

Perfectly Toasted Buns - Page 41

Finally! You can host a party and have all the guests compliment how nice your buns look! You go girl!



'Dusting' with Flour - Page 37

Believe it or not, you can actually coat 4 chicken breasts, on both sides, with ONLY 1-1/2 teaspoons of flour



Dark Ground Turkey Meat Hack - Page 34

Tired of your ground turkey having the same color as beige spackle? You can make it look like ground beef with 1 simple trick



Homemade Sausages - Page 44-46

Using my ground turkey breast mixes to make 99% fat free sausages. Including: Bratwurst, Chorizo, Italian Sausage, Kielbasa and more



Low Carb Breading - Page 38-39

How to make your own low calorie/carb bread crumbs & breading. All you need is some store bought, sliced Keto bread



Foundations Recipes & Tips

The following pages contain what I consider to be important food and ingredient tips, suggestions and "base recipes", which are used throughout the rest of this cookbook. These are also things that can be used for general cooking and recipes as well, not just for use with this book.

Tips, Hacks & Foundation Recipes

Dark Ground Turkey Tips ... pg 34

- Seasoning ground turkey to LOOK like ground beef

'Sticky' Raw Meat "Mix Fix" ... pg 35

- A simple trick for dealing with extremely wet and tacky ground meat mixtures.

Storing & Cooking Frozen Burger Patties ... pg 36

- For convenience, I often make and freeze batches of patties for later use. I'll share how I cook them from frozen, without thawing.

'Dusting' Meats with Flour ... pg 37

- You don't need to dredge meat in a ton of flour before breading it. Using a fine wire strainer/sieve can let you do it for 0 points!

DIY Low Point Breadcrumbs ... pg 38

- How to toast and make your own bread crumbs with low point sliced bread from the store. Great for breading chicken.

Low Carb Breading ... Pg 39

- The previous page shows you how to make low carb toasted crumbs, so... let's use it to bread stuff. What a remarkable coincidence.

Low Point Bun Hack ... pg 40

- Using a kitchen scale and the app's database, to lower the points of store bought burger/hot dog buns and rolls

Perfectly Toasted Buns ... pg 41

- How I quickly toast buns to have a perfect little toasted edge, which tastes great and looks awesome

Quick 'Steamed' Burger/Hot Dog Buns ... pg 42

- How to lightly 'steam' buns to be warm and soft in under a minute, without drying them out in the microwave

Low Calorie, Healthy, "Real" Bacon!! .. Pg 43

- One of the greatest things the good Lord gave mankind, other than Yoga pants and Amazon Prime, is Bacon. Yes, you CAN have real non-turkey bacon that's the same calories as the feathered stuff.

DIY 'Sausage/Franks' Using My Meat Mixes ... pg 44-45

- 2 methods for using my 0 point meat mixes to form and cook your own 0 point 'franks & sausages'.

Low Fat Bacon Wrapped Sausages: Pan Fried .. Pg 46

- Making awesome, low calorie bacon wrapped sausages, using lean bacon, wrapped around sausages made from my meat mixes

Cutting The Cheese ... pg 47

- With your kitchen scale and the app's database, I'll show you how to trim just a teeny bit off of one side of sliced cheese, to drop a point

Yeast Pizza Dough ... pg 48

- My basic low point yeast pizza dough recipe

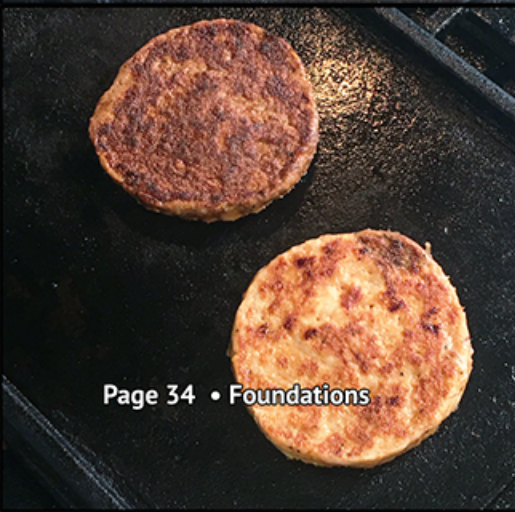
How To: Grilled Pizza 49

- Using my pizza dough to make grilled pizza, cooked directly on your gas bbq's grill top. No pan required.



Dark Ground Turkey Meat Hack

Adding a couple of extra seasonings to make ground turkey look like ground beef



Back in 2020, when I published the very first version of this cookbook, I had not yet thought about adding ingredients to my meat mixes to darken them. It never occurred to me. As a result, a LOT of the pictures of burgers in here will have burger patties which are lighter in color (before). About a year later, I started experimenting with adding additional flavorings which would not just make the burgers tastier, but also make the meat look more like ground beef. Using them is completely optional, but I wanted to touch on their use, as well as give some tips on mixing them into the meat.

3 Optional Add-ins for my Meat Mixes (for every 1lb of ground turkey)

- **"Kitchen Bouquet, Browning & Seasoning Sauce"**. This stuff is liquid gold. It can be found at almost all major supermarkets, next to the packets of 'instant' seasonings, such as McCormick's taco seasoning, meatloaf and gravy seasoning packets. For every 1lb of ground turkey, I like to add 2 teaspoons, which is what's pictured to the left. If you use any more than 2 teaspoons, it gains a point.
- **Cocoa Powder**: 1-2 tsp Unsweetened Cocoa powder, made into a paste with 2 tsp water
- **'Dark' Soy Sauce**: You can also add 2 tsp of 'DARK' soy sauce. 'Dark' soy sauce IS NOT the same as regular soy sauce. It's used and discussed extensively in my Asian Cookbook.

Directions:

- 1 Prepare a 1 pound batch of any of my meat mixes, with the addition of 1 or all of the above mentioned ingredient add-ins, till thoroughly mixed.
- 2 Let the meat mix rest for 30 minutes. The mixture gets darker as it rests.

Notes:

- Cocoa powder does not make the meat taste like chocolate! Unless you have a boat load of sugar in your meat. Unsweetened cocoa powder, on it's own, adds an earthy flavor. The additional bit of water, turning it into a paste, helps add moisture into the ground turkey breast, as well as making it easier to spread throughout the meat.
- **DARK SOY SAUCE**: Whatever you do, **DO NOT PURCHASE 'mushroom flavored' dark soy sauce**. 'Dark' soy sauce might not be available at your local grocery stores. But, if you happen to have an Asian market nearby, they'll definitely have it in stock. If you buy it online, it's still worth it, despite the slightly higher price. It comes in large bottles, will last you months, and I use it in most of my Asian recipes in Cookbook 5.
- **BEEF EATERS**: We all eat with our eyes first. Along with giving the burgers a little bit more flavor, the darker patties are simply better looking to people who aren't willing to try a 'diet burger'. It's also fun when people cannot believe your burger is actually ground turkey.
- **SODIUM!!!!**: If you are on a sodium restrictive diet, I would HIGHLY recommend using "kitchen bouquet" instead of 'dark' soy sauce. 2 tsp of kitchen bouquet has 20mg sodium, while 2tsp of dark soy sauce has between 550-700mg of sodium.



Ever tried mixing up raw meat that stuck to your fingers like taffy? There's an app for that!

One thing you have to deal with when working with raw ground turkey breast, which isn't an issue with ground beef, is how incredibly dry it can be. The only way to really counter lean ground turkey's lack of fat is to introduce moisture into it. Be it worcestershire, soy sauce, broth, whatever... in order for it to have a noticeable effect on the meat's texture, you sometimes cross the line where your meat mix ends up extremely tacky. It sticks to your hands, the side of the mixing bowl, and makes mixing and forming the meat a nightmare. Well, the workaround is incredible simple, even though you'd THINK it would make the problem worse. Water.

By simply getting your hand wet, working the meat mix, getting your hand wet again, working the mix again, rinse and repeat... You'd think adding the extra water would make the mix even wetter and goopier, but wetting your hands has the complete opposite effect.

What You'll Need:

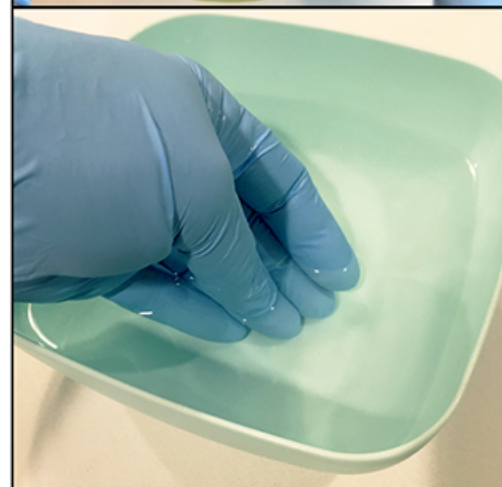
- Wet, sticky raw meat
- Water
- Your hand

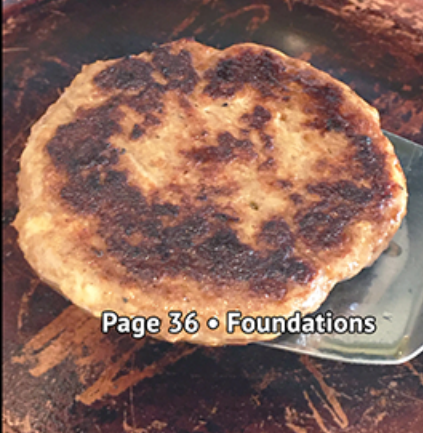
Directions:

1. Throw your hands up in the air and curse the heavens, because your batch of raw meat is ultra moist, sticky and impossible to work with. "Why, God!? WHYYYYY!?!?!"
2. Remember: "Hey, that awesome unibrowed dude with the cookbooks told me to get my hand wet, then try mixing the meat again, a couple times. It'll fix it!"
3. Dip your hand in a bowl of water, or run your mixing hand under running water at the sink, then go back and try mixing the sticky meat again. It'll suddenly become a little bit more manageable and slightly less sticky.
4. Get your mixing hand wet again, then mix the meat a little more. Repeat until the meat is no longer sticky and forms a nice ball. Boom, done.
5. Look up to the Heavens and apologize for cursing them about your goopy meat.

Notes:

- **CROSS CONTAMINATION:** Obviously if you are handling raw meat, then getting your hands wet, you might be dripping some watery yuckiness around your kitchen if you swing your now-wet hands around. Be careful of what you are moving your wet hand over and remember to clean up after yourself. I usually work with the meat mixing bowl right next to the sink if I use running water to rinse my hand. Or, to be a bit more sanitary, I'll fill a bowl with water and place it right next to my mixing bowl on the counter. No dripping yucky water anywhere. Dip, then mix.
- **COOKING SPRAY:** You can also use cooking spray on the raw meat mix as well, to help remove tackiness.
- **BROTH INSTEAD OF WATER:** To impart even more flavor into your meat mixes, you can fill a bowl with beef or chicken broth, instead of water. Every bit o' flavor helps.





Chill Out, Man

How I prep a batch of patties, then freeze them, to be cooked later

One of the things I get asked a lot, is what happens when I make a batch of burgers, when only 2 people in my house eats them? What do I do with the extra meat? Easy, freeze them all. I usually make a batch of meat, use my burger patty press to form a bunch of patties, only MAKE 2 of them, then freeze the rest of the raw patties. I cannot begin to tell you how many nights I have thrown together a burger for dinner, in less than 10 minutes, because I always have frozen patties in the freezer, ready to go. This page will show you how absolutely simple it is to do, and how quickly they cook. No thawing required.

What You'll Need:

- A 1lb batch of any ground turkey meat mix, prepped, rested and ready to rock.
- Either parchment paper, torn/cut into squares that'll fit over a patty, OR... some plastic wrap.
- Gallon sized ziplock freezer bag (or quart sized, if you're only freezing 2 or 3 patties).

Directions:

*** Freezing:

- 1 Form your meat mix o' choice into 3oz burger patties. For this guide, we'll assume you're freezing them all.
- 2 Set one of the patties onto a plate, cover it with a square of parchment paper, then set the next patty on top of it. Repeat the process until all of your patties are stacked, with some parchment between each one.
- 3 Cover the stack o' patties with some plastic wrap, then set the plate into your freezer. Make sure the plate is FLAT, or close to flat. We don't want all that raw meat turning into the leaning tower of turkey.
- 4 Once the burgers are frozen, remove the plate, place the frozen burger stack into a quart sized ziplock bag, then place the bag back into the freezer. Ta Da! You have a stack of frozen meat frisbees!
- 5 Later, when you want a quick meal... remove one of the frozen patties from the bag (you will probably need to use a fork or butter knife to carefully separate 1 patty from the frozen stack), then set it aside as you prep.

*** Cooking:

- 1 Begin heating a pan over medium heat for 2 minutes, which will heat the pan to around 350 degrees, as shown in the picture to the left. Spray the pan with cooking spray, then place your frozen patty down on the hot pan. Cook for 3 minutes, then spray the top with cooking spray, flip the patty and SLIGHTLY reduce the heat to just under medium. Cook for 2-1/2 minutes. Done. Reducing the heat slightly once you flip to the 2nd side stops the pan's temperature from continuing to rise and will keep the temperature at 400-425
- 2 If you are going to cook more patties after the first one, reduce the heat slightly for the next batch. If you keep it on medium for every single batch, the pan will get too hot, over time.

Notes:

- **LARGE PAN:** Instead of just cooking 1 frozen patty at a time (as written above), you can use a LARGE pan and cook multiple frozen patties at the same time. The process is the same.
- **PLASTIC WRAP:** If you don't have parchment paper, you can wrap each raw, formed patty in some plastic wrap. Then, stack each wrapped patty on top of each other and freeze them just like the original instructions. The only thing you'll have to be careful of, is ensuring that when you take a frozen patty out, make sure you remove ALL of the plastic wrap from the frozen patty. Make sure that a little piece doesn't tear off and stick to your frozen patty. I assume melted plastic wrap wouldn't be Good Eats.
- **HOW TO REWARM COOKED PATTIES:** I have no idea. I've never cooked patties THEN frozen them. Have fun!
- **ONLY 5-1/2 MINUTES.?** Yup. These are 99% fat free and cook very fast, even from frozen. If you cook these at a higher temperature or for a longer duration, they'll take on the texture of an overcooked sausage.



'Dusting' with Flour

You can actually coat meats with enough flour, FOR 0 POINTS, to help bread them.

Have you ever watched a cooking show where the chef is preparing meat to be breaded? The first step is usually coating the raw meat in about 15 pounds of flour, before dipping it in egg wash, then into bread crumbs. Well, guess what? You don't NEED to throw a fistful of flour onto a cutting board to coat your chicken. You can coat both sides of up to 4 chicken breasts for 0 points. How? Dust it! Just like how they dust the tops of desserts with powdered sugar, but in this case, we're using flour.

What You'll Need:

- A small, fine mesh metal sieve or strainer. I got mine at the dollar store (pictured above). You don't need a fancy or expensive one.
- 1-1/2 tsp of flour (which is a 0 point amount)
- Paper towels
- Up to 4 chicken breasts or any protein you want to coat (pork, beef, unicorn, etc.)

Directions:

1. Towel dry, then lay out up to 4 chicken breasts on a cutting board. Yup, dry them.
2. Place the flour into the strainer/sieve, hold it up about 6-7 inches over the meat, then lightly tap the edge of the sieve with your finger, while moving the sieve over all of the meat.
3. Use approximately half of the flour on one side, wait 1 minute, then flip the meat and dust the other side with the remaining flour.
4. From there, use it however you want. Some dishes just call for you to coat meat in flour, then cook it in a pan to give it a light crust. Other dishes ask for full-on breading, which requires dipping the now-floured chicken into an egg wash, then into bread crumbs. Guess what works great for that? Page 38!!

Notes:

- **GLUTEN FREE:** You can dust your meat with gluten free flour. You can ALSO use gluten free low point bread to make your bread crumbs. Grats! Gluten free breading!
- I ask you to towel off the meat first, because we don't want to sprinkle flour onto goopy/wet meat. We'll end up with our meat covered in paste.
- I'm having you wait 1 minute after coating the first dry side of meat because... the flour will sit on top of the 'dry' meat, then will start to pull the moisture out of the meat and will create a very thin, slightly sticky coating on that side. This will help your egg wash not slide off of your meat when you dredge it into the beaten eggs.
- I have to tell you... from my own personal experience, this one simple hack is a points game changer. It saves at least 1 point from your breaded meat recipes.
- **VEGGIES:** You can use this trick on veggies too. Unlike with meats, lightly spritz the vegetables with cooking spray, then dust them. It's the only way the flour will stick.





Low Carb Bread Crumbs

How to Use Low Calorie, Low Carb "Keto" Bread, to Make Low Point Breadcrumbs

When I first made my cookbooks, there WAS no widely available Keto bread. Now, you can find it in most major supermarkets and Walmarts. Because of it's wide availability now, I decided to revise this cookbook to include it's use. Though a lot of brands are available at 1 point per slice, you'll need to experiment to find the brand(s) you like best.

Ingredients:

- 5 slices of ANY BRAND "Keto", sliced bread. I personally love the 'Signature Select' brand, which is available at most Albertsons, Vons, Kroger, Ralphs and other Kroger 'family' stores. (Signature Select is 5 slices for 4 points)

Serving Info:

Yield: **1-1/4 cups crumbs.**

That's enough breading to coat a 1964, Metallic Mint Green Buick Skylark.
(Hurray for random movie references!)

Things You'll Need:

- An oven
- Baking sheet pan(s).
- Food processor OR a gallon ziplock bag with a rolling pin
- A 10" or 12" pan.

Directions:

- 1 Take 5 slices of your preferred "Keto" bread. Slice them into squares and lay the cut pieces onto a foil-lined baking pan. Arrange them in a SINGLE LAYER. Use more than 1 pan if you don't own 1 large pan. Having the bread in a single layer is important.
- 2 Preheat your oven to 250 degrees. Once it comes up to temperature, bake the bread for 20 minutes, then remove from the oven and let cool for 20 minutes.
- 3 (2 options). **Option 1:** Place the cooled bread into a food processor, pulse a few times, then process till they are broken down to crumbs. Or.. **Option 2:** Place the bread into a bag and use a rolling pin to crush it all into crumbs.
- 4 Heat a large pan over medium heat for 1 minute, then add the crumbs. **DO NOT MOVE THE PAN!!** Let the crumbs sit in place and cook. EVERY 30 SECONDS, stir and toss the crumbs around, then leave them alone for another 30 seconds, then toss again. Repeat till they take on a slightly uniform golden hue, like in the bottom left picture. (Mine took 6-7 minutes)
- 5 Pour the hot crumbs back onto the foil of the baking pan and spread them out. Let them sit and cool completely. Once cooled, store in an air tight container. Done. Want to keep them in storage for even longer? Place a food-safe silica packet in with the crumbs. They'll keep for a long time.

NOTES:

- You can use ANY brand of Keto bread you want. I used 'Signature Select', which is 5 slices for 4 points. If you use a different brand, adjust your recipe's points accordingly.
- **GLUTEN FREE CRUMBS:** If you have gluten intolerances, you can use any brand of Gluten Free sliced bread to make your own crumbs. The process will be the same.



R D
4-4
Points shown are
for the ENTIRE BATCH

- last checked 02/15/24 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Breading Stuff 101

This recipe and method will be used to bread some of the burgers & sandwiches

Well, now that I showed you how to make your own low carb bread crumbs, using low point Keto bread (or any brand bread you want)... let's kick it up a notch. This is my recipe/method I use to bread things. I'm giving this it's own page because it's used extensively in the burgers and sandwiches section. Referring you to THIS page, saves me space on THOSE pages.... it's a win-win. for everyone!

Ingredients:

Breading:

- 1 batch of 'low carb bread crumbs', from page 38. Makes approximately 1-1/4 cups of crumbs
- 1-1/2 tsp plain breadcrumbs
- 2 tsp panko breadcrumbs
- 1/4 tsp salt
- 1/4 tsp coarse ground black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp italian seasoning
- 1 tsp reduced fat grated parmesan cheese (OPTIONAL)

Egg Wash:

- 1 Tbsp water **
- 1 Tbsp dijon mustard **
- 1-1/2 tsp cornstarch, dissolved into the water **
- 1 tsp baking powder **
- 3 large eggs

Serving Info:

Yield: Makes juuuust under 1-1/2 cups bread crumbs. Use it to bread whatever you want. *There are 4-5 total points in the entire batch, depending on what brand of low carb bread you use.*

I've used this recipe, in the past, to bread 45 'popcorn chicken' sized chicken nuggets



- last checked 02/12/24 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

R - D

4-4

Points shown are
for the **ENTIRE BATCH**
of breading. Not 'per serving'.

Directions:

- 1 Prepare the breadcrumbs, as directed on pg 38. Place into a large gallon sized ziplock bag, along with the remaining "breading" ingredients, listed above. Shake to combine.
- 2 In a small dish, stir together the first 4 ingredients of the egg wash: water, dijon, cornstarch and baking powder. You want to create a smooth, thick paste. Add a little more water if needed. Set aside.
- 3 Whisk together the 3 eggs. Pour/dollop the paste (from step 2) into the beaten eggs, then whisk to combine. This will make the egg wash slightly thicker, letting it cling onto anything you wish to bread better (I used chicken for the pictures, obviously). Set aside your thickened 'egg wash' mixture.
- 4 Pour the dry breading ingredients into a bowl or container that will fit the items you wish to bread.
- 5 Lay your items you wish to bread (in this case, chicken) onto a cutting board and use my 'dusting' method from pg. 37 to lightly dust both sides of the chicken. If you plan on breading some vegetables, lightly spritz them with cooking spray, so the flour has something to adhere to.
- 6 Dip both sides of your flour-dusted chicken (or other item) into the egg wash, then place into the container with the breading. Coat both sides, then place the chicken onto a foil-lined baking pan.
- 7 Repeat till all breading is used up. Bake in whatever way your recipe calls for.

Note:

- **GLUTEN FREE:** To make this gluten free, use gluten free bread to make the crumbs, then leave out the 1-1/2 tsp of plain breadcrumbs and 2 tsp panko crumbs. Dust with gluten free flour.

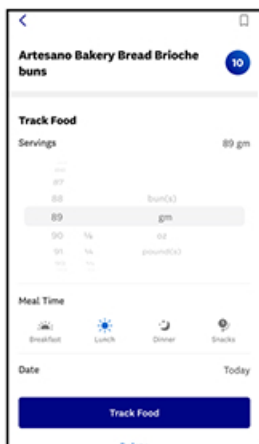


Low Point Bun Hack

How to easily make any brand of buns, lower in points, with a simple trick

When I first published this cookbook in 2020, it was rare to find low point keto buns at most grocery stores. Now, there are tons of options available at almost all major grocery stores. However, I'm posting this tip to help those unable to find low point burger or hot dog bun options in their area. It's a handy trick that utilizes the app and a digital food scale, to eliminate 1 (or more) point(s) from any type of bun or roll.

Step One:



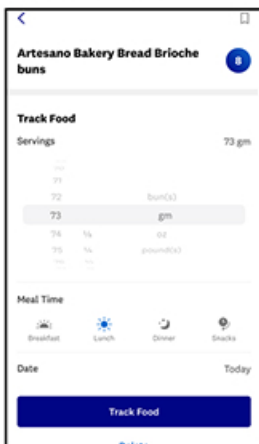
Use the App to scan the barcode of your store bought buns. Weigh one bun, in grams, and see how many points that 1 bun is, by weight. In this case, it's a 10 point bun.

Step Two:



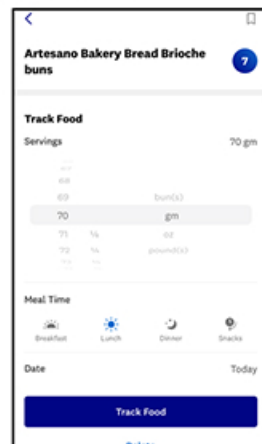
Now, let's lower the points! Take the top bun and carefully scoop out some of the bread. You want to create a nice pocket, which also helps with containing any toppings on your burger.

Step Three:



Now that you've scooped some bread out of the top bun, weigh your bun again (top and bottom), then check how many points that many grams is. In this case, just scooping out the top bun lowered it from 10 points, down to 8. But, if you scroll the 'grams' down a little more, you'd see all you need to do is remove 3 more grams of bread, and it'd drop to a 7 point bun.

Step Four:



By just removing a teeeeeny little bit of bread from the bottom bun, I was able to easily take this full sized, 10 point brioche bun, down to a 7 point bun. Now, when I do this for myself, I usually only remove bread from the top bun. You can use this same technique for burger/hot dog buns, hoagie rolls, big "torta" rolls for Mexican sandwiches, or even bagels, to make space for more toppings.



Perfectly Toasted Buns

Quick and easy, restaurant lookin' toasty buns, in just a few minutes

Originally, I only started toasting buns like this so that my burgers would look better in photos. No other reason. I mean, seriously, look at the picture up above. That dark ring right above and below your burger or sandwiches 'fillings' just... pops. But not only does it elevate the look, it also adds an AMAZING textural pop to the finished burger/sandwich. This is a far cry from simply putting your buns in a toaster. We're essentially trying to mimic that perfect, thinly toasted crust at home, like you get from an expensive gourmet burger. That thin little ring of char gives a nice crunch, the thin toasted layer on the open 'face' of each top and bottom bun helps support the toppings without getting as soggy. Best part, if you used a regular toaster, your buns would get dry and crumbly, while THIS way, only the one side is toasted, keeping the insides are soft and fluffy.

What You'll Need:

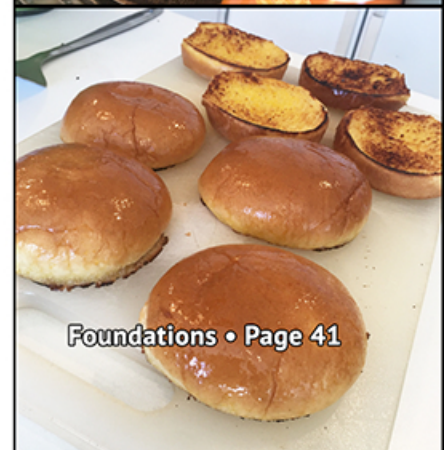
- 1 to 4 Burger buns, tops buns separated from the bottom buns
- Any type of flat pan or cook-top that can fit the buns
- Cooking spray (I prefer butter flavored spray)
- A timer of some type (such as a microwave, an app on your phone, whatever)

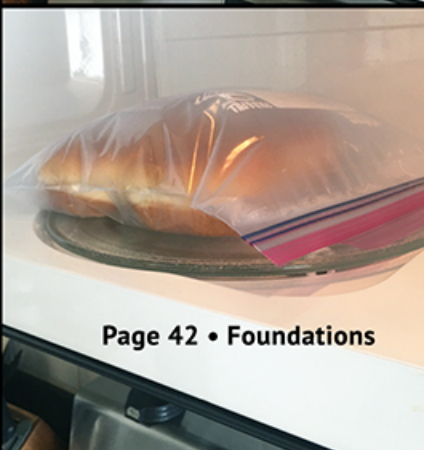
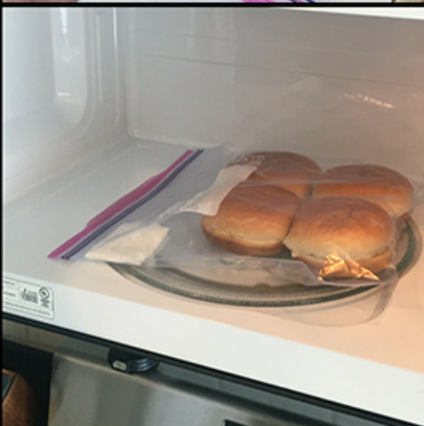
Directions:

- 1 Place both sides of your buns (the bread... not your booty) on a cutting board, with the 'inside' side of the top and bottom buns facing up. Coat with cooking spray.
- 2 Put your pan o' choice onto your stove and preheat it over medium heat. Let the pan heat up for 1 minute. When a few droplets of water start to sizzle on the hot pan, place the bottom buns, 'sprayed-side' down, onto the pan. Try to arrange them so that the "front" of each bun is facing towards the center of the pan. That way, the "front" of your finished burger will have the perfectly thin, dark toasted ring.
- 3 Set your timer for 2 minutes. Between 2 to 3 minutes, your bottom bun will develop that perfectly thin, dark edge at the front of the bun, with the flat part having a nice 'toast' to it. Remove the bottom buns to a plate.
- 4 Turn the heat down slightly, then add the top buns to the pan, "front sides" facing towards the center, just like before. VERY LIGHTLY, spray an ultra quick little shot of cooking spray over the top of the buns. Trust me.
- 5 Once the front edge of the buns start to develop that same thin, dark and toasted ring to them, remove them from the pan, and place them by the bottom buns. Done.

Notes:

- **BREAD:** This helpful walkthrough is shown using burger buns, but OBVIOUSLY you can use a nearly identical process for hot dog buns and french bread/hoagie rolls, ciabatta bread, etc.
- **TOASTING TIME:** Me stating to toast your bread on the pan "for 2 to 3 minutes" is more of a guide. Your cook time may vary depending on how high you have your heat, what type of pan you are using, etc. Once you see that dark edge forming (3rd picture), that bun is done and can be removed from the heat.
- **SPRAYING THE TOP OF THE TOP BUN:** This step must be done. If you do not spray the top, the top of the bun will look very dry and start to get a slight crackling texture to it. LIGHTLY spray the bun, don't saturate it... a quick, light coat across all the tops will do. When the buns are done toasting, the top will have developed a slightly darker, glistening sheen to it.
- **GLUTEN FREE:** Obviously, you can use gluten free buns, bread and rolls of your choice. The process is no different.
- **IS IT WORTH IT?** I cannot stress enough to you, how much of a difference this will make for your burgers. It's the culinary equivalent of your burger putting on it's Wonder Bra and Spanx, before going on a dinner date.





Quick 'Steamed' Buns

Quick and easy, restaurant lookin' toasty buns, in just a few minutes

Have you ever had a Filet o' Fish sandwich or a White Castle burger? One of the things that makes those sandwiches/burgers so delicious is the bun. Unlike a regular burger or fish sandwich, those buns are soft, light, warm and fluffy. They aren't like a regular bun which just tastes like regular old bread. Steaming burger buns is a criminally underused way to achieve a soft and tender texture. It helps to create fluffy and light buns that are perfect for burgers or sandwiches. Steaming also helps to retain moisture in the buns, making it very hard for them to get a dry texture. What separates my 'quick' method from other methods you'll find online, is mine takes 40-45 seconds. Why? Because I don't use a Steamer... I use a microwave. But, I outthunk it. 😊

What You'll Need:

- 1 to 4 Burger buns
- Gallon sized sealable plastic bag
- 1 paper towel and some water
- A Microwave Oven
- Cooking Spray

Directions:

- 1 Place your burger buns (or bread o' choice) into the gallon sized plastic bag, positioned against a back corner.
- 2 Fold a paper towel into a small square/rectangle, then get it wet (I ran tap water onto mine). Squeeze out MOST of the water from the paper towel, while still leaving some moisture in it.
- 3 Place the moist, folded up paper towel inside of the ziplock bag, towards the front. Ensure that the moist towel does not directly come into contact with the bread. Wet bread is no bueno.
- 4 Place the bag into your microwave, then set your timer to 45 seconds, close the door and press start.
- 5 Keep a watch on the bag, through the microwave's glass door. Once you see the bag start to fill up with hot/moist air, you're almost done. When your plastic bag puffs up and expands as much as it can, immediately shut off the microwave, pull the bag out, set it on your counter and carefully remove the steamed buns. VERY lightly spritz the top of the buns with a very quick shot of cooking spray. This will help to stop the top of the buns from drying out in the cool air, while the 'insides' of the bread stays warm and fluffy. Use your steamed buns immediately. They'll stay very soft and fluffy for around 10 minutes. If you want to keep them in the bag till ready to serve, open the bag so they don't get locked in with the moisture.

Notes:

- **BREAD:** This helpful walkthrough is shown using burger buns, but OBVIOUSLY you can use a nearly identical process for hot dog buns and french bread/hoagie rolls, ciabatta bread, etc.
- **MICROWAVING TIME:** My buns required 45 seconds in my microwave oven. However, not all microwaves are the same. The first time that you attempt this, what I would personally do, is set your microwave for 60 seconds, then keep an eye on the bag when the microwave is running. The moment your bag puffs up like a balloon, the buns are done. Take a mental note of how long it took your bag to puff up in your microwave, then remember to use THAT as your cook time, the next time you make these.
- **SPRIZING THE TOP OF THE TOP BUN:** This step must be done. If you do not spray the top, the top of the buns will quickly take on a dried out appearance. That's because as soon as you remove the buns from the steam, the tops will rapidly begin to cool in the air, while the rest of the bun stays hot and moist. This causes the top of the bun to dry out. However, lightly spraying the buns with a quick shot of cooking spray solves that.
- **GLUTEN FREE:** Obviously, you can use gluten free buns, bread and rolls of your choice. The process is no different.



Bringing Home The Bacon, Baby!

Presenting the GLORY that is... 'CENTER CUT' bacon. *Cue the Angels singing!!!*

When I first published this cookbook back in 2020, I had no idea Center Cut Bacon "was a thing". At the time, I only knew about turkey bacon and it's all I used, because as stated many times over the years, I am the Ebenezer Scrooge of points. I thought Turkey bacon was the only option. Two years later, someone in Connect mentioned 'regular' Center Cut bacon. It's regular bacon, but as long as you don't buy THICK CUT center cut bacon, most all brands are 1 point for a slice, which is awesome. There are multiple brands on the market, most common being Hormel Black Label and Oscar Mayer center cut. Again, make sure you do not get 'thick cut'. For folks who don't like pork, I'll include recommendations for Turkey, Chicken & Veggie bacon.

BEHOLD, the glory of 'Center Cut' Bacon!

1. Ensure that you buy a brand that does NOT say "thick cut" on the label. Most all cooked 'regular' center cut bacon is 3 points raw and 1 point cooked. Why they would provide the raw points?... In case you place raw bacon into soups & stews, would be my guess.
2. Great low calorie/point brands o' bacon:
 - Hormel Black Label center cut, Oscar Mayer 'center cut' original bacon, Aldi's Hickory Smoked Uncured, HEB Naturally Hickory & Mesquite Smoked center cut bacon, North Country Smokehouse Applewood smoked uncured bacon, COSTCO 'precooked' bacon, Kroger pre cooked bacon, Black Label precooked bacon, Wegmans center cut bacon, Simple Truth uncured bacon, Trader Joe's Uncured Dry Rubbed Bacon, Hempler's Sugar Free bacon (costco), Hormel Natural Choice Fully cooked, Greenfield natural Meat Co. Natural Apple Smoked uncured bacon, Nature's Rancher no sugar added uncured bacon, Kroger Private Selection Center Cut, and more!

Turkey & Chicken Bacon

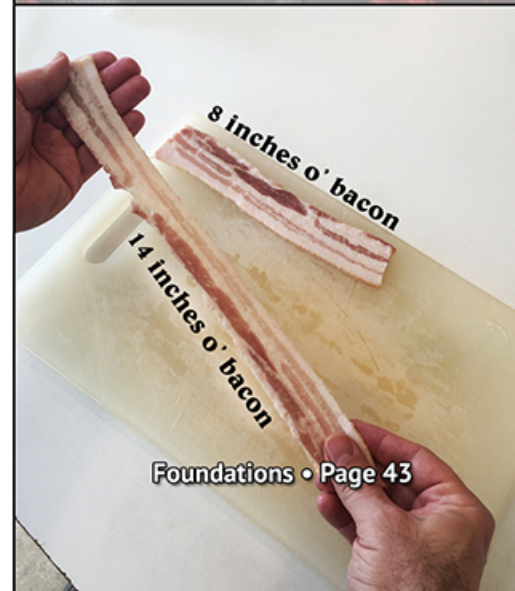
1. **"I Don't Dig On Swine":** Some people prefer Turkey or Chicken bacon. Woot! Grats, I'm giving you folks a shout out too! Below is a list of some of the brands that folks in Connect recommended, when I asked them to mention their favorite brands.
2. Great low calorie/point brands o' bacon:
 - Al Fresco chicken bacon, Applegate turkey bacon, Godshall's turkey bacon, Trader Joe's turkey bacon, Welshire chicken bacon, and more.

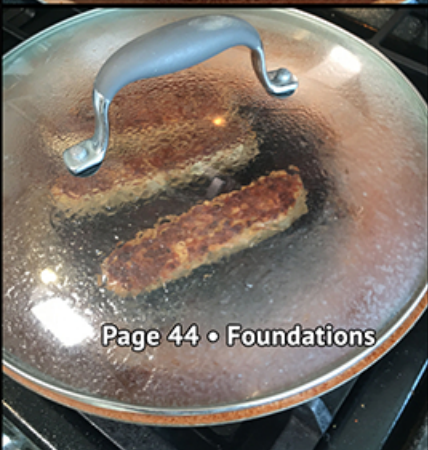
Veggie Bacon

1. Great low calorie/point brands o' veggie bacon:
 - Morningstar Veggie "Bacon", Whole Foods brand plant based "bacon", and more.

Notes:

- **GREY AREA:** Center cut is considered a leaner cut of bacon. If you can't find any... you can always trim fat off of regular bacon to create your own leaner version.
- **STRETCHING BACON:** If you plan to wrap a sausage or hot dog in a 1 point slice of bacon... regular center cut bacon can be stretched all the way out to up to 14 inches long. Stretching it will let you wrap it all the way around the frank from end to end.





DIY Sausages: Pan Fried

Showing how to use my 0 point meat mixes to make pan seared sausages

One of the foods that you miss eating, when on this "eating healthier" journey... is sausage. Whether it's Italian Sausage, Louisiana Hot Links, Kielbasa, Bratwurst... dear Lord, you miss those a lot. They are delicious, but ooooh so high in points. You know what ISN'T high in points? ANY of the 15 (0 point) ground turkey meat mixes I have created, across my 5 cookbooks. In the following 3 pages, I'll instruct you in how to make your own 'caseless' sausages (sausages without natural casings), then cook in a pan or on a grill.

What You'll Need:

- 1 batch of ANY of my ground turkey meat mixes, **EXCEPT THE TACO MEAT** (recipes on pg. 24-26)
- Cooking Spray
- Plastic Wrap
- A tape measure or ruler, if you're totally anal about this stuff, like I am
- A hot pan (on a stove... obviously) 😊
- Water or beef broth

Directions:

- 1 Pre mix your preferred batch o' meat, then use a kitchen scale to separate it into approximately 3 ounce portions. I cannot stress this enough during this 'guide'... Wet your hands when mixing the meat, wet your hands when separating it into 3 ounce portions and wet your hands when rolling each individual ball.
- 2 Lay out a length of plastic wrap on your work surface or cutting board. Spray it with cooking spray, then wet your hands, pick up one 3 ounce portion and set it on the plastic wrap. Use your hands to shape the meat into a longer oblong, then continue stretching it out till it's a few inches long and 'log' shaped. Then... begin rolling it up into the plastic wrap and use your palm to continue stretching it out as you roll it back and forth, to create a uniform sausage shaped link.
- 3 When the link is 6 inches long, unroll the plastic wrap, then wet your hands again and remove the link. It'll be a little tacky, so... use your wet hands to roll it one or two times, removing the stickiness from it. Set the meat aside on a plate. Repeat this process till all links are rolled and ready to cook.
- 4 Heat a pan over medium heat for 1 minute, then spray with cooking spray and add the sausage links. Cook over medium heat, without moving them, for 2 minutes.
- 5 Spray the tops with cooking spray, then flip the links, add 1 Tbsp of water or beef broth and immediately cover with a lid. Cook for 2 more minutes, covered. Done.

Notes:

- **BATCHES:** If you are cooking them in batches, in 1 single pan (like I did here, 3 at a time), for your second batch, lower the heat down from medium, to juuuust under medium. That way the temperature in the pan will 'level off' and the heat will stay consistent-ish, rather than continuing to get hotter and hotter and hotter. If you overcook these, they get a very tough and wrinkly exterior.
- **WHY 3 OUNCES?:** That's pretty much the weight of most 'regular' sized store bought sausage links. It's ok if they aren't EXACTLY 3 ounces, but... use a kitchen scale and get them pretty close.
- **WHY ALL THE WATER?:** Remember the sticky meat hack? We do not want the raw formed sausages to be sticky, at all. Whether you are pan frying them or cooking them on the grill, you don't want them sticky. These sausages are not "in casing", so if they stick to your pan or grill, they will break apart and lose their shape.
- **GRILL PAN:** You can use this same process with a Grill Pan, if you'd like to have fancy grill marks without actually having to go outside to use a grill.



DIY Sausages: On The Grill

How to cook these 99% fat free sausages on a grill, without ruining them



You may be wondering why I have to tell you how to grill these sausages, because common sense would say "put them on a grill, like any other sausage". Well, if you cook these like a regular sausage, they come out HORRIBLE. They overcook extremely fast, and if cooked over a direct flame/high heat, they develop a very firm, thin, unappetizing outer layer. The key, my friends, is cooking these with **INDIRECT HEAT!!!**

What You'll Need:

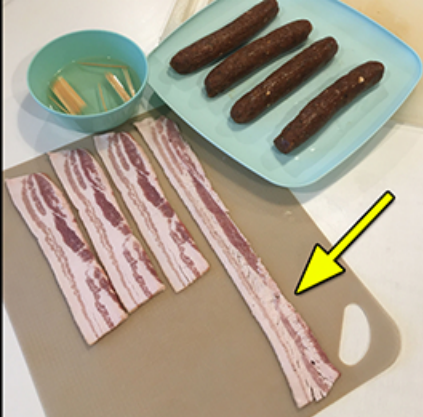
- 1 batch of ANY of my ground turkey meat mixes, **EXCEPT THE TACO MEAT** (recipes on pg. 24-26), already rolled/formed into 6 inch sausage links (*step-by-step guide is on pg. 44, in steps 1-3*)
- Water
- Cooking Spray
- Gas Grill with more than 1 burners (see notes for other types of grills)
- Some type of thermometer that can safely read the temperature in a closed grill

Directions:

- 1 Pre mix your preferred batch o' meat, and portion it into/make 6 (3oz) sausage links, just like on pg. 44.
- 2 Now, the part that requires thought on your part. You need to turn on your gas grill. Turn on all of the burners EXCEPT FOR ONE OF THEM!!! Look at my illustration. My grill has 5 burners, I DID NOT turn on the middle burner... you need to keep ONE of your grill's burners off. That is where you'll be placing your sausages. You do not want a flame under them when they cook. If, however, you have no choice... put that burner to the lowest setting possible. Pre heat your grill so that it sits between 425-450 degrees with the lid closed. It is very important to try and get that temperature. Use a thermometer.
- 3 Once your closed grill is staying at the correct temperature, go grab your sausages. They will most likely be mildly sticky/tacky. Rub some water all over them, to remove the stickiness. They cannot be sticky when they go on the grill, or they will stick to the grills and be ruined.
- 4 Take your slightly wet sausages out to your grill. Spray the grill that does not have a flame under it with cooking spray. You won't risk flare-ups because there's no flame there. Spray the sausages, then place them onto your grill, on the area with no flame under them, and immediately close the lid. Cook for 3-1/2 minutes.
- 5 After 3-1/2 minutes, open the grill's lid, spray the top of the sausages with cooking spray, then turn them over. Close the lid immediately and cook for 3-1/2 more minutes. Done.

Notes:

- **CHARCOAL GRILL:** If you have a charcoal grill, you need to build most of your briquettes to one side, to create an area with veeeeeeery low heat under it. But heck, who am I kidding. If you own a charcoal grill, you know a whole lot more about cooking with indirect heat than us wimpy city boys with our propane grills :)
- **THERMOMETER:** Most gas grills now come with some type of built in thermometer, to tell you the temperature inside your grill, WHEN THE LID IS CLOSED. Once you close the lid, your grill turns into an oven a big, grown up version of an EZ Bake Oven. I cannot express to you how important it is to keep track of your temperature when making these. Gas grills can QUICKLY make their way up to 500+ degrees.



Pan Fried Bacon Wrapped Sausages

Yup... bacon wrapped kielbasa, on a bun, with peppers and onions is "plan friendly"

How can we POSSIBLY make nearly fat free sausages EVEN BETTER!?!?!? Why, wrap them in bacon, of course! On this page I'll be showing you how to take my 0 point sausages (recipe on pgs 44-45) and wrap them in low calorie, lean bacon. In this case, I'm using 'regular' center cut bacon. NOT 'thick cut' center cut bacon. This page will walk you through the process of how I personally cook mine in a frying pan.

What You'll Need:

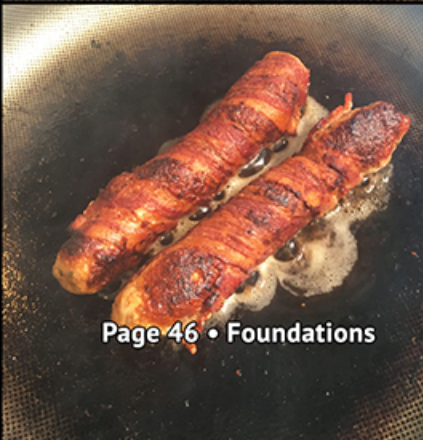
- 3oz sausage links, made from my meat mixes, exactly like steps 1-3 on page 44.
(In these pictures, I used my ground turkey 'Kielbasa' mix and oscar mayer center cut bacon)
- 1 slice of bacon per link, use 'regular' center cut bacon, or any low point bacon you prefer.
- 2-3 toothpicks per sausage link, to secure the bacon on both ends of the link.

Directions:

- 1 As noted, follow the steps on pg. 44 (steps 1-3) to form 3oz sausage links in advance. Set aside.
- 2 (For this guide, we will be using 'center cut bacon') Take each piece of bacon, and slowly and carefully pull and stretch them out, until they are nearly doubled in length. This will allow you to almost completely wrap one of the sausages, from end to end. You can see a stretched piece of bacon vs unstretched, in the 1st pic.
- 3 Lay out one piece of stretched bacon, then roll one of the links, at an angle, all the way up the bacon. It will take you 1 or 2 attempts of wrapping then unwrapping it your first time, till you get the hang of the proper angle to roll it up.
- 4 Stick 1 toothpick through the very end of each side of the bacon, so that they won't curl up. Set aside, repeat till all the links are wrapped with bacon, pinned with toothpicks, ready to rock. Set aside.
- 5 Heat a pan over medium heat for 2 minutes. Spray with cooking spray and set as many links in as you'd like. Cook for 2 minutes, then turn the sausages over, cooking the opposite side for 2 minutes.
- 6 Remove the toothpicks, then rotate the sausages to cook them on one of the uncooked 'sides', for 1-1/2 minutes. Rotate to the very last 'uncooked' side of bacon and cook for 1-1/2 more minutes (yup, you're cooking all 4 sides). If you'd like any of the 4 sides a little bit more 'done'... feel free to turn that side back down to the pan a little longer, to crisp it up. Nobody likes soggy bacon... except for @chiafullo.
- 7 Remove the finished sausage(s) to a paper towel and pat dry to remove any residual grease. Done

Notes:

- **BACON STRETCHING:** This step is awesome, however, it will not work with most Turkey or Chicken bacons. Stretching the bacon, as shown in the top left image, can only be done with bacon that actually has some real fat in it. CENTER CUT bacon is actual pork bacon, so it does have a layer of fat, which allows it to be stretched to the extent my picture shows. I recommend starting at one end of the bacon and using both hands to pull a small length of bacon in opposite directions, stretching it a bit. Then move your hands further down the length of bacon and stretch it some more. Repeat till you get all the way to the end, then grab both ends and gently pull in opposite directions one last time, stretching the entire piece of bacon.
- **NO STRETCHY STRETCHY:** If you decide NOT to stretch the bacon (that'd be a cool band name), or if you are using chicken or turkey bacon... forgo that step and simply wrap your regular length bacon around the link. It may not reach as far down the sausage, but... it'll still be tasty. Plus, you can always add 1 more piece of your non stretchy bacon, though you'll need an extra toothpick.
- **COOK TIME:** Not all brands of bacon cook the same. Adjust the cook time, as necessary. Center Cut might cook faster than your chicken or turkey bacon, or the other way around. Cook till all sides are crispy.



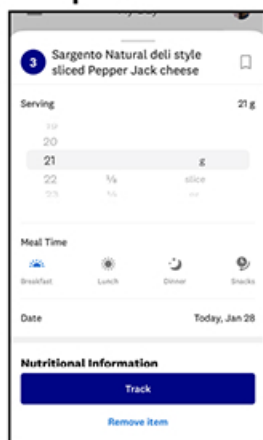


Cutting The Cheese

A simple tip for lowering the points of full fat, glorious sliced cheese

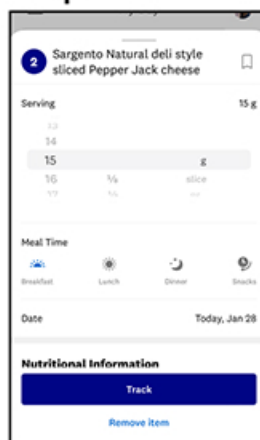
Don't have access to "ultra thin sliced" cheese at your local grocery store, can't find the type of 'thin sliced' cheese you want on your burger? Or simply want a nice slice o' "real" cheese that isn't cut so thin it's see through? Well, this is a simple way to remove 1 point from any slice of cheese you want. It uses the same principles of the "low point bun hack", but... con queso.

Step One:



Use the App to scan the barcode of your sliced cheese, in this case, Sargento Pepper Jack. By default it'll show you the points for "1 slice". Switch to grams, weigh a slice on your kitchen scale, then see how many points that particular slice of cheese is, when weighed in grams. This slice, right out of the package, weighs 21 grams, which is 3 points.

Step Two:



Now, let's lower the points. So, scroll the grams down to see how much the cheese would need to weigh to switch from a 3 point slice o' cheese, to a 2 point slice. For this brand, it looks like at 15 points it drops down 1 point. So... simply trim off a thin slice of cheese from one side and weigh the cheese again. Not enough? Trim another slice off from a 2nd side, allowing it to keep a square shape. Repeat until you hit that magic 15 grams.

Notes:

- **DIFFERENT CHEESES:** I know this is a 'no brainer', but you'd be surprised how many people will email me asking "will this work with cheese other than Sargento Pepper Jack?" So, let me simply state, here on this page, without question... that yes.. yes, you can use this same process with any brand or type of cheese you want.
- **ULTRA THIN SLICED CHEESE?:** Yes, you CAN buy "ultra Thin Sliced" cheese. But, not everyone has access to it, plus, let's be real... sometimes, you just want some nice, thick, regular cheese that isn't paper thin. When that hankerin' comes over you, being able to have a nice, thick slice of Smoked Gouda on your sandwich for 3 points instead of 4, makes ya feel like you're still being healthier.
- **WHY DO THIS?:** You don't HAVE to do this. If you are super strict about budgeting your points for the day, and you want to squeeze an extra point for that slice of full fat dessert you are looking forward to later tonight? I dunno about you, but trimming a teeny bit of cheese off my burger, to make room for a legit Cannoli for dessert... I'm down with that. Work "the plan" in whatever way is best for you.

Yeast Pizza Dough

A Simple Airy & Crisp, Yeast-Based Pizza Dough Recipe

A simple Yeast-Based dough recipe that will let you make delicious thin or thick crust pizzas, calzones, baked bread bowls, bread sticks and much more. Making yeast dough sounds much more intimidating than it really is. It's great for when you have to run errands. Mix the dough, do an errand, come back, form your pizza, do some more chores... come back to the kitchen and before ya know it, it's done.

Serving Info:

Yield: 10" pizza crust
Servings: depends
Serving Size: depends



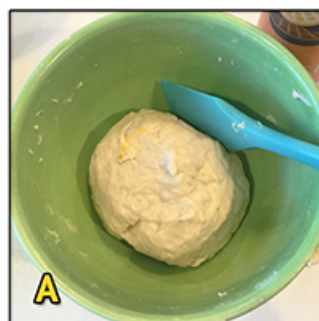
- last checked 01/03/24 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

R D

10-10

Listed points are for
the ENTIRE pizza crust, using
"King Arthur '00' Pizza flour
(see notes)

With All Purpose Flour,
the dough has 15 points



Ingredients:

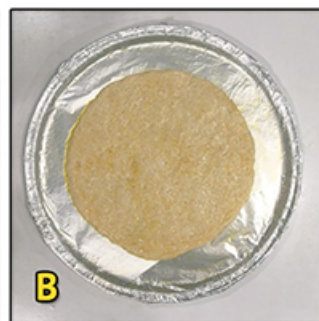
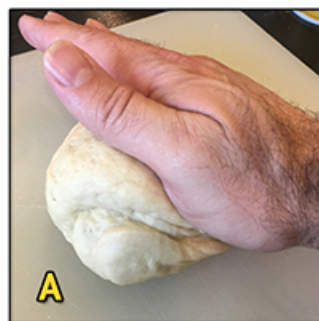
- 1 cup "King Arthur's '00' Pizza Neapolitan pizza flour"
- 1/4 tsp Salt (optional if on low sodium diet)
- 2-1/4 tsp "Instant" or "RapidRise" Yeast"
- 2 tsp Sugar
- 6-7 Tbsp WARM water (around 100-110 degrees)
- cooking spray

2. (A) Add another 1 Tbsp of warm water and mix, then another 1 Tbsp and mix. Continue mixing and adding a little bit more water each time, until the dough JUST comes together (mine took 7 Tbsp). You don't want it too wet... the consistency of children's soft "Play-Doh" is perfect. (B) Cover mixing bowl with plastic wrap and then walk away, letting the dough rise for 30 minutes.

Directions:



1. (A) Combine the flour, salt, Instant/RapidRise yeast and sugar in a small mixing bowl. (B) Add 1/4 cup of warm water then begin mixing the dough, which will still be very dry at this point.



3. (A) Use your palm to rub/spread 1-1/2 tsp of flour onto a cutting board. Place the dough onto the cutting board and knead/fold the dough for around 1 minute. (B) Place the dough onto a pan sprayed with cooking spray. Press the dough into your desired shape, then flip it over, spray it again, then stretch it out again, repeating till the dough is a uniform 1/4" thickness. Spray again, then walk away, for 60 minutes. After 60 minutes, spread the dough again to a 1/4" thickness, then flip it one last time.



Grilled Pizza Guide

A simple guide for grilling, rather than baking my yeast pizza dough

On the prior page I gave you the recipe for my yeast pizza dough, which you can obviously add toppings to, then bake in an oven (400 degrees, 12-14 mins). However, I thought it'd be neat to give you a simple guide, showing you the steps for cooking a pizza directly on a hot grill. Why? Because, crispy grilled pizza is awesome!

Ingredients & Gear:

- 1 batch of my pizza dough, prepared all the way through **Step '3B'**.
- ANY combination of prepared pizza toppings and sauce that you want, calculating points accordingly.
- Olive oil or butter flavored cooking sprays, your preference.
- Kitchen Tongs & Spatula or Wooden Utensil
- Gas Grill

Directions:

- 1 As stated in the ingredients, make a batch of the yeast dough on pg. 36. Prepare all of the ingredients you want on your pizza (toppings and sauce), ahead of time. Have them all organized, because you WILL be taking them outside, near your grill.
- 2 Turn on your grill and put the burners to the medium-low setting. Close the lid and let the grill heat up for a couple minutes. You are **AIMING** for 450-500 degrees. Adjust your temperature dials accordingly. If your grill does not have a built in thermometer, invest in one that can safely go inside of your grill at high temperatures.
- 3 Liberally spray the top of your dough (still on your baking pan, where it was rising) with cooking spray. Then, flip it over and spray it again. You want a good coat on both sides.. Then, head outside to your grill.
- 4 Open your grill and **USE YOUR HANDS** to pick up your pizza dough (it's ok if it stretches a bit) and place it down in the middle of your grill. Close the grill lid immediately and walk away for 1-1/2 to 2 minutes.
- 5 **(5A)** Open the lid and use kitchen tongs to gently pull the pizza dough off of the grill and **(5B)** flip it onto a pan, grilled-side up (*trust me, this will save you from possible burns*). **CLOSE THE LID**, then quickly carry the pan to wherever you have your sauce and toppings set up and ready to go.
- 6 Put the sauce and toppings on your pizza, on the 'grilled' side. Then quickly head back over to the grill.
- 7 Open the grill lid and gently slide your pizza off of the pan and onto the hot grill again. Close the lid and cook for 2-3 more minutes, or until the bottom of the crust is golden and the toppings are melted. A little char is good, but you don't want to eat pizza charcoal. Use tongs or a spatula to pull the finished pizza back onto the pan, turn off your grill and get ready to eat. Done.

Notes:

- **POINTS:** Once again, I am not providing points for this pizza. I am providing a recipe for making the dough, as well as the points for it. Add whatever toppings and sauce you want, then adjust your points.
- **FLOUR!:** The reason I'm advocating for the use of King Arthur's '00' Pizza Flour is because of the points. The 'KA' flour is 8 points for 1 cup, while All Purpose Flour is 13. But once again, if you would rather use All Purpose Flour, this entire crust will have 15 total points.
- **TEMPERATURE:** My preheating and cook times are based off MY GRILL, not yours. My grill has 5 rows of burners... your grill might not. Use whatever temperature dial setting you need and whatever preheating time you require to get your grill to 450-500 degrees. Once there, use my cook times. But do NOT cook the pizza over a high flame or the bottom will burn.
- **PAN?:** Most guides for grilling pizza have you flip your dough and add toppings on the hot grill. Heck no! Not only does it get cheese and toppings falling into your grill, it's also dangerous trying to add all those toppings and sauce with your hands and arms **RIGHT OVER THE CENTER OF A 450-500 DEGREE GRILL!**
- **PIZZA STONE:** If you have a pizza stone, disregard this page because you aren't "grilling" a pizza, you're baking it, on a stone slab, in your grill. However, use can still use my pizza dough... but you aren't grilling it.

