

Easy Chicken Cordon Bleu

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From Taste of Home

537 Calories

- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 tablespoons butter
- 1/2 package (17.3 ounces frozen puff pastry, thawed)
- 4 slices Swiss cheese
- 4 slices fully cooked ham
- 1 egg
- 1 tablespoon water

1. Preheat oven to 400°. Sprinkle chicken with salt and pepper. In a large skillet, brown chicken in butter for 1-2 minutes on each side. Remove to paper towels to drain.
2. On a lightly floured surface, roll 1 pastry sheet into a 12-in. square. Cut into four 6-in. squares. Place a chicken breast in the center of each square; top with cheese and ham.
3. Whisk egg and water; lightly brush over pastry edges. Bring 2 sides of pastry over chicken, overlapping 1 over the other; press seams to seal. Pinch together ends and fold under.

4. Transfer to a greased 15x10x1-in. baking pan; brush tops with egg mixture. Bake for 30-35 minutes or until a thermometer reads 165°.

Main Course

Chicken

Glazed Spatchcock Chicken

Glazed Spatchcock Chicken



From Taste of Home

5 oz – 437 calories

- 1 cup white wine or chicken broth
 - 1 cup apricot preserves or quince jelly
 - 1 tablespoon stone-ground mustard
 - 1 broiler/fryer chicken (3 to 4 pounds)
 - 3/4 teaspoon salt
 - 1/2 teaspoon pepper
1. In a small saucepan, bring wine to a boil; cook 3-4 minutes or until wine is reduced by half. Stir in preserves and mustard. Reserve half the glaze for basting.
 2. Cut the chicken along each side of the backbone with

shears. Remove the backbone. Turn the chicken breast side up, and press to flatten. Sprinkle with salt and pepper.

3. Prepare grill for indirect medium heat. Place chicken on greased grill grate, skin side down, covered, over direct heat 10-15 minutes or until nicely browned. Turn chicken and place over indirect heat until a thermometer in the thickest part of the thigh reads 170°-175°, brushing occasionally with reserved glaze mixture, about 30 minutes.

Main Course
Chicken, Grill

Cut Out Sugar Cookies

Cut Out Sugar Cookies



- 1 cup butter
- 1 cup sugar
- 1 tsp vanilla
- 1 large egg
- 2 tsp baking powder
- 3 cups flour

1. Preheat oven to 400°.

2. In a large bowl, cream butter and sugar with an electric mixer.
3. Beat in egg and vanilla.
4. Mix baking powder and flour, add one cup at a time, mixing after each addition. The dough will be very stiff; blend last flour in by hand if you need to.
5. Do NOT chill dough.
6. Divide dough into 2 balls. On floured surface roll each ball 1/8 inch thick.
7. Dip cutters in flour before each use.
8. Bake cookies on an ungreased cookie sheet on top rack of oven for 6-7 minutes or until cookies are lightly browned ***took my cookies 11 minutes***

Dessert
Cookies

Homemade Fudgesicles

Homemade Fudgesicles



Makes 18 mini or 8 large popsicles

18 mini – 75 calories/4WW points

- Popsicle Mold or Dixie Cups and popsicle sticks

- 2 cups milk

- $\frac{3}{4}$ cup half and half

- $\frac{1}{4}$ cup granulated sugar

- 2 Tablespoons unsweetened cocoa powder

- $\frac{3}{4}$ cup semi-sweet chocolate chips

- 1 $\frac{1}{2}$ teaspoons vanilla extract

- $\frac{1}{4}$ teaspoon fine sea salt

1. In a large sauce pan, heat the milk, half and half, sugar and cocoa powder over medium heat. Bring to a light simmer (180 degrees) and then immediately remove from the heat.
2. Place the chocolate chips in a blender. Pour the hot milk over top and let sit for a couple minutes. Add in the vanilla and sea salt. Then blend until smooth.
3. Pour mixture into 8 large popsicle molds or 18 mini molds and freeze for about 30 minutes1 hour. Then insert wooden popsicle sticks and freeze overnight, or until frozen.
4. To release the pops, run the bottom of the mold under warm water, or let sit on the counter for a few minutes. Serve immediately as they melt quicker than store bought popsicles since there are not thickeners or chemicals added to slow melting!

Dessert

Popsicles

Pasta Carbonara with Peas

Pasta Carbonara with Peas



Adapted From Short and Simple-Little People Big World

Serves 6-8

6 Servings: 529 calories/16 points

8 servings: 397 calories/12 WW Points

- 1 cup bread crumbs
- 1/2 cup chopped, roasted walnuts
- 1 pound linguine or spaghetti
- 1 Tbsp olive oil
- 6 slices bacon
- 1 tsp minced garlic
- 2 tsp lemon zest
- 1 cup frozen peas
- 2 eggs
- 1/4 cup half and half
- 1/2 cup shredded parmesan cheese
- 2 Tbsp fresh parsley
- salt and pepper

1. In a medium saute pan, toast bread crumbs until lightly brown and crunchy
2. In a medium saute pan or in the oven, toast walnuts until browned.

3. In a large pot, boil water and cook pasta as directed. Once it is done to your liking, drain and return to pot, drizzle with a little olive oil and a dash of salt. Toss and set aside.
4. In a medium saute pan, cook bacon until crisp. Remove and drain on paper towels. Once cool, crumble bacon into a dish and set aside.
5. In a large saucepan, combine pasta, bacon, garlic, lemon zest and peas and heat over medium.
6. Whisk eggs and half and half into the pasta mixture. Keep on medium and toss to combine, then add Parmesan cheese. Toss again on medium until pasta is completely coated and sauce is combined.
7. Place in a large serving bowl and top with toasted bread crumbs, walnuts and parsley.

Main Course
pasta

Banana Chocolate Chip Mini Muffins

Banana Chocolate Chip Mini Muffins



- 1 1/2 cups all purpose flour
- 2/3 cup sugar
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1 cup mashed very ripe bananas (about 2 large)
- 1 large egg
- 2 Tbsp butter, melted
- 2 Tbsp unsweetened applesauce
- 1/4 cup light sour cream
- 2 tsp vanilla extract
- 1/4 cup 1% milk
- 1/2 cup mini chocolate chips

1. Preheat the oven to 350
2. Spray a mini muffin pan with non stick spray
3. In a medium bowl, combine the flour, sugar, baking powder and salt and stir with a fork to blend
4. In a mixing bowl, combine the mashed bananas, egg, melted butter, applesauce, sour cream, vanilla extract and milk. Beat on medium until well blended. Reduce the speed to low and blend in dry ingredients (do not overmix). Stir in the chocolate chips
5. Fill each muffin cup with 1 level tablespoon of batter. Bake the muffins for about 15-20 minutes or until the tops are golden and a toothpick comes out with some melted chocolate, but no crumbs.
6. Transfer the muffins to a rack to cool. Repeat with the remaining batter

Breakfast, Dessert
Muffins

Zucchini Relish

Zucchini Relish (Ball Canning)



Makes about 4 – 1/2 pints

- 2 cups chopped zucchini (about 3 medium)
- 1 cup chopped onion
- 1/2 cup chopped sweet green pepper (about 1 small)
- 1/2 cup chopped sweet red pepper (about 1 small)
- 2 Tbsp salt
- 1 3/4 cups sugar
- 2 tsp celery seed
- 1 tsp mustard seed
- 1 cup cider vinegar
- Ball Pickle Crisp (optional)

1. Combine zucchini, onion, green and red peppers; sprinkle with salt; cover with cold water. Let stand 2 hours.
2. Drain; rinse and drain thoroughly.
3. Combine sugar, cider vinegar, mustard seed and celery seed in a large saucepan. Bring to a simmer (180 degrees).
4. Add vegetables; simmer 10 minutes.
5. Pack hot relish into hot jars, leaving 1/4 inch headspace.

6. Add 1/16 tsp of pickle crisp if desired.
7. Remove air bubbles.
8. Adjust two-piece caps.
9. Process 10 minutes* in a boiling-water canner.
10. *check any adjustments for your altitude*

Condiments

Canning

Relish

Meatballs with Cream Sauce

Meatballs with Cream Sauce



From Taste of Home Magazine

Serves 6 – 4 meatballs per serving – 349 calories for 4 meatballs and 1/6 of the sauce

Meatballs

- 1 egg (lightly beaten)
- 1/4 cup 1% milk
- 2 tablespoons ketchup
- 1 teaspoon Worcestershire sauce
- 3/4 cup quick-cooking oats
- 1/4 cup finely chopped onion
- 1/4 cup minced fresh parsley

- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 pounds lean ground beef
- 3 tablespoons all-purpose flour

Cream Sauce

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/4 teaspoon dried thyme
- Salt and pepper to taste
- 1 14 oz can chicken broth
- 2/3 cup half and half
- 2 tablespoons minced fresh parsley

Meatballs

1. Preheat oven to 400°.
2. In a large bowl, combine the egg, milk, ketchup, Worcestershire sauce, oats, onion, parsley, salt and pepper. Crumble beef over mixture and mix well.
3. Shape into 1-1/2-in. balls. Roll in flour, shaking off excess.
4. Place meatballs on greased racks in shallow baking pans. Bake, uncovered, at for 10 minutes. Turn meatballs; bake until meat is no longer pink, 12-15 minutes longer.

Cream Sauce

1. Melt butter in a saucepan over medium heat. Stir in the flour, thyme, salt and pepper until smooth.
2. Gradually add broth and half and half. Bring to a boil; cook and stir until thickened, 2 minutes.
3. Drain meatballs on paper towels; transfer to a serving dish. Serve with sauce; sprinkle with parsley.

Main Course

Beef

meatballs

Ham Radio Cranberry Chops

Ham Radio Cranberry Chops



From The Gilligan's Island Cookbook

- 6 4 oz pork chops
- all purpose flour
- 2 tsp olive or avocado oil
- 1 16 oz can cranberry sauce
- 1 tsp grated orange rind
- 1/2 cup crushed pineapple, drained
- 1/4 cup water

1. Dredge the pork chops in flour
2. In a skillet, heat oil. Brown the pork chops
3. In a bowl, mix remaining ingredients and pour the mixture over the chops in the skillet.
4. Cover and simmer 45 minutes to an hour or until tender.

Main Course

Pork

Potatoes Au Gratin

Potatoes Au Gratin



From the Northern Exposure Cookbook

Serves 8

220 calories/9 points per serving

You can lower points/calories by using light butter and reduced fat cheese.

- 2 Tbsp butter, at room temp
- 6 large potatoes, peeled and cut into 1/8 inch slices
- 1 cup shredded Swiss Cheese
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1/2 cup milk

1. Preheat oven to 375°
2. Coat the inside of a casserole dish with the butter. Layer half of the potato slices across the bottom of the dish and sprinkle half the cheese and half the salt and pepper on top. Layer the remaining potatoes and top with the rest of the cheese and salt and pepper. Pour the milk over all.

3. Cover with foil and bake for 50 minutes. Remove foil and continue baking until cheese has browned (about 5 minutes)

Side Dish
potatoes