

# Strawberry Cheesecake Baked Oatmeal

Prep Time  
15 mins

Cook Time  
45 mins

Total Time  
45 mins

Servings: 6 servings    Calories: 321kcal

## Ingredients

- 2 cups rolled oats (192 grams)
- 2 scoops PEScience Select Vegan Plant Based Protein Powder, Vanilla (60 grams)
- 1/2 tsp baking powder (2 grams)
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 oz)
- 2/3 cup Dannon Light and Fit Vanilla Greek Yogurt (5.36 oz)
- 2 cups strawberries, chopped (290 grams)
- 3 tbsp pure maple syrup (1.5 oz)
- 3 tbsp unsalted butter, melted (42 grams)
- 1 large egg
- 1 large egg white
- 1 tsp vanilla extract

## Cheesecake Swirl

- 1/4 cup Smuckers Low Sugar Strawberry Preserves (53 grams)
- 4 oz Philadelphia Reduced Fat Cream Cheese
- 3 tbsp powdered sugar (23 grams)
- 1 tbsp unsweetened vanilla almond milk
- 1/2 tsp vanilla extract

## Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with coconut oil and set aside.
2. In a small bowl, whisk all cheesecake swirl ingredients except strawberry preserves until smooth. Set aside.
3. In a large bowl, add all dry ingredients (including strawberries) and mix. In a separate bowl, add wet ingredients and whisk until smooth. Pour into prepared casserole dish and spread evenly.
4. Dollop cream cheese mixture on top of oatmeal mixture. Add dollops of strawberry preserves beside or on top of the cream cheese mixture, then swirl with a knife, being careful not to overmix.
5. Cover dish with foil and bake at 350 degrees for 20 minutes. Remove foil and continue baking for another 20-25 minutes or until the center of the oatmeal appears mostly firm with very little movement when the dish is jiggled.
6. Allow to cool for at least 15 minutes, then cut into 6 pieces for serving.

## Notes

Click here or scan the barcode below to log this food in My Fitness Pal.

I used a casserole dish like this to make mine.

## Nutrition

Serving: 234g | Calories: 321kcal | Carbohydrates: 43g | Protein: 15g | Fat: 10g | Cholesterol: 50mg | Sodium: 226mg | Potassium: 261mg | Fiber: 5g | Sugar: 18g



4.88 from 8 votes



# Air Fryer Sesame Orange Salmon

Prep Time  
10 mins

Cook Time  
12 mins

Total Time  
22 mins

Servings: 2 servings    Calories: 285kcal

## Ingredients

- 9 oz Atlantic salmon, skin on, sliced into 2 fillets (approx. 8 oz without skin)
- 2 tbsp orange marmalade
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 1/2 tsp orange zest
- 1 pinch cayenne pepper
- green onion and sesame seeds for garnish



☆☆☆☆☆  
No ratings yet

## Instructions

1. **Prepare the sesame orange glaze.** In a small bowl, whisk together the orange marmalade, sesame oil, rice vinegar, orange zest, and cayenne pepper. Divide mixture evenly into two bowls. Set aside.
2. **Create a foil sling for your air fryer** to prevent sticking and make cleanup a breeze. Fold a long piece of foil into thirds so it's about 4 inches wide. Place this into the bottom of your air fryer so that the long ends reach up the sides. Fold the edges down if they extend past the top of the air fryer basket. Next, fold a 2nd piece of foil to roughly cover the bottom of the basket and place it on top of the sling.
3. **Air fry the salmon.** Pre-heat the air fryer to 400°F. Once pre-heated, place the salmon fillets on top of the foil, skin side down. Brush with 1/2 of the the orange sesame glaze. Air fry for 10-14 minutes, depending on thickness, or until cooked through to an internal temperature of 125°F. (Mine took 12 mins.)
4. **Serve.** Using the foil sling like handles, remove the salmon from the air fryer basket. Gently slide a knife along the bottom of the salmon flesh, above the skin to remove the skin. Plate the cooked salmon fillets and brush with remaining orange sesame glaze. Garnish with sesame seeds and green onion before serving.

## Notes

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## Nutrition

Serving: 1fillet | Calories: 285kcal | Carbohydrates: 13g | Protein: 25g | Fat: 15g | Cholesterol: 67mg | Sodium: 67mg | Potassium: 411mg | Sugar: 12g

# Ham and Corn Chowder

Prep Time	Cook Time	Total Time
30 mins	30 mins	1 hr

Servings: 6 servings (1.75 cups per serving)    Calories: 430kcal



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No ratings yet

## Ingredients

- 1 lb honey glazed ham, chopped
- 3 strips Wegmans Center Cut Uncured Bacon, 25% Less Sodium (3 oz)
- 4 Yukon gold potatoes, peeled and chopped (400 grams)
- 2 cups frozen corn kernels (227 grams)
- 1 medium onion, diced (280 grams)
- 3 stalks celery, chopped (178 grams)
- 3 medium carrots, peeled and diced (107 grams)
- 2 cloves garlic, minced (8 grams)
- 3 cups unsalted chicken stock (24 fl oz)
- 2 cups half and half (16 fl oz)
- 1/4 cup flour (30 grams)
- 2 tbsp unsalted butter
- 1 tsp Worcestershire sauce
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp dried thyme
- salt and pepper to taste

## Instructions

1. Heat a 5-7 qt dutch oven over medium high heat. Add bacon strips, cooking until crispy, then remove to a paper towel lined plate, leaving the bacon grease behind.
2. Add butter to the dutch oven and melt, then add onion, garlic, celery, and carrots. Sauté for 2-3 minutes until fragrant and the carrots begin to soften slightly.
3. Add flour and stir to combine with the veggies and butter. Cook for at least 1 minute, then whisk in chicken stock and half and half, scraping up any browned bits from the bottom of the dutch oven.
4. Add all remaining ingredients except the cooked bacon, stirring to combine. Bring to a boil, then reduce heat to a simmer for 10-15 minutes or until the potatoes are fork tender. Remove from heat.
5. Chop bacon into small bits, then add as a garnish to the soup before serving.

## Notes

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## Nutrition

Serving: 441grams | Calories: 430kcal | Carbohydrates: 37g | Protein: 24g | Fat: 22g | Cholesterol: 79mg | Sodium: 817mg | Potassium: 556mg | Fiber: 4g | Sugar: 13g



# Easy Greek Chicken Salad

Prep Time  
20 mins

Cook Time  
10 mins

Total Time  
30 mins

Servings: 4 servings    Calories: 342kcal

## Ingredients

### Salad Ingredients

- 7 oz green leaf lettuce, chopped (about 8 cups chopped)
- 1 cup cherry tomatoes, halved (170 grams)
- 1 cup English cucumber, chopped (150 grams)
- 1/2 cup Farmer Boy Greek Dressing (4 fl oz)
- 1/2 cup fat free feta cheese (56 grams)
- 1/3 cup red onion, sliced
- 1/3 cup kalamata olives, halved (61 grams)

### Juicy Air Fryer Chicken

- 1 lb raw chicken breast
- 3 tbsp homemade brine mix
- 1 tsp olive oil
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp chili powder
- salt and pepper to taste

## Instructions

### Juicy Air Fryer Chicken

1. Bring 2 cups water to a boil. Add brine mix and stir until dissolved. Pour over ice in a flat bottomed resealable container. Add chicken, then add additional water until chicken is submerged. Brine for at least 5 hours or up to 12 hours.
2. Remove chicken from brine and rinse with cold water. Pat dry on a paper towel, then pound down the thicker end of the chicken breast until they are even thickness across.
3. Rub the chicken with 1 tsp olive oil until evenly coated. Season with salt, pepper, chili powder, and Oh My Spice! seasoning.
4. Air fry the chicken at 380 degrees for 11 minutes, flipping halfway through (sometimes I up the temp to 390 degrees after flipping the chicken for crispier edges). Set aside to cool for about 5 mintes before slicing.

### Assemble

1. Divide lettuce, cucumbers, tomatoes, chicken, olives, and feta cheese (if desired) into 4 serving dishes. Top with Greek Dressing before serving. Serve with pita bread and hummus if desired.

## Notes

Click here or scan the barcode below to log this food in My Fitness Pal.



4 from 10 votes



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## Nutrition

Calories: 342kcal | Carbohydrates: 23g | Protein: 31g | Fat: 14g | Cholesterol: 2mg | Sodium: 595mg | Potassium: 271mg | Fiber: 3g | Sugar: 8g