

Recipes Week 3

<p>Buffalo Chicken Dip (Serves 2)</p> <p>1/2 c cottage cheese, or yogurt 1 tbs lemon juice 1/4 c Hot Wing Sauce 2 c Shredded chicken 1/4 c chopped celery 1/4 c chopped green onion</p> <p>Blend cottage cheese until smooth (or use yogurt) Mix in sauce, lemon juice, salt and pepper. Stir in chicken, celery . Taste for seasoning. Add more buffalo sauce , salt and pepper as needed. Serve with green onions as garnish</p>	<p>WW Pesto Sauce</p> <p>2 Tbsp pine nuts 2 cup fresh basil 1/2 cup Vegetable or chicken broth 1/4 cup grated Parmesan cheese 1 Tbsp olive oil 2 cloves garlic, peeled 1/2 tsp salt</p> <p>Toast pine nuts, then combine all ingredients in the blender</p> <p>(Inspired by WeightWatchers.com)</p>	<p>Overnight Oats</p> <p>1 cup(s) uncooked old fashioned oats 2 cup(s) mixed berries 1 pinch ground cinnamon 1 pinch table salt 1 cup(s) unsweetened applesauce 1/2 cup(s) whole milk (your choice)</p> <p>Combine all ingredients, in a bowl stir, cover and refrigerate overnight. Garnish with more berries, cinnamon or other flavorings.</p>
<p>Toasted Cinnamon and Apple Granola</p> <p>2 tbs butter 6 C Rolled oats 2 tbs vanilla extract 3 tbs brown sugar 2 tbs ground cinamon 1 tsp salt 2 cups dried apples, unsweetened</p> <p>Position oven racks in the top and bottom thirds of the oven; preheat oven to 350°F.</p> <p>Grease rimmed baking sheet with butter. Melt remaining butter. Spread oats on on pan. Sprinkle with brown sugar, cinnamon, vanilla and salt. Bake at 350 until browned and crunchy. Chop dried apples. When Granola is done, let cook then Stir in chopped apples. 1/2 c serving is 4 SP, 1/4 cup is 2 SP</p>	<p>Quinoa Crunch</p> <p>1 cup quinoa raw, rinsed 1/4 cup whole flaxseed 1 Tbsp honey 1 Tbsp olive oil 1 Tbsp cinnamon</p> <p>Mix all ingredients together. a baking sheet and bake at 375 deg. F oven until lightly browned. Stir every 10 minutes or so. Let cool and store in jars. 2 tbs = 1 serving</p> <hr/> <p>Roasted Chickpeas</p> <p>1 Can chickpeas 1 tsp olive oil</p> <p>Drain chickpeas and toss with olive oil, salt, pepper and any seasoning you want. Bake at 400 for 30 minutes or until dried and toasty.</p>	<p>Curried Chicken</p> <p>1/2 c chopped onion 2 cloves garlic chopped 1 tbs Curry powder 8 ounces raw chicken breast 1 cup vegetable broth 1 tsp arrowroot powder.</p> <p>Saute onion & garlic in a little vegetable broth until brown, sprinkle in curry powder, stir until aromatic, then add chicken breast, and vegetable broth. Simmer until chicken is cooked. Thicken sauce by adding in 1 tsp of arrowroot powder.</p> <hr/> <p>Creamed spinach</p> <p>Cook 1 lb spinach with 1 tsp butter and 1/2 cup vegetable broth until cooked down. Add 1 tbs of plain yogurt and serve.</p>

Sping Chicken Soup

2 cups chicken broth
1 cup shredded chicken
shredded carrots
shredded radishes
Sliced zuchinni
1/2 cup frozen peas
1 cup cooked grain
fresh cilantro
lemon
salt and pepper to taste

Combine all ingredients except grain. Simmer until vegetables are soft. Add 1/2 cup grains to each bowl, and ladle soup over it. Garnish with cilantro and add a squeeze of lemon

Tuna Casserole

(Serves 8)
12 ounces uncooked egg noodles
24 ounces tuna
4 cups mushrooms
1 cup mushroom / vegetable broth
1 cup whole milk
2 tpls flour
2 tpls butter
1 cup onions sliced
Salt & Pepper

Cook noodles according to package directions without added fat or salt; drain and transfer to a large bowl. Fold in tuna,

In a small pan, add 1 tsp of butter, melt then add mushrooms and sliced mushrooms. Season with salt and pepper, Cook until mushrooms are cooked down and onions are brown. Remove from pan and stir into noodles and tuna. In the pan add the remaining butter. Cook until melted, scraping vegetable bits off the pan. sprinkle in flour, stirring in until dissolved in oil (add a little water or broth if its too thick) Let the mixture get light brown, then stir in the milk and vegetable or mushroom broth. Cook until it begins to thicken. Stir into noodles/vegetables/tuna mix. Place in lightly oiled casserole and cover with foil. Bake at 350 for 30 minutes until thick and bubbly. Serve up!

Tuna Casserole

(Serves 4)
6 ounces uncooked egg noodles
12 ounces tuna
2 cups mushrooms
.5 cup mushroom / vegetable broth
.5 cup whole milk
1 tpls flour
1 tpls butter
.5 cup onions sliced
Salt & Pepper

Cook noodles according to package directions without added fat or salt; drain and transfer to a large bowl. Fold in tuna.

In a small pan, add 1 tsp of butter, melt then add mushrooms and sliced mushrooms. Season with salt and pepper, Cook until mushrooms are cooked down and onions are brown. Remove from pan and stir into noodles and tuna. In the pan add the remaining butter. Cook until melted, scraping vegetable bits off the pan. sprinkle in flour, stirring in until dissolved in oil (add a little water or broth if its too thick) Let the mixture get light brown, then stir in the milk and vegetable or mushroom broth. Cook until it begins to thicken. Stir into noodles/vegetables/tuna mix. Place in lightly oiled casserole and cover with foil. Bake at 350 for 30 minutes until thick and bubbly. Serve up!

