

Green Chili Chicken Bubble Up

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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.

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.

2 Ingredient Dough Bagels

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1 bagel, 3 FSP

- 1 cup flour
- 2 tsp baking powder
- 1/2 tsp salt
- 3/4 cup fat free Greek yogurt (can use a bit less than 3/4 cup)
- 1 egg (beaten, for egg wash)

1. Mix flour, baking powder and salt in a large bowl.
2. Add Greek yogurt and stir well
3. Knead in the bowl for about 30 seconds.
4. Weigh out dough and divide into 4 equal pieces
5. Shape dough – you can roll dough into a rope and form into a bagel shape or just shape into a bun shape – this is my preference, it gives more “surface area” for cream cheese or sandwich fillings.
6. Brush each bagel with egg wash. Top as desired with sesame seeds, poppy seeds, Everything But the Bagel Seasoning or whatever you prefer.
7. AIR FRYER: Cook in air fryer at 325 for 12 minutes, turning over the last 3 minutes.
OVEN: Bake in oven at 375 for 25 minutes on the top rack on parchment paper or silicone baking mat. If using

parchment paper, spray with non-stick spray.

8. Cool for 15 minutes. Slice and freeze. To use, microwave for 15 seconds and then toast.

This dough is VERY versatile and can be used for so many things! More recipes will be added weekly!

French Toast in a Mug

French Toast in a Mug



1 serving

2 points – Blue and Purple

6 points – Green

- 2 eggs
- 2 Tbsp unsweetened almond milk (or milk of choice (add points if need be))
- 1 tsp vanilla
- 1 tsp cinnamon
- 1 packet sweetener of choice
- 2 slices reduced calorie bread (torn into bite size pieces)

1. In a large microwave safe mug, beat eggs
2. Add milk, vanilla, cinnamon and sweetener. Mix well.
3. Add in bread. Stir well, making sure all bread gets coated and wet.
4. Microwave for 1 minute and 45 seconds. Let sit for 1 minute. Top as desired with syrup, redi whip or fruit.

Add points accordingly.

***For Chai Spiced :In addition to cinnamon, add 1/2 tsp ground cardamom, 1/4 tsp ground cloves and 1/4 tsp nutmeg

also delicious with some chopped berries added in before cooking!

Chicken Ranch Bacon Bubble Up Casserole

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- 1 7.5 ounce refrigerated biscuits
- 12 ounces cooked chicken (shredded)
- 1 packet ranch dressing mix
- 3/4 cup 1% milk
- 5 ounces Cabot 75% reduced fat cheddar (shredded from block)
- 1/4 cup fat free sour cream
- 5 slices center cut bacon (cooked and crumbled)
- green onion (optional)

1. 6 servings, 5 FSP per serving.
2. Preheat oven to 350F. Spray a 9x13 dish with non stick spray.
3. Cut biscuits into 8 pieces each and spread over the

bottom of the dish.

4. In a large bowl. mix chicken, ranch dip mix, sour cream, milk and 1/2 of the cheese.
5. Spread mixture carefully over the biscuits, covering the entire pan. Top with remaining cheese, bacon and sliced green onion.
6. Bake for approximately 40 minutes or until biscuits are cooked through and golden brown.
7. Cut into 6 equal servings.

If you use different ingredients, adjust points accordingly!

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