

Buffalo Chicken Pie

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Recipe from Kim at A Girl and Her Phone and Betty Crocker.

I changed up a few things. Below is my version.

Serves 6

The calories and points will vary so much depending on the dressing, cheese and baking mix you use. For me, using homemade dressing, whole raw milk cheddar and homemade baking mix it came to 201 calories per serving. It is best to put your exact ingredients in your recipe builder of choice

- 1/4 cup blue cheese or ranch dressing
- 1/4 cup Frank's™ RedHot™ Original or other wing sauce
- 3 oz light cream cheese, softened
- 1 1/4 cups cubed cooked chicken
- 1/2 cup chopped celery
- 1/4 cup sliced green onions
- 1 cup shredded Swiss or cheddar cheese (4 oz)
- 3/4 cup baking mix (like Bisquick – I make a big batch homemade)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup 1 % milk

1. Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray.
2. In small bowl, mix dressing, pepper sauce and cream

cheese until blended. Spread in bottom of pie plate. Top with chicken, celery, green onions and cheese. In medium bowl, stir remaining ingredients with whisk or fork until blended. Pour in pie plate.

3. Bake 25 to 30 minutes or until top is golden brown and center is set. Let stand 10 minutes before serving. Serve with additional dressing, if desired.

Main Course

Chicken

buffalo chicken

Strawberry Pie

Strawberry Pie



Serves 8

322 Calories/16 Points per serving

- 1 pie crust of choice for single crust pie, baked (points based on a pre-made refrigerated pie crust)
- 1.5-2 quarts strawberries
- 3/4 cup sugar
- 3 Tbsp corn starch
- 3/4 cup heavy cream
- 3 Tbsp powdered sugar plus some for sprinkling

1. Bake pie crust. Let cool completely.
2. Wash and drain strawberries. Mash and cook 3/4 of them with the cornstarch and sugar. Cook over very low heat for about 5 minutes until clear and thickened. Let cool completely. Reserve the other 1/4 of them and slice them and set aside
3. Sprinkle the bottom of a baked pie shell with powdered sugar.
4. Spread the raw sliced strawberries over the pie shell
5. Add cooled filling. Place in fridge and cool completely.
6. Whip heavy cream with powdered sugar until stiff peaks form. Spread whipped cream over the pie filling. Refrigerate until ready to serve

Dessert
Pie

Creamy Boursin Chicken

Creamy Boursin Chicken



Adapted from 40aprons

Serves 4 – 328 calories/9 points per serving

- 1 tablespoon avocado oil
- 1 pound boneless, skinless chicken breasts
- salt to taste
- freshly cracked black pepper to taste
- $\frac{1}{2}$ cup dry white wine (or $\frac{1}{2}$ cup chicken broth)
- 1 cup chicken broth
- 1 5.2- ounce wheel Boursin cheese any flavor (cut into 4 or 6 pieces)
- 1 tablespoon chopped chives

1. Heat 1 tablespoon avocado oil in large skillet over medium heat, swirling oil around skillet to coat pan evenly. While skillet heats up, generously season both sides of each chicken breast with salt and pepper to taste.
2. When oil is hot and shimmering, add chicken breasts to skillet. Pan-sear chicken 4 minutes, then flip. Sear chicken another 4 minutes until cooked-through and no longer pink.
3. Transfer fully-cooked chicken breasts to plate and set aside. If chicken charred or left dark spots in skillet, wipe skillet out with paper towel so sauce is not bitter.
4. Pour $\frac{1}{2}$ cup white wine (or $\frac{1}{2}$ cup chicken broth) into hot skillet to deglaze, scraping up any stuck bits of chicken with spatula. Raise heat under skillet and bring liquid to boil, then add 1 cup chicken broth. Cook liquid until reduced by approximately 50%.
5. Once liquid has reduced by half, add Boursin cheese pieces. Whisk cheese into liquid until cheese has melted completely.
6. Return cooked chicken to skillet and spoon sauce over chicken, cooking only until chicken is warmed-through. Garnish with chopped chives and serve warm with plenty of Boursin sauce over mashed potatoes, pasta, mashed cauliflower, or rice.

Granola II

Granola II



Makes about 14 cups

30 grams – 142 Calories/6 Points

1 Tbsp – 27 Calories/1 Point

To measure in tablespoons, you really need to break it up to get an accurate measurement

- 6 cups old fashioned rolled oats
- 2 cups raw nuts of choice
- 1 cup sugar
- 1 cup flour
- 2 large egg whites
- 1/2 cup water
- 1 Tbsp vanilla extract
- 1/2 cup oil (coconut, avocado, olive)
- 2 tsp salt
- 1 cup dried fruit of choice

1. Mix together all ingredients except dried fruit. Mix well, making sure all dry goods are coated
2. Add in dried fruit
3. Spread out on one or two baking sheets lined with parchment paper. Pat granola together
4. Bake at 300 degrees for 20 minutes. Remove from oven and flip granola over.
5. Bake for 20 to 30 minutes more until light brown and dried out.
6. Let cool completely. It will dry more as it cools
7. When completely cool, break into desired size pieces and store in an airtight container. Will keep for several months

Breakfast, Side Dish
Breakfast
Granola

Dijon Mushroom Beef

Dijon Mushroom Beef



Adapted from Taste of Home

Serves 4 – 401 Calories/ 7 Points – not including noodles. You can reduce the points/calories by using a reduced fat soup and fat free milk.

- 1/2 pound fresh mushrooms (sliced)
- 1 medium onion (sliced)
- 2 teaspoons olive oil
- 1 pound beef top sirloin steak (thinly sliced)
- 1 10.75 oz can cream of mushroom soup, undiluted (I use Pacific Organic – great clean ingredients!)
- 3/4 cups 1% milk
- 2 tablespoons Dijon mustard
- Hot cooked noodles (optional)

1. In a large nonstick skillet, saute mushrooms and onion in oil until tender. Remove and set aside. In the same skillet, cook beef until no longer pink. Add the soup, milk, mustard and mushroom mixture. Bring to a boil. Reduce heat; cook and stir until thickened. Serve with hot cooked noodles if desired.

main dish

Beef

beef, dijon, mushrooms

Smoked Sausage and Potato Skillet

Smoked Sausage and Potato Skillet



Serves 4

461 Calories/8 Points per serving

- 1 1/2 lb small baby potatoes (quartered)
- 1 onion (minced)
- 1 red bell pepper (sliced)
- 1 package smoked sausage
- 1 tablespoons olive oil (or butter, or ghee)
- 2 teaspoons Italian seasoning
- 1/2 teaspoon red chili pepper flakes (or to taste)
- 1/2 teaspoon minced garlic
- 1/4 cup low-sodium chicken stock (or beef, vegetable...)
- 1 teaspoon hot sauce of your choice
- Salt and fresh cracked pepper
- Chopped parsley (for garnish)
- Grated Parmesan (optional)

1. To make the smoked sausage and potatoes recipe: In a large cast-iron skillet, heat 1 tablespoon 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, brown the sliced smoked sausage on all sides for around 5 minutes over medium heat. Add garlic, onion, and red bell pepper 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!

Honey Mustard Basil Salmon

Honey Mustard Basil Salmon



Adapted from Food.com

Serves 4 – 272 Calories/1 point

- 4 salmon filets
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 1 tablespoon honey dijon mustard
- 2 garlic cloves (minced)
- 1/4 cup chopped fresh basil
- salt and pepper

1. Place salmon filets in shallow baking dish.
2. In a small bowl, mix together oil, lemon juice, mustard and garlic; stir in basil; season with salt and pepper to taste.
3. Spread mixture over files, cover loosely and allow to

marinate refrigerated for 1 hour.

4. Bake at 375 degrees for 8-12 minutes or until salmon flakes with a fork, Enjoy.

Main Course

Fish

Steak Diane Sauce

Steak Diane Sauce



From Nicky's Kitchen Sanctuary

Serves 6 – 117 calories/ 6 points

- 1 tbsp butter
- $\frac{1}{2}$ tbsp olive oil
- 2 shallots – peeled and chopped finely
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 garlic clove – peeled and minced
- 2 tbsp cognac or bourbon
- $\frac{3}{4}$ cup beef stock – water plus 2 stock cubes is fine.
- 1 tsp Worcestershire sauce
- 2 tsp Dijon mustard
- $\frac{1}{2}$ cup heavy cream

1. Add the butter and oil to a frying pan and heat over a medium heat.
2. When the butter has melted, add the shallots, salt, pepper and garlic. Cook for 2-3 minutes until the shallots are just starting to soften.
3. Add the cognac or bourbon to the pan, bubble for 1 minute, then add in the stock, Worcestershire sauce and mustard.
4. Cook for a further 2-3 minutes until slightly thickened.
5. Stir in the cream (if you have any juices from resting your steak, add them to the pan now too). Bring back to a simmer, then turn off the heat.
6. Serve over steak.
7. If you do not want to use alcohol, use an extra teaspoon of Worcestershire

Sauce

American, Sauce

Tuscan Salmon in Parmesan Sauce

Tuscan Salmon with Parmesan Sauce



Adapted from Vikalinka

Serves 4

319 calories with regular half and half/ 272 calories with fat free half and half

9 WW Points if made with regular half and half

7 WW Points if made with fat free half and half

- 1 tbsp butter
- 1 tbsp olive oil
- 4 (4oz) pieces salmon fillet
- salt and pepper
- 2 cloves garlic
- 3-4 sun-dried tomatoes packed in oil (sliced)
- 1/2 cup dry white wine
- 1 cup half and half
- 50 g Parmesan cheese (1/2 cup)
- 30 g cup fresh spinach (1 cup packed)

1. Pat the salmon dry with a paper towel all over to remove excess moisture. Season salmon with salt and pepper, heat the olive oil together with butter in a frying pan, then sear the salmon over medium high heat until golden and the skin side is crispy, starting with the skin side up. This should take approximately 6-7 minutes. The salmon doesn't have to be cooked all the way through at this point. Remove the salmon to a plate until later.
2. To the same pan add the garlic and sliced sun-dried tomatoes, sauté for about 30 seconds over very low heat, then deglaze the pan with the white wine and let it simmer for about 5 minutes until the liquid is reduced by a half.
3. Add the half and half and grated Parmesan cheese, stir until the cheese is incorporated into the sauce, then add the spinach and bring the salmon back into the pan, let the sauce simmer over low heat for 5 minutes. Season the sauce with salt to taste.

Main Course

Fish

30 minute meal, salmon

BBQ Chicken Flatbread

BBQ Chicken Flatbread

Points and Calories will depend on what brand/type of ingredients you use in the recipe!

- 1 piece Flatbread (I use Atoria's Family Bakery Mini Lavash for 1 point/60 calories) (but any Lavash will work)
- red onion (thinly sliced)
- 1/2 cup shredded cooked (chicken)
- 3 Tbsp BBQ sauce of choice (points based on G Hughes)
- 3 Tbsp green pepper (chopped fine)
- 1/2 ounce Cheddar Cheese

1. Preheat oven to 400
2. Combine chicken, bbq sauce and green pepper
3. On the flatbread, spread out onion slices
4. Top with chicken mixture
5. Sprinkle with cheese
6. Bake for 10 minutes

flatbread, main dish

flatbread, lunch

flatbread