

Cranberry Orange Shortbread

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Makes about 50 cookies. From the website recipegirl.com

- 1 cup 2 sticks unsalted butter
- 1 cup granulated white sugar
- 1 large egg
- $\frac{1}{2}$ teaspoon vanilla extract
- 3 to $3\frac{1}{2}$ cups all purpose flour
- $\frac{1}{3}$ cup cornstarch
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{2}{3}$ cup dried sweetened cranberries (very finely chopped)
- 1 medium orange (zested (only the zest is used))

1. Preheat the oven to 375 degrees F, and line baking sheets with parchment paper.
2. Place the butter and sugar in the bowl of an electric stand mixer, and beat on medium low speed until smooth.
3. Add the egg and vanilla, and continue to beat until incorporated.
4. Add 3 cups of the flour, the cornstarch, and salt, and stir on low speed until a stiff dough has formed.
5. If the dough still feels sticky, add more flour ($\frac{1}{4}$ cup at a time) until it pulls away cleanly from the sides of the bowl.
6. Stir in the dried cranberries and orange zest.
7. Between 2 sheets of parchment paper, roll the dough to a thickness of $\frac{1}{8}$ inch.
8. Use a $2\frac{1}{2}$ inch fluted round cookie cutter to cut shapes.

9. Place the unbaked cookies on the prepared baking sheets, and bake for 10 to 14 minutes, or until just beginning to turn golden around the edges.

Cookies

Cookies

Hash Brown Breakfast Casserole

Hashbrown Bacon Breakfast Casserole



Serves 6

- 1 pound bacon
- 1 pound frozen hash browns – cubed or shredded, thawed
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp dry mustard
- 1 cup shredded cheddar cheese
- 4 large eggs
- 1 cup milk

1. Preheat oven to 350. Lightly spray an 8×8 casserole dish
2. In a large skillet, cook bacon, reserving bacon grease.

3. Keep about 3-4 Tablespoons of bacon grease in the pan and cook hash browns until they are browned and crispy. Season with salt and pepper.
4. Meanwhile, in a mixing bowl, beat 4 eggs. Add in onion powder, garlic powder and dry mustard. Beat well.
5. In the baking dish, layer potatoes, bacon, cheese – pour egg mixture over the top.
6. Bake at 350 for 40-50 minutes. Let sit 5 minutes, cut into 6 slices and serve.

Brunch

Breakfast, brunch

Blackened Seasoning

Blackened Seasoning



Delicious on salmon or chicken! Adapted from Recipes from a Pantry

- 3 tablespoons smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper

- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon sea salt flakes or to taste
- $\frac{1}{2}$ – 2 teaspoons cayenne pepper depending on how spicy you like it

1. Measure out all the ingredients into a mixing bowl.
2. Next, mix with a dry spatula or whisk.
3. Then transfer the seasoning into an airtight spice jar or a mason jar (if you make a large quantity).

Seasonings
Seasonings

Smoked Sausage and Potato Skillet

Smoked Sausage and Potato Skillet



Adapted from Eatwell 101

- 1 1/2 lb small baby potatoes, quartered
- 1 onion, minced
- 1 package smoked sausage
- 3 tablespoons olive oil
- 2 teaspoons Italian seasoning

- 1/2 teaspoon red chili pepper flakes
 - 1/2 teaspoon minced garlic
 - 1/4 cup low-sodium chicken stock
 - 1 teaspoon hot sauce of your choice
 - Salt and fresh cracked pepper
 - Chopped parsley (for garnish)
 - Grated Parmesan (optional)
1. In a large cast-iron skillet, heat 2 tablespoons of oil over medium heat. Add the baby potatoes to the pan and season with salt and pepper. Saute until golden and cooked through, around 10-12 minutes, stirring regularly. Transfer potatoes to a plate and set aside.
 2. In the same skillet with the remaining tablespoon oil, brown the sliced smoked sausage on all sides for around 5 minutes over medium heat. Add garlic and onion and season with red pepper flakes, Italian seasoning, salt, and pepper. Cook smoked sausage for 2 to 3 minutes until softened. Deglaze with 1/4 cup stock, stir in the hot sauce and stir to coat the smoked sausage and veggies.
 3. Add the sauteed potatoes back to the skillet and mix everything together to reheat the potatoes. Adjust seasoning, garnish with chopped fresh parsley and serve the smoked sausage and potatoes immediately with parmesan. Enjoy!

Main Course
One Pan Meal

BBQ Ranch Chicken Casserole

BBQ Ranch Chicken Casserole



Serves 8.

To reduce calories/points: reduce the amount of cheese or use a reduced fat cheese, use reduced fat ranch and sugar free bbq sauce. Calories/points calculated using all traditional items – no reduced fat/fat free/sugar free

- 12 ounces bowtie pasta
- 3 cups cooked chicken- shredded
- $\frac{1}{2}$ cup chopped bacon or bacon bits use cooked bacon or REAL bacon bits. No imitation bits – it alters the flavor.
- $2\frac{1}{2}$ cups shredded cheddar
- 15 ounces canned corn drained
- 10 ounces Rotel don't drain
- 7 ounces diced green chiles don't drain
- 1 cup ranch dressing
- $\frac{3}{4}$ cup bbq sauce
- 1 tbsp minced onions

1. Preheat the oven to 350 degrees.
2. Cook the pasta to al dente, drain and transfer to a large mixing bowl.
3. Add in the cooked chicken, chopped bacon, cheese, corn, Rotel, diced green chiles, ranch dressing, bbq sauce, and minced onions. Toss to combine.

4. Transfer the mixture to a casserole dish and top with additional cheese if desired.
5. Bake for 15-20 minutes or until hot and cheese is melted.

Main Course

Casserole, Chicken

bbq, chicken casserole, ranch

Bacon Potato Puff

Bacon Potato Puff



Taste of Home

Serves 6 – 11 WW points per serving/ 205 calories per serving

- 1/2 pound bacon
- 4 large eggs, separated
- 1/4 cup finely chopped onion
- 1/2 tsp ground mustard
- 1/8 tsp pepper
- 2 cups warm mashed potatoes, prepared
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped fresh parsley

1. In a skillet, cook bacon until crisp; remove to paper

towels to drain.

2. In a mixing bowl, beat egg yolks until light, about 2 minutes.
3. Beat in onion, mustard and pepper.
4. Place potatoes in a bowl; fold in egg yolk mixture.
5. Set aside 2 Tbsp bacon. Fold cheese, parsley and remaining bacon into potatoes.
6. In a small mixing bowl, beat egg whites until stiff; fold into potato mixture.
7. Transfer to a greased 1-qt baking dish. Sprinkle with reserved bacon. Bake, uncovered at 325 for 45-50 minutes or until set and edges are golden brown. Serve immediately.

Side Dish
potatoes

Mexican Chicken Corn Chowder

Mexican Chicken Corn Chowder



Makes 8 cups, 368 calories per cup **To reduce calories – you can use reduced fat cheese or fat free half and half

- 1-1/2 pounds boneless skinless chicken breasts (cut into 1-inch pieces)
 - 1/2 cup chopped onion
 - 3 tablespoons butter
 - 1 to 2 garlic cloves (minced)
 - 1 cup hot water
 - 2 teaspoons chicken bouillon granules
 - 1/2 to 1 teaspoon ground cumin
 - 2 cups half-and-half cream
 - 2 cups shredded Monterey Jack cheese
 - 1 can 14-3/4 ounces cream-style corn
 - 1 4 ounces can chopped green chiles, undrained
 - 1/4 to 1 teaspoon hot pepper sauce
 - 1 medium tomato (chopped)
 - Optional: Minced fresh cilantro and fried tortilla strips
1. In a Dutch oven, brown chicken and onion in butter until chicken is no longer pink. Add garlic; cook 1 minute longer. Add the water, bouillon and cumin; bring to a boil. Reduce heat; cover and simmer for 5 minutes.
 2. Stir in the cream, cheese, corn, chiles and hot pepper sauce. Cook and stir over low heat until cheese is melted; add tomato. If desired, top with cilantro and tortilla strips.

Soup
Chicken

Mozzarella, Mushroom, White Wine Chicken

Mozzarella, Mushroom, White Wine Chicken



4 Servings – 418 calories per serving

- 4 boneless skinless chicken breasts
- 1/2 teaspoon garlic powder
- Salt & pepper to taste
- Flour for dredging
- 1 tablespoon olive oil
- 3 tablespoons butter divided
- 7 ounces mushrooms
- 1/2 cup dry white wine
- 1/4 cup chicken broth
- 1 dash Italian seasoning
- 1 cup shredded mozzarella cheese
- 1/2 cup freshly grated parmesan cheese
- 1 tablespoon fresh parsley chopped finely

1. Sprinkle the chicken with garlic powder and salt & pepper on both sides, then coat the chicken in flour.
2. Preheat the oven to 400F.
3. Add the oil and 1 tablespoon of the butter to a skillet over medium-high heat. Once the pan is hot, cook the chicken for 4-5 min/side until golden. Transfer chicken to a plate. I like to chop the mushrooms while the

chicken cooks, but feel free to prep ingredients beforehand.

4. Add the remaining butter to the skillet and once it melts, add in the mushrooms. Cook until the mushrooms release their water and then get a nice sear (about 5-6 minutes).
5. Stir in the wine, chicken broth, and Italian seasoning. Let the sauce bubble for about a minute, and scrape up any brown bits from the bottom of the pan.
6. Add the chicken back into the pan and spoon the sauce and some mushrooms over top. Take the pan off the heat.
7. Top the chicken with the parmesan, followed by the mozzarella. I like to sprinkle the majority of the cheese over the chicken, but also sprinkle some on the sauce if you wish.
8. Place the skillet in the oven and cook for 5 minutes, then turn the broiler on and cook for an additional few minutes or until the cheese has browned a bit. If you don't want to broil, I recommend leaving it in the oven for 7 minutes or so.
9. Take the pan out of the oven and sprinkle the fresh parsley on top. Serve immediately (spoon the juices over rice or mashed potatoes or whatever you're serving it with).
10. If you don't have an oven-proof skillet, transfer the skillet contents to a baking dish for step 7.

Main Course
Chicken

Pizza Dough

Pizza Dough



Makes 4 thin crust or 2-3 thicker crust pizzas

- 4 1/2 tsp yeast
- 2 cups warm water (115 degrees)
- 2 Tbsp sugar
- 1 Tbsp salt
- 1/4 cup olive oil
- 6 cups flour

1. Dissolve yeast and sugar in water in a large mixing bowl(stand mixer with a dough hook works best, but can totally be done by hand).
2. Let bloom for 5-10 minutes.
3. Add oil.
4. Add half of flour and mix in.
5. Add salt. Add remaining flour, mix well.
6. Knead for 8 minutes in the mixer or 10 minutes by hand. Put dough in an oiled bowl, cover and let rise about an hour.
7. Punch down and use as desired.
8. Makes several pizzas – depending on how thin you like your dough. Top as desired bake 425 for 15 minutes

Bread
Bread

Bohemian Beef Dinner

Bohemian Beef Dinner



From Taste of Home

Serves 6

327Calories per serving

10 Points per serving

- 1/2 cups all-purpose flour
- 2 teaspoons salt, divided
- 1/4 teaspoon pepper
- 2 pounds beef stew meat (cut into 1-inch cubes)
- 2 tablespoons avocado oil or your choice of oil
- 2 medium onions (chopped)
- 1 garlic clove (minced)
- 1 teaspoon dill weed
- 1 teaspoon caraway seeds
- 1 teaspoon paprika
- 1 cup water
- 1 cup sour cream
- 2 14- oz cans sauerkraut, rinsed and well drained

▪ Additional paprika

1. In a bowl or dish, combine the flour, 1 teaspoon salt and pepper. Add beef and toss to coat. In a Dutch oven, brown the beef in oil in batches; drain. Add the onions, garlic, dill, caraway, paprika, remaining salt and water.
2. Cover and simmer for 2 hours or until meat is tender, stirring occasionally.
3. Stir in sour cream; heat through but do not boil. Heat sauerkraut; drain and spoon onto a serving platter. Top with the beef mixture. Sprinkle with paprika.

Main Course

Beef