

# 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 bre
- 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.

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## 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 11×7 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 ☐

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# Granola

# Granola



Little less than 1/4 cup, 3 FSP

\*\*I weigh/measure the final product each time I make it and base the points on that. I'm not sure why, but sometimes the amount I get varies! And, you can substitute the kinds of nuts/seeds/dried fruits/oil/extract etc to change it everytime – just make sure you recalculate the points

- 4 cups old fashioned oats
- 1 Tbsp cinnamon
- 1 tsp nutmeg
- 1/4 cup walnuts (chopped)
- 1/4 cup pepitas (pumpkin seeds)
- 1/4 cup dried fruit
- pinch salt
- 1 Tbsp coconut oil (melted)
- 2 Tbsp honey
- 1 Tbsp vanilla
- 1 egg white (beaten until frothy)

1. Combine all dry ingredients
2. Combine all wet ingredients, excluding egg white
3. Add wet ingredients to dry and mix well.
4. Add in egg white and mix well.
5. Spread on two cookie sheets that have been sprayed with non stick spray.
6. Bake at 300 for about 20-30 minutes, stirring every 7 minutes, until golden. Let cool completely. Do not overbake waiting for it to get crunchy – it will not get crunchy until it is COOL!

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# Egg Bites (Copycat Sous Vide Starbucks Eggs)

## Egg Bites (Copycat Sous Vide Starbucks Eggs)



Makes 14

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:5c68c88e99079400433cca62>

**\*\*Check your ingredient brands, it could change the points!**

**\*\*These are so versatile – you can vary the cheese (not the cottage, that's necessary!), the veggies, the meat to make them just how you like them! Spinach and feta is delicious!**

**\*\*I use Amazon affiliate links. Amazon in no way endorses my site. I get paid a commission for anything purchased through my links\*\***

- 6 eggs
- 2 oz cheddar cheese (grated)
- 3/4 cup 1% cottage cheese
- 3/4 cup FF Greek yogurt
- 1/2 tsp salt
- 3 slices Canadian bacon (chopped)
- 1/4 cup sauteed mushrooms (chopped)

1. Add eggs, cheese, cottage cheese, yogurt and salt to a blender. Blend for 30 seconds.
2. Grease 2 silicone egg bite molds [Egg Bite Molds on Amazon](#)
3. Sprinkle Canadian bacon, veggies, etc. in the bottom of each cup.
4. Fill each cup 3/4 full with egg mixture.
5. Cover the molds with lids or aluminum foil.
6. Add 2 cups water to the Instant Pot and place molds on the trivet. Slightly off set the molds on top of each other. Place the trivet in the pot.
7. Cook on high pressure using the steam function for 8 minutes. Let the pressure naturally release. Remove the molds and let cool. Remove egg bites from molds and let them cool completely.
8. Store in an airtight container in the fridge for 1 week or freeze. Microwave for 30-60 seconds to heat up.

#### OVEN DIRECTIONS!!!!

Follow the recipe using 2 muffin tins. Use 7 wells on each one to put your egg mixture in. Fill the other cups with water. Preheat oven to 375. Place a pan of water on the lower rack and place the muffin tins on the middle rack to help generate steam. Bake for 20 minutes. Makes 14

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## Banana Bread

# Banana Bread



1 mini loaf, 2 FSP

\*\*I cut each loaf in half for 1 FSP

\*\*I do the recipe X2, X3 or X4, depending on how many bananas I have to use up. Keep refridgerated or freeze!

- 1 banana (ripe)
- 1/4 cup quick cook oats
- 1 egg
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp vanilla
- 1/2 tsp baking powder
- sweetener of choice (optional)
- 16 pieces Lily's Chocolate Chips (optional)

1. Mash banana well with an electric mixer. Add remaining ingredients except chocolate chips. Mix well with electric mixer for about 2 minutes. Pour into a well greased mini loaf pan. Bake at 350 for 30-35 minutes. Let cool 15 minutes, remove from pan.

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## EZ Faux Fried Chicken Strips

## EX Faux Fried Chicken Strips

Serves 4, 3 strips per serving, 1 FSP per serving

- 1/2 cup fat free plain greek yogurt
- 1 pound (about 12 pieces) raw boneless, skinless chicken bre (cut into strips)
- 1/2 cup whole wheat panko bread criumbs
- 1/4 tsp paprika
- 1 Tbsp dried minced onion
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper

1. In a medium bowl, mix yogurt and paprika
2. Place chicken tenders in a large sealable bag, top with yogurt and thoroughly coat. Tightly seal bag removing as much air as possible and let marinate in the fridge for at least an hour
3. Preheat oven to 375. Spray a baking sheet with nonstick spray.
4. In a bowl, mix breadcrumbs and remaining seasoning
5. One at a time coat chicken with seasoned crumbs, first removing excess yogurt if needed.
6. Place on the baking sheet and top with any remaining crumbs. Bake for 10 minutes
7. Flip chicken. Bake until cooked through and crispy, 10-12 minutes

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## Orange Chicken

# Orange Chicken

Serves 4, 4 FSP per serving

Adapted from Hungry Girl

- 6 Tbsp flour
- 20 oz raw boneless, skinless chicken bre (cut into bite sized pieces)
- 2 eggs
- 1/2 cup orange juice
- 6 Tbsp thick teriyaki sauce
- 4 Tbsp scallions (chopped)
- 1 tsp garlic powder
- 1/2 tsp ginger (ground)

1. Preheat oven to 375. Spray a baking sheet with non stick spray.
2. In a bowl, combine 5 Tbsp flour, 1/2 tsp garlic powder, 1/4 tsp ginger. Mix well.
3. Place chicken in another bowl and coat with egg
4. One at a time, shake chicken pieces to remove excess egg and coat with flour. Place on a baking sheet and back for 8 minutes
5. Flip chicken, bake through until lightly browned and cooked through, 8 minutes more
6. Meanwhile, in a microwave safe bowl, combine orange juice with remaining 1 Tbsp flour. Whisk to dissolve. Add teriyaki, remaining garlic powder and remaining ginger. Mix well. Cover and microwave for 1 minute or until hot and thick.
7. Place chicken in a medium-large bowl. Top with sauce and gently toss to coat. Top with scallions if desired.

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# Peach BBQ Chicken

## Peach BBQ Chicken

Serves 6, 1 FSP per serving

Adapted from Plainchicken.com

- 6 boneless, skinless chicken breasts
- 3 Tbsp BBQ seasoning
- 1 cup sugar free peach preserves
- 1 1/2 Tbsp soy sauce
- 1 Tbsp dry mustard
- 1 clove garlic (minced)
- 1/4 tsp cayenne pepper ((less if you don't like spice!))
- 3/4 tsp salt
- 1/2 tsp black pepper

1. Season chicken with BBQ seasoning on both sides.
  2. Whisk together peach preserves, soy sauce, dry mustard, garlic, cayenne pepper, salt and pepper
  3. Cook chicken on the grill until almost done, about 6 minutes per side.
  4. Brush chicken generously on both sides with peach mixture during final minutes of cooking. Serve leftover sauce on the side with the chicken.
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# Green Chili Chicken Bubble Up

## Green Chili Chicken Bubble Up



6 Servings, 6 FSP per serving

- 2 oz fat free cream cheese
- 2 oz reduced fat cream cheese
- 1/2 cup skim milk
- 1 (10.5 oz) can Healthy Request cream of chicken soup
- 1 (4 oz) can diced green chilies
- 1 oz Cabot 75% reduced fat cheddar cheese (grated)
- 3-4 cups cooked chicken breast (shredded)
- 1 (7.5 oz) can buttermilk biscuits
- 5 slices center cut bacon (cooked and crumbled)

1. Preheat oven to 350 degrees. Spray a 9×13 casserole with non stick spray. Cut each of the 10 biscuits into 8 pieces each. Scatter on bottom of casserole. Set aside
2. In a medium sauce pan, combine cream cheese, cream of chicken soup and diced chilies and cook over medium heat until cream cheese is melted and sauce is smooth. Gradually add milk. Stir until combined
3. Add cheese. Stir until melted
4. Stir in chicken, mix well. Remove from heat. Spread chicken mixture over biscuits – being careful not to move them around.
5. Sprinkle chicken with bacon.
6. Bake 30-35 minutes or until bubbly and biscuits pieces are brown and cooked through.

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# Shrimp Tacos

## Shrimp Tacos



0 Freestyle Smart Points for fillings. Add points for tortillas and sour cream

- 6 Radishes
- Bunch Cilantro
- 2 Carrots
- 2 Limes
- 1/2 tsp Sugar
- 2 pounds Shrimp (raw, peeled, deveined and de-tailed)
- 2 Tbsp Blackening Seasoning
- Flour Tortillas
- Sour Cream

1. Thinly slice radishes
2. Peel carrots
3. Using veggie peeler, shave carrots into long, thin ribbons
4. In a medium bowl, combine radishes, carrots, sugar and juice of 1/2 lime.
5. Season with salt and pepper. Set aside to let pickle
6. Tear cilantro leaves from stems, place in a bowl.
7. Cut remaining limes into wedges. Set aside.
8. Cut shrimp into chunks. Sprinkle/coat with blackening season. Cook in a hot skillet until they are no longer pink.

9. Put shrimp on tortillas with slaw, cilantro and sour cream. Squeeze on lime juice.