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Cheese Sauce Base - Page 15
with added chiles & hot sauce



Creamy Italian Dressing - Page 16



Condiments, Dressings & Spreads

A compilation of the dressings, spreads, sauces & dips used in this book's recipes.

Well, most of them. Blue Cheese Dressing, Hummus, Roasted Garlic & Onion Dressing and Tartar Sauce are in Cookbook 2.

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1. Aside from these dressings, spreads and dips, there are 20 more in Cookbook 2, such as:
Carrot Ginger, Catalina, Caesar, Creamy Chipotle, Roasted Garlic & Onion, Blue Cheese, French, and more.
2. Some of the Greek yogurt based Dressings will "tighten up" a bit more as they rest in the fridge. If they get too thick, simply stir in a little water to thin them out to your desired consistency.
3. Also: If you have allergies to dairy, you can substitute Silken Tofu in place of the Greek yogurt.
The taste will be sliiiiightly different, but it will still work.

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.:	Points:	G	B	P
Yield: 1 cup	1 serving =	0	0	0
Serving Size: 1/4 cup	2 servings =	0	0	0
Servings: 4	3 servings =	0	0	0
	4 servings =	0	0	0

Ingredients:

- 1 cup 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 skilletts.

ASIAN CHILI AIOLI

A creamy and spicy blend of Greek yogurt, light mayonnaise sesame oil and Asian garlic chili sauce.

Serving Info.:	Points:	G	B	P
Yield: 1/2 cup	1 serving =	0	0	0
Serving Size: 2 Tbsp	2 servings =	0	0	0
Servings: 4	3 servings =	0	0	0
	4 servings =	0	0	0

Ingredients:

- 2-1/2 Tbsp plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 2 tsp reduced sodium soy sauce
- 2 tsp lemon juice
- 1-2 tsp Asian chili sauce (see notes)
- 1/4 tsp sesame oil
- 1/4 tsp pepper

Directions:

1 Mix all of the ingredients together, till creamy and well blended. Done.

- Asian chili sauce can be found in the Asian food aisle at the grocery store. Typically located by the soy sauce. I used Huy Fong Foods brand garlic chili sauce. They're the same folks that make Sriracha chili sauce.
- This is a small batch sauce, because it's intended to be used to spread on hamburger buns for my Orange Chicken sandwich.

ASIAN 'PANDA' ORANGE SAUCE/GLAZE

This sauce & glaze is a low calorie mashup of Panda's Orange chicken sauce and the sauce from General Tso's chicken.

Serving Info.:	Points:	G	B	P
Yield: 1/2 cup	1 serving =	0	0	0
Serving Size: 1/2 cup	2 servings =	1	1	1
Servings: <u>varies (see notes)</u>	3 servings =	1	1	1
	4 servings =	1	1	1

Ingredients:

- 1/4 cup orange juice, some pulp.
- 1 Tbsp orange zest, finely chopped
- 3 Tbsp reduced sodium soy sauce
- 4 Tbsp 0 point sweetener o' choice
- 2 medium garlic cloves, finely chopped
- 1 tsp finely chopped ginger
- 1/8 tsp red pepper flakes, or more to taste.
- 1 Tbsp sugar free syrup (pancake syrup)
- 1/4 tsp pepper
- 1-1/2 tsp cornstarch, dissolved with 2 Tbsp water.
- (optional) 1 tsp toasted sesame seeds, for garnish.

Directions:

- 1 Bring all of the ingredients to a boil, over medium heat.
- 2 Simmer for 2-3 minutes or until thickened to desired consistency. It will thicken slightly when removed from heat.

- Adding the toasted sesame seeds to garnish your dish is a huge flavor boost. Regular sesame seeds are 1 point for 1 tsp, while TOASTED sesame seeds are 0 points for 1 tsp.
- This makes 1/2 cup of sauce/glaze for 1 point. Points per serving will be completely dependent upon your application.

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.:	Points:	G	B	P
Yield: 2-1/4 cups	1 serving =	0	0	0
Serving Size: 1/4 cup	2 servings =	0	0	0
Servings: 9	3 servings =	0	0	0
	4 servings =	0	0	0

Ingredients:

- 15oz canned tomato sauce
- 2 tsp worcestershire sauce
- 1 tsp each of garlic powder, onion powder, black pepper, paprika and molasses.
- 1/2 tsp each of: smoked paprika, ground cumin, dry mustard, salt and liquid smoke (hickory flavor)
- 1/8 to 1/4 tsp chili powder (to taste)
- 2 Tbsp 0 point sweetener o' choice, or... 2 Tbsp 0 point brown sugar substitute.
- 2 Tbsp apple cider vinegar

Directions:

- 1 Mix everything together, till well combined.
- 2 Allow to rest for at least 30 minutes for flavors to meld.

Notes:

- Liquid smoke can be found in the condiment aisle at the store, usually.

BRUSCHETTA

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

Serving Info.:

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

Points:

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

Ingredients:

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

Directions:

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

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

BUFFALO SAUCE

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

Serving Info.:

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

Points:

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

Ingredients:

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

Directions:

- 1 Mix everything together till smooth, done.

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

* Blue/Purple Plan: Mix in a little more Greek yogurt.

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

CHEESE SAUCE

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

Serving Info.:

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

Points:

Entire Batch = 4 4 4

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

Ingredients:

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

Directions:

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

- These points were calculated with Velveeta. If you use different low point cheese slices, adjust your points.

CHICK-FIL-A COPYCAT SAUCE & DIP

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

Serving Info.:

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

Points:

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

Ingredients:

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

Directions:

- 1 Mix everything together till smooth, done.

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

CLASSIC COLESLAW DRESSING

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

Serving Info.:

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

Points:

	G	B	P
Entire Batch	2	1	1

Ingredients:

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

Directions:

- 1 Mix everything together till smooth, done.

CREAMY ITALIAN DRESSING

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

Serving Info.:

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

Points:

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

Ingredients:

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

Directions:

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

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

CREOLE REMOULADE

Well, actually, it's my low point recipe for the Outback Steakhouse Bloomin' Onion sauce, but spiced up with some Cajun seasonings.

Serving Info.:

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

Points:

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

Ingredients:

- 2-1/2 Tbsp plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1 Tbsp store bought "prepared" horseradish sauce
- 1 Tbsp stone ground mustard
- 1 Tbsp apple cider vinegar
- 1 to 2 tsp hot sauce, to taste
- 1/4 tsp garlic powder
- 1/2 tsp smoked paprika
- 1 Tbsp store bought, no sugar added ketchup... or use my Ketchup recipe if you have some on hand.
- 1 tsp lemon juice
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/2 to 1 tsp cajun seasoning, to taste

Directions:

- 1 Mix everything together till smooth, done.

- The Outback Steakhouse Bloomin' Onion sauce is really just a mix of smoky ketchup, cocktail sauce and mustard. In this recipe I'm making it "Cajun", by adding the hot sauce and cajun seasoning. You can find it in the spice aisle.

DARK CHERRY SAUCE

This sauce is used in my Thanksgiving burger, because cranberries were out of season. I'll honestly never make regular cranberry sauce again, because of how amazing this is.

Serving Info.:

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

Points:

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

Ingredients:

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

Directions:

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

DIJON VINAIGRETTE

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

Serving Info.:

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

Points:

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

Ingredients:

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

Directions:

1 Mix everything together till smooth, done.

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

ENCHILADA SAUCE - red

This is a revised, small batch version of my enchilada sauce, that was first presented in Cookbook 1. This is used for my enchilada burger. This quick recipe comes together in minutes.

Serving Info.:

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

Points:

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

Ingredients:

- 15oz tomato sauce
- 1-1/2 cups fat free chicken broth
- 1-1/2 tsp garlic powder
- 1-1/2 tsp onion powder
- 1-1/2 tsp ground cumin
- 1 to 2 tsp chili powder, to taste.
- 1/4 tsp salt

Directions:

1 Mix everything together in a small pot and bring to a boil.
2 Reduce heat to a low simmer, cook for 5 minutes. Done.

- Different brands of chili powder have different levels of spiciness. Adjust the spice to your own tastes. You don't want to burn your face off. Start with 1 tsp, then add more if needed.
- For a smokier flavor, add a little bit of McCormick's chipotle chili powder and some smoked paprika.

GARLIC & BLACK PEPPER AIOLI

This is a deliiiiicious spread of Greek yogurt, garlic, mayo, parmesan and black pepper. It's tasty AND keeps vampires at bay.

Serving Info.:

Yield: 2/3 cup
Serving Size: 2 Tbsp
Servings: 5

Points:

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

Ingredients:

- 1/2 cup fat free plain Greek yogurt
- 1 Tbsp light mayonnaise
- 2 Tbsp lemon juice
- 2 Tbsp water
- 2 garlic cloves, crushed, minced
- 1-1/2 tsp Kraft (or other brand) reduced fat grated parmesan topping.
- 1/4 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 tsp salt

Directions:

1 Mix everything together till smooth, done.

- Don't have fresh garlic? Add an extra 1/2 tsp garlic powder.
- Food snobbie and don't want to use reduced fat parmesan topping? No problem, use the real stuff. I have toddlers... I'm not buying "real" parmesan for their spaghetti and pizza. lol
- If you use a different kind of parmesan cheese, adjust your points.

KATSU SAUCE

Common in Japanese steak houses, this thick, savory sauce is a blend of tomato and soy sauce, worcestershire and spices.

Serving Info.:

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

Points:

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

Ingredients:

- 1/2 cup tomato sauce
- 2 Tbsp + 1 tsp worcestershire sauce
- 2-1/2 Tbsp low sodium soy sauce
- 3 Tbsp rice wine vinegar
- 1-1/2 tsp cornstarch dissolved in 1 Tbsp water
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp ground ginger
- 1/8 tsp celery salt**
- 1/4 tsp pepper
- 2 Tbsp 0 point sweetener o' choice

Directions:

1 Stir all of the ingredients together in a small pot, till smooth. Then bring to a boil over medium heat.
2 Cook at a rolling boil for 1 minute, then turn off heat. Pour into a cup and cool to room temperature. Done.

- Don't want to buy celery salt just to use that tiny amount? Just use regular salt, I won't tell.

KETCHUP

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

Serving Info.:	Points:	G	B	P
Yield: 1-1/4 cup	1 serving =	0	0	0
Serving Size: 1/4 cup	2 servings =	0	0	0
Servings: 5	3 servings =	1	1	1
	4 servings =	1	1	1

Ingredients:

- 1 cup canned, unsalted tomato sauce
- 2 Tbsp unsalted tomato paste
- 1 Tbsp apple cider vinegar
- 1 Tbsp lemon juice
- 1 tsp worcestershire sauce
- 1/2 tsp celery salt
- 1/4 tsp each, onion powder, garlic powder, pepper
- 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 haaaave 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.

LEMON & WHITE WINE AIOLI

This small batch, creamy Greek & Mayo spread, is used on my salmon burgers. However, it's also a great substitute for tartar sauce.

Serving Info.:	Points:	G	B	P
Yield: 1 cup	1 serving =	1	0	0
Serving Size: 1/4 cup	2 servings =	2	1	1
Servings: 4	3 servings =	2	1	1
	4 servings =	3	1	1

Ingredients:

- 3/4 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1 Tbsp dijon mustard
- 1 Tbsp white wine (chardonnay)
- 1 tsp finely chopped fresh dill
- 2 tsp lemon juice
- 1/2 tsp finely chopped lemon zest
- 1/4 tsp salt
- 1/8 tsp pepper

Directions:

1 Mix everything together till smooth, done.

- This was made to be used for my salmon burger, but it would be just as delicious used with any seafood dish, or even in place of traditional tartar sauce.

MANGO CHILI SAUCE

This versatile and simple recipe can be easily customized to use any fruit that you have on hand, simply replace the mango.

Serving Info.:	Points:	G	B	P
Yield: 1-1/4 cup	1 serving =	0	0	0
Serving Size: 1/4 cup	2 servings =	0	0	0
Servings: 5	3 servings =	0	0	0
	4 servings =	0	0	0

Ingredients:

- 1 good sized mango, pureed. Skin and pit removed. You end up with between 1 to 1-1/4 cups of puree.
- 1 Tbsp Asian garlic chili sauce, such as Huy Fong brand, from the Sriracha folks.
- 1 tsp 0 point sweetener o' choice
- 1/4 tsp salt

Directions:

1 Mix everything together till smooth, done.

Notes:

- I suck at cutting mangos. If your local store has ready-cut mango slices in the produce department, snatch those babies up! You can also find them in the frozen food aisle.
- Need to know how to clean and slice a mango? Youtube.
- This is highly customizable. Don't like mango? Puree some peaches or pineapple instead.
- No, Susie, even though it's pureed, this fruit stays 0 points. WW rules state that blended fruit gets points when you DRINK IT... not when you use it as a component of a dish that you eat. So.... next time you drink a smoothie try chewing some bubble gum at the same time. 🤔😬😬

MAPLE MUSTARD DRESSING/SPREAD

This is a SMALL batch, 1/2 cup recipe. It's enough to 'dress' a laaaaaaarge salad, or to be used as a spread on burger buns.

Serving Info.:	Points:	G	B	P
Yield: 1/2 cup	1 serving =	0	0	0
Serving Size: 2 Tbsp	2 servings =	0	0	0
Servings: 4	3 servings =	0	0	0
	4 servings =	0	0	0

Ingredients:

- 2-1/2 Tbsp plain fat free Greek yogurt
- 1 Tbsp dijon mustard
- 3 Tbsp traditional yellow mustard
- 1 Tbsp sugar free maple syrup (pancake syrup)
- 1/2 to 1 tsp 0 point sweetener o' choice (to taste).
- 1 tsp light mayonnaise
- 1 Tbsp lemon juice
- 1/4 tsp black pepper
- dash of hot sauce, to taste (optional).

Directions:

1 Mix everything together till smooth, done.

- Some brands of sugar free/light pancake syrup, allow you to use 2 Tbsp for 0 points. Use as much as you can for 0.
- This is my low point answer to Honey Mustard dressing.

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.:	Points:	G	B	P
Yield: 1 cup	1 serving =	0	0	0
Serving Size: 1/4 cup	2 servings =	1	1	1
Servings: 4	3 servings =	1	1	1
	4 servings =	1	1	1

Ingredients:

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

Directions:

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

MUSTARD & BEER SPREAD

This small batch recipe was created as a spread for my Oktoberfest burgers. You gotta have beer and mustard, after all.

Serving Info.:	Points:	G	B	P
Yield: 1/2 cup	1 serving =	0	0	0
Serving Size: 2 Tbsp	2 servings =	0	0	0
Servings: 4	3 servings =	0	0	0
	4 servings =	0	0	0

Ingredients:

- 2 Tbsp (1oz) Light Beer. Yes.... light beer, deal with it.
- 1 Tbsp dijon mustard
- 2 Tbsp traditional yellow mustard
- 1 Tbsp whole grain, stone ground mustard
- 2 Tbsp fat free plain Greek yogurt
- 1/2 tsp dry mustard powder
- 1/4 tsp salt
- 1/4 tsp pepper
- a dash of hot sauce, to taste (optional)

Directions:

- 1 Mix everything together, till well combined.
- 2 Allow 30 minutes for flavors to meld.

- This entire 1/2 cup of dressing, has no points.
- If the beer in this spread, will knock you off your 12-step program... replace it with water. It's still tasty, without the suds.

Oktoberfest Burger, with Mustard & Beer Spread



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.:	Points:	G	B	P
Yield: 1 cup	1 serving =	1	0	0
Serving Size: 1/4 cup	2 servings =	2	1	1
Servings: 4	3 servings =	2	1	1
	4 servings =	3	1	1

Ingredients:

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

Directions:

- 1 Mix everything together till smooth, set aside 30 minutes. Done.
- The 'exact' measurements of the almond milk and Greek yogurt are for the benefit of folks on the Green plan. If you are on Blue or Purple, you can add the full 1 cup of Greek, then use a total of 2 tsp of the dry Ranch mix.

RICE 'WINE' DRESSING

This is a small batch vinaigrette, used for dressing the Asian coleslaw in my 'Orange Chicken' sandwich.

Serving Info.:	Points:	G	B	P
Yield: 1/4 cup	1 serving =	0	0	0
Serving Size: 1/4 cup	2 servings =	0	0	0
Servings: 1	3 servings =	0	0	0
	4 servings =	0	0	0

Ingredients:

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

Directions:

- 1 Mix everything together till smooth, done.

Notes:

- This is a small batch recipe, intended to lightly dress a large bowl of coleslaw or salad. It is a thin dressing, so it easily coats a large salad, though making a small yield dressing.
- 1 tsp of regular sesame seeds is 1 point. BUT, 7/8 tsp of sesame seeds is 0 points. Work those loopholes, baby!

ROASTED GARLIC & MUSTARD SPREAD

This is another small batch recipe intended as a spread for my aaaaawesomely delicious, Cuban "Havana Burgers" recipe.

Serving Info.:

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

Points:

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

Ingredients:

- 4 medium cloves fresh garlic, in their skin.
- cooking spray
- foil paper
- 6 Tbsp fat free plain Greek yogurt
- 2 Tbsp yellow classic mustard
- 1 Tbsp dijon mustard
- 1 tsp light mayonnaise
- 2 to 3 tsp water, to desired consistency
- salt and pepper to taste

Directions:

- 1 Preheat oven to 375 degrees. Snip the tip off of 1 side from each garlic clove. Put into a foil pouch, spray with cooking spray, then close pouch. Bake for 45 minutes.
- 2 Let garlic cool for 10 mins. Squeeze roasted garlic out of the skins, then mash with a fork.
- 3 Mix all ingredients together till smooth, season to taste.

- To make future batches easier, you can always make a larger batch of roasted garlic and freeze the excess, for later.
- Though created for my 'Cuban', you can use it on any sandwich that you make here in the good ol' US of A....'muuurica!

SESAME GINGER DRESSING

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

Serving Info.:

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

Points:

	G	B	P
1 serving =	0	0	0
2 servings =	0	0	0
3 servings =	0	-	1-1/4 tsp
4 servings =	0	0	0

Ingredients:

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

Directions:

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

SMOKY RED ONION & BACON JAM

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

Serving Info.:

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

Points:

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

Ingredients:

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



Directions:

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

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.

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.:	Points:	G	B	P
Yield: 1 cup	1 serving =	0	0	0
Serving Size: 1/4 cup	2 servings =	0	0	0
Servings: 4	3 servings =	0	0	0
	4 servings =	0	0	0

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 low sodium soy sauce
- 1 Tbsp sugar free syrup (pancake syrup)
- 1 medium garlic clove, chopped
- 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.

Notes:

- You can replace the "0 point sweetener o' choice" and the molasses from the recipe and use 2 Tbsp of 0 point brown sugar substitute instead.

THOUSAND ISLAND DRESSING

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

Serving Info.:	Points:	G	B	P
Yield: 1-1/4 cup	1 serving =	1	0	0
Serving Size: 1/4 cup	2 servings =	1	0	0
Servings: 5	3 servings =	2	1	1
	4 servings =	2	1	1

Ingredients:

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

Directions:

- 1 Mix it all together, done.

TIPS & SUGGESTIONS:

- The reason that I use only 2-1/2 Tbsp of plain fat free Greek in most of these recipes, is for the folks on the GREEN plan. Anything over 2-1/2 Tbsp adds points for them.
- **SUGAR FREE SYRUP:** I use sugar free pancake (maple) syrup in my recipes, in place of honey. Primarily because of points, and also for folks with diabetes. Most of my dressings only use 1 Tbsp of it. Most brands only let you have 1 Tbsp for 0 points, though SOME brands allow you to have up to 3 Tbsp for 0 points. Scan the brand that you have, and use what you can.
- **SWEETENERS:** I use sweeteners instead of regular sugar, in everything. Again, there's a lot of diabetic folks in my family, also... points and calories. If you prefer to use regular sugar, do so. Use my recipes as a template. I go into much more detail on sweeteners in the dessert section of Cookbook 2.
- **BROWN SUGAR SUBSTITUTE:** In a lot of my recipes, I mention that for you to "use your 0 point sweetener o' choice" PLUS 1/4 tsp of molasses... or... use 0 point brown sugar substitute." The reason being, that regular brown sugar is simply normal granulated sugar, mixed with a small amount of molasses. By adding a little molasses to sweetener (such as monkfruit, swerve, splenda, etc), you are essentially making brown sugar substitute. I do that because I don't want to purchase an extra type of sweetener. I just have regular, plus a jar of molasses.
- **DAIRY ALLERGIES:** I've mentioned it before, but I'll say it again. If you are allergic to dairy, you can substitute the Greek yogurt in all of my dressings, with a bit of semi-firm tofu, that's blended with some water. Silken tofu is too thin. After blending the tofu/water till it's creamy, I add a splash of lemon juice, just so that it has that little yogurt tang to it. It doesn't taste EXACTLY the same, because believe it or not, it's a bit savory... but it's an easy substitution.

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