



Andouille

Smoky and SPICY sausage, popular in Cajun cooking

This ground meat mixture is meant to give a flavor similar to regular Andouille pork sausage, while cutting fat and calories. I tried to modify a traditional recipe, to have the flavors work with ground turkey. Though this can be used for cooked 'crumbled' ground meat...you can also form it into link-style shapes, or try to make traditional sausages with it, using natural casings.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 1 pound extra lean ground turkey
- 1/4 tsp baking soda dissolved into 1 tsp water (TRUST ME!)
- 1/4 tsp ground cumin
- 2 tsp paprika
- 2 tsp smoked paprika
- 3/4 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp cayenne pepper
- 1/4 tsp dried thyme
- 1/4 tsp dried sage (or 'rubbed' sage)
- 1/4 tsp ground allspice
- 2 tsp beef flavored bouillon granules (such as 'Knorr' brand)
- 1/2 tsp dry mustard
- 1 Tbsp red wine
- 1-1/4 tsp liquid smoke, hickory flavor
- 4 medium garlic cloves, minced (or, 1 tsp garlic powder)
- 1/2 cup onion, minced
- 1 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to sit for 20 minutes, covered.
- Cook as desired.



Asian

Ground turkey or chicken LOADED with asian flavors

This mix is so delicious and flavorful, it could easily pass for ground pork when used for Asian dumplings or burgers. I came up with this mix while trying to make a Vietnamese Banh Mi burger and I couldn't believe the texture and flavor explosion. I actually LOVE making this into meatballs, with my sweet & sour sauce.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
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Ingredients:

- 1 pound extra lean ground turkey
- 1 Tbsp Asian "fish sauce"
It's Pretty much bottled anchovy water. YUM!
- 1/2 tsp ground black pepper (coarse ground, preferably)
- 1/2 tsp ground ginger
- 3-4 medium garlic cloves, minced
- 1 tsp sesame oil
- 2-1/2 Tbsp soy sauce, reduced sodium
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 1 tsp lime juice
- 1/4 cup green onion, thinly chopped (not the white part)
- 3/4 tsp sesame seeds, toasted in a hot pan for 2-3 minutes.
- 2 tsp chicken or beef flavored bouillon (granules)

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to sit for 20 minutes, covered.
- Cook as desired.



Bratwurst

Ground Turkey Bratwurst that doesn't suck!? 🤖

Guten Morgen, friends! I originally came up with this seasoning blend for my Oktoberfest burger, used later in Cookbook 3. It took multiple attempts to finally get the seasoning right. Even though it isn't pork... it tastes great, has nice texture and cuts hundreds of calories .

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
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Ingredients:

- 1 pound extra lean ground turkey
- 2 tsp beef flavored granules
(in the soup aisle, or in the mexican food aisle, like the "Knorr" brand)
- 1/2 tsp ground cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 tsp smoked paprika
- 3/4 tsp dried mustard
- 1 tsp dried sage (might be in the spices as rubbed sage)
- 1/2 tsp dried marjoram
- 1/2 tsp black pepper
- 1/4 tsp baking soda dissolved in 1/2 tsp water **(TRUST ME!!)**
- 3/4 tsp nutmeg
- 1/2 tsp salt
- 1 tsp caraway seed, toasted (instructions on pg. 47)
- 2 tsp worcestershire sauce
- 1/2 cup finely diced onion
- 1 tsp "kitchen bouquet" browning and seasoning sauce

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to sit for 20 minutes, covered.
- Cook as desired.



Breakfast Sausage

99% Fat Free, Low Calorie Breakfast Sausage

There are a lot of different low point breakfast sausage recipes out there that call for ground turkey.... this is mine. Mine's a little more on the maple-side of things, because I like that kind of sausage. In this recipe, the sugar free pancake syrup is completely optional. You can replace it with some maple extract from the baking aisle, if you can't have artificial sweeteners. Also, I HIGHLY recommend using the cayenne pepper. Even if you only use a tiny little 1/8 tsp of it, it makes a huge difference.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
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Ingredients:

- 1 lb extra lean ground turkey
- 1/2 tsp salt
- 1/2 tsp fresh ground pepper
- 1 tsp dried sage
- 1 tsp dried thyme
- 1-1/4 tsp fennel seed, toasted in a pan, till fragrant, 2-3 mins.
- 1 tsp onion powder
- 1/2 tsp dried marjoram
- 1 Tbsp 0 calorie brown sugar replacement o' choice
- 2 tsp beef flavored granules (like Knorr brand)
- 1/4 tsp baking soda dissolved in 1/2 tsp water **(TRUST ME!!)**
- 2 tsp smoked paprika
- 1-1/2 Tbsp sugar free pancake syrup
- 1/8-1/4 tsp cayenne pepper to taste
- 1/4 tsp liquid smoke, hickory (OPTIONAL)
- 1 tsp "kitchen bouquet" browning and seasoning sauce

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to sit for 20 minutes, covered.
- Cook as desired.



Chorizo

Low calorie, virtually fat free, delicious Chorizo

Traditional Chorizo is a heavily seasoned, extremely fatty and greasy mixture of ground pork that's loaded with "Pimenton", a type of smoked paprika. If you go to a mexican restaurant and order Chorizo, you'll usually need a good pair of wading pants to get through all of the grease on your plate. My version is really good, has a lot of the traditional flavor, but cuts out 99% of the fat, while still retaining moisture. Mine is ultra low in points, so feel free to add more smoked paprika if you want, but adjust your points accordingly, as always.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
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Ingredients:

- 1 lb extra lean ground turkey
- 3 tsp minced garlic (3 med. cloves)
- 2-1/2 tsp chili powder, to taste (normal 'chili powder')
- 1/8 to 1/4 tsp cayenne pepper or chipotle chili powder, to taste.
- 2 canned chipotle pepper in adobo sauce, chopped
- 2 tsp paprika
- 2 tsp smoked paprika
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp dried oregano
- 3/4 tsp ground cumin
- 3/4 tsp ground coriander
- 1/4 tsp ground cinnamon
- 1 tsp cocoa powder (just roll with it)
- 1/4 tsp baking soda dissolved in 1/2 tsp water (**TRUST ME!!**)
- 2 tsp beef flavored granules (like Knorr brand)
- 3 Tbsp apple cider vinegar
- 1 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to sit for 20 minutes, covered.
- Cook as desired.



Cuban Picadillo

Delicious latin flavors with lime and cinnamon

This is tied with Kafta for the most flavorful of all of these mixes. It tastes so insanely good. It has strong notes of typical latin flavors, like cumin and oregano... but then you get slapped with little pops of olive, lime and even the exotic hint of cinnamon. It sounds so weird, but it tastes SO GOOD!

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 1lb extra lean ground turkey
- 2 tsp beef flavored granules (bouillon)
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 2 tsp worcestershire sauce
- 1-1/2 tsp ground cumin
- 1/2 tsp dried oregano
- 1/4 tsp baking soda dissolved in 1/2 tsp water (**TRUST ME!!**)
- 1/2 tsp salt
- 1/4 tsp pepper
- 6 green olives, stuffed with pimientos, drained & chopped (don't get the HUGE olives, you want 8 for 1 point)
- 1 small red bell pepper, finely diced (around 1/2 cup)
- 1 small green bell pepper, finely diced (around 1/2 cup)
- 1 Tbsp raisins, chopped
- 2 tsp 0 point sugar replacement o' choice (I used stevia)
- 2 medium garlic cloves, minced
- 1/4 tsp ground cinnamon
- 1 Tbsp lime juice
- 1/4 cup fresh chopped cilantro
- 1 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Mix everything together in a large mixing bowl, until well combined. Allow to sit for 20 minutes, covered. Cook until browned.



Greek (Loukaniko)

My version of Greek 'Loukaniko' sausage

Greek Loukaniko is a traditional rustic sausage, seasoned with fennel, oregano, orange zest and cooked, chopped leeks. I took a few liberties with my recipe. A lot of folks voiced not being able to get leeks, so I replaced them with chopped artichokes and spinach in my recipe.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 1lb extra lean ground turkey
- 1/2 tsp ground cumin
- 1-1/2 tsp 0 point sugar replacement o' choice
- 1 tsp ground coriander
- 1/4 tsp black pepper
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 tsp lemon zest OR orange zest, finely minced ***
- 2 tsp beef flavored granules (bouillon)
- 1/2 tsp salt
- 1/2 tsp onion powder
- 1/4 cup canned artichoke hearts, rinsed, chopped (optional)
- 1/2 cup fresh spinach, measured, then chopped
- 2 tsp fennel seeds, toasted in a hot pan for 2-3 minutes
- 3 Tbsp red wine
- 1/4 tsp baking soda, dissolved into 1/2 tsp water
- 1 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to rest for a minimum of 20 minutes.
- Cook as desired.

NOTE:

- If you don't have lemon or orange zest, you can use 2 tsp of either lemon or orange juice.



Italian Sausage

Awesome, turkey Italian sausage substitute

When I was trying to lose my weight, when I dove into WW, one thing that I REALLY wanted was Italian sausage. But, let's face it... I'm the Ebenezer Scrooge of Points, so I couldn't make myself use my points on pork sausage. I tried tons of different versions of this recipe, before finally coming up with this baby.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 1 lb extra lean ground turkey
- 1-1/2 tsp fennel seeds, toasted (instructions on pg. 47)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried italian seasoning
- 1/2 tsp dried basil
- 1 Tbsp dried parsley
- 1/4 tsp baking soda dissolved in 1/2 tsp water **(TRUST ME!!)**
- 1/2 tsp salt
- 1/4 tsp fresh ground pepper
- 2 tsp paprika
- 2 Tbsp red wine vinegar
- 2 tsp beef or chicken granules (bouillon)
- red pepper flakes to taste (OPTIONAL)
- 1 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to sit for 20 minutes, covered.
- Cook as desired.



Jerk Seasoning

A spicy and savory Caribbean spice blend

No, you don't need to be a meanie-head to make this. "Jerk" is a traditional Jamaican seasoning, normally used on chicken. It typically calls for chopped scotch bonnet peppers, which are hotter than satan's kidney stones. I decided to tone it down a little, by using Habanero peppers, which are easier to find in grocery stores. This mix has it all. Exotic spices, a good deal of heat, a little sweet, and a little acidity from lime juice and zest.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
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Ingredients:

- 1lb extra lean ground turkey
- 1/4 green onion, thinly sliced
- 2 medium cloves garlic, minced
- 2 tsp lime juice
- 1 tsp lime zest, minced
- 1-1/2 tsp fresh ginger, finely chopped
- 1 Tbsp soy sauce, reduced sodium
- 1/4 tsp baking soda dissolved in 1/2 tsp water **(TRUST ME!!)**
- 1 tsp fresh thyme, finely chopped
- 2 tsp 0 point brown sugar substitute, OR, 2 tsp regular sweetener and 1/4 tsp molasses.
- 1/2 tsp ground allspice
- 1/4 tsp ground cinnamon
- 1/4 tsp black pepper
- 1/4 tsp nutmeg
- 1/4 to 1/2 tsp cayenne pepper, to taste
- 2 habanero peppers, deseeded, finely diced **(use gloves!!)**
- 2 tsp chicken or beef flavored bouillon
- 1 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to rest for a minimum of 20 minutes.
- Cook as desired.



Kielbasa

A smoky, savory and slightly spicy sausage mix

My ground turkey version of Kielbasa, or Polish sausage, has all of the traditional spices of regular beef/pork Kielbasa, as well as my preferred spices to make ground turkey "beefier". We're also going to make up for turkey's lack of fattiness, by adding a little fat free Greek into the mix as well.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
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Ingredients:

- 1lb extra lean ground turkey
- 3/4 tsp salt
- 1/2 tsp pepper
- 1-1/2 tsp dried sage
- 1/2 tsp ground ginger
- 2 tsp dried parsley flakes
- 1/2 tsp garlic powder
- 2 tsp paprika
- 2 tsp smoked paprika
- 1/2 tsp ground cumin
- 2 tsp beef flavored bouillon (like Knorr brand)
- 1/2 tsp dried marjoram
- 1 tsp onion powder
- 1/8 tsp ground allspice
- 1/8 tsp ground nutmeg
- 1-1/2 Tbsp fat free plain Greek yogurt
- 1 tsp 0 point sweetener o' choice
- 1/8 to 1/4 tsp cayenne pepper **(TO TASTE)**
- 1 tsp coriander seeds, toasted in a hot pan till fragrant.
- 1/4 tsp baking soda dissolved in 1/2 tsp water **(TRUST ME!!)**
- 1/4 tsp liquid smoke (I used Hickory flavored)
- 1 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to rest for a minimum of 20 minutes.
- Cook as desired.



Lebanese Kafta

This baby's like taking a trip to a Kabob House

Kafta is a Lebanese ground meat mixture, usually ground beef or lamb, mixed with a ton of fresh parsley, onion, and seasonings. This is a hybrid of my father's traditional recipe and my own "savory ground turkey". It has a deep, savory, beefy flavor and you won't believe that this is ground turkey.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 3oz



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- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 1lb extra lean ground turkey
- 2 tsp beef flavored bouillon
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 2 tsp worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3/4 tsp ground allspice
- 3/4 tsp ground cinnamon
- 1/4 tsp baking soda dissolved in 1/2 tsp water (**TRUST ME!!**)
- 1/2 cup fresh parsley, finely chopped, loosely packed
- 3/4 cup onion, finely diced/chopped
- 3-4 garlic medium cloves garlic, minced
- 2 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to rest for a minimum of 20 minutes.
- Cook as desired.



Savory Mix

A versatile mix that gives a deep, beefy flavor

I use this recipe whenever I need a standard, beefy flavor for a dish. What's the one complaint that you hear about ground turkey from EVERYONE? "It tastes bland...It's dry... It has no flavor". Well, of course it doesn't, so OPEN YOUR SPICE CABINET AND FIX THAT! A lot of thought went into this mix. Think that ground turkey has no flavor? Add beef bouillon, smoked paprika, worcestershire and a touch of cumin. Now you have ground turkey that's saturated with beefy, smoky, earthy flavors.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
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Ingredients:

- 1lb extra lean ground turkey
- 2 tsp beef flavored granules
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp baking soda dissolved in 1/2 tsp water (**TRUST ME!!**)
- 2 tsp low sodium soy sauce
- 2 tsp worcestershire sauce
- 1/4 tsp black pepper
- 1/2 tsp salt
- 2 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Combine all ingredients in a mixing bowl, until well combined. Allow to rest for a minimum of 20 minutes.
- Cook as desired.

Note:

- This recipe works great as a stand in for ground beef for most recipes, such as burgers, shepherd's pie, sloppy joes, meatloaf and much more.



Taco Seasoning

A simple, but tasty, mix for taco meat

We all grew up with McCormick's taco seasoning packets. That's fine and all, but sometimes you'd rather make your own, so you can control what you're eating. This is my mix, that I use for 99% fat free ground turkey. The additional liquid in the mix is KEY for such lean ground meat, otherwise it won't break into smaller crumbles.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 1 lb extra lean ground turkey
- 1/4 tsp baking soda dissolved in 1/2 tsp water **(TRUST ME!!)**
- 2 tsp beef or chicken granules (bouillon)
- 2 tsp paprika
- 3/4 tsp ground cumin
- 3/4 tsp onion powder
- 3/4 tsp garlic powder
- 2 tsp chili powder
- 1 tsp dried oregano
- 3/4 tsp salt
- 1 tsp unsweetened cocoa powder (just roll with it)
- 3/4 cup water or fat free beef broth, mixed into the meat
--- Then... finish with ---
- 1/2 cup water or fat free beef broth MIXED with
- 1-1/2 tsp cornstarch, dissolved into the liquid
- 2 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Combine all but the last 2 ingredients in a bowl, mix well. The mixture will be very wet and tacky. Rinse your hands a few times while mixing it to make handling the meat easier. Set aside for 20 minutes.
- Cook the meat in a large pan. While it's cooking, use a spoon to break the meat apart into small pieces.
- When the meat is done, crank the heat up to high, then add the final 1/2 cup liquid, mixed with the cornstarch. Cook at a boil for 1-2 minutes, or until the sauce thickens.



Texas Hot Link

A spicy recipe for nearly fat free hot links

This spicy and smoky mix does a great job of getting the base flavor profile of traditional Texas Hot Links, while still presenting them as low fat and healthy as possible. Flavored with cayenne, 2 kinds of black pepper and diced jalapenos, these are really fantastic. In truth, the base recipe is slightly mild, so you can definitely add more spice, for your palette.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 11/14/22 -
Use your mobile device's 'Camera' App to
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Ingredients:

- 1 lb extra lean ground turkey
- 1 medium jalapeno pepper, seeds removed, finely chopped
- 4 Tbsp onion, finely minced/chopped
- 1 to 1-1/2 tsp cayenne pepper, to taste (I used 1)
- 1 tsp black peppercorns. Place into a ziplock bag then crush them with a mallet, creating coarse bits/chunks
- 1 tsp cracked (coarse ground) black pepper
- 2 medium garlic cloves, crushed and finely minced
- 2 tsp paprika
- 2 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp unsweetened cocoa powder
- 3/4 tsp salt
- 2 tsp dried sage (may also be called 'rubbed sage' at your store)
- 1/2 tsp ground cumin
- 2 tsp worcestershire sauce
- 2 tsp beef flavored granules/bouillon
- 3 Tbsp fat free beef broth
- 1/4 tsp baking soda, dissolved into the beef broth
- 1 tsp 'Kitchen Bouquet' browning & seasoning sauce

Directions:

- Mix everything together in a large mixing bowl, until well combined. Let rest 20-30 minutes. Cook as desired.

This Greek “Gyro” Meat Mix is taken from Cookbook 3

Doner Kebab (Greek Gyro)

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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Ingredients:

- 1lb extra lean ground turkey
- 1 small onion, pulsed in food processor till mostly smooth
- 3 garlic cloves, pulsed in food processor with the onion
- 3 Tbsp fat free beef broth
- 2 tsp unsweetened cocoa powder
- 2 tsp dried oregano
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp smoked paprika
- 1/2 tsp ground cinnamon
- 2 tsp granulated beef boullion (such as knorr brand)
- 1/2 tsp salt
- 1/2 tsp black pepper
- pinch red pepper flakes, or more, to taste
- 2 tsp worcestershire sauce
- 1/4 tsp baking soda dissolved into 1/2 tsp water
- 2 tsp 'Kitchen Bouquet seasoning and browning sauce' (for color)

Directions:

- Use a food processor or blender to puree the onion, garlic, beef broth and cocoa powder till smooth. Mix with the remaining ingredients. Allow to rest for a minimum of 30 minutes.

Scan this QR code to open my
youtube video showing how to
make a 0 point Greek Gyro roast



Things You'll Need:

Chicken & Beef Flavored Granules



Add Instant Deep Flavor

Wish that ground turkey tasted more like beef or chicken? IT CAN! There are many different brands of bouillon at your local grocery store, but they are not all created equal. Some are lower or higher in points, sodium and calories than others. Most Walmarts carry the Knorr brand,

which I use in anything that has ground turkey. While most brands will turn to 1 point at 2 or 3 teaspoons, Knorr stays at 0 points until you use 3-1/2 teaspoons. At the majority of supermarkets, you most likely won't find it in the soup aisle, which is where you'd THINK to find it. 99% of the time it'll be in the aisle with the Mexican or Latin foods, even at Walmart. Scan any brand of granulated bouillon that you find, but you want one that'll let you have at least 2 tsp for 0 points. If you can't find one, get what you can, but adjust your points if necessary, per recipe. Leave out granules, if using ground Beef.

Rinse Your Hands! (say whaaaaaa?)



Stop Being So Tacky, Baby!

Ok folks, this is a reeeeeeally simple way to handle meat mixtures, when they're sticky and tacky... wet your hands. No, I'm not kidding, it's that easy. Most of my meat mixes are pretty sticky when you are mixing all of the seasonings and spices together. The meat clings

to your fingers and the sides of the bowl... it's frustrating. In the past, I'd advocate for using cooking sprays, but this is better. When mixing the meat and it begins to stick to your hands, run a little water onto your hand, then get back to mixing. After 2-3 times, the meat forms into a perfect, non sticky ball. It's easier to mix, it's easier to form into patties or into meatballs... Plus, it adds additional moisture into the meat, which is something that ground turkey lacks anyways.

Mixing this bit of water into the meat, not only makes it easier TO mix... it gets locked into the meat by the baking soda trick that's coming up. Which results in juicier cooked meat.

Meatballs



Make ANY of these mixes into meatballs

With a 1lb batch of the meat mixes, use a measuring spoon to scoop out 1 Tbsp rounds of meat. When rolled they make perfect snack sized meatballs. You can get around 30 out of 1 pound, or 15 2 Tbsp sized meatballs. I've had good luck baking them at 375 for 10-12 mins.

Baking Soda



What'chu talkin 'bout, Willis??

I wish I could explain the science behind it, but this is a legit game changer. I was browsing an old French cooking site one night, and came upon a technique for making ground meat awesome. For every 1lb of ground meat, mix in 1/4 tsp of baking soda dissolved

with 1/2 tsp of water, then allow the meat to rest for 20 minutes before cooking. It completely changes the texture of the meat. It retains a TON of it's own moisture. You know how when you normally cook ground turkey, it's swimming in a pool of it's own liquids? Who wants grey meat! Doing this locks in so much liquid, that the meat ends up more juicy AND it browns in the pan sooooo much better. It's a flippin' Vatican-worthy miracle, imho. Ground turkey ends up having a texture closer to cooked ground pork, which makes these seasonings REALLY sing. Give it a try, you won't regret it.

NOTE: This trick helps tremendously with making the meat plump up and retain moisture. HOWEVER... be advised: Do.. Not... Overcook the meat. If you are cooking 'crumbles', it's fine. If you are cooking burger patties, follow my listed cook times below. Otherwise, your patties'll turn into pucks.

Burger Patties



THEY COOK FAST!!!!

This isn't as simple as just mixing the meat, form patties and cooking. 99% fat free ground turkey cooks fast. Too long, and it's dry cardboard. If you like thinner burger patties, mix up a 1lb batch of meat, then section it into 8 portions (pictured). Preheat a

pan over medium heat for a minute, till water sizzles on it. Cook the thin patties for 2 minutes per side. If you like thicker 1/4lb patties, section the meat into 4 quarters, form into patties, then cook 3 minutes per side. If you cook these too long, they dry out and the exterior gets very hard, from the baking soda. Cook them right and they'll blow your mind.

"Seasoning & Browning Sauce"



PSYCH! That's not ground beef!!!!

Here's a cool trick, if you want to make your ground turkey burgers actually LOOK like ground beef. In any of my meat seasoning recipes, mix 1 to 2 tsp of pretty much any brand 'seasoning & browning sauce' into the raw meat mixture.

It will not only add a flavor punch to the meat, but it will make the final cooked burgers MUCH more visually appealing to picky family members who complain about your turkey/chicken burgers tasting fine, but having the same color as a pair of khakis.

Dry Rubs & Marinades

A collection of seasonings for Poultry, Fish & Pork. I've even used them on Veggies, with great results

The following dry rubs & seasoning blends, were specifically created for poultry, fish, pork & veggies. I'm sure they'd taste fantastic on beef as well, but I wouldn't know, we don't eat it very often. I'd recommend seasoning your protein with the dry rubs, then letting the meat sit for at least 1-2 hours. For the marinades, I'd recommend at least 3-4 hours. For best results, let the marinades & rubs work overnight.

Asian - Dry Rub

Great on any type of meat, this rub is loaded with savory Asian flavors, with a touch of sweetness.

Serving Info:

Yields: 6 Tbsp

Ingredients:

- 1 tsp ground ginger
- 2 tsp ground turmeric
- 1 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 2 tsp salt
- 3 Tbsp 0 calorie brown sugar replacement
- 1/4 tsp crushed red pepper flakes
- 1 tsp sesame seeds, toasted in a hot pan for 2-3 minutes, till fragrant
- 1/2 tsp coarse ground black pepper (or 1/4 tsp fine black pepper)

Directions:

- Mix all ingredients till well combined. Done



- THIS IS A TRUE 0 POINT BATCH -
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Aunt Voula's Greek Rub

This Big Fat Greek rub has dried dill, oregano, onion, garlic, lemon peel... it goes great with most anything

Serving Info:

Yields: 1/3 cup

Ingredients:

- 1 Tbsp dried basil flakes
- 1 Tbsp dried parsley flakes
- 2 tsp dried oregano
- 1 tsp dried dill
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp dried lemon peel (in the spice aisle)
- 1/4 tsp crushed red pepper flakes
- 3/4 tsp salt
- 1 Tbsp dried/dehydrated onion flakes
- 1 tsp dried/dehydrated garlic flakes

Directions:

- Place the dried basil, parsley, oregano, onions and garlic in a ziplock bag. Use a mallet to lightly crush them all, then stir together with ALL other ingredients



- THIS IS A TRUE 0 POINT BATCH -
Last checked 01/23/24

R - D
0-0

Atilla The Hen - Dry Rub

This mix is fantastic on chicken and pork. The subtle citrusy orange peel and lemon pepper is amazeballs.

Serving Info:

Yields: 6 Tbsp

Ingredients:

- 1-1/4 tsp dried garlic flakes (in the spice aisle)
- 1 Tbsp dehydrated onion flakes (in the spice aisle)
- 1 tsp dried diced orange peel (in the spice aisle)
- 2 tsp garlic powder
- 1 tsp onion powder
- 2 tsp paprika
- 1 tsp ground turmeric
- 2 Tbsp dried parsley flakes
- 1/2 tsp dried thyme
- 2 tsp coriander seeds
- 1 Tbsp lemon pepper seasoning
- 1/4 tsp crushed red pepper flakes
- 1 tsp salt
- 1/4 tsp coarse ground black pepper

Directions:

- Either quickly pulse all the ingredients in an electric spice grinder, for 2-3 seconds, OR... place all ingredients in a large ziplock bag, then whack it all with a mallet, to break the coriander seeds down.



- THIS IS A TRUE 0 POINT BATCH -
Last checked 01/23/24

R - D
0-0

Buffalo Seasoning - Dry Rub

A spicy, peppery blend that imparts the flavors of buffalo sauce into your meat.

Serving Info:

Yields: 1/2 cup

Ingredients:

- 1-2 tsp cayenne pepper, to taste (add more to make it spicier)
- 2 tsp chili powder
- 2 tsp smoked paprika
- 2 tsp paprika
- 2 tsp garlic powder
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 1 tsp dry mustard
- 1 tsp coarse ground black pepper
- 2 tsp salt
- 3 Tbsp 0 calorie sugar replacement o' choice

Directions:

- Mix all ingredients till well combined. Done.



- THIS IS A TRUE 0 POINT BATCH -
Last checked 01/23/24

R - D
0-0

Dirty Bird BBQ Rub

A simple rub for any type of meat, whether chicken, fish, poultry, pork or beef. Heck, it's even great on veggies.

Serving Info:

Yields: 2/3 cup

Ingredients:

- 1/4 cup 0 calorie brown sugar replacement
- 1 Tbsp 0 calorie sugar replacement (I used lakanto monkfruit)
- 2 tsp salt
- 1/4 tsp coarse ground black pepper
- 2-1/4 tsp chili powder
- 2 tsp smoked paprika
- 2 tsp paprika
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp ground cumin
- 1 tsp dried oregano (lightly crushed)
- 1/2 tsp dried mustard

Directions:

- Mix all ingredients till well combined. Done



R - D

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- THIS IS A TRUE 0 POINT BATCH -
Last checked on 01/23/24

Lebanese Lemon Garlic Marinade

My father's recipe uses a TON of olive oil and lemon juice, both have/get points. For my version, the marinade is more of a paste, than an oil bath.

Serving Info:

Yields: 1/3 cup

Ingredients:

- 1 Tbsp olive oil
- 2 Tbsp fat free chicken broth
- 1 Tbsp lemon juice
- 1 Tbsp plain fat free Greek yogurt
- 5 medium garlic cloves, crushed & chopped
- 2 tsp dried oregano, lightly crushed
- 1 Tbsp lemon pepper seasoning
- 1/2 tsp ground allspice
- 1/8 tsp ground cinnamon
- 3/4 tsp salt

Directions:

- Mix all ingredients till well combined.
- Rub all over your protein o' choice. Marinate for at least 2 hours.
- Cook as desired.



R - D

1-1

- 1 point per breast, from the oil -
Last checked on 01/24/24

Jamaican Jerk Chicken Marinade

A Caribbean staple. This chicken's loaded with tons of garlic, cinnamon, allspice, a little 'brown sugar' and LOTS of heat from chili peppers and cayenne.

Serving Info:

Yields: 3-1/2 cups

Ingredients:

- 1 green onion (scallion), thinly sliced
- 3 medium garlic cloves, minced
- 1 Tbsp lime juice
- 1 tsp lime zest, minced
- 1-1/2 tsp fresh ginger, finely chopped (or 1/2 tsp ground ginger)
- 2 Tbsp soy sauce, reduced sodium
- 1/4 tsp baking soda dissolved in 1/2 tsp water (**TRUST ME!!**)
- 1 tsp fresh thyme, finely chopped
- 2 Tbsp 0 calorie brown sugar substitute, OR, 1-1/2 Tbsp regular sweetener and 1/4 tsp molasses.
- 1/2 tsp ground allspice
- 1/4 tsp ground cinnamon
- 1/4 tsp black pepper
- 1/4 tsp nutmeg
- 1 tsp cayenne pepper
- 2-3 habanero peppers (or ANY hot peppers you want to use), deseeded, finely diced (**use gloves!!**)

Directions:

- Place all ingredients into a food processor or blender. Process until smooth. Pour over chicken and let marinate for at least 4-5 hours.
- Cook as desired, discarding excess marinade.



R - D

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- THIS IS A TRUE 0 POINT BATCH -
Last checked on 01/23/24

Mexican Pollo Asado Marinade

A flavorful, zesty, chicken marinade. It has a nice reddish/orange color and is great for more than just tacos.

Serving Info:

Yields: 1 cup

Ingredients:

- 1 large orange, peeled, seeds removed if necessary
- 3 Tbsp lime juice
- 1 Tbsp lemon juice
- 2 tsp paprika
- 1 tsp ground cumin
- 1 tsp dried oregano
- 2 tsp onion powder
- 1-1/2 to 2 tsp chili powder, to taste
- 1 Tbsp ground annatto powder
- 3 medium garlic cloves
- 1/4 tsp baking soda, dissolved in 1/2 tsp water
- 1/2 tsp coarse ground black pepper
- 1-1/2 to 2 tsp salt, to taste

Directions:

- Process all of the ingredients together, till smooth, using a blender or food processor. Pour over chicken, marinate for at least 3-4 hours.
- Cook as desired.

NOTE:

- If you don't want to buy annatto powder (seriously, use it!), you can sub it with 2 tsp smoked paprika and an extra 1 tsp of chili powder. It's not the same, but it'll work.



R - D

0-0

- THIS IS A TRUE 0 POINT BATCH -
Last checked on 01/24/24

Oaxacan Garlic Chicken Marinade

Smoky, spicy and loaded with garlic flavors, this marinade is a healthy spin on Mexican Oaxacan Chicken



Range

1-1

Last checked on 01/24/24

Serving Info:

Yields: 2/3 cup

Servings: Enough for 6 chicken breasts

Ingredients:

- 1 tsp ancho chili powder (or if you don't want to buy it, use 2 tsp of regular chili powder... though it won't taste the same, it'll still work)
- 2 canned adobo chili with sauce (buy a small can of 'chipotle chiles in adobo sauce', and use 2 chiles)
- 10-12 garlic cloves. Yes... yes, you read that right
- 1/2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp salt
- 1 Tbsp olive oil
- 1/4 tsp baking soda, dissolved in 1/2 tsp water
- 1/2 cup chicken broth

Directions:

- Place all ingredients into a food processor or blender. Process until mostly smooth. Pour over chicken and let marinate for at least 30 minutes. The longer it rests, the better.
- Cook as desired.

Sinaloa Citrus Chicken Marinade

This is my heavily modified version of a traditional chicken marinade from Sinaloa Mexico, where citrusy chicken marinades are very popular.



Range

0-0

- THIS IS A TRUE 0 POINT BATCH -

Serving Info:

Yields: 1-1/4 cup

Ingredients:

- 1 medium orange, peeled.
- 1 Tbsp orange zest, or as much zest as you get off the orange
- 2 Tbsp lime juice
- 3 Tbsp apple cider vinegar
- 4 medium garlic cloves
- 1/2 tsp onion powder
- 1/2 tsp ancho chili powder
- 1 tsp paprika
- 2 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 1 tsp dried oregano
- 1/8 tsp crushed red pepper flakes, or more, to taste
- 1 tsp salt
- 1/4 tsp coarse ground black pepper
- 1/4 tsp baking soda, dissolved with 1/2 tsp water

Directions:

- Place all ingredients into a food processor or blender. Process until smooth. Pour over chicken and let marinate for at least 3 hours.
- Cook as desired, discarding excess marinade off of the chicken.

Tandoori Chicken Marinade

A savory and exotic blend of Indian flavors and spices. I've decided to modify a traditional recipe, using more widely available ingredients.



Range

0-1

- Only possible point is from yogurt, for folks on the diabetic plan - last checked on 01/24/24

Serving Info:

Yields: 1-1/8 cups (1 cup + 2 Tbsp)

Ingredients:

- 1/2 cup fat free chicken broth
- 2 tsp ground coriander
- 2 tsp paprika
- 2 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp ground ginger
- 1 tsp ground turmeric
- 4 tsp garam masala
- 1 Tbsp ground annatto powder
- 1/4 tsp cayenne pepper
- 3/4 tsp salt
- 1 Tbsp lemon juice
- 1/2 cup plain fat free Greek yogurt

Directions:

- Heat the first 12 ingredients in a small pot, stir till smooth and just starting to simmer. Turn off heat, cool to room temperature.
- Once cooled, mix in the lemon juice and yogurt, till smooth.
- Use to marinate chicken for at least 3-4 hours. Cook as desired.

Using Ground Beef Instead of Turkey

Let's face it, not everyone in our families WANTS ground turkey. So, give'em what they want

When I first published this cookbook a few years ago, the most common concern some people had was one of the most typical issues when you try to start eating healthier and change the way you cook... your family starts complaining and whining like a bunch of billy goats about "mom's diet food". At the time, I didn't think about it, because... I like my turkey burgers. However, a few ladies in Connect pointed out that they tried using my ground turkey meat mixes with ground beef, and whoooooo nilly were they over seasoned. Well, naturally. You have to season turkey a whole lot more aggressively than you do beef, because... let's face it, beef is awesome. Ground turkey, on it's own, is bland and as boring as sad as The Notebook.

On this page, I'm going to tell you what adjustments I make to my seasonings, when I want to use ground beef in place of ground turkey, for my ground meat seasoning mixes. You'll be incredibly disappointed with how minor the changes are.

Suggested Seasoning Changes for Beef:

1. Remove the beef or chicken bouillon granules from EVERY single ground meat recipe I have (in cookbooks 1, 3 & 5 so far). The only reason it's there, is to add savory depth to ground turkey and make it taste less like turkey. BEEF doesn't need the extra seasoning.
2. Remove 1/2 tsp of ground cumin from ALL recipes, even if it means there is no more ground cumin IN that particular recipe. If there's a recipe (like Andouille) that only has 1/4 tsp ground cumin in it.... guess what, now it has no ground cumin in it.

*** THE ONLY EXCEPTION is:

- **Taco Seasoning:** Use 1/2 tsp ground cumin in the taco seasoning

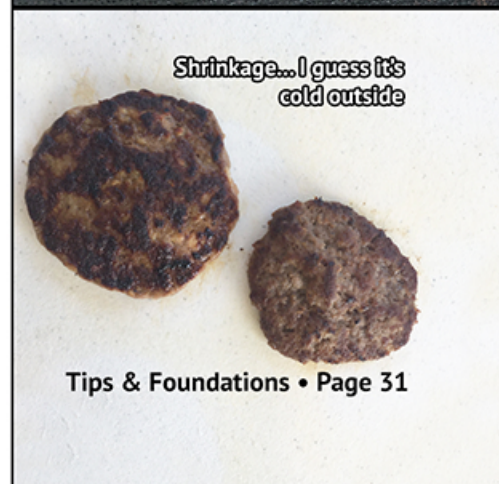
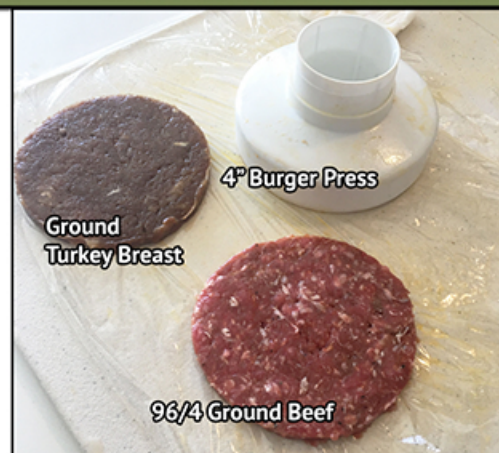
Suggested Cooking Changes:

1. **ADJUST YOUR COOK TIME:** Ground turkey has to be cooked longer than ground beef does, because it's poultry. If you decide to use ground beef for any of my burgers, reduce the listed cook times in my recipes. The cook times, such as "cook over a preheated pan, over medium heat for 3 to 3.5 minutes per side" in my recipes, ARE FOR GROUND TURKEY!! If you cook ground beef burger patties that long, they will turn into shriveled up charcoal briquets.

GRILLING: The biggest cooking difference between ground beef and ground turkey, with my mixes... is that it's ok for you to cook the BEEF burger patties over a direct flame on your grill, like you would traditionally cook a grilled burger. I always advise against doing that with my ground TURKEY mixes.

Notes:

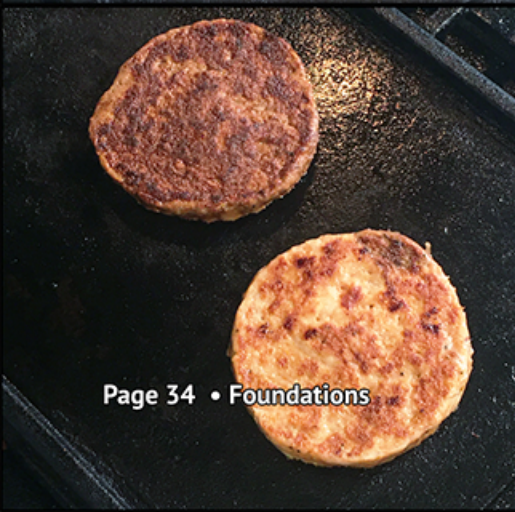
- **HOW LEAN?:** When I have used ground beef to make my mixes, I have typically used 96% lean, 4% fat ground beef, because it is the absolute leanest mix that any of the stores around my area carries.
- **MEAT SHRINKAGE:** Even if you use ultra lean ground beef, the finished patty will still shrink a lot more than a ground turkey breast patty, even if cooked for less time. For the patties pictured to the right, I cooked the turkey patty for 3 minutes per side. By contrast, I only cooked the beef patty for 1.5 minutes per side.





Dark Ground Turkey Meat Hack

Adding a couple of extra seasonings to make ground turkey look like ground beef



Back in 2020, when I published the very first version of this cookbook, I had not yet thought about adding ingredients to my meat mixes to darken them. It never occurred to me. As a result, a LOT of the pictures of burgers in here will have burger patties which are lighter in color (before). About a year later, I started experimenting with adding additional flavorings which would not just make the burgers tastier, but also make the meat look more like ground beef. Using them is completely optional, but I wanted to touch on their use, as well as give some tips on mixing them into the meat.

3 Optional Add-ins for my Meat Mixes (for every 1lb of ground turkey)

- **"Kitchen Bouquet, Browning & Seasoning Sauce"**. This stuff is liquid gold. It can be found at almost all major supermarkets, next to the packets of 'instant' seasonings, such as McCormick's taco seasoning, meatloaf and gravy seasoning packets. For every 1lb of ground turkey, I like to add 2 teaspoons, which is what's pictured to the left. If you use any more than 2 teaspoons, it gains a point.
- **Cocoa Powder**: 1-2 tsp Unsweetened Cocoa powder, made into a paste with 2 tsp water
- **'Dark' Soy Sauce**: You can also add 2 tsp of 'DARK' soy sauce. 'Dark' soy sauce IS NOT the same as regular soy sauce. It's used and discussed extensively in my Asian Cookbook.

Directions:

- 1 Prepare a 1 pound batch of any of my meat mixes, with the addition of 1 or all of the above mentioned ingredient add-ins, till thoroughly mixed.
- 2 Let the meat mix rest for 30 minutes. The mixture gets darker as it rests.

Notes:

- Cocoa powder does not make the meat taste like chocolate! Unless you have a boat load of sugar in your meat. Unsweetened cocoa powder, on it's own, adds an earthy flavor. The additional bit of water, turning it into a paste, helps add moisture into the ground turkey breast, as well as making it easier to spread throughout the meat.
- **DARK SOY SAUCE**: Whatever you do, **DO NOT PURCHASE 'mushroom flavored' dark soy sauce**. 'Dark' soy sauce might not be available at your local grocery stores. But, if you happen to have an Asian market nearby, they'll definitely have it in stock. If you buy it online, it's still worth it, despite the slightly higher price. It comes in large bottles, will last you months, and I use it in most of my Asian recipes in Cookbook 5.
- **BEEF EATERS**: We all eat with our eyes first. Along with giving the burgers a little bit more flavor, the darker patties are simply better looking to people who aren't willing to try a 'diet burger'. It's also fun when people cannot believe your burger is actually ground turkey.
- **SODIUM!!!!**: If you are on a sodium restrictive diet, I would HIGHLY recommend using "kitchen bouquet" instead of 'dark' soy sauce. 2 tsp of kitchen bouquet has 20mg sodium, while 2tsp of dark soy sauce has between 550-700mg of sodium.



Ever tried mixing up raw meat that stuck to your fingers like taffy? There's an app for that!

One thing you have to deal with when working with raw ground turkey breast, which isn't an issue with ground beef, is how incredibly dry it can be. The only way to really counter lean ground turkey's lack of fat is to introduce moisture into it. Be it worcestershire, soy sauce, broth, whatever... in order for it to have a noticeable effect on the meat's texture, you sometimes cross the line where your meat mix ends up extremely tacky. It sticks to your hands, the side of the mixing bowl, and makes mixing and forming the meat a nightmare. Well, the workaround is incredible simple, even though you'd THINK it would make the problem worse. Water.

By simply getting your hand wet, working the meat mix, getting your hand wet again, working the mix again, rinse and repeat... You'd think adding the extra water would make the mix even wetter and goopier, but wetting your hands has the complete opposite effect.

What You'll Need:

- Wet, sticky raw meat
- Water
- Your hand

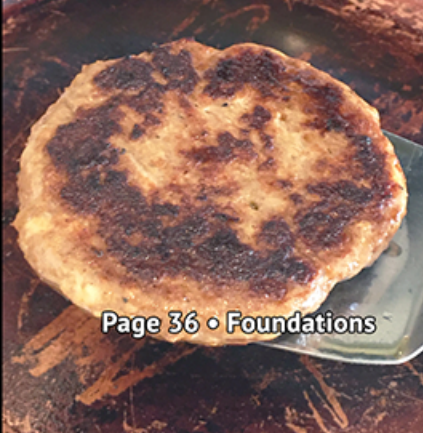
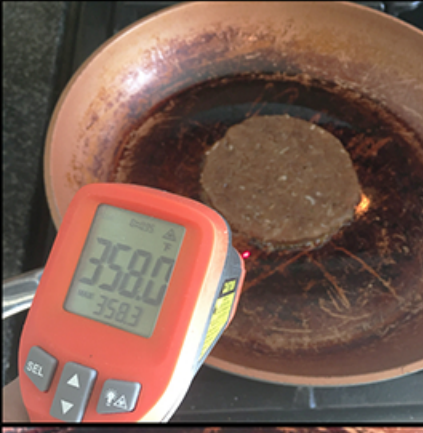
Directions:

1. Throw your hands up in the air and curse the heavens, because your batch of raw meat is ultra moist, sticky and impossible to work with. "Why, God!? WHYYYYY!?!?!"
2. Remember: "Hey, that awesome unibrowed dude with the cookbooks told me to get my hand wet, then try mixing the meat again, a couple times. It'll fix it!"
3. Dip your hand in a bowl of water, or run your mixing hand under running water at the sink, then go back and try mixing the sticky meat again. It'll suddenly become a little bit more manageable and slightly less sticky.
4. Get your mixing hand wet again, then mix the meat a little more. Repeat until the meat is no longer sticky and forms a nice ball. Boom, done.
5. Look up to the Heavens and apologize for cursing them about your goopy meat.

Notes:

- **CROSS CONTAMINATION:** Obviously if you are handling raw meat, then getting your hands wet, you might be dripping some watery yuckiness around your kitchen if you swing your now-wet hands around. Be careful of what you are moving your wet hand over and remember to clean up after yourself. I usually work with the meat mixing bowl right next to the sink if I use running water to rinse my hand. Or, to be a bit more sanitary, I'll fill a bowl with water and place it right next to my mixing bowl on the counter. No dripping yucky water anywhere. Dip, then mix.
- **COOKING SPRAY:** You can also use cooking spray on the raw meat mix as well, to help remove tackiness.
- **BROTH INSTEAD OF WATER:** To impart even more flavor into your meat mixes, you can fill a bowl with beef or chicken broth, instead of water. Every bit o' flavor helps.





Chill Out, Man

How I prep a batch of patties, then freeze them, to be cooked later

One of the things I get asked a lot, is what happens when I make a batch of burgers, when only 2 people in my house eats them? What do I do with the extra meat? Easy, freeze them all. I usually make a batch of meat, use my burger patty press to form a bunch of patties, only MAKE 2 of them, then freeze the rest of the raw patties. I cannot begin to tell you how many nights I have thrown together a burger for dinner, in less than 10 minutes, because I always have frozen patties in the freezer, ready to go. This page will show you how absolutely simple it is to do, and how quickly they cook. No thawing required.

What You'll Need:

- A 1lb batch of any ground turkey meat mix, prepped, rested and ready to rock.
- Either parchment paper, torn/cut into squares that'll fit over a patty, OR... some plastic wrap.
- Gallon sized ziplock freezer bag (or quart sized, if you're only freezing 2 or 3 patties).

Directions:

*** Freezing:

- 1 Form your meat mix o' choice into 3oz burger patties. For this guide, we'll assume you're freezing them all.
- 2 Set one of the patties onto a plate, cover it with a square of parchment paper, then set the next patty on top of it. Repeat the process until all of your patties are stacked, with some parchment between each one.
- 3 Cover the stack o' patties with some plastic wrap, then set the plate into your freezer. Make sure the plate is FLAT, or close to flat. We don't want all that raw meat turning into the leaning tower of turkey.
- 4 Once the burgers are frozen, remove the plate, place the frozen burger stack into a quart sized ziplock bag, then place the bag back into the freezer. Ta Da! You have a stack of frozen meat frisbees!
- 5 Later, when you want a quick meal... remove one of the frozen patties from the bag (you will probably need to use a fork or butter knife to carefully separate 1 patty from the frozen stack), then set it aside as you prep.

*** Cooking:

- 1 Begin heating a pan over medium heat for 2 minutes, which will heat the pan to around 350 degrees, as shown in the picture to the left. Spray the pan with cooking spray, then place your frozen patty down on the hot pan. Cook for 3 minutes, then spray the top with cooking spray, flip the patty and SLIGHTLY reduce the heat to just under medium. Cook for 2-1/2 minutes. Done. Reducing the heat slightly once you flip to the 2nd side stops the pan's temperature from continuing to rise and will keep the temperature at 400-425
- 2 If you are going to cook more patties after the first one, reduce the heat slightly for the next batch. If you keep it on medium for every single batch, the pan will get too hot, over time.

Notes:

- **LARGE PAN:** Instead of just cooking 1 frozen patty at a time (as written above), you can use a LARGE pan and cook multiple frozen patties at the same time. The process is the same.
- **PLASTIC WRAP:** If you don't have parchment paper, you can wrap each raw, formed patty in some plastic wrap. Then, stack each wrapped patty on top of each other and freeze them just like the original instructions. The only thing you'll have to be careful of, is ensuring that when you take a frozen patty out, make sure you remove ALL of the plastic wrap from the frozen patty. Make sure that a little piece doesn't tear off and stick to your frozen patty. I assume melted plastic wrap wouldn't be Good Eats.
- **HOW TO REWARM COOKED PATTIES:** I have no idea. I've never cooked patties THEN frozen them. Have fun!
- **ONLY 5-1/2 MINUTES.?** Yup. These are 99% fat free and cook very fast, even from frozen. If you cook these at a higher temperature or for a longer duration, they'll take on the texture of an overcooked sausage.



Bringing Home The Bacon, Baby!

Presenting the GLORY that is... 'CENTER CUT' bacon. *Cue the Angels singing!!!*

When I first published this cookbook back in 2020, I had no idea Center Cut Bacon "was a thing". At the time, I only knew about turkey bacon and it's all I used, because as stated many times over the years, I am the Ebenezer Scrooge of points. I thought Turkey bacon was the only option. Two years later, someone in Connect mentioned 'regular' Center Cut bacon. It's regular bacon, but as long as you don't buy THICK CUT center cut bacon, most all brands are 1 point for a slice, which is awesome. There are multiple brands on the market, most common being Hormel Black Label and Oscar Mayer center cut. Again, make sure you do not get 'thick cut'. For folks who don't like pork, I'll include recommendations for Turkey, Chicken & Veggie bacon.

BEHOLD, the glory of 'Center Cut' Bacon!

1. Ensure that you buy a brand that does NOT say "thick cut" on the label. Most all cooked 'regular thickness' center cut bacon is 3 points raw and 1 point cooked. Why they would provide the raw points, I'm not sure... unless you are on the raw food Listeria diet.
2. **Great low calorie/point brands o' bacon:**
 - Hormel Black Label center cut, Oscar Mayer 'center cut' original bacon, Aldi's Hickory Smoked Uncured, HEB Naturally Hickory & Mesquite Smoked center cut bacon, North Country Smokehouse Applewood smoked uncured bacon, COSTCO 'precooked' bacon, Kroger pre cooked bacon, Black Label precooked bacon, Wegmans center cut bacon, Simple Truth uncured bacon, Trader Joe's Uncured Dry Rubbed Bacon, Hempler's Sugar Free bacon (costco), Hormel Natural Choice Fully cooked, Greenfield natural Meat Co. Natural Apple Smoked uncured bacon, Nature's Rancher no sugar added uncured bacon, Kroger Private Selection Center Cut, and more!

Turkey & Chicken Bacon

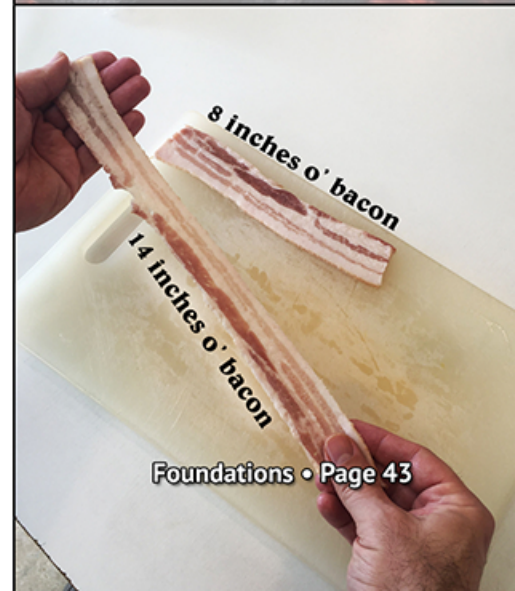
1. **"I Don't Dig On Swine":** Some people prefer Turkey or Chicken bacon. Woot! Grats, I'm giving you folks a shout out too! Below is a list of some of the brands that folks in Connect recommended, when I asked them to mention their favorite brands.
2. **Great low calorie/point brands o' bacon:**
 - Al Fresco chicken bacon, Applegate turkey bacon, Godshall's turkey bacon, Trader Joe's turkey bacon, Welshire chicken bacon, and more.

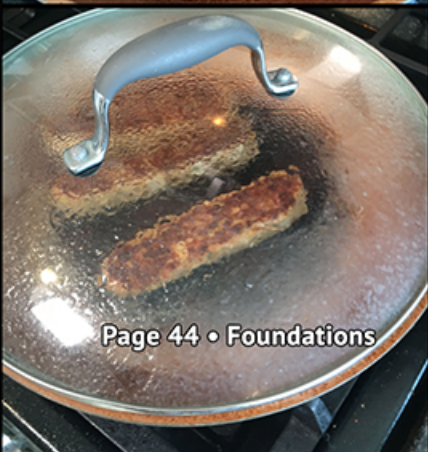
Veggie Bacon

1. **Great low calorie/point brands o' veggie bacon:**
 - Morningstar Veggie "Bacon", Whole Foods brand plant based "bacon", and more.

Notes:

- **GREY AREA:** Center cut is considered a leaner cut of bacon. If you can't find any... you can always trim fat off of regular bacon to create your own leaner version.
- **STRETCHING BACON:** If you plan to wrap a sausage or hot dog in a 1 point slice of bacon... regular center cut bacon can be stretched all the way out to up to 14 inches long. Stretching it will let you wrap it all the way around the frank from end to end.





DIY Sausages: Pan Fried

Showing how to use my 0 point meat mixes to make pan seared sausages

One of the foods that you miss eating, when on this "eating healthier" journey... is sausage. Whether it's Italian Sausage, Louisiana Hot Links, Kielbasa, Bratwurst... dear Lord, you miss those a lot. They are delicious, but ooooh so high in points. You know what ISN'T high in points? ANY of the 15 (0 point) ground turkey meat mixes I have created, across my 5 cookbooks. In the following 3 pages, I'll instruct you in how to make your own 'caseless' sausages (sausages without natural casings), then cook in a pan or on a grill.

What You'll Need:

- 1 batch of ANY of my ground turkey meat mixes, **EXCEPT THE TACO MEAT** (recipes on pg. 24-26)
- Cooking Spray
- Plastic Wrap
- A tape measure or ruler, if you're totally anal about this stuff, like I am
- A hot pan (on a stove... obviously) 😊
- Water or beef broth

Directions:

- 1 Pre mix your preferred batch o' meat, then use a kitchen scale to separate it into approximately 3 ounce portions. I cannot stress this enough during this 'guide'... Wet your hands when mixing the meat, wet your hands when separating it into 3 ounce portions and wet your hands when rolling each individual ball.
- 2 Lay out a length of plastic wrap on your work surface or cutting board. Spray it with cooking spray, then wet your hands, pick up one 3 ounce portion and set it on the plastic wrap. Use your hands to shape the meat into a longer oblong, then continue stretching it out till it's a few inches long and 'log' shaped. Then... begin rolling it up into the plastic wrap and use your palm to continue stretching it out as you roll it back and forth, to create a uniform sausage shaped link.
- 3 When the link is 6 inches long, unroll the plastic wrap, then wet your hands again and remove the link. It'll be a little tacky, so... use your wet hands to roll it one or two times, removing the stickiness from it. Set the meat aside on a plate. Repeat this process till all links are rolled and ready to cook.
- 4 Heat a pan over medium heat for 1 minute, then spray with cooking spray and add the sausage links. Cook over medium heat, without moving them, for 2 minutes.
- 5 Spray the tops with cooking spray, then flip the links, add 1 Tbsp of water or beef broth and immediately cover with a lid. Cook for 2 more minutes, covered. Done.

Notes:

- **BATCHES:** If you are cooking them in batches, in 1 single pan (like I did here, 3 at a time), for your second batch, lower the heat down from medium, to juuuust under medium. That way the temperature in the pan will 'level off' and the heat will stay consistent-ish, rather than continuing to get hotter and hotter and hotter. If you overcook these, they get a very tough and wrinkly exterior.
- **WHY 3 OUNCES?:** That's pretty much the weight of most 'regular' sized store bought sausage links. It's ok if they aren't EXACTLY 3 ounces, but... use a kitchen scale and get them pretty close.
- **WHY ALL THE WATER?:** Remember the sticky meat hack? We do not want the raw formed sausages to be sticky, at all. Whether you are pan frying them or cooking them on the grill, you don't want them sticky. These sausages are not "in casing", so if they stick to your pan or grill, they will break apart and lose their shape.
- **GRILL PAN:** You can use this same process with a Grill Pan, if you'd like to have fancy grill marks without actually having to go outside to use a grill.



DIY Sausages: On The Grill

How to cook these 99% fat free sausages on a grill, without ruining them



You may be wondering why I have to tell you how to grill these sausages, because common sense would say "put them on a grill, like any other sausage". Well, if you cook these like a regular sausage, they come out HORRIBLE. They overcook extremely fast, and if cooked over a direct flame/high heat, they develop a very firm, thin, unappetizing outer layer. The key, my friends, is cooking these with **INDIRECT HEAT!!!**

What You'll Need:

- 1 batch of ANY of my ground turkey meat mixes, **EXCEPT THE TACO MEAT** (recipes on pg. 24-26), already rolled/formed into 6 inch sausage links (*step-by-step guide is on pg. 44, in steps 1-3*)
- Water
- Cooking Spray
- Gas Grill with more than 1 burners (see notes for other types of grills)
- Some type of thermometer that can safely read the temperature in a closed grill

Directions:

- 1 Pre mix your preferred batch o' meat, and portion it into/make 6 (3oz) sausage links, just like on pg. 44.
- 2 Now, the part that requires thought on your part. You need to turn on your gas grill. Turn on all of the burners EXCEPT FOR ONE OF THEM!!! Look at my illustration. My grill has 5 burners, I DID NOT turn on the middle burner... you need to keep ONE of your grill's burners off. That is where you'll be placing your sausages. You do not want a flame under them when they cook. If, however, you have no choice... put that burner to the lowest setting possible. Pre heat your grill so that it sits between 425-450 degrees with the lid closed. It is very important to try and get that temperature. Use a thermometer.
- 3 Once your closed grill is staying at the correct temperature, go grab your sausages. They will most likely be mildly sticky/tacky. Rub some water all over them, to remove the stickiness. They cannot be sticky when they go on the grill, or they will stick to the grills and be ruined.
- 4 Take your slightly wet sausages out to your grill. Spray the grill that does not have a flame under it with cooking spray. You won't risk flare-ups because there's no flame there. Spray the sausages, then place them onto your grill, on the area with no flame under them, and immediately close the lid. Cook for 3-1/2 minutes.
- 5 After 3-1/2 minutes, open the grill's lid, spray the top of the sausages with cooking spray, then turn them over. Close the lid immediately and cook for 3-1/2 more minutes. Done.

Notes:

- **CHARCOAL GRILL:** If you have a charcoal grill, you need to build most of your briquettes to one side, to create an area with veeeeeeery low heat under it. But heck, who am I kidding. If you own a charcoal grill, you know a whole lot more about cooking with indirect heat than us wimpy city boys with our propane grills :)
- **THERMOMETER:** Most gas grills now come with some type of built in thermometer, to tell you the temperature inside your grill, WHEN THE LID IS CLOSED. Once you close the lid, your grill turns into an oven a big, grown up version of an EZ Bake Oven. I cannot express to you how important it is to keep track of your temperature when making these. Gas grills can QUICKLY make their way up to 500+ degrees.



Pan Fried Bacon Wrapped Sausages

Yup... bacon wrapped kielbasa, on a bun, with peppers and onions is "plan friendly"

How can we POSSIBLY make nearly fat free sausages EVEN BETTER!?!?!? Why, wrap them in bacon, of course! On this page I'll be showing you how to take my 0 point sausages (recipe on pgs 44-45) and wrap them in low calorie, lean bacon. In this case, I'm using 'regular' center cut bacon. NOT 'thick cut' center cut bacon. This page will walk you through the process of how I personally cook mine in a frying pan.

What You'll Need:

- 3oz sausage links, made from my meat mixes, exactly like steps 1-3 on page 44.
(In these pictures, I used my ground turkey 'Kielbasa' mix and oscar mayer center cut bacon)
- 1 slice of bacon per link, use 'regular' center cut bacon, or any low point bacon you prefer.
- 2-3 toothpicks per sausage link, to secure the bacon on both ends of the link.

Directions:

- 1 As noted, follow the steps on pg. 44 (steps 1-3) to form 3oz sausage links in advance. Set aside.
- 2 (For this guide, we will be using 'center cut bacon') Take each piece of bacon, and slowly and carefully pull and stretch them out, until they are nearly doubled in length. This will allow you to almost completely wrap one of the sausages, from end to end. You can see a stretched piece of bacon vs unstretched, in the 1st pic.
- 3 Lay out one piece of stretched bacon, then roll one of the links, at an angle, all the way up the bacon. It will take you 1 or 2 attempts of wrapping then unwrapping it your first time, till you get the hang of the proper angle to roll it up.
- 4 Stick 1 toothpick through the very end of each side of the bacon, so that they won't curl up. Set aside, repeat till all the links are wrapped with bacon, pinned with toothpicks, ready to rock. Set aside.
- 5 Heat a pan over medium heat for 2 minutes. Spray with cooking spray and set as many links in as you'd like. Cook for 2 minutes, then turn the sausages over, cooking the opposite side for 2 minutes.
- 6 Remove the toothpicks, then rotate the sausages to cook them on one of the uncooked 'sides', for 1-1/2 minutes. Rotate to the very last 'uncooked' side of bacon and cook for 1-1/2 more minutes (yup, you're cooking all 4 sides). If you'd like any of the 4 sides a little bit more 'done'... feel free to turn that side back down to the pan a little longer, to crisp it up. Nobody likes soggy bacon... except for @chiafullo.
- 7 Remove the finished sausage(s) to a paper towel and pat dry to remove any residual grease. Done

Notes:

- **BACON STRETCHING:** This step is awesome, however, it will not work with most Turkey or Chicken bacons. Stretching the bacon, as shown in the top left image, can only be done with bacon that actually has some real fat in it. CENTER CUT bacon is actual pork bacon, so it does have a layer of fat, which allows it to be stretched to the extent my picture shows. I recommend starting at one end of the bacon and using both hands to pull a small length of bacon in opposite directions, stretching it a bit. Then move your hands further down the length of bacon and stretch it some more. Repeat till you get all the way to the end, then grab both ends and gently pull in opposite directions one last time, stretching the entire piece of bacon.
- **NO STRETCHY STRETCHY:** If you decide NOT to stretch the bacon (that'd be a cool band name), or if you are using chicken or turkey bacon... forgo that step and simply wrap your regular length bacon around the link. It may not reach as far down the sausage, but... it'll still be tasty. Plus, you can always add 1 more piece of your non stretchy bacon, though you'll need an extra toothpick.
- **COOK TIME:** Not all brands of bacon cook the same. Adjust the cook time, as necessary. Center Cut might cook faster than your chicken or turkey bacon, or the other way around. Cook till all sides are crispy.

