Cook over medium heat, smashing berries down with a potato masher once they get soft.
  3. Let cook at a soft boil for about 8-10 minutes stirring

frequently. Let cool. Store in refrigerator for up to two weeks.

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# Chocolate Ice Cream Cake

## Chocolate Ice Cream Cake



Adapted from Kraft Food and Family. Originally, they were Ice Cream Cake Pops...that didn't work out so well!

12 servings, 4 FSP per serving

- 1 box sugar free chocolate cake mix
- 3 eggs
- 1 individual cup of unsweetened applesauce
- 15 oz can pure pumpkin puree
- 1 1/2 cups Vanilla Bean Halo Top Ice Cream
- 72 pieces candy coating chocolate (I use Wilton brand)

1. Combine cake mix, eggs, applesauce and pumpkin in a large bowl. Beat with an electric mixer for 30 seconds on low, then 2 minutes on medium.
2. Divide batter evenly between 2 greased 9 inch cake pans
3. Bake at 350 for 25 to 32 minutes

4. Let cool completely
  5. Take one cake and slice in half horizontally. Save the other cake for a later use (I froze mine)
  6. Spread softened ice cream on the bottom half of the cut cake. Place the top back on. Freeze for 2 hours.
  7. Cut cake into 12 wedges.
  8. Melt candy coating and spread evenly over the top of each wedge. Sprinkle immediately with jimmies, sprinkles or whatever you prefer. Store in the freezer.
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# **Bacon Wrapped Chicken Bites**

## **Bacon Wrapped Chicken Bites**

Serves 1

1 point on Blue and Purple

3 points on Green

- 1 boneless, skinless chicken breast
- 2 slices center cut bacon (my brand is 2 slices for 1 FSP)
- seasoning of choice (I use Trader Joe's 21 Seasoning Salute)

1. Cut chicken into 6 bite size pieces

2. Cut each bacon strip into 3 pieces
3. Season chicken with seasoning of choice
4. Wrap a piece of the cut bacon around each piece of chicken
5. AirFryer – cook at 360 for 10-12 minutes or until cooked through  
Oven – bake at 375 for 15-20 minutes or until cooked through

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# Grilled Margherita Chicken

## Grilled Margherita Chicken

adapted from Creme de la Crumb

Makes 4 servings, 5 FSP per serving when made as directed. If you substitute ingredients, adjust points accordingly

- 4 boneless, skinless chicken breasts, pounded to less than 1 inch thickness
- salt and pepper to taste
- 1 Tbsp olive oil
- 1 tsp garlic powder
- 1 tsp Italian seasoning

- 4 oz Trader Joe's Lite Mozzarella
  - 4 Tbsp basil pesto
  - 1/2 cup cherry or grape tomatoes (halved)
  - 1 Tbsp fresh lemon juice
  - 1/2 cup packed basil leaves, very thinly sliced
  - cracked black pepper, optional
1. In a large bowl, combine chicken, salt and pepper, olive oil, garlic powder and Italian seasoning. Toss to combine.
  2. Grill chicken over medium high heat for about 6-8 minutes on each side until cooked through. Top each piece of chicken with 1 oz of mozzarella cheese and cook another minute or so until melted.
  3. Toss tomatoes, lemon juice and basil together. Top each chicken breast with 1 tablespoon of pesto, a scoop of tomato mixture and some freshly cracked black pepper (optional). Serve immediately.

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# Fresh Blueberry Bundt Cake

## Fresh Blueberry Bundt Cake



Thank you WW Coach Kathleen for this great recipe!

Makes 15 servings, each serving 3 FSP

## Cake

- 1 box sugar free vanilla cake mix
- 1 box sugar free, fat free instant vanilla pudding
- 1 small cup unsweetened applesauce
- 1 1/4 cup water
- 4 eggs
- 1 cup blueberries, tossed in 1 Tbsp flour
- 2 Tbsp fresh lemon juice
- zest from one lemon

## Optional Glaze

- 2-3 Tbsp Swerve Confectioner's Sugar
  - 1-2 Tbsp water or almond milk
1. Preheat oven to 350. Spray a bundt pan with non stick cooking spray.
  2. Mix all cake ingredients together and mix with an electric mixer on low for 30 seconds. The mix on medium for 2 minutes.
  3. Pour into prepared pan.
  4. Bake for 40-45 minutes or until a toothpick inserted in the center comes out clean (my cake took 52 minutes)
  5. Let cool in pan 10 minutes. Remove to a wire rack and let cool completely
  6. If using glaze, mix Swerve and water (or milk) and drizzle over cooled cake. Let set. Cut into 15 equal slices.

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# Fruit and Cream Crepes

## Fruit and Cream Crepes



3 complete crepes – 7 FSP

2 complete crepes – 4 FSP

### Crepes

- 2/3 cup flour
- 3/4 cup skim milk
- 3 eggs
- 2 Tbsp light butter (melted)
- 1 Tbsp Swerve or other zero calorie sweetener

### Fruit Filling

- 2-3 cups assorted berries (chopped)
- 1 1/2 Tbsp cornstarch
- 2 Tbsp Swerve or other zero calorie sweetener
- 2-3 Tbsp water

### Cream Filling

- 4 oz fat free cream cheese
- 27 grams light cool whip
- 1 Tbsp Swerve or other zero calorie sweetener

1. In a bowl, mix together all ingredients for crepes.

Whisk until smooth. Set aside for 30 minutes.

2. Meanwhile, add chopped fruit to a heavy saucepan. Add in cornstarch, sweetener and water. Bring to a boil over med-high heat. Mash fruit with a potato masher. Reduce heat to low and let cook until thick and clear, about 6 minutes.
3. To make cream filling, place cream cheese in a microwave safe bowl. Microwave for 20 seconds, until softened. Add cool whip and sweetener. Using a hand mixer with the whisk attachment, beat until thoroughly combined and smooth.
4. To cook crepes, heat an 8-10 inch pan coated with non stick spray over medium heat. Add a scant 1/4 cup of batter to pan and swirl to coat bottom of pan. Cook over med-low heat until edges start to curl and bottom is light golden brown. Flip and cook other side. Set aside and repeat with remaining batter. The crepes cook faster the hotter the pan gets, so be careful
5. To assemble crepes, lay a crepe on a plate. Spread 1 Tbsp of creme filling over half the crepe. Add some of the fruit mixture and spread out. Fold crepe in half and then in fourths. Repeat. Top with some redi whip and a dusting of powdered sugar.

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**test recipe**

# test

- 1 test
- 2 test

1. testing testing

2. test again