

*gourmet recipes with all of the flavor and none of the guilt*

# **THE GUILT FREE GOURMET**

**Low Calorie, Low Fat Gourmet Burgers - 2024**

by: **DANIEL HALLAK**



Lebanese Ground Turkey  
Kafta Burger with Hummus  
pgs 100-101

## **Cookbook Volume 3**

**Gourmet Turkey Burgers, Chicken Sandwiches, Salads & Sides**





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



***Low Fat, Low Calorie Cookbook - Volume 3***  
***GOURMET TURKEY BURGERS, SANDWICHES, SALADS & SIDES***  
***Revised for 2024***

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All readers are encouraged to go to a WW Workshop or the WW website for actual WW information and to also enter the listed ingredients of my recipes themselves into the Recipe Builder. Point values for certain ingredients change and are updated periodically by WW®, which may change the point values we are suggesting to be accurate for our recipes at this time.

This guide is in **NO WAY** meant to be a replacement for the WW Program. It is merely developed and intended for use as a collection of privately developed recipes, designed to complement the instructional materials and resources provided by WW to its members... BECAUSE WW IS AWESOME!

Any non-generic recipes within this guide were developed by me. All 'Point Values' were determined by entering the ingredients, measurements and servings into the Recipe Builder within the WW mobile App that is only available to paying members of the system. I strongly encourage anyone interested in developing a healthier lifestyle to join and follow the strategies for healthy living provided by Weight Watchers International (WW®).

All use of the terms Weight Watchers, WW, Points, Plan & Personal Plan in the following cookbook are used SOLELY for reference purposes, as is appropriate and allowed under fair use doctrine.





To my sweet Rachel,  
 You are the most special, wonderful and lovely daughter that I could have ever have hoped for.  
 Your sweet silliness and caring nature will always be one of the greatest gifts I will ever have in  
 my entire life. You are my joy, and I am so proud of you with everything that you do.

- Dad

09-06-24





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# Really? Free Cookbooks?

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## **The Guilt Free Gourmet Cookbook Volume 1**

- Low Calorie Cooking Guides & Tutorials
- Foundational (Base) Recipes
- 52 Low Fat, Low Sugar Sauces
- Filled With 50 Shades of Awesome



## **The Guilt Free Gourmet Cookbook Volume 2**

- Dips & Spreads
- Salad Dressings
- Gourmet Appetizers
- Cakes, Cupcakes & Desserts



## **The Guilt Free Gourmet Cookbook Volume 4**

In Fall 2020, I had a very limited release 'Holiday Dishes' cookbook, which I dubbed Cookbook 4. I'm planning to completely rewrite it from the ground up, changing it into a Mexican, South American & Spanish recipes cookbook.



## **The Guilt Free Gourmet Cookbook Volume 5**

- Sauces & Dips
- Dim Sum/Appetizers
- Regional Asian Entrees from:  
Cambodia, China, Korea, Japan,  
Thailand, Vietnam & Taiwan
- Regional Soups



# Do I Need Cookbooks 1&2?

Yes.... and No. My "**Cookbooks: Volume 1 & 2**", which I published to Amazon in late 2018 and in Summer 2019, have both been revised for the new 'personal' program. You may notice some of the recipes in this book reference dips or dressings in them.

When I first pulished this book (Cookbook 3) in 2020, the one complaint I got about it, constantly, was that every single burger recipe referenced the meat seasonings that were in Cookbook 1. I didn't reproduce them here, originally, because I was trying to cut back on pages. I figured everyone who bought this book would also have my previous 2 books, and by not adding those meat seasoning pages here too... I could cut the number of pages and not have to increase the price of this book. Sadly, that didn't go over well with people.

Now, 3 years later, my situation has changed. I'm in a much better place now and I no longer have to give a rat's patootie about trying to make money off of these books. Now, I can go back to seeing this as what it was at the beginning, a pure... stress relieving hobby. One where I get to have a creative outlet, help people and not care about the revenue. To prove that point I'm cramming nearly 50 new pages into this newly revised Cookbook 3... and I'm not increasing the price by 1 single penny.

I have crammed so many full color pages into this book, that by keeping the price at \$25, I'm now only making \$0.53 cents per cookbook, BEFORE California taxes . Hopefully this will impress upon you that I reeeeeeally don't do this for the money. If I did, I would have raised the price after adding almost 50 pages to it since the last edition.

As for DO YOU NEED THE OTHER BOOKS? Not really. Cookbooks 1 and 2 might have some dips and sauces you may consider swapping out for ones I have in here. There's also a few more salad dressings in CB2. However, you do not need to have either of them to use this cookbook. But, if you DO want to look at any of them, you can open/save all of my cookbooks for free, on my website.

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## **Note: How To Read Measurements In This Guide**

There has been some confusion on Connect from some folks about how to read the way that I write my measurements. So here goes:

$1-1/4 = 1$  and  $1/4$  of something, as in  $1-1/4$  tsp = 1 and  $1/4$  teaspoons

$2-1/2 = 2$  and  $1/2$  of something, as in  $2-1/2$  tsp = 2 and  $1/2$  teaspoons

## **What The Heck Are These Weird Lookin' Square Thingies??**

What a great question, boys and girls! For those of you who are what we'd call 'old school', these things are known as a '**QR Code**'. QR meaning '**Quick Response**' code. They act like a traditional barcode you'd see on the packaging of a product. The difference being that THESE are used to act as a 'link'. Look at one of these with your phone's camera app, and just like clicking on a text-link on a website... these open up a new browser on your mobile device and take you somewhere, or show you something.

I go into more detail on how they'll be used in this book, on page 8. But suffice to say, if you want to find the accurate 'point' information for the different recipes within this cookbook/cooking guide... using these is how you're going to do it.

Want to give it a try? Use your phone's camera to scan this baby. Consider it a test... a test where, if you get it right... you get to see me and **@chiafullo**, in Lederhosen.





# Using QR Codes

Have you ever seen those crazy looking, square shaped code-thingies on a menu, flier or in a magazine and wondered what they are? Well... they are the exact same as a 'link' you'd find on a webpage, which you can click to go somewhere. But, these links are printed onto paper. You use a mobile device's Camera to scan (click) them.

Now that there are multiple 'plans', the only way to give people accurate 'point' values for your recipes, is to share them through the App. This provides you a link you can share with people. For my recipes, if you scan the codes in this book, you'll be able to view your point value, according to your specific plan. So... here's how to use them.

## Step One:



Open your phone's "camera" app, ya'know, the one you take pictures with. Open it, then point the camera at the square code-thingie you want to look up.



## Step Two:

When you see 4 little yellow brackets around the corners of the code you want, a pop up that says "Open QR.IO in Safari" will appear at the top of the screen. Click that banner.

Once you click the banner, your device will open up the Weight Watcher's mobile app.



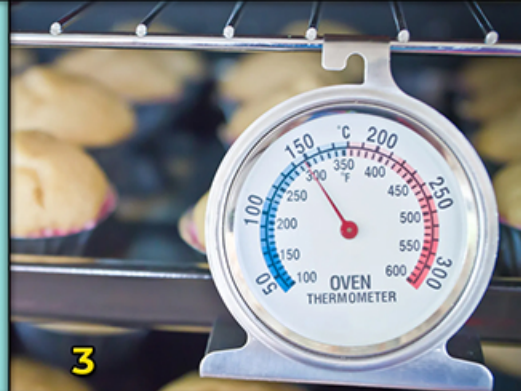
## Step Three:

Your App will load, then open up my saved recipe, within the app. It will show you the points for my recipe, for each serving, based off of YOUR 0 point food settings. Then, simply select how many servings you're having and click to 'track' the food,





1



3



5



2



4



6

For most of you folks that cook a lot and have spent years trying new things in the kitchen, these Gadgets & Gizmos are nothing new to you. But this particular page is directed more towards people who aren't as comfortable in the kitchen yet and to highlight some of the gadgets I use a lot, while making the various recipes in this book.

## 1. Food Processors & Blenders

Though used more extensively in my other books, there are still a few recipes in here that call for you to blend or puree things, such as the roasted zucchini in my Gringo Guacamole, Hummus, all the herbs in my Chimichurri or Pesto sauces and a few others. At the very least, it's worth it to get a cheap model.

In most cases a blender won't work as well, because it will usually liquify things completely.

## 2. Hamburger Patty Press/Form

Yes... you can form patties individually in your palm. You can also use a candle to cook your dinner, but why would you? When I decided to start making burgers for this book, I broke down and bought a cheap \$15 plastic one off of Amazon and boy was it worth it. You can get more expensive ones, but I made every burger in this book with a cheap plastic one. I recommend one with a 4 inch diameter. It makes all of your burgers into perfectly shaped patties that are much more visually appealing.

## 3. Kitchen Thermometer

If you don't have one... buy it. I got mine at the 99 cent store and it's served me for years. You know when you set your oven to 400 degrees and it beeps to tell you it's ready? It's lying.... it's lying, BIG TIME!! Ignore the beep and look at the thermometer. Chances are your oven is still 150 degrees colder than what you set it for. You THINK you're baking your chicken for 20 minutes at 400 degrees, when really, you put it in at 200 and it isn't going to hit 400 for another 15 minutes. Wait till your oven is actually at the right temperature, then bake.

## 4. Biscuit Cutter Set (with handles)

These cutters are only used for the book's ONE bonus recipe... Yeast Biscuits. Though biscuits aren't explicitly used in any of the sandwiches, I am including a recipe for my 2 point Yeast Biscuits, so that you can use them in place of buns for the breakfast burgers... if you'd like. I bought a set off of Amazon for \$12, which included cutters of various sizes. My recipe calls for using a 2-3/4 inch cutter, so make sure whatever set you get has that size.

## 5. Digital Kitchen Scale

It's always important to have one of these on hand. In a lot of instances you'll find that in certain recipes, you'll get MORE of an ingredient "for the points", if you measure it by weight, rather than just use the generic point listing for that item in the builder. By that, I mean... let's say that a recipe tell you "use 1/4 cup of ingredient X". You'll look it up and see 1/4 cup of that is 3 points in the generic listing for it. However... if you WEIGH that ingredient, in grams, using a kitchen scale, you might actually end up getting a little over 1/3 cup, if measured and weighed, for the same points as the generic listed value.

## 6. Electric Spice Grinder

This is an optional one, but it needed to be pointed out. With this cookbook, you will only be using one of these if you decide to make some of the dry rub spice seasoning mixes. Specifically... the "Atilla The Hen" dry rub and seasoning mix. I also use mine to grind whole seeds (fennel and coriander), to refill my spice containers. Whole fennel seeds and coriander seeds are MUCH LESS EXPENSIVE than pre-ground bottles.



# Ingredient Highlights

The following are important enough that I had to mention them

## Retrain Your Brain

*One of the biggest motivations that I have, when making my recipes, is the fun challenge to make them as low in calories and 'Points' as possible, while still keeping a regular, satisfying portion size. These following pages highlight a few of the key ingredients that I feel need to be noted.*

## 99% and 93% Fat Free Ground Turkey



### Why Did The Turkey Cross The Road?

Here's the deal. For you folks that aren't in Weight Watchers and don't care about 'Points', feel free to use 93% fat free ground turkey in any of my burger recipes. The reason that I use 99% fat free ground turkey in my recipes is a Weight Watcher's 'Points' thing. Less calories and fat equals less points for your burger.

HOWEVER... not all of you are in WW, so, feel free to use 93% ground turkey in all my meat mixes,

if you want. Note that using 93% instead of 99% WILL have a very noticeable difference on your mixes. For 1, the higher fat content means that the mixes will be wetter and more sticky/tacky when you're mixing the meat and forming burger patties. If you "go 93", I would highly recommend dialing back the liquid ingredients in the meat mixes, so that the mixes come together better. However, there IS a benefit to using 93%... all of the ground meat mixes taste MUCH closer to beef. My middle eastern family even thought my Lebanese Kafta kebabs I made using 93% ground turkey with my meat mix, were made with beef.

## More Herbs & Spices Than 10 KFC Franchises



### More Spices Than The Silk Road

I used to get asked constantly, "what's your favorite brand of spices?" I'm a cheapskate and I'm on a budget, so I typically buy the cheap, generic store brands, usually at Walmart. So, see?... you can make great food without getting food snobby. Also, my recipes use a TON OF SPICES. Ever wonder why you used to think "low fat diet food sucks!"? It's because you weren't seasoning it aggressively enough. In order to build depth of flavor into such a bland platform as 99% fat free ground turkey, you need to layer a lot of flavors into it. On a plus, by this 3rd cookbook, you already have most of them.

## Sugar Free Syrup Instead Of Honey



### Leave The Food Snobbery At Home

In almost all circumstances, I swap out honey with sugar free syrup in all my recipes. It's sweet, it's thick, it fills the role I want and it cuts a TON of calories from a sauce or dip. My teriyaki sauce, BBQ sauce, chick-fil-a sauce, 'honey' mustard dressing and others recipes rely on it heavily. Prior plans used to allow for a few Tablespoons for 0 points. Now, you can only have 1-1/2 Tbsp for 0, though, some brands let you have more.



## Hershey's Unsweetened Cocoa Powder



### Different Brands Are Different?

Once the 'new program' went Live, generic 'unsweetened cocoa powder' became 1 point for 1 Tbsp. For years it had always been 0 points for up to 1 Tbsp. However, Hershey's unsweetened is still 0 points for 1 Tbsp. So, all of my recipes are calculated using Hershey's unsweetened cocoa.

## 'Kitchen Bouquet' Seasoning Sauce



### A Great Flavor & Coloring Add-In

Up until a few months ago I had never heard of, nor had I used this stuff. Now, it's used in all of my ground meat mixes, as well as in some of my sauces, to not just give a savory flavor bump... but more importantly, to enhance the color. If you don't want your ground turkey to LOOK like ground

turkey... you'll need to buy this stuff ASAP. You can find it at the store, next to where the packets of seasonings for gravy, meatloaf and taco meats are at (You know, the McCormick seasonings).

## Low Calorie, Low 'Point' Sliced Cheese



### Go Low Or Go Home!!

Most of my burgers/sandwiches that call for cheese recommend 'thin sliced' or 'ultra thin sliced' brands of cheese, such as Sargento brand. We're aiming for 40 calories or less per slice, in order to keep it to only adding 1 'Point' per burger. For American cheese, I use 'Velveeta Original' slices, or 'Borden's Brand,

Fat Free Cheddar Slices, which melt like American. Borden's Fat Free can be found at Walmart and some grocery stores. Use it if you can find it. Sargento is in nearly every grocery store. Also... you can go to the deli counter in your store and ask them to cut ANY type of cheese into slices for you. Tell them to cut it AS THIN AS POSSIBLE. Then take it home and weigh the slices in grams. Use the App's ingredient database to find the points for your cheese.

## Cooking Sprays Instead of Oil



### Our unsung cooking Hero

One of the things you'll have to get used to is the idea of using cooking spray, rather than oil, in my recipes. It cuts a ton of calories. Not all brands are created equal though. Some brands let you use only 4 or 5 seconds of spray before they add points. Others let you coat a Buick for 0 points. I typically

use generic 'store brands', as they allow you to have more for 0.

## Low Calorie, Low 'Point' Buns & Sliced Bread



### Where To Find It

Choosing low calorie options for your bread/buns is one of those compromises that you are going to decide to make, if you want to continue cutting calories and points. Ask yourself, what would make you feel better, having a giant sized burger bun with 300 calories, or having a smaller sized bun, that'll help you

lose weight and still have an awesome burger. Every calorie that you cut, adds up. Saving 150 calories from a bun, 50 calories from the 'lighter' cheese, 60 calories from the ketchup, all adds up over time.

To take full advantage of these burger recipes, you'll want to cut the calories and 'Points' from the bread and condiments. So... where do you find low calorie/Point bread and buns? Thankfully, it's a LOT easier to find Keto Bread now, than when I first published in 2020.



### Burger & Hot Dog Buns

One of the most widely available "keto" brand buns is "Keto Culture" brand. Commonly found at Aldi, Walmart and other stores. They are 1 point... but that is the only good thing about them. Compared to all of the 2 point burger and 'dog' bun options, they are absolute horrible. They are one evolutionary step away from a fifty year old hockey puck, mated with a rice cake. Dense, dry and not at all worth even wasting 1 point on. Honestly, the 2 pointers are the only way to go. "Signature Select" (the store brand for Kroger, Ralph's



Albertsons, Vons and a few others) and 'Oroweat Superior Keto' branded burger and hot dog buns are my favorites. However, that's because those 2 are available in my area. There are a lot of brands, such as "Schmidt's Old Tyme 647" bread and buns, which get RAVE reviews from folks on Connect. I wish I could try them, but they aren't in stores where I live.

### Sandwich Bread

When I originally published this book, there was only 1 brand of sliced Keto bread in my area... 'Keto Culture'. Their bread products have the most god-awful, dense and dry texture. Hence, all my sandwiches at the time (including my Patty Melt on pg. 120) were made with Sara Lee Delightful 45 calorie bread. That stuff's really good and it isn't even Keto bread. However, there's a lot more options in stores nowadays.





## Replacing Mayo in Dressings & Spreads



### Fat Free Plain Greek Yogurt

Most all 'normal' creamy salad dressings, dips and spreads are filled to the brim with mayonnaise. In all of mine, I substitute most all, if not all of the mayo with plain fat free Greek yogurt. I'll typically add a teeny amount of light mayo, but just enough to impart a slight mayo flavor while keeping it low in points.

**Brands of Fat Free Greek:** The measurements in all of my dressings and spreads were created with either Chobani or Fage fat free Greek. Most store-named generic brands are much thinner and contain more liquid. If you use any brand other than Fage or Chobani for my dressings, your final dressing/spread might be a little thinner than intended, but that's ok. They'll still taste great.

## Low Carb, Homemade Bread Crumbs



### Make Your Own Breading

What's a serious points-killer when it comes to ANYTHING that needs to be breaded? You guessed it... the bread crumbs. 1 cup of plain, store-bought bread crumbs is 14 points. You can make that much yourself, for only 4 points, using sliced 'Keto' bread. Check out my guide/recipe on page 38.

## Baking Soda Meat Trick - **IMPORTANT!!!**



### Meat Texture Miracle (and Sodium Bomb)

It still boggles my mind that in all the years I've been posting about this in Connect now, I still never see anyone else copying it their 'skinny blogs', as it's an absolute game changer for ground chicken/turkey breast. Dissolving 1/4 tsp of baking soda with a little water and mixing it into extra lean ground meat, COMPLETELY changes the texture and 'plumpness', if you let it rest prior to cooking. It also does the same thing when added into chicken marinades.

**SODIUM WARNING!** However... baking soda is EXTREMELY high in sodium. If you are on a sodium restricted diet, simply leave it out.

## Ground Achiote / Annatto Chili Powders



### Ground What??

'Achiote Molido', 'Ground Annatto', 'Ground Achiote' or 'Annatto Powder', whatever you call it, it's awesome. It's a type of extremely non spicy chili powder, used primarily for coloring things red. I use it in my chorizo and my latin chicken marinade recipes. You can find it at Mexican markets, or on Amazon.

## Ancho Chili Powder



### Don't Give Up Your Pasta!!!!

If you're a full fledged Gringo, like I am... chances are you have gone most of your life without trying different types of chili powders, or wrongly assuming all of them are extremely hot/spicy. Ancho chili(i) powder adds an incredibly smoky latin flavor to a recipe, without adding a ton of

over-the-top heat. In powder form, it's on the mild-side of chili powders, as far as spiciness goes. I call for it's use in some of my marinades and dry rubs.

## Chipotle Peppers in Adobo Sauce



### Canned Chipotle Peppers

You can find these little cans of awesome in the Mexican/Latin food section of your grocery store. They are tiny little shriveled chipotle peppers, which have been relaxing, bathed in a spicy and smokey tomato based sauce. I use them in my Chorizo meat mix. You can currently have up to 2 peppers for 0 points.

## Stone Ground Mustard



### Mustard with Mustard Seeds

I wanted to include a picture of this type of mustard, so you'd know what kind I'm talking about in my Oktoberfest burger and my Bavarian Bratwurst Sandwich recipes. At grocery stores, you'll see it as the packaged mustard loaded with whole mustard seeds. However, scan the brands you

see. Though MOST of them are 0 points... there ARE some brands that add oil into theirs. So, scan and check, before you buy.

## King Arthur's "00" Neapolitan Pizza Flour



### LOW POINT, REAL FLOUR!!!!!!

I'm making it a point to mention this specific brand of flour, because while REGULAR all purpose flour is 13 points for 1 cup, "King Arthur's '00' Neapolitan Pizza Flour" is only 8 points. That additional 5 points per cup gives you a lot more wiggle room in recipes to add more pointed ingredients, such as

additional cheese and toppings on pizzas. In this book, I use it in my low point pizza dough recipe. In Cookbook 1 it's used to make my HUGE, low point yeast biscuits. As for purchasing... you can sometimes find it at grocery stores, but I have found it's usually less expensive on Amazon. Look around for different seller's, but I can usually find a single 3lb bag for \$6.50 or so, while at the grocery store near my house, it goes for \$7-8 per 3lb bag.



## Dark Soy Sauce



### Isn't Soy Sauce Already Dark?

Yes... and no. YES, 'regular' soy sauce has a dark color, but, it's very watery. DARK soy sauce, which does indeed say "DARK" on the label, is a completely different animal. It's used in sauces, to give an extremely rich and vibrant color. In this cookbook I only use it in my Bibimbap sauce, but it's used extensively in my Asian

cookbook. You can find it at ethnic stores or on Amazon. My only advice is for you to never buy 'mushroom flavored' dark soy sauce. Also, different brands give different amounts for 0 points.

## Asian Chili Sauce



### Spicy Asian hot sauce

A few of my Asian themed dishes and sauces in this book call for 'Asian' chili sauce. I use 'Huy Fong' brand chili garlic sauce in my recipes. Why? Because it's available at most major grocery stores and even at some gas stations/liquor stores. Best part is it's 0 points. You can also use Sriracha hot chili sauce.

## 0 Calorie "Sweeteners o' choice"



### Explaining My Recipe Sweetener Listings

If you have been with me awhile, you know my one cooking habit I will not budge on: I always use 0 calorie sugar replacements instead of sugar. But not just any sugar replacements. They HAVE TO SAY "1 to 1" or "1:1" sugar replacements, on the packaging. What does that mean? It means that particular sugar replacement has been formulated in such a way that you use an identical measurement of IT, to replace sugar in recipes. If a recipe calls for 1/3 cup of sugar... you use 1/3 cup of the sweetener.

Years ago, when I first started... people didn't realize how important it was to use an ACTUAL sugar replacement that was made for cooking. I had lil old ladies that were emailing me, mad, because they put 1 Tbsp of ultra concentrated SWEET & LOW packets (like you put into coffee)... into their sauces or dressings, only to have their mouths pucker because they were so incredibly sweet and nasty.

Buy and use sweeteners that can be used as a true sugar replacement, such as Swerve, Lakanto, etc. Also, all of my recipes are created using sweeteners that STAY 0 points, no matter how much you use. If you use a different brand, adjust your points.

## Low Calorie Hot Dog Franks

Though the focus of this book is burgers & sandwiches, my intent was for it to have a 'backyard cookout/get together' feel to it. As such, I wanted to include a list of low calorie hot dog frank options, you might be able to find at local stores. These were all recommendations from different members on Connect. In my sausage sandwich recipes (pg. 142-147) you can substitute my homemade sausages for these franks. However, adjust your points.



### Applegate Uncured Turkey Dogs

THESE ARE THE GREATEST LOW POINT HOT DOGS, PERIOD! Sweet Lord! The texture and flavor are spot-on for a great hot dog. NOTE:... The 'Organic' applegate franks are higher in points. Make sure to get the 80 calorie per frank, "Natural" turkey hot dogs.



### Hebrew National 97% FF Beef

A lot of people like these ones, because they are widely available. They have a firmer texture, like a cross between a regular hot dog and a sausage (without casing). Not everyone likes their firmer texture... so if you are looking for an old school "softer" frank, like the inexpensive big bags of cheap franks you buy for cookouts... these are not for you.



### Ballpark Smoked White Meat

For people who want the soft, old-school texture of inexpensive "beef" franks that you used to get in huge packages for a few bucks... these are what you're looking for. They were REALLY hard to find for a few years after COVID, but are popping up more in stores again.



### Lightlife Plant-Based Hot Dogs

A HUGE thank you to the people who suggested I include these franks. I'm adding in these plant-based, vegan hot dog franks, for all my veggie headed amigos. I have not personally tried these, but everyone sings their praises. According to google, you can find these babies at Walmart, Target, Albertsons and Kroger-family stores.



### MAKE YOUR OWN!!!

Can't find any of those snazzy brands at your local stores? I got your back, Jack. On pages 44-45 I'll show you how to use any of my meat mixes to make your own 0 point, free-formed, hot dog frank sized 'sausages', that'll fit in a regular hot dog bun or hoagie roll.