

Slow Cooker Creamy Lemon Chicken

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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.

BBQ Chicken Bubble Up

BBQ Chicken Bubble Up

Serves 6, 5 FSP per serving

- 1 1/2 pounds chicken breast (cooked and shredded)
- 7.5 oz container of refrigerated biscuits (the small biscuits!)
- 1/2 cup sugar free bbq sauce

- 2 Tbsp light sour cream
- 6 slices center cut bacon (cooked and crumbled)
- 4 oz light mozzarella (I use Trader Joes (5 FSP) adjust points for your cheese of choice)

1. Preheat oven to 350. Spray a 9×13 casserole dish with non stick spray
2. Cut each biscuit into 8 pieces and scatter over the bottom of the pan
3. Mix chicken, BBQ sauce, sour cream and bacon
4. Pour chicken mixture over biscuits. Sprinkle on cheese.
5. Bake covered at 350 for 20-25 minutes. Let sit 10 minutes.

Chocolate Mug Cake

Chocolate Mug Cake



This recipe was originally 1 point, but the flour that was in the original recipe scanned wrong. It is 2 FSP!!!!

Serves 1, 2 FSP

- 2 Tbsp self rising flour
- 1 Tbsp granulated sweetener (I use Swerve, you can use Splenda, Truvia or sweetener of your choice)
- 2 tsp unsweetened cocoa powder
- 1/4 tsp baking powder
- pinch salt
- 1 tsp unsweetened apple sauce
- 2 Tbsp unsweetened almond milk
- 1/8 tsp vanilla
- 10 pieces mini chocolate morsels or Lily's chocolate chips (optional)

1. In a bowl, mix dry ingredients.
2. Add wet ingredients, mix well. Stir in chocolate chips if using.
3. Spray a 1/2 cup capacity ramekin or mug with non stick spray.
4. Pour mixture into prepared ramekin or mug.
5. Microwave on high for 50 seconds (this was tested on a 1000 watt microwave, adjust time as needed).
6. Let cool. Top with FF redi whip.

Pork Chops with Dijon Cream

Sauce

Pork Chops with Dijon Cream Sauce

Serves 4, 4 FSP per serving

- 4 4 oz boneless, center cut pork chops
- 1/2 tsp salt
- 1/2 tsp pepper
- 2/3 cup chicken broth
- 3 Tbsp dijon mustard
- 2/3 cup fat free half and half
- 1 Tbsp corn starch
- 1 Tbsp water

1. Trim fat from chops. Sprinkle both sides of chops evenly with salt and pepper.
2. Coat a large non stick skillet with cooking spray, place over medium high heat until hot. Add chops to skillet and cook 3-4 minutes on each side or until browned.
3. Move chops to a plate. Add broth to skillet, stirring to loosen brown bits. Mix in mustard and half and half. Add chops back into skillet.
4. Bring to a boil. Mix cornstarch and water into a slurry and whisk into pan. Turn down to a simmer and let cook about 7 minutes. Serve sauce over chops.

Sour Cream Chicken Enchilada Bake

Sour Cream Chicken Enchiladas

Serves 6, 6 FSP per serving

- 4 cups chicken (cooked and diced)
- 1 can Healthy Request Cream of Chicken Soup
- 1 cup fat free sour cream
- 2/3 cup 1% milk
- 4 oz can diced green chilies
- 2 Tbsp dried minced onion
- 1 tsp garlic powder
- pepper to taste
- 12 Mission Extra Thin Corn Tortillas (sliced into strips)
- 8 oz Cabot 75% reduced fat cheddar cheese (shredded)

1. Preheat oven to 350.
2. Mix together the soup, sour cream, milk, chiles, onion, garlic and pepper in a large bowl.
3. In a 9X13 baking dish sprayed with non stick spray, arrange 1/2 of the tortilla strips. Top with 2 cups of chicken, pour half the sauce over. Top with 1/2 the cheese. Repeat the layers.

4. Bake for 30-40 minutes. Let sit 15 minutes before serving.

Basil-Parmesan Salmon

Basil-Parmesan Salmon

Adapted from Skinnytaste. .com

Serves 4, 3 FSP per serving

- 4 salmon filets
- 1/2 lemon
- 1/4 tsp salt
- black pepper (to taste)
- 3 Tbsp reduced fat mayo
- 6 fresh basil leaves (minced (plus more for garnish))
- 3 Tbsp fresh grated Parmesan cheese (divided)

1. Preheat air fryer to 400 OR preheat oven to 425. Spray air fryer basket with non stick spray or for oven, spray a sheet pan with non stick spray
2. Season the salmon with lemon juice, salt and pepper.
3. Mix the mayo with the basil and 2 Tbsp Parmesan cheese in a small bowl.

4. Spread completely over the top of the salmon. Sprinkle remaining 1 Tbsp of cheese on top.
 5. AIR FRYER: 7 minutes or longer depending on the thickness of the filets OVEN: bake 10-12 minutes depending on the thickness of the salmon.
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Sausage Gravy

Sausage Gravy

Sausage gravy serves 8, 4 FSP per serving – I weigh it out and divide by 8 to get the serving size.

- 1 pound bulk turkey sausage
- 1/2 cup flour
- 2 cups 1% milk
- salt and pepper to taste

1. In a large skillet, brown turkey sausage. Drain
2. Add flour and stir into turkey. Slowly add milk and cook over medium high heat until gravy is smooth and thickened. Season with salt and pepper to taste. Serve over your choice of biscuits and point accordingly (I make them with the 2 ingredient dough)

Reuben Egg Rolls

Reuben Egg Rolls

Adapted from Hungry Girl.com

1 egg roll, 4 FSP

- 1 cup bagged coleslaw mix
- 4 oz corned beef (trim off excess fat)
- 4 slices Sargento Ultra Thin Swiss Cheese
- 1/2 cup sauerkraut (drained and patted dry)
- 3 Tbsp Kraft Fat Free Thousand Island dressing (optional: more for dipping)
- 6 egg roll wrappers

1. Place coleslaw in a medium microwave safe bowl, add 2 Tbsp water, cover and microwave for 1 1/2 minutes or until softened. Drain excess liquid and pat dry.
2. Chop corned beef and cheese slices, add them to the bowl. Add drained sauerkraut and dressing. Mix well.
3. Lay an egg roll wrapper flat on a dry surface. Place 1/6 (about 1/3 cup) of coleslaw mixture in a row on the wrapper. Moisten all four edges of the wrapper with wet fingers. Fold in the sides, then roll up the wrapper around the mixture and continue to roll up. Seal with a dab of water. Repeat to make 5 more egg rolls

4. Spray egg rolls with non stick spray. Place in the air fryer in a single layer. Cook at 390 for about 7 minutes. FOR OVEN : Bake at 375 for about 25 minutes or until golden brown Keep a close eye and check on them often.

Wendy's Mock Frosty

Wendy's Mock Frosty



This recipe adapted from Natalie Youngs on FB

Serves 1, 3 FSP

- 1 cup unsweetened plain or vanilla almond milk
- 2 Tbsp sugar free instant chocolate pudding mix
- 1 tsp vanilla extract
- 8-10 ice cubes
- 5 Tbsp fat free or lite cool whip

1. Place all ingredients in blender except cool whip. Blend until smooth
2. Add cool whip and blend again until thoroughly mixed
3. Place in freezer for at least an hour. Serve

4. *****Variations – use 1 Tbsp chocolate pudding mix and 1 Tbsp banana cream or use vanilla pudding mix – possibilities are endless!