



Points Values for **Cornerstone Comfort Food** eBook

*Section 1: Burgers and Meatballs*

Original Turkey Burger	3	1	1	Italian Sausage Turkey Burger	3	1	1
Southwestern Turkey Burger	3	1	1	Greek Turkey Burger	3	1	1
Chorizo Spiced Turkey Burger	3	2	2	Buffalo Bleu Turkey Burger	2	1	1
Thanksgiving Turkey Burger	2	1	1	Breakfast Sausage Patties	2	1	1
Pancake Breakfast Sandwich (2 eggs)	11	6	6	Patty Melts	7	4	4
Plain Jane Turkey Meatballs (5 meatballs)	2	1	1	Swedish Meatballs	4	3	3
Chili Spiced Turkey Meatballs (5 meatballs)	3	2	2	Italian Turkey Meatballs (5 meatballs)	3	1	1
Meatball Pasta Bake	9	9	1				

*Section 2: Chicken Breast Preparations*

Mojo Marinade (whole recipe)	3	3	3	Lemon Dijon Chicken Marinade (whole recipe)	3	3	3
Smoky Chipotle Marinade (whole recipe)	5	5	5	Easy pantry seasoning blend (whole recipe)	1	1	1
Oven and Air-fried chicken	5	2	2	Balsamic Greek Marinade (whole recipe)	6	3	3
Italian Chicken Cutlets	5	3	3	Buffalo Chicken Tenders	5	2	2

### Section 3: Prepared Chicken

Chicken Cordon Bleu Pasta Bake	11	9	4	One pot alfredo, three ways	9	7	3
Smoked Gouda Mac & Cheese	10	8	4	Chipotle Chicken Pasta Salad	9	6	2
Chicken Corn Chowder	9	4	2	Chicken Orzo Soup	8	8	0
Skillet Chicken Pot Pie	11	6	6	Baked Chicken Tacos (2 tacos)	6	5	5
Southwestern Eggrolls	3	2	2	Buffalo Chicken Pizza (2 slices)	7	5	5
BBQ Chicken Pizza (2 slices)	8	6	6	Bougie Chicken Salad	7	4	4
Summer Cobb Salad	10	7	7	Chicken Bacon Ranch Quesadilla	5	4	4
Buffalo Chicken Dip (½ cup)	5	4	4	Chicken Enchiladas (3 enchiladas)	8	5	5
Spinach Artichoke Lasagna Rolls (2 lasagna rolls)	13	12	7	Chicken Parmesan	7	5	5
Chipotle Chicken Sandwich	12	7	7				

### Section 4: Condiments and Sauces

Caramelized Onions (¼ cup)	0	0	0	Chipotle Mayonnaise (¼ cup)	4	3	3
Maple Bacon Jam (¼ cup)	2	2	2	Weeknight Marinara (1 cup)	0	0	0
Salsa Verde (¼ cup)	0	0	0	Smoky BBQ Sauce (¼ cup)	4	4	4
Chicken Dipping Sauce (¼ cup)	3	3	3	Thousand Island Dressing (¼ cup)	1	0	0
Horseradish Aioli (¼ cup)	3	3	3	Tzatziki (¼ cup)	0	0	0
Sweet Chili Sauce (¼ cup)	2	2	2	Simple Vinegar Slaw (1 cup)	0	0	0
Korean BBQ Sauce (¼ cup)	5	5	5	Roasted Poblano Cream Sauce (¼ cup)	0	0	0
Bleu Cheese Dressing (¼ cup)	2	2	2	Ranch Dressing (¼ cup)	1	0	0

### Section 5: Biscuit Recipes

Lightened Up Biscuits	5	4	4	BEC Biscuit Sandwiches (2 eggs)	11	6	6
Sausage Gravy (½ cup)	3	3	3	Cheddar Drop Biscuits	3	3	3
Baked Beef Empanadas (two 5" empanadas)	5	4	4	Burger Biscuit Bombs (2 biscuit bombs)	7	5	5
Blueberry Scones	6	5	5	Cranberry Orange Scones	6	5	5

Ham & Cheddar Scones

6	6	6
6	5	5

Peach Cobbler

Pumpkin Spice Scones

7	6	6