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# Dips, Dressings & Spreads

A collection of the dressings, spreads, sauces & dips from all 3 of my digital cookbooks, that I felt could possibly fit into a Holiday meal.

## **DIPS & SPREADS**

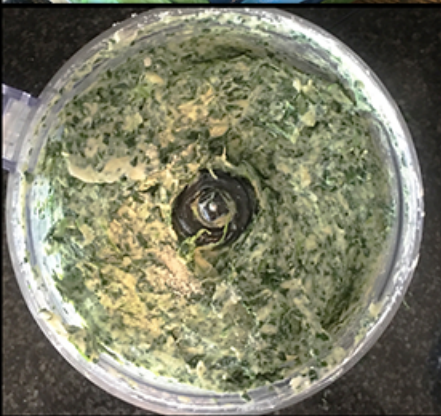
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1. Some of the Greek yogurt based Dressings will "tighten up" a bit more as they rest in the fridge. If they get too thick, simply stir in a little water to thin them out to your desired consistency.
2. Also: If you have allergies to dairy, you can substitute Silken Tofu in place of the Greek yogurt. The taste will be slliiiiightly different, but it will still work.





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 and the cornstarch helps bind the yogurt while it's baking. Like I always say, out-smart your food and think outside the box.

## 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
- 1/4 cup water
- 3/4 cup reduced fat shredded mozzarella cheese

## Serving Info.:

*Yields: 7 cups*

*Servings: 28*

*Serving Size: 1/4 cups*

## Points:

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

## 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 hot water 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 Dip

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: 14

Serving Size: 1/4 cups

## Points:

**G B P**

1 serving = 4 0 0

2 servings = 7 0 0

3 servings = 11 0 0

4 servings = 14 0 0

## 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 in the pot.
- I call this a dip, but you can use it in place of refried beans as a side dish. Trust me... it's good.





# 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 cups canned, unsalted tomato sauce
- 2 Tbsp unsalted tomato paste
- 2 Tbsp apple cider vinegar
- 2 tsp worcestershire sauce
- 1 tsp celery salt
- 1/2 tsp each, onion powder, garlic powder, pepper
- 1-2 Tbsp 0 point sweetener o' choice, to taste
- 3 Tbsp store bought "prepared" horseradish sauce (scan it, you want 3 Tbsp for 0 points)
- 1 to 1-1/2 tsp cracked black pepper, to taste
- 3 Tbsp lemon juice, to taste
- 1/4 to 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

## Points:

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

## Directions:

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

## Notes:

- As of today, 11-02-20, jarred, prepared horseradish has 0 points in the WW database. That may change in the future, so scan the jars when you purchase it at the store. Adjust your points, if necessary.
- Add more hot sauce if desired. Most all recipes call for Tabasco sauce, however, my wife's Latina, so we have Cholula 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.





# Spiced Cranberry Sauce

This is worlds removed from that canned goop you're used to

I tried my best to make as many low point side dishes as able this past Thanksgiving, but I naturally wasn't able to make everything that people requested. The most requested side that I couldn't get to was Cranberry Sauce. THANKFULLY, a wonderful friend from Connect, "[@mugglemama2017](#)" came to the rescue. She gave me permission to include her amazing Spiced Cranberry Sauce in this section.

Her cranberry sauce is a low point thing of beauty. It's sweet, tangy, has tremendous depth of flavor from the cinnamon, cloves, nutmeg, allspice, ginger and orange zest. Throw in a little bit of spiced rum and you won't even care about eating the main course, you'll be off, huddled in a corner with a bowl of this sauce and a spoon. You'll probably be clutching it like Gollum from The Lord of The Rings, calling it "Myyyy Preeeeecious" and snarling at passers-by.

## Servings Info.:

Yield: 4 cups

Servings: 16

Serving Size: 1/4 cup

## Points:

1 serving = 0 0 0

2 servings = 1 1 1

3 servings = 1 1 1

4 servings = 1 1 1



## Ingredients:

- 24 ounces fresh or frozen cranberries, divided
- 1-1/3 cup 0 point sweetener o' choice\*\*\*  
(*monkfruit, stevia, swerve, splenda, etc*)
- 2 tsp molasses\*\*\*
- 3/4 cup water, divided
- 1-1/2 tsp cornstarch
- 2 tablespoons orange juice
- Zest from 1 orange
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1/2 teaspoon freshly grated nutmeg
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cloves (*optional*)\*\*\*
- 1 tablespoon spiced rum (*optional*)\*\*\*

## Directions:

- 1 Place half (12 oz) cranberries, sweetener, molasses, 1/2 cup water, cornstarch, orange juice, orange zest, cinnamon, allspice, salt, nutmeg, ginger and cloves (if using) into a pot, stir to dissolve the cornstarch. Bring to a boil over medium heat.
- 2 Cook, stirring occasionally until most berries start to pop, about 10 minutes. Add the other 12 oz. of cranberries, the remaining 1/4 cup water, then cook for an additional 5-10 minutes or until most of the new berries have popped.
- 3 Remove from heat, stir in spiced rum (if using), and let cool for 30 minutes. Adjust consistency with additional water, as needed.
- 4 Serve immediately or place in an airtight container and store in the refrigerator. Reheat prior to serving.

## NOTES:

- In this recipe, I'm using regular sweetener and molasses, in place of brown sugar. Other options could be:

\* **Real Brown Sugar:** Pretty obvious, but adjust points.

\* **0 Point Brown Sugar Substitutes:**

Sukrin Gold, Swerve, Lakanto Monkfruit and Splenda, all make 0 or low point brown sugar replacements.

\* **Root Beer:** Yep, sounds funky, but it's a viable option. Root beer has a complex caramel flavor and though it WILL change the flavor profile slightly, 1/4 cup of root beer is only 1 ingredient point. Or you could replace ALL of the water with diet rootbeer. 🍷

- I have the cloves as optional, because my wife HATES the taste of cloves, in anything.

- If you don't want to use spiced rum, you can either leave it out, or you can substitute it with 1 teaspoon of rum extract, which can be found in the spice aisle next to the vanilla extract.







# French Onion Dip

Using the Flux Capacitor to bring a 50's classic into the 20th 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 (1-1/2 large onions)
- 0 point butter flavored cooking spray
- 1 medium garlic clove, minced
- 1/2 cup beef broth, reduced sodium/fat
- 1 Tbsp white vinegar
- 1 tsp salt
- 1/4 tsp black pepper (use white pepper if ya want)
- 2 tsp onion powder
- 1 tsp paprika
- 1-1/2 cups plain fat free Greek yogurt
- 2 Tbsp light mayonnaise

## Serving Info.:

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

## Points:

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

## 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.





# It's all Gravy Baby

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

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

Don't have pan drippings? Fine, use canned low sodium broth for your liquid. Don't have canned broth? Fine, use water and beef or chicken granules to make broth. Don't want to use cornstarch? Use Arrowroot. Mix it together, heat it up,... Done. There's a reason why saying that something is "Gravy" is saying that it's easy... it's because it's really easy to make low point.

## Ingredients:

- 2 cups of "liquid." It can be pan drippings from meat that's prepared without any oil or butter, canned broth, water with bouillon, or any combination to make 2 cups of "Broth" that's no more than 1 point in total.
- 4 tsp cornstarch
- salt and pepper to taste
- additional herbs or seasonings, as desired.

## Directions:

1. Pour the 2 cups of "broth" into a small stock pot (strain the liquid if necessary to remove any solids, if using pan-drippings)
2. Mix the 4 teaspoons of cornstarch with a tiny bit of water to dissolve it. Pour the cornstarch mixture into the broth and stir.
3. Heat the mixture to a boil, then reduce the heat and cook, uncovered, at a low boil for 4-5 minutes.
4. Remove from heat, season with salt and pepper, if needed, then pour into a dish and allow to cool for 5 minutes.

## Serving Info.:

Yields: 1-3/4 cups

Servings: 7

Serving Size: 1/4 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

## Notes:

- You can substitute Arrowroot for cornstarch as a thickener. It may need to simmer a little longer.
- You can easily double or triple this recipe to make a big ol' barrel of gravy and as long as you follow the formula for liquid to cornstarch ratio, it'll work just fine.
- Remember, if you use drippings from meat cooked with a lot of oil and butter, it will change the points value of the gravy accordingly.
- In my gravy I had 3/4 cup of turkey drippings from my turkey, then added 1 cup chicken broth to get to my 1-3/4 cup.







# Herbed "Cream Cheese"

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.

## Ingredients:

- 34oz nonfat plain Greek yogurt (use Fage!)
- 1 medium garlic clove, chopped
- 1 tsp salt
- 3/4 cup fresh parsley, finely chopped
- 1/4 cup fresh chives, finely chopped
- 1/2 tsp lemon zest, minced
- 3 oz goat cheese (or 8 points of any other cheese)

## Serving Info.:

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

## Points:

	G	B	P
1 serving =	2	1	1
2 servings =	3	1	1
3 servings =	5	2	2
4 servings =	6	3	3

## 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 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 or any other toppings of your choosing. Done.

## Notes:

- Don't like goat cheese? Not a problem. Use up to 8 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.
- 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

Two low point takes 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 do an even lower point, GREEN PLAN friendly version, because Garbanzo beans have points on Green, which bumped up the points of the first serving. I am absolutely determined to keep the first serving at 1 point, so I had to hack my own recipe. I removed the 2 Tbsp of tahini, which is just ground up sesame seed paste, and replaced it with some extra sesame oil and a few teaspoons of powdered peanut butter. Boom.

## LOW POINT HUMMUS

**G B P**

YIELDS: 4 cups      1 serving = 2 1 1  
 Servings: 16      2 servings = 3 1 1  
 Serving Size: 1/4 cup      3 servings = 5 2 2  
    4 servings = 7 2 2

### Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of drained chickpeas.
- 2 Tbsp tahini (sesame paste)
- 1/4 cup lemon juice
- 3-4 fresh garlic cloves (to taste)
- 2 Tbsp reserved garbanzo bean juice
- 3 Tbsp water
- 1/3 cup fat free yogurt (or greek)
- 1 tsp extra virgin olive oil
- 2 tsp ground cumin
- 1 tsp salt
- 1/4 tsp sesame oil (*OPTIONAL, though RECOMMENDED!!*)

### 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 reserved garbanzo bean juice, 1 Tablespoon at a time, until it takes on a very smooth, creamy, and easily spreadable consistency. Season with more salt and pepper, if necessary.
- 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.

## GREEN PROGRAM HUMMUS

**G B P**

YIELDS: 4 cups      1 serving = 1 0 0  
 Servings: 16      2 servings = 3 0 0  
 Serving Size: 1/4 cup      3 servings = 4 1 1  
    4 servings = 5 1 1

### Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of drained chickpeas.
- 1/4 tsp olive oil
- 1-1/2 tsp sesame oil (strong sesame flavor, replaces the tahini)
- 1/3 cup plain fat free Greek yogurt
- 5 Tbsp reserved chickpea juice
- 1/4 cup lemon juice
- 2 tsp ground cumin
- 1 tsp salt
- 3-4 medium cloves garlic (start with 3, puree, then taste)
- 3-1/2 tsp powdered peanut butter (PB2)

### Directions:

- 1 Add ALL of the ingredients into a food processor and puree on high for 1-2 minutes, or until mixture is completely smooth and creamy. Add a little more reserved garbanzo juice, if necessary.

### NOTES:

- In this recipe, we're lowering the points a bit, by removing the tahini and replacing it with a bit more sesame oil instead. Tahini is ground up sesame seed paste, imagine it kind of like thinner peanut butter that's made out of sesame seeds rather than peanuts. 2 Tbsp of tahini is a good deal of points. Here, we're taking all of those points away and instead we're using more potent and much lower in point, sesame oil. To give the slight nutty flavor, we're adding a 0 point amount of powdered peanut butter. Doing that, allows us to get the first 1/4 cup down to 1 point for Green folks.





# Smoked Salmon

Amazing, Creamy, Slightly Chunky, but Definitely Awesome

I absolutely LOVE a good smoked salmon dip. It's my favorite type of dip, other than Hummus of course... but I'm ethnically obligated to like Hummus. 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 salmon destruction. I then WW-ified it with my own dastardly and diabolical point-cutting shenanigans. I bet half of you are going to have a heart attack that I'm using actual mayonnaise in a recipe... for the first time, ever. lol

## Ingredients:

- 8oz smoked salmon (2 4oz packages)
- 1-1/2 cups plain fat free Greek yogurt, strained overnight (at least 12 hours).
- 1/4 cup low fat mayonnaise ("GASP!!!")
- 1-1/2 tsp prepared horseradish sauce
- 2 Tbsp lemon juice
- 1/4 cup diced red onion
- 1 tsp paprika, mixed into a paste, with 2 tsp water
- 2 Tbsp finely chopped fresh dill
- 2 Tbsp finely chopped fresh chives
- 1/4 cup diced celery
- 1/4 tsp worcestershire sauce
- 1/4 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

## Points:

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

## 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 sit for at least 12 hours. (Mine lost 3/4 cup of liquid in 12 hours). ALSO... Mix the lemon juice, paprika and red onions, then store in the fridge overnight in an airtight container.
- 2 Place the strained Greek yogurt, mayo, horseradish, red onion/lemon juice mixture, dill, chives, celery, worcestershire sauce, salt, pepper and hot sauce in the food processor. Add 4 oz of chopped smoked salmon, then process until broken down and well combined.
- 3 Add the remaining 4oz of smoked salmon, chopped, and pulse the food processor a few times to break down the salmon, but leaving chunks. Cover, put into the fridge, then allow to rest for 1 hour. Taste, add more salt, pepper and hot sauce, if desired.

## Note:

- If you want your dip to be chunkier, add the celery in step 3, rather than 2. You can also add even more red onion and celery if desired, though you may need to increase the seasoning.
- Soaking the red onions overnight in the lemon juice is essential for the pink color. The acidic lemon juice sucks the coloring from the red onions. Adding the paprika enhances it.



## BRUSCHETTA

This is a small batch recipe used for my 'chicken bruschetta' sandwiches. Think of it as Italian 'pico de gallo'.

### Serving Info.:

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

### Points:

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

### Ingredients:

- 1-1/4 large tomato, diced (1 cup diced)
- 1/4 cup fresh basil, loosely packed, finely chopped
- 2 medium garlic clove, smashed, finely chopped
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp 'robust' olive oil
- 1-1/2 tsp balsamic vinegar

### Directions:

- 1 Mix everything together in a bowl, cover, allow to sit for at least 30 minutes.

- Some recipes call for adding diced onion, mine doesn't. Feel free to add it if you'd like. It will bulk up the dish and add servings, but will give it a 'sharper' flavor, due to the raw onion.

## BUFFALO SAUCE

A quick and easy, small batch dipping sauce that you can make with any hot pepper sauce that you prefer.

### Serving Info.:

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

### Points:

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

### Ingredients:

- 3/4 cup red pepper sauce. I used Frank's Red Hot cayenne pepper sauce.
- 2 Tbsp white vinegar
- 1/2 tsp garlic powder
- 2 tsp worcestershire sauce
- 1/8 tsp salt
- 2 Tbsp plain fat free Greek yogurt

### Directions:

- 1 Mix everything together till smooth, done.

- This is a small batch recipe, intended to be used as a drizzled sauce on my buffalo chicken sandwich. If you'd like it to have a thicker consistency, you can either:

- \* Blue/Purple Plan: Mix in a little more Greek yogurt.
- \* All Plans: In a small pot, heat the first 5 ingredients with 1-1/2 tsp cornstarch, till boiling. Boil for 2-3 minutes. Remove from heat. When the sauce cools to room temperature and thickens, stir in the Greek.

## CHEESE SAUCE

A small batch of cheese sauce that's used to 'sauce' a pot of my Macaroni & Cheese. Use it to 'sauce' a small pot of cooked pasta.

### Serving Info.:

Yield: 2/3 cup  
Serving Size: 2/3 cup  
Servings: 1

### Points:

	G	B	P
Entire Batch =	4	4	4

*I'm only putting 1 serving, because it's intended use is for a pot of mac n cheese. If you use it for another purpose, adjust the points per serving.*

### Ingredients:

- 3/4 cup chicken broth
- 2 slices low fat, calorie & 'point' american or cheddar cheese.
- I used Velveeta Originals, I encourage you to use 'Borden's Fat Free Cheddar slices', if you can find them.
- 1/8 tsp salt
- 1/4 tsp ground turmeric (for color)
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water.

### Directions:

- 1 Bring all of the ingredients to a low rolling boil in a small pot, stirring to help the cheese melt. Simmer for 4 minutes. Done.

- These points were calculated with Velveeta. If you use different low point cheese slices, the points drop significantly.

## CHICK-FIL-A COPYCAT SAUCE & DIP

A small batch, revised version of my Chick-Fil-A copycat dip, originally in Cookbook 2.

### Serving Info.:

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

### Points:

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

### Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 2 Tbsp yellow mustard
- 1 Tbsp dijon mustard
- 1 Tbsp lemon juice
- 1/8 tsp ground turmeric (optional, for color)
- 1/4 tsp dry mustard
- 3 Tbsp sugar free syrup (pancake syrup)
- 1/2 cup tomato sauce
- 1-1/2 Tbsp 0 point sweetener o' choice PLUS 1/4 tsp molasses, or... 1-1/2 Tbsp 0 point brown sugar substitute
- 1/2 tsp worcestershire sauce
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp smoked paprika
- 1 Tbsp apple cider vinegar
- 1/4 tsp black pepper

### Directions:

- 1 Mix everything together till smooth, done.

- We're essentially making a small batch of honey mustard and bbq sauce, then mixing them together with greek and mayo.  
- The sugar free syrup replaces the 50 billion points from Honey. The flavor's a bit different from regular, but it's still really good.



## DARK CHERRY SAUCE

This recipe can be used to make either a 'choir of angels'-level amazing dark cherry sauce... or you can swap the dark cherries out for a simple cranberry sauce.

### Serving Info.:

Yield: 1/2 cup  
Serving Size: 2 Tbsp  
Servings: 4

### Points:

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

### Ingredients:

- 1 cup fresh dark 'sweet' cherries, halved, pits removed.
- 1/2 cup water
- 2 Tbsp 0 point sweetener o' choice PLUS 1/4 tsp molasses, or... 2 Tbsp 0 point brown sugar substitute.
- 1/8 tsp each, ground cinnamon, ginger & nutmeg
- 2 tsp lemon juice
- 1 tsp cornstarch, dissolved with 1 Tbsp water.

### Directions:

- 1 Slice the cherries in half and remove the pits.
- 2 Add all of the ingredients together, EXCEPT FOR the cornstarch. Bring to a low boil, in a small pot, for 10 minutes.
- 3 Mash up the cherries, in the pot. Add the cornstarch mixture and simmer for 3 minutes. Set aside to cool.

### NOTES:

- This makes a small 1/2 cup batch of sauce. If you want more, it's a piece o' cake to double or triple the recipe, but adjust points accordingly. The cornstarch will go up in points after 1-1/2 tsp.

## LOW FAT MAYONNAISE SUBSTITUTE

This is a simple little blend of reduced fat light mayonnaise, mixed with a little bit of fat free Greek yogurt. I use it in everything.

### Serving Info.:

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

### Points:

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

### Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1 tsp dijon mustard
- 1/8 tsp salt

### Directions:

- 1 Stir all of the ingredients together till well mixed. Done.

## SMOKY RED ONION & BACON JAM

This jam is earth shakingly amazing. It's a low sugar, fat and calorie BACON JAM for goodness sake!! Spread it on everything!

### Serving Info.:

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

### Points:

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

### Ingredients:

- 3-4 slices turkey bacon or 'center cut' regular bacon. 4 points worth (see notes)\*\*\*
- 3.5 to 4 cups red onion, halved and sliced thin.
- 1-1/2 cups beef broth (scan to ensure it's 0 points)
- 2 Tbsp apple cider vinegar
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp 0 point brown sugar substitute, OR 1 tsp regular sweetener plus 1/4 tsp molasses.
- 1/2 tsp smoked paprika
- 1/2 tsp unsweetened cocoa powder
- 2 tsp balsamic vinegar
- 1-2 Tbsp sugar free syrup (pancake syrup). Scan the brands, some give 1 Tbsp for 0 points, some allow 2 Tbsp.



### Directions:

- 1 Cook all of the bacon in a large pan, with cooking spray, till crisp. Remove from pan and chop into small pieces. Set aside.
- 2 To the same pan, add the sliced red onions, 3/4 cup beef broth, apple cider vinegar, salt, pepper and brown sugar substitute or sweetener and molasses. Bring to a simmer, cover and cook for 15 minutes.
- 3 After 15 minutes, add the remaining 3/4 cup beef broth, smoked paprika, cocoa powder, balsamic vinegar, syrup and chopped bacon. Cover and simmer on medium-low for another 15 to 20 minutes, or until...
- 4 ... it resembles a thick jam. Add more salt and pepper, if desired.

### NOTES:

- 'Center Cut' bacon is lower in points than regular, fattier bacon. Most brands are virtually identical in points to turkey bacon.



## TIPS & SUGGESTIONS:

- You can turn any of the dips and spreads into a dressing simply by thinning them with a little water, to your desired consistency. Well... maybe not the bacon jam... that'd be gross.
- **SUGAR FREE SYRUP:** I use sugar free pancake (maple) syrup in my recipes, in place of honey. Primarily because of points, and also for folks with diabetes. Most of my dressings only use 1 Tbsp of it. Most brands only let you have 1 Tbsp for 0 points, though SOME brands allow you to have up to 3 Tbsp for 0 points. Scan the brand that you have, and use what you can.
- **SWEETENERS:** I use sweeteners instead of regular sugar, in everything. Again, there's a lot of diabetic folks in my family, also... points and calories. If you prefer to use regular sugar, do so. Use my recipes as a template. I go into much more detail on sweeteners in the dessert section of Cookbook 2.
- **BROWN SUGAR SUBSTITUTE:** In a lot of my recipes, I mention that for you to "use your 0 point sweetener o' choice' PLUS 1/4 tsp of molasses... or... use 0 point brown sugar substitute." The reason being, that regular brown sugar is simply normal granulated sugar, mixed with a small amount of molasses. By adding a little molasses to sweetener (such as monkfruit, swerve, splenda, etc), you are essentially making brown sugar substitute. I do that because I don't want to purchase an extra type of sweetener. I just have regular, plus a jar of molasses.
- **DAIRY ALLERGIES:** I've mentioned it before, but I'll say it again. If you are allergic to dairy, you can substitute the Greek yogurt in all of my dressings, with a bit of semi-firm tofu, that's blended with some water. Silken tofu is too thin. After blending the tofu/water till it's creamy, I add a splash of lemon juice, just so that it has that little yogurt tang to it. It doesn't taste EXACTLY the same, because believe it or not, it's a bit savory... but it's an easy substitution.
- **OILS:** Dressings and dips are a great way for you to sneak in a little bit of 'healthy' fat into your diet, for 0 points. Any type of cooking oil... whether it's olive oil, canola oil, sesame oil, whatever, they are all 0 points for 1/4 tsp. Now, 1/4 tsp doesn't sound like much, but if you are dressing a single personal salad for yourself, try adding a little bit to your dressing. It'll give you a slight hint of the flavor for no points. Or, my dressings are all so low point anyways, feel free to add a point of your preferred oil to them.

*Herbed 'Cream Cheese' Spread - pg. 30*







## Apple Vinaigrette

A sweet and tangy dressing with Fuji apples

A light and crisp vinaigrette that gets its creamy apple flavor from blended Fuji apples, honey and dijon mustard.

### Serving Info.:

Yield: 2 cups  
Servings: (8) 1/4 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:

- 1-1/4 cups water
- 4-1/2 tsp cornstarch
- 1/4 cup apple cider vinegar
- 1/4 cup white wine vinegar
- 1 medium garlic clove
- 1 Tbsp dijon mustard
- 2 Tbsp honey
- 1 Tbsp sugar free syrup (pancake syrup)
- 2 tsp 0 point sweetener o' choice
- 2-1/2 Tbsp plain fat free Greek Yogurt
- 1/4 cup Fuji apples, peeled, finely diced, packed
- 1/4 cup unsweetened applesauce
- 1/4 tsp salt
- 1/4 tsp pepper

### Directions:

- 1 Stir the water and cornstarch together in a small pot. Bring to a rolling boil and allow to simmer for 3 minutes. Remove from heat and **cool to room temperature**.
- 2 Use a regular or immersion blender to process the vinegars, garlic, mustard, honey, syrup, sweetener, yogurt, apple sauce and diced apples together until fairly smooth.
- 3 Stir the cooled and thickened water into the dressing until well combined. Season with salt and pepper. Allow to sit in the fridge for 1 hour, to set.

- You can use a different variety of apple other than Fuji, if you prefer.



## Blue Cheese

It tasted so good, but omg... my breath!!

This was a special request from my WW friends in Elizabethtown, Kentucky. This blue cheese dressing is creamy, delicious, and ultra pungent... Have breath mints handy.

### Serving Info.:

Yield: 2 cups  
Servings: (8) 1/4 cup

### Points:

	G	B	P
1 serving =	2	1	1
2 servings =	3	3	3
3 servings =	5	4	4
4 servings =	7	5	5

### Ingredients:

- 1-1/4 cup fat free plain Greek Yogurt
- 6 Tbsp water
- 1 Tbsp + 1 tsp white wine vinegar
- 1 medium garlic clove
- 1/2 tsp salt
- 1/4 tsp black pepper
- 69-76 grams Blue Cheese. (9 Tbsp) You're aiming for 10 points of cheese, whether regular or reduced fat.

### Directions:

- 1 Use a blender or immersion blender to process all of the ingredients together until just combined. Allow to sit in the fridge for at least 1 hour, for flavors to meld.
- 2 Buy mouthwash

- If you like it chunkier, blend half of the cheese into the dressing, then stir in the other half of the blue cheese crumbles.
- It has a very strong taste at first, but after a few hours, the flavors mellow and it becomes a much better dressing.
- Using reduced fat or fat free blue cheese isn't worth it. I've tried making this dressing with regular, reduced fat and fat free blue cheese. It is NOT worth it to get the reduced fat stuff. Buy the regular, the taste is soooooo much better. Trust me.





## Carrot Ginger

A sweet and savory Japanese sesame dressing

This dressing has some serious zing to it. This is actually the first dressing that anyone ever requested for me to try. An old friend once asked if I could make a lower point version of Benihana's Sesame Carrot & Ginger dressing. So here ya go. Domo arigato, Mr. Roboto.

### Serving Info.:

Yield: 2 cups  
Servings: (8) 1/4 cup

### Points:

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

### Ingredients:

- 3/4 cup water
- 1-1/2 tsp cornstarch
- 1/2 lb bagged shredded carrots, chopped
- 3 Tbsp fresh ginger root, peeled, minced
- 1/4 cup shallots, peeled and diced
- 1/4 cup rice vinegar (*asian food section at the store*)
- 5-6 Tbsp low sodium soy sauce, to taste
- 1 Tbsp sesame oil (*asian food section at the store*)
- 1/4 tsp salt

### Directions:

- 1 In a small pot, stir together the water and cornstarch till dissolved. Bring to a rolling boil and simmer for 3 minutes. Remove from heat, **cool to room temperature**.
  - 2 Use an immersion or regular blender to process the shredded and chopped carrots, shallots, ginger, vinegar, soy sauce, sesame oil and salt until mostly smooth. NOT pureed.
  - 3 Stir in the cooled and thickened water. Allow to set in the fridge for 1 hour.
- Start off with 5 Tbsp of soy sauce in the dressing. Once you've finished it, try a taste and see if you'd like to add the extra 1 Tbsp. You might think 5 Tbsp tastes great, but think 6 Tbsp is too salty. Better safe than sorry.
  - In the builder, on 'Green', it shows the 4th serving being 6 points. However.... there are only 5 points in the recipe.



## Catalina

A sweet and tangy tomato based dressing

I'll be the first to admit that prior to this recipe, I had no idea what the heck Catalina dressing was. Now, however, I am totally in love with it. It's sweet, tangy, creamy and has a slight pepperiness to it that is just awesome.

### Serving Info.:

Yield: 2-1/4 cups  
Servings: (9) 1/4 cup

### Points:

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

### Ingredients:

- 1 cup water
- 3-1/2 tsp cornstarch
- 1/2 cup canned tomato sauce (*the 0 point kind*)
- 3-1/2 Tbsp red wine vinegar
- 1/2 cup onion, diced
- 1/2 tsp onion powder
- 1 tsp paprika
- 1 tsp worcestershire sauce
- 2 tsp vegetable or canola oil
- 1/4 cup 0 point sweetener of choice
- 1/2 tsp salt
- 1/4 tsp pepper

### Directions:

- 1 Heat the water and cornstarch in a small pot. Bring to a rolling boil and allow to simmer for 3 minutes. Remove from heat and **cool to room temperature**.
  - 2 Use an immersion blender or regular blender, to process the tomato sauce, vinegar, diced onion, onion powder, paprika, worcestershire, oil, sweetener, salt and pepper until the onions are mostly broken down.
  - 3 Stir in the cooled and thickened water. Allow to set in the fridge for 1 hour. Done
- You can use regular sugar instead of sweetener, but your points will increase to 2 points per serving. The dressing will also gain 200 calories and 50g carbs.



# Hail Caesar!

All hail Caesar, Emperor of the ultra fattening salad bar!

Typically, a Caesar dressing is a ton of olive oil, whisked with raw egg yolks and other ingredients, giving the real thing a pretty short self life. We're blowing both of those issues out of the water. We're cooking the egg yolks in water, that we're about to thicken to the consistency of oil. We'll still be using olive oil in the dressing, but just enough to give a taste of it.

## Serving Info.:

Yields: 1-3/4 cups

Servings 7

Size: 1/4 cup

## Points:

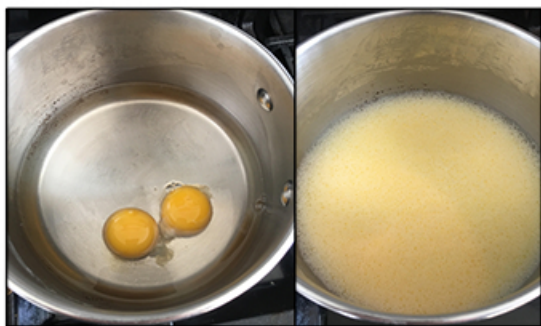
	G	B	P
1 serving =	2	1	1
2 servings =	4	2	2
3 servings =	6	2	3
4 servings =	7	3	3



## Ingredients:

- 1 cup water
- 2 tsp cornstarch
- 2 egg yolks
- 2 tsp olive oil
- 1 cup plain fat free Greek yogurt
- 3 Tbsp lemon juice
- 1 Tbsp dijon mustard
- 3 anchovy fillets, oil drained, rinsed (*optional*)
- 2 tsp worcestershire sauce
- 1/4 cup Kraft reduced fat Parmesan topping
- 1/2 tsp pepper
- 1/2 tsp salt
- pinch of cayenne pepper

## Directions:



1. In a small pot, stir together the water and cornstarch with the 2 egg yolks till mixed well. Heat on low-medium heat, till juuuust starting to bubble, then reduce heat a little just below a simmer. Stir on low heat for 2-3 minutes. It's ok if there's some slight curdling in the liquid. Remove from heat, pour into a bowl and allow to cool to room temp.



2. Pour the cooked egg mixture into a tall container if using an immersion blender, or use a regular blender, to blend together the liquid, olive oil, yogurt, lemon juice, mustard, anchovy fillets (if using), worcestershire, Parmesan topping, black pepper, salt and cayenne pepper until smooth. Pour into a container and put into the refrigerator for 1 hour before serving.

## Notes:

- ANCHOVIES: Some brands of canned anchovies might require you to remove the backbone. That's why I purchase filets. Still, if you buy canned anchovy fillets, make sure to remove large bones if present.
- If you're vegan, you can also leave out the egg yolks, though it will also change the taste. Leave out the egg yolks, thicken the water with 2 additional teaspoons of cornstarch and then allow it to cool.
- For an awesome full-tilt 2 point caesar salad, use a slice of Sara Lee 45 calorie 1 point bread (or other 1 point per slice bread) to bake your own croutons with cooking spray. Then slice up some grilled chicken. Boom... grilled chicken caesar salad WITH croutons for 2 points.





## Creamy Garlic and Onion

This is my personal favorite of all the dressings

A delicious and savory dressing with roasted garlic and onions, blended with greek yogurt and reduced fat mayo.

### Serving Info.:

Yield: 2-1/4 cups

Servings: (9) 1/4 cup

### Points:

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

### Ingredients:

- 1 medium onion, peeled and sliced in half
- 5 medium cloves of fresh garlic, peeled
- olive oil cooking spray
- 1 cup fat free Greek yogurt
- 1 Tbsp reduced fat light mayonnaise
- 1/3 cup water
- 2 tsp worcestershire sauce
- 3 Tbsp white wine vinegar
- 1/4 tsp dry mustard, to taste.
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 3/4 tsp salt
- 1/4 tsp pepper

### Directions:



- 1 Preheat oven to 425 and line a pan with aluminum foil. Place the sliced onion in the pan and coat with cooking spray. Make a small pouch with foil and place garlic cloves inside. Spray garlic with cooking spray, to coat, then close the pouch. Roast for 30 minutes, then remove from oven.
- 2 Use an immersion blender, or a regular blender, to process all of the ingredients together until smooth. Done.



## French

It keeps surrendering to the other dressings.

I absolutely loathed, hated and gnashed my teeth, full-on Old Testament style, at French dressing prior to this recipe. I have always hated the bottled orange goop. THIS IS NOT THAT DRESSING!!! This is fantastic! Sweet, savory, peppery... mmmm.

### Serving Info.:

Yield: 2-1/4 cups

Servings: (9) 1/4 cup

### Points:

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

### Ingredients:

- 1 cup water
- 4-1/2 tsp cornstarch
- 1/2 cup tomato sauce (0 points, scan it to make sure)
- 2-1/2 Tbsp plain fat free Greek yogurt
- 5 Tbsp apple cider vinegar
- 1/2 tsp worcestershire sauce
- 1/4 cup diced onion
- 2-1/2 tsp paprika
- 1/2 tsp onion powder
- 3/4 tsp dry, ground mustard
- 1/4 cup 0 point natural sweetener o' choice\*\*
- 1/2 tsp salt
- 1/4 tsp black pepper

### Directions:

1. Heat the water and cornstarch in a small pot until boiling. Cook at a rolling boil for 2-3 minutes. Remove from heat and pour into a dish. Cool to room temperature.
2. Use a whisk to combine the tomato sauce, yogurt, vinegar, worcestershire, raw onion, paprika, onion powder, mustard powder, sweetener, salt and pepper until smooth.
3. Pour in the cooled, thickened water. Stir till well mixed. Allow the dressing to sit in the fridge for 1 hour. Done

### Note:

- I used Lakanto brand monkfruit for my sweetener, though you can use whatever you'd like. Adjust points if needed.
- You can use a hand whisk to mix it all together too.
- For creamy French, only use 1 Tbsp cornstarch and 3/4 cup water. After it's cooled, stir in 1/4 cup plain fat free Greek yogurt.



## CLASSIC COLESLAW DRESSING

A simple, creamy and sweet base for coleslaws and salads. Customize with toasted sesame or poppy seeds... it's a great base.

### Serving Info.:

Yield: 2/3 cup  
Serving Size: 2/3 cup  
Servings: 1

### Points:

	<b>G</b>	<b>B</b>	<b>P</b>
Entire Batch	2	1	1

### Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 2 Tbsp water
- 2 Tbsp apple cider vinegar
- 3 Tbsp 0 point sweetener o' choice
- 1/2 tsp salt
- 1/4 tsp pepper

### Directions:

- 1 Mix everything together till smooth, done.

## CREAMY ITALIAN DRESSING

A quick, tasty smaller batch recipe of my copycat Olive Garden Italian dressing. Perfect for traditional and pasta salads.

### Serving Info.:

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

### Points:

	<b>G</b>	<b>B</b>	<b>P</b>
1 serving =	1	0	0
2 servings =	2	1	1
3 servings =	2	1	1
4 servings =	3	1	1

### Ingredients:

- 1/2 cup water
- 1-1/2 tsp cornstarch
- 1 large egg yolk\*\*\*
- 1/4 cup white wine vinegar\*\*\*
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tsp lemon juice
- 1 tsp minced garlic
- 1/4 tsp each, dried oregano, basil & parsley
- 1/8 tsp red pepper flakes
- 1 tsp worcestershire sauce
- 1 tsp light mayonnaise
- 1 tsp 0 point sweetener o' choice
- 2-1/2 Tbsp plain fat free Greek yogurt
- 4 tsp Kraft (or other brand) reduced fat, grated parmesan topping.

### Directions:

- 1 Mix and heat the water, cornstarch and yolk in a small pot to a low boil. Simmer and stir for 3 minutes, set aside.
- 2 Use a small blender or immersion blender to blend ALL the ingredients together, till smooth.
- 3 Season with additional salt and pepper, if needed.

- You can replace the egg yolk with 1 Tbsp dijon mustard. It'll change the flavor a bit, but lowers the points by 2, for Greenies.
- It's ok that the egg yolk cooks a bit, it all gets blended.

## DIJON VINAIGRETTE

This recipe will make a 0 point dressing that yields juuuuust enough vinaigrette to dress a good sized salad for 2 people.

### Serving Info.:

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

### Points:

	<b>G</b>	<b>B</b>	<b>P</b>
1 serving =	0	0	0
2 servings =	0	0	0
3 servings =	0	0	0
4 servings =	0	0	0

### Ingredients:

- 2-1/2 Tbsp plain fat free Greek yogurt
- 1 Tbsp dijon mustard
- 1/4 tsp olive oil
- 2 tsp white wine vinegar
- 1/8 tsp pepper
- 1/8 tsp salt

### Directions:

- 1 Mix everything together till smooth, done.

- This is one of my few recipes I will ever post for a sauce or dressing, that doesn't have a good sized serving. This was made to 'dress' the arugala for my French Bistro Burger recipe.

## RANCH DRESSING

This is Weight Watchers 101, but new folks are ALWAYS asking how to make quick, easy, low point Ranch dressing. So, here'ya go.

### Serving Info.:

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

### Points:

	<b>G</b>	<b>B</b>	<b>P</b>
1 serving =	1	0	0
2 servings =	2	1	1
3 servings =	2	1	1
4 servings =	3	1	1

### Ingredients:

- 7/8 cup plain fat free Greek yogurt. It's easy. Measure 1 cup, then scoop out 2 Tablespoons. (it's a 'points' thing, for Greenies)
- 1/4 cup plain unsweetened almond milk (or water)
- 1 Tbsp light mayonnaise
- 1-2 tsp Hidden Valley Ranch buttermilk dressing & seasoning mix, to taste. (the powdered stuff, in the little packets)

### Directions:

- 1 Mix everything together till smooth, set aside 30 minutes. Done.

- The 'exact' measurements of the almond milk and Greek yogurt are for the benefit of folks on the Green plan. If you are on Blue or Purple, you can add the full 1 cup of Greek, then use a total of 2 tsp of the dry Ranch mix.



## RICE WINE DRESSING

This quick and easy dressing is used in my Asian cabbage 'slaw' that goes onto my crispy orange chicken sandwich.

### Serving Info.:

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

### Points:

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

### Ingredients:

- 1-1/2 Tbsp plain fat free Greek yogurt
- 1 Tbsp rice vinegar
- 1 Tbsp white wine
- 2 Tbsp lemon juice
- 1/4 tsp sesame oil
- 2 tsp 0 point sweetener o' choice
- 1/4 tsp salt
- 1/4 tsp pepper
- (optional) 1 tsp toasted sesame seeds

### Directions:

- 1 Mix everything together till smooth, done.

### Notes:

- This is a small batch recipe, intended to lightly dress a large bowl of coleslaw or salad. It is a thin dressing, so it easily coats a large salad, though making a small yield dressing.
- 1 tsp of regular sesame seeds is 1 point. 1 tsp of TOASTED sesame seeds is 0.

## SESAME GINGER DRESSING

This recipe will make JUST ENOUGH, to 'dress' a good sized salad, that can be shared by up to 4 people.

### Serving Info.:

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

### Points:

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

### Ingredients:

- 1 tsp toasted sesame seeds
- 2-1/2 Tbsp plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 1/4 tsp ground ginger
- 1/4 tsp sriracha or other asian chili sauce
- 1-1/4 tsp lime juice
- 1 Tbsp soy sauce
- 1/2 tsp 0 point sweetener o' choice
- 1 tsp powdered peanut butter (leave out, if allergic)
- 1/4 tsp sesame oil
- additional water, for thinning to desired consistency.

### Directions:

- 1 Add plain sesame seeds into a hot pan over medium heat, for 3-4 minutes, till very fragrant. Remove from heat.
- 2 Mix all of the ingredients together until well combined. Done.

## THOUSAND ISLAND DRESSING

A quick, simplified and smaller batch recipe for my original Thousand Island dressing from Cookbook 2.

### Serving Info.:

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

### Points:

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

### Ingredients:

- 3/4 cup fat free plain Greek yogurt
- 1 Tbsp light mayonnaise
- 3 Tbsp tomato sauce
- 1 tsp lemon juice
- 1/4 cup finely diced onion
- 3 Tbsp dill relish
- 1/2 tsp paprika
- 2 tsp 0 point sweetener o' choice
- 1/2 tsp salt
- 1/4 tsp pepper

### Directions:

- 1 Mix it all together, done.

*Chick-Fil-A sauce - pg. 33*

