

Black Peppercorn - pg 64



Parmesan Pomodoro - pg. 83



Pesto - pg. 84



Asian Glaze - pg. 57  
mixed with BBQ Sauce - pg. 60





# Sauce Recipes

This massive collection of low calorie, low fat, low sugar and low point sauces will help you "fancy up" any dish you want to serve. My sauces are created in such a way that you do NOT have to skimp on flavor or portion size to cut calories and lose (or maintain) weight. There's none of that ridiculous, "a serving size is 2 Tbsp" nonsense here. All of my sauces are either 1/4 or 1/2 cup and 0-1 points.

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(yeah, it's not a sauce, but you deserve Hummus)





## Arrabbiata Sauce

DO NOT MAKE THIS SAUCE IF YOU CAN'T TOLERATE SPICY FOOD!

Are you one of those crazy people who's always loved spaghetti with marinara sauce, while also wondering what it'd be like to replace it with liquid magma? Well, boy, do I have a sauce for you!! Arrabbiata sauce means 'angry' sauce. Why angry? Because it'll melt your face off. I made mine with 3 tsp of red pepper flakes... so I'm currently waiting by the window, for the ambulance.

### Ingredients:

- olive oil cooking spray, 6-8 second spray
- 1 cup diced onion
- 4 medium garlic cloves, crushed and minced
- 2 to 3 tsp crushed red pepper flakes
- 3 Tbsp white wine (or chicken broth, you do you)
- 45 oz canned, crushed tomatoes (I used (1) 30 oz and (1) 15 oz can.
- 2 Tbsp italian seasoning
- 1 tsp 0 point sweetener o' choice
- 1/2 tsp salt

### Serving Info.:

Yields: 5-1/2 cups  
Servings: 5 (plus change)  
Serving Size: 1 cup



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### Directions:

1. Heat a medium sized pot over medium heat. Spray with olive oil cooking spray, then add the onions, garlic and red pepper flakes. Cook for 3-4 minutes, till onions soften.
2. Pour in the wine (or broth) and cook for 2 minutes, till liquid is reduced by half.
3. Add the crushed tomatoes, Italian seasoning, sweetener and salt. Mix till well combined.
4. Bring to a boil, then reduce heat to medium-low and simmer for 20 minutes. Done.

### Notes:

- THIS SAUCE IS SPICY!!!!!!: If you can't tolerate spicy food, do not make this. Translated in Italian, the name of this sauce means "Angry". It's supposed to be hot.
- As mentioned, if you don't want to use wine, replace it with fat free chicken, beef or veggie broth.
- This sauce is meant to have some texture to it, so do not use canned tomato sauce or tomato puree. You are SUPPOSED to use canned, crushed tomatoes.
- Don't want to use sweetener? Fine, use sugar, but adjust what'cha need to.





## Asian Glaze & Dipping Sauce

A thick and sticky dipping sauce that's easily customizable

This is a very simple Asian inspired sauce that can easily be docked up with additional spices and flavorings for your own preferences. This sauce is yummy as listed, but can be kicked up a few notches by adding lemongrass, some lime juice, honey, sugar free bbq sauce, or any number of additional flavors.

### Ingredients:

- 2 Tbsp PLUS 2 tsp reduced sodium soy sauce
- 1 Tbsp 0 point sweetener o' choice (monkfruit, stevia, etc)
- 1/4 tsp molasses\*\*
- 1 medium garlic clove, minced (1tsp)
- 1/2 tsp fresh ginger, minced. OR 1/4 tsp ground ginger
- 2 Tbsp tomato sauce
- 1-1/2 Tbsp sugar free pancake syrup\*\*
- 2 Tbsp rice vinegar
- 1-1/4 cups Water
- 4-1/2 tsp cornstarch (dissolved into the water)
- 1/2 tsp asian chili sauce, such as Huy Fong chili garlic Asian sauce, or Sriracha.

### Serving Info:

Yield: 2 cups  
Servings: 8  
Serving Size: 1/4 cup



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### Directions:

1. Dissolve the cornstarch with the water, then heat ALL of the ingredients in a small pot, over medium-high heat, till boiling.
2. Reduce heat, continue cooking at a boil low boil for 3-4 minutes, till it begins to coat the back of a spoon.
3. Remove sauce from heat, pour into a bowl and set aside. It will thicken as it cools.
4. Stir sauce again after 5 minutes off of heat, serve warm or cold.

### Notes:

- If you have access to 0 point brown sugar substitute, swap the 2 Tbsp of sweetener and 1/4 tsp of molasses, with 2 Tbsp of 0 point brown sugar substitute.
- If you don't want to buy rice vinegar, use regular distilled white vinegar, it'll work just fine and still tastes great.
- Adding 1/4 tsp of sesame oil REALLY kicks the sauce up, without adding any points.







# Avocado Cilantro Sauce

A deliciously creamy sauce perfect for meats, veggies and even salads

This velvety smooth avocado dressing is a tasty mix of herbs, creaminess, citrus and savoriness. It is just at home on tacos and fish as it is being used for a salad dressing. This is an extremely simple sauce because all that is required is a food processor or a large blender to puree the mixture. The reason we're able to get an entire 1/4 cup serving of this Avocado sauce for 1 point is that we are being smart with our ingredients. We're stretching out the Avocado with water, broth and greek yogurt to get a lot more servings out of it which decreases the points per serving.

The end result is a sauce that is creamy and smooth with a subtle lime flavor, a healthy dose of cilantro and a delicious richness from the Avocado.

## Serving Info.:

YIELDS: 2-1/2 cups

Servings: 10

Serving Size: 1/4 cup



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## Ingredients:

- 1 medium Avocado
- 2 medium garlic cloves
- 1 cup fresh cilantro
- 3 Tbsp lime juice
- 1/2 cup water
- 1/2 cup fat free chicken broth
- 1 cup plain fat free greek yogurt
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp olive oil (get a bottle that says 'strong' or 'robust' flavor, if possible)



## Directions:

1. Carefully slice the avocado in half, remove the pit and skin, then place the avocado into the food processor.
2. Add all of the remaining ingredients to the food processor and then puree on high speed for around 1 minute, or until the ingredients are broken down and smooth.
3. Season with additional salt and pepper, if necessary.
4. Serve immediately or chill in the refrigerator.



## Notes:

- This is more of a savory sauce than a bright citrus one. If you would prefer it to have a less savory taste, then replace the chicken broth with additional water. Do not add any pepper, and only season with a minimal amount of salt, to taste, after the rest of the ingredients are finished being pureed.
- Add more water to thin the mixture, if you want a thinner sauce/dressing
- Because this recipe uses such a small amount of olive oil, I highly recommend buying a bottle that says 'robust' flavor or other word to denote a bold olive oil flavor.





# Bang Bang Sauce

A creamy and INSANELY SPICY dipping sauce, for you weirdos that like that kinda stuff

For about 2 years now, people have been begging me to make a copycat version of 'The Bonefish Grill's' Bang Bang sauce. Having never been there, I was always "meh" about it. But, I decided I'd add it, since I'm revising this cookbook anyways. I just made it 1 hour ago and all I can say is... "Who in the heck eats this stuff!!!" This is like going to Hawaii, walking up to an active volcano, then leaning down and lapping up a mouthful of magma. I'm sure you folks who like spicy food will taste nuances in the sauce... but all I can taste is my tongue melting. Some of ya'll are crazy.

## Ingredients:

- 1 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 4 Tbsp Asian chili sauce, I used Huy Fong chili garlic sauce.
- 1 tsp sriracha hot sauce.. because.. why not!?
- 1 Tbsp rice vinegar
- 1-1/2 Tbsp sugar free syrup (pancake)
- 2 Tbsp 0 point sugar replacement o' choice

## Serving Info:

Yield: 1-1/4 cup  
Servings: 5  
Serving Size: 1/4 cup



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## Directions:

1. Add all of the ingredients into a bowl, whisk together till combined. Cover and set aside. It's tasty as is, but the flavors develop the longer it sits.
2. I'd recommend having a fire extinguisher handy, for when your face decides to spontaneously combust.

## Notes:

- If you don't want to use mayonnaise, feel free to replace it with an extra Tablespoon of Greek, it'll still taste like fire.... but, it'll remove 1 ingredient point from the recipe.
- Make sure to use an Asian chili sauce that is 0 points. 'Sweet' chili sauces have points from the added sugars. Regular copycat recipes call for using sweet chili sauce. Instead, I'm using 0 point Asian chili sauce and adding sweetener, to mimic the flavor.







# Barbecue Sauce

A simple sauce that you can easily modify and build off of



Brush this simple sugar free barbecue sauce on chops, kebabs or chicken drumsticks before cooking, or use as a glaze during grilling. Serve it as either a hot or cold sauce to go with any of your favorite dishes. It's a perfect base to dock up yourself for a low point bbq style sauce. It's so low in points that you have a lot of room to play around with adding ingredients to make it your own.

## Ingredients:

- 1/4 cup water
- 1 large onions, chopped
- 4 garlic cloves, medium, chopped
- 1 (29oz) can of tomato sauce (the 0 point kind)
- 1/3 cup worcestershire sauce
- 1/3 cup apple cider vinegar
- 1/4 cup sugar free syrup (pancake syrup)
- 1/3 cup 0 calorie brown sugar substitute
- 2 tsp ground mustard
- 1/2 tsp onion powder
- 1/2 to 3/4 tsp chili powder, to taste
- 2 tsp smoked paprika
- 2 tsp paprika
- 1/2 tsp liquid smoke, hickory (OPTIONAL)
- additional salt and pepper to taste
- (optional) 1 Tbsp lower sodium soy sauce

## Serving Info.:

*Yields: 5 cups*

*Servings: 10*

*Serving Size: 1/2 cup*



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## Directions:

- 1 In a medium saucepan, saute the onions and garlic with cooking spray, until softened.
- 2 Stir in all of the remaining ingredients and heat to a low simmer.
- 3 Cover and simmer for 15 minutes.
- 4 Pour the mixture into a blender or food processor and process on high until smooth.
- 5 Return the sauce to the pan and season with additional salt and pepper, if desired.

## Notes:

- This recipe is so low in points that it leaves you a lot of room to customize it.
- Want a southwest kick? Add 1 canned chipotle pepper in adobo sauce prior to pureeing, as well as a dash of McCormick's Chipotle Chili Powder. It adds some nice heat and a deep smoky flavor.
- Want an Asian version? Ditch the chili powder, then replace it with 1/2 tsp ground ginger. Add a total of 3-1/2 Tbsp lower sodium soy sauce... as well as 1 tsp sesame oil. Adjust your points.
- Don't want to buy brown sugar replacement? Use regular sweetener, it'll still taste fine.





## Bearnaise Sauce

A Classic French Herbed Wine Sauce For Meat Eaters

A classic French sauce gets a low point makeover in this lightened version of one of the most classic French "mother" sauces. Typically, it is made with an emulsion of egg yolk, white wine, vinegar, herbs and looooots of butter. This sauce is Hollandaise's sophisticated wine drinking older brother.

### Ingredients:

- 5 Tbsp white wine vinegar
- 1 Tbsp white wine, chardonnay
- 1 cup water
- 1 small onion, chopped
- 6-8 second spray, butter flavored cooking spray \*\*\*
- 1 bay leaf
- a few sprigs each of fresh parsley and tarragon
- 1/4 tsp cracked black pepper
- 1-1/2 Tbsp I Can't Believe It's Not Butter, Light
- 1-1/2 tsp cornstarch, dissolved in a little bit of water, set aside
- 3 large egg yolks
- 1 Tbsp finely chopped fresh parsley
- 1 Tbsp finely chopped fresh tarragon

### Serving Info.:

Yields: 2 cups

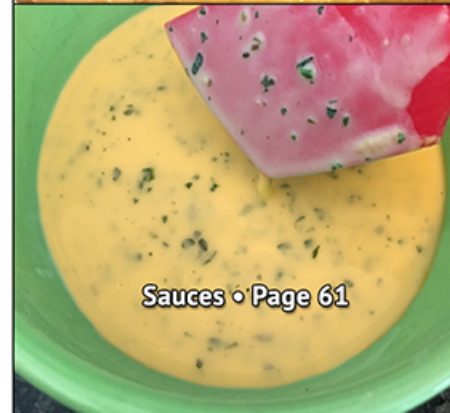
Servings: 8

Serving Size: 1/4 cups



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### Directions:

1. Combine the white wine, vinegar, water, chopped onion, bay leaf, pepper, butter spray, butter spread and the sprigs of fresh herbs in a small stock pot and heat until boiling. Lower the heat to medium/low and keep at a low simmer for 5 minutes.
2. Pour the mixture through a wire strainer and into a bowl, to remove all of the vegetables and herbs. Set the bowl of strained liquid aside and allow to cool for 30 minutes.
3. After cooling for 30 minutes, return the mixture to your sauce pot and whisk in the egg yolks and dissolved cornstarch. Turn on the stove to medium and heat until the sauce begins to warm and thicken, about 5 minutes, stirring with a rubber spatula.
4. Once the sauce comes to a low simmer, reduce the heat to barely simmering and allow to continue cooking for 3 minutes, continue stirring.
5. Pour the thickened sauce into a bowl and stir in the chopped fresh parsley and tarragon. Can be served as a hot or cold sauce.



# Bechamel Sauce

A deliciously light and versatile take on a classic French sauce

Bechamel is a creamy base sauce, typically loaded with heavy cream and butter. We are using unsweetened almond milk and I can't believe it's not butter Light, cooked with vegetables and herbs to create a simple sauce with a subtle depth of flavor. It has an excellent mellow base, which makes it ideal for lasagnas, as well as an accompaniment for many fish, egg, and vegetable dishes. It can also be used as a base in a wide range of sauces and dishes. Add some garlic and you have a creamy garlic sauce, add lemon and herbs and you have a creamy lemon and herb sauce, the possibilities are endless. I personally like to use it for the white sauce in my low-ish point chicken and vegetable lasagna. It's a much healthier WW-ified take on a major brand's frozen vegetable lasagna that we all know and love...which rhymes with 'Stopherz'.

## Ingredients:

- 1/2 cup unsweetened almond milk
- 3 cups water
- 1 Tbsp I can't believe it's not butter Light
- Butter flavored cooking spray, 5-6 seconds spray \*\*\*
- 1 tsp chicken flavored bouillon (granules)
- 1 pinch of nutmeg
- 2-3 sprigs of fresh parsley
- 2-3 sprigs of fresh rosemary or thyme
- 1 small onion, chopped
- 1 medium carrot, peeled and chopped
- 1 celery stalk, chopped
- 1 bay leaf
- 1/4 cup plain fat free Greek yogurt
- 4 Tbsp cornstarch, mixed into the Greek yogurt
- 1/2 tsp salt
- black or white pepper, to taste

## Directions:

1. Dice the onion, carrot and celery. Spray a medium stock pot with the butter flavored cooking spray and cook the veggies on medium heat for 3-4 minutes, until they begin to sweat.
2. Pour in the water, milk, butter spread, bouillon, nutmeg, along with the salt, fresh herbs and bay leaf. Bring to a boil, over medium heat, then remove the pot from the heat and allow the mixture to steep for 30 minutes.
3. Pour the cooled mixture through a strainer, into a bowl, to remove the vegetables and herbs.
4. In a separate bowl, combine the cornstarch and yogurt until smooth, adding a little bit of the sauce to warm up the Greek.
5. Pour the strained liquid back into the pot and stir in the yogurt/cornstarch mixture, until smooth.
6. Heat the mixture over medium heat, stirring frequently, until it reaches a low boil. Reduce the heat and allow to barely simmer for 3-4 minutes for the sauce to thicken up a bit.
7. Remove the pan from the heat and season to taste with pepper.
8. The sauce can be served immediately, or it can be allowed to cool for a few minutes. It thickens more as it cools.



## Servings:

Makes: 3 cups

Servings: 12

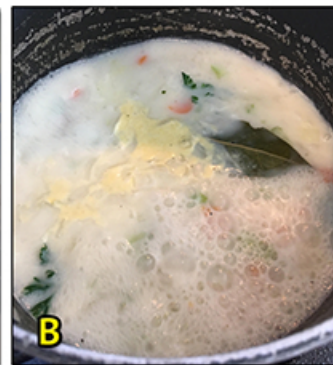
Serving Size: 1/4 cup



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## Notes:

- Use any type of butter you want, but adjust points accordingly. I am using 1 point of I can't believe it's not butter Light, in this recipe.
- If you would prefer to use actual broth instead of the chicken flavored granules, leave out the granules/bouillon and replace 1 cup of the water with 1 cup of fat free chicken or vegetable broth.





# Bechamel Variations

Using Bechamel sauce as a base for other sauces

**NOTE:** All Bechamel variation recipes have the same 1/4 cup serving size as the original bechamel sauce.

## Alfredo Sauce:



### Recipe Changes:

- Add **3 chopped cloves of garlic** to the vegetables in the first step of the Bechamel sauce.
- Stir in **4-1/2 Tbsp of reduced fat Parmesan grated topping**. (such as Kraft reduced fat Parmesan)

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## Creamy Herb Sauce:



Prepared by: @mugglemama2017

Tarragon Sage Chicken with Butternut Squash Soup and Tarragon Sage Cream

### Recipe Changes:

- Replace the rosemary or thyme in the Bechamel sauce **with any other herb**, such as dill, tarragon, sage, basil, cilantro, etc. and remove during straining.
- Stir in more finely chopped fresh herbs to the sauce at step 7, when it is completely finished cooking and removed from heat, as garnish.

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## Lemon & Chive Cream Sauce:



### Recipe Changes:

- Use a small bunch of chopped **fresh chives** in place of the Rosemary or Thyme during the first steps of making your Bechamel sauce. Strain as normal.
- Add **2 Tbsp of lemon juice** to the sauce
- **3 Tbsp fresh chopped** to the finished sauce, as garnish.

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## Roasted Garlic Cream Sauce:



### Recipe Changes:

Add **5-6 medium sized cloves of roasted garlic** (pg 46) to all of the vegetables when making the Bechamel. Also, add **1-1/2 tsp garlic powder** and **2 Tbsp reduced fat grated parmesan topping** (like Kraft parmesan topping). Strain out the garlic cloves along with the other vegetables.

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## Black Peppercorn Sauce

A smoky black pepper cream sauce with delicious depth

This sauce tastes so good! It has a savory herbed butter flavor with a smoky pepperiness that sneaks up and karate chops the back of your tongue like an angry creamy ninja. It's great on beef and pork. Heck, it'd be good as lip balm for goodness sake.

### Ingredients:

- 1 Tbsp I Can't Believe It's Not Butter Light
- 1 small onion, finely diced
- 2 medium garlic cloves, crushed and finely chopped
- 1/2 tsp salt
- 5 sprays, butter flavored cooking spray \*\*\*
- 1 bay leaf
- 3-4 sprigs fresh thyme
- 2-1/2 tsp black pepper ('coarse ground' or 'cracked' if able)
- 2-1/2 tsp whole black peppercorns
- 1/2 cup unsweetened plain almond milk
- 4-1/2 tsp cornstarch (mixed into the water)
- 1/2 cup fat free chicken broth
- 3/4 cup water
- 2 tsp lemon juice

### Serving Info.:

Yields: 2 cups  
Servings: 4  
Serving Size: 1/2 cups



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### Directions:

1. Melt the butter spread in a pan and cook onions for 3-4 minutes, until sweating. Add the garlic and cook for 1-2 minutes, until it becomes fragrant.
2. Spray the onions and garlic for 5 seconds with butter flavored cooking spray, add the herbs, salt, black pepper and peppercorns to the pan. Cook on medium-low heat for 3-4 minutes.
3. In a separate bowl, whisk together the almond milk and cornstarch, then add the chicken broth, water and lemon juice.
4. Pour the liquid mixture into the pan with the onions and pepper, stir constantly with a whisk. Bring the sauce up to a low boil and continue stirring for 3-4 minutes, until it thickens to your desired consistency. Use a fork to remove and discard the thyme leaves and bay leaf.
5. Turn off the heat and serve immediately, or allow to cool for a few minutes. The sauce thickens more as it cools.

### Notes:

- You can replace the almond milk with any type of milk you want, but adjust points accordingly.
- This would be great with sauteed mushrooms added into it, which would have the added benefit of "bulking up" the sauce. Doing so would not just taste great, but it would both increase the servings and possibly lower the points for the first serving.
- If you'd like to add a little bit more savory depth of flavor to the sauce, you can stir in up to 1-1/4 teaspoons of reduced fat parmesan topping (like Kraft) into the sauce, for 0 points.
- This recipe gets 1 ingredient point from peppercorns. Ignore that, if you don't count spices.





## Bolognese & Ragu Sauces

An extremely hearty meat sauce originating from Bologna Italy

A traditional Bolognese sauce is a thing of beauty. Where a Marinara sauce is what you would typically think of when you picture a plate of spaghetti or on a pizza, a Bolognese sauce is much more hearty. The sauce is usually packed with ground beef or pork sausage, but we are going for a low fat, low calorie, low point sauce, so we are using my ultra low point, ultra flavorful 0 point Italian sausage recipe from page 28. You can easily transform this into an equally delicious chunky ragu sauce, by tweaking the spices and not pureeing the vegetables. Want to make this even more filling? Add some mushrooms to get even more servings out of it.

### Ingredients:

- 1 pound of **MY** turkey Italian Sausage, recipe on pg. 28
- 1 medium onion, diced (around 1-1/2 cups)
- 1/2 cup carrot, finely chopped\*\*\*
- 1/2 cup celery, finely chopped\*\*\*
- 4-5 medium garlic cloves, minced
- 1-1/2 cup fat free beef or chicken broth
- 1 Tbsp red wine vinegar
- 1/4 cup red wine
- 2 Tbsp tomato paste, no salt added
- 29 oz. canned tomato sauce (scan to ensure 0 points)
- 1/2 cup unsweetened plain almond milk (or use more broth)
- 1 tsp Italian seasoning
- 1/2 tsp fresh rosemary, minced
- 1/2 tsp ground allspice\*\*
- 1/2 tsp ground nutmeg\*\*
- add salt and pepper and the end, seasoning to taste..

### Directions: (for Bolognese)

1. Cook the onions, celery, carrots and garlic in a pot with cooking spray for 5-6 minutes, until they begin to sweat.
2. Add the broth, bring to a simmer and cook for 10 minutes.
3. Add the veggies & broth to a blender or food processor. Blend till smooth, set aside.
4. Cook the meat, with cooking spray, till browned, breaking up the meat into small crumbles as it cooks. Pour the pureed vegetables into the cooked meat, mix to coat, cook for 2 mins.
5. Add the vinegar, wine, tomato paste, tomato sauce, almond milk, Italian seasoning, rosemary, allspice and nutmeg. Bring to a boil.
6. Reduce to low heat, then cover with a lid and cook at a low simmer, **COVERED**, for 30 minutes. Salt/pepper to taste.

### Serving Info.:

**Yields:** 6 cups

**Servings:** 12

**Serving Size:** 1/2 cup



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### RAGU SAUCE VARIATION: (pictured below)

- To make a Ragu: Skip step 3, leaving the veggies chunky.
- Add raw meat to the cooked veggies, then break it into small crumbles as it cooks through... replacing Step #4.
- Remove the allspice, nutmeg and almond milk. Those are essential for the Bolognese, they do not belong in a Ragu.







# Buffalo Sauce

An addictively spicy hot sauce that holds the universe together

Good old Buffalo sauce, a Holy Union between cayenne pepper-based hot sauce, vinegar and lots and lots and lots of butter. It's one of those things that everyone enjoys, but that most people trying to cut calories have to avoid because of the fat content. Well, that was true until the heavens opened, the clouds parted, choirs of angels started singing and I bestowed this virtually fat free gift upon you all. Pretty much every single "skinny" food blogger does the same exact carbon copy recipe of, "Mix hot sauce with a bucket of Greek yogurt to make Buffalo sauce, Yippie!" Sorry, Susie... Homey don't play that. I don't use Greek yogurt as a culinary crutch. Also, instead of using a bunch of butter, we're using a combination of butter flavored cooking spray, butter spread and a mix of broth, water and spices that are used in real buffalo sauce recipes.

## Ingredients:

- 6 second spray, butter flavored cooking spray
- 1/2 cup fat free chicken broth
- 1/2 cup water
- 4-1/2 tsp cornstarch
- 3/4 cup Franks Red Hot Cayenne Pepper Sauce, Original
- 2 tsp worcestershire sauce
- 2 Tbsp white vinegar
- 1 Tbsp I can't believe it's not butter Light
- 1/4 garlic powder
- 2 Tbsp plain fat free Greek yogurt
- additional salt and pepper, to taste

## Serving Info.:

Yields: 1-3/4 cups  
Servings: 7  
Serving Size: 1/4 cup



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## Directions:

- 1 Spray the butter flavored cooking spray into a small sauce pot, then add the water, broth and cornstarch. Mix till the cornstarch is dissolved.
- 2 Add the hot sauce, worcestershire, vinegar, butter spread and garlic powder. Cook over high heat until the sauce comes to a rolling boil, then lower the heat to medium. Cook at a low boil for 3 minutes.
- 3 Pour the sauce into a mixing bowl and allow to cool for 15 minutes.
- 4 Add the Greek yogurt, stir or whisk until the Greek yogurt has been completely incorporated into the sauce, without lumps. Taste, season with salt or pepper, if desired. The sauce will continue to thicken as it cools. Done.

## Note:

- If you'd like this to be more of a thick, creamy dip than a sauce... stir in a bit more Greek yogurt. However adjust points if you're plan doesn't give you fat free Greek for 0 points.
- Allergic to dairy? Swap out the Greek for Tofu (\*gasp\* Ingredient swaps!!)



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# Butter Sauce Base

A WW-ified butter sauce that can be adjusted for any recipe

If there is one thing that you'd NEVER think you'd be having on Weight Watchers, chances are it's a low point butter sauce. C'mon, we're talking about using beautiful, golden, liquid fat, for goodness sake. However, as with most recipes in this guide/book, a little bit of messing with ingredient swaps, and a little trial and error, will work wonders for your cooking, as well as your waist line.

This butter sauce is a faaaaaantastic base for you to use as the foundation for a lot of sauces of your own making. You can add some herbs, wine, capers, a little reduced fat Parmesan, whatever you'd like. As it's written below, this sauce is very tasty, but it is tailor made for you to customize.

## Ingredients:

- 4-5 seconds spray, butter flavored cooking spray \*\*\*
- 5 Tbsp I can't believe it's not butter Light
- 1-1/4 cup water
- 1/2 cup fat free chicken broth
- 4-1/2 tsp cornstarch, dissolved into water
- 1/8 tsp turmeric (optional, for deeper color)
- 1/8 tsp salt, or more to taste.
- 2 tsp butter flavored popcorn seasoning sprinkles (optional)

## Serving Info.:

Yields: 2 cups

Servings: 8

Serving Size: 1/4 cup



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## Directions:

- 1 Spray the cooking spray into a small stock pot, then melt the butter spread over medium heat.
- 2 Add the water/cornstarch, turmeric (if using), chicken broth, salt and butter flavored sprinkles, if using, into the pot. Stir till the cornstarch dissolves, then turn up the heat and bring to a boil.
- 3 Cook at a rolling boil for 4 minutes, remove from heat. Done.

## Note:

- Though optional, the Turmeric gives a deep golden color to the butter sauce. If you would like your sauce to be a lighter yellow, don't add it.
- The sauce will continue to thicken as it cools.
- If you want to add even more of a butter punch, you can add butter flavored popcorn sprinkles or butter extract, from the baking/spice aisle, next to the vanilla extract.
- This sauce would go great as a butter base for other sauces, or for a dipping sauce for lobster, crab, etc.





# Cheese Sauce

A deliciously low point cheddar cheese base sauce

This page is devoted to all of you cheese heads out there. This is a very easy to make cheese sauce that is awesome on pretty much anything. It can be poured over a baked potato, tossed with pasta to make low point mac n cheese, the possibilities are pretty much endless. It's also extremely customizable and easy to dock up. This isn't as thick and goopy as canned cheese goop. This is slightly thinner, with the viscosity of hot nacho cheese.

## Servings Info.:

Yields: 3-1/4 cups

Servings: 13

Serving Size: 1/4 cup

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RECIPE INFO



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## Ingredients:

- 2-1/4 cups water
- (1) 10-3/4oz can Campbell's "Healthy Request" Condensed Cheddar Cheese Soup.
- 1/2 tsp salt
- 1/2 tsp chicken flavored bouillon granules
- 1/8 tsp ground turmeric
- 2 tsp 'cheese' flavored popcorn seasoning sprinkles (I used 'Kernel Season's' brand, available at most major stores and walmarts.)
- 2 slices velveeta original cheese slices
- 4-1/2 tsp cornstarch, dissolved into the water

## Directions:

1. In a medium sauce pot, stir together all of the ingredients, with a whisk, till the cornstarch dissolves. Turn on the heat and bring to a rolling boil. Lower the heat to keep the mixture at a rolling boil, without letting the sauce bubble over. Allow to cook at low boil for 5-6 minutes.
2. After 5-6 minutes, remove pot from heat and allow to cool for 10 minutes. The sauce will thicken slightly while it cools. Done

## Notes:

- If your local store sells "Borden's" brand, fat free cheddar slices, use those instead of Velveeta. You can use 5 slices for 3 points, instead of Velveeta's 2 slices!!!
- You can substitute 1 cup of water with 1 cup of fat free chicken broth, if you don't want to use the chicken flavored bouillon granules.
- For Nacho Cheese sauce, use cayenne pepper for plain ol' heat. Adding chipotle chili powder (McCormick's) adds a little smokiness as well as heat.
- 1 can of the condensed soup shows as more points in the recipe builder. However, if you remove the soup from the can and do the points according to the weight and ACTUAL volume of the can's contents, it is lower in points.
- For an even thicker, really goopy Nacho Cheese sauce, you can add up to 1 additional tablespoon of cornstarch and still keep the first serving at 1 point.







# Chimichurri Sauce

Pesto's Argentinian Cousin. Bold, Vibrant and With A Spicy Latin Punch

Chimichurri is one of those sauces that once you have it, you'll never forget it. Think of it like an Italian Pesto. A pesto that left its family and ran away to South America to join a violent street gang. Where Pesto is loaded with tons of fresh basil and parmesan, chimichurri is loaded with cilantro, parsley, lemon juice, vinegar and a good amount of heat from red pepper flakes. I'm making it healthier, by using a mixture of olive oil and water.

## Ingredients:

- 2 cups fresh flat leaf (Italian) parsley, chopped, packed
- 2 cups fresh cilantro, chopped, packed
- 3 Tbsp capers, drained
- 4 medium garlic cloves
- 2 Tbsp red onion, finely diced
- 5 Tbsp red wine vinegar
- 3 Tbsp lime juice (or lemon, your preference)
- 1/2 tsp salt (or more, to taste)
- 1/8 to 1/4 red pepper flakes, to taste
- 1/4 tsp cracked black pepper
- 1/2 tsp fresh oregano (or 1/8 tsp dried)
- 2 Tbsp PLUS 1-1/2 tsp 'robust' olive oil (see notes)
- 6 second spray, olive oil cooking spray
- 1 cup room temperature water

## Servings:

Yields: 2-1/4 cups

Servings: 9

Serving Size: 1/4 cup



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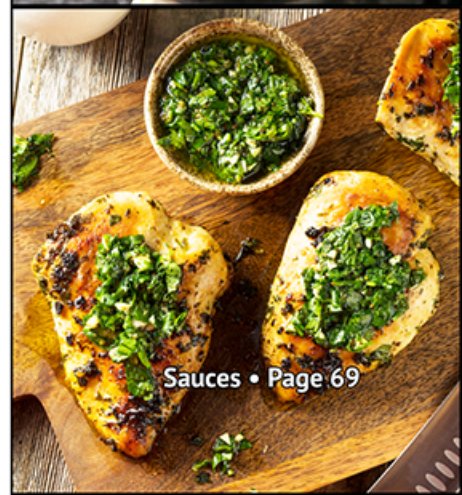
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## Directions:

1. Place all of the ingredients into a food processor. Spray the olive oil cooking spray into the processor, over the ingredients, then close the lid.
2. Pulse the food processor, to begin breaking down the leafy herbs. While pulsing, drizzle in the olive oil. Rememer, we don't want PUREE, we want it broken down.
3. Set aside, in the refrigerator and let the flavors meld for at least 1-2 hours.

## NOTE:

- Because my recipe uses such a small amount of olive oil, I'd suggest buying regular olive oil, not extra virgin. Get one that says 'robust', 'extra flavorful', or an equivalent phrase denoting a strong flavor.
- Though the flavors taste more mellow/developed after 1-2 hours, the longer it sits the better.







# Cilantro Lime Sauce

A simple and zesty sauce that packs some Latin attitude

This sauce is so simple and comes together so quickly that it'll come as a total surprise the first time that you make it. The flavorful mix of chicken broth, lime juice, garlic, and a bunch of fresh cilantro makes this an incredibly savory sauce. It punches you in the face with a nice bit of lime, followed by a strong flavor of cilantro. It pairs very well with Latin themed dishes, served over fish, chicken, beef and heck, even cardboard would taste great slathered in this stuff.

Though I'm using I Can't Believe It's Not Butter Light in this recipe, I give directions in the notes at the bottom of the page for how to make it a 0 point sauce with 1 simple ingredient substitution.

## Serving Info.:

YIELDS: 1-1/2 cups

Servings: 6

Serving Size: 1/4 cup



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## Ingredients:

- 5 second spray, olive oil flavored cooking spray \*\*\*
- 1 cup fat free chicken broth
- 1/4 cup water
- 4 tsp cornstarch, dissolved into the water
- 1/4 tsp olive oil
- 3 Tbsp lime juice
- 2-3 medium garlic cloves, crushed, chopped
- 1 Tbsp I can't believe it's not butter Light
- 3/4 cup cilantro (about 1 bunch), finely chopped
- salt and pepper to taste

## Directions:

- 1 Spray the bottom of a medium pan with the cooking spray, then add the broth, water, cornstarch, olive oil, lime juice and garlic. Stir until the cornstarch is dissolved.
- 2 Add the butter spread, then turn on the stove and bring the sauce to a low boil, stirring to melt the butter spread.
- 3 Cook the sauce for 3-4 minutes at a rolling boil, until it begins to thicken, then turn off the heat and stir in the fresh chopped cilantro. Done.

## Notes:

- Want even more butter flavor? Stir in 2 tsp of butter flavored popcorn seasoning sprinkles. Most all brands let you have 2 tsp for 0 points,
- Yes... you can seriously use an entire cup of this sauce for 1 point. Would you ever have an entire cup of sauce? No. But, that gives you a LOT of wiggle room to add points and customize this sauce for your own tastes. Add a point of this, a point of that... that's one of the reasons I make everything so low. It tastes good as-is, but you have room to modify my sauces.







## Clam Sauce

A classic seafood sauce that's usually drenched in points

### Ingredients:

- 6 second spray, butter flavored cooking spray
- 1 Tbsp I can't believe it's not butter Light
- 1/4 cup white wine, chardonnay
- 1 cups bottled clam juice, strained
- 1 cup fat free chicken broth
- 1/4 cup unsweetened almond milk
- 1 pinch red pepper flakes
- 5 garlic cloves, crushed, chopped
- 1 small onion, diced
- 2 (6oz) cans clams, minced or chopped
- 2 Tbsp oregano, finely chopped
- 2 Tbsp parsley, finely chopped
- 3-1/2 Tbsp cornstarch
- 1/4 tsp olive oil

Linguini with White Clam Sauce is one of those staples of traditional southern italian cooking. It's one of those dishes that we all love or have wanted to try, but we shy away from it because of how much wine and butter are typically in it. After a member on Connect requested that I take a look at WW-ifying it, I was able to come up with an ultra low point, low calorie, virtually fat free version that is light, delicious and extremely flavorful. Not to mention that it's 1 point for a REALISTIC portion size, not 2 points for 2 measly little Tablespoons of sauce like you'll find elsewhere.

### Servings:

- Yield: 4 cups
- Servings: 8
- Serving Size: 1/2 cup



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### Directions:

- 1 Spray the cooking spray into a medium pot, then add the butter spread, wine, broth, almond milk, clam juice, pepper flakes, garlic, diced onion and cornstarch. Stir until the cornstarch is dissolved, then bring the sauce to a rolling boil. Cook for 5 minutes, uncovered.
- 2 Turn off the heat. Pour in the contents of the 2 cans of canned clams and their juices. Add the chopped fresh herbs and finally, drizzle in the 1/4 tsp of olive oil. Season with salt, black (or white) pepper, and additional red pepper flakes, if desired.

### Notes:

- Add 2 cups of canned, crushed or diced tomatoes and juices in place of the recipe's listed chicken broth, to create "Clams and Tomato Sauce", a classic Neapolitan dish.
- Want even more 0 point butter flavor? Use 2 tsp of butter flavored popcorn seasoning sprinkles.
- If you REEEEEALLY want to snazzy this dish up, add some live clams (scrub them clean!) to the pot and cook for 10 minutes. Discard any clams whose shells don't open.





# Sausage Country Gravy

Delicious flavor without the accompanying bypass surgery

This WW-ified country gravy isn't traditional. It's also not prepared by a grumpy line cook, at a truck stop, with a half pound of bacon grease on his apron. This is an incredibly low fat, low calorie version that still has a TON of flavor. Instead of full fat pork sausage, we are using my low fat, healthy, breakfast sausage from page 27. Instead of heavy cream and a mountain of fat, we're going to use almond milk, pan drippings and thickening it all with cornstarch.

## Serving Size:

Yields: 6 cups

Servings: (12) 1/2 cup



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You can have 2 servings (1 cup) for 1 total point

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## Ingredients:

### Breakfast Sausage:

- 1 pound of my breakfast sausage mix, recipe on pg. 25, with the following addition.
  - Add 1/2 cup water into the raw mix. **TRUST ME. It'll make the meat cook into finer crumbles.**

### "City Boy" Country Gravy

- 6 second spray, butter flavored cooking spray \*\*\*
- 1 Tbsp PLUS 2 tsp I Can't Believe It's Not Butter Light
- 2 cups unsweetened plain almond milk (not Vanilla!)
- 2 cups water
- 4-1/2 Tbsp cornstarch
- 3/4 tsp salt
- 1/2 to 1 tsp coarse ground black pepper to taste

## Directions:

- Prep. a batch of my breakfast sausage ahead of time, with the added water. Heat a large pan or a good sized pot, then cook the sausage, using cooking spray.. Break up the meat into small pieces, while cooking.
- When the meat is cooked through, spray the butter flavored cooking spray onto the meat and mix in the butter spread. Heat till the butter spread is melted into the meat.
- In a mixing bowl, combine the almond milk, water, cornstarch and pepper, until well combined, set aside.
- Once the pan gets hotter than Ryan Gosling at your front door telling you "Hey girl, let me in... I'm here to vacuum and do your laundry.".... Pour the liquid mixture into the hot pan, with the cooked breakfast sausage cumbles and start stirring. It should begin to thicken almost immediately.

- Continue to stir on high heat, allowing the sauce to thicken for another minute or two, until it gets to a nice gravy consistency.
- Turn off heat and season with salt and additional pepper, if desired. Don't skimp on the black pepper, because it REALLY makes the sauce taste authentic.

## NOTE:

- If you're allergic to almond milk, you can use any similar low point beverage, just adjust your points. Carbmater brand Lactose free milk at Kroger affiliated stores, is thick, low point, lactose free milk, that has the same thickness as almond milk and is also only 1 point per cup.
- BISCUITS!:** Want to have a low point 'Biscuits & Gravy' breakfast? Serve this over my yeast biscuits (pg. 50-51). Two big biscuits and 1 cup of this 'country gravy' will only cost you 6 points!!!
- This does NOT look like goopy white country gravy, like you're used to ordering. THAT stuff is white because it is simply grease cooked with TONS OF FLOUR. It gets it's white color from flour. Mine has the flavor without the flour.







# Creamy Horseradish Sauce

A Creamy, Zesty Sauce with More Kick Than A Mule

There's nothing quite like a good, creamy horseradish sauce. It's slightly spicy 'zing' cuts through fatty cuts of meat, while also managing not to completely overpower more mild proteins, such as chicken or fish. Where most recipes call for tons of full fat mayo or sour cream, I'm using fat free Greek as my cream-base. If you'd like to have a slightly spicier sauce, add a few dashes of your favorite hot sauce.

## Ingredients:

- 1 cup plain fat free Greek yogurt
- 1/4 cup 'prepared' horseradish (see notes)
- 1 tsp light mayonnaise
- 1 Tbsp dijon mustard
- 1 tsp white wine vinegar OR lemon juice
- 1/2 tsp salt
- 1/4 tsp coarse ground pepper

## Serving Info:

Yield: 1-1/4 cup  
Servings: 5  
Serving Size: 1/4 cup



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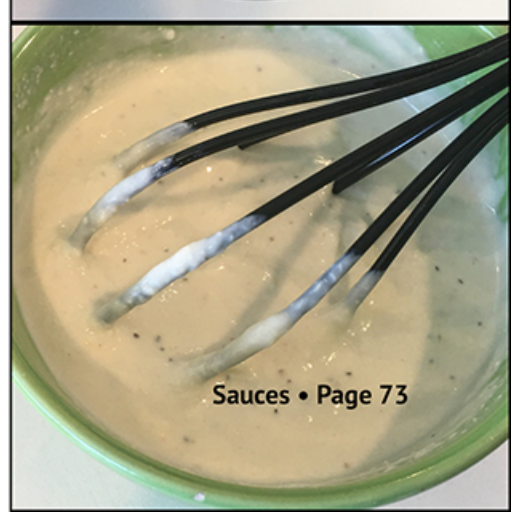
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## Directions:

1. Add all of the ingredients into a bowl, whisk together till combined.
2. Let it rest, covered, for at least 2 hours, so the flavors can mellow.
3. Take a deep breath... and marvel in the fact I made a recipe with only 2 steps.

## Notes:

- Scan the various jars of 'prepared horseradish' at the grocery store. Some have additives and are higher in points than others. Make sure to get a jar that's 0 points, period. 'Morehouse' brand prepared horseradish is 0 points for the entire jar.
- If you don't want to use white wine vinegar, lemon juice would also work well. If you can't eat lemons, go ahead and use regular distilled white vinegar. Honestly, it's only 1 tsp, it'll be fine.







## Curry Cream Sauce

A Quick & Tasty Curry 'Base' Sauce, Perfect For Customizing

If you've ever wanted to try your hand at making a basic curry dish, but are too intimidated to get a bunch of exotic ingredients? This sauce is a simple and flavorful base you can toss together with things you most likely have in your pantry already. If you don't have curry powder already... you don't have to go looking for exotic blends. Start out simple and just get one from your local grocery store. No need to take a trip down the Silk Road.

### Ingredients:

- 2 cups diced onion
- 3 medium garlic cloves, crushed, minced
- 2-1/2 tsp curry powder
- 3/4 tsp ground turmeric
- 2 cups fat free chicken broth
- 1/2 cup plain unsweetened almond milk (not Vanilla!!!!)
- 1-1/2 Tbsp cornstarch, dissolved into 2 Tbsp water
- cooking spray
- additional salt and pepper, to taste

### Serving Info.:

Yields: 3-1/2 cups

Servings: 7

Serving Size: 1/2 cup



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### Directions:

1. Heat a medium sized pot over medium heat. Spray with cooking spray, then add the onions, curry powder and turmeric. Spray again with cooking spray, then cook over medium heat for 4-5 minutes, till onions begin to soften.
2. While the onions are cooking, occasionally use a wooden spoon to scrape the powders from the bottom of the pan, where they will start to collect and harden. You do not want to let them burn.
3. Add the garlic and cook for 2 more minutes.
4. Add the chicken broth, almond milk and dissolved cornstarch. Bring to a boil, reduce heat to medium, then cook at a boil for 5-6 minutes, till sauce begins to thicken.
5. Season with additional salt and pepper if desired.

### Notes:

- THIS IS A BASE SAUCE! Customize it to however you want it. Feel free to add some lime juice, a little coconut milk, whatever you want. As is, this is a delicious, mild, non spicy base sauce.
- Add cooked protein into this sauce and let it simmer for a hearty 'curry' dish. Want to up it a bit? Add some potatoes and peas. Boom... quick, easy and simply curry.
- If you're allergic to almond milk, feel free to use ANY low calorie, milk-type beverage you can have, but adjust your points accordingly, if necessary.





# Florentine Sauce

A deliciously savory cream sauce loaded with fresh spinach

A Florentine Sauce is a savory cream sauce, loaded with fresh spinach, that is typically made with enough heavy cream and butter to give a T1000 a heart attack. This version is based on my Bechamel sauce. That's primarily because it's a great flavorful creamy base... aaaaaand because I'm lazy, so there's that.

## Servings:

Yields: 4 cups

Servings: 8

Serving Size: 1/2 cup



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## Ingredients:

- 1 prepared batch of my Bechamel sauce, recipe pg. 62, set aside.
- 3 medium garlic cloves, chopped
- 1 small onion, diced
- 1/4 cup fat free chicken broth
- 1 Tbsp white wine
- 1 Tbsp white wine vinegar
- 1 Tbsp lemon juice
- 4 cups fresh spinach, packed  
(2) 12oz bags of spinach works.
- Butter flavored cooking spray

## Directions:

- 1 Cook the onions and garlic with butter flavored cooking spray for 2-3 minutes on medium heat, until they begin to soften. Add the broth, wine, vinegar and lemon juice. Cook till most of the liquid has evaporated.
- 2 Rough chop the spinach, then add it to the pan. Cover and cook until just starting to wilt.
- 3 Pour in the prepared Bechamel sauce, stir to combine, then cover pan with lid and bring to a simmer. Cook at a low boil for 3-4 minutes.
- 4 Season with salt and pepper to taste

## Notes:

- You can use frozen spinach if it is more convenient for you. Microwave it, then squeeze out all the liquid.
- You can replace the water and chicken bouillon with 1/4 cup of chicken broth and the sauce will stay 1 point per serving.
- Eating excessive amounts of spinach will **NOT** give you arms like Popeye.
- You can also ladle the sauce onto poached or scrambled eggs, atop an english muffin. It's a snazzy breakfast alternative to Eggs Benedict called Eggs Florentine.



Cook onions, garlic and spinach



Simmer with Bechamel



Use with Chicken, Seafood, and more





## It's all Gravy Baby

This is honestly so simple that you're going to facepalm yourself

One of the most frequently requested sauces that I've been asked for that has always puzzled me, because honestly... it's really easy to make, is Gravy. Everyone always says that they miss gravy. I think it's because we're all so used to HAVING to make it 1 certain way, because "that's just how you make it." Get all of the fatty drippings from cooked meat, add a bunch of butter, or cream, or milk, with a garbage can full of flour used to thicken it. Why?!?! There's a really simple formula to make a low point gravy. Heat X amount of liquid, with Y amount of cornstarch, then you end up with Z amount of low point gravy. It's easy and lower in points and calories.

### Ingredients:

- 2 cups fat free chicken broth (see notes)
- 2 Tbsp PLUS 2 tsp cornstarch, stirred into the broth, till dissolved.
- 1/8 tsp black pepper
- salt to taste
- additional herbs or seasonings, as desired.

### Serving Info.:

Yields: 1-3/4 cups

Servings: 7

Serving Size: 1/4 cup



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### Directions:

1. Add all of the ingredients into a small sauce pot and stir till the cornstarch is dissolved completely.
2. Bring the mixture to a boil, over medium heat.
3. Reduce the heat and cook, uncovered, at a low boil for 4-5 minutes, or until the gravy begins to thicken to your desired consistency.
4. Remove from heat, season with additional salt and pepper, if desired. Pour into a dish and allow to cool for 5 minutes prior to serving. The gravy will continue to thicken slightly, as it cools.

### Notes:

- You can easily double or triple this recipe to make a big ol' barrel of gravy and as long as you follow the formula for liquid to cornstarch ratio, it'll work just fine. However, adjust your points.
- You can use fat free beef broth, in place of my chicken broth, to make a beef gravy. However, it will add 1 ingredient point to the recipe.







## Hollandaise Sauce

A luxuriously rich and creamy egg yolk and butter sauce

Hollandaise is pretty much the forbidden fruit of sauces when it comes to those of us trying to live a healthy lifestyle. Typically, we save up our points and calories to have the full fat version. The traditional sauce is a very thick, butter and egg yolk sauce, much like a warm mayonnaise. It's perfect over fish, vegetables and even potatoes. The most prized use for Hollandaise is, of course, Eggs Benedict, points be damned! Luckily for all of your waistlines, I've come up with a way to reduce the points for a good sized serving of the sauce, with some nifty ingredient swaps and... SCIENCE!

### Ingredients:

- 1-1/2 cup water
- 3 Tbsp white wine vinegar (or lemon juice)
- 1 Tbsp white wine
- 1-1/2 tsp cornstarch
- 16 whole black peppercorns
- 2 bay leaves
- 2 Tbsp plus 1 tsp I Can't Believe It's Not Butter Light
- 6 second spray, butter flavored cooking spray \*\*\*
- 8 large egg yolks (shout out to my good friend, Cholesterol!)
- 1/8 tsp salt
- (optional) pinch of paprika or cayenne pepper, for garnish

### Servings:

Yield: 1-1/2 cups

Servings: 6

Serving Size: 1/4 cup



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### Directions:

1. In a small pot, stir together the water, wine, vinegar (or lemon juice), peppercorns, bay leaves and butter spread. Spray cooking spray into the pot, then bring to a rolling boil for 3 minutes. Turn off heat and set aside.
2. Allow mixture to cool for 20 minutes, then strain the liquid.
3. Return strained liquid to the pot, then stir in the cornstarch till dissolved. Whisk in the egg yolks and heat to a low simmer, stirring constantly as soon as the mixture begins to thicken.
4. Continue stirring on low heat, barely simmering for 5-7 minutes.
5. Turn off heat, season with additional salt, if needed.
6. Pour sauce through a strainer, to remove any cooked bits of egg. Pour strained sauce into a serving dish or spoon over food. Garnish with a pinch of either paprika or cayenne, if desired.

### NOTES:

- Everyone has EXTREMELY picky opinion, when it comes to how they like their Hollandaise sauce. This recipe gives you a great low point sauce, so you can add your own tweaks.
- If you want a slightly more "yolk-like" color to your finished sauce, consider adding an 1/8 tsp dash of Turmeric. It will add a earthy hint, but will enhance the color, if that's a big deal to you. Remember, we're stretching 8 egg yolks to 1-1/2 cups.
- The sauce will thicken a little more as it cools due to the cornstarch. If it thickens too much, simply stir in water.
- If you want to be a little bit more Fancy Nancy, go ahead and add a little bit of fresh diced shallots to step 1.
- Yup... you're seeing that right. An entire 1/4 cup of Hollandaise sauce for just 1 point, Baby!!!







## Katsu Sauce

My hacked down version of a deliciously savory, sweet and slightly spicy Japanese dipping sauce



Katsu sauce, or, Tonkatsu sauce, is a thick and savory sauce usually served with 'tonkatsu,' a breaded, deep fried Japanese pork cutlet. It is a thick worcestershire-based sauce which is usually VERY high in sugar, calories and points, due to its sugar. My recipe is a quick, skinnied-down version that is nooooooot a traditional recipe. This is my hacked down version of Katsu sauce, which can be made in under 10 minutes.

### Ingredients:

- 1/2 cup tomato sauce
- 3 Tbsp unsweetened applesauce
- 3 Tbsp PLUS 2 tsp worcestershire sauce
- 3 Tbsp low sodium soy sauce
- 2 Tbsp 'dark' soy sauce (optional, for color)
- 3 Tbsp rice vinegar
- 1/4 tsp onion powder
- 1/4 tsp black pepper
- 1 Tbsp 0 point sugar replacement o' choice
- 1-1/2 tsp cornstarch, dissolved into 2 tsp water

### Serving Info:

Yield: 1 cup (and change)  
Servings: 4  
Serving Size: 1/4 cup



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### Directions:

1. Add all of the ingredients into a small pot, stir to combine.
2. Bring to a boil, reduce heat to medium, then cook at a rolling boil for 4-5 minutes, till thickened.
3. Remove from heat and let cool to room temperature, stirring every 10 minutes or so.

### Notes:

- **DARK SOY SAUCE:** Dark soy sauce is NOT regular soy sauce, it IS called 'dark' soy sauce. If you want this dish to be a 10 out of 10, you need it, even if you have to buy it online. BE ADVISED!!!!!! Different brands are different points. I use 'sushi chef' or 'Ka Me' brands.
- There are variations of Katsu sauce that are made with different fruits added in, mainly, prune and dates. If you'd like to add a slight fruity depth to your sauce, feel free to replace some of the tomato sauce with pureed fruit. Pureed fruit is 0 points if used in a sauce (unlike the smoothie-rule), because it's part of a dish which will be eaten as food, rather than drinking it. Don't you just love those loopholes.
- Well... some fruits, whole of blended, DO have points now if you're on the Diabetic plan.
- If you DO go the 'pureed fruit' route, to get more depth of flavor, blend up a couple of dates and prunes, then add them to the sauce. Along with tasting great, you'll get extra steps in, from running to the bathroom. Prunes... they're a giver.





## Korean 'Gochujang' Sauce

If you enjoy Asian food, this sauce will knock your socks off. Even though it's spicy, it's my hands-down favorite

Korean Gochujang sauce is fantastic. Prior to making it for the first time, while making my Asian cookbook (#5), I'd never had it before. It is one of my 3 favorite sauces in the world now. It DOES require a very exotic ingredient (for most of us), 'fermented red pepper paste', but it can be found in the Asian food aisle of most major grocery stores. This sauce is savory, slightly sweet, slightly fruity, spicy, a little sour. It's awesome.

### Ingredients:

- 10 Tbsp (1/2 cup PLUS 2 Tbsp) Water
- 1-1/2 tsp cornstarch, dissolved into the water
- 3 Tbsp low sodium soy sauce
- 2 Tbsp 'dark' soy sauce (optional, for color)
- 3 Tbsp rice vinegar
- 1-1/2 Tbsp sugar free syrup (pancake)
- 2-1/2 Tbsp no sugar added ketchup, or tomato sauce
- 2 tsp sugar free strawberry preserves/jelly
- 4 Tbsp fermented red pepper paste (gochujang paste)
- 1/4 tsp sesame oil
- 2 medium garlic cloves, crushed, minced
- 1/2 Tbsp ginger, minced
- 6 Tbsp 0 point sugar replacement o' choice
- 1/2 tsp salt

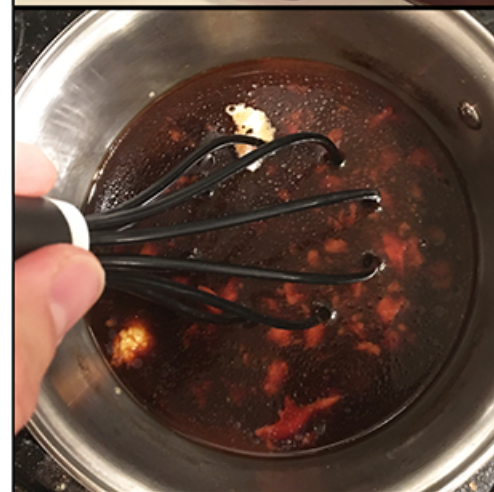
### Serving Info:

Yield: 1-1/2 cup  
Servings: 6  
Serving Size: 1/4 cup



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### Directions:

1. Add all of the ingredients together in a small pot. Stir till well combined, then bring to a boil over medium heat.
2. Cook at a low boil for 5-6 minutes, or until the sauce begins to thicken.
3. Remove from heat, set aside to cool. Stirring occasionally while it cools.

### Notes:

- **ASIAN RED PEPPER PASTE:** Can be found in the Asian Food aisle of most major chain grocery stores. Do a google image search to see what it looks like. It might also be found as 'Gochujang' red pepper paste. Different brands of fermented red pepper paste have varying point values. The brand I used was only 4 points for 1/4 cup, others are 5 points. The points of your dish may vary, based on the brand you use.
- **DARK SOY SAUCE:** Dark soy sauce is NOT regular soy sauce, it IS called 'dark' soy sauce. If you want this dish to be a 10 out of 10, you need it, even if you have to buy it online. BE ADVISED!!!!!! Different brands are different points. I use 'sushi chef' or 'Ka Me' brands.





# 10 Minute Marinara

This is my really good, though highly controversial, 10 minute Marinara



Let me start off by pointing out the elephant in the room. I KNOW that there are going to be a lot of you that think that you can NOT have an amazing Marinara sauce, without using fancy ingredients, slow simmering a pot o' tomato sauce for 8 hours, all while listening to The Godfather soundtrack. Well, I'm not a Sicilian Grandma with 4 knees, I'm a busy dad with 2 kids and no time. In the past year I've had to streamline my original sauce and come up with a version that can be thrown together, fast... because, well... kids. Ya'know what? It's actually really danged good. It comes together extremely fast, yet is extremely flavorful and is a great base to build off of.

## Ingredients:

- 4-6 second spray, olive oil cooking spray
- 1/4 tsp olive oil
- 4 medium garlic cloves
- 1 small onion, diced
- 1/2 cup chicken broth
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 Tbsp red wine
- 1 Tbsp red wine vinegar
- 1 to 2 tsp 0 point sweetener o' choice
- 45oz canned tomato sauce (a 15 and a 30 oz can)
- 1/2 tsp salt
- 1/4 tsp pepper

**Yield:** 5 cups

**Servings:** 10

**Serving Size:** 1/2 cup



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## Directions:

1. Dice the onion and set aside. Chop the garlic and set aside. Put a medium sized pot on your stove and turn the heat up to a medium-high flame, then, get to work. "whip crack"
2. After the pot has had a minute to get nice and hot... add the olive oil and cooking spray. Immediately add the onions and cook for 2-3 minutes, until they start to sweat, then add the garlic, chicken broth, wine, vinegar, dried herbs and sweetener. It will begin bubbling immediately. Allow to cook for 1-2 minutes, or until most of the liquid has dissolved.
3. Pour in the tomato sauce, add the salt and pepper, then bring to a low boil. Pour the sauce into a food processor or blender, or you can use an immersion blender to puree the sauce. Process until the onions are broken down and the sauce is smooth.
4. Season with additional salt and pepper if desired. Done.

## Notes:

- You can use sugar instead of artificial sweetener, but you'll need to adjust points accordingly.
- This sauce has no points whatsoever. Feel free to customize it. Add some more olive oil, an extra bit of wine, some additional fresh herbs... whatever you want. This sauce is FAST, GOOD, and perfect for using as a base for your own sauce.
- Feel free to get food-snobby and say you haaaaave to slow simmer marinara for 8 hours, using imported San Marzano tomatoes and 12 year old balsamic. While you're doing that, I'll be over here changing diapers and doing the dishes. 🤔😂





# Marsala Wine Sauce

Is It Possible To Have A Healthy Marsala Sauce? Why, Yes... Yes It Is.

This is my healthy, fat free take on a traditional Marsala wine sauce, used most commonly for Chicken Marsala. It's loaded with diced onions, sliced mushrooms, garlic, beef broth and 2 different wines. This is honestly the first time in my life I've ever had Chicken Marsala... and I thought it was really tasty.

## Ingredients:

- 1 medium onion, diced
- 3-4 garlic cloves, crushed/chopped
- 16 oz sliced mushrooms, any variety. I bought 2 of the standard sized 8oz packages, in the produce department.
- 1-1/2 cups fat free beef broth
- 6-1/2 Tbsp marsala wine (dry, or sweet, doesn't matter)
- 1 Tbsp 'red wine', any type. I'm not a wine snob.
- 1/2 tsp salt
- 1/4 tsp pepper
- 2-1/2 Tbsp cornstarch, dissolved into 3 Tbsp water
- Fresh chopped parsley, for garnish (optional)

## Serving Info.:

Yields: 4 cups

Servings: 5

Serving Size: 3/4 cup



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## Directions:

1. Heat a LARGE pan over medium-high heat for 1 minute. Spray with cooking spray, then add the onion, garlic and mushrooms. Spray with a little more cooking spray, then cook for 5 minutes, or until they begin to soften and darken in color. (from pic. 1 to pic 2)
2. Add the beef broth, marsala wine and red wine to the pan. Then pour in the dissolved cornstarch. Stir till the cornstarch is thoroughly mixed into the sauce. Add salt and pepper.
3. Bring to a simmer, then reduce heat to medium and cook at a boil for 5-6 minutes, or until the sauce thickens nicely.
4. If desired, garnish with fresh chopped parsley, season with additional salt/pepper if needed.

## Notes:

- 2 Wines?: Roll with it... it's a 'Points' thing.
- "Can I halve the recipe, Daniel?" .... Yeah... You can halve ANY recipe.
- Does it matter if I get 'sweet' Marsala wine, or 'dry' Marsala wine? Personal preference. I had to google it. I used 'dry' in my recipe and I really enjoyed the flavor.
- But Daniel... I don't drink alcohol... what can I use instead of the wine... for this wine sauce? I'd swap both wines out for 1/4 cup water and 1/4 cup fat free chicken broth and 1/4 cup red wine vinegar. It won't taste the same, but it'll still be good. If you're wondering why not add more beef broth... because any more than 1-1/2 cups of fat free beef broth gains 1 point.








# Mexican Quick Mole

A simplified Quick Mole' sauce that can be thrown together in a pinch



Get ready to dodge angry mobs wielding torches and pitchforks because we're about to tackle the most holy of Mexican sauces, Mole' Poblano. Traditionally, Mole' is a very labor intensive sauce that takes an extremely long time to make and includes ingredients like bread, toasted nuts, seeds, peppers, oil, plantains and much more. It usually cooks for hours or even days. This one is ultra fast, flavorful and only 1 point for a 1/2 cup serving.

## Serving Size:

Yields: 6 cups

Servings: 12

Serving Size: 1/2 cup servings




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## Ingredients:

- 
- 3-4 medium garlic cloves, chopped
  - 29 oz canned tomato sauce
  - 1/4 cup 0 point sweetener of choice (monkfruit, stevia, swerve, etc.)
  - 3 Tbsp PLUS 2 tsp unsweetened cocoa powder
  - 1/4 tsp black pepper
  - 1 to 2 tsp chili powder, OR chipotle chili powder. Season to spice preference.
  - 1-1/2 tsp ground cumin
  - 1 tsp ground cinnamon
  - 2 cups fat free chicken broth
  - 2 Tbsp PB2 or other brand powdered peanut butter
  - 2 Tbsp masa harina (instant masa mix, or any brand corn flour... not cornmeal!)
  - 1 tsp onion powder
  - 2 Tbsp Lily's 'stevia sweetened' mini dark chocolate, or semi sweet chocolate chips
  - 3 tsp sesame seeds, for toasting
  - 1/4 tsp sesame oil (optional, adding it to the sauce, gives a subtle, nutty flavor)

## Directions:

- 
1. Spray a medium sized pot with cooking spray and cook the garlic till just fragrant.
  2. Add the tomato sauce, sweetener, cocoa powder, black pepper, chili powder, cumin, cinnamon, broth, powdered peanut butter, masa harina, onion powder, chocolate chips and sesame oil to the pot. Bring to a boil, then lower the heat, cover and simmer for 15-20 mins.
  3. Turn off heat and let cool for 30 minutes.
  4. Toast the sesame seeds in a small pan over medium heat for 3-4 minutes, till starting to brown, set aside to use as a garnish on your plated meal.

### Note:

- *Toasting the sesame seeds adds an extra step, but it really gives them a much more pronounced flavor.*
- *'Instant Masa Mix' can be found in the Mexican food aisle, at your grocery store. It is usually sold under the brand name 'Ma Se Ca' or 'Maseca' instant tamale mix.*





# Parmesan Pomodoro

A Delicious Red Sauce with Notes of Parmesan and Basil



This is an extremely simply sauce, with tremendous depth of flavor. The traditional version calls for San Marzano tomatoes, though you are more than welcome to use regular canned tomato sauce. I won't judge. Also, I'd like to apologize to all of my Italian Nona's that follow me. Don't take my use of Kraft cheese sprinkle's TOO personally... I have kids. lol

## Ingredients:

- 1 tsp olive oil
- olive oil cooking spray
- 1/2 cup onions, diced
- 4 medium garlic cloves, crushed and chopped
- (2) 30 oz cans of either whole, peeled, 'San Marzano' tomatoes... or you can use normal canned tomato sauce, if you don't want to be fancy.
- 1/4 cup fresh basil, chopped, packed
- 2 Tbsp PLUS 2-3/4 tsp reduced fat Parmesan topping (like Kraft... see notes)
- 1/4 tsp salt
- 1/4 tsp pepper

## Serving Info.:

Yields: 6 cups  
Servings: 12  
Serving Size: 1/2 cup



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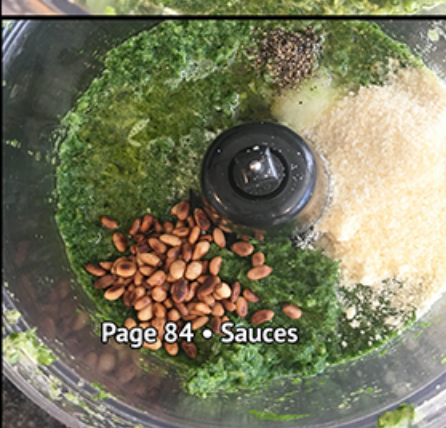
## Directions:

1. Heat a medium sized pot for 1 minute. Add the olive oil, onions and garlic. Spray with additional olive oil cooking spray and cook till onions begin to soften, 4-5 minutes.
2. Add the onions into a food processor or blender, with the canned tomatoes. Process till smooth.
3. Add the fresh chopped basil into the food processor (or blender) and blend till smooth.
4. Return sauce to the pot, stir in the Parmesan, then simmer for 15 minutes. Season with salt and pepper. Done.

## Notes:

- PARMESAN: If you are a purist and do NOT want to use Kraft reduced fat parmesan grated topping... Use any type of parmesan you want. MY recipe's points account for 3 points of cheese. If you'd like to use the regular stuff, adjust your recipe.
- CANNED TOMATOES: I wanted to use actual 'San Marzano' tomatoes for my sauce. My local store only sells canned WHOLE San Marzano tomatoes, which is why my ingredients mention 'whole' tomatoes. If you just want to use good ol' fashioned regular tomatoes... don't buy canned whole tomatoes. Buy canned 'tomato sauce'. It's cheaper and will still taste great.
- Though this recipe is tasty, I have it on good authority that @chiafullo's favorite Pomodoro sauce is from The Olive Garden.





## Pesto Sauce

A fresh, vibrant, savory & versatile green sauce

Pesto is an extremely delicious sauce, primarily consisting of finely processed garlic, tons of basil, different herbs and lots and lots and lots (did I say lots yet?) of olive oil. It is insanely yummy, but insanely high in points. Even popular "skinny" pesto recipes are typically a few points for a small 2 tablespoon serving size. I'm getting around that by reducing the olive oil, while keeping the sauce just as thick, thanks to a little pureed zucchini.

### Ingredients:

- 1-1/2 cups diced zucchini
- 1/2 cup warm water
- 4 cups basil, chopped and packed (stems ok)
- 4 medium garlic cloves
- 1/4 cup reduced fat grated parmesan cheese
- 1 tsp lemon juice
- 2 Tbsp olive oil
- 1/2 tsp salt (*if using for a pasta dish, or pasta salad, use 1 tsp*)
- 1/4 tsp fresh ground pepper
- 1 tsp 0 calorie sugar replacement o' choice
- 1 Tbsp pine nuts, toasted in a hot pan

### Directions:

- 1 Place the zucchini and water in a food processor. Process till smooth (pictures 1 & 2).
- 2 Chop up all of your basil, so it'll be easier to measure it (packed down) as well as letting it fit into the food processor better. Place the basil into the food processor, process till broken down (pictures 3 & 4).
- 3 Heat a small pan over medium-low heat for 1 minute, then add the pine nuts. Warm the pine nuts till lightly browned and toasted. Add into the food processor.
- 4 Place ALL REMAINING INGREDIENTS into the food processor. Pulse till the pine nuts are broken down. Let rest in the fridge for at LEAST 30 minutes before using.

### NOTE:

- **BASIL:** Don't forget to chop up and 'pack down' the basil. To get 4 cups, I had to use 4 of the "living herb" live basil plants you see in the produce section of your supermarket. If you are lucky enough to have a big basil plant at your house... I am jealous.
- **OTHER HERBS:** You can cut the basil with other herbs, such as arugula, watercress and spinach. However, each one will give a VERY distinct flavor. My favorite is 100% basil.

### Servings:

Yields: 1-3/4 cups

Servings: 7

Serving Size: 1/4 cup



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## Piccata Sauce

Garlic, Lemon and Salty, Briny, Capery Awesomeness

In full disclosure, I understand that most of you reading this are thinking "What the heck is a caper?!" Yes, it COULD be a sneaky plan or bank heist, but it's also a tiny little ball of briny, salty goodness that looks kind of like a tiny sweet pea. I STRONGLY recommend that you buy and cook with "*Non Pareille*" capers. It's written on the jars, it just means those are small capers. Don't use the larger capers, as those are just a big salty jar full of yuck. You can find capers in the grocery store by the olives and vinegars typically.

### Ingredients:

- 2-3 garlic cloves, chopped
- 6-8 second spray, butter flavored cooking spray
- 1-1/2 cups fat free chicken broth
- 2-1/2 Tbsp lemon juice
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water
- 1/4 tsp olive oil (use a bottle that says 'robust' or 'bold')
- 1 Tbsp I Can't Believe It's Not Butter Light\*\*
- 2 Tbsp capers
- 1 tsp dried parsley flakes
- Salt and pepper to taste
- Thin lemon slices for garnish
- Fresh chopped parsley for garnish

### Serving Info.:

Yields: 1-1/2 cups  
Servings: 3  
Serving Size: 1/2 cup



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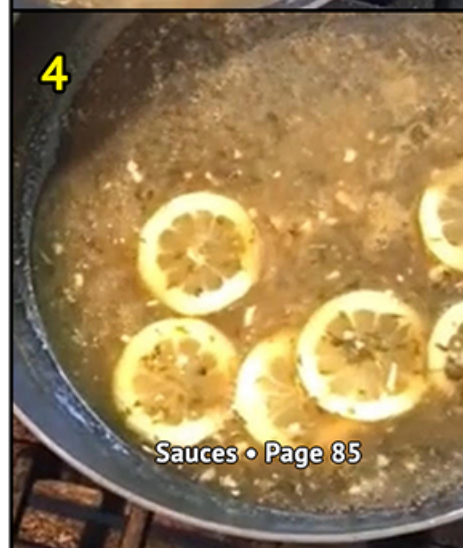
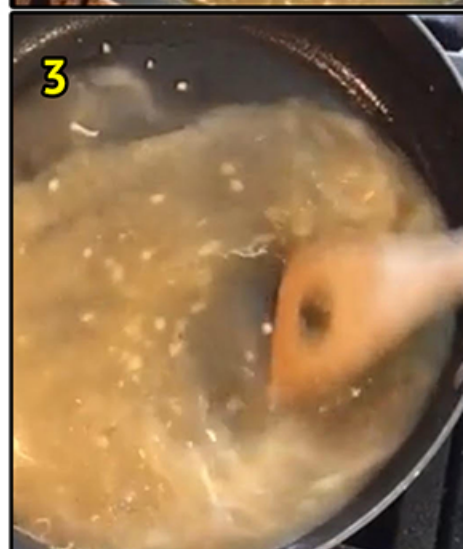
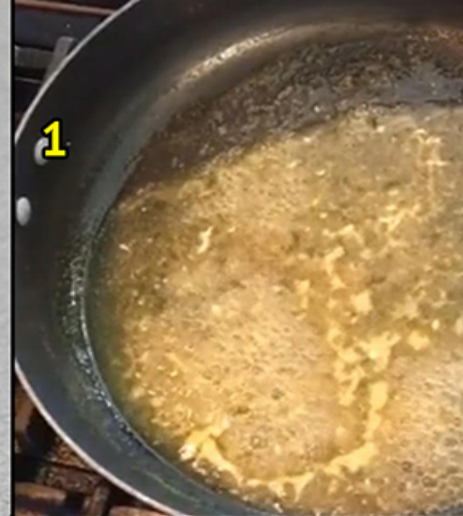
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### Directions:

- 1 Sweat the garlic in a medium pan with cooking spray, until it becomes fragrant. Add the broth, lemon juice, olive oil and butter spread. Stir to combine, heat to a rolling boil.
- 2 Stir in the capers, parsley flakes dissolved cornstarch. Return to a simmer, stirring frequently.
- 3 Once the sauce begins to thicken, add a few thin lemon slices and stir around in the sauce.
- 4 It should take around 1 minute for the lemons to begin to soften and break down. Turn off the heat, season with salt and pepper to taste, then spoon the finished sauce over your meat.

### Note:

- For best results, add your cooked meat to the pan and allow to simmer in the sauce for a minute, turning to coat.
- As with everything I make, this sauce is tasty as-is, however it's so low in points and calories that you have plenty of room to add some more butter spread or olive oil.







# Pineapple Chili Sauce & Marinade

This sweet and refreshing sauce has an herby, slightly spicy kick from crushed red pepper flakes



This is an incredibly simple sauce to make, which also works as a fantastic marinade for meats. The vibrant sweetness of the pineapple, with the tart lime juice, hint of garlic and the pop of cilantro, along with the slight pepperiness, make this a very simple yet complex sauce. It tastes better the longer it rests, prior to use.

## Ingredients:

- 3 cups pineapple chunks (fresh)
- 1/4 cup cilantro, chopped & loosely packed
- 1 small garlic clove, around 1/2 tsp minced
- 1 Tbsp lime juice
- 1/2 tsp crushed red pepper flakes
- pinch of salt, to taste
- Patience

## Serving Info:

Yield: 2-1/4 cups  
Servings: 9  
Serving Size: 1/4 cup



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## Directions:

1. Place all of the ingredinets into a blender or food processor.
2. Process until smooth, then place into a bowl and allow to rest, in the fridge, for at least 1 hour. The longer it rests, the more the flavors develop. Trust me.

## Notes:

- Though I highly, highly recommend using fresh pineapple, you CAN use canned, rinsed/drained pineapple chunks, in a pinch. It won't taste AS great as a sauce, but will work fine as a marinade. It will also be a thinner, more watery mixture if using canned pineapple.
- I'm not lying when I say it tastes better the longer it sits. When I first made this sauce I tried some immediately... it tasted ok. I set it in the fridge and tried it again an hour later, it had a much better flavor. After 2-3 hours it was fantastic. This is a great make-ahead sauce.
- The acidity of this sauce makes it a great marinade for not just imparting flavor, but also tenderizing whatever you marinate in it.
- This sauce gains points for folks on the Diabetic plan, due to the pineapple.





## Red Enchilada Sauce

This is a very fast, low fat and simple take on a Mexican classic

I need to start by addressing all of my Latino amigos that are reading this page. I understand that I've already messed with your Mole' sauce, I've already had you put fat free yogurt into Masa to make 3 point Gringo Tamales on Connect (#dhallakvids), I know that right now you're probably waving your fists in the sky and yelling "what more could this guy do to us?!" Well sorry, but I'm messing with your enchilada sauce now. Traditionally, red enchilada sauce is an incredibly delicious and spicy (depending on the peppers you use) puree of water, seasonings, a BOAT LOAD of oil and tons and tons and tons of dried hot chili peppers. In order to make it really low in points, we need to eliminate the oil. That's why I decided to replace it with tomato sauce and regular chili powder from the spice aisle. The reason being that it is more readily available to people and the thought of dealing with a big bag of dried chili peppers is an intimidating turn off to a lot of folks.

### Ingredients:

- 2 cups fat free chicken broth
- 1/2 cup water
- 1 to 2 tsp chili powder, to taste. You can use regular chili powder, or other varieties, such as chipotle and anaheim chili powders, or a combination of them.
- 1/8 to 1/4 tsp cayenne pepper, **(OPTIONAL!)**. Only use the cayenne if you want to make it a spicier enchilada sauce. It's fine without it.
- 1-1/2 tsp garlic powder
- 1-1/2 tsp onion powder
- 1-1/2 tsp ground cumin
- 1/4 to 1/2 tsp salt, to taste
- 30 oz canned tomato sauce

### Directions:

- 1 Pour ALL of the ingredients into a medium sized pot and stir to combine over medium heat.
- 2 Bring the sauce to a boil, then cover and reduce the heat to a low simmer. Allow sauce to simmer covered for 15 minutes, stirring occasionally.
- 3 Remove from heat and season to taste.

### Serving Size:

Yields: 6 cups

Servings: 12

Serving Size: 1/2 cup



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### NOTES:

- Various types of dried chili powders can be found in the spice aisle (McCormick's sells chipotle chili powder), or usually in the Latin section of most supermarkets.
- Different brands of chili powder have different levels of heat. Adjust your spice used. Start small, add more to taste.
- Pairing this sauce with 1 point tortillas or wraps, shredded chicken, veggies, and the Fat Free cheese hack will give you some extremely legit, low point enchiladas.
- This sauce goes really well with my low point Tamales. You can find them in on my website in the 'featured recipes' section, as well as in my YouTube channel. You can also search in Connect for [#dhallaktamales](#). If you scroll down, you'll find a video of me making them.





## Roasted Red Pepper Marinara

A mildly sweet marinara-style sauce made with roasted red peppers

A couple years ago, a good friend from Connect, asked if I could make a marinara sauce with something other than tomatoes. After a little searching online, I found that making marinara sauce with Roasted Red Peppers is a great way to do it. The addition of red wine, chicken broth and the sautéed carrots and red onion also help give it more depth of flavor.

### Ingredients:

- 5 large red bell peppers, chopped
- 5 medium cloves fresh garlic
- olive oil cooking spray \*\*\*
- 1 large red onion, rough chopped
- 1-1/2 cups chopped carrots
- 1-1/4 tsp italian seasoning
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried basil
- 1/2 tsp dried thyme
- 1 Tbsp I Can't Believe It's Not Butter Light
- 2 cups fat free chicken broth
- 3 Tbsp red wine
- 5-1/2 tsp (1 Tbsp PLUS 2-1/2 tsp) balsamic vinegar

### Serving Info.:

Yields: 5 cups  
Serving Size: 1/2 cup  
Servings: 10



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### Directions:

- 1 Preheat your oven to 425 degrees and line a sheet pan with aluminum foil,
- 2 Cut the red peppers into large pieces, remove the seeds and arrange on the sheet pan along with the fresh cloves of garlic. Coat with olive oil cooking spray, make sure it's a 0 point amount of spray. Season lightly with salt and pepper, then bake at 425 for 20-25 minutes. Remove when the peppers are cooked through and pliable.
- 3 Spray a large saucepan with cooking spray and sauté the red onion and carrots for 2-3 minutes on medium-high heat. Add the butter spread and stir till it melts. Add the italian seasoning, garlic powder, onion powder, dried basil, thyme, balsamic vinegar and wine. Bring to a boil and allow to simmer for 3-4 minutes.
- 4 Pour the contents of the sauce pan into a food processor or large blender, along with all of the roasted garlic and red bell peppers. Peeling the skins from the peppers is optional.
- 5 Puree on high speed for a minimum of 1 minute or until the sauce is smooth, adding more broth, if desired, to thin the sauce more. Season with salt and pepper, to taste.

### Note:

- If you don't want to use red wine in your sauce, you can remove it. Increase your red wine vinegar to 3 Tbsp, instead.
- If you're allergic to tomatoes, but can have bell peppers... use this as a tomato sauce replacement in recipes, but adjust seasonings.
- If you want to take the time to do it... peel the skins off of the roasted peppers. I'm lazy.



# Roasted Tomatillo Sauce

A deliciously fresh and flavorful traditional Mexican green sauce



Low point chicken tamales with roasted tomatillo sauce

Ever been to a Mexican restaurant or taco shop and put that delicious green sauce on your food instead of the red stuff, or had enchiladas with green sauce? Maybe pork chili verde? Then you've had tomatillo sauce.

Traditionally, it's just a bunch of tomatillos, a type of fruit that resembles a firm green tomato with a papery husk. They are typically boiled, then thrown in a blender with some peppers and other stuff. What WE'RE going to do is add a lot more savory depth to it by roasting all of the vegetables until the skins start to blister, then processing it. Would you rather eat boiled or roasted vegetables?

## Serving Info.:

**Yield:** 5 cups

**Servings:** 10 servings


**Serving Size:** 1/2 cup



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## Ingredients:

- 2-1/2 lbs. Tomatillos, husks and stems removed
- 1 medium onion, rough chopped
- 2 medium green bell peppers, rough chopped, seeds removed
- 3 medium garlic cloves
- 4 good sized Poblano peppers, chopped, seeds removed (they aren't spicy)
- 1/2 bunch fresh cilantro, around 1 handful
- 1/2 tsp salt
- 1 whole Jalapeno pepper **(OPTIONAL!)** 

## Directions:

1. Preheat your oven to 375 degrees.
2. Line a large sheet pan with foil and spray with olive oil cooking spray.
3. Place all of the vegetables on the tray and spray them liberally with the cooking spray, then sprinkle lightly with salt and pepper.
4. Cook the vegetables at 375 degrees for 45 minutes, or until the tops of the vegetables are starting to blacken.
5. Turn the broiler to high in your oven and place the tray on the top rack under the broiler. Watch so that the vegetables don't burn to a crisp. You want to develop some black char across the tops of some of them.
6. Remove the tray from the oven and spoon all of the roasted veggies into a food processor or large blender. Make sure to also pour all of the juices in as well, along with the fresh cilantro and 1/4 tsp salt.
7. Process the vegetables on high for up to 1 minute. It should give you a thick green salsa.

## Notes:

- Tomatillos are very easy to clean for this sauce, just pull the husks back like the husks on an ear of corn, twist the stem and pull. Remove any dirt or debris and you're good to go.
- Tomatillos have a sticky feel to them, that's fine.
- Add the Jalapeno to the roasting pan, if you want a spicy sauce. This base recipe is for a completely mild and non spicy sauce.
- If you plan to use this sauce for enchiladas, add some water or chicken broth to thin it out a bit.
- This sauce is delicious served with tacos, tamales, over chicken, pork, on nachos, enchiladas, eggs, pretty much anything.





# Scampi Sauce

A spicy, lemon butter, white wine, garlic, herb sauce

Scampi sauce is a delicious, zesty, herbed lemon garlic sauce that goes fantastic with all types of seafood and poultry. It's most popular application is, of course, Shrimp Scampi. In this recipe I'll be adding Shrimp into the ingredients, even though this is really supposed to be a recipe page for just the sauce. I'm including how to actually use it to make a dish,... why not, it's my book after all.

## Ingredients:

- 4 medium garlic cloves, chopped
- 5 second spray, butter flavored cooking spray \*\*\*
- 1-1/2 cup fat free chicken broth
- 3 Tbsp white wine
- 2 Tbsp white wine vinegar
- 1 Tbsp PLUS 1-1/2 tsp cornstarch, dissolved in 2 Tbsp water
- 1 Tbsp I can't believe it's not butter Light
- 2 Tbsp lemon juice
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1/8 - 1/4 tsp red pepper flakes to taste
- 1 Tbsp fresh parsley, finely chopped
- 2 Tbsp fresh oregano, finely chopped

## Directions:

1. Spray a medium saucepan for 5 seconds with olive oil cooking spray, then saute garlic over medium heat till fragrant.



2. Add the broth, wine, vinegar, dissolved cornstarch, butter spread, lemon juice, salt, and pepper to the pan. Bring to a rolling boil for 3 minutes, allowing the sauce to start thickening.

## Servings:

Yields: 1-3/4 cup sauce  
Servings: 3 (and change)  
Servin Size: 1/2 cup sauce



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3. Add red pepper flakes, parsley and oregano to the pan, continue cooking at a low simmer for an additional 2 minutes, or until the sauce coats the back of a spoon. Done.
4. Additionally, if you want to make a traditional shrimp or chicken scampi dish, now would be the time when you'd add your raw shrimp or diced raw chicken to the simmering sauce. If cooking shrimp, place the shrimp into the simmering scampi sauce and toss to coat. Cook for 2 minutes or until the shrimp is a light pink color throughout. Cook chicken slightly longer, till cooked through.







## A2 Steak Sauce

A Complex, Yet Simple To Make Steak Sauce Using Pantry Staples (minus 1 ingredient... c'mon, folks... I try!)

First off... no, this isn't an A1 steak sauce copycat... I just like humor. So, rather than trying to make a copycat recipe which nobody would be happy about, because I tried multiple ones and none of them tasted right... I tried making my own recipe, from scratch. The tricky part was in order to keep the points down to 1 point for a 1/4 cup serving, I had to stretch the balsamic and worcestershire with white vinegar.

### Ingredients:

- 1/2 cup water with 1-1/2 tsp cornstarch stirred into it.
- 4-1/2 Tbsp balsamic vinegar
- 3-1/2 Tbsp worcestershire sauce
- 3 Tbsp white vinegar
- 1 Tbsp lemon juice
- 1/2 tsp asian 'fish' sauce (weird, but worth it)
- 1/3 cup tomato sauce
- 1 Tbsp dijon mustard
- 2 tsp 0 point brown sugar replacement
- 1/4 tsp molasses
- 3/4 to 1 tsp salt, to taste (sounds like a lot, but trust me, Susie!)
- 3/4 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp cracked black pepper (or coarse ground)
- 2 tsp whole black peppercorns
- 1/8 tsp hot sauce, any brand you prefer

### Serving Info:

Yield: 1 cup  
Servings: 4  
Serving Size: 1/4 cup

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### Directions:

1. Dissolve the cornstarch with the water, then heat ALL of the ingredients in a small pot, over medium-high heat, till boiling.
2. Reduce heat, cook at a medium boil for 6 minutes, stirring occasionally.
3. Remove sauce from heat, pour through a fine wire strainer, into a bowl. Let cool to room temperature. While cooling, stir the sauce every now and then, to ensure the cooling cornstarch doesn't create a thin layer on the top. The flavor develops more depth, the longer you let it sit.

### Notes:

- FISH SAUCE!?!: Yup, in the asian food aisle. One of the reasons worcestershire sauce has such a nice, savory depth, is because it has anchovy in it. However, we can't add anymore worcesterwhire sauce, or it goes up in points. What can we add in its place? A dash of Asian 'fish' sauce. It gives Thai dishes a tremendous flavor punch, because it contains... you guessed it, anchovy.. If you're on the fence, it gets used a LOT in cookbook 5.
- SWEETENER: You can use regular sweetener, but the flavor will be a little different.







# Teriyaki Sauce

My quick & tasty take on the traditional Japanese sauce/glaze. Did I mention... it's toototally non-traditional?



Everyone who's ever had cheap Asian fast food at a strip mall, KNOWS what Teriyaki chicken is, or rather... ya'll think you do. What you're really eating is sugar water with soy sauce. For my recipe, I took a traditional Japanese recipe, then used ingredient hacks to completely rebuild it. This version is quick, easy, is absolutely delicious and has a nice depth of flavor. It works great as sauce, glaze, or as a dip.

## Ingredients:

- 3/4 cup water
- 1-1/2 tsp cornstarch
- 2 Tbsp 0 point sweetener o' choice PLUS 1/4 tsp molasses, **or...** 2 Tbsp 0 point brown sugar replacement
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 3 Tbsp low sodium soy sauce
- 1 medium garlic clove, minced
- 1 tsp ginger, minced
- 1/8 tsp salt
- pinch of red pepper flakes (optional)

## Serving Info:

Yield: 1 cup  
Servings: 4  
Serving Size: 1/4 cup



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## Directions:

1. Dissolve the cornstarch with the water, then heat ALL of the ingredients in a small pot, over medium-high heat, till boiling.
2. Reduce heat, cook at a low rolling boil for 4-5 minutes.
3. Remove sauce from heat, pour into a bowl and let cool to room temperature. Done

## Notes:

- If you have access to 0 point brown sugar substitute, swap the 2 Tbsp of sweetener and 1/4 tsp of molasses, with 2 Tbsp of 0 point brown sugar substitute. It makes a huge difference. In your local grocery store or walmart you might find Truvia brand 0 calorie brown sugar replacement, Swerve brand, or Lakanto brand.
- If you'd like to use this a glaze, let it continue to simmer longer, so that it reduces to the consistency of syrup.





## Tzatziki Sauce

If there is one single sauce that immediately makes people think of Greece... it's this baby.

The favorite sauce of Gus Portokalos, King of the Greeks. This delicious sauce is creamy, refreshing and brings a bright 'pop' to any dish, thanks to loads of minced cucumber, fresh dill, mint and lemon juice. It's commonly slathered on EVERYTHING Greek, including Gyro sandwiches. "You give me a sauce... aaaaany sauce... and I tell'a you how the root of'a that sauce... iz'a Greek."

### Ingredients:

- 1 cup plain fat free Greek yogurt
- 1/2 cup cucumber. Peeled, finely chopped/minced and pressed between paper towels to remove excess liquid.
- 1 Tbsp lemon juice
- 1 tsp olive oil
- 1 small garlic clove, crushed, finely chopped
- 1 Tbsp fresh dill, finely chopped, loosely packed
- 1/2 tsp fresh mint, finely minced (optional)
- 1/4 tsp salt

### Serving Info:

Yield: 1-1/4 cups  
Servings: 5  
Serving Size: 1/4 cup



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### Directions:

1. Peel 1/2 of a medium sized cucumber. Finely mince/dice it, then press the minced cucumber onto paper towels, to remove as much of the excess liquid as possible. Yes... I know I'm repeating this from the ingredients, but it's important. Set aside.
2. Finely mince the fresh dill and mint (if using), as well as the garlic clove, set aside.
3. Mix all of the ingredients together in a bowl, till well combined. Set aside in the fridge for at least 1 hour. The flavors will develop much more, if allowed to rest.

### Notes:

- If you don't have access to fresh herbs, you can use dried dill and dried mint, however, the flavor won't be the same. IF you end up using dried herbs, I'd recommend 1-1/2 tsp dried dill and 1/4 tsp dried mint. You'll also definitely need to let the sauce rest, for the herbs to absorb some of the moisture from the yogurt.
- As mentioned above, the mint is optional.
- Don't have fresh garlic? Not a problem. Use 1/4 tsp garlic powder. It'll work in a pinch, though the flavor will obviously be a little different.
- Cucumber: If it'd make you sleep better at night, you can choose to remove the 'seeds' of your cucumber. I didn't, but you can. You do you, Boo.







# Vodka Sauce

A Robust and Flavorful Tomato Sauce with an Adult Kick

This sauce was a direct result of a post that I saw trending in Connect, from member [@libra.1019](#), saying how much she missed pasta with Vodka sauce, and that the advice she received at her workshop was more focused on "eat the regular full fat version, but a smaller portion, this is a lifestyle", which I call BS on. Why have a small, unsatisfying fatty micro meal, when you can have a healthy, regular sized version that's lower in calories, fat and points than the sad little tiny plate? So... here we are. This Vodka sauce is a modern take on a classic tomato sauce. Infused with lots sauteed onions, garlic, fresh basil, black pepper, balsamic, spicy red pepper flakes, VODKA and "cream", this sauce is simple to make, but has a complex depth.

## Ingredients:

- 4 medium fresh garlic cloves, rough chopped
- 1 medium onion, diced
- 1 tsp salt
- 1/4 tsp cracked black pepper
- 1/4 tsp red pepper flakes
- olive oil cooking spray, 6 second spray \*\*\*
- (1) 29-30oz can and (1) 15oz can, crushed tomatoes (45 total).
- 3 oz (1/3 cup) Vodka
- 1/2 cup fresh basil, loosely packed, chopped
- 1-1/2 tsp balsamic vinegar
- 1-1/2 tsp red wine vinegar
- 1 cup unsweetened plain almond milk
- 2 Tbsp reduced fat Parmesan-Style grated topping  
(like the Kraft sprinkles you get at a pizzeria, in a shaker)

## Directions:

1. In a medium sized pot, spray the cooking spray over the onions, garlic, salt, pepper and red pepper flakes. Cook until softened, around 6-7 minutes on medium heat.
2. Add the crushed tomatoes, vodka mixture, and vinegars. Cover and allow to cook at a low simmer for 20 minutes.
3. Carefully pour the hot sauce into a food processor, with the fresh chopped basil, then puree until almost smooth. You can also use a blender, in batches.
4. Return the sauce to your pot, add parmesan topping and almond milk. Stir to combine, then cover and simmer for 5 minutes. Done

## Notes:

- Big bottles of Vodka are expensive. They sell small \$3 bottles at corner liquor stores or at BevMo, any brand works.
- If you can't use almond milk, due to allergies, use soy or cashew milk. Kroger also has an awesome brand of low point, thick milk, called "Carbmaster" that's 1 point per cup. Honestly though, this is so low in points, with so many servings, that you can use whatever you want. Just remember to adjust the points.

## Servings:

Yield: 6 cups

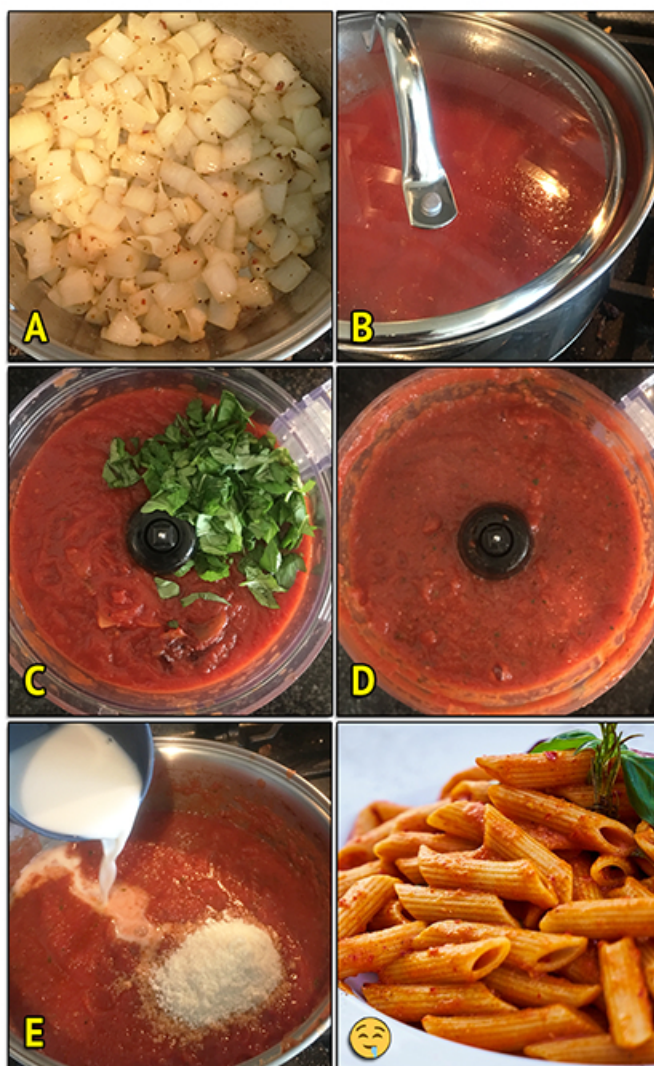
Servings: 12

Serving Size: 1/2 cup



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# White Wine Butter & Garlic Sauce

A delicious herbed garlic butter sauce with a subtle wine taste

## Servings Info.:

- Yields: 2 cups
- Servings: 4
- Serving Size: 1/2 cup



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You would be a straight up liar if you said that you didn't love a good white wine butter sauce, but let's see... what's the main problem with that sauce if you're in Weight Watchers? Oh yeah, a giganto amount of points from butter and wine. Here's the deal though, simply follow the ideas in this guide and figure out how to OUT SMART your food. A few simple food swaps, from thinking outside of the box, makes this sauce possible. We up the servings by stretching with water and chicken broth, to lower the points per serving. Ask yourself, do we REALLY need 1/2 cup of white wine in the sauce? Guess what, 3 Tbsp of it, plus 2 Tbsp of white wine vinegar will still give a great wine flavor, just a more subtle one. Do we really need a ton of butter? Nope. Let's use I Can't Believe It's Not Butter Light, along with some butter flavored cooking spray, to impart a buttery flavor at a fraction of the points. But how do we thicken it without a bunch of heavy cream?... Cornstarch. It'll tighten it up for 40 calories and no fat.

## Ingredients:

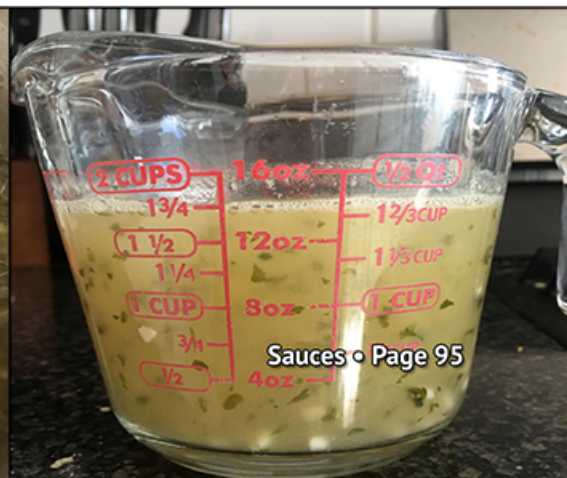
- 6-8 second spray, butter flavored cooking
- spray. \*\*\*
- 1-3/4 cup fat free chicken broth
- 3 Tbsp white wine
- 2 Tbsp white wine vinegar
- 1-1/2 Tbsp I can't believe it's not butter Light
- 1 or 2 medium garlic cloves, chopped
- 1 tsp dried parsley or basil
- 4-1/2 tsp cornstarch
- 1/4 tsp salt
- 1/8 tsp pepper

## Directions:

- 1 Combine all of the ingredients in a small sauce pot, whisk to combine.
- 2 Bring the sauce to a rolling boil over, high heat.
- 3 Allow the sauce to cook at a rolling boil for 4 minutes.
- 4 Remove from heat and season with salt and pepper, to taste. It will thicken more as it cools.

## Notes:

- If you would like a creamier sauce for no additional points, you can replace 1/4 cup of the water with 1/4 cup of unsweetened almond milk. You can also use 3 Tbsp of fat free/skim milk in place of an equal amount of the water.
- You can add in some red pepper flakes, different herbs than parsley, and some lemon juice, but then you'd be treading on the "Scampi Sauce" recipe's territory.
- This same principle can be used to make a red wine sauce. Replace the chicken broth with beef broth, the white wine with red, use red wine vinegar, remove the parsley and basil, then increase the salt to 1/2 tsp and the black pepper to 1/4 tsp.







# Yum Yum Sauce

A deliciously creamy, savory and slightly spicy cream sauce, perfect for dipping

Yum Yum sauce is an extremely popular sauce, found at Japanese steakhouses and Teppanyaki restaurants. It's a savory, sweet, slightly spicy cream sauce. You'll usually find it served as a dipping sauce for cooked/grilled meats. If you'd like to try a version with a slightly smoky flavor, try replacing the regular paprika with some smoked paprika. A great thing about this sauce is how easy it is to adjust the heat level. As-is, it has a very slight hint of heat. If you like a de'spice... go to town with the cayenne.

## Ingredients:

- 3/4 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1-1/2 Tbsp rice vinegar
- 2-1/2 Tbsp no sugar added ketchup
- 1 tsp paprika
- 1 tsp garlic powder
- 2 tsp 0 point sugar replacement o' choice
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 pinch o' cayenne pepper (or more, to taste)

## Serving Info:

Yield: 1 cup  
Servings: 4  
Serving Size: 1/4 cup



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## Directions:

1. Add all of the ingredients into a bowl, whisk together till combined. Cover and set aside. It's tasty as is, but the flavors develop the longer it sits.
2. Omg... I made a recipe with only 1 step!! Can I get an Amen!!!

## Notes:

- If you don't want to use mayonnaise, feel free to replace it with an extra Tablespoon of Greek, it'll still taste great. Plus, it'll remove 1 point from the ingredients.





# Hummus

My healthier version of on an internationally beloved dip

Traditionally, Hummus is made with garbanzo beans, garlic, lemon juice, tahini (crushed sesame seed paste), and lots and lots and loooooooots of extra virgin olive oil. It's usually so high in points and calories that the popular skinny cooking sites, and even the manufacturers, have their serving sizes at a mere 2 tablespoons. Anyone who has ever had hummus knows... 2 Tablespoons is NOT a realistic serving size. I also decided to add a couple of suggestions for how you can easily modify the standard recipe, to make a few popular variations.

## LOW POINT HUMMUS

YIELDS: 4 cups

Servings: 16

Serving Size: 1/4 cup



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### Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of actual chickpeas.
- 2 Tbsp tahini (sesame paste)
- 1/4 cup lemon juice
- 4-5 fresh garlic cloves (to taste)
- 1/3 cup reserved garbanzo bean juice
- 2 Tbsp water (or more, if you want it thinner)
- 1/3 cup fat free yogurt (or greek)
- 1 tsp olive oil (get one that says 'robust' or 'bold' flavor)
- 2 tsp ground cumin
- 3/4 tsp salt
- 1/4 tsp sesame oil (adds a nice pop of nuttiness, making up for the lack of additional Tahini)

### Directions:

- 1 Drain the garbanzo beans, reserve the liquid, and rinse off the beans.
- 2 Add the garbanzo beans, tahini, lemon juice, garlic, garbanzo bean juice, water, yogurt, oils, cumin, and salt to a large blender or food processor and process until pureed and smooth.
- 3 If the mixture is too thick, add more water into the food processor, 1 Tablespoon at a time, until it takes on a very smooth, creamy and easily spreadable consistency.
- 4 Garnish with a dusting of paprika and minced parsley. Spray the top of the hummus with a quick touch of olive oil cooking spray.

## FLAVORED HUMMUS

You can make a wide range of flavored Hummus, by simply adding a few extra ingredients into the food processor. Here's a small list of ideas.

### Roasted Red Pepper Hummus: *(add the following)*

- 1 or 2 roasted red peppers (peel off the skin)
- 2 tsp regular or smoked paprika

### Southwest Hummus: *(add the following)*

- 2 canned chipotle peppers in adobo sauce
- 1/2 tsp chili powder
- (optional) replace the lemon juice with lime juice

### Sun Dried Tomato & Basil Hummus: *(add the following)*

- 1/2 cup (or more) sundried tomatoes, rinse off the oil.
- 1/4 cup chopped fresh basil

### Black Bean Hummus: *(add the following)*

- Use the liquid from the garbanzo bean can, like normal, but...
- Instead of using actual garbanzo beans, use rinsed black beans.
- Yes... open a can of garbanzo beans, save the juice and set the garbanzo beans aside for something else. No whining, just do it!

### Pumpkin Hummus: *(add the following)*

- Replace one of the 15oz cans of garbanzo beans, with a 15oz can of pumpkin puree.

### Pesto Hummus: *(add the following)*

- 1/2 cup fresh basil
- 1 cup fresh chopped spinach
- 1 Tbsp kraft reduced fat parmesan topping