

Parmesan Crusted Cod

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4 servings, 4 FSP per serving

adapted from Kristi at Planning Us Healthy on YouTube

- 24 ounces cod
- 1/2 cup seasoned breadcrumbs
- 2 cloves garlic (finely minced)
- 1 ounce Parmesan cheese (grated)
- 2 teaspoons olive oil
- 1 lemon, juiced
- salt and pepper to taste
- 2 Tbsp dijon mustard

1. Pat fish completely dry with paper towels. Salt and pepper fish on both sides.
 2. Place fish on a baking sheet sprayed with non stick spray. Brush dijon mustard over the fish.
 3. Mix together breadcrumbs, garlic, Parmesan cheese, olive oil, lemon juice, salt and pepper. Press breadcrumb mixture evenly over fish pieces, press into the mustard. Spray tops with olive oil spray.
 4. Bake cod @425 for 10-13 minutes. When done, it should flake easily with fork.
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Hasselback Chicken Cordon Blue

Hasselback Chicken Cordon Blue



Serves 4, 5 FSP per serving
adapted from Basilandbubbly.com

- 4 boneless, skinless chicken breasts
- 4 tsp light mayonnaise
- 4 Tbsp seasoned breadcrumbs
- 1/2 tsp salt
- 1/4 tsp pepper
- 8 slices Sargento Ultra Thin Swiss Cheese
- 8 ounces imported deli ham (sliced medium (about 8 slices))

1. Preheat oven to 350 degrees.
2. Pat each chicken breast dry. Place chicken breast horizontal on the cutting board and make 5 vertical cuts in it, from the top to the bottom, being careful not to slice all the way through the bottom. You are essentially creating “pockets” to stuff the cheese and ham in.
3. Spread 1 tsp of mayonnaise over each chicken breast. Mix the breadcrumbs, salt and pepper. Press 1 Tbsp of the breadcrumb mixture into the mayonnaise on top of each chicken breast.
4. Cut ham and cheese into pieces. Use 2 slices of cheese and 2 slices of ham for each chicken breast. Stuff ham and cheese into each slit you cut in the breast. This

part is messy – no worries.

5. Bake for 20-25 minutes or until chicken is cooked through to at least 165 degrees F. Cooking time depends on the thickness of your chicken breasts.

Creamy Tuscan Shrimp

Creamy Tuscan Shrimp



Serves 4, 5 FSP per serving + points for pasta if you choose to serve it with it.

Adapted from lemonblossoms.com

- 2 Tbsp light butter
- 6-8 cloves garlic (chopped finely)
- 1 pound large shrimp (*I USE 2 POUNDS*)
- salt and pepper to taste
- 1 tsp olive oil
- 1/2 cup onions (chopped)
- 1/2 cup white wine
- 3 ounces sun dried tomato strips (not packed in oil!)
- 1 cup fat free half and half
- 1/4 cup vegetable or chicken broth
- 1/2 tsp dried italian herbs
- 3 cups spinach leaves
- 1/4 cup Parmesan cheese
- 1 Tbsp fresh basil (chopped finely)
- 1 Tbsp fresh parsley (chopped finely)

1. In a large skillet over low heat, melt the butter and add the garlic. Cook on low for 2-3 minutes. Don't let the garlic get browned.
 2. Season the shrimp with salt and pepper. Add the shrimp to the skillet and cook on medium heat for about 2 minutes per side or just until it starts getting pink. You want the shrimp a bit under cooked. Transfer to a bowl and set aside.
 3. In the same skillet, heat the olive oil over medium high heat. Add the chopped onions and cook for about 3-4 minutes or until they become soft and translucent. Add the wine and scrape the bottom of the skillet. Cook for about 3 minutes or until the wine reduces by half.
 4. Add the sun dried tomato strips and mix well. Cook for a couple of minutes. Stir in the half and half and broth and Italian herbs. Simmer over low heat stirring frequently for about 2-3 minutes.
 5. Add the spinach leaves and allow to wilt. Add the Parmesan cheese and mix to combine. Adjust seasoning.
 6. Return the shrimp to the skillet. Add the fresh herbs and gently mix well to combine. Let the shrimp cook for about 2-3 minutes or until cooked through.
 7. Serve.
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Kodiak Donuts 2 Ways

Kodiak Chocolate Donuts



Adapted from @simplyfillinginktown on Instagram

1 donut, 1 FSP

2 donuts, 2 FSP

**see notes box for chocolate chip donuts!

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- 1/2 cup Dark Chocolate Kodiak Power Cake Mix (*not muffin mix!!!)
- 1/2 cup water
- 1 tsp baking powder
- 2 Tbsp Swerve (or sweetener of choice)
- 2 Tbsp chocolate peanut butter powder
- 1-2 Tbsp almond milk

1. Preheat oven to 350. Spray a donut pan with non-stick cooking spray. [I use these pans](#)
2. Mix Kodiak, water, baking powder and sweetener in a bowl. Divide equally among 6 donut molds
3. Bake at 350 for 12 minutes, Cool.
4. Mix peanut butter powder and enough almond milk to make an icing. Divide among the donuts. **Alternate: use Swerve confectionary sugar and almond milk to make a vanilla glaze**
5. VARIATION! See below



VARIATION! Use Kodiak Chocolate Chip Power Cake Mix and add 1 point worth (about 30) Lily's Chocolate Chips. Make icing by combining 3 Tbsp Swerve Confectioners Sugar, 1 Tbsp Almond Milk and 1/2 tsp vanilla.

Buffalo Chicken Pizza

Buffalo Chicken Pizza



I make this pizza in a 15×10 jelly roll pan and cut into 16 servings. Made the way the recipe states it is 2 points per piece. You can lower the overall points by using fat free cheese or Trader Joe's Lite Mozzarella.

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- 1 cup flour
 - 2 tsp baking powder
 - 3/4 tsp salt
 - 3/4 cup fat free Greek yogurt
 - 12 ounces cooked, shredded chicken breast
 - 1/3 cup Frank's Red Hot Buffalo Wing Sauce (or your sauce of choice, just check points)
 - 3/4 cup reduced fat shredded co-jack cheese
 - 1 cup part skim mozzarella cheese
 - 1 cup finely chopped celery (optional)
 - blue cheese or ranch dressing to drizzle on top (optional)
1. Mix flour, baking powder, and salt in a large bowl. Add Greek yogurt. Mix well. Knead for about 20 seconds. Spray a 15×10 cookie sheet with non stick spray. Carefully roll out dough using a mini roller (it's the easiest way!) I use this one [mini pizza dough roller](#)
 2. Brush some of the wing sauce over the surface of the dough.
 3. Bake crust at 400 degrees for 8 minutes. While that is

baking, mix chicken , celery and wing sauce (add more or less to your taste).

4. When crust is done, spread chicken mixture evenly over crust. Top with cheeses. Bake 12 more minutes. Let sit 2 minutes. Cut into 16 pieces. Drizzle with blue cheese or ranch dressing.

Smothered Queso Chicken

Smothered Queso Chicken



4 servings, 8 FSP per serving

So yummy, filling and delicious and just has a wee bit of a kick.

***I do not count the marinade – so little of it is used that I don't count it. ***

- 1 bottle Lawry's Baja Chipotle Marinade
- 4 boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 8 ounces orzo
- 2 cups chicken broth
- 2 Tbsp tomato paste
- 2 tsp Southwest seasoning or chili powder
- 8 ounce jar queso cheese
- 1 can Rotel

1. Marinate chicken in Baja marinade 30 minutes or longer. Grill chicken until done.
 2. While the chicken is grilling prepare the orzo. Heat oil in a large saucepan over medium heat and add orzo. Cook, stirring constantly until lightly browned. Stir in Southwest seasoning or chili powder, tomato paste, 3/4 can of Rotel and chicken broth. Bring to a boil. Reduce heat to low. Cover and simmer 15-20 minutes. Fluff with fork.
 3. Heat queso for 30 seconds in microwave. Heat remaining Rotel. Weigh orzo on food scale and divide into 4 portions. Plate orzo, place a piece of chicken on top, top with 31 gm (about 2 Tbsp) of queso and garnish with Rotel.
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Stuffed French Toast with Blueberry Sauce

Stuffed French Toast with Blueberry Sauce



Serves 1

Blue – 2 points

Purple – 2 points

Green – 4 points

Delicious, decadent and filling!

- 2 slices 1 point bread ((I use 647 bread))
- 1 egg
- 1/4 cup unsweetened almond milk
- 1/3 cup FF Greek
- 4 gm sugar free cheesecake pudding mix
- 1 cup blueberries
- 1 Tbsp Swerve (or sweetener of your choice)
- 1 Tbsp water
- 1/2 tsp cornstarch
- 1 tsp lemon zest (optional)
- 1 tsp fresh lemon juice (optional)

1. First, make blueberry sauce by placing water, sweetener and cornstarch in a small saucepan. Stir/whisk until combined. Add blueberries and mash them a bit with a potato masher. Cook over medium heat, stirring frequently until the mixture boils. Turn heat down and let cook about 5 minutes until thick. Add zest and juice. Set aside
 2. Beat egg in a bowl with milk. Dip bread in, coating both sides of each piece well. Bread should be pretty wet. Cook in a skillet sprayed with cooking spray over medium heat until golden brown on both sides.
 3. While French toast is cooking, mix yogurt and pudding mix together.
 4. When toast is done, top one piece with yogurt mixture and 1/2 of the blueberry sauce. Top with other piece of bread. Pour remaining blueberry sauce over top. Squirt with a dollop of fat free redi whip.
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Jello Fluff

Jello Fluff



Makes 4 servings, 0 points for 1 serving. 1 point for the entire bowl.

- 1 box sugar free gelatin (your flavor of choice)
- 200 grams FF Greek yogurt ((just shy of 1 cup))

1. Place gelatin powder in a bowl. Mix in 1/2 cup of boiling water. Stir until gelatin is dissolved
2. Add 1/2 cup cold water. Refrigerate for 30 minutes.
3. Add Greek yogurt. Whisk until totally blended.
4. Refrigerate until set, about 2 hours.

Chicken Fajita Pasta

Chicken Fajita Pasta



Serves 4, 7 FSP per serving

**Adapted from kevinandamanda.com

- 2 tsp olive oil

- 1 pound raw boneless, skinless chicken breast
- 1 envelope taco or fajita seasoning mix (**or homemade - see below)
- 1 medium onion (chopped)
- 2 cups bell peppers (diced)
- 3-4 cloves garlic (minced)
- 2 cups low sodium chicken broth
- 1/2 cup fat free half and half
- 1 can diced tomatoes with green chilies
- 8 oz Barilla Protein Plus Pasta
- 1/4 tsp salt

1. Cut chicken into bite size pieces. Season with half of the taco seasoning. In a 12 inch skillet, heat 1 tsp olive oil over high heat. When the oil is very hot, carefully add the chicken in a single layer and cook without stirring until one side is seared and browned, about 1-2 minutes. Flip the chicken to the other side and cook until browned. Remove the chicken to a plate and set aside
2. Add the remaining 1 tsp olive oil to the skillet with the heat still on high. When the oil is very hot again, add the onions, bell peppers, and remaining taco seasoning. Cook, stirring occasionally, until the veggies are slightly blackened. Turn heat to low, add minced garlic and stir until fragrant and well combined, about 30 seconds. Remove veggies to the plate with the chicken.
3. In the same skillet, add the broth, half and half, diced tomatoes, uncooked pasta, and salt. Stir to combine and bring to a boil, then cover, reduce heat to medium-low and cook for 15 minutes until pasta is tender and liquid is mostly absorbed. Add the chicken and veggies back into the skillet and stir to combine until heated through, about 2 minutes. Serve with garlic bread.

Homemade taco seasoning....this stuff is awesome! (adapted from

Picky Palate)

1/4 cup ground cumin

1/4 cup kosher salt

2 Tbsp garlic powder

2 Tbsp ground black pepper

2 Tbsp SMOKED paprika

Mix all ingredients. Place in an airtight container. Use about 3 Tbsp per 1 pound of meat.

Chicken Divan

Chicken Divan



Serves 6

6 points – Blue and Purple

8 points – Green

- 1 pound chicken breast (cooked and cubed)
- 2 cans Healthy Request cream of chicken soup
- 6 ounces American cheese ((I get it sliced thin at the deli))
- 4 cups broccoli (cooked and chopped)

1. In a 11x7 casserole dish, spread 1/3 of a can of cream of chicken soup on the bottom of the dish.
2. Put 1/2 the chicken on top of that, then 1/2 the broccoli
3. Add 1/2 the cheese on top of the broccoli.
4. Spread the rest of the first can of the soup and a little from the second can over the cheese
5. Repeat layers – chicken, broccoli, cheese, end with the rest of the soup
6. Bake uncovered at 325 for 30-35 minutes or until bubbly

**I usually use more than a pound of chicken – more like 1 1/2 pounds...I feed guys ☐