



Appetizers, Sides & Desserts

A collection of some of the Appetizers, Side Dishes and Desserts, gathered from all 3 of my digital cookbook downloads. I'm also including a few of my holiday flavored cashew/almond milk drinks... and a special Bonus Dish for my Latino Amigos.

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Chicken Croquettes

Cooked, Seasoned Chicken Breast, Shredded, then Breaded & Baked



These were a special request from [@rbberens](#) on Connect and [mrsbatsycooks](#) on instagram. I'd never had one before, so I thought "sure, why not." Chicken Croquettes are traditionally minced/finely shredded up chicken that's lightly seasoned, breaded, then deep fried into either balls or short cylinder shapes. I decided to go with that idea, but switch it up a little bit by seasoning the bajeezus out of the chicken. I made this appetizer at the same time that I was working on a meat seasoning recipe for spicy Linguica. So.... I figured what the heck, let's use it. You can definitely forego the Linguica seasonings in these.

Servings Info.:

Yield: 20 croquettes
Servings: 20
Serving Size: 1 croquette

Points:

	G	B	P
1 serving =	1	0	0
2 servings =	2	1	1
3 servings =	3	1	1
4 servings =	5	1	1

Directions:



1. In a large mixing bowl, combine the chicken, bouillon, salt, liquid smoke, smoked paprika, paprika, red pepper flakes, black pepper, oregano, vinegar and sweetener. (A) Cook in a large pan until cooked through. Prop the pan handle up, to allow the liquids to drain to one side of the pan. We don't want the liquid added into the processor. (B) Move the meat to a food processor, add the Greek yogurt and pulse a few times to shred the chicken (don't puree it). (C) Add the egg into the food processor and process until all of the yogurt and egg are mixed throughout the meat. But do not OVER process it, you want it to still have finely shredded texture, as shown in (D).

Ingredients:

Spicy Chicken Linguica Mixture

- 2 pounds chicken breast, diced, strips, or ground**
- 1 Tbsp chicken flavored bouillon (like Knorr brand)
- 1 tsp salt
- 1 tsp liquid smoke (I used hickory flavored liquid smoke)
- 2 tsp smoked paprika
- 1 tsp paprika
- 3/4 tsp black pepper
- 1/8 to 1/4 tsp red pepper flakes (or more, to taste)
- 3/4 tsp dried oregano
- 1 Tbsp red wine vinegar
- 1 tsp 0 point sweetener o' choice (splendar, swerve, stevia, etc)
- 3/4 cup fat free plain Greek yogurt
- 1 large egg

Breading:

- 1-1/4 cup rice krispies cereal
- 1-1/2 tsp all purpose flour
- 1-1/2 tsp corn meal
- 1-1/2 tsp regular bread crumbs
- 2 tsp panko breadcrumbs
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- salt and pepper

Egg Wash:

- 2 large eggs
(Use egg whites if you're on the **GREEN** plan)**
- 1-1/2 tsp self rising flour
- 1-1/2 tsp cornstarch



2. **(2A)** Use a measuring spoon to scoop out 2 even Tablespoons of the shredded chicken into your palm. Roll it into a ball. **(2B)** Place the ball onto a cutting board, then use your palm to roll it into a cylinder shape, around 3/4" thick. **(2C)** Place the shaped meat onto a large plate or platter, to help organize your work space. **(2D)** Use a whisk, or an immersion blender, to combine the egg wash ingredients until smooth. Dredge the croquettes, one at a time, in the egg wash. **(2E)** Place the croquette into the breading mixture. Use 2 forks to gently toss breading onto the meat on all sides. Use the forks to gently lift the *(cont.)*

croquette out of the breading and tap it to remove excess crumbs. **(2F)** Use the forks to transfer the croquettes to a baking pan, lined with tinfoil and sprayed with cooking spray. **PREHEAT YOUR OVEN TO 425 DEGREES.**

3. **(3A)** Once your oven reaches temperature, spray the croquettes with a healthy coating of cooking spray. Bake for 12 minutes at 425 degrees. **(3B)** Remove from oven and flip the croquettes. Spray again with cooking spray, then return to the oven and bake for an additional 10-12 minutes or until the croquettes are golden brown. Serve hot, with a dipping sauce. Garnish with fresh basil and sprinkle with a pinch of reduced fat, grated parmesan topping (like Kraft).

NOTES:

- A) It's going into the food processor, so it doesn't matter if you use ground chicken breast, chicken breast strips, or diced chicken.
- B) You don't need to season the chicken with the linguica mixture that I did. Season it however you'd like. The picture below, shows the coloring of the chicken with the linguica seasoning. Seasoned normally, the interior would be white.
- C) These can be prepared in advance. Bread the croquettes, then place them in a covered container in the fridge or in the freezer. If frozen, put them on a baking pan, to thaw. Once they are ready to bake, coat with cooking spray. Bake as directed.
- D) These are crispy when right out of the oven. However, like most breaded and baked things... they only stay "crispy" for about 15-20 minutes after coming out of the oven. Then they start to lose their crispness. They still taste great though.
- E) Don't have a food processor? Use a knife and just start chopping the cooked chicken until minced.
- F) On the **GREEN** plan, use egg whites in the egg wash, instead of whole eggs.
- G) On the **PURPLE** plan, try cutting some ground oatmeal into the breading to cut/stretch the points.



Salmon Cakes

Deliciously Moist, Fresh Salmon and Vegetable Patties

When I came up with this recipe, my original intention was to make some awesomely flavorful and low calorie/point CRAB CAKES!!! But when I went to the grocery store, 2 pounds of lump crab was \$50. There ain't no way that this here cowpoke was spending \$50 on an appetizer and there's no way I would ask you to... so... I swapped the crab for fresh salmon. Easy Peasy. This recipe makes 14 delicious 1/3 cup appetizer sized salmon cakes, though you could easily use Crab, Lobster, or any fish you'd like. If you're on the **GREEN** plan, swapping the salmon with cod or lump crab meat, drops these down to 1 point per serving.

Servings Info.:

Yield: 14 salmon cakes
Servings: 14
Serving Size: 1 cake

Points:

	G	B	P
1 serving =	3	0	0
2 servings =	5	1	1
3 servings =	8	1	1
4 servings =	11	1	1

Ingredients:

- 2 pounds fresh or previously frozen salmon filets, diced and chopped (**NOT THE CANNED STUFF!!!**)
OR..... you can use 2 pounds lump crab meat, to make Crab Bakes.

Vegetable Mixture

- 1/3 cup finely diced red bell pepper
- 1/3 cup finely diced yellow bell pepper
- 1/3 cup finely diced red onion
- 1/3 cup finely diced celery
- 1/4 cup chopped flat leaf parsley
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp old bay seasoning
- 1 egg
- 1/2 cup fat free Greek yogurt
- 1/2 tsp worcestershire sauce
- 1/4 tsp hot sauce (or more, to taste)
- 2 tsp dijon mustard

Breading:

- 1-1/4 cups rice krispies cereal (measure 1-1/4 cup, then crush it)
- 1-1/2 tsp regular breadcrumbs
- 2 tsp panko breadcrumbs

Directions:



- (A) Spray a pan with cooking spray, then cook the red and yellow bell peppers, red onion, celery and flat leaf parsley over medium high heat. Cook till just softened, season with salt, pepper and old bay. Set aside, allowing to cool to room temperature. (B) Dice all of your salmon into bite sized chunks. You don't want perfectly uniform diced salmon, you want small chunks of varying sizes. (C) Place the cooled vegetables, chopped salmon, egg, yogurt, worcestershire, hot sauce and dijon mustard into a large mixing bowl. Mix until combined. (D) Place the rice krispies into a large ziplock bag and crush. Once they have the consistency of breadcrumbs, add all the breading ingredients into the salmon and mix together. Cover and allow to rest in the fridge for 30 minutes.

2. Line a sheet pan with parchment paper, then lightly spray with cooking spray. Preheat your oven to 425 degrees.



3. (A) Start off by slightly wetting your hands with some tap water, trust me. Using a measuring cup, scoop out an EVEN 1/3 cup portion of the salmon mixture into your palm. (B) Lightly press it together with your palms, you want to keep it as a tall mound. Place each one down onto the parchment paper, then gently press down on the top to slightly flatten the top. (C) Repeat until all of the salmon has been used, then coat the top of the patties with cooking spray. (D) Bake at 425 degrees for 16 minutes.
4. (A) When the timer goes off, remove the pan from the oven and quickly, but gently, flip the salmon cakes over. Spray the tops with cooking spray, then return to the oven. (B) Continue baking at 425 degrees for an additional 14 minutes, or until both the top and the bottom of the salmon cakes are nicely browned. Don't worry... they won't dry out, even at 30 total minutes in the oven, they'll still be awesome.
5. Remove salmon cakes from the oven and serve. Garnish with fresh chopped parsley and some lemon. They go great with my low point Tartar Sauce. (Cookbook 3)



NOTES:

- A) These babies may be appetizer sized, but they are very filling. However, if you would like to make these as more of an entree sized salmon cake, I'd use 1/2 cup scoops. You'll end up with 11 salmon cakes. If you do that, the first cake is still 0 points, and servings 2-5 are still 1 point.
- B) You can use this same recipe with most any seafood. This recipe was meant for Crab. You can definitely use any type of fish in place of the salmon, or even use crab, lobster, shrimp... the recipe doesn't change, just the protein.
- C) You can definitely halve this recipe without any problems.
- D) If you'd like a bit more texture in your patties, use 1/2 cup of each vegetable, rather than 1/3 cup.
- E) Remember, if you're on the GREEN plan, you can substitute the Salmon with ANY other seafood to make these lower in points.

Shrimp Cocktail

Tender Poached Shrimp, with a Delicious Cocktail Sauce

I know that for a lot of you seasoned cooks out there, you're thinking "why is he putting shrimp cocktail in this? It's easy." Well, not everyone can cook as awesome as you. That's where I come in, because it's my mission to help talk people through how to cook stuff (cramming 50 pictures into each recipe doesn't hurt either). This recipe makes a good sized platter of poached, X-Large shrimp. You know when you go to those fancy buffets and see a big platter of shrimp on ice, with a big bowl of cocktail sauce? Well now you can make that fancy platter yourself, and the best part... it only takes 5 minutes once the water boils.

Servings Info.:

Yield: 2 pounds

Servings: 4

Serving Size: 1/2 pound

Points:

	G	B	P
1 serving =	2	0	0
2 servings =	4	0	0
3 servings =	6	0	0
4 servings =	8	0	0

The points listed are ONLY for the 2 pounds of Shrimp. Your actual points per serving will vary, based upon how much of the Cocktail sauce you use for dipping.

Ingredients:








Shrimp:

- 2 lbs raw shrimp, cleaned and peeled, tail on.
Buy decent sized shrimp, "16-20 count" is a good size for shrimp cocktail, though you can buy bigger if you'd like.
- 10 cups water, for boiling
- 2 Tbsp salt
- 2 Tbsp 0 point Natural sweetener of choice** (stevia, monkfruit, truvia, swerve, etc)
- 1 lemon
- Old Bay Seasoning, as much as you want (**OPTIONAL**)
- A goooooo amount of ice. I used a 3lb bag from the grocery store

Additional:

- 1 batch of my low point cocktail sauce. Recipe on page 26.
- Lemon wedges and parsley for garnish

Shrimp Sizing Chart:

			
Colossal U15 or less per lb	Jumbo 11-15 per lb	X-Large 16-20 per lb	
			
Large 21-30 per lb	Medium 31-35 per lb	Small 36-45 per lb	Shrimpy Shrimp

Directions:

1. This first step isn't really a direction, it's more of a little chat... go on, pull up a chair, I'll wait. Okay, this next part is for the newer cooks that aren't used to buying shrimp. When you go to the store, whether you're looking at fresh or frozen shrimp, there will be a number range listed on the bag or display. It'll be something like: 41-50, 31-35, 16-20, U15, U10.. etc, etc. Those numbers denote the size of the shrimp per pound. So if you get 41-50 shrimp, you're getting weeeee little fellas where it takes between 41-50 of them to make a pound. Shrimp with a U in front of the number are the big shrimp. U10 means that 10 or UNDER make a pound. For this recipe, you want size 16-20 shrimp, which are considered "Extra Large".



2. (A) Begin heating the water in a large pot, over high heat. Stir in the salt and sweetener, then slice the lemon in half and squeeze in the juice. Place the lemon halves in the water as well, don't worry if seeds got into the water. Bring the water to a rolling boil, then (B) turn off the heat and pour all of the raw shrimp into the hot water. Yes... turn off the heat. Let the shrimp cook in the scalding water for **3 minutes and 30 seconds**. If you are using shrimp larger than size 16-20, you will need to increase your cook time. (C) Immediately pour in the bag of ice. Allow the shrimp to sit in the ice bath for 10 minutes. (D) Remove the shrimp from the water and allow to drain, or pat dry with paper towels. (E) If serving on a large platter, place crushed ice on the bottom of the platter, then (F) lay the shrimp on the ice and serve with my awesome cocktail sauce and lemon wedges. Boom, done.

NOTES:

- A) I didn't use Old Bay in my batch, but you can definitely add it to the boiling water if you want.
- B) Rather than only serving a big platter of shrimp, you can also add some steamed, chilled mussels and clams to have a big ol' Miss Fancy Pants seafood platter, that'd make even Captain Ahab proud.
- C) Know what else would go great with this? Any of my other sauces or dips. There's 60 of them between the 3 books.



Stuffed Mushrooms

Italian Sausage Stuffed Mushrooms with Herbed "Cream Cheese"



This is my WW-erized, lower fat, calorie and point version of Ina Garten's famous sausage stuffed mushrooms. I used my 0 point Italian sausage in place of regular, swapped mascarpone for strained Greek yogurt, then used crushed rice crispies instead of breadcrumbs. Adios fat and calories!

Servings Info.:

Yield: 38 mushrooms**

Servings: 38**

Serving Size: 1 mushroom

Points:

1 serving = 0 0 0

2-3 servings = 1 0 0

4-6 servings = 2 1 1

7-8 servings = 3 1 1

Blue & Purple can have up to 11 servings for 1 point

Directions:



1. This needs to be done first, start it the night before. Let's make cream cheese substitute, boys and girls! Line a strainer with either cheese cloth or paper coffee filters. Scoop the Greek yogurt into the strainer, place over a bowl and cover with plastic wrap. Allow it to sit overnight. I highly recommend Fage brand for this.



2. YOU NEED TO CLEAN THE MUSHROOMS!!! Out of the package, they have dirt and yuck all over them. So, get 1 mushroom lightly wet at your sink, then gently scrub it with a kitchen brush. Gently pull off the stem, then use a small spoon to clean out a cavity for your filling. Save the stem in a bowl for later. Cover a large pan or plate with paper towels, then place the mushroom cap onto the paper towel, cavity facing down. Repeat with every mushroom till all are cleaned.

Ingredients:

- (2) 24oz cartons, medium sized whole mushrooms. I used Cremini mushrooms, but you can use any variety, as long as they are "Legal" mushrooms. I'm lookin' at you @kingdayvid!

Filling Mixture:

- 1 pound of my 0 point Italian Sausage (Recipe on pg. 10, in the Foundation section)
- 1/2 cup diced onion
- 3 medium garlic cloves, minced
- 2 cups finely diced mushroom stems
- 1/2 tsp salt
- 2 tsp worcestershire sauce
- 1/2 cup chopped fresh basil (added at the end)

"Bread Crumbs": (makes about 2/3 cup total)

- 1-1/4 cups rice krispies cereal, crushed. (makes around 1/2 cup)
- 1-1/2 tsp plain breadcrumbs
- 2 tsp panko breadcrumbs
- 1/4 tsp black pepper
- 1/2 tsp italian seasoning
- 1/2 tsp dried basil
- 1/2 tsp onion powder
- 1/2 tsp garlic powder

"Cream Cheese Substitute":

- 1 cup plain fat free Greek Yogurt (I use Fage for this)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp italian seasoning
- 1/4 tsp salt
- Paper Coffee Filters or Cheese Cloth, with a strainer

Garnish:

- 2 tsp reduced fat grated parmesan topping (like Kraft)
- Additional chopped fresh basil (or italian parsley)



3. (A) Finely dice 2 cups of mushroom stems, set aside.
(B) Add the Italian sausage to a large pan, along with the onion, garlic and salt. Cook over med-high heat 'til browned.
(C) Add diced mushroom stems and cook for 3-4 minutes.
(D) Stir in the crushed, seasoned rice krispies and fresh chopped basil. Use a spoon to combine. Turn off the heat.
4. (A) Remove Greek yogurt from the fridge, scoop into a bowl and mix in the onion and garlic powders, Italian seasoning and salt. (B) With the heat turned off, mix the yogurt, along with 2 teaspoons of Worcestershire sauce, into the filling.
(C) The finished mixture should be thick and hold together.
(D) Using measuring spoons, scoop 1 even tablespoon into the large mushrooms and fill the smaller mushroom with less filling. Don't go over 1 tablespoon per mushroom though. The sizes of the 'shrooms vary, so your exact number of servings will vary, per batch. I made 38 before I ran out of filling.
5. (A) Line a baking pan with tin foil, then spray with cooking spray. Place the mushrooms tightly together on the pan, then spray the tops with cooking spray and lightly sprinkle 1 teaspoon of grated parmesan on top of the mushrooms.
(B) Bake for 20-24 minutes at 375 degrees. (C) There will be a good deal of liquid at the bottom of the pan, so when you remove the pan from the oven, set one corner of the pan on a kitchen spoon or dish towel, to raise it up, and draw all of the liquid to one corner. (D) Use a slotted spoon to place each of the mushrooms onto a platter, allowing more of the liquid to run off. Garnish with fresh chopped basil and the rest of the parmesan cheese topping.

NOTES:

- A) These can be fully assembled onto your sheet pan, up to 1 day before baking, WHICH IS AWESOME! Place all of the assembled mushrooms on your baking pan, like in step (5a), then wrap the entire pan in plastic wrap and store in the fridge, until ready to bake.



Cheesy Broccoli Casserole

Broccoli Florets baked in a light cheddar cheese sauce, with turmeric and a touch of curry

One of my favorite side dishes to eat on Thanksgiving, is broccoli cheese casserole. Nobody in my family really makes it anymore, so it's been years since we had it at a gathering. Well guess what, baby!?! Thanks to COVID we're all stuck at home here in California... So I can have all the cheesy broccoli I want!! MUAHAHAHAHAH!!! Gotta look for the silver lining, folks.

This is a pretty danged good, and really simple to make casserole. I use a lot of broccoli for mine, because I want my 13"x9" casserole dish to be filled to the brim. My cheese sauce is extremely untraditional, but it's awesome.

Servings Info.:

Yield: 9 cups

Servings: 13

Serving Size: 2/3 cup

Points:

	G	B	P
1 serving =	3	3	3
2 servings =	6	6	6
3 servings =	9	9	9
4 servings =	11	11	11

Ingredients:

Fresh Produce:

- 1-1/2 (28oz) bags fresh broccoli florets. I used packaged bags of 'washed ready to eat' bagged florets, from the store. It came out to 40-42 ounces of total florets. Trim large florets into medium sized pieces.

Cheese Sauce:

- 1-3/4 cups fat free chicken broth
- 1 cup reduced fat shredded cheddar cheese (I used 'sharp').
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp turmeric
- 1/8 tsp curry powder (optional, adds a nice depth).
- 2 Tbsp cornstarch, dissolved with 2 Tbsp water.

Additional Ingredients:

- 2 additional cups reduced fat shredded cheddar cheese

--- NOTES ON BLANCHING BROCCOLI:

There are COUNTLESS ways you can blanch broccoli. The typical method is to put it in boiling water for 2-3 minutes, then place it in cold water. I 'quick steam' mine in the microwave. It works just as well, is faster and doesn't give you a facial with all of the steam.

Directions:

1. Fill a large mixing bowl with cold water, set aside.



2. (A) Take all of your florets and cut any large heads into medium sized pieces, then divide all of the broccoli between (3) gallon sized ziplock bags. (B) Add 2 Tablespoons of water into each bag, then zip the bag closed. Poke 2 holes into the bag to vent. (C) Place the bag into your microwave, and heat for 2.5 minutes. (D) Pour the hot broccoli into the bowl of cold water, to stop the cooking process. Then scoop out the broccoli and let it drain in a colander. Set aside onto paper towels to dry. Repeat the process with the 2nd and 3rd bags of broccoli.



3. **(A)** Bring all of the sauce ingredients to a low boil, over medium heat, stirring constantly. Let the sauce cook at a rolling boil for 4-5 minutes, then remove from heat. Pour into a cup or dish and allow to cool for 20 minutes. **(B)** In a large mixing bowl, mix together the cheese sauce and broccoli, till well combined. **(C)** Add the remaining 2 cup reduced fat cheddar and mix. **(D)** Pour the mixture into a 13"x9" casserole dish, sprayed with cooking spray. Heat your oven to 375 degrees, then place the casserole in and bake for 25 minutes.



4. After 20 minutes, carefully remove the hot casserole from the oven. Toss the broccoli, to distribute the sauce that has moved to the bottom of the dish and thickened. Toss to coat, then return to the oven and bake for 15 additional minutes. Done.

NOTES:

- **FAT FREE CHEESE:** If you decide to use fat free cheddar cheese, it will drop this baby down to 1 point for the first 2 servings.
- You can replace the crumbs with 2 more points of cheese.
- **CHICKEN DIVAN:** If you'd like to turn this into a low point "Chicken Divan" casserole, I'd go with the 1 single 28oz bag of broccoli florets, and replace the rest of it with 1.5 lbs cooked, diced chicken breast, cooked with 1 large chopped onion. Add 1 Tbsp white wine and 1 Tbsp white wine vinegar to the cheese sauce. Other than that... steam the broccoli, prepare the modified sauce, saute' the chicken with the onions, then mix it all together like in 3C.





Green Bean Casserole

We're putting a lighter spin on a classic side dish

Green bean casserole is a holiday staple that's usually pretty high in points. We're making it lower in points by making it a high-yield recipe, so that we get more servings. We're adding a goood amount of green beans, mushrooms and onions to stretch out the recipe, which will decrease the points per serving. I've gotten it so low, that we even have an entire cup of fried onions on top.

Servings Info.:

Yield: 13 cups

Servings: 17

Serving Size: 3/4 cup

Points:

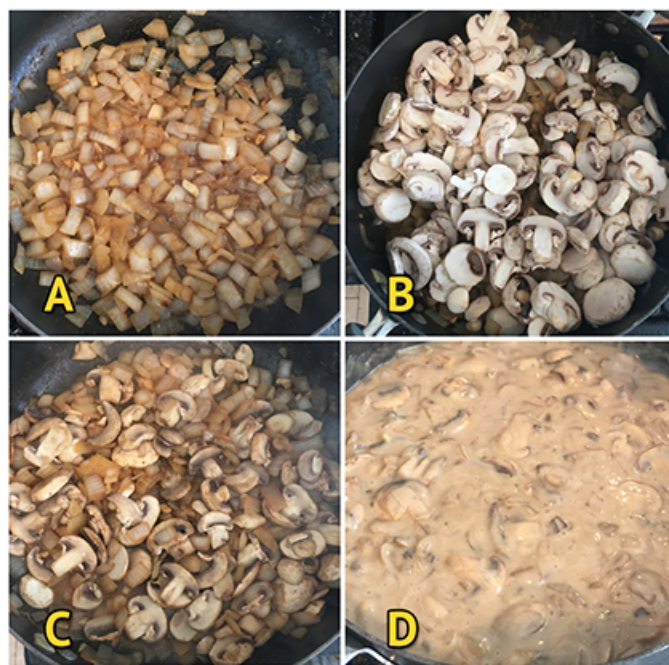
	G	B	P
1 serving =	1	1	1
2 servings =	3	3	3
3 servings =	4	4	4
4 servings =	6	6	6

Ingredients:

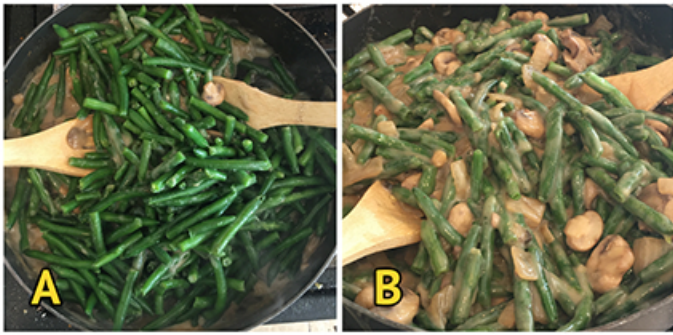
- 1 large onion, chopped
- 3 cloves fresh garlic, chopped
- 12 oz. sliced mushrooms, any variety
- 1/2 cup chicken broth
- 2 tsp worcestershire sauce
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 2 (10.5 oz) cans reduced fat/sodium condensed cream of mushroom soup (see note)**
- 2 Tbsp cornstarch, dissolved in a little water
- (3) 16oz bags frozen petite 'whole' green beans, thawed
- 1 cup French's crispy fried onions, crushed and packed
- salt and pepper to taste

Directions:

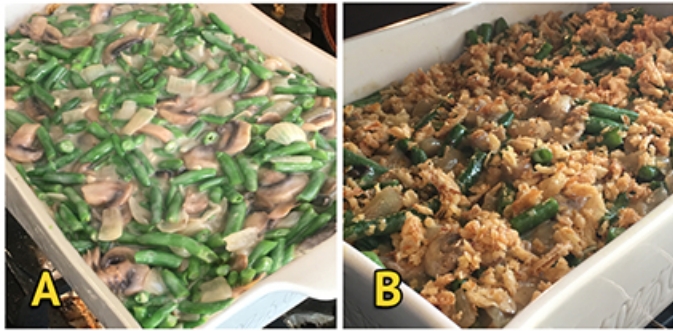
1. Set the frozen green beans out on a paper towel lined surface, allowing them to thaw out. Preheat oven to 350 degrees



2. (A) Heat a LARGE pan over medium heat for 1 minute, spray with cooking spray, then add the onions and garlic. Cook for 5 minutes till beginning to cook down. (B) Add the mushrooms to the pan, season with salt and pepper, cover the pan and cook for 5 minutes. (C) Add chicken broth, worcestershire, onion powder and garlic powder. Cover and cook for 5 minutes over medium-low heat. (D) Stir in the canned mushroom soup and dissolved cornstarch. Simmer for 3-4 minutes at a low simmer, uncovered.



3. **(A)** Add all of the green beans to the pan and gently fold, till well combined. **(B)** Cook for an additional few minutes, until the sauce begins to thicken and cling to the green beans. Turn off heat.



4. **(A)** Place the cooked mixture into a 13"x9" baking dish. Bake at 375 degrees for 20 minutes, uncovered. **(B)** Remove casserole from oven, cover with slightly crushed fried onions, then return to oven. Bake for an additional 20 minutes, or until onions are golden brown. Done.

NOTES:

- You can use fresh cut green beans instead of the frozen ones, in which case I would recommend either boiling them in water for 2 minutes to soften them a little bit and then rinse them under cold water to stop the cooking process. Dry with paper towels and follow the recipe.
- If you don't want to use mushrooms, you can replace them with more green beans.
- Replace the mushroom soup with 'healthy request' cream of chicken soup, if you don't like mushrooms.
- If your sauce is TOO thick at the end of step 2, stir in a little bit more chicken broth to thin it.
- Don't forget to taste the sauce prior to mixing in the green beans so you can add more seasoning, if needed.
- One of the BIGGEST things you might be trying to figure out is the how I came up with 9 points for 2 (10.5 oz) cans of reduced fat/sodium cream of mushroom soup, rather than the 12 points that the WW app would lead you to think it is. Well, allow me to explain, because the actual soup can is wrong in this case. The CAN of soup says 1 serving size is 1/2 cup and that there is 2.5 servings (1-1/4 cups per can). HOWEVER.... the can is wrong. If you actually pour the contents of the can out and measure them, there is exactly 1 cup of condensed soup per can, not 1-1/4 cups like the can's listed servings (and points) suggest.



Stuffing / Dressing

Tackle this turkey day hurdle with a few very smart ingredients swaps

With the holidays fast approaching, I wanted to do what I could to try and offer help, so that you CAN have a delicious and low point holiday meal, INCLUDING dressing/stuffing. You'd think that there's no way to possibly have low point dressing that doesn't taste like cardboard, but it's totally doable. You just have to be smart about it. Glance at the recipe and you'll see that all we really had to do was use low point bread. I also removed the butter. We're getting a buttery flavor by cooking with butter flavored cooking spray.

Servings Info.:

Yield: (1) 3 qt. Casserole Dish

Servings: 12

Serving Size: 3/4 cup

Points:

1 serving = 3 2 2

2 servings = 6 3 3

3 servings = 8 5 5

G B P

Ingredients:

- 16 slices Sara Lee 45 Calorie Bread (or other brand 1 point/slice sandwich bread)
- 1 lb batch of my ground turkey Italian Sausage, (recipe on pg. 10, in the Foundations Section)
- Butter flavored cooking spray. (Different brands have different point values. Scan your can, make sure you use a 0 point amount for step 4.)
- 2 cups onion, diced
- 2 cups celery, diced
- 1-1/2 cups carrot, diced
- 3 cups chicken broth**
- 2 large eggs
- 2 medium garlic cloves, chopped
- 2 Tbsp fresh rosemary, finely chopped
- 2 Tbsp fresh sage, finely chopped
- 2 Tbsp fresh thyme, finely chopped
- 1 tsp onion powder
- 1 tsp garlic powder
- salt and pepper to taste

Directions:

1. Preheat oven to 250 degrees. Cut sliced bread into 1/2 inch cubes and spread onto baking sheet. Bake for 25-40 minutes, or until the bread is completely dried out, but not burned. Look in every 10 minutes after 25 minutes to check. Set aside.



2. Mix together the italian sausage ground turkey mix, allow to rest for 20 minutes. Heat a large sauce pan over medium-high heat. Spray the pan with butter flavored cooking spray and cook the meat until just cooked through. Use a kitchen utensil to break up the meat into smaller pieces during cooking. Remove from pan, set aside.



3. Dice the onions, celery, carrots, garlic and set aside. Finely chop fresh rosemary, sage and thyme.



4. Spray the pan that you cooked the ground turkey in with butter flavored cooking spray. Cook the onions, carrots, celery and garlic over medium heat for 5-6 minutes, until they begin to soften.



5. Add the chicken broth and fresh herbs to the pan, along with the garlic powder and onion powder. Cook at a low simmer for 15 minutes. Turn off the heat, stir in the turkey, season with salt and pepper. Cool for 10-15 minutes.



6. Whisk the 2 large eggs and stir them into the cooled pan of vegetables and broth. Place all of the dried bread in a large mixing bowl, pour the vegetable/broth mixture over the bread and mix to combine. Feel free to add more broth if you prefer a mushier dressing.



7. Preheat oven to 325 degrees. Pour the dressing mixture into a 3 quart (13"x9") casserole dish sprayed with butter flavored cooking spray. Gently spread the mixture out evenly. Cover the casserole dish with aluminum foil and bake for 25 minutes. After 25 minutes, take the dish out of the oven, remove the foil, and use a kitchen utensil to gently "fluff" the dressing up without breaking it apart. Return the casserole to the oven and bake uncovered for an additional 15 minutes. Done.

NOTES:

- A) The store near my house only has Sara Lee 45 calorie WHOLE WHEAT bread, that's what I used. Even though it was whole wheat bread, it was still very, very tasty. There are a few different brands of sliced bread out there that are 1 point per slice. If you can't find one, then most major supermarkets (around here anyways) carry "Nature's Own" Butter Bread, which is 3 points for 2 slices. Good luck, there's low point bread out there.
- B) You can stretch this even further by adding some mushrooms to the veggies, or diced apples.
- C) Feel free to swap out the ground turkey for oysters or any other protein that you want. The meat gives a different texture from the mushy dressing and soft veggies, plus it stretches out an extra serving. Customize this baby.
- D) Add more broth if you want your dressing to be a little mushier. It's totally your call on how you like your dressing.
- E) You can also choose to bake the stuffing in individual cupcake size portions. Just scoop 3/4 cup servings into cupcake pans, cover with foil so that the dressing doesn't dry out, then bake at 325 for 20-25 minutes.
- F) You can make a modified version of this dressing using my corn muffins instead of bread to make cornbread stuffing, adjust points accordingly.
- G) You don't have to cube the bread first. You can toast whole slices or dry them in the oven, then chop them afterwards. Either way works.
- H) On the Green Plan you can substitute the 2 whole eggs with egg whites.



Sweet Potato Casserole 2.0

An awesome and low point twist on a Thanksgiving classic

In order to get this baby down in points, we need to think of how to stretch out the points from the sweet potatoes for the folks on Blue and Green, while still keeping the integrity of the dish and a good flavor profile. To accomplish this, rather than having sweet potatoes only, we're making a mash of roasted sweet potato, butternut squash, carrots and spiced pumpkin puree. However... if you're on the Purple plan, seriously... skip the carrots and squash. Just use 6 pounds of sweet potatoes. 🙄

Servings Info.:

Yield: 12 cups

Servings: 17

Serving Size: 2/3 cup

Points:

	G	B	P
1 serving =	6	3	2
2 servings =	11	6	3
3 servings =	17	9	5
4 servings =	23	12	7

Ingredients:

- 1 pound Sweet Potato/Yam, peeled and quartered
- 1 pound carrots, peeled (I used baby carrots for ease)
- 4 pounds butternut squash, peeled and cubed (*you want 4 pounds when finished peeling and cutting*).
- Butter flavored cooking spray
- 2/3 cup pecans, chopped and slightly crushed
- 2 tsp ground cinnamon (divided)
- 5 Tbsp 0 point natural sweetener o' choice (divided)
- 6 Tbsp sugar free maple syrup (pancake syrup)
- 30 oz. canned pumpkin puree (0 point cans)
- 1-1/2 tsp pumpkin pie spice
- 1 tsp maple extract (can be found in the spice aisle by the vanilla extract)
- 1/4 tsp molasses
- 2 large eggs, beaten, till they cry for momma
- 3/4 cup mini marshmallows, packed

Directions:

1. Preheat oven to 375 degrees. Line 2 or 3 large baking sheet pans with foil, then spray with cooking spray. Put the carrots, butternut squash and sweet potatoes into a large bowl, in batches (there's a lot of them). Spray to coat with butter cooking spray, mix to coat completely. Arrange the vegetables on the prepared sheet pans.
2. Place the veggies and squash into the oven and roast for 30 minutes at 375 degrees.



3. After 30 minutes, turn off the oven and let the veggies continue baking for an additional 15 minutes. Remove from oven and set aside.



4. While the veggies are roasting, you'll prepare the candied pecans. Heat the pecans in a sauce pan without any butter or cooking spray on medium heat for 5 minutes, stirring to ensure they don't burn. When they start to get fragrant and darken in color slightly, stir in 1 Tbsp sweetener and 1/2 tsp of cinnamon, stir to combine. Mix together 1 Tbsp water with 2 Tbsp pancake syrup, till well blended. Pour into the pan and stir, till all liquid has evaporated.



5. Heat the pumpkin puree in a pot over medium-low heat. Add the maple extract, pumpkin pie spice, 4 Tbsp sweetener, 4 Tbsp sugar free syrup, molasses, and 1-1/2 tsp cinnamon. Stir till warm and smooth.



6. Place the roasted squash, carrots and sweet potato into a food processor, in batches. Blend on high speed until processed to ALMOST a smooth puree. You want to keep some texture to it. Scoop each batch into a very large mixing bowl.



7. Add the pumpkin puree to the mixing bowl, along with the 2 beaten eggs. Fold the mixture repeatedly, until smooth and well combined. Transfer into a 13"x9" casserole dish. Spread the candied pecans over the top, followed by the mini marshmallows.



8. Bake the casserole at 375 for 25-30 minutes, or until the marshmallows are browned and toasted. Keep an eye on them, so they don't burn. Remove and allow to cool slightly before serving.

NOTES & SUGGESTIONS:

- I would ONLY recommend using the marshmallows on this if you plan to serve it within 1-1.5 hours of making it. I noticed that around 2 hours after baking that the marshmallows were starting to "deflate", and at the 3 hour mark, they were flat and in desperate need of some Viagra.
- If you don't want marshmallows on your casserole, you'll free up 12 points by removing them. That would give you TONS of extra points to add more candied pecans, as well as cooked, chopped up slices of 'center cut' bacon.
- If you're on the Purple Plan, feel free to leave out the butternut squash and replace it with more sweet potatoes. The squash is for us folks on Blue and Green.
- If you're on the Green Plan... use egg whites instead of whole eggs, it will lower the points. BE ADVISED... for whatever reason, on the Green plan, even if you have the same exact ingredient points with this recipe as on Blue (by removing the eggs), the app still shows it as higher in points on Green. It makes absolutely no sense.
- This has a mild sweetness to it. Feel free to add more 0 point sweetener to it, if you'd like it sweeter.
- If your local store is out of butternut squash, or you find it to be too expensive, you can replace it with an equal amount of additional carrots. However, they won't puree as smooth. You'll need to add a bit of extra water while running them through the food processor. Otherwise, they'll never break down to smooth.





Balsamic Glazed Brussels Sprouts

Pan seared Brussels sprouts with a balsamic glaze, finished with reduced fat parmesan topping



I need to start off by admitting that I never ate Brussels sprouts, even once, until I was married. I decided to try cooking them at home for my wife, shortly after we got hitched. Let's just say that I overcooked them so bad that it was 14 years before I EVER tried cooking them again. This recipe has redeemed my faith in these little cabbage-like balls. It comes together quickly, with a finished dish that is savory, sweet, has a slight vinegary pop and a mildly earthy flavor. Plus... it's pretty.

Ingredients:

- 1-1/2 pounds Brussels sprouts
- Flavored cooking spray o' choice. I used butter flavored, scan to ensure a 0 point amount is used.
- 1/4 tsp salt
- 1/8 tsp pepper
- 2 Tbsp balsamic vinegar
- 1 Tbsp red wine vinegar
- 1 Tbsp reduced fat parmesan topping, like the old-school 'Kraft' brand sprinkles. *(optional)*

Serving Info.:

Yields: 6 cups
Servings: 4
Serving Size: 1.5 cup

Points:

	G	B	P
1 serving =	1	1	1
2 servings =	2	2	2
3 servings =	2	2	2
4 servings =	3	3	3

Directions:

- 1 Carefully cut off the very end of each Brussels sprout, leaving most of it intact. Leaving a bit of the end intact will help the lil mini cabbage-like grenades, stay together while they cook.
- 2 Next, carefully slice each one in half, as pictured to the left (top picture).
- 3 Heat a large pan over medium heat for 1 minute, so that it gets nice and hot. You want water droplets to evaporate instantly upon hitting it. Spray the pan with a 0 point amount of your cooking spray. Place Brussels sprouts, flat side down, onto the hot pan, crank up the heat to medium-high and cook for about 3-5 minutes, till they brown. Just let them sit there and sear, don't stir them all around the pan. Be sure to not overcrowd them, or they'll steam, which can make them bitter and taste like a camel's backside... don't ask. If all the sprouts don't fit in the pan at once, sauté them in two batches.
- 4 Season with some of the salt and pepper, then, rotate them onto their other side. Season with the remaining salt and pepper, then cook for 2-3 more minutes.
- 5 Combine the two vinegars, then pour them into the pan. Gently stir the sprouts around, to coat in the liquid. Cook for 1-2 more minutes, until the vinegar reduces and glazes the sprouts.
- 6 Sprinkle parmesan topping over all the sprouts, toss to coat. Done.

Note:

- Feel free to use regular parmesan cheese, but adjust your points accordingly.
- The Brussels sprouts should NOT be mushy. If they overcook, they get very bitter... and then you won't eat them again for 14 years. Trust me, don't over cook Brussels sprouts.
- Forgot to mention... I've only made these with fresh Brussels sprouts, I haven't tried it with frozen ones. You'd most likely need to thaw them out first and try to pat them dry with paper towels. Cook time would probably need to be increased as well.
- You can also amp these up by adding cooked and crumbled turkey bacon. But, adjust the points if you do.

Corn Muffins

Getting "REAL" cornbread down to 1 point. BOOMshakalaka!!!



Alright folks, I had a LOT of requests to include my cornbread muffin recipe into this Thanksgiving download because, well... cornbread. One of the first things I made when I started Weight Watchers was an old school cornbread recipe that's been floating around in-program for decades. Pretty much just cornmeal, egg, and a can of creamed corn. For the life of me, I couldn't figure out WHY they had to be 2 points each, there HAD to be a smarter way to do it. All it took was a little bit of alone time with the recipe builder, a glass of wine, some Marvin Gaye... and 9 months later we have 1 point cornbread. Seriously though... instead of the creamed corn, which has points, blend up a can of 0 point corn, with a bit of sweetener. Boom, goodbye 11 points. Then I saw that corn flour has slightly less points than cornmeal So, by using a mix of corn flour AND cornmeal we're able to drop these babies down to 1 point each for the first 2 muffins. What's the moral of the story? Get creative in the recipe builder.

Ingredients:

- 1-1/4 cups masa harina (corn flour)
- 3/4 cup yellow cornmeal
- 3 tsp baking powder
- 3 large eggs
- 3/4 tsp salt
- 3 Tbsp 0 point sweetener o' choice (monkfruit, swerve, stevia, splenda, etc)**
- (2) 15oz cans whole kernel corn with their liquid
 - Scan it to make sure you pick 0 point cans of corn (on [blue](#) and [purple](#)). Scan Scan Scan.
- 1/2 cup whole corn kernels (in addition to the above listed corn)
- 1 Tbsp of skim milk or almond milk

Directions:

1. Preheat oven to 400 degrees.
2. Line cupcake/muffin tins with liners. I personally like to use foil liners because I am cursed. Any time that I use the paper liners, EVERYTHING always sticks to them. Yes, even with spray. I hate paper liners. I only used them in the pic up top because I was out of foil ones. Paper liners = evil.
3. Put the corn flour and yellow cornmeal into a large mixing bowl, along with the baking powder, salt and sweetener. Stir to combine.
4. Beat the 3 large eggs in a mixing bowl until they are crying and hand over their lunch money. Set aside.
5. Put the entire contents of the 2 cans of 0 point corn, as well as the sweetener and milk into a blender, food processor, or use an immersion blender. Pulse it a few times to roughly process the corn together with the liquid and sweetener, into a rough chopped corn slurry. Congrats, you've just replaced high point canned creamed corn with a 0 point substitute. Boooooom goes the dynamite!

Servings Info.:

Yield: 24 muffins

Servings: Umm... 24. 🤔

Serving Size: 1 muffin

Points:

[G](#) [B](#) [P](#)

1 serving = 2 1 1

2 servings = 4 2 2

3 servings = 7 4 4

4 servings = 9 5 5

6. Pour the blended corn mixture into a mixing bowl with the dry ingredients, along with 1/2 cup of whole corn kernels and the beaten eggs, which should still be crying about being mugged. Mix it all together until well combined. Set aside and let it rest for 10 minutes.
7. Fill the cupcake liners 3/4 full. The batter should have fluffed up a little bit while it was resting.
8. Bake at 400 degrees for 14-18 minutes. Mine took 16.

NOTES:

- YES, THESE ARE REGULAR SIZED! There is a special place in the lake of fire for people who give out muffin and cupcake recipes that are for MINI baked goods and don't tell you they are. Then you get your hopes all up and are all "hurray, muffins!" Then you make them and are all sad, like when you found out about the Easter Bunny.
- If you are using a shiny, thin cupcake pan, they seem to take longer to cook than if you are using a darker, thick nonstick cupcake or muffin pan.
- You can substitute the 2 Tbsp of sweetener with 2 Tbsp of regular sugar if you'd like, but adjust your points accordingly. Also, if you like sweeter cornbread, add more sweetener.
- Want to add a little bit of 0 point buttery flavor? Spray a few blasts of butter flavored cooking spray into the dough, while mixing.
- People in Connect have been making batches of these muffins and using them to make cornbread stuffing with a modified version of my stuffing recipe.
- On the [GREEN](#) plan? Sub the eggs with 2 egg whites to keep the points in line with the [BLUE](#) & [PURPLE](#) plans.

Creamed Style Sweet Corn

A Delicious and Light Sweet Corn Dish, Thickened With Corn Puree and Almond Milk



Growing up, I used to eat canned creamed corn whenever I could, I loved it. Not until I grew up and had to join weight watchers, did I start paying attention to how much fat, calories and sugar were in a typical can. My version uses a couple of tricks to thicken up and get creamy. One: Like my cornbread muffin recipe, I blend 1 can of corn, then add that in as a thickener. Two: Instead of half n half or whole milk, I use unsweetened almond milk, with a little dissolved cornstarch, which will thicken up as it simmers.

Ingredients:

- Butter flavored cooking spray
- 1/2 cup diced onions
- 1/2 tsp salt
- 1/4 tsp pepper
- (2) 15oz cans whole kernel corn, drained.
*** (18oz by weight, for the 2 cans worth of corn, drained)
- 2 Tbsp 0 point sweetener o' choice
- (1) 15oz can whole kernel corn, blended with it's liquid.
- 1 cup unsweetened plain almond milk**
- 1-1/2 tsp cornstarch, dissolved into water

Serving Info.:

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

Points:

	G	B	P
1 serving =	3	0	0
2 servings =	6	0	0
3 servings =	9	0	0
4 servings =	12	0	0

Directions:

- 1 Heat a medium sized pot over medium heat for 1 minute. Spray with a good amount of butter flavored cooking spray (make sure it's a 0 point amount), then add the onions, salt and pepper. Cook over medium heat for 3 minutes.
- 2 Add the 2 cans of drained corn, along with the sweetener. Cook for 5 minutes.
- 3 Add the blended can of corn. Mix the almond milk, water and cornstarch, then pour into the pot.
- 4 Bring it all up to a light boil, then reduce heat to medium-low. Simmer for 30 minutes. Done.

Note:

- **GREENIES:** Rather than adding the points for 30oz of corn, from the 2 whole kernel cans, I drained the corn, THEN weighed it. Drained, the 2 cans gave 18.5oz of corn, which is what I input into the recipe. 30oz of corn is 24 points, 18.5oz is 15. To those 15 points, I added 12 points for the can of blended corn. It saved the points from 11.5 oz. Sorry for the techo-mumbo-jumbo... it's a Green-thing.
- Most creamed corn recipes call for a TON of half n half or whole milk. We're completely eliminating those. In order to get the creamy consistency, we're mixing in blended corn and the almond milk, which will thicken with the cornstarch.
- When you 'blend' the 1 can of corn, do not completely puree it to liquid. You want to leave it slightly pulpy and thick.
- If you are allergic to almond milk, you can use soy milk or skim milk, but adjust your points.
- Some brands of butter flavored cooking spray let you use more before they get points. Some let you have 8 seconds of spray for 0 points, other let you paint a Buick with it for 0. The brand that I use (vons/albertsons ralphs/kroger Signature brand) stays 0 points, period... I use a good 6 second burst. Scan your can, use what you can. It really does add a nice buttery flavor, for no additional fat or calories.



Garlic Dijon Mushrooms

Mushrooms Cooked in a Creamy Garlic Dijon Sauce, Finished with Parmesan and Parsley

So, in this recipe, we're going to commit culinary blasphemy by replacing the butter that NORMAL recipes call for, with a good spray of butter flavored cooking spray. Ya'll know me well enough after two cookbooks to know that's my thing. We're then coating them in a sauce of reduced chicken broth, garlic and a little dijon mustard. Finally, to add an extra punch of savory flavor, we're adding reduced fat Parmesan.

Ingredients:

- (3) 8oz packages whole mushrooms, any preferred variety. Washed, dried, ends trimmed.
- Butter flavored cooking spray (see notes)***
- 4 medium garlic cloves, crushed, chopped
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/3 cup beef broth
- 2 tsp dijon mustard
- 1/2 tsp cornstarch dissolved with 1 Tbsp water
- 1 Tbsp reduced fat parmesan topping (like the Kraft brand)
- 2 Tbsp finely chopped parsley or rosemary

Serving Info.:

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

Points:

	G	B	P
1 serving =	0	0	0
2 servings =	1	1	1
3 servings =	1	1	1
4 servings =	1	1	1

Directions:

- 1 Wash and lightly scrub the mushrooms, removing as much dirt as possible. Rinse the mushrooms, **DON'T** submerge them and walk away, think of them as little sponges. Slice off the end of the stalks, set the mushrooms aside.
- 2 Heat a large pan over medium-high heat for 1 minute. Spray with a goooooo amount of 0 point butter flavored cooking spray, then add the mushrooms, salt and pepper. Cook for 3 minutes.
- 3 Once browned and lightly seared, stir in 1/3 cup beef broth and garlic. Continue cooking, over medium-high heat, for another 3 minutes.
- 4 Mix the dijon mustard into the dissolved cornstarch. Add to the pan and stir to combine. Cook for an additional 2-3 minutes, or until the mushrooms have darkened, have cooked down a bit and are covered in a nice thick coating of sauce. Turn off the heat and sprinkle with 1/2 the Parmesan, stir to combine. Taste and season with additional salt and pepper, if needed.
- 5 Plate the mushrooms in a large communal bowl, or serve in (4) 8 ounce ramekins. Garnish with fresh parsley and the remaining Parmesan.

Note:

- I purchased packages of whole white button mushrooms from my local grocery store. However, if you want to get all 'fancy Nancy', go ahead and buy Crimini mushrooms.
- If you've never cleaned mushrooms before and the sound of it's a little intimidating, watch a youtube video. That's what I did. It's really simple.
- Butter Flavored Cooking Spray?!?!: Yup, trust me. Scan your can to see how much you can use to stay at 0 points. I was able to use a solid 8 second buttery spray. It gave a great butter flavor to the dish. Cry me a river, foodie-hipsters! I'm cutting calories.
- If you're having a heart attack at the thought of using Kraft Parmesan sprinkles... go ahead and use real Parmesan, but adjust your points, Nancy.
- If you aren't a fan of mustard, feel free to replace it with a little bit of extra broth, or 2 tsp balsamic vinegar.





Maple Roasted Carrots

Sweet and savory roasted carrots with sugar free maple syrup, molasses, parsley and garlic.



This is my WW-ified version of Bon Appetit's maple roasted carrots. Because it's me, instead of using a boatload of butter, I'm using butter flavored cooking spray. Instead of regular maple syrup, I'm using sugar free, maple flavored pancake syrup... and instead of 1/2 cup of brown sugar, I'm lightening it up by using 1/4 cup of 0 point sweetener with some molasses. After all, brown sugar is just molasses mixed with regular sugar.

Ingredients:

- 5 lb bag fresh carrots, peeled and quartered
- 3 Tbsp sugar free maple flavored pancake syrup***
- 1 tsp molasses
- 1 garlic clove, minced
- 1/4 cup 0 point natural sweetener o' choice
- 1 tsp salt
- 1/4 tsp coarse black pepper
- 1 Tbsp dried parsley flakes
- Butter flavored cooking spray
- Fresh chopped parsley, for garnish

Serving Info.:

Yields: 2 lbs (Yup, the 5lbs cooked down to 2)
Servings: 8
Serving Size: 1/4 lb

Points:

	G	B	P
1 serving =	0	0	0
2 servings =	0	0	0
3 servings =	0	0	0
4 servings =	1	1	1

Directions:

- 1 Turn on oven to 400 degrees. Line 2 baking sheet pans with parchment paper, set aside.
- 2 Peel the carrots, then slice into quarters. Set into a large mixing bowl.
- 3 In a cup or small dish, mix together the syrup, molasses and garlic. Set aside. In a separate bowl, mix together the sweetener, salt, pepper and parsley flakes, set aside.
- 4 Pour the wet and the dry ingredients over the carrots, then toss till well combined.
- 5 Divide the carrots between the 2 prepared pans. Place the carrots into the preheated oven, bake for 30 minutes. Remove from oven, flip the carrots, then bake for another 20-30 minutes.
- 6 Keep an eye on the carrots for the last 10 minutes, to make sure that they don't burn. Remove from the oven when the edges start to lightly blacken and crisp up. Garnish with fresh parsley.

Note:

- Different brands of sugar free syrup (pancake syrup) let you have different amounts for 0 points. Some brands are 0 points for 4 Tbsp, some become 1 point at 3 Tbsp and some become 1 point at 2 Tbsp. I used log cabin sugar free syrup, which let me have 3 Tbsp for 0 points. Scan the available brands at your store and adjust your points accordingly.
- Adding a little smoked paprika or a touch of cayenne pepper compliment these as well, depending on your tastes.
- This recipe would look really nice with mixed rainbow carrots, but unfortunately, my store was all out. Thanks, Albertsons!!! 😞



Roasted Garlic Mashed Potatoes

Mashed Yellow Potatoes with Roasted Garlic & Fresh Rosemary



Considering that I got the potatoes this full of flavor, while keeping them nearly fat free, this recipe's going to be a new staple in my house. Instead of cream or milk, we're using fat free chicken broth, simmered with a truck load of roasted garlic and rosemary. Instead of sour cream... fat free greek yogurt, and instead of butter... a 0 point amount of butter flavored cooking spray.

Ingredients:

- 5lbs yukon gold or idaho gold/yellow potatoes, skin on.
- 15-20 medium garlic cloves, peeled.
- Olive oil cooking spray, 0 point amount
- Foil paper
- 2 Tbsp finely chopped fresh rosemary or herb of choice
- Butter flavored cooking spray, 0 point amount
- 1-3/4 cups fat free chicken broth
- 1/2 cup fat free plain greek yogurt
- 1-1/2 tsp salt
- 1/4 tsp coarse ground black pepper

Serving Info.:

Yields: 11 cups
Servings: 16
Serving Size: 2/3 cup

Points:

	G	B	P
1 serving =	3	3	0
2 servings =	6	6	0
3 servings =	9	9	0
4 servings =	12	12	0

Directions:

- 1 Heat oven to 375 degrees. Place garlic cloves in a foil pouch, spray with olive oil spray to coat. Close the foil pouch and bake the garlic at 375 for 45 minutes. Remove from oven, set aside.
- 2 Rinse any dirt off of your potatoes. Cut them into 1/4's, place into a large pot, fill with cold water till 2 inches over the potatoes. Bring to a boil, then lower the heat and cook at a low boil for 20 minutes. Drain.
- 3 While the potatoes are boiling, chop up the roasted garlic into chunks, then add it into a small sauce pot, with the rosemary. Spray with 8 seconds of butter flavored cooking spray and cook over medium-low heat for 3-4 minutes, stirring constantly, then add the broth.
- 4 Bring the chicken broth to a boil, then turn off heat. Let it sit for 10 minutes, till potatoes are done cooking.
- 5 Add the cooked/drained potatoes into a large mixing bowl. Use an electric hand mixer, ricer, or potato masher, to mash the potatoes.
- 6 Add the chicken broth mixture, then the greek yogurt, salt and pepper. Mix to combine. Season with additional salt and pepper if desired. Or add more chicken broth if you'd like it to be creamier. Done.

Note:

- If you are allergic to dairy, you can use silken tofu in place of the greek yogurt.
- If you'd like plain mashed potatoes, leave out the garlic and the rosemary. You can also replace the rosemary with chives, thyme, or any other fresh herbs that are legal in your state, Hippie.
- I prefer the texture of bits o' potato skin in my mashed potatoes, but feel free to peel yours.



Tamales with shredded chicken breast and roasted tomatillo sauce.
4 points for 1, 8 points for 2 on **BLUE** & **PURPLE**.

"Gringo" Tamales

REAL tamales, made with my low point & fat Masa recipe

Ok, I'm going to start off by stating the obvious. Tamale purists, do NOT read the rest of this write up yet. You need to immediately drive to UC Berkeley, go to one of their designated "safe spaces", then get ready to picket. These are not traditional tamales... but they are freaking good, low calorie, virtually fat free and can be used as a healthier blank canvas. Fill them with whatever you want, use whatever sauce you want... but adjust your points accordingly.

I am providing less of a recipe and more of a GUIDE for how to make these. I am using foil, rather than cornhusks, on purpose. 99% of the people reading this have never made Tamales and for them, the thought of going to a store to find corn husks, soak them in water then trying to use them, is a no-go. But... EVERYONE has foil. Again, use this as a GUIDE. If you want to use corn husks, USE CORN HUSKS. Use this Gringo Tamale Guide as a template.

IMPORTANT:

- The points provided to the right, are for a 2 cup batch of my low point Masa (recipe pg. 18-19), sectioned into 8 separate 1/4 cup dough portions. From there, the points will vary depending on what YOU use for filling and for a sauce. In the picture above I used shredded chicken breast with my 0 point Tomatillo sauce (recipe pg. 77). In the recipe-guide pictures to the right, they were filled with my low point chorizo.

Ingredients:

- 1 (2 cup) batch of my Low Point Masa, recipe pg. 18-19
- Make sure you add the additional baking powder and do the chicken broth swap to the Masa, as indicated in the recipe.

Filling Ideas:

- Shredded/Chopped chicken breast, pork, beef, veggies, cheese, heck... even fruit. There are sweet tamales too.

Sauce Ideas:

- My low point red enchilada sauce (pg 76), roasted tomatillo sauce (pg 82), or even a simple fruit puree with a little chili powder or cayenne pepper added, for use with sweet fruit tamales (strawberry and pineapple are popular).

Wrappers:

- 8 decent sized squares of foil wrap, oooooooor....
- 8 packaged, store bought corn husks, soaked

Note:

Remember, I'm showing how to make these with foil wrap. It's a near-identical process using corn husks. Watch a quick youtube video on making Tamales to see how to use traditional corn husks. If you see it one time, that's all you need. My goal here is to make this as accessible to as many people as possible.

Servings Info.:

Yield: 6 Tamales

Servings: 6

Serving Size: 1 Tamale

Points:

G **B** **P**

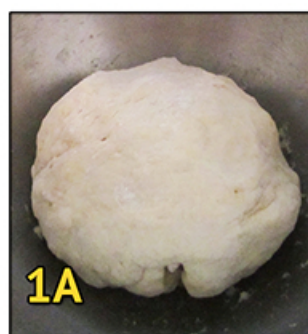
1 serving = 4 4 4

2 servings = 9 8 8

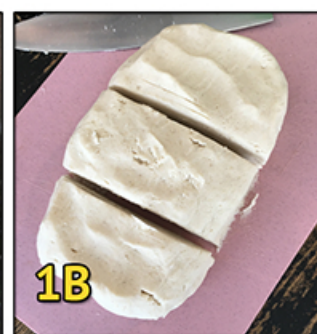
3 servings = 13 13 13

4 servings = 17 17 17

Directions:



1A



1B

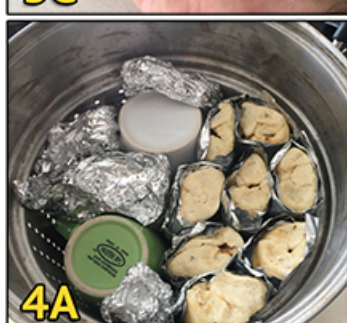
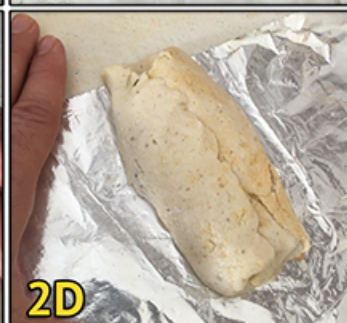
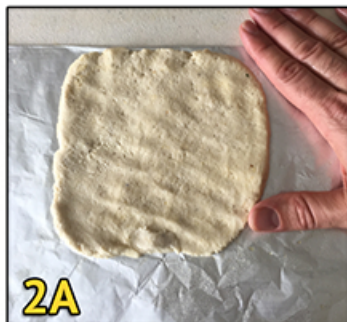


1C



1D

- (A) Make a 2 cup batch of my Masa, as indicated in the recipe on pg 24. Cut the ball into 2 equal portions, then (B) cut each big masa ball into 3 equal 1/3's. (C) Tear off 6 sections of foil wrap, 1 for each tamale. (D) Lay each one down on a cutting board or counter and fold the bottom 1/3 up and onto itself. This is only done so that the foil isn't so much larger than the tamales when we roll them up.



2. (A) Spray the foil with cooking spray, then lightly wet your hands. Press a 1/3 section of Masa down onto the foil, using your hands to create a shape similar to what's pictured. Just to the top of the foil. (B) Add whatever filling you will be using, leaving some exposed masa on the sides. (C) Fold the bottom up and onto the filling, then fold one side up, followed by the second side. (D) Join the two sides in the center and lightly press to join the two folds.
3. (A) Fold the bottom of the foil up and over the tamale. (B) Roll the tamale in the foil, not too loose, not too tight. Just like the 3 little bears, make it juuuuust right. (C) Ta da!!!! (D) Gently press the exposed masa together. Rinse and repeat steps 2 and 3 until all of the tamales are rolled.
4. (A) Place the tamales in the bottom of a large stock pot steamer insert. You want to place them in so that the seam of each foil-wrapped tamale is pressed against the wall of the metal insert, or up against another tamale. You don't want them to unravel while steaming. Fill the empty space of the insert with upside down mugs and wadded up tin foil. The mugs help take up space without wasting too much additional foil. (B) Fill the bottom of your stock pot with enough water to JUST stop underneath the insert, then bring the water to a boil. Do NOT have the tamales in yet. Just heat up the water. (C) Once your water is boiling, place the insert, with the tamales, into the steamer and cover with the lid. Reduce the flame to medium. (D) Steam the tamales for 25 minutes. Done.

NOTES:

- As noted, the actual points of YOUR tamales will vary based upon your filling and sauce. The points shown on page 80 are just for the (6) 1/3 sections of masa.
- These are great as is. You can DEFINITELY use corn husks instead of foil, but it won't really do anything other than give the outsides a prettier appearance AND it's traditional. Trust me, I would NEVER prepare them in foil for my wife's Mexican family... it would not end well for this Gringo.
- A common sweet treat that you'll find at Tamale shops are fruit infused tamales. You can add cooked down berries or crushed pineapple to the masa, to give it a colored hue and some sweetness.
- Sweet corn and green chili & cheese are two more common fillings. I've even seen recipes for "chocolate" tamales, with cocoa powder added to the masa, for color, filled with chicken and brown mole' sauce.
- You can watch a video of me making the tamales in Connect, under the hashtag #dhallaktamales. I also have the video in my Youtube channel, The Guilt Free Gourmet.



Tomatillo Sauce

A deliciously fresh and flavorful traditional Mexican green sauce

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

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

Yield: 5 cups

Servings: 10 servings

Serving Size: 1/2 cup

Points: 0 points per serving

Points:

1 serving = 0 0 0

2 servings = 0 0 0

3 servings = 0 0 0


4 servings = 0 0 0

G B P



4 point chicken tamales with roasted tomatillo sauce

Ingredients:

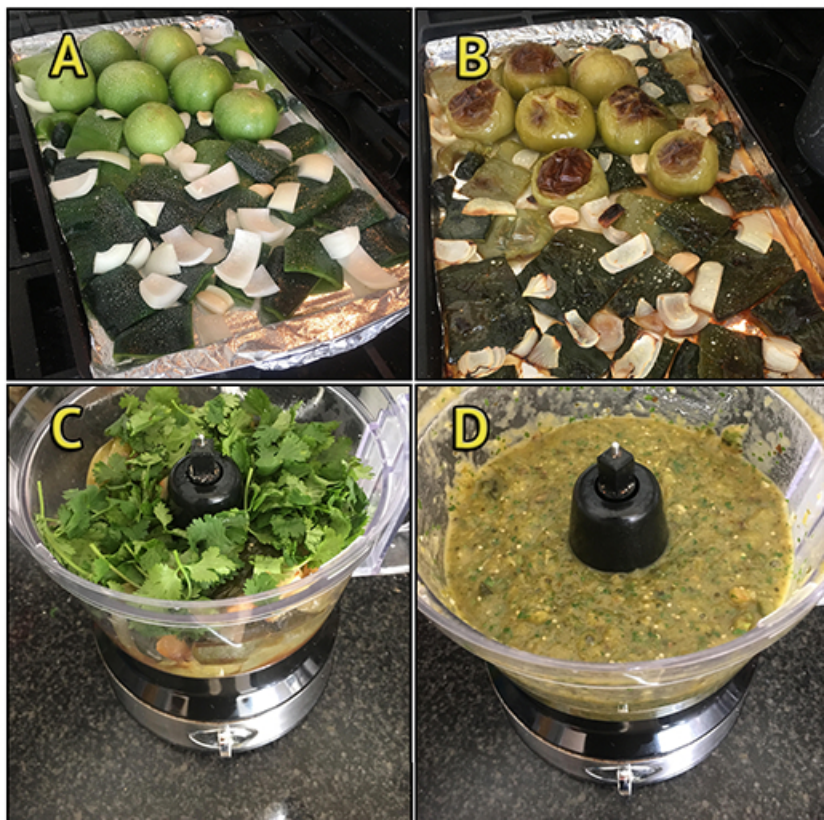
- 2-1/2 lbs. Tomatillos, husks and stems removed
- 1 medium onion, rough chopped
- 2 medium green bell peppers, rough chopped, seeds removed
- 3 medium garlic cloves
- 4 good sized Pasilla peppers, chopped, seeds removed (they aren't spicy)
- 1/2 bunch fresh cilantro, around 1 handful
- 1/2 tsp salt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

Notes:

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

Directions:

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





Red Enchilada Sauce

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

I need to start by addressing all of my Latino amigos that are reading this page. I understand that I've already messed with your Mole' sauce, I've already had you put fat free yogurt into Masa to make 4 point Gringo Tamales on Connect (#dhallakvids), I know that right now you're probably waving your fists in the sky and yelling "what more could this guy do to us?!" Well sorry, but I'm messing with your enchilada sauce now. Traditionally, red enchilada sauce is an incredibly delicious and spicy (depending on the peppers you use) puree of water, seasonings, a BOAT LOAD of oil and tons and tons and tons of dried hot chili peppers. In order to make it really low in points, we need to eliminate the oil. That's why I decided to replace it with tomato sauce and regular chili powder from the spice aisle. The reason being that it is more readily available to people and the thought of dealing with a big bag of dried chili peppers is an intimidating turn off to a lot of folks.

Ingredients:

- 2 cups fat free chicken broth
- 30 oz canned tomato sauce (*0 point tomato sauce*)
- 1/2 cup water
- 1/2 to 1 tsp chili powder, to taste (*regular chili powder*)
- 1-1/2 tsp garlic powder
- 1-1/2 tsp onion powder
- 1-1/2 tsp ground cumin
- 1/4 tsp salt
- 1/4 tsp black pepper

Directions:

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

Serving Size:

Yields: 6 cups

Servings: 12

Serving Size: 1/2 cup

Points:**

G B P

1 serving = 0 0 0

2 servings = 0 0 0

3 servings = 0 0 0

4 servings = 0 0 0

NOTES:

- Various types of dried chili powders can be found in the spice aisle (McCormick's sells chipotle chili powder), or usually in the Latin section of most supermarkets.
- Different brands of chili powder have different levels of heat. Adjust your spice used. Start small, add more to taste.
- Pairing this sauce with 1 point tortillas or wraps, shredded chicken, veggies, and the Fat Free cheese hack will give you some extreemely legit, low point enchiladas.
- This sauce goes really well with my 3 point Tamales. You can find them in Connect under #dhallaktamales, or on my youtube channel "The Guilt Free Gourmet."
- This is another one of those recipes that is wonky in the recipe builder. It has only 4 ingredient points, spread across 12 servings. When entered into the builder, it shows the first serving as 1 point. It's SUPPOSED to be 0. Scroll the servings from 1, to 0, then back to 1... and the points magically change to the correct value. Pull up this same recipe on the GREEN plan?... 4 points, 12 servings, 1st serving is 0. Switch to Blue or Purple? 1st serving is 1sp, unless you do the scroll back to 0 servings, then back to 1 serving trick. If your recipe builder is acting like a pooppyhead, try the scroll down then back up trick. It resets it to the correct points.