

20 WW-Friendly Recipes for 2020



After a ten-day, four-city road trip through Georgia and North Carolina, I'm so excited to be home and meal prepping! On our ride home I put together this list of 20 WW-friendly recipes I want to try in 2020.

Up first, the [?Skillet Pickle Chicken?](#) from The Skinnyish Dish! Amy SWEARS by it, and I've been dying to try it.

My friend Rachel swears by this [?Egg Roll in a Bowl?](#) recipe from The Pound Dropper. I think it would make a great make-ahead lunch prep.

You know I LOVE my brussel sprouts, and I loved Cacio E Pepe so this Skinnytaste recipe for [?Cacio E Pepe Brussel Sprouts?](#) looks terrific!

I love all things buffalo-flavors and let's be real: cauliflower is having a moment. So this [?Buffalo Cauliflower Wings?](#) recipe from Emily Bites looks like a winner!

Did you know that cod has more protein than almost any red meat? True story! This ["Garlic Lemon Cod"](#) recipe is another favorite of Bridget's, and I like how easy it would be to throw together on a weeknight!

I love our airfryer. It cooks food so quickly, and I love the crispy crunch that it gives the food. This [?Spicy Popcorn Chicken?](#) recipe from Mason Woodruff is definitely happening! It looks so good!

I rarely bake, but Mr. Big enjoys a good biscuit, so I'm going to try this [?Light Biscuit?](#) recipe from Dward Cooks!

I love Fakeout Takeout, and this [?Kung Pao Chicken?](#) recipe from Lite Cravings looks perfect!

I love pork, and this [?Pork Medallions Over Cheesy Grits?](#) recipe from My Bizzy Kitchen looks so yummy!

I love to make soups on Sunday (we call it [?Souper Sunday?](#)), and this Creamy [?Crockpot White Chicken Chili?](#) recipe from The Skinnyish Dish looks like it will be delicious!

The other recipe Rachel swears by is this ["Lightened Up Cheesecake"](#) from The Pound Dropper. I see tons of people making it on my social, too, so I feel like it's worth the effort to try it!

I have a confession: I've never made a spaghetti squash because it totally intimidates me. But this Skinnytaste recipe for [?Baked Spaghetti Squash?](#) looks like I can handle it.

[?Chicken and Dumplings](#) is just such a lovely comfort food, and it always makes my home smell delicious while it bakes. This Emily Bites recipe is definitely making the list!

I'm always on the hunt for good [French Onion Soup](#) and this recipe from Dward Cooks can actually double as a base for French dip sandwiches, too!

Bridget swears by this Drizzle Me Skinny recipe for "[Buffalo Chicken Burgers](#)," and it looks like a great weeknight meal!

This [?Spicy Tomato and Beef Soup?](#) recipe from Mason Woodruff looks like a delicious and hearty winter soup.

I love shrimp and seafood, and this [?Grilled Shrimp Scampi over Crispy Polenta?](#) recipe from My Bizzy Kitchen looks amazing!

Bridget also recommended this [?Jerk Chicken with Pineapple Black Bean Salsa?](#) recipe from Budget Bytes. It looks like a great weeknight meal!

I love [Braised Red Cabbage](#) so much, and this Budget Bites recipe looks easy and approachable.

I love chicken Marsala, so this [?Slow Cooker Chicken Marsala?](#) recipe from Simple Nourished Living looks like the perfect Sunday supper!

What about you? Are you trying any new recipes in 2020?