

Lebanese Ground Turkey Kafta - Page 26
Hands down, the most flavorful of my meat mixes. Middle Eastern seasoned ground turkey, loaded with exotic herbs and spices



Mango Salsa - Page 19



No Sugar Added BBQ Sauce - Page 16



Mexican Pollo Asado Marinade - Page 29
Seasoned chicken with citrus juices, garlic, oregano and chile powders



Healthier 'Gringo' Guacamole - Page 18
Guacamole made with Avocado AND roasted zucchini, it's awesome



Liquid Awesomeness & Seasonings

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An exotic blend of Indian spices and flavors, to imitate the classic entree

5 MINUTE MARINARA SAUCE

This is a VERY fast, small batch Marinara sauce that mixes together in 5 minutes. Leave the Italian food snobbery at home.

Serving Info.:

Yield: 3-3/4 cups
Serving Size: 1/2 cup
Servings: 7



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Ingredients:

- 1 (30oz) can o' tomato sauce
- 1 Tbsp red wine**
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp dried basil
- 1/4 tsp italian seasoning
- 1/2 to 1 tsp 0 point sweetener o' choice, to taste.
- 1/4 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Bring to a low simmer for 5 minutes. Done.

- If you don't want to use red wine, you can replace it with 1 Tbsp red wine vinegar.
- The sweetener is optional, I like a slightly sweet sauce.
- I don't have time to simmer a sauce for hours. I haz toddlerz.
- I apologize to all of the Italian Nonas, that are marching to my house with torches, pitchforks, and cast iron skilletz.

BBQ SAUCE

This is a simplified, small batch version of my regular BBQ sauce, from Cookbook 1. It comes together in under 5 minutes.

Serving Info.:

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



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Ingredients:

- 15oz canned tomato sauce
- 1 tsp each: garlic powder, onion powder, ground cumin, dry mustard, molasses and liquid smoke (hickory)
- 2 tsp each of: smoked paprika and worcestershire sauce
- 1/2 tsp each: salt and chili powder
- 1/4 tsp black pepper
- 1/3 to 1/2 cup 0 calorie sugar (or brown sugar) replacement o' choice, to taste.
- 1/3 cup apple cider vinegar
- 1 Tbsp lower sodium soy sauce
- 2 tsp 'Kitchen Bouquet browning sauce & seasoning', for color

Directions:

- 1 Mix everything together, till well combined.
- 2 Heat in a small pot, till warmed through. Cool to room temperate.

- Liquid smoke can be found in the condiment aisle at the store, usually.
- The 'Kitchen Bouquet' seasoning/browning sauce is optional. Though it does add depth of flavor, it's primary purpose is to give the BBQ sauce that dark brownish color you see in store bought sauces.

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 cup
Serving Size: 1/4 cup
Servings: 4



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Ingredients:

- 1 cup diced roma tomatoes
- 1/4 cup fresh basil, loosely packed, finely chopped
- 2 medium cloves garlic, crushed, finely chopped
- 1/4 tsp salt
- 1/8 tsp pepper
- 1/4 tsp 'robust' olive oil
- olive oil cooking spray, 4 second spray (optional)
- 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. But for me personally, I feel that bruschetta with diced onion is simply just Pico De Gallo, with basil instead of cilantro and balsamic instead of lime juice. Yup... I went there. Come at me, bro!

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



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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, add more Greek yogurt

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



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Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 3 Tbsp yellow 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
- 3 Tbsp 0 calorie brown sugar replacement
- 1 tsp worcestershire sauce
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp chili powder
- 1/2 tsp smoked paprika
- 1 Tbsp apple cider vinegar
- 1/2 tsp salt
- 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.

CHIMICHURRI SAUCE

An Argentinian sauce/dip/marinade that's loaded with herbs, vinegar, garlic and and spicy bite from red pepper flakes

Serving Info.:

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



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Ingredients:

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

Directions:

- 1 Add all ingredients to a food processor and pulse till the herbs are broken down and finely minced.

CREOLE REMOULADE

This spread/dip is really just my healthier recipe for Outback Steakhouse's Bloomin' Onion sauce, with added Cajun seasonings.

Serving Info.:

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



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Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 2 Tbsp store bought "prepared" horseradish sauce
- 1/4 cup stone ground mustard
- 1/4 cup apple cider vinegar
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/4 cup tomato sauce
- 1 Tbsp lemon juice
- 1/4 salt
- 1/4 tsp black pepper
- 1-2 tsp cajun seasoning, to taste *(leave it out, if you want regular "Bloomin' Onion" sauce)*

Directions:

- 1 Mix everything together till smooth, done.

GREEK TZATZIKI SAUCE

A Greek dip/sauce loaded with tons of minced cucumber, dill, mint and lemon juice. It's commonly slathered on EVERYTHING Greek.

Serving Info.:

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



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Ingredients:

- 1 cup plain fat free Greek yogurt
- 1/2 cup cucumber. Peeled, finely chopped/minced and pressed between paper towels to remove excess liquid.
- 1 Tbsp lemon juice
- 1 tsp olive oil
- 1 small garlic clove, crushed, finely chopped
- 1 Tbsp fresh dill, finely chopped, loosely packed
- 1/2 tsp fresh mint, finely minced (optional)
- 1/4 tsp salt

1. Peel 1/2 of a medium sized cucumber. Finely mince/dice it, then press the minced cucumber onto paper towels, to remove as much of the excess liquid as possible. Yes... I know I'm repeating this from the ingredients, but it's important. Set aside.
2. Finely mince the fresh dill and mint (if using), as well as the garlic clove, set aside.
3. Mix all of the ingredients together in a bowl, till well combined. Set aside in the fridge for at least 1 hour. The flavors will develop much more, if allowed to rest.

GUACAMOLE - 1 cup batch

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

Serving Info.:

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



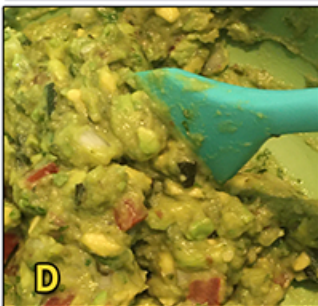
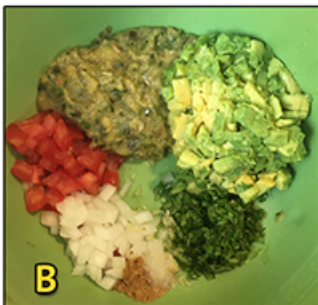
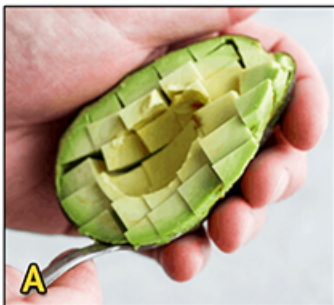
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Ingredients:

- 5 oz zucchini (1 good sized medium zucchini). Ends trimmed
- off. Slice in half, then across horizontally (making 4 pieces).
- 1/4 tsp salt
- 1/4 tsp cumin
- 1 medium garlic clove, crushed and finely chopped/minced
- 2 Tbsp cup finely diced onion
- 2 Tbsp roma tomatoes, seeds removed, diced
- 4.5 oz avocado flesh (1 med. avocado, flesh weighed in oz)
- 1-1/2 tsp lime juice
- 1/4 tsp olive oil
- 1 Tbsp fresh cilantro, finely chopped, loosely packed

1. Preheat oven to 425 degrees. Line a small pan with foil. Spray zucchini with cooking spray, bake for 20-25 minutes.
2. Remove zucchini from oven and place into a ziplock bag for 5 minutes, to let it steam and soften. Using a blender or immersion blender, puree/process the zucchini till almost smooth. Place into a large mixing bowl, along with the salt, cumin and crushed/minced garlic.



3. (A) Carefully halve your avocado, remove the pit, then use a butter knife to dice the 'flesh' while it's still inside the avocado skin/cup. Scoop the flesh into a bowl and measure with a kitchen scale, in ounces. (B) When you have 4.5 oz, move it to the large mixing bowl with all other guac. ingredients. (C) Use a spoon to mix the guac. together. (D) For creamier guacamole, mash down while mixing the ingredients, to break down the avocado more.

'HOT DOG' Chili

This is my healthier version of a more finely ground, less 'soupy' chili you'd find on a Coney Island style hot dog or chili burger.

Serving Info.:

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



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Ingredients:

- 1/2 lb 99% fat free ground turkey
- 1-1/4 to 1-1/2 tsp chili powder, to taste
- 1 tsp **EACH**: paprika, smoked paprika, garlic powder, onion powder & worcestershire sauce
- 1/2 tsp **EACH**: salt & ground cumin
- 1/4 tsp pepper
- 1 cup fat free beef broth
- 1/2 cup tomato sauce
- 1 tsp Kitchen Bouquet browning & seasoning sauce (for color)

1. In a large bowl, use a whisk to Mix ALL ingredients together into a yucky looking, wet meat paste. Heat in a small pot over medium heat, whisking the entire time, till it comes to a boil.
2. Reduce heat to a LOW simmer. Continue whisking the mixture for 5-6 minutes, or until desired consistency. Season to taste.

HUMMUS (classic)

My skinnied down take on the classic dip. This recipe is taken from cookbook 2 and gives you 1/2 cup for 1 point

Serving Info.:

YIELDS: 4 cups
Servings: 16
Serving Size: 1/4 cup



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Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of actual chickpeas.
- 2 Tbsp tahini (sesame paste)
- 1/4 cup lemon juice
- 4-5 fresh garlic cloves (to taste)
- 1/3 cup reserved garbanzo bean juice
- 2 Tbsp water (or more, if you want it thinner)
- 1/3 cup fat free yogurt (or greek)
- 1 tsp olive oil (get one that says 'robust' or 'bold' flavor)
- 2 tsp ground cumin
- 3/4 tsp salt
- 1/4 tsp sesame oil (adds a nice pop of nuttiness, making up for the lack of additional Tahini)

Directions:

1. Drain the garbanzo beans, reserve the liquid, and rinse off the beans.
2. Add the garbanzo beans, tahini, lemon juice, garlic, garbanzo bean juice, water, yogurt, oils, cumin, and salt to a large blender or food processor and process until pureed and smooth.
3. If the mixture is too thick, add more water into the food processor, 1 Tablespoon at a time, until it takes on a very smooth, creamy and easily spreadable consistency.
4. Garnish with a dusting of paprika and minced parsley.

KETCHUP

A simplified and smaller batch recipe for my original spiced ketchup from Cookbook 2.

Serving Info.:

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



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Ingredients:

- 1 cup canned, unsalted tomato sauce
- 2 Tbsp unsalted tomato paste
- 1 Tbsp apple cider vinegar
- 1 Tbsp lemon juice
- 2 tsp worcestershire sauce
- 1/2 tsp to 3/4 tsp celery salt, to taste
- 1/4 tsp each, onion powder, garlic powder
- 1/8 to 1/4 tsp black pepper, to taste
- 1 Tbsp 0 point sweetener o' choice

Directions:

1 Mix everything together till smooth, done.

- You can replace the celery salt with regular salt, but it will not have that nice, savory flavor.
- If you don't have apple cider vinegar, distilled white vinegar works fine too.
- You don't haaaaave to make my ketchup, feel free to use any brand you want. But, homemade tastes better. Plus, you can control what goes into your food. Also, mine's lower in total points, fat and calories.
- Most sugar free ketchups are sweetened with Aspartame. If you have food sensitivities to it, you can make this ketchup using a sweetener you CAN have.

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



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Ingredients:

- 1 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1 tsp dijon mustard
- 1/8 tsp salt
- 1/4 tsp 0 calorie sugar replacement o' choice

Directions:

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

MANGO SALSA

A simplified and smaller batch recipe for my original spiced ketchup from Cookbook 2.

Serving Info.:

Yield: 3-1/2 cups
Serving Size: 1/4 cup
Servings: 14



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Ingredients:

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

Directions:

- 1 Prep/Dice all of the vegetables as directed, remember to use gloves while handling the jalapeno.
 - 2 Mix all ingredients together in a bowl, cover and set aside in the fridge for at least 1 hour. Done.
- If you don't want to deal with a whole jalapeno, buy some canned, diced green chilis. 2 Tbsp will work fine, however, if you use canned chilis, press some of the canned juice out of them, by pressing the diced chilis between paper towels.
 - If you want pineapple salsa, swap out the 2 cups diced mango for pineapple, and leave out the sweetener.

PICO DE GALLO

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



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Ingredients:

- 1 cup diced tomato (1 large tomato)
- 3/4 cup diced onion
- 1 Tbsp chopped/diced, canned green chiles. (I used mild, I'm a wimp)**
- 1/2 cup finely chopped fresh cilantro
- 2 Tbsp lime juice
- 1/4 to 1/2 tsp salt, to taste

Directions:

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

- If you'd like to use diced jalapeños instead of canned diced green chilis, be my guest.

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 Size:

Yields: 1-3/4 cups

Servings: 7

Serving Size: 1/4 cup



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Ingredients:

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



Directions:

- 1 Cook all of the bacon in a 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.

NOTE:

- 'Center Cut' bacon is lower in points than regular, fattier bacon. However, if you want it to be 1 point per slice, you need to clean the rendered bacon fat from your pan, after you cook it.

TARTAR SAUCE

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



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Ingredients:

- 3/4 cups fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 3 Tbsp dill pickle relish
- 3 Tbsp cup onion, finely diced
- 1/2 tsp sweetener of choice, to taste.
- (stevia, splenda, truvia, monkfruit, swerve, etc.)
- 1-1/2 tsp fresh dill, finely minced, loose packed
- 1/4 to 1/2 tsp salt, to taste
- 1/8 tsp pepper
- 2 tsp lemon juice
- 1 tsp worcestershire sauce
- 1 to 2 tsp water, if needed, to thin sauce
- dash of hot sauce (optional)

Directions:

- 1 Mix it all together, done.

TERIYAKI SAUCE

This sauce is truly awesome and comes together really fast. Is it authentic? No. Is it tasty and does it fit the flavor profile? Yup.

Serving Info.:

Yield: 1 cup

Serving Size: 1/4 cup

Servings: 4



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Ingredients:

- 3/4 cup water
- 1-1/2 tsp cornstarch
- 2 Tbsp 0 point sweetener o' choice PLUS 1/4 tsp molasses, or... 2 Tbsp 0 point brown sugar substitute.
- 3 Tbsp PLUS 1 tsp low sodium soy sauce
- 1 Tbsp sugar free syrup (pancake syrup)
- 1 medium garlic clove, chopped
- 1/2 tsp fresh ginger, minced, OR 1/4 tsp ground ginger
- 1/8 tsp salt
- 1/8 tsp red pepper flakes (optional)

Directions:

- 1 Pour the water into a small sauce pot, stir in the cornstarch to dissolve, then add the rest of the ingredients.
- 2 Bring the sauce to a boil for 4-5 minutes. Remove from heat, cool to room temperature.
- 3 The sauce will thicken more as it cools. Stir every few minutes as it cools, so that it doesn't get a thin, firm layer on top from the cornstarch.



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

Traditional Caesar dressing has a ton of olive oil, whisked with raw egg yolks and anchovy, 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. There's also a fun trick for ditching the anchovy filet entirely...Asian fish sauce.

Ingredients:

- 1 cup water
- 1 Tbsp cornstarch
- 4 large egg yolks
- 1 Tbsp olive oil (see notes)
- 3/4 cup plain fat free Greek yogurt
- 2 Tbsp lemon juice
- 1 Tbsp dijon mustard
- 2 tsp worcestershire sauce (or 1/4 tsp asian fish sauce) **see notes**
- 2 Tbsp Kraft reduced fat Parmesan topping
- 1/4 tsp pepper
- 1/2 tsp salt
- pinch of cayenne pepper

Serving Info.:

Yields: 2 cups

Servings 8

Size: 1/4 cup



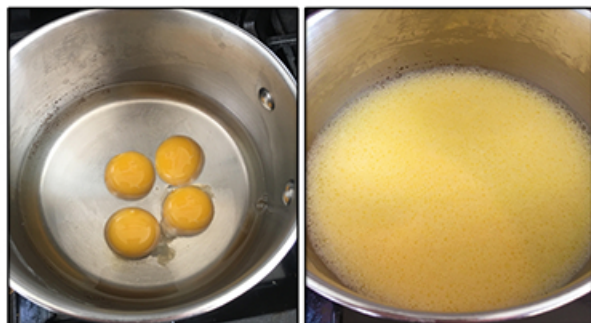
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- 2 Pour the cooked, cooled egg mixture into a tall container if using an immersion blender, or use a regular blender, to blend together the liquid, olive oil, yogurt, lemon juice, mustard, worcestershire (or fish sauce), Parmesan topping, black pepper, salt and cayenne pepper until smooth.



Directions:



- 1 In a small pot, stir together the water and cornstarch with the 4 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. Seriously, room temp.

- 3 Pour into a container and put into the refrigerator for 1 hour before serving, letting the dressing thicken slightly.

Notes:

- **ANCHOVIES:** REAL Caesar dressing, made from scratch, at fancy restaurants, calls for using a sardine filet, which then gets all smashed up and dissolved into the sauce. I'm not going to make you buy a can of sardines, plus... yuck. So, instead, we are using some worcestershire sauce, which does contain a little bit of anchovy, not much, but it does have a little.
- **ASIAN FISH SAUCE:** Want a more authentic flavor that REAL anchovies would impart into a legit caesar salad, without having to compromise by using worcestershire sauce or mushing up dead fishies? If you have my Asian cookbook, or have ever done any Asian cooking (REAL asian cooking, not skinny blogger stir fry's) you have used "Asian Fish Sauce". You can buy it at most all major grocery stores. It is used a lot in Vietnamese, Thai and Cambodian cuisine. It is essential anchovy water and it adds a TON of savoriness to any dish you put it in. Careful though, it's stinky.

Creamy Coleslaw Dressing

A simple, creamy and sweet base for coleslaws and salads. Customize it with some toasted sesame or poppy seeds. This recipe makes enough to dress a large communal bowl o' slaw.

Serving Info.:

Yield: 2/3 cup
Serving Size: 2/3 cup
Servings: entire batch



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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.

Italian Dressing

This is my hacked down copycat recipe for The Olive Garden's creamy Italian dressing.

Serving Info.:

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



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Ingredients:

- 1/2 cup water mixed with 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, dried basil & dried parsley
- 1/8 tsp red pepper flakes
- 1 tsp worcestershire sauce
- 1 tsp light mayonnaise
- 1/2 to 1 tsp 0 point sugar replacement, to taste
- 1/4 cup plain fat free Greek yogurt
- 3-1/2 tsp reduced fat, grated parmesan topping (like Kraft)

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 till cool.
- 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 if you can't have eggs.

Maple 'Honey' Mustard Dressing

This is my low calorie, reduced sugar, nearly fat free hacked down version of a traditional honey mustard recipe.

Serving Info.:

Yield: 1-3/4 cups
Serving Size: 1/4 cup
Servings: 7



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Ingredients:

- 1 cup plain fat free Greek yogurt
- 1/4 cup classic yellow mustard
- 1 Tbsp dijon mustard
- 1 Tbsp honey
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 3 Tbsp 0 calorie sugar replacement o' choice
- 1 Tbsp light mayonnaise
- 2 Tbsp lemon juice
- 1/2 tsp dry mustard
- 1/2 tsp salt
- 1/8 tsp black pepper
- additional water, if desired, 1 Tbsp at a time

Directions:

- 1 Mix everything together till smooth, done.

- Why the pancake syrup? Sugar Free syrup gives thick sweetness, while the small amount of honey infuses it, for a fraction of the points and calories. Plus, this is easier on the diabetic folks in the audience.

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



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Ingredients:

- (1) 1oz packet Hidden Valley Ranch 'the original' seasoning, salad dressing and recipe mix
- 1-3/4 cup plain fat free Greek yogurt
- 1/4 cup water
- 1 Tbsp white vinegar
- 1 Tbsp light mayonnaise
- 1 tsp 0 calorie sugar replacement o' choice

Directions:

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

'Roquefort' (Blue Cheese) Dressing

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
Serving Size: 1/4 cup
Servings: 8



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- last checked 01/23/24 -
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Ingredients:

- 1-1/4 cup fat free plain Greek Yogurt
- 6 Tbsp water
- 1-1/2 Tbsp white wine vinegar (or regular white vinegar)
- 1 medium garlic clove, crushed, minced
- 1 tsp worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp black pepper
- 71 grams Blue Cheese. (7-8 Tbsp) Aiming for 11 points worth, weighed in grams.

Directions:

- 1 Break apart/lightly chop the larger chunks of cheese, into smaller bits. Mix everything together in a bowl, using a whisk, till well combined.
- 2 Let rest, in the fridge, for at least 1 hour.
- 3 Invest in a strong mouthwash

Rice Wine Vinegar Dressing

A creamy, light, tangy and savory Asian dressing. It has a slight hint of sesame and garlic, along with a touch of sweetness.

Serving Info.:

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



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Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1/2 cup rice vinegar (unseasoned)
- 1 Tbsp white wine
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 2 Tbsp lower sodium soy sauce
- 1/4 tsp sesame oil (toasted sesame oil, preferably)
- 1/4 tsp garlic powder
- 1/4 to 1/2 tsp salt, to taste
- 2 Tbsp water, to thin dressing to desired consistency

Directions:

- 1 Whisk everything together in a bowl, till well combined.
- 2 Cover and let set in the fridge for 30 minutes.

- If you can find 0 point 'rice wine vinegar', use it in place of the rice vinegar and white wine, for a total of 9 Tbsp. I have to use rice vinegar plus regular white wine, because no stores near me carry 0 point brands of the vinegar, when scanned.

Sesame Ginger Dressing

This is my hacked down copycat recipe for the Sesame Ginger dressing, from 'Panera Bread'.

Serving Info.:

Yield: 1-1/2 cups
Servings: (6) 1/4 cup



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Ingredients:

- 1/2 cup fat free Greek yogurt
- 7 Tbsp rice vinegar (unseasoned)
- 1/3 cup low sodium soy sauce
- 3 Tbsp sugar free syrup (pancake syrup)
- 2 tsp powdered peanut butter
- 1/2 tsp curry powder
- 2 tsp 0 calorie sugar replacement o' choice
- 1 tsp ginger, peeled, finely diced/minced
- 2 medium garlic cloves, crushed, minced
- 1-1/2 tsp sesame oil
- 1/2 tsp asian chili sauce (I used Huy Fong brand)
- 3 tsp sesame seeds, toasted (see below)

Directions:

- 1 Toast sesame seeds over medium heat, for 3-4 minutes. Once they are slightly golden and fragrant.
- 2 In a large bowl, mix everything together, till smooth.

Thousand Island Dressing

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

Serving Info.:

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



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- last checked 01/23/24 -
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'Camera' App for
nutritional info.

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 tsp paprika
- 2 tsp 0 point sweetener o' choice
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Mix it all together, done.

Andouille

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 01/23/24 -
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Ingredients:

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

Directions:

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

Bratwurst

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 01/23/24 -
Use your mobile device's 'Camera' App to
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Ingredients:

- 1 pound extra lean ground turkey
- 2 tsp beef flavored granules (such as 'knorr' brand)
- 1/2 tsp ground cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 tsp smoked paprika
- 3/4 tsp dried mustard
- 1 tsp dried sage (might be in the spices as rubbed sage)
- 1/2 tsp dried marjoram
- 1/2 tsp black pepper
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 3/4 tsp nutmeg
- 1/2 tsp salt
- 1 tsp caraway seed, toasted (instructions on pg. 47)
- 2 tsp worcestershire sauce
- 1 tsp 'Kitchen Bouquet' seasoning & browning sauce (for color)

Directions:

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

Breakfast Sausage

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 01/23/24 -
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Ingredients:

- 1 lb extra lean ground turkey
- 1/2 tsp salt
- 1/2 tsp fresh ground pepper
- 1 tsp dried sage
- 1 tsp dried thyme
- 1 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 brown sugar replacement o' choice
- 2 tsp beef flavored granules (like Knorr brand)
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 2 tsp smoked paprika
- 1-1/2 Tbsp sugar free pancake syrup
- 1/8-1/4 tsp cayenne pepper to taste
- 1/4 tsp liquid smoke, hickory (OPTIONAL)
- 1 tsp 'Kitchen Bouquet' seasoning & browning sauce (for color)

Directions:

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

Chorizo

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 01/23/24 -
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Ingredients:

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

Directions:

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

Cuban Picadillo

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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Ingredients:

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

Directions:

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

Doner Kebab (Greek Gyro)

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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Ingredients:

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

Directions:

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

Greek 'Loukaniko'

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 01/19/24 -
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look at this code for nutritional info.

Ingredients:

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

Directions:

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

Italian Sausage

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 01/19/24 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 1 lb extra lean ground turkey
- 1-1/2 tsp fennel seeds, toasted in a hot pan till lightly smoking
- 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
- 1/2 tsp salt
- 1/4 tsp fresh ground pepper
- 2 tsp paprika
- 2 Tbsp red wine vinegar
- 2 tsp beef or chicken granules (bouillon)
- red pepper flakes to taste (OPTIONAL)
- 1 tsp 'Kitchen Bouquet' seasoning and browning sauce (for color)

Directions:

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

Kielbasa

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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Ingredients:

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

Directions:

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

Lebanese Kafta

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 3oz



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- last checked 01/23/24 -
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Ingredients:

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

Directions:

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

'Savory' Mix

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 01/23/24 -
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Ingredients:

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

Directions:

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

Note:

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

Taco Seasoning *(It's a very wet mix... just trust me)*

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz



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- last checked 01/23/24 -
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look at this code for nutritional info.

Ingredients:

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

Directions:

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

Things You'll Need:

Chicken & Beef Flavored Granules



Add Instant Deep Flavor

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

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

Rinse Your Hands! (say whaaaaaa?)



Stop Being So Tacky, Baby!

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

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

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

Meatballs



Make ANY of these mixes into meatballs

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

Baking Soda



What'chu talkin 'bout, Willis??

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

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

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

Burger Patties



THEY COOK FAST!!!!

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

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

"Seasoning & Browning Sauce"



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

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

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

Dry Rubs & Marinades

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

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

Asian - Dry Rub

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

Serving Info:

Yields: 6 Tbsp

Ingredients:

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

Directions:

- Mix all ingredients till well combined. Done



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

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Aunt Voula's Greek Rub

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

Serving Info:

Yields: 1/3 cup

Ingredients:

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

Directions:

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



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

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Atilla The Hen - Dry Rub

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

Serving Info:

Yields: 6 Tbsp

Ingredients:

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

Directions:

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



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Buffalo Seasoning - Dry Rub

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

Serving Info:

Yields: 1/2 cup

Ingredients:

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

Directions:

- Mix all ingredients till well combined. Done.



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Dirty Bird BBQ Rub

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

Serving Info:

Yields: 2/3 cup

Ingredients:

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

Directions:

- Mix all ingredients till well combined. Done



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Lebanese Lemon Garlic Marinade

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

Serving Info:

Yields: 1/3 cup

Ingredients:

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

Directions:

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



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

Jamaican Jerk Chicken Marinade

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

Serving Info:

Yields: 3-1/2 cups

Ingredients:

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

Directions:

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



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Mexican Pollo Asado Marinade

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

Serving Info:

Yields: 1 cup

Ingredients:

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

Directions:

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

NOTE:

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



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Oaxacan Garlic Chicken Marinade

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



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Last checked on 01/24/24

Serving Info:

Yields: 2/3 cup

Servings: Enough for 6 chicken breasts

Ingredients:

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

Directions:

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

Sinaloa Citrus Chicken Marinade

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



Range

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- THIS IS A TRUE 0 POINT BATCH -

Serving Info:

Yields: 1-1/4 cup

Ingredients:

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

Directions:

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

Tandoori Chicken Marinade

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



Range

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

Serving Info:

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

Ingredients:

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

Directions:

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

Using Ground Beef Instead of Turkey

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

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

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

Suggested Seasoning Changes for Beef:

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

*** THE ONLY EXCEPTION is:

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

Suggested Cooking Changes:

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

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

Notes:

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

