

# gourmet food with all of the flavor and none of the guilt



HEALTHY HOLIDAY COOKING SURVIVAL GUIDE

Show That Turkey Who's Boss!

**FALL 2020 EDITION** 

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# Gabble Gabble, Peeps!

Well, it's that time of year, mis amigos. The time of year where everyone who's trying to eat healthier dreads... the Holidays \*insert lightening sound effects\*. How many of ya are here because you're tired of having to choose between holding onto your weight loss success, versus having to slip and fall back... because your family will complain about your 'healthy' cooking. Or, you think that you have to have tiny, baby sized portions in order to get through Turkey Day? Well, now you won't have to.

I've decided to go through each of my 3 published cookbooks and compile absolutely every single recipe together that would 'fit' into a Holiday theme. Meaning, that, yes... I'm including some of my salad dressings... but not all of them. Ginger Miso dressing doesn't really resonate "Thanksgiving Dinner", any more than a Blueberry Lemon cake makes you think about Christmas. I tried to go over everything and just include recipes that "feel" like they belong in this. I have a ton of appetizers in my second cookbook, but only a few that work in here. You don't often see Mussels in Saffron Sauce next to the fruitcake... ya'know what I'm sayin'? So... that's the gist of it. The following mini-book is everything that I could toss together, to help you create a low-ish point Holiday feast.

Along with the recipes, I'm also including a few of my Foundation recipes, which are used with some of the dishes in this book. I'm also including all of my meat seasoning recipes and a few pages of ingredient swaps. I KNOW that this information is redundant for a lot of you who already have my other cookbooks. However, I'm really trying to take into account the new members in-system who don't have those, have never heard about them before... and will NEED that information in here. Remember, my aim is to make this as useful as possible.

There is a bright spot here, folks. This is the first version. Every single year I'm going to be adding more Holiday dishes into this. More dressings, appetizers, sides, salads, holiday specific desserts... everything. So what you're looking at right now is the base, that will be built the foundation for next Fall's full fledged Holiday Cookbook.

So, let's get into it, everyone. Strap on your big boy booties, put your hair in a bun, and let's get to work. Our goal is to take all of the naysayers in your family who are grumbling about having to eat your 'diet' food for Thanksgiving... and let's convert them. Through smart ingredient swaps and slight cooking tweaks, we can have all of the Holiday fixin's that we all want... but have them without blowing all of our points and starting down an emotional eating spiral. Let's get'er done!



PS: I'm dedicating this tiny book to @Chiafullo, because his whining about almond milk and kale amuses me. However... as my arch nemesis, he doesn't deserve a full page dedication. So, he gets this fine print... under a lady in a kayak, rafting down Mashed Potato Mountain. Thanks for makin Connect fun... Cannoli Boy. 😸





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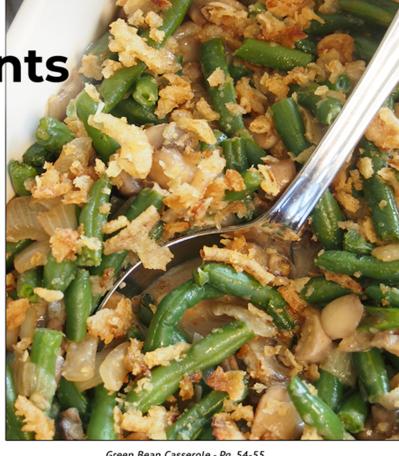
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# Foundation Recipes

This is a short section consisting of a couple of the 'foundation recipes' from Cookbook 1. These are the few that I felt were pertinent to 'Holiday' dishes. I'm including the ground meat seasonings, because of their possible uses in your own family dishes, due to their versatility. The other recipes are used in dishes within this download.

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Ground turkey or chicken LOADED with asian flavors

Forget "everybody was Kung Fu fighting", as far as I'm concerned, everybody should be making this mix. I came up with this mix, while trying to make my low point Bahn Mi chicken sliders. Though I used ground chicken breast for this recipe, you can definitely use extra lean ground turkey.

Serving Info:	Points:	6	B	P
Seasoned Mix	1 serving =	1	0	0
Servings: 8	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	3	0	0
	4 servings =	5	1	1

#### Ingredients:

- · 1 pound extra lean ground turkey
- 1 Tbsp Asian "fish sauce" It's Pretty much, bottled anchovy water. YUM!
- 1/2 to 1 tsp ground black pepper, to taste.
- 1 tsp ground ginger
- · 3-4 medium garlic cloves, minced
- · 1 tsp sesame oil
- 1 Tbsp soy sauce, reduced sodium
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 1 tsp lime juice
- · 1 Tbsp fat free Greek yogurt
- 1/4 cup green onion, thinly chopped (not the white part)
- 1 Tbsp chicken flavored bouillon (granules)

#### Directions:

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



Ground Turkey Bratwurst that doesn't suck!?



Guten Morgen, friends! I originally came up with this seasoning blend for my Bratwurst sliders. It took multiple attempts to finally get the seasoning right. Yes, of course the texture of ground turkey isn't the same as ground pork, but... it tastes great, and cuts hundreds of calories.

Serving Info:	Points:	G	B	P
Seasoned Mix	1 serving =	1	0	0
Servings: 8	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	3	0	0
	4 servings =	4	0	٥

#### Ingredients:

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

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



Low Point, Low Calorie Breakfast Sausage

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

Serving Info:	Points:	G	B	P
Seasoned Mix	1 serving =			0
Servings: 8	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	3	0	0
	4 servings =	4	0	0

#### Ingredients:

- 1 lb extra lean ground turkey
- 1/2 tsp salt
- 1/2 tsp fresh ground pepper
- 1/2 tsp dried sage
- 1 tsp dried thyme
- 1 tsp fennel seed, toasted in a pan, till fragrant, 2-3 minutes.
- · 1 tsp onion powder
- 1/2 tsp dried marjoram
- 2 tsp 0 point sweetener of choice\*\*
- 1/4 tsp molasses\*\*
- 2 tsp beef flavored granules (like Knorr brand)
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 1/2 tsp smoked paprika
- 1 Tbsp sugar free pancake syrup
- 1/8-1/4 tsp cayenne pepper to taste
- 1/4 tsp liquid smoke, hickory (OPTIONAL)

#### **Directions:**

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

#### Note:

- Feel free to replace the 0 point sweetener and molasses with 2 tsp of 0 point brown sugar substitute.



Low calorie, virtually fat free, delicious Chorizo

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

Serving Info:	Points:	G	B	P
YIELDS: 4 cups	1 serving =	1	0	0
Servings: 8	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	3	0	0
	4 servings =	5	1	1

#### Ingredients:

- 1 lb extra lean ground turkey
- 3 tsp minced garlic (3 med. cloves)
- 1 to 3 tsp chili powder, to taste
- · 2 tsp paprika
- 1/2 tsp smoked paprika
- 3/4 tsp salt
- 1/2 tsp pepper
- 1 tsp dried oregano
- 1/8 to 1/4 tsp cayenne pepper or chipotle powder (to taste)
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground cinnamon
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 1 Tbsp beef flavored granules (like Knorr brand)
- · 2 Tbsp apple cider vinegar

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



Delicious latin flavors with lime and cinnamon

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

Serving Info:	Points:	6	B	P
Seasoned Mix	1 serving =	1	0	0
Servings: 12	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	3	1	1
	4 servings =	3	1	1

#### Ingredients:

- · 1lb extra lean ground turkey
- 3 tsp beef flavored granules (bouillon)
- 1/2 tsp onion powder
- · 1/2 tsp garlic powder
- · 1-1/2 tsp worcestershire sauce
- 1-1/2 tsp ground cumin
- 1/2 tsp dried oregano
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 1/2 tsp salt
- 1/4 tsp pepper
- 6 green olives, stuffed with pimientos, chopped (don't get the HUGE olives, you want 6 for 1 point)
- 1 small red bell pepper, finely diced (around 1/2 cup)
- 1 small green bell pepper, finely diced (around 1/2 cup)
- · 1 Tbsp raisins, chopped
- · 2 medium garlic cloves, minced
- 1/4 tsp ground cinnamon
- · 1 Tbsp lime juice
- · 1/4 cup fresh chopped cilantro

#### Directions:

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





Awesome, 0 point Italian Sausage substitute

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

Serving Info:	Points:	G	B	P	
Seasoned Mix	1 serving =	1	0	0	
Servings: 8	2 servings =	2	0	0	
Serving Size: 2oz	3 servings =	3	0	0	
	4 servings =	4	0	0	

#### Ingredients:

- 1 lb extra lean ground turkey
- 1 tsp fennel seeds, toasted (instructions on pg. 47)
- 1 tsp garlic powder
- 1 tsp onion powder
- · 1 tsp dried italian seasoning
- 1/2 tsp dried basil
- 1 Tbsp dried parsley
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 1/2 tsp salt
- 1/4 tsp fresh ground pepper
- 3/4 tsp paprika
- 2 Tbsp red wine vinegar
- 1 Tbsp beef or chicken granules (bouillon)
- · red pepper flakes to taste (OPTIONAL)

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



#### A spicy and savory Caribbean spice blend

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

Serving Info:	Points:	G	B	P
Seasoned Mix	1 serving =	1	ō	0
Servings: 8	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	2	0	0
	4 servinas =	3	0	0

#### Ingredients:

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

#### Directions:

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



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

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

Serving Info:	Points:	G	B	P
Seasoned Mix	1 serving =	1	0	0
Servings: 10	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	2	0	0
	4 servinas =	3	0	0

#### Ingredients:

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

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



A smoky, savory and slightly spicy sausage mix

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

Serving Info:	Points:	6	B	P
Seasoned Mix	1 serving =	1	0	0
Servings: 8	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	3	0	0
	4 servings =	4	٥	Λ

#### Ingredients:

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

#### Directions:

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

## Page 12 • Seasonings



A versatile mix that gives a deep, beefy flavor

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

Serving Info:	Points:	<b>6</b>	B	P	
Seasoned Mix	1 serving =	1	0	0	
Servings: 8	2 servings =	2	0	0	
Serving Size: 2oz	3 servings =	3	0	0	
	4 servings =	4	0	0	

### Ingredients:

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

#### Directions:

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

#### Note:

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

# Things You'll Need:

# Chicken & Beef Flavored Granules



#### Add Instant Deep Flavor

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

which I use in anything that has ground turkey. While most brands will turn to 1 point at 2 or 3 teaspoons, Knorr stays at 0 points until you use 3-1/2 teaspoons. At the majority of supermarkets, you most likely won't find it in the soup aisle, which is where you'd THINK to find it. 99% of the time it'll be in the aisle with the Mexican or Latin foods, even at Walmart. Scan any brand of granulated bouillon that you find, to make sure you get a brand that stays at 0 points for 1 Tablespoon. If you can't find one, get what you can, but adjust how much you use, to stay 0 points. LEAVE OUT the granules if using Beef.

## Rinse Your Hands! (say whaaaaaa?)



#### Stop Being So Tacky, Baby!

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

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

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

#### Meatballs



#### Make ANY of these mixes into meatballs

With a 1lb batch of the meat mixes, use a measuring spoon to scoop out 1 Tbsp rounds of meat. When rolled they make perfect snack sized meatballs. You can get around 30 out of 1 pound, or 15 2 Tbsp sized meatballs. I've had good luck baking them at 425 for 15 minutes.

# **Baking Soda**



#### What'chu talkin 'bout, Willis??

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

with 1/2 tsp of water, then allow the meat to rest for 30 minutes before cooking. It completely changes the texture of the meat. It retains a TON of it's own moisture. You know how when you normally cook ground turkey, it's swimming in a pool of it's own liquids? Who wants grey meat! Doing this locks in so much liquid, that the meat ends up more juicy AND it browns in the pan sooooo much better. It's a flippin' Vatican-worthy miracle, imho. Ground turkey ends up having a texture closer to cooked ground pork, which makes these seasonings REALLY sing. Give it a try, you won't regret it.

NOTE: Want to have the most tender chicken ever?

Mix 1/4 tsp baking soda with 1 Tbsp water, rub it over up to 1 pound of chicken breasts or tenderloins, then let it sit for 20 minutes.

# **Burger Patties**



#### THEY COOK FAST!!!!

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

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

#### Cocoa Powder



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

Here's a cool trick, if you want to make your ground turkey burgers actually LOOK like ground beef. In any of my meat seasoning recipes, add 2-3 tsp of unsweetened cocoa powder to the mix. But don't add it dry. The trick is to mix the cocoa with

a little bit of water, to form a paste, then mix it in with the other seasonings. This will cause the meat to take on a darker hue. That small amount will add an earthy note, rather than a chocolate flavor. It also compliments the cumin in most of the mixes.



# **Guilt Free Breading**

I'll be the first to admit that I went a little crazy-overboard during my weight loss phase of my journey. I went nearly half a year without eating anything that was breaded because of how point conscious/paranoid I was. Then one day after reaching goal, a thought occured to me. In the recipe builder I noticed that if I added 2tsp of all purpose flour to a recipe it was 1 point, but if I added 2 different types of flour with 1-1/2tsp of EACH, that it was still 0 points even though I now had 3tsp of flour. So that made me go into the builder to see how I could outsmart it with amounts of different crumbs. This is the result.

## Ingredients:

- 2 egg whites
- 1 Tbsp Water
- 1 Tbsp Fat Free Plain Yogurt (or Greek)
- 1 tsp Dijon Mustard (optional)
- 1/2 cups Instant Mashed Potato Flakes
- 2 tsp Panko Bread Crumbs
- · 3 Tbsp Plain Bread Crumbs
- Additional Herbs & Seasonings to Taste
- Cooking Spray

#### Directions:

- 1 Whisk together the egg whites, water, yogurt, & mustard (if using), in a wide bowl or dish.
- 2 In a separate container, mix together the flakes, bread crumbs, desired herbs and seasonings.
- **3** Pat your prepared meat dry with paper towels if necessary to ensure that they are dry.
- 4 Lightly dredge your meat cutlets, 1 at a time, through the eggwash, lifting it up and allowing excess eggwash to run back into the bowl.
- 5 Place the meat into the dish with your breading and lightly coat both sides.
- 6 Place the breaded meat on a dish and liberally coat with cooking spray on both sides.
- 7 Cook the breaded meat according to your recipes directions.

#### Yields:

Makes enough breading to coat 4 medium sized chicken breasts

Points: 1 serving = 1 1 1 1 2 servings = 3 3 3 3 3 servings = 4 4 4

#### COOKING TIP:

If baking, for best results bake the breaded cutlets on a wire rack on top of your baking pan to allow for heat to circulate around all sides of the chicken. It will keep the bottom of the meat raised off of the surface so that it gets crispy on both sides.





# Snap Crackle Pop, Rice Breadiiiiiing

That breading recipe, over yonder, that says 1.0... I put that together around a year and a half ago, this my upgrade. I came up with this one not too long ago, back when someone mentioned to me how people used to make pie crust with crushed rice krispies because of the points. That got me thinking, "I wonder if you could use it for breading?" Aaaand here we are.

#### Breading:

- 1-1/4 cup crispy rice cereal (like rice krispies). Place it in a ziplock bag and crush it. You'll end up with around 2/3 cup.
- 1-1/2 tsp plain breadcrumbs
- · 2 tsp panko breadcrumbs
- 1/4 tsp salt
- · 1/4 tsp black pepper
- · 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp italian seasoning

#### Egg Wash:

- · 2 large eggs
- 1-1/2 tsp self rising flour
- 1-1/2 tsp cornstarch
- · 1 tsp dijon mustard
- 1-1/2 tsp water

#### Directions:

- 1 Prepare the egg wash. Whisk together the 2 eggs, set aside.
- 2 In a small dish, stir together the flour, cornstarch, dijon mustard and water into a smooth, thick paste. Whisk into the beaten eggs. It will slightly thicken the egg wash.
- 3 In a large ziplock bag, crush the rice krispie cereal until it has the same texture as plain breadcrumbs. Pour into a bowl.
- **4** Add the panko, regular breadcrumbs, salt, pepper, garlic powder, onion powder and italian seasoning (optional). Stir to mix.
- 5 Now, it's pretty self explanatory. Dip things in the egg, let the excess run off into the bowl. Then lightly coat with the breading.
- 6 Spray the breaded items with cooking spray, on a foil lined pan.
- 7 Once breaded, I typically use this to bake things at 425 degrees for around 15 minutes, or until browned.

## Servings Info.:

Yield: about 3/4 cup breading

**Servings:** Dependent upon how you use it. It can bread 4 large chicken breasts, or a sheet pan of onion rings.

Points: 1 serving = 2 1 1 2 servings = 4 2 2 3 servings = 6 3 3

#### Note:

- If you are on the GREEN plan, use 2 egg whites instead of regular eggs. It will then have the exact same points per serving as the BLUE and PURPLE plans.
- This breading is used in a few of the appetizers later in this book.
- This versatile breading works great on anything. Zucchini, banana bites, chicken strips, clams...





# DIY Fat Free "Cream Cheese" Substitute

First off, I need to give credit where it's due and thank "@mickeydoyle5" from Connect for tipping me off to this ingredient hack that I had never heard of before. Once I heard about it I HAD to try it considering how much fat free cream cheese I go through with my cupcakes. THIS STUFF IS AWESOME!!! Make sure that you use a Greek Yogurt with a very mild "tang" to it, as a lot of Greek Yogurts have a very sharp taste that sucks the life & happiness out of desserts normally. I used Chobani Fat Free Greek Yogurt, though my ABSOLUTE FAVORITE is FAGE 0%. Fage is a little pricier but it has the least amount of yogurt tang of all the major brands. It is an almost perfect match to a slightly softened cream cheese with juuuust a tiny bit of bite to it. I personally think that it works as a wonderful sub for cream cheese in dips, spreads and in appetizers. Some folks have been using this in cheesecake recipes with success, which inspired me to start using it in place of cream cheese for my frostings.

Yields: 4 cups

**Servings:** The servings is completely dependent on the application for which you plan to use the strained yogurt. Below, I will post the TOTAL POINTS for

yogurt. Below, I will post the TOTAL POINTS for the entire container's worth of yogurt. Use as much or as little as your recipe requires. Total Points: 11 0 0

This is the amount of points for the <u>strained</u> 4 cups of Greek yogurt. If you are on the <u>Green</u> plan, your points per serving will be dependent on your recipe

## What You'll Need:

- 35oz FAGE (or other mild) Fat Free Greek Yogurt
- Cheese Cloth (or paper coffee filters)
- Strainer
- · Large Bowl
- Plastic Wrap

# **Directions:**

- 1 Attach or set a plastic or metal strainer onto a large bowl or pot in such a way that the strainer will not come in contact with any liquid that drips to the bottom.
- 2 Line the bowl of the strainer with 6-8 layers of cheesecloth or paper coffee liners (much cheaper).
- 3 Pour all of the Greek Yogurt onto the cheesecloth.
- 4 Cover it all with plastic wrap and set in the refrigerator for at least 24 hours (mine was fine at 24).
- **5** Store in an air tight container for up to 1 week and use in place of regular cream cheese.

#### Note:

- If you are unable to get cheese cloth, you can line your strainer with a few layers of paper coffee filters.

# 0 point creamy awesomeness



# How To Make It Melt

There has always been one constant truth in the Universe, that Fat Free Cheese can't melt. Actually it can, it's just always done a really bad job of melting. (It sucks at it, actually.)

One afternoon while cooking I accidentally dropped some fat free cheese on the kitchen counter and it landed up against a little dab of yogurt. I was feeling lazy and decided to clean it up later. However when I came back, the two had kind of melded together, which gave me the idea to try this.

By mixing ANY amount of fat free shredded cheese with roughly 1/2 as much fat free plain or greek yogurt, then using it as a spread, you can "cheese" a pizza, lasagna, casserole, any dish you want, for virtually no points compared to regular cheese. It sounds so wrong... but it's so right. Once exposed to high heat, the yogurt and cheese both melt together..



# **Fat Free Cheese Hack**

How To Make Fat Free Cheeses Melt Like Regular Cheese

# Ingredients:

- Any amount of Fat Free Shredded Cheese
- Roughly 1/2 to 3/4 as much Fat Free Plain or Greek Yogurt

#### Directions:

- 1 Take any amount of Fat Free Shredded Cheese (or low fat cheese if you would like to make that more melty as well) and mix it in a mixing bowl with the yogurt until well combined into a thick ricotta-like sticky mixture.
- 2 Spread or dollop the cheese onto the surface of the dish you would like it to melt on. Cook in the same manner that you would regular cheese. (IE: Baked into a casserole, on top of Chicken Parmesan, etc)

#### COOKING TIPS:

- A huge benefit of this versus just rinsing off the cheese to help it melt is that the yogurt adds volume to the cheese, stretching it further in your recipe. Add 1 cup of yogurt to 2 cups of cheese. You now have 3 cups of cheese spread for the points of 2 cups.
- -The "Point" value for this technique is based entirely upon how much fat free cheese you decide to use. The Yogurt has 0 points, so all that you are accounting for when building your recipe to determine points-per-serving is the cheese.

## Points & Servings:

The points and number of servings is completely dependent upon how much of the cheese you use and how you will be using it. You will need to figure out the points for yourself, based upon your needs.



# **Masa & Tortillas**

The Latin American Dough For Tortillas, Tamales, Sopes, & more

Latin American cuisine would be nowhere without Masa, a dough made from very finely ground corn, which is used to make Tortillas, Tamales, Gorditas, Sopes... it is everything in Latin cooking. Think of it like the all purpose flour that you're used to using for biscuits, rolls, pizza dough, and other common baked goods. The flour required to make Masa is in most all grocery stores, typically found in either the Latin/Ethnic section or by where the Cornmeal is sold, sometimes labeled as "Maseca, Instant Tamale Mix." Note, this is NOT a traditional recipe, this is my version. I like my tortillas a little softer, so I add yogurt in place of lard. This makes the masa softer and also helps the texture should you choose to make tamales by adding the additional baking powder.

### Ingredients:

- 2 cups Masa Harina, Maseca, or other brand Instant Corn Masa (corn flour NOT cornmeal!!)
- 1-1/4 cup Water
- 1/2 cup Fat Free Plain or Greek Yogurt
- 1/2 tsp salt
- Additional water if needed for mixing
  - \*\*\* (add 2tsp baking powder if being used to make Tamales)
  - \*\*\* (use chicken broth instead of water, if making Tamales)

#### **Directions:**

 In a large mixing bowl, combine the corn flour, 1-1/4 cups water, yogurt, and salt. Mix thoroughly until you form a semi-firm dough ball. If dough appears dry while mixing, add additional water as needed.



#### SERVING SIZE & POINTS:

- The servings & points vary, depending on how much you use. For tortillas I use 1/8 portions, for tamales I use 1/4 portions. The points listed below are for 1/8 sections, which make a good sized tortilla, using a tortilla press.



2. Remove dough to a cutting board, and cut into 2 equal sized 1 cup dough balls. Then portion each 1 cup dough ball into 1/4's and then into 1/8's sized portions.



Roll each one of the 16 small dough sections into a circular ball. Then, on a flat surface, use your palm and fingers to press the dough balls into tortilla sized rounds.



4. For perfectly uniform tortillas, you can use a traditional tortilla press to form them. They are fairly inexpensive and can be purchased at most ethnic grocery stores, walmarts, or online, for around \$10.-15. Get a metal one.



5. To cook the tortillas, heat a skillet, griddle, or large pan on medium-high heat. Cook each tortilla for around 45 seconds on each side.



6. Keep tortillas warm by placing them in a covered container, or place them on a plate covered with a dish cloth. Tortillas are best served warm... unlike revenge.



#### A FEW DIFFERENT USES:

- A) Sopes Traditionally, the base is made from a circle of fried masa with sides pinched up to resemble a shallow cup. However for WW purposes you should spray it with cooking spray and then bake it. This can then be topped with any number of toppings. Bake the shells at 350 degrees for 10-15 minutes.
- B) Tamales If you are a WW member, you can view a video in Connect where I show how to make 3 point Tamales. Search for #dhallaktamales and scroll down to my DIY Tamale video.
- C) Arepas Arepas are awesome. For best results use a 3 point 1/4 cup section of the Masa dough, form it into a 1/2" thick tortilla round. For the non-fried WW version, cook it on a hot griddle or pan for 45 seconds on each side, and then remove it from the heat and slice it ALMOST completely in half down its length like a big pocket. Stuff it with fillings of your choice, then return it to heat.
- D) If you need me to explain what a Taco is... put down this book. Put it down. No really, put it down. No food for you.

#### COOKING TIP:

- You can easily halve this recipe if you don't want to make a big batch.
- If you plan to make Tamales OR Arepas, make sure to add 1 tsp of baking powder to each cup of flour that you use to help them fluff up a little bit.
- If you would like to NOT use the yogurt in this recipe due to dairy allergies, you can replace it with an equal amount of silken tofu.
- If you would like an even MORE chewy tortilla, you can substitute
   1/4 cup of the corn flour with 1/4 cup of all purpose flour. I personally love the texture that way... but I'm a full-on Gringo.
- If you buy a tortilla press, I would recommend a metal one. They are
  a few dollars more, but they are more durable. I've broken 2 plastic
  ones from the hinges breaking with too much pressure.
- Instead of a tortilla press you can put one of the balls of masa between
   2 layers of plastic wrap and press down with a pot.
- For more savory tortillas add 1/2 tsp garlic and onion powder to the flour.

# **Low Point Crust**

#### Replacing Traditional Graham Cracker Crusts for Pies

One of the hardest things to manage while trying to eat healthier is desserts. Let's face it, it's the biggest hurdle for most of us, we love our sweets. Chief among those is pie, traditionally made with a ton of crushed graham crackers, sugar and butter. Regular Graham Cracker pie crust is a freaking Calorie Bomb, and as such is a ton of points. A typical graham cracker pie crust for a 9" pie will add around 55-70 points to your recipe, making it virtually impossible to have pies without blowing through all of your dailies. Well, you can still have pie crust, you just have to get creative and make some compromises.

As with all of this weird stuff I stumble upon, it's all born out of a desire to continue eating the foods I want, period. So, who would know how to knock the points from sugar and butter out of a dessert? Diabetics. I started searching through Diabetic cooking sites and forums and saw that they tended to use low sugar, high fiber cereals for their pie crusts instead of graham crackers. Turns out those are a lot less points than graham crackers too. After a few attempts, this is what I came up with.

## Ingredients:

- 1-1/4 cups Kelloggs All Bran Cereal, All Bran Buds, Fiber One, or other low point High Fiber cereal
- 1/2 cup fat free plain Greek yogurt
- 3/4 tsp ground cinnamon
- 1-1/2 Tbsp sugar free maple syrup (pancake syrup)
- 8 second spray, butter flavored cooking spray (0 points worth, check your brand)
- 1/2 cup 0 point sweetener of choice (Monkfruit, Splenda, Stevia, etc)

#### Directions:

- 1 Put the cereal in a food processor, process on high until the cereal is ground into fine crumbs, resembling crushed graham crackers.
- 2 Add the remaining ingredients and process on high until well combined.
- 3 Spray a 9" pie pan or springform pan with cooking spray.
- **4** Press mixture down into pie pan and compress slightly. with your hands & fingers.
- 5 Cook the same as you would a regular graham cracker crust.





Points: 1 serving = 1 1 1 1 2 servings = 2 2 2 2 3 servings = 3 3 3

## Servings:

- Makes enough crust for a 9 in. pie pan.
- 7 total points for the entire crust
- The above listed points, assume 8 servings.

#### COOKING TIPS:

- This crust is not as sweet as a regular graham cracker crusts. That's because regular graham crackers have enough sugar to make Paul Bunyan diabetic. After you prepare this mixture, taste it. Add more sweetener if you feel it needs to be sweeter.
- You can also consider adding some additional flavorings with baking extracts, such as vanilla, caramel, maple, or even pumpkin pie spice extract. They can be found in the spice aisle of your grocery store.
- Want it a little softer? Add some baking powder. Want it a little crisper? Add some baking soda and a splash of apple cider vinegar.







Though only a few of my meat seasonings call for toasting spices, this technique WILL be used in later cookbook volumes. Toasting spices and herbs enhances the flavors of some of my sauces, dips and dressings that call for spices or sesame seeds. You can toast whole spices, like fennel, caraway & coriander seeds. You can then use them whole, crush them, or you can buy an inexpensive spice grinder (I got mine for \$8 on amazon) for fresh ground spices.

Aside from whole spices, you can "bloom" ground spices and even fresh herbs, like sprigs of rosemary and thyme. It's virtually the same process, but with ground spices and herbs. Other recipes, later on, will use toasted seeds, shredded coconut and more.

#### What You'll Need:

- A Pan
- · Some Heat
- Seeds, Spices, Nuts, Herbs (the legal kind, please) and more
- · A Fully Functioning Sniffer

### **Directions - Whole Spices:**

- 1 Preheat a small pan over medium-low heat for around 30 seconds.
- 2 Add the amount of spices that you'll need into the pan. Shake it or stir the spices to prevent burning. Smaller spices and spices with thin skins need just a minute.
- 3 Once the spices become fragrant, remove them from the pan. If you plan to crush or grind your spices, allow them to cool first. Done.

# **Directions - Ground Spices (blooming):**

- 1 Preheat a small pan over medium-low heat for around 30 seconds. For 0 point blooming, spray butter or olive oil cooking spray into the pan. Allow the spray to heat up a little bit, then add your ground spices to it and stir with a rubber spatula or wooden spoon, to form a paste. Lower the heat to low, ground spices can burn faster than whole.
- 2 Stir the spices to prevent burning. Once the paste become fragrant, add it to your dish.

# Directions - Everything Else:

- 1 Pretty much the same as either of the above methods, just use common sense.
- 2 Use the "whole spice" method for toasting pine nuts, sesame seeds, peppercorns, wandering gnomes that you might find in your travels...

#### Note:

- You can add freshy sprigs of rosemary, thyme and other herbs to a hot pan to make them more fragrant, prior to adding them into a dish, though it does cause them to wilt slightly.
- Crush toasted seeds by placing them in a ziplock bag, then playing whack-a-mole with a kitchen mallet, a small pot, or a CVS Pharmacy receipt.
- If you don't mind the extra points, you can use butter or oil to bloom your spices, but adjust your recipe's points accordingly.
- You can bloom your ground spices without any oil, spray, or liquids. Add the ground spices to the hot pan and stir as you would whole spices. It will take longer, but it works.







