

Raspberry Oat Bars- adapted from allrecipes.com

Double this recipe on your cooking day

Ingredients

- 3/4 cup butter, softened
- 1 cup packed light brown sugar
- 1 1/2 cups rolled oats
- 1 1/2 cups all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 1 (10 ounce) jar raspberry preserves

Directions

1. Preheat the oven to 400 degrees F (200 degrees C). Grease a 9x13 inch pan.
2. In a large bowl, cream together the butter and brown sugar until smooth. Combine the oats, flour, salt and baking powder; stir into the creamed mixture. Press half of the mixture into the bottom of the prepared pan. Spread the preserves over the crust. Crumble the remaining crust mixture over the raspberry layer.
3. Bake for 20 to 25 minutes in the preheated oven, or until light brown. Cool completely before cutting into bars.

Freezing Directions- Once cooled completely, cut into bars, and place into labeled Ziploc containers.

Serving Day Directions- Thaw in refrigerator or on counter and serve. May be reheated in microwave if you want them served warm.

Egg Casserole Cups- from www.onceamonthmom.com

Double this recipe on your cooking day

Ingredients:

- 3 slices whole-wheat bread
- 1/2 cup red bell pepper, diced
- 1/2 cup mushrooms
- 6 large eggs (whole)
- 6 large egg whites
- salt and pepper, to taste
- 1/4 cup low-fat shredded cheddar cheese
- cooking spray
- 6 ramekins (or large cup muffin tins)

Directions:

Preheat oven to 450 degrees. Mix together eggs and egg whites. Stir in red bell peppers, mushrooms, salt and pepper. Spray each ramekin with non-stick cooking spray and place 1/2 slice of bread in the bottom. Pour in egg mixture and bake for 12 minutes, or until eggs are done. After taking eggs out of the oven, sprinkle shredded cheddar cheese on top and let melt.

Freezing Directions:

Once cool, remove egg casserole from ramekins and flash freeze. Place in pint size freezer bags to freeze. To serve, defrost in refrigerator overnight. Microwave at 50% power for 90 seconds.

Nutritional Information:

Servings: 6 • Serving Size: 1 ramekin • Calories: 156 • Fat: 6.2
Protein: 14 • Carbs: 13 • Fiber: 1.7 • Weight Watchers Points Plus: 4

Grilled Ham & Swiss on a Diet- from www.onceamonthmom.com

Double this recipe on your cooking day

Ingredients:

- 8 slices light bread

- 8 ounces ham (2 ounce per slice)
- 4 ounces swiss cheese slices (1 ounce per slice)
- cooking spray
- 1/4 cup fat-free sour cream
- 2 tablespoons Dijon mustard
- 1 teaspoon garlic powder

Directions:

Heat pan on medium high heat. In a small bowl, combine sour cream, mustard, and garlic powder until well blended. Spread mixture on 4 slices of the light bread, then top with 2 ounces of ham, 1 ounce of swiss cheese, and another piece of bread. Reduce heat to medium and spray pan with non-stick cooking spray. Place sandwich on pan and heat until bread browns (about 3 minutes). Use spatula to remove sandwich from pan, spray the pan with non-stick cooking spray again and then flip the sandwich to brown other side (about 3 minutes).

Freezing Directions:

Let sandwich cool. Place in pint size freezer bag to freeze.

Serving Directions: To serve: let sandwich defrost in refrigerator overnight. Heat 30 seconds in microwave.

Nutritional Information:

Servings: 4 • Calories: 261 • Fat: 12.5 • Protein: 20 • Carbs: 23 • Fiber: 5 • Weight Watchers Points Plus: 8

Slow Cooker Chicken Tortilla Soup- adapted from www.allrecipes.com

Ingredients

- 1 pound shredded, cooked chicken I USED 2 large frozen chicken breasts
- 1 (15 ounce) can Diced Fire Roasted Tomatoes
- 1 (10 ounce) can enchilada sauce
- 1 medium onion, chopped
- 1 (4 ounce) can chopped green chile peppers
- 2 cloves garlic, minced

1 (15 ounce) can black beans, drained and rinsed
2 (14.5 ounce) can chicken broth
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon black pepper
1 bay leaf
1 (10 ounce) package frozen corn
1 tablespoon chopped cilantro
Crushed Tortilla Chips

Directions

Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker. Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.

Freezing Directions- Let soup cool completely. Place in labeled Ziploc bags and lay flat in freezer to freeze.

Serving Directions- Defrost soup the night before in the refrigerator. Place soup into saucepan and reheat over medium heat, or place in a microwave dish and reheat. Add crushed tortilla chips to garnish.

Mostaccioli Casserole- from Taste of Home

Ingredients

- 1 package (16 ounces) mostaccioli
- 1-1/2 pounds ground beef
- 1-1/4 cups chopped green pepper
- 1 cup chopped onion
- 1 jar (26 ounces) spaghetti sauce

- 1 can (10-3/4 ounces) condensed cheddar cheese soup, undiluted
- 1-1/2 teaspoons Italian seasoning
- 3/4 teaspoon pepper
- 2 cups (8 ounces) shredded part-skim mozzarella cheese, *divided*

Directions

- Cook mostaccioli according to package directions. Meanwhile, in a large skillet, cook the beef, green pepper and onion over medium heat until meat is no longer pink; drain. Stir in the spaghetti sauce, soup, Italian seasoning and pepper.
- Drain mostaccioli. Add mostaccioli and 1-1/2 cups cheese to beef mixture. Transfer to two greased 11-in. x 7-in. baking dishes. Sprinkle with remaining cheese.
- Cover and freeze one casserole for up to 3 months. Cover and bake the remaining casserole at 350° for 20 minutes. Uncover; bake 5-10 minutes longer or until bubbly and cheese is melted.
- **To use frozen casserole:** Thaw in the refrigerator overnight. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350° for 50-60 minutes or until heated through and cheese is melted. **Yield:** 2 casseroles (6 servings each).

The Pioneer Woman's Vegetable Lasagna

Double this recipe on your cooking day

Ingredients

- 10 ounces, weight Lasagna Noodles
- 2 Tablespoons Olive Oil
- 1 whole Medium Onion
- 4 cloves Garlic

- 1 whole Red Bell Pepper, Diced
- 24 ounces, weight White Mushrooms, Chopped
- 4 whole Squash (yellow Or Zucchini), Diced
- 1 can (28 Ounce) Whole Tomatoes
- $\frac{1}{2}$ cups White Wine
- $\frac{1}{4}$ cups Fresh Parsley, Chopped (more To Taste)
- $\frac{1}{2}$ teaspoons Kosher Salt (more To Taste)
- Freshly Ground Black Pepper
- 1/2 Teaspoon Red Pepper Flakes
- 30 ounces, weight Ricotta Cheese
- 2 whole Eggs
- $\frac{1}{2}$ cups Grated Parmesan
- $\frac{1}{4}$ teaspoons Kosher Salt
- Freshly Ground Black Pepper
- 1 pound Thinly Sliced Mozzarella Cheese
- Extra Parmesan Cheese, For Sprinkling

Preparation Instructions

Preheat oven to 350 degrees.

Cook noodles according to package directions. Drain and lay flat on a sheet of aluminum foil.

Heat olive oil in a large skillet over medium heat. Add onions and garlic and cook for a minute. Add diced red peppers and saute for another minute or so. Add squash and mushrooms and cook for a few minutes. Pour in wine, add salt, pepper, and red pepper flakes, and stir.

Pour in tomatoes. Use hands to squeeze/crush them. Stir to combine and let simmer for 20 minutes or so. Stir in chopped parsley.

In a separate bowl, combine ricotta, eggs, Parmesan cheese, salt, and pepper.

Line a lasagna pan with foil. Be sure to leave plenty of foil hanging over the sides to wrap later. To assemble, spread a little of the vegetable/tomato sauce in a lasagna pan. Layer four cooked noodles in the pan, slightly overlapping them if necessary. Spread 1/3 of the ricotta mixture on the noodles. Top the ricotta mixture with mozzarella slices. Spoon a little less than 1/3 of the veggie/sauce mixture over the mozzarella.

Repeat the layering two more times, ending with a large helping of vegetable sauce and a sprinkling of Parmesan.

Freezing Instructions- Wrap cooled lasagna pan with the extra foil that is overhanging from edge of pan. Place in freezer and partially freeze. Pop foil lasagna out of the pan, and double wrap with another layer of Heavy Duty Aluminum foil, or use a vacuum sealer. Label, and freeze.

Serving Directions- Thaw completely. Bake at 350 degrees, covered in foil, for 20 minutes, then remove foil and continue baking for 5 to 10 minutes. Remove from oven

and allow to stand for 10 minutes before cutting into squares and serving.
Serve with crusty French bread.

Stuffed Peppers My Way- adapted from www.allrecipes.com

Double this recipe on cooking day

Ingredients

- 1 cup water
- 1/2 cup uncooked Arborio rice – We use Quinoa
- 2 green bell peppers, halved and seeded
- 1 tablespoon olive oil
- 2 green onions, thinly sliced
- 1 teaspoon dried basil
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1 pinch ground black pepper

- 1 tomato, diced
- 1/2 cup crumbled feta cheese

Directions

1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease a baking sheet.
2. In a medium saucepan, bring water to a boil. Stir in the rice. Reduce heat, cover, and simmer for 20 minutes. Remove from heat, and set aside.
3. Place the peppers cut-side down on the prepared baking sheet. Roast 25 to 30 minutes in the preheated oven, or until tender and skin starts to brown.
4. While the peppers are roasting, heat oil in a medium skillet over medium-high heat. Cook the onions, basil, Italian seasoning, salt, and pepper in oil for 2 to 3 minutes. Stir in the tomato, and cook for 5 minutes. Spoon in the cooked rice, and stir until heated through. Remove from heat, mix in the feta cheese, and spoon the mixture into the pepper halves.

Freezing Directions- Let stuffed peppers cool completely and place into labeled Ziploc Freezer bag.

Serving Directions- Thaw peppers completely. Preheat oven or grill to 400. Cook for about 5-10 minutes, or until heated through. Serve immediately.

Nutritional Information

Amount Per Serving Calories: 402 | Total Fat: 15.3g | Cholesterol: 33mg **Powered by ESHA Nutrient Database**

Chicken Marsala- adapted from the book “More, Don’t Panic Dinner’s in the Freezer”

6 boneless, skinless chicken breasts
 1C. butter, melted and divided
 1/2C. flour
 1 1/2C. fresh mushrooms, finely sliced
 1 1/3C. Marsala wine
 1C. chicken broth
 3/4tsp. salt
 1/4tsp. pepper

Serving Day

1C. shredded mozzarella cheese
 1C. fresh parmesan cheese, grated

Yield- 6 servings

Cooking Day

Pound chicken to 1/4inch thickness. Dredge chicken in flour and then sauté in ½ cup melted butter, 3-4 minutes per side. Place chicken in a lined 9X13 baking dish, overlapping edges. In separate saucepan, sauté mushrooms in remaining 1/2C. butter until tender, then spoon over chicken. Stir wine and chicken broth into skillet containing chicken drippings. Simmer for 10 minutes. Add salt and pepper. Spoon sauce over chicken. Cool completely, then freeze using foil and plastic wrap method.

Serving Day- Place chicken in original baking dish and thaw completely. Bake chicken at 450 degrees for 12-15 minutes. Sprinkle parmesan and mozzarella cheeses over chicken and broil on high heat for 1-2 minutes, until cheese is lightly browned.

Hint

For less mess and easy cleanup, place each chicken breast inside a large freezer bag before pounding breast to desired thickness using the flat side of a meat mallet or rolling pin.

Honey Glazed Dump Chicken

Ingredients:

Servings Size

Update

- 1/4 cup butter, Melted
- 1/8 cup soy sauce
- 1/2 cup honey
- 1 1/2 lbs chicken pieces (breasts, thighs, or wings)

Directions:

1. Place all ingredients into a 1 Gallon freezer bag. Lay flat in freezer.

Serving Day Instructions

To thaw and cook: Take the bag out of the freezer the night before, make sure the bag is sealed completely.

On the grill: cook over medium heat until juices run clear. Be sure to watch carefully or these will burn.

Marinated Grilled Chicken Breasts with Watermelon Jalapeno Salsa- from www.cookinglight.com

Double this recipe on cooking day

Ingredients

1 tablespoon chopped fresh oregano
1 tablespoon extra virgin olive oil
1 teaspoon chili powder
3/4 teaspoon ground cumin
1/2 teaspoon salt
3 garlic cloves, minced
4 (6-ounce) skinless, boneless chicken breast halves
Cooking spray

Watermelon Jalapeno Salsa for Serving Day
2 cups (1/2-inch) cubed seeded watermelon
1 cup (1/2-inch) cubed peeled ripe mango
1/4 cup finely chopped red onion
2 tablespoons chopped fresh cilantro
2 tablespoons finely chopped seeded jalapeño pepper (about 1 small)
1 tablespoon fresh lime juice
1/2 teaspoon sugar
1/4 teaspoon salt

Directions

Combine first 6 ingredients in a large zip-top plastic bag. Add chicken to bag; seal, label, and freeze.

Serving Directions- Thaw chicken in refrigerator. Prepare grill.

Place chicken on a grill rack coated with cooking spray. Grill 5 minutes on each side or until done. Combine watermelon and remaining ingredients. Serve watermelon mixture with chicken.

Nutritional Information

Grilled Brown Sugar Pork Chops- adapted from www.allrecipes.com

Ingredients

- 1/2 cup brown sugar, firmly packed
- 1/2 cup apple juice
- 2 tablespoons vegetable oil
- 4 tablespoon soy sauce
- 1/2 teaspoon ground ginger
- salt and pepper to taste
- 6 boneless pork chops

Directions

1. In a small saucepan, combine brown sugar, apple juice, oil, soy sauce, ginger, salt ,and pepper. Bring to boil.
2. Pour marinade into Ziploc Freezer bag. Add boneless pork chops, label, and freeze.

Serving Directions- Thaw pork chops. Brush grate lightly with oil before placing pork chops on the grill. Boil reserved marinade in a small saucepan for 5 minutes. Cook over hot coals for 10 to 12 minutes, turning once. Brush with sauce just before removing chops from grill. Serve with remaining sauce.

Ranch Burgers- adapted from www.allrecipes.com

Ingredients

- 2 pounds lean ground beef or turkey
- 1 (1 ounce) package ranch dressing mix
- 1 onion, chopped

Directions

1. In a bowl, mix the ground beef, ranch dressing mix, and onion. Form into hamburger patties.

Freezing Directions- Place formed hamburger patties into a labeled Ziploc Freezer bag. Lay flat in freezer.

Serving Day- Thaw hamburgers completely. Lightly oil the grill grate. Place patties on the grill, and cook 5 minutes per side, or until well done. Stuffed Peppers My Way Servings Per Recipe: 2

Amount Per Serving

Calories: 402

• **Total Fat:** 15.3g

• **Cholesterol:** 33mg

• **Sodium:** 1596mg

• **Total Carbs:** 54.6g

• **Dietary Fiber:** 4.8g

• **Protein:** 11g



VIEW DETAILED NUTRITION

About: Nutrition Info