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Artichoke Spinach

Creamy and Savory Artichoke Spinach Dip & Spread, Without a Boat-Load of Mayo

There are a million recipes out there for "low point" artichoke spinach dip, however, I want to be different. Where most people use low fat mayonnaise mixed with Greek... I had an idea for how to "hack" the mayo out of the recipe. I'm only using Greek yogurt... but I'm blending egg yolks and a little cornstarch into the Greek. I read about that in an old French cookbook I found. This adds 0 point fat to the Greek (if eggs are 0 for you) and cornstarch helps bind the yogurt while it's baking. Like I always say, out-smart your food.

Ingredients:

- (2) 1lb bags frozen, chopped spinach
- (2) 14oz cans whole artichoke hearts, in water
- 1/2 cup diced onion
- 2 medium garlic cloves, crushed
- 2 cups plain fat free Greek yogurt
- 2 egg yolks
- 1-1/2 tsp cornstarch
- 1/2 cup reduced fat parmesan cheese topping (like the Kraft brand, used to sprinkle on pizzas)
- 1 tsp onion powder
- 1/2 tsp black pepper
- 1-1/4 tsp salt
- 2 tsp worcestershire sauce
- 1/3 cup vegetable broth
- 3/4 cup reduced fat shredded mozzarella cheese

Serving Info.:

Yields: 7 cups

Servings: 14

Serving Size: 1/2 cup



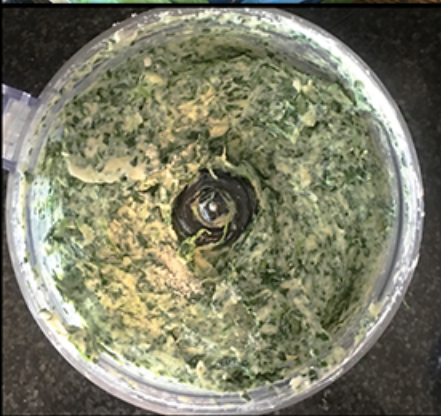
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Directions:

- 1 Place a few layers of paper towels onto a large pan. Empty the frozen spinach bags onto the pan and allow to thaw. Use additional paper towels to soak off as much water as you can. Drain the water from the Artichokes, then place **ALL** of the ingredients into a food processor. Process the mixture until it all blends together.
- 2 Preheat your oven to 375 degrees. Spray 2 quart casserole dish with cooking spray, then spoon all of the spinach mixture into the casserole. Smooth the top. Cover and bake for 40 minutes at 375 degrees. Remove the lid, then bake for an additional 15 minutes. Done.

NOTES:

- This recipe makes a LARGE amount of dip, perfect for a good sized gathering. As you can tell by looking at the ingredient measurements, you can EASILY halve the recipe without needing a PHD in Mathematics. However, if you halve the recipe, reduce the baking time.
- If you feel that your finished dip is too thick for your personal taste, once it's finished baking, simply stir in some more hot vegetable broth to thin it to your desired consistency.
- Don't have a food processor? Use a knife to chop the bajeezus out of it all, then mix it together.





Black Bean Puree

This is so INSANELY great that you'll lap it up like a thirsty dog

Comparing this to a can of blended black beans is like comparing a Formula One race car to a 76 Ford Pinto. Years ago, my wife surprised me by having a cooking show come to our house. The Chef helped my wife prepare a Latin dinner to surprise me when I got home. The most memorable part of that meal for me (of the food), was the black bean puree. I had NEVER had anything like it before and asked him to show me how to make it. This is my WW-erized version of his dish, which was served in place of regular beans. I'm presenting it here as a dip.

Ingredients:

- 1/2 cup diced onion
- 1/2 cup diced poblano pepper, seeds removed
- 1/2 cup diced red bell pepper
- 1 medium garlic clove
- 1/2 cup chopped cilantro, packed
- 45oz canned black beans, rinsed and drained.
(1 30oz can and 1 15oz can, oooooor 3 15oz cans lol)
- 1-1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp red wine vinegar
- 1/2 cup chicken broth
- 1/2 tsp garlic powder

Serving Info.:

Yields: 3-1/2 cups

Servings: 7

Serving Size: 1/2 cups



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Note: If you are one of the people
who wants to continue counting the points for
beans, even though they are a 0 point food now...
1 serving of this dip is 3 points for you.
It IS a big pot o' beans, after all.

Directions:

1. Use a colander to rinse and drain the black beans. Rinse off that disgusting black goop from inside the cans, till the water runs clean. Let the beans drain, then set aside.
2. In a medium sized pot, use cooking spray to cook the onion, garlic, and both the poblano and red peppers, over medium heat. Add the salt and pepper, cook until softened.
3. Add the vinegar, chicken broth, garlic powder and cumin. Stir to combine. Allow the mixture to come to a simmer, then add the black beans and cilantro. Allow to cook down for 5 minutes, stirring occasionally.
4. Carefully pour or scoop the hot bean mixture into a food processor, then process on high speed until smooth.
5. Taste, then season with additional salt & cumin, if needed. Garnish with cilantro, diced tomatoes and a small amount of fat free feta cheese, enough to stay 0 points.

Notes:

- You can use a green bell pepper instead of a Poblano. A poblano is pretty much the same as a regular bell pepper, but a darker green, and with a slight smokiness when cooked. It's not spicy.
- If you don't have a food processor, use an immersion blender, though it may get a little messy.
- I call this a dip, but you can use it in place of refried beans as a side dish. Trust me... it's good.





Cheddar Cheese Beer Dip

A Creamy, Cheesy Dip, with Beer and Crumbled Bacon

My buddy, [@ncbluehog](#) on Connect, was the inspiration for this dip. He's an uber cool, motorcycle ridin' macho man cook. He helped give me feedback with my Bratwurst recipe, which got me thinking that most macho dudes would LOVE to have a low point and calorie dip like this for football parties, poker parties... or in place of a glass of water, in Wisconsin.

Ingredients:

- 3/4 cup Campbell's Healthy Request, Condensed Cheddar Cheese Soup. (just the goop)
- 1/2 cup light beer
- 2 slices Velveeta Original cheese ***
- 1/4 cup fat free chicken broth
- 1/4 tsp ground mustard
- 1/2 tsp salt
- 2-1/2 tsp cornstarch, dissolved in a little water
- 1/2 cup fat free plain Greek yogurt
- Pinch of cayenne pepper or dash of hot sauce
- (OPTIONAL) 1-1/4 slices of center cut bacon, for garnish.

Serving Info.:

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



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Directions:

- 1 Heat the cheddar cheese soup, beer, cheese slices, water, ground mustard and salt in a small pot over medium heat. Stir till all of the ingredients melt together and become smooth.
- 2 Bring to a low boil, then stir in the dissolved cornstarch. The sauce will immediately begin to thicken. Cook for 2-3 minutes, stirring constantly. It should be very thick now. Remove the sauce from heat and pour into a bowl. Cover with plastic wrap and let cool for 30-40 minutes.
- 3 Whisk in the Greek yogurt until smooth. Season with additional salt if desired. I also highly recommend adding a pinch of cayenne pepper, or a dash of hot sauce.
- 4 (OPTIONAL) If you want crumbled bacon for a garnish: Cook bacon until it's crispy, then remove from pan and pat dry. Finely dice/crush it into small bits, then sprinkle on top.

Note:

- The bacon is optional, for garnish. If you use it, add 1 ingredient point to the recipe.
- Under the 'new' plan, Velveeta cheese singles are a tricky one. Some packages list as 2 points for 1 slice of cheese, others list as 1 point for 1 slice, 3 points for 2 slices. I'm using 2 slices for 3 points. IF you can find Borden's Fat Free Cheddar Slices... USE THOSE!!!
- If you want even more cheese flavored punch added to it for no additional points, you can use a 0 point amount of cheese flavored popcorn sprinkles, or 1 Tbsp of 'nutritional yeast'. If you do use sprinkles, only use 1/4 tsp salt, rather than the recipe's listed 1/2 tsp.
- **BEER BAD!:** If you want it without Beer, simply replace the beer with more chicken broth.





Chick Fil A Copycat

A Delicious Mix of Honey Mustard, BBQ and Mayonnaise

Everybody in the world loves Chik Fil A sauce. Or... at least everyone loves sweet, tangy and vinegary dipping sauce. Unfortunately, the real thing has 1 billion calories per serving. The cool thing is their sauce is just a simple mix of bbq sauce, honey mustard, and mayo, so the all I had to do was cut the fat and sugar, to make a lighter version. This is a lot of ingredients because we are making our own quick BBQ and 'honey' mustard sauces, to mix together.

Ingredients:

- 1/2 cup tomato sauce (scan to ensure 0 points)
- 2 tsp worcestershire sauce
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/8 to 1/4 tsp chili powder, to taste
- 1/8 tsp black pepper
- 2 tsp smoked paprika
- 2 Tbsp apple cider vinegar
- 2 Tbsp 0 point natural sweetener o' choice (stevia, monkfruit, truvia, swerve, etc)
- 1 Tbsp dijon mustard
- 4 Tbsp yellow mustard
- 4 Tbsp sugar free syrup (pancake syrup)
- 1 Tbsp honey
- 2 Tbsp lemon juice
- 1/4 tsp dried mustard
- 1/8 tsp ground turmeric (optional, for color)
- 1 cup fat free Greek yogurt
- 3 Tbsp light mayonnaise

Serving Info.:

Yields: 2-1/2 cups

Servings: 9

Serving Size: 1/2 cups



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Directions:

- 1 First, we're making the BBQ sauce part of the sauce. In a medium pan, heat and stir together the tomato sauce, worcestershire, garlic, onion and chili powders, black pepper, paprika, vinegar and sweetener. Mix till well combined, then turn off the heat.
- 2 Now, the Honey Mustard part. Add the dijon, yellow mustard, dried mustard, syrup, honey, lemon juice and turmeric. Whisk till combined. Then, add the yogurt and mayonnaise. Whisk till smooth and combined. Serve immediately or refrigerate to let the flavors meld.

NOTES:

- If you want to save time, mix equal parts of store bought sugar free honey mustard, sugar free bbq sauce and fat free plain Greek yogurt. Add additional sweetener, salt/pepper and apple cider vinegar, to taste. It's easier and faster, but definitely higher in points than mine.
- If you can't have dairy, you can substitute the yogurt for semi firm tofu mixed with water, to thin it to the same consistency as Greek. Check connect for my post in [#dairyfreeyogurthack](#)





Creamy Chimichurri

A Spicy Argentinian Dip with Cilantro and Parsley

Ingredients:

- 2 cups flat leaf (Italian) parsley, chopped, loosely packed
- 2 cups cilantro, chopped, loosely packed
- 3 Tbsp capers, drained
- 2-3 Tbsp red onion, finely diced
- 4 medium garlic cloves
- 1/2 tsp fresh oregano (or 1/8 tsp dried)
- 5 Tbsp red wine vinegar
- 3 Tbsp lemon juice (or lime)
- 1 tsp salt
- 1/8 to 1/4 tsp red pepper flakes, to taste
- 1/4 tsp black pepper
- 2 Tbsp 'robust' olive oil (see notes)
- 8 second spray, olive oil cooking spray
- 1-1/4 cups plain fat free Greek yogurt
- 1/4 cup water (or more) to thin the dip

Directions:

1. Place all of the ingredients, except for the Greek yogurt, into a food processor. Spray the olive oil cooking spray the processor as well.
2. Pulse the mixture until ingredients are roughly chopped
3. Add the Greek yogurt, then process again till yogurt is well distributed amongst the ingredients. Don't overly process it, you don't want a puree. A little texture is good.

Servings:

Yield: 2-1/4 cups

Servings: 9

Serving Size: 1/4 cup



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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 a low point dip by stretching out the servings with the addition of Greek yogurt. This makes it have more volume, a creamier taste, drastically reduces the amount of oil in it, and helps curb some of the red pepper kick. Enjoy, Gringos!

NOTES:

- I'd recommend starting with 1/8 tsp of red pepper flakes, then adding more if you'd like more kick.
- Because my recipe uses such a small amount of olive oil, I'd suggest buying regular olive oil, that says 'robust,' 'extra flavorful,' or an equivalent phrase denoting a strong flavor.
- Chimichurri Sauce/Dip is AWESOME on grilled meats and vegetables. It enhances the flavor of most any savory dish that you put it on and adds a bright, citrusy, herby, tangy punch.
- Remember, this is Pesto's tough cousin who went to live abroad. Treat it accordingly. Avoid eye contact.



Cocktail Sauce

Sweet, Savory, Tangy, a Little Spicy... I Finally love Cocktail Sauce

I'll preface this recipe by stating, as fact, that I have HATED cocktail sauce for most of my adult life. I've just never really liked the store bought, jarred goop. A while back, a friend mentioned that she'd like me to look into low point cocktail sauce. I blew it off, because I hate cocktail sauce and I'd have to taste my batch. A few days ago, I looked into it, because I wanted to try making ketchup, then saw that a lot of simple cocktail sauce recipes call for ketchup, so BOOM... 2 dips for 1. When I finally tasted this, I completely and utterly am in love now. It is amazing, absolutely awesome and I'd use it as sunscreen if it offered any SPF rating.

Ingredients:

- 2-1/4 cup batch of my Ketchup, recipe on pg. 22
- 3 Tbsp store bought "prepared" horseradish sauce (scan it, you want 3 Tbsp for 0 points)
- 1 tsp black pepper
- 1 Tbsp lemon juice, to taste
- 1/2 tsp hot sauce of choice, or more to taste

Serving Info.:

Yields: 2-1/2 cups

Servings: 10

Serving Size: 1/4 cup



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Directions:

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined.
- 2 Done.

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 for 3 Tbsp. If not... adjust your points, or use a 0 point amount.
- Add more hot sauce if desired. Most all recipes call for Tabasco sauce, however, my wife's Latina, so we have Cholula and Tapatio in this house. lol
- You CAN use other brands of sugar free, low point Ketchups as a base for this cocktail sauce, however... I know I'm biased when I say this... the depth of flavor will be nowhere near what it would be using mine. *pats himself on the back* ...Just sayin.
- This dip/sauce is typically only really served with seafood, but I'm sure you can look online to find other applications for it.





French Onion Dip

Using the Flux Capacitor to bring a 50's classic into the 21st century.

This dip was a direct result of going to a get-together, potluck kinda thing yesterday. My wife made one of the onion dip packets from the store, along with regular sour cream. The amount of points and calories in that blew my freaking mind, soooo... here we are. This recipe calls for caramelizing diced sweet onions with beef broth and seasonings, then mixing them together with fat free Greek yogurt and just a touch of light mayonnaise for creaminess. You won't want to buy those high calorie, high point, store bought dried packets again.

Ingredients:

- 3 cups Vidalia onions, diced (sweet yellow onions)
- 0 point butter flavored cooking spray
- 1 medium garlic clove, minced
- 1/2 cup beef broth, fat free
- 1 Tbsp white vinegar
- 1 tsp salt
- 1/4 tsp black pepper (use white pepper if ya want)
- 2 tsp onion powder
- 2-1/2 tsp paprika
- 1-1/2 cups plain fat free Greek yogurt
- 2-1/2 Tbsp light mayonnaise (2 Tbsp PLUS 1-1/2 tsp)

Serving Info.:

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



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Directions:

- 1 Cook the onions and garlic in a large pan over medium heat, covered, for 10 minutes. Coat with butter flavored cooking spray, but keep it at 0 points worth. Stir the onions occasionally, to ensure that they don't burn. You want them to be softened, like the 2nd picture.
- 2 Add the beef broth, vinegar, salt, pepper and onion powder and paprika. Lower the heat to medium-low and cook, uncovered, for 7-8 minutes. You want almost all of the liquid to evaporate.
- 3 Remove the caramelized onions from the heat and allow them to cool. Once cooled, add them to a bowl with the yogurt and mayo, then whisk to combine. Season with additional salt and pepper if required. Done.

Note:

- Most recipes for french onion dip call for white pepper. I personally don't care if you see little black flecks of pepper in a dip or sauce, but that's because I like pepper. Feel free to buy white pepper if you want. I'm on a budget, so until they start carrying white pepper at the 99 cent store, black's good enough lol.
- If you'd like a smokier flavor to your dip, you can add 1/2 tsp of smoked paprika, it'll give an additional little reddish tint to your dip and add a slight smokiness.
- Have a beef with France and don't want to make this dip because of 'mmmmURICA!? Well, just call it Freedom Onion dip. It'll go great with your Freedom Fries, apple pie and sweet tea.



¡Gringo Guacamole!

Awesome, Lower Fat & Calorie Guacamole... Cut With Oven Roasted Zucchini

Regular guacamole recipes are a dime a dozen online and nearly every single one looks the exact same. They all have one thing in common: They are all extremely high in points. A friend of mine, who works at a Mexican restaurant, told me that when Avocado prices get really high, they cut their guacamole with some roasted, pureed zucchini. He said it's so good "The Gringos can't tell the difference!". So, I pulled up the food network's highest rated Guacamole recipe and started hacking it down. The end result is so good, even my wife's family, from Jalisco likes it.

Ingredients:

- 15oz zucchini (around 3 medium) rough chopped
- 1 tsp salt
- 3/4 tsp cumin
- 2-3 garlic cloves (to taste)
- 3/4 cup finely diced onion
- 3/4 cup roma tomatoes, seeds removed, diced
- 15oz avocado flesh (around 3 medium)
- 2 Tbsp lime juice
- 1/4 cup fresh cilantro, finely chopped

Serving Info.:

Yields: 5-1/2 cups
Serving Size: 1/4 cup
Servings: 22



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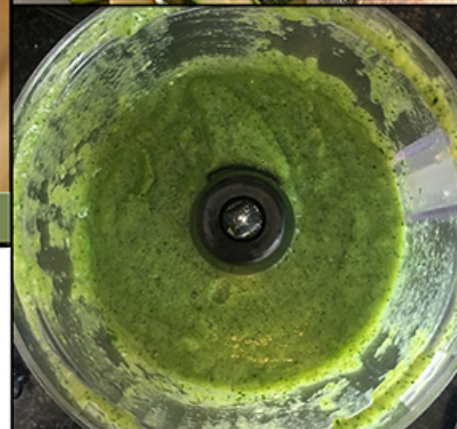
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Directions:

- 1 Preheat your oven to 375 degrees and line a baking pan with foil. Lightly spray the pan with cooking spray, then set aside.
- 2 Quarter and slice the zucchini into 1/4 wedges, spray with cooking spray, then roast for 18 minutes at 375 degrees. Do not season the zucchini. Remove from oven and place into a food processor with the salt, cumin and garlic. Process until smooth, set aside.
- 3 Slice and remove the seeds from your tomato, then dice the tomato and onion. Set aside.
- 4 Scoop the flesh out of your avocado skins and place into a medium mixing bowl. Use a potato masher (or a large fork) to mash the avocado, while keeping them chunky.
- 5 Mix the tomatoes, onions, lime juice and cilantro into the avocado, till well combined.
- 6 Pour the zucchini puree into the avocado mash and mix. Cover with plastic wrap and store in the fridge for 1 hour, allowing the flavors to meld.
- 7 Remove from the fridge, taste, and add more salt, pepper, cumin, lime juice or cilantro, if needed.

Note:

- This recipe makes a good amount of Guacamole, feel free to halve the recipe if desired. Most of my dips are made in a quantity that would allow them to be used for a party.
- This Guacamole is slightly creamier than regular Guacamole, due to the zucchini puree. It thickens slightly as it sets in the fridge.





Herbed Goat Cheese Spread

A Healthy Mix of Cheese, Strained Yogurt and Fresh Herbs

This EXTREMELY versatile mixture can be customized to use pretty much any cheese or herb mixture that you'd like. By straining greek yogurt overnight, we force liquid out of it, which makes the yogurt more dense, ultimately making it take on the texture of cream cheese. By mixing our "cream cheese" with herbs and a nominal amount of real cheese, we can make an awesome, creamy and delicious spread with a fraction of the fat and calories of 'Boursin'.

Ingredients:

- 34 oz container, nonfat plain Greek yogurt (I'd recommend using Fage or Chobani brands)
- 1 medium garlic clove, chopped
- 1 tsp salt
- 3/4 cup fresh parsley, chopped
- 1/4 cup fresh chives, chopped
- 1/2 tsp lemon zest, minced
- 4 oz goat cheese (or 12 points of ANY cheese)

Serving Info.:

Yields: 3-1/4 cups
Serving Size: 1/4 cup
Servings: 13



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Directions:

- 1 Strain greek yogurt (I HIGHLY recommend using FAGE brand for this) for a minimum of 12 hours, as directed in the "Cream Cheese Hack" recipe, in the Foundations section of **"Cookbook: Volume 1"**. The longer you strain the mixture the better. At 20 hours, my yogurt had removed 3/4 cup of liquid.
- 2 Add the strained Greek yogurt, garlic, salt, parsley, chives, lemon zest and goat cheese to a food processor. Process until well combined. Garnish with additional fresh chives or other herbs.
- 3 If you'd like to serve it as shown in the bottom left of the page... line a ramekin with plastic wrap and scoop some of the cheese mixture in, filling up the ramekin. Cover with more plastic wrap and place in the freezer for 15-20 minutes. Remove from the freezer, place the ramekin upside down onto a serving platter, then remove the ramekin and plastic wrap. Top with fresh herbs (I used finely diced chives) or any other toppings of your choosing. Done.

Notes:

- Don't like goat cheese? Not a problem. Use up to 12 points of ANY type of cheese that you want. Baby Bell, reduced fat cheddar, toss in some sundried tomatoes (not in oil), shallots, experiment and play around with this. It's highly, highly, highly customizable. Just use mine as a template. I made mine to imitate (closely) Boursin cheese spread.
- Mix the strained cream cheese with a bunch of chopped green onions, cooked, drained and cooled taco meat, then form it into a big ball wrapped in plastic wrap and let it sit in the fridge. When it firms up, roll it in a bunch of chopped up fat free cheddar cheese for a great taco cheese ball. Think outside the box. Play around with seasonings and fillings.





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.

CLASSIC 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



Ketchup... Of... Awesomeness

Fast, DELICIOUS, No Sugar Added, with 10x the flavor of the Store Bought Goop



Alright, let me get this out of the way in the first sentence, YES... I am fully aware that G. Hughes has sugar free condiments! But, realize that not everyone has it at their stores and HOMEMADE sauce beats bottled sauce. This baby has depth of flavor that most store bought, bottled ketchups have naughty dreams about. It's like comparing the flavor of powdered lemonade in a tin jar to grandma's homemade lemonade. This also was a must-make for me, because I needed it for my low point cocktail sauce.

Ingredients:

- 1-3/4 cup tomato sauce (scan to ensure 0 points)
- 1/4 cup tomato paste
- 2 Tbsp apple cider vinegar
- 2 tsp worcestershire sauce
- 1/2 tsp salt
- 1/8 tsp black pepper
- 2-1/2 Tbsp 0 point sweetener of choice (Stevia, Monkfruit, Truvia, Swerve, etc)
- 1/2 tsp dry mustard
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp celery salt
- additional water, if needed to thin ketchup

Serving Info.:

Yields: 2-1/2 cups
Servings: 10
Serving Size: 1/4 cup



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Directions:

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined. Done.
- 2 Take 10 minutes to ponder the fact that I actually have a recipe with only 1 real step. Then let it dawn on you that I'm only mentioning this as #2 so that I can have a #2 in the directions.
- 3 See #2, then go ahead and glare at my picture on the back cover.

Notes:

- You can use 1 Tbsp of regular sugar if you wish, it will still be a VERY low point ketchup, but adjust your points accordingly.
- If you are on a sodium restrictive diet, you can leave out the salt, celery salt, and worcestershire sauce, though it WILL make the sauce sweeter. You can counter that by adding some more savory seasonings. Try using 'no added salt' tomato sauce and paste, as well as adding more onion powder instead of celery salt. Heck... you can even add some savory dried/ground mushroom powder, for a big Umami 1-2 punch.



Mango Salsa



Pico De Gallo

Two ways to make delicious, healthy salsa. Sweet & fruity, or more traditional

To a lot of you, making salsa might be seen as something extremely simple. However, there are a ton of folks out there who don't have years of cooking experience and are still building their confidence in the kitchen. So, I wanted to include 2 basic 'salsa' recipes, which can be customized to your own tastes. First, is Mango Salsa. It's goes great with seafood, chicken, in fish tacos, or as a dip. Don't like mango? Swap it with pineapple or even strawberries. Then, there's basic pico de gallo. My version has finely diced ingredients, though you can cut your tomatoes and onions larger, if you prefer a chunkier dip.

Simple Mango Salsa

YIELDS: 3-1/2 cups

Servings: 7

Serving Size: 1/2 cup



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Ingredients:

- 2 cups fresh mango, peeled and diced
- 1 cup red bell pepper, diced
- 1/2 cup red onion, diced
- 1 small jalapeno pepper, seeded and minced (**USE GLOVES**)
- 1/4 cup fresh cilantro, finely chopped, loosely packed
- 3 Tbsp lime juice
- 3/4 tsp oil (vegetable or canola, NOT olive oil)
- 1/8 tsp salt
- 1/2 tsp 0 point sugar replacement o' choice (such as lakanto monkfruit 'classic', stevia, etc.)

Directions:

- 1 Prep/Dice all of the vegetables as directed, remember to use gloves while handling the jalapeno.
- 2 Mix all ingredients together in a bowl, cover and set aside in the fridge for at least 1 hour. Done.

NOTES:

- If you don't want to deal with a whole jalapeno pepper, buy some canned, diced green chilis. 2 Tbsp will work fine, however, if you use canned chilis, press some of the canned juice out of them, by pressing the diced chilis between paper towels.
- You can swap the mango for fresh diced pineapple, for a more tropical, sweeter salsa with a bit of natural tartness. IF you do make pineapple salsa, don't add the recipe's final 1/2 tsp of sugar replacement. It'd make the salsa waaaay too sweet.

Easy Pico De Gallo

YIELDS: 4 cups

Servings: 8

Serving Size: 1/2 cup



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Ingredients:

- 1 cup white onion, finely diced
- 1 small jalapeno pepper, seeds removed, finely chopped (use gloves when handling the pepper!)
- 3 Tbsp lime juice
- 1/2 tsp salt (you can use more or less, to taste)
- 1-1/2 pounds roma tomatoes, finely diced (try to pick veeeeery red tomatoes)
- 1/2 cup fresh cilantro, finely chopped, loosely packed

Directions:

- 1 First, finely dice the onions and seeded jalapeno. Add them to a mixing bowl with the lime juice. Let them sit and rest, while you prep the tomatoes.
- 2 Finely dice all of the tomatoes (throw away the tough stem part) and add it to the bowl with the onions & jalapeno.
- 3 Finely chop the cilantro, then add it, with the salt, into the tomatoes, onion, jalapeno and lime juice. Cover and set aside.

NOTES:

- Feel free to leave out the jalapeno if you don't like spicy food. Or, if you're feelin' lazy, skip the jalapeno and add a couple dashes of hot sauce instead.
- For best results, set your pico de gallo in the fridge, covered, for at least 1 hour.
- You don't have to use roma tomatoes. You can use regular ones, but make sure to buy deep red ones, and remove the seeds.



Red Onion Bacon Jam

To Quote a Famous TV Chef... It's So Good You Can Spread It On A Flip Flop

Red Onion Bacon Jam is one of those things I'd always heard about on Diners, Drive Ins & Dives, but never had a chance to try before I needed to make it for 'Cookbook 3'. If you've never had it, it's pretty much a sweet, salty, savory and smoky spread, similar in texture to a marmalade, made with chopped up bacon, caramelized red onions, vinegar and sugar. To lighten mine, I use 0 calorie brown sugar substitute and 'center cut' bacon, instead of full fat, regular bacon.

Ingredients:

- 7 slices 'center cut' bacon. cooked to crispy, then patted dry.
- 3-1/2 to 4 cups red onion, thin sliced
- 1-1/2 cups fat free beef broth
- 2 Tbsp apple cider vinegar
- 1-1/2 tsp balsamic vinegar
- 1-1/2 Tbsp sugar free pancake syrup (maple flavored)
- 1/2 tsp cocoa powder
- 2 tsp smoked paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp 0 calorie 'brown sugar replacement' (see notes)

Directions:

- 1 Cook all of the bacon in a pan, with cooking spray, till crisp. Remove from pan, pat dry with paper towels to remove excess grease, then chop into small pieces. Set aside.
- 2 Wipe the excess grease from the pan (it's a 'points' thing), spray the pan with cooking spray again, then add the sliced red onions, half of the beef broth (3/4 cup), as well as the apple cider vinegar, salt, pepper and brown sugar replacement. Bring to a simmer over medium heat, then cover with a lid and cook for 15 minutes.
- 3 After 15 minutes, add the remaining 3/4 cup broth, smoked paprika, cocoa powder, balsamic vinegar, sugar free syrup, and chopped bacon. Cover and simmer on medium-low heat for another 15-20 minutes, or until most all of the liquid is gone and it resembles a thick jam/marmalade. Cool to room temperature.

Notes:

- Center Cut Bacon is lower in points and calories than traditional bacon, because it's a leaner cut. Most all brands are 1 point per slice, cooked, with the oil removed. My recipe uses 7 total points of bacon. Feel free to use turkey bacon if you want.
- Sweetener: If you don't have 0 point brown sugar substitute, use regular 0 calorie sugar replacement (granulated splenda, monkfruit, etc), then add 1/4 tsp molasses into the pan.

Serving Size:

Yields: 1-3/4 cups

Servings: 7

Serving Size: 1/4 cup



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Roasted Red Pepper & Balsamic

A Sweet Red Pepper Sauce with a touch of Balsamic Vinegar & Basil

This sweet and savory dip is a nice change of pace from dairy based spreads. The natural sweetness of the red peppers, along with the tiny bits of burnt char, savoriness of the roasted red onion and the sharpness of the garlic, makes this a versatile condiment. Use it as a spread in sandwiches, or as a dip for your favorite veggies or appetizers.

Ingredients:

- 4 large red bell peppers, sliced into large pieces, seeds removed. (around 2 lbs)
- 1 medium red onion, sliced into 2 halves
- 3 medium garlic cloves
- 1 tsp dried basil (or 1 Tbsp fresh, finely chopped)
- 1 Tbsp + 2 tsp balsamic vinegar
- 1 Tbsp water
- 2 tsp paprika
- 2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup plain fat free Greek yogurt
- 1/8 to 1/4 tsp red pepper flakes, to taste

Serving Info.:

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



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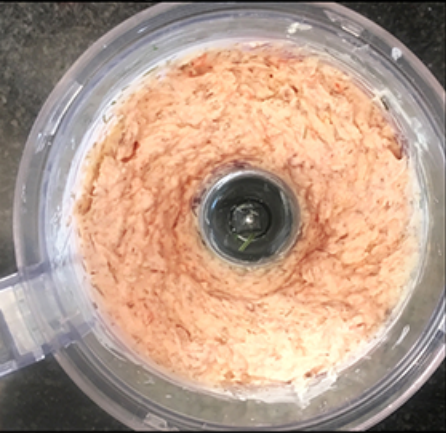
Directions:

- 1 Place one of your oven racks to the 2nd position from the top. Turn on your Broiler.
- 2 Line a large baking pan with aluminum foil, coat with olive oil cooking spray.
- 3 Place the sliced red onion and peppers on the pan. Place both of the garlic cloves under a chunk of bell pepper, covering them like a red vegetarian blanket.
- 4 Coat the vegetables with cooking spray. Broil for 8 minutes, then rotate the pan. Cook for an additional 5-8 minutes or until the peppers are charred. Remove from the oven.
- 5 Place ALL of the ingredients into a food processor, and run on high speed, until the puree is broken down and smooth. Thin with additional water if desired.
- 6 Season with additional salt, pepper, or red pepper flakes, to taste.

Note:

- If you'd prefer to not use your oven's broiler, you can roast the vegetables at 425 degrees for 35-45 minutes, until charred. You can also grill the onions, peppers, and wrap the garlic in a few layers of foil, with some olive oil cooking spray. Place them on the grill also.
- If you're on the Diabetic plan, you can get your first serving to 0 points by replacing the 1/4 cup of greek yogurt (1 point), with 2-1/2 Tbsp greek yogurt mixed with 1-1/2 Tbsp water.
- I keep the skin on the peppers, because I like the little flecks of black and the smokiness.





Smoked Salmon

Amazing, Creamy, Slightly Chunky, but Definitely Awesome

This recipe is a heavily modified combination of the recipe from 2 different chefs, both ridiculously famous. I decided to meld their two recipes into a Terminator 1000 dip of smoked salmon destruction. I then tweaked it with my own diabolical point-cutting shenanigans.

Ingredients:

- 8oz smoked salmon, diced into chunks
- 1-1/2 cups plain fat free Greek yogurt, strained overnight (at least 12 hours).
- 1/4 cup light mayonnaise (*GASP!!!*)
- 1-1/2 tsp prepared horseradish sauce
- 2 Tbsp lemon juice
- 2 Tbsp water
- 1/4 cup diced red onion
- 2 tsp paprika
- 2 tsp smoked paprika
- 2 Tbsp finely chopped fresh dill
- 2 Tbsp finely chopped fresh chives
- 1/4 cup diced celery
- 1 tsp worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 to 1/2 tsp hot sauce, to taste (optional)

Serving Info.:

Yields: 3 cups
Serving Size: 1/4 cup
Servings: 12



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Directions:

- 1 The night before you plan to make this, put the 32oz of fat free Greek yogurt into a colander lined with cheesecloth or paper coffee filters. Cover with plastic wrap and let it sit in the fridge, overnight.
- 2 Heat the red onions, lemon juice, water, paprika and smoked paprika in a small pot. Bring to a low simmer for 1 minute, then remove from heat. Pour the mixture into tupperware and let sit in the fridge for 2-3 hours. The hot vinegar will turn the onions a vibrant red.
- 3 Rinse the onions under cold water to remove the vinegar from them, strain, then pat dry with a paper towel. Set aside.
- 4 Place the Greek yogurt, mayo, horseradish, red onions, dill, chives, celery, worcestershire, salt, pepper and hot sauce into a food processor. Add half of chopped the smoked salmon, then process until broken down and well combined.
- 5 Add the remaining diced smoked salmon into the processor. Pulse the food processor a few times to break down the salmon, but leaving chunks. Cover, put into the fridge and let rest for 1 hour. Taste, add more salt, pepper and hot sauce, if desired.

Note:

- For a chunkier texture, add the celery to the food processor in step 5, rather than in step 4.

Sweet & Sour, Thai Sweet Chili

Two Delicious Variations of one Asian Culinary Classic

This recipe takes a traditional asian sweet and sour sauce and gives you two different dips. One is the standard sweet and sour (pictured above, middle), but then I realized that with just the addition of a few ingredients, it can be turned into a Thai Sweet Chili sauce (top left picture).

Ingredients:

- 1-1/8 cup water (1 cup, plus 2 Tbsp)
- 1 cup rice vinegar
- 1 cup 0 point sweetener/sugar substitute (stevia, monkfruit, truvia, swerve, etc)
- 2 Tbsp no sugar added ketchup
- 1 Tbsp garlic, minced
- 1 Tbsp fresh ginger root, minced
- 2-1/2 Tbsp cornstarch

Thai Sweet Chili Sauce Variation:

- only use 1 cup water, NOT 1-1/8 cup
- add 1-1/2 Tbsp low sodium soy sauce
- add 2 Tbsp sugar free peach preserve/jelly/jam
- add 2 to 3 tsp crushed red pepper flakes, to taste

Directions: (base sauce directions)

- 1 Place the water, vinegar, sweetener, ketchup, garlic, ginger and cornstarch into a small pot (around 1.5 quarts), whisk until everything is well combined and the cornstarch is dissolved.
- 2 Bring the mixture up to a rolling boil and allow to cook for 5-7 minutes, stirring occasionally. Continue until the sauce has the thickness of warm maple syrup. Remove from heat, set aside. Allow the sauce to cool to room temperature. Come back and stir the sauce occasionally, while cooling, so that it doesn't develop a slightly thick layer on top. Done.
- 3 To make the Thai Sweet Chili variation, perform the listed changes to step 1. Reduce the water, as stated, while adding soy sauce, peach preserves and red pepper flakes to the recipe.

Note:

- Rice vinegar is not with the "normal" vinegars, at the grocery store. It's found in the aisle with the Asian foods, usually near the soy sauce, sesame oil, teriyaki sauce... stuff like that. However, if you don't want to spend the extra \$\$, use regular distilled white vinegar. It won't taste exactly the same, but it's still very good. Also, make sure to get 'unseasoned' rice vinegar.
- For the spicier Thai Chili Sauce version, I'd recommend starting off with only 2 tsp crushed red pepper flakes, then adding the extra teaspoon, if you want it hotter. I made mine with 3 teaspoons and my face was melting, like the guy at the end of Indiana Jones.

Serving Info.:

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



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Sweet & Sour



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Thai Sweet Chili

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Tartar Sauce

A Deliciously Simple Dip & Sauce, Made Healthy With Ingredient Swaps



Ok, as ALL OF YOU KNOW, from Connect... for the longest time, I have been a huge advocate for swapping out mayo in pretty much everything with Greek yogurt... because I'm the Ebenezer Scrooge of points. I made my tartar sauce with Greek yogurt for months, but never really loved it. So... I bit the bullet and swapped a little of the Greek for some low fat mayo. I DO acknowledge now, that in very few (to me anyways) instances, there are some dips or dishes that just haaaaave to have a touch of mayo, tartar sauce is one of them. I've purposely tried to keep my recipe as 'lean' and low fat as possible though, to allow you wiggle room to customize it for your own tastes.

Ingredients:

- 1-1/2 cups fat free Greek yogurt
- 1 Tbsp PLUS 2 tsp light mayonnaise
- 1/4 cup dill pickle relish
- 1/4 cup onion, finely diced
- 1/2 to 1 tsp sweetener of choice, to taste.
(stevia, splenda, truvia, monkfruit, swerve, etc.)
- 1 Tbsp fresh dill, finely chopped
- 1/4 to 1/2 tsp salt, to taste
- 1/4 tsp pepper
- 2 tsp lemon juice
- 2 tsp worcestershire sauce
- 2 to 3 tsp water, if needed, to thin sauce
- 1/4 tsp hot sauce (optional)

Serving Info.:

Yields: 2 cups

Servings: 8

Serving Size: 1/4 cup



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Directions:

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined. Done.
- 2 Taste, season with additional salt and pepper, if desired. You can also add additional water, 1 tsp at a time, if you'd like to thin the sauce a little bit.

Notes:

- None of the grocery stores around me have Sugar Free sweet relish, which is why I made my tartar sauce with dill relish and sweetener. You lucky east coasters... with your snazzy Kroger stores. *grumbles*
- The flavor of this tartar sauce develops more as it rests in the fridge. However, don't be shy about adding more seasoning to it, if desired.
- I used 0 point sweetener instead of real sugar... because, well, it's my recipe... so pffft. Feel free to use real sugar if you'd like, but adjust the points.



Thai Peanut Sauce

Powdered Peanut Butter, Low Fat Coconut Milk and Red Curry Paste

This dip is my low nearly fat free, low calorie take on an Asian classic. Anyone who has ever gone out for Thai food knows what I'm talkin' about with this dip. It's a very traditional dip/sauce, that's a luxuriously thick and creamy dip, made with loads of peanut butter, ultra fatty coconut milk, red curry and other assorted Asian awesomeness. My version uses powdered peanut butter, low calorie coconut almond or soy milk, combined with additional coconut extract.

Ingredients:

- 1-1/2 cup water
- 1 tsp asian chili sauce (like sriracha)
- 1 tsp asian "fish sauce"
- 1 Tbsp reduced sodium soy sauce
- 2 tsp lime juice
- 1/4 to 1/2 tsp red curry paste, to taste (optional)
- 10 Tbsp Powdered Peanut Butter (*that's 1/2 cup + 2 Tbsp*)
- 1/2 cup Almond/Cashew Milk, or low point 'Coconut Beverage', unsweetened... such as: *"So Delicious!" coconut beverage, or "Silk" Almond/Coconut Milk blend.*
- 3 Tbsp 0 point natural sweetener of choice (*stevia, truvia, monkfruit, etc.*)
- 2 Tbsp PLUS 1 tsp cornstarch (dissolve with 2 Tbsp water)
- 1/4 tsp salt
- (optional) 1/4 tsp coconut extract (can be found in the baking aisle, by the vanilla extract)
- 3 peanuts, crushed as garnish (yes.... just 3 single peanuts)

Serving Info.:

Yields: 2 cups
Servings: 8
Serving Size: 1/4 cups



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Directions:

1. Combine the water, chili sauce, fish sauce, soy sauce, lime juice, curry paste, and coconut extract in a medium sized pot. Stir to combine and begin heating over medium heat.
2. In a separate mixing bowl, whisk together the powdered peanut butter, coconut milk beverage, sweetener, salt and dissolved cornstarch. Then pour into the pot with the curry water. Heat to a simmer, stirring continuously, until the sauce comes to a low boil. It will begin to thicken rapidly, so lower the heat slightly and continue stirring for 3-4 minutes.
3. Remove from heat and pour the mixture into a large bowl or dish to cool for 20 minutes. It will thicken as it cools. But don't ignore it. It will start to develop a firm film on top as it cools, so...
4. Stir the mixture **EVERY 5 MINUTES** to avoid having the top of the dip become a thick solid film. Stirring it every 5 minutes will break up that top film and have it melt back into the hot dip. After doing this 4 times, the top no longer develops that layer. That's just the cornstarch trying to continue thickening and meeting the cool air. It stops after you stir it a few times.
5. Crush the 3 peanuts in a plastic baggy, then sprinkle on top of the sauce as garnish, once plated.

Note: If you cannot find "So Delicious" or "Silk" brand coconut beverage, most grocery stores carry Coconut ALMOND MILK blends, near the almond milk. Use whatever type you can find, as long as it scans for no more than 2 points per cup.

