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Salads & Sides

One of the most frustrating parts about family & friends knowing you're eating healthier, is when you're invited to a get together, ask "what can I bring?"... and are promptly relegated to "How about a salad, thanks". I quickly grew frustrated at family always thinking all I was capable of bringing to functions was "diet food". So... in this section, I am going way-the-heck out of my way to provide gourmet, head turning, fancy salads & side dishes that will convert even the most non supportive acquaintance you have. Game on.

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(They'd go great with the breakfast sandwiches)



Serving Info.:

Yields: 13 cups
Servings: 8
Serving Size: 1-1/2 cups



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Bacon Ranch Chopped Salad

Ingredients:

- 1-1/2 cups plain fat free Greek yogurt
- 1/4 cup water
- 1 Tbsp white vinegar
- 4 tsp (1/2 of a 1oz packet) Hidden Valley Ranch 'The Original' salad dressing mix (so.... 0.5oz, which is approx. 4 tsp, measured)
- 1/2 tsp each: garlic powder AND coarse ground (cracked) black pepper
- 1-1/4 tsp salt
- 1-1/2 cups diced cooked, boneless skinless, chicken breast
- 7-1/4 slices 'regular' center cut bacon. Cooked, patted dry, chopped
- 2 Tbsp fresh chives, finely chopped
- 1/2 cup fresh parsley, finely chopped, loosely packed
- 5oz grape (or cherry) tomatoes, quartered
- 1/4 cup red onion, diced
- 1/4 cup green onions (scallions), thinly sliced
- 1/4 cup reduced fat shredded cheddar cheese, loosely packed
- (2) 10oz packages chopped romain lettuce

Directions:

- 1 Mix the first 6 listed (bulleted) ingredients, till well combined. Set aside.
- 2 Cook the bacon till crispy. Remove from pan, pat dry with paper towels to remove oil. Chop into pieces, set aside.
- 3 To a LARGE bowl, add the lettuce, tomatoes, green onions, parsley, chives, cheese and bacon. Set Aside. When ready to serve, mix in the dressing.

Note:

- I used Oscar Mayer center cut bacon. Cook it, then dry it with paper towels to remove as much oil as possible. Prepared in this way, it's 1 point per slice.
- I used only 1/2 of the packet of ranch dressing mix, which was 4 tsp.

Serving Info.:

Yields: 13 cups
Servings: 8
Serving Size: 1-1/2 cups



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BBQ Ranch Chicken Salad

Ingredients:

- 1/2 cup of my Ranch dressing, recipe on page 22
- 1/4 cup of my BBQ Sauce, recipe on page 16
- (1) 20oz, chopped romain lettuce (approx. 10 cups)
- 2-1/2 cups diced boneless skinless chicken breast, cooked
- 1 cup cherry tomatoes, halved
- 2/3 cup black beans (canned), drained and rinsed
- 2/3 cup whole corn kernels
- 1/2 cup diced red onion
- 1/4 cup reduced fat shredded Mexican style blend cheese (like Kraft)
- 1/2 cup chopped fresh cilantro, loosely packed

Directions:

- 1 Prepare the 2 different dressings ahead of time. Combine the specified amount of ranch and bbq sauce together, till well mixed. Set aside.
- 2 Cook the chicken breasts. Saute', grill, broil, whatever...dice then set aside.
- 3 In a LARGE bowl, toss together the chicken, lettuce, tomatoes, cheese, black beans, corn, red onion and cilantro. Add the BBQ-Ranch dressing and mix till well combined.
- 4 Serve immediately, as the dressing will cause the lettuce to begin softening in around 10 minutes.

Note:

- If you would like to prepare this ahead of time, you can keep the dressing separate from the rest of the salad and then mix right before serving.
- If you want to go for a 'chopped bbq chicken salad' look... simply chop up the lettuce and dice regular tomatoes, instead of using cherry tomatoes.



Blue Cheese & Bacon Wedge Salad

Ingredients:

- 1/2 batch of my 'Roquefort/Blue Cheese' dressing, recipe on pg. 23.
- 3-1/4 slices center cut bacon. Cooked, patted dry, crumbled and chopped
- 1 cup of cherry or grape tomatoes
- 1/4 tsp olive oil
- 1 whole head of iceberg lettuce, cut into 6 wedges. (Remember how you cut down into a ball of 2 ingredient dough, to portion it? Same thing)
- finely sliced chives or scallions, for garnish

Directions:

- 1 Cook the bacon in a hot pan, till done. Pat dry, crumble and chop it, set aside.
- 2 Wipe the pan clean then increase heat to medium-high. In a bowl, toss the tomatoes with the 1/4 tsp oil, till lightly coated. Add tomatoes to the hot pan, moving them around every 60 seconds, so they can start to develop a slight char. Remove from heat so they can cool. Set aside.
- 3 Arrange the lettuce wedges around a large platter (or you can plate them individually for each person.... your call)
- 4 Use 1 cup of Blue Cheese dressing to drizzle/spoon dressing over all of the lettuce wedges, followed by tomatoes, then the crumbled bacon pieces and finally, garnish with with the chives or scallions.

Note:

- REGULAR SALAD: This was pretty much just to look all fancy-nancy. If you don't want to be all snooty with the whole 'wedge salad' thing... simply use a 16oz bag of chopped lettuce, then toss all the ingredients together in a large bowl, like a traditional salad. You'll actually get around (8) 1 cup servings that way.
- If you are on the diabetic plan, this salad goes up a point, because of the Greek.
- If you are serving this on a first date, I highly recommend having breath mints nearby. Ain't nobody down for some cheese-funk smoochin'.



Serving Info.:

Yields: 6 wedges
Servings: 6
Serving Size: 1 wedge



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Broccoli Salad

Ingredients:

- 1 slice turkey bacon. Cooked, chopped/crushed.
- 6 cups broccoli florets (1) 12oz bag. Chop any large florets into smaller pieces. We want small-ish florets, not large or even medium sized ones.
- 2 Tbsp shelled sunflower seed kernels, toasted in a hot pan for 2-3 minutes, till fragrant.
- 1/4 cup finely diced red onion
- 2 cups red seeded grapes, sliced in half.

Dressing:

- 1 batch of my 'Creamy Coleslaw Dressing', recipe on pg. 22

Directions:

- 1 Cook the turkey bacon till crisp, let it cool, then chop/crumble it. Set aside.
- 2 Chop any overly large broccoli florets into bite sized pieces.
- 3 Mix all of the dressing ingredients together, till smooth.
- 4 Toss all of the ingredients, till well mixed. Cover and rest for 1-2 hours.

Note:

- Some brands of turkey bacon (like Trader Joe's uncured turkey bacon) let you have up to 4 slices for 1 point. My recipe calls for 1 point of bacon. Use more or less if you'd like, but adjust your points per serving accordingly.
- I added my bacon crumbles immediately. Some prefer to add the bacon right before serving, so that it's crunchier. The salad keeps crunch because of the sunflower seeds and diced red onion. I like the added flavor of the bacon, after it sits with the dressing for the 1-2 hours.

Serving Info.:

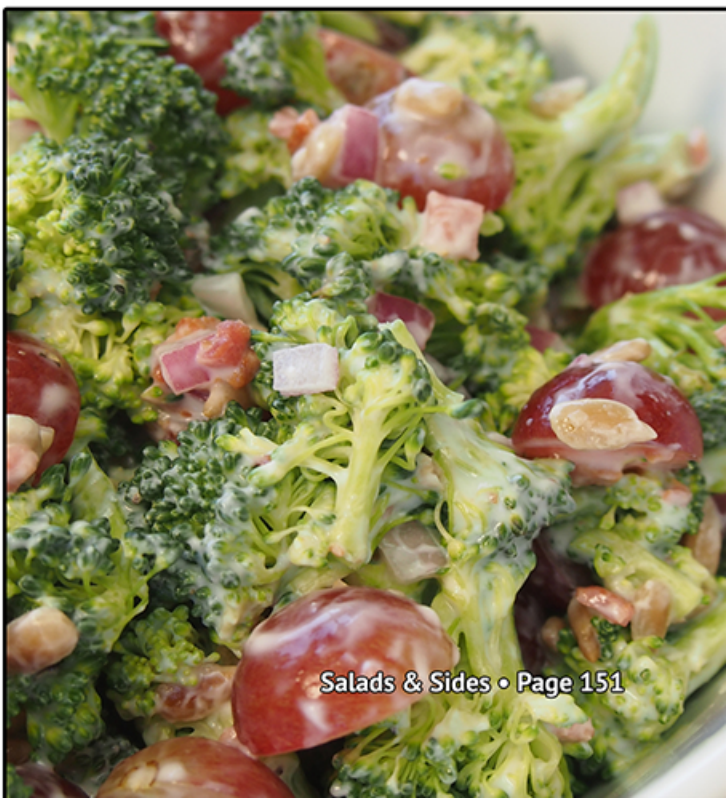
Yields: 7 cups
Servings: 9
Serving Size: 3/4 cup



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Serving Info.:

Yields: 9 cups
Servings: 13
Serving Size: 2/3 cup



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Carrot Apple Slaw

Ingredients:

DRESSING:

- 3/4 cup plain fat free Greek yogurt
- 3 Tbsp dijon mustard
- 1/4 cup each: apple cider vinegar AND sugar free syrup (pancake syrup)
- 3 Tbsp 0 calorie sugar replacement o' choice (I used Monkfruit)
- 1/4 tsp toasted sesame oil (or regular sesame oil)
- 1-1/4 tsp salt
- 1/2 tsp coarse ground black pepper (or 1/8 tsp fine ground)

SLAW:

- (3) 10oz bags matchstick (shredded) carrots
- 2 red apples, any crisp variety, sliced into thin strips, like the carrots
- 4oz (approx. 2/3 cup) seedless red grapes, sliced in half
- 1/2 cup chopped pecans, toasted
- 1 tsp sesame seeds, toasted
- 1/4 cup fresh parsley, loosely packed, then finely chopped

Directions:

- 1 In a medium sauce pan, toast the pecans and sesame seeds. Set aside
- 2 Mix together the dressing ingredients, set aside.
- 3 In a LARGE mixing bowl, combine all the ingredients together, mix & toss till well combined. Cover and set aside for 1 hour prior to serving.

Note:

- If you can't find bagged 'matchstick' carrots, you can grate carrots with your food processor's grater blade, or use a traditional grater's largest cutter-hole. However, this will release extra liquid. Pat the fresh cut carrots dry. Oh... try not to shred your knuckles. Old-school graters are evil.

Serving Info.:

Yields: 15 cups
Servings: 10
Serving Size: 1-1/2 cup



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Chicken Caesar Salad

Ingredients:

- 2 slices of any 1 point per slice bread (Keto bread, Sara Lee 45, etc.) Cut each slice into 1/3's up and across... making 18 crouton sized squares.
- Olive oil cooking spray & dry italian seasonings (for the croutons)
- 1/2 lb chicken breast, cooked with spray, sliced into strips.
- 1/2 batch of my 'Caesar' dressing, recipe on pg 21. Go ahead and make a full batch, use half of it for this salad, then keep the other half in the fridge for later dishes. Hint: It tastes great in wraps and on chicken.
- (1) 32oz bag chopped romain lettuce.
- 2 Tbsp REAL shredded parmesan cheese. I know... go ahead and gasp!
- Fresh cracked black pepper, to taste

Directions:

- 1 **IN ADVANCE:** Preheat oven to 350 degrees. Lay the bread pieces onto a foil-lined pan. Spray with cooking spray and season with italian seasoning. Flip bread and season other side. Bake the bread slices at 350 degrees for 10 minutes, flip, then bake 10 more minutes. Remove from oven, set aside.
- 2 Prepare a 1/2 batch of my Caesar salad dressing, cover, store in the fridge.
- 3 In a large mixing bowl, toss the romaine with the caesar dressing till well mixed. Add croutons and 1/2 of the parmesan cheese, toss lightly. Top with remaining Parmesan and fresh cracked black pepper. Done.

Note:

- Use whatever low calorie/point bread you want for the croutons. I prefer Keto white bread. Its denser than Sara Lee and bakes into better croutons. However, adjust your salad's points, depending on the bread brand you use.
- If you'd like to cook the croutons faster, experiment with a higher baking temperature and a shorter bake time. Flip them when 1 side is golden.



'Chios' Greek Chickpea Salad

Ingredients:

- (4) 15oz cans chickpeas, rinsed and drained ***
1/4 tsp baking soda ***
- 16oz jar roasted red peppers, packed in water, drained, sliced and chopped. Makes around 1-1/2 cups
- 2 cups thin English cucumbers, quartered and sliced
- 1/4 cup crumbled fat free feta cheese. Or.... you can use 'reduced fat' and the first serving will only go up to 1 point.
- 1/2 cup fresh basil, finely chopped, loosely packed
- 5 medium garlic cloves, crushed and chopped
- 1/3 cup red wine vinegar
- 1 Tbsp olive oil (use a bottle that says 'bold/strong/robust' flavor)
- 3/4 tsp dried oregano
- 1/4 to 1/2 tsp dried red pepper flakes, to taste
- 3/4 tsp salt
- 1/2 tsp black pepper (preferably cracked black pepper)

Directions:

- 1 Rinse and drain the garbanzo beans. Add them to a small pot covered with water. Add the baking soda and bring to a boil, then turn off the heat. Let them sit for 3 minutes, then drain, rinse, and let cool to room temperature.
- 2 Add the cooled garbanzo beans and all remaining ingredients into a mixing bowl, tossing to combine. Let rest for 30 mins.

Note:

- Jarred roasted peppers don't usually SAY on the jar if they are packed in water or oil. **Read the ingredients.** Or... roast your own red peppers.
- You can use fat free feta cheese to keep the first serving at 0 points, or you can use reduced fat feta, but adjust your recipe's points accordingly.
- The baking soda step will make the garbanzos MUCH more tender, trust me.



Serving Info.:

Yields: 9 cups
Servings: 13
Serving Size: 2/3 cup



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Classic Creamy Coleslaw

Ingredients:

- 16oz bagged coleslaw mix (red/green cabbage, carrots, etc)

Dressing:

- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 2 Tbsp apple cider vinegar
- 2 to 3 Tbsp 0 calorie sweetener o' choice
- 1/2 tsp salt
- 1/4 tsp pepper
- (optional) 1 tsp toasted sesame seeds, toast in hot pan for 2-3 minutes
- OR... use 1-1/2 tsp poppy seeds, if you'd rather have those instead

Directions:

- 1 Mix all of the dressing ingredients together until thoroughly combined. If using, toast your sesame seeds and add them into the dressing.
- 2 In a large mixing bowl, combine the coleslaw and dressing till well mixed. The longer it rests, the better it gets.

Note:

- I add the toasted sesame seeds for a little bit of extra flavor and crunch.
- Feel free to add poppy seeds, instead of the sesame seeds, but adjust your points.
- You can customize this for Asian slaws, by using rice vinegar instead of apple cider. You'd definitely want to go with the sesame seeds then. Maybe even add 1/4 tsp sesame oil for a little extra Asian flavor.

Serving Info.:

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



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Serving Info.:

Yields: 16 cups
Servings: 16
Serving Size: 1 cup



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Classic-ish Macaroni Salad

Ingredients:

- 16oz box uncooked elbow macaroni
- 1-1/2 cups plain fat free greek yogurt
- 3 Tbsp 0 calorie sugar replacement, to taste (like lakanto monkfruit)
- 1/4 cup dijon mustard
- 1/2 cup apple cider vinegar
- 1/2 tsp onion powder
- 1 tsp salt
- 1/2 tsp coarse ground black pepper, or 1/4 tsp regular black pepper
- 1-1/2 cups diced celery
- 1-1/2 cups matchstick (or shredded) carrots, finely chopped
- 1-1/2 cups diced red bell peppers
- 1/2 cup diced red onion
- 1/2 cup sliced green onions (scallions), both the green and white parts
- 2 Tbsp finely chopped flat leaf (italian) parsley
- 4 hard boiled eggs, diced/chopped

Directions:

- 1 Cook the macaroni, as directed by the box. Drain, rinse off in cool water, drain again, then set aside.
- 2 In a bowl, mix together the yogurt, sweetener, dijon, vinegar, onion powder, salt and pepper, till well combined. Set aside.
- 3 Chop all of the vegetables, then in a laaaarge bowl, fold EVERYTHING together, till well mixed. Cover and let rest in the fridge for at least 1 hour.

Note:

- If whole wheat (or other non white pastas) are 0 points on your plan, you can use that type of pasta instead. If you do so, this entire 10 gallon bucket o' macaroni salad is 0 points. But, remember... 0 points doesn't 0 calories.

Serving Info.:

Yields: 12 cups
Servings: 10
Serving Size: 1-1/4 cup



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Cobb Salad

Ingredients:

- 2-1/4 pieces center cut bacon, cooked, patted dry, crumbled/chopped
- 7 cups romaine lettuce, chopped (16oz bag)
- 2 cups cooked chicken breast, diced
- 1 cup cherry tomatoes, halved
- 4 hard boiled eggs, diced (or thin sliced into rounds, your choice)
- 1/4 cup reduced fat shredded cheese (see notes)***
- 1/2 cup red onion, diced
- 1 cup peas
- 7-1/2 ounces diced avocado flesh (approx. 1-1/2 medium avocados)

Directions:

- 1 On a large platter, spread out the lettuce into a relatively flat layer.
- 2 Arrange all of the ingredients over the lettuce, separate from each other. If you don't know what that means, "google" cobb salad pictures.
- 3 Right before serving, toss the salad together and serve with your dressing of choice.

Note:

- **THIS RECIPE DOES NOT INCLUDE A SALAD DRESSING!!!!** Use whatever salad dressing YOU PREFER, then add the points for your salad dressing to this salad. Everyone likes different dressings with their cobb's.
- You don't have to serve the salad like I described above, where everything is plated on a big platter with ingredients separated. If you want to go for ease, just toss it all together in a big salad bowl. Then add your salad dressing into the bowl and toss till well combined. That's how I do it.
- Not sure what salad dressing to use? I have 20+ salad dressing recipes on my website and in cookbook 2.



Cowboy Caviar

Ingredients:

- 2 tsp olive oil
- 2 Tbsp red wine vinegar
- 1 medium garlic clove, finely chopped
- 4oz grape or cherry tomatoes, sliced into quarters
- 1 cup red onion, diced
- 15 oz canned black beans, rinsed and drained
- 15 oz canned black eyed peas, rinsed and drained
- 30 oz canned whole kernel corn, rinsed and drained
- 1 medium bell pepper, any color, seeded and diced (3/4 cup)
- 1 small jalapeno pepper, seeded and diced, OR... buy a small 4 oz can of diced green chilis. If you use canned, rinse and drain them.
- 1/2 cup cilantro, finely chopped, loosely packed
- 2 medium green onions (scallions), thin sliced, green and white parts
- 1/2 tsp salt
- 1/4 tsp black pepper (I used coarse ground)
- 6 second spray, olive oil cooking spray (0 point amount)

Directions:

- 1 Mix together the olive oil, vinegar and garlic. Set aside.
- 2 Prep all of the canned vegetables, herbs and tomatoes, then place them all into a large mixing bowl.
- 3 Combine ALL of the ingredients together, then gently mix till well combined. Can serve immediately, or let rest for 30 minutes for flavors to meld.

Note:

- Cowboy Caviar is a highly customizable side dish, with MANY different versions. Don't have black eyed peas? Use garbanzo beans. Don't want have any bell peppers? Add more red onion and a little sweetener. Customize it!



Serving Info.:

Yields: 9-1/2 cups

Servings: 13

Serving Size: 2/3 cup



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Crunchy Asian Chicken Salad

Ingredients:

- 1/2lb cooked chicken breast, shredded, set aside
- 1 batch of my sesame ginger dressing, recipe on pg. 23. Use as much as you want, it's 0 points for the whole batch (1 point for diabetic folks).
- 8 cups chopped romaine lettuce, packed
- 1 cup shredded carrots (also sold as 'matchstick' carrots)
- 3/4 cups sliced green onions, sliced into 1/4" lengths
- 4 mandarin oranges, peeled, wedges/segments separate
- 1/2 package dry ramen noodles (just the dried noodles, no seasoning)
- 1 Tbsp sunflower kernels
- 1 tsp sesame seeds, (for garnishing)

Directions:

- 1 Cook and shred the chicken (buy pre-shredded chicken at the store).
- 2 Prepare a batch of the salad dressing, set aside.
- 3 Peel and slice the mandarin oranges into their little wedge segments, set aside. Then, open a package of ramen noodles, break the noodles in half, set aside. Measure out the sunflower seeds, set aside.
- 4 In a large mixing bowl, combine the chicken, lettuce carrots, green onion, oranges, ramen noodles and sunflower seeds with the dressing, toss to mix.
- 5 Garnish the salad with the 1tsp of sesame seeds, done

Note:

- You can use cooked, diced chicken breast instead of shredded, if you want. I personally like the 'mouth feel' and extra bit of chew that the shredded chicken has, versus diced chicken, with this dish. Trust me.
- If you don't want the salad to get soggy, you can toss it without the dressing, then let people serve themselves and add the dressing as they want.

Serving Info.:

Yields: 14 cups

Servings: 9

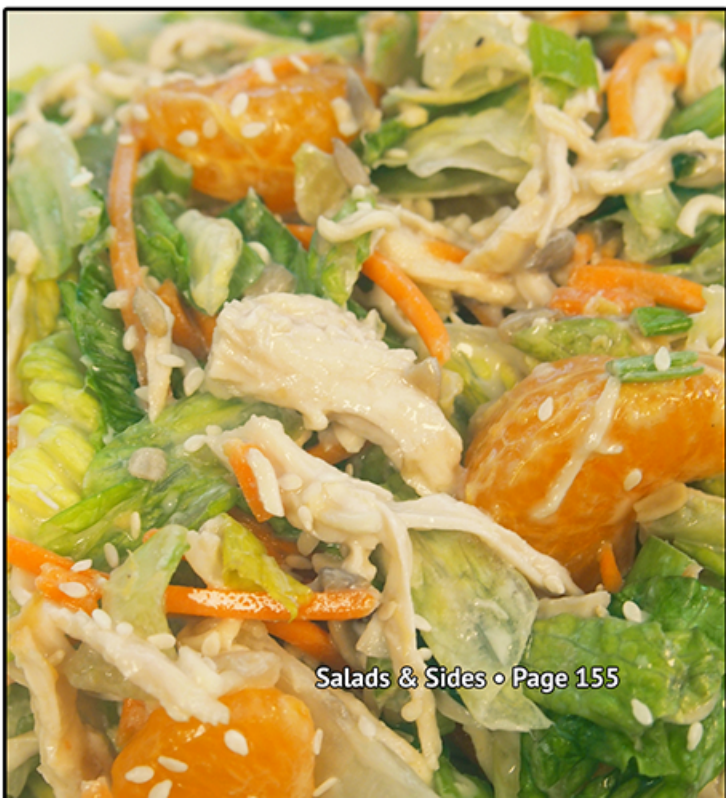
Serving Size: 1-1/2 cup



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Cucumber Mint Salad

Ingredients:

- 5 cups English cucumbers, or any small sized, thin-ish cucumbers. Split in half, seeds removed/scooped out, cut into 1/4 inch slices.
- 3/4 to 1 cup finely diced red onion, to taste.
- 1 tsp salt
- 1/4 cup white wine vinegar
- 1 Tbsp olive oil (preferable a bottle with a 'strong/robust' flavor)
- 2 tsp 0 calorie sugar replacement o' choice
- 1/2 tsp coarse ground black pepper, or 1/4 tsp finely ground
- 1/4 cup finely chopped fresh mint, loosely packed

Directions:

- 1 Place the sliced cucumbers into a colander, add all of the salt, the gently fold till well combined. Let rest for 20 minutes.
- 2 Finely dice the red onion, then set in a bowl and cover with warm water. Let rest for 15 minutes. It'll help reduce the sharpness of the onion.
- 3 In a small dish, mix together the vinegar, oil, sweetener and pepper.
- 4 Pour the cucumbers onto paper towels and pat dry. Move them to a large mixing bowl.
- 5 Drain the onions then spread onto paper towels. Pat dry, add to the cucumbers.
- 6 Add the dressing and mint, gently fold till well mixed. Let rest 30 mins.

Note:

- We aren't using regular, humungo sized cucumbers. In the produce section of the grocery store, you should be able to find small, thin cucumbers which are closer in size to small-sized zucchini. They might be called English cucumbers or 'mini' cucumbers. Regardless, after removing the seeds and slicing them, you want 5 cups. For me, it took (1) 2lb bag.

Serving Info.:

Yields: 5 cups
Servings: 7
Serving Size: 2/3 cup



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Serving Info.:

Yields: 15 cups
Servings: 21
Serving Size: 2/3 cup



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Greek Pasta Salad

Ingredients:

- 1/4 cup red wine vinegar (*dressing*)
- 1 Tbsp balsamic vinegar (*dressing*)
- 2 tsp lemon juice (*dressing*)
- 2 Tbsp olive oil (*dressing*)
- 1 tsp each: dried basil, dried oregano, onion powder (*dressing*)
- 1/2 tsp each: dried dill, garlic powder (*dressing*)
- 3/4 tsp coarse ground black pepper (*dressing*)
- 1 tsp salt (*dressing*)
- 2 tsp 0 calorie sugar replacement o' choice (*dressing*)
- 16 oz box rotini (spiral) pasta. Cook, drain, rinse, drain again. Set aside.
- 1-1/2 cups roasted red peppers (can use jarred, in water). Slice into strips, then chop. If you use jarred peppers, drain them first.
- 3/4 cup thin sliced red onion
- 1 cup diced cucumber
- 1 cup canned artichoke hearts (in water). Drained, chopped
- 1/4 cup black olives, sliced
- 1/4 cup reduced fat feta cheese
- 1 Tbsp capers
- 1 cup grape/cherry tomatoes, sliced in half
- 2 cups baby spinach, chopped
- 2 Tbsp reduced fat parmesan style grated topping (like Kraft)

Directions:

- 1 In a mug, mix together all of the 'dressing' ingredients. Set aside.
- 2 Cook your pasta. Prepare all the veggies and other ingredients. Mix all of the ingredients and dressing together in a large bowl. Cover, set aside.
- 3 Let rest for at least 1 hour before serving. Toss/mix again before serving.



Mediterranean Salad (Olive Garden copycat)

Ingredients:

- 3 slices of 1 point per slice bread, any brand (Keto bread, sara lee 45, etc)
- Italian seasoning (for croutons)
- 1 batch of my Creamy Italian Dressing, recipe on pg. 22
- 8 cups romaine lettuce, chopped or torn, lightly packed
- 15 medium black olives, pitted (you can slice them if you want, I didn't).
- 1 small red onion, cut into thin strips (use 1/2 cup of it)
- 1/2 cup pepperoncini 'banana' peppers (around 8-10 whole peppers)
- 2 medium sized roma tomatoes, sliced into 1/4" thick rounds.
- 1 Tbsp grated parmesan cheese... the REAL stuff. "gasp"
- Fresh cracked black pepper, to taste
- 2 tsp reduced fat Parmesan grated topping, for garnish (like Kraft)

Directions:

- 1 **DO AHEAD:** Take your 3 slices of bread, coat 1 side a good coating for cooking spray, then sprinkle with dried Italian seasoning. Flip and coat the other side. Place each slice in a regular toaster on low heat setting. As soon as they are done, immediately pop them back in on low. Repeat till golden brown. Remove from toaster and set aside. Let them sit out for 1 hour to continue drying out.
- 2 In a large mixing bowl, combine the lettuce, olives, red onion slices, pepperoncini peppers and sliced tomatoes, toss to combine.
- 3 Right before serving, cut the dried bread into crouton sized squares. Add the dressing to the salad and toss, followed by the croutons. Sprinkle salad with Parmesan topping and toss. Done.

Note:

- I USED to tell people to heat their oven, then bake the bread slices for a long time to make the croutons. You can do it in a fraction of the time using your toaster, considering we are only using 3 slices. Let them cool/dry completely.



Serving Info.:

Yields: 7 cups
Servings: 8
Serving Size: 1-1/2 cups



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Mexican 'Street Corn' Salad

Ingredients:

- 6 cups frozen yellow corn kernels, or (4) 15oz cans, drained (see notes)
- 3 medium garlic cloves, crushed and chopped
- 1 cup diced red onion
- 3/4 cup chopped fresh cilantro
- 3/4 cup green onions, thin sliced
- 1/3 cup reduced fat feta cheese crumbles
- 3/4 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 3 Tbsp lime juice
- 1/2 tsp chili powder or TAJIN mexican seasoning (**SEE NOTES**)***
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

- 1 Heat a large pan over med-high heat for 1 minute, spray with cooking spray, then add the frozen corn and garlic. Let the pan sit, DO NOT STIR, for 2 minutes.
- 2 Continue cooking for around 10-12 minutes. Letting the corn sit for 2 minutes without touching the pan... then stir and let it sit for another 2 minutes at a time. Cook until the corn starts to get some lightly charred/black marks on it. Then pour it all into a large mixing bowl.
- 3 Fold in the red and green onions, feta and chopped cilantro, till combined.
- 4 In a cup, mix together the yogurt, mayo, lime juice, chili powder, salt and pepper, then add into the warm corn salad. Mix will well combined. Let rest 15 mins.

Note:

- You can use canned corn if you want, but drain and pat it dry. Frozen works best.
- When serving, you can garnish it by dusting the top with some additional chili powder or tajin, as well as some more finely sliced green onion.

Serving Info.:

Yields: 7 cups
Servings: 9
Serving Size: 3/4 cup



Range

0-4

Lots of points
for diabetic folks,
from the corn.

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look at this code for nutritional info.





Mustard & Dill Potato Salad

A Lightened Up, Healthier Version of A Certain TV Food Network's Highest Rated And Popular Potato Salad



This is my lightened up version of Ina Garten's famous potato salad. Like most 'famous' recipes online, the original was loaded with enough full fat mayonnaise to send Fat Albert to his cardiologist. Anyone can make food taste good if it's loaded with butter, mayo and bacon grease. In this lightened version, we're cutting fat free Greek yogurt with a touch of light mayo. Next, we're thinning it with a little water and some dill pickle relish for added zing. Also, if you'd like to see a video of me making this recipe, look in my youtube channel.

Ingredients:

- 1.5 pounds of SMALL YELLOW POTATOES, DO NOT use red potatoes! I tried baby red potatoes and the finished dish was horrible.
- 1/2 cup fat free plain Greek yogurt
- 1 Tbsp light mayonnaise
- 1 Tbsp dijon mustard
- 1 Tbsp stone ground mustard (*see notes*)***
- 1 Tbsp water
- 3 Tbsp dill pickle relish, to taste.
- 2 Tbsp fresh dill, finely chopped, to taste.
- 1/2 to 3/4 tsp salt, to taste (*tastes better with 3/4 tsp, honestly*)
- 1/2 tsp pepper
- 1/3 cup diced red onion
- 1/3 cup diced celery
- 4 hardboiled eggs, diced (*see notes*)***

Serving Info.:

Yields: 5-1/2 cups
Servings: 7
Serving Size: 3/4 cup



R - D
2-2

- last checked 01/31/24 -
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Directions:

- 1 Bring a pot of water to a boil over medium-high heat. Add potatoes and boil for 15 minutes. Drain water, keep the potatoes in a strainer and cover with a towel. Allow to cool, covered, for 10 minutes.
- 2 While the potatoes are resting, covered, mix together the yogurt, mayo, 2 mustards, water, relish, fresh dill, salt and pepper, till well combined. Set aside.
- 3 After the potatoes have rested for 15 minutes, move them to a cutting board and slice into bite sized pieces. Make them as large or as small as you wish. I personally cut the medium sized potatoes into 1/8's and the smaller potatoes into 1/4's.
- 4 In a large mixing bowl, gently fold together the potatoes with the dill dressing. When well mixed, fold in the diced red onions and celery. Lastly, fold in the chopped eggs. Cover and let sit in the fridge for 20-30 minutes, then taste and season with additional salt, pepper or relish, to taste. Done.

Note:

- **Hard Boiled Eggs:** This part is totally up to you. After you cook the hard boiled eggs (or buy the pre-made ones in sealed bags at the store), you can use the entire egg, ooooo, remove the yolks. I personally prefer the potato salad with the yolks, my wife prefers the potato salad using only the egg whites. You do you.
- **'Stone Ground Mustard':** Different brands of stone ground mustard allow you to have different amounts for 0 points. Scan the brands at your store and make sure you get one that let's you have 1 Tbsp for 0 points. FYI, stone ground mustard is the jarred mustard with lots of whole mustard seeds in it.
- **Fresh Dill:** If you don't like dill, try subbing it with chives. This is a very customizable recipe.
- The original full fat recipe is 11 points per serving. It also has an extra 1,961 calories and 165 grams of fat.



Potato Salad au Francais

French-Style potato salad, with dijon, vinegar, capers, cornichones and fresh dill

After making my original potato salad recipe (pg. #) 3 years ago, I finally decided to get off my booty and make a couple new versions. For this one, I wanted to make a non 'mayonnaise' based potato salad, so looked up different recipes online. I stumbled upon French-Style potato salad, which honestly, isn't all that different from my original. Dill, dijon, stone ground mustard, a type of onion... the only difference is more vinegar, no celery and no Greek yogurt. This one IS definitely a bit fancier though.

Ingredients:

- 3 pounds of 'mixed' baby potatoes, or... (1) 1.5 pound bag of baby yellow potatoes, plus (1) 1.5 pound bag of baby red potatoes.
- 2 Tbsp dijon mustard
- 3 Tbsp stone ground mustard
- 2 Tbsp red wine vinegar
- 2 Tbsp white wine vinegar
- 1 Tbsp cornichon/gherkin pickle juice
- 1/2 cup finely chopped fresh dill, loose packed
- 2 large shallots, halved and thin sliced (or 1/2 cup red onion)
- 12 cornichons/gherkin pickles, thin sliced into rounds ***
- 1 Tbsp chopped capers, drained
- 1-1/2 tsp salt
- 1/2 tsp cracked/coarse ground black pepper

Serving Info.:

Yields: 9 cups
Servings: 12
Serving Size: 3/4 cup



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2-2

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Directions:

- 1 Slice the larger baby potatoes into 1/4 inch thick slices, while slicing and SMALL baby potatoes in half. Place all of the sliced potatoes into a large pot of water (not cold) and then brin them to a boil. Reduce heat to a gentle simmer and cook for 15 minutes.
- 2 In a bowl, slice & chop the gherkins, dill, shallots and capers. Then, in a bowl, stir together the mustard, vinegar, dill, shallots, cornichones, capers, salt and pepper. Set aside.
- 3 When the potatoes have simmered for 15 minutes, remove from the pot, strain them, then run cool water over them to stop the cookin process. You want them to be JUST warm to the touch on the outside.
- 4 Once the potatoes have been slightly cooled, then drained again, add the potatoes and dressin to a large mixlin bowl. Gently toss and fold to combine. Cover with plastic wrap and let rest in the fridge. Done.

Note:

- **POTATOES:** When I made this, I used (2) 1.5 pound bags (3 pounds total) of mixed color baby potatoes. HOWEVER... when I make this again, I will instead choose to mix (1) 1.5lb bag of baby yellow potatoes and (1) 1.5lb bag of baby red potatoes. To me, the salad looked much more appealing without the purple ones.
- **CORNICHONES/GHERKINS:** You know those tiny little mini pickles you see on fancy cheese platters? Those are cornichones. You can find them in the same aisle as pickles. If you don't want to buy them, you can use regular, chopped up dill pickles. However, the flavor will be drastically different.
- **SHALLOTS:** Don't want to buy shallots? Use a small red onion. Quarter it, then thin slice and use 2/3 cup.





Seared Mixed Veggies

Pan seared chopped veggies, tossed in a lemon, garlic, dijon & herb vinaigrette

A simple, yet delicious, medley of seared, crisp veggies in a tangy and flavorful vinaigrette. Though I give instructions for pan searing them, you can definitely grill the vegetables instead, if you prefer. It's all good.

Ingredients:

Dressing:

- 1/4 cup lemon juice
- 1 Tbsp olive oil
- 1 Tbsp dijon mustard
- 2 medium garlic cloves, crushed and minced
- 1 tsp EACH: dried thyme & dried parsley
- 3/4 tsp salt
- 1/4 tsp coarse/cracked black pepper

Vegetables:

- 3 large red bell peppers, seeds and 'ribs' removed, sliced into roughly 1 inch pieces
- 4 medium zucchini, halved lengthwise and cut into 1" thick slices
- 2 medium yellow squash, halved lengthwise and cut into 1" thick slices
- 1 large red onion, sliced cut into 1/2 inch thick slices, then chopped.
- 4 ears of corn, husks and silk removed
- 1lb asparagus, 'bottom' 1/3 cut off and discarded. Slice the remaining lengths into roughly 1-1/2" long pieces.

Serving Info.:

Yields: 10 cups

Servings: 13

Serving Size: 3/4 cup



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Directions:

- 1 Mix the dressing together, set aside. Chop all of the vegetables ahead of time.
- 2 For the corn, use a knife to slice the kernels off of each ear. Set them aside, we'll be cooking those last.
- 3 Preheat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add the zucchini. DO NOT MOVE THE PAN. Let the vegetable cook, unmoved for 2-1/2 minutes, then spray with cooking spray and toss. Cook for 2-1/2 more minutes, without moving the pan. THIS is how you'll achieve a nice sear. Don't move or toss the vegetables. Remove zucchini from the pan and place in a large mixing bowl. Spray the pan with cooking spray, reduce heat to medium, and cook the next vegetable for 2 to 2-1/2 mins per side. Then add to the mixing bowl and cook the next veggie. Repeat for each vegetable, cooking the corn last.
- 4 When all of the vegetables are cooked and added to the mixing bowl, pour in the dressing.
- 5 Mix till well combined. Season with additional salt and pepper, to taste, if desired.

Note:

- **GRILLING!!!:** Yes, you can grill the vegetables. I only did the pan sear method because it's cold as heck outside right now for all you East Coaster's and not everyone wants to go stand out at their grill in 8 degree weather. So, if you DO want to grill the veggies instead, DO NOT CHOP THEM UP first.
- **SEPARATE SEARING?:** Piling all the veggies into a pan and cooking them at once, or even in 2 batches isn't a good idea. You'll end up with soggy, mushy veggies instead of seared veggies. Why? The squash turns soggy the quickest, followed by asparagus, then onion and bell pepper, then corn. You can't control each specific vegetable's sear. Piling them all together steams most of them, rather than searing them... and nobody wants soggy veggies.

Summer Succotash

Ingredients:

- 1 medium onion, diced
- 4 medium garlic cloves, crushed and chopped
- Butter flavored cooking spray
- 1 tsp smoked paprika
- 1 tsp ground coriander (optional)
- 1 tsp salt
- 1/2 tsp coarse ground black pepper (or 1/4 tsp fine black pepper)
- 2 cups diced zucchini
- 2 cups fresh green beans, edges trimmed off, cut into 1/2 inch pieces
- 1 cup baby lima beans, frozen or canned (if canned, rinsed and drained)
- 3 cups yellow corn kernels, canned or fresh (if canned, rinsed and drained)
- 1 tsp each: dried basil and dried thyme
- 1 Tbsp apple cider vinegar
- 1 cup cherry or grape tomatoes, preferably use small-ish sized ones
- 1/4 cup fresh basil, chopped, loosely packed

Directions:

- 1 Heat a large pan over medium heat for 1 minute. Spray with cooking spray, then add onions and garlic. Cook for 4 minutes. Add smoked paprika, coriander, salt and pepper. Stir to combine, then cook 1 more minute.
- 2 Increase heat to med-high, then add zucchini, green beans, lima beans, corn, dried basil and thyme. Cook for 4 minutes. Add vinegar, cook 1 more minute.
- 3 Turn off heat, stir in tomatoes and basil. Let rest for 30 minutes, serve.

Note:

- Like Okra? Replace the tomatoes with 1 cup of okra, cleaned and cut into 1/2 inch slices, then add it in with the other veggies in step 2.
- Though you can serve succotash warm, I prefer it served cool or at room temperature.



Serving Info.:

Yields: 8 cups
Servings: 10
Serving Size: 3/4 cups



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Tomato Corn Summer Salad

Ingredients: *(this is a reeeally good salad)*

- 5 ears fresh corn, husk/silk removed (or 4-1/2 cups corn kernels)
- 10-11oz cherry tomatoes, sliced in half
- 1 small red onion, cut in half then sliced thin
- 2 medium yellow squash, cut in half lengthwise, then sliced thin
- 3 Tbsp fresh parsley, finely chopped
- 1 Tbsp olive oil (use a bottle that says 'robust' 'bold' or 'strong' flavor)
- 4 second spray, olive oil cooking spray (use a 0 point amount)
- 2 Tbsp lemon juice
- 3/4 tsp salt
- 1 tsp 0 calorie sugar replacement o' choice (I used lakanta monkfruit)
- 1/4 tsp coarse ground black pepper (or more, to taste)

Directions:

- 1 Bring a pot of water to a boil. Add the corn, return water to a boil, then cook for 5 minutes. Remove from water, rinse to cool, set aside.
- 2 Use a knife to slice the kernels off the corn cob. Gently break apart the sliced lengths of kernels into 'rustic' looking corn chunks. Set aside.
- 3 Add the all of the prepared vegetables and parsley to a LARGE bowl.
- 4 Add the olive oil, lemon juice, salt, pepper, sweetener and then spray into the bowl with olive oil cooking spray. Gently toss/mix till well combined.
- 5 Cover and let rest for at least 2 hours before serving.

Note:

- If you don't want to use corn on the cob, don't. Use 3 (15oz) cans of whole kernel corn. Drain them and spread the kernels out on paper towels, letting them sit out and dry a bit before use. Using canned corn will let you skip steps 1 & 2, but... you'll lose the 'rustic' corn chunks.

Serving Info.:

Yields: 11 cups
Servings: 16
Serving Size: 2/3 cup



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Waldorf Fruit Salad

Ingredients:

- 6 cups diced apples any preferred variety (4 medium-large apples)
- 1-1/2 cups thin sliced celery
- 1-1/2 cups red grapes, halved
- 2 medium banana, sliced into 1/4" thick, half circles
- 4 mandarin oranges (or tangerines), peeled, 'segments' only
- 1/4 cup toasted walnuts, roughly chopped
- 2 tablespoon 0 calorie sugar replacement o' choice
- 1 Tbsp lemon juice
- 3/4 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1/2 teaspoon kosher salt

Directions:

- 1 Heat a pan for 1 minute over medium heat. Add chopped walnuts to the pan and cook for 3-4 minutes, tossing every 30 seconds till lightly toasted and fragrant. Set aside.
- 2 In a cup, mix the sweetener, lemon juice, yogurt, mayo and salt. Set aside.
- 3 In a large mixing bowl, combine ALL of the ingredients. Toss till well mixed.
- 4 Set aside, in the fridge, for 30 minutes before serving. Done.

Note:

- APPLES: Use any variety of apple(s) you want. Granny Smith are commonly used for their tartness. I used a 50/50 mix of granny smith and honey crisp. That way you have sweet, tart, different textures and colors. I also didn't peel my apples, because I wanted the added pops of color.
- If you're allergic to nuts... don't add them... Sincerely, Captain Obvious.
- The apples and bananas don't brown as quickly, because of the acidity in the lemon juice and Greek yogurt.

Serving Info.:

Yields: 12 cups

Servings: 16

Serving Size: 3/4 cup



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This salad is higher in pionts for folks on the 'diabetic plan', due to all the fruit





Daniel Von Lichtenstein, 5th Earl of Hamburg
1690 - 1749 • Creator of the Modern Hamburger
(Photo courtesy of the Lichtenstein Trust)

Baked Onion Rings

♪ Hark The Herald Angels Sing... Glory to Low Point Onion Rings ♪

Yup, I went there. Though not specifically mentioned in the Good Book, real, crispy, gloriously low point, baked onion rings are something worthy of a choir of Angels. This recipe has gone through a few variations over the years, with this latest version calling for low point bread crumbs instead of my old "rice krispies cereal breading". Though you DO have to plan a little bit ahead of time to make these (to make the bread crumbs), the end result is definitely worth it.

Servings Info.:

Yield: 1 sheet pan o' rings

Servings: 4

Serving Size: 1/4 tray



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Ingredients:

- 2 large onions sliced into 1/2" thick rings

Egg Mixture:

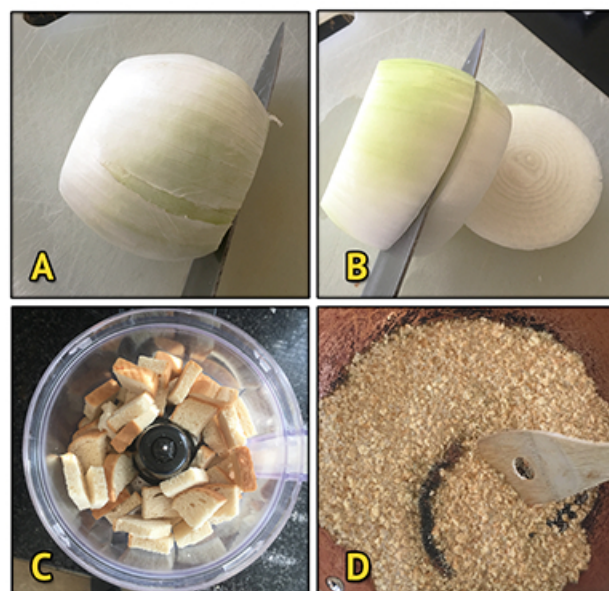
- 2 Tbsp dijon mustard
- 1-1/2 tsp flour, any brand or type of flour you want
- 1-1/2 tsp cornstarch, dissolved into the water
- 1 tsp baking powder (trust me, it's cool)
- 1 Tbsp water
- 3 large eggs

Breading: (MAKE THE 'CRUMBS' AHEAD OF TIME!)

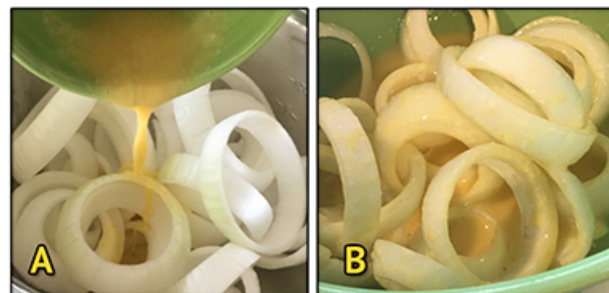
- 5 slices of 'keto' or low point bread, toasted and dried, as shown on pg 35, 'low carb bread crumbs' *see notes*** (make ahead of time)
- 2 tsp panko breadcrumbs
- 1-1/2 tsp regular plain breadcrumbs
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp italian seasoning
- 1/4 tsp black pepper
- 1/2 tsp salt

Directions:

1. First, mix the egg wash. In a little cup, stir the dijon, cornstarch, water and flour into a paste. In a medium sized mixing bowl, whisk together the eggs, along with the mustard paste, till smooth. It'll be fizzy, from the baking powder. Set aside.

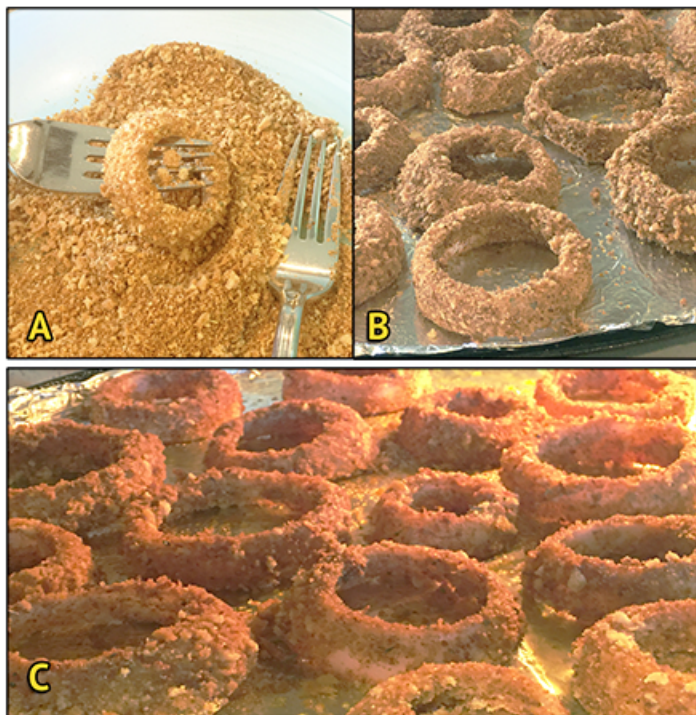


2. (A) Slice the ends off of each side of the onions, then peel off the first layer. (B) Slice into 1/2" thick rounds. Separate slices into individual rings, then set aside in a large bowl. (C) Place your 5 pieces of dried bread into a food processor and pulse them (or crush them by hand) to form bread crumbs. (D) Heat a large pan over medium heat for 2 minutes, then add the crumbs. Let the crumbs sit in place and cook. Stir and toss the crumbs EVERY 30 SECONDS, till they take on light golden hue. Remove from heat and let cool to room temperature.



3. (A) Re-whisk the thickened egg mixture, then pour it over all the onion rings in their mixing bowl. (B) Toss to coat all the onions rings in the egg mixture.

4. Preheat your oven to 425 degrees and line a large baking sheet pan with foil. Spray with cooking spray, set aside. (Make SURE that the oven actually IS at 425. *(get an oven thermometer!)*)



5. (A) Take ONE onion ring out of the egg wash and gently place it into the center of the bowl with the toasted bread crumbs. Use 2 forks or spoons to toss crumbs over the onion ring. Flip it and coat the back side. (B) Place the coated rings onto the sheet pan and spray with cooking spray, to coat. (C) Bake at 425 degrees for 15-18 minutes, till golden brown. No need to flip them, because the pre-toasted bread crumbs will give them a perfectly uniform golden color on both sides. Remove from heat, let cool 1 minute, then serve.

NOTES:

- **SERVING SIZE:** The amount of rings per serving will vary, based on how many rings YOU make from your onions and cram onto your sheet pan. When I made this, I got 20 good sized rings crammed onto my pan, before I ran out of breadcrumbs. So... I counted it as 2 separate 10 ring portions... but that's because I went into full-on Onion Ring Gorgefest mode. However, if you want a more responsible portion, 5 good sized onions rings would have been good for 4 people. But, as stated... see how many onion rings you get out of your batch, then determine the servings accordingly. This recipe has 5 total points.
- **CRUNCH:** The key to making these baked onion rings come out VERY crunchy, is toasting the breading first. The finished rings look muuuuuuch better than if you don't toast the breading. It gives a nice uniform golden brown. But the biggest change is the crunch. Toasting the breading makes them extreeeeemely crunchy. It's the same as if you were baking something twice. If you skip this step, you will absolutely regret it. It works just as well if you are going to bread chicken, too. It will make the chicken bake even crispier and crunchier, with a beautiful golden color. It's a night and day difference versus not toasting the breading. Try it once and you'll be hooked. HOWEVER... do not toast the breading to the point where it gets dark brown in the pan. You are aiming for a light, juuuust uniform golden color. The breading will get darker as you bake it.
- **OTHER VEGGIES:** It goes without saying that you can modify this process to be used with a wide range of other vegetables. Over the years, I've had people leave me posts in Connect that they've used this recipe as a base to make their own versions, such as:
 - Breaded baked zucchini (similar to the Carl's Jr. side dish)
 - Breaded baked mushrooms
 - Breaded baked carrot sticksThough there have been more variations mentioned to me over the years, these are the ones I remember right now.
- **DIPS/SAUCES:** These rings pair well with any of the condiments or sauces listed earlier in the book. They aaaalso go great in a burger on sandwich.
- **BREAD:** The brand of 'Keto' bread I used for my breadcrumbs is 4 points for 5 slices. If you use a different brand, adjust your points.





Calico Beans

Also Known As "3 Bean Casserole", This is a SWEET and Savory Bean Dish

This isn't yo' mamma's chili beans. Unlike regular chili, this is a sweet bean dish, loaded with brown sugar, molasses, apple cider vinegar and 'maple' syrup. But don't let that scare you away, it also packs a delicious, savory punch, thanks to a pound of seasoned ground meat, chopped bacon, chili powder, smoked paprika and mustard.

Ingredients:

- 1 pound 99% fat free ground turkey (or chicken breast), uncooked
- 1/2 tsp each: garlic powder, onion powder, ground cumin
- 1 tsp unsweetened cocoa powder (just trust me)
- 2 tsp beef flavored bouillon/granules
- 1/4 cup water (or beef broth) WITH 1/4 tsp baking soda stirred in.
-
- 4-1/4 slices 'regular' center cut bacon (NOT 'thick cut')
- 2 medium (or 1 jumbo) onion, diced
- 1 cup tomato sauce
- 1-1/4 tsp molasses
- 3/4 to 1 cup brown sugar replacement (I used swerve)
- 1/4 cup apple cider vinegar
- 2 tsp worcestershire sauce
- 1 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp chili powder
- 2 tsp smoked paprika
- 1 tsp dry mustard
- 1/4 cup sugar free 'maple' syrup (pancake syrup)
- 30oz canned white beans (also called navy beans), with juices
- 15oz canned cannellini beans, with juices
- 15 oz canned light red kidney beans, with juices

Serving Info.:

Yields: 10 cups
Servings: 14
Serving Size: 2/3 cup



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Directions:

- 1 Mix all of the first 5 ingredients together, then let rest for 20 minutes. While the meat is resting, cook bacon in a pot, till crispy. Pat bacon dry with paper towels, then crush/chop, set aside. Remove ALL GREASE from the pot, then return to heat.
- 2 Cook the meat mixture till cooked through, breaking into crumbles. Remove from pan, set aside. Add diced onion to the pan, cook for 5-6 minutes, till onions are softened. Return cooked meat and bacon to the pan.
- 3 Stir in tomato sauce, 'brown sugar', vinegar, worcestershire, salt, pepper, chili powder, smoked paprika, dry mustard and sugar free syrup. Cover with a lid and simmer over medium heat for 10 minutes.
- 4 Mix all the beans (AND CANNED JUICES) into the pot. Simmer, covered, for 10 more minutes over med. heat.
- 5 Reduce heat to medium-low, remove lid, simmer for 30 more minutes, stirring occasionally. Done.

Note:

- If you don't want to purchase brown sugar replacement, use any 1 to 1 sugar replacement you want, but adjust points, if necessary.
- I used Oscar Mayer center cut bacon, which lets you have 4-1/4 slices for 4 points. Make sure to cook the bacon, then PAT IT DRY, removing all oil. Rinse the oil out of the pan as well to remove the additional grease.



Chili con Carne (without beans)

An ULTRA healthy spin on a classic chili, filled to the brim with meat

This hearty, meaty chunky meat chili is so thick it's practically like a chili flavored sloppy joe mix. You can make it even more substantial by adding beans, which will also stretch the servings.

Ingredients:

MEAT MIX: *(the mixture is very wet and sticky. Mix with a wet hand)*

- 3 pounds 98-99% fat free ground turkey breast
- 1-1/2 tsp ground cumin
- 1-1/4 tsp salt
- 1/2 tsp black pepper
- 2 tsp beef flavored bouillon (such as Knorr brand)
- 2 tsp Kitchen Bouquet browning and seasoning sauce *(optional, for color)*
- 2 tsp Hershey's unsweetened cocoa powder
- 1/2 tsp baking soda dissolved in 1 tsp water
- 1-1/2 cups fat free beef broth (just trust me)

CHILI INGREDIENTS

- 2 cups diced onion
- 2 cups diced green bell pepper
- 3-4 Tbsp chili powder, to taste (I used 4 Tbsp of McCormick's chili powder)
- 4 tsp ground cumin
- 2 tsp EACH: smoked paprika and regular paprika
- 2 tsp dried oregano
- 2 tsp garlic powder
- 2 Tbsp Hershey's unsweetened cocoa powder
- 1-1/2 tsp salt
- 1/2 tsp black pepper
- 2 cups fat free beef broth
- 45oz canned crushed tomatoes
- 2 tsp worcestershire sauce
- 1 Tbsp 'Kitchen Bouquet browning and seasoning sauce' *(optional, for color)*

Directions:

- 1 Combine the 'meat mix' in a large bowl. It will be a VERY wet mix, so, wet your hands. Let rest for 30 mins.
- 2 Heat a LARGE pot over medium-high heat. Spray with cooking spray, then add meat. Let the meat sit in the pot for 30 seconds, then break apart the meat. Continue cooking & breaking apart the meat for 10 minutes.
- 3 Add the onions and bell peppers to the meat. Cook for 6 minutes, continuing to break apart the meat.
- 4 Add all of the listed dry spices to the chili and mix till well combined, continuing to break apart the meat.
- 5 When the spices are thoroughly mixed in, add the final 4 'wet' ingredients and bring to a boil. Reduce heat to medium and let simmer for 15-20 minutes, OR, till it reaches your desired consistency.

Note:

- **BEANS!!!**: If you want to add beans, add 2 (15oz) cans of any type of bean(s) you want, including the liquid, with the 'wet' ingredients in Step 5. This will add 3 cups of beans to the chili, giving 12 (1 cup) servings.

Serving Info.:

Yields: 9 cups
Servings: 9
Serving Size: 1 cup



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Chorizo Stuffed Peppers

Peppers stuffed with Chorizo, Onions & Cheese. Served with a Spicy Dip

These... are... amaaaazing! There's a lot of prep involved, but it's so incredibly worth it. When I was looking through pictures of Spanish Tapas, I saw these and fell in love, I had to try them. For folks not familiar with mini peppers... they aren't hot, they are little teeny bell peppers, which you can find in the produce dept. I veer away from traditional Spanish recipes by using my low point and calorie Chorizo mix for the filling. I also use fat free Feta cheese instead of Mexican cheese, because it's lower in points. Lastly, instead of a mayo based dip, we're using fat free Greek Yogurt mixed with Mexican hot sauce.

If you'd like to Americanize these babies a bit more, for game day, instead of mini peppers, cut off the back end of JALAPENO peppers and fill them with the chorizo mix.

Servings Info.:

Yield: 33 peppers**

Servings: 33**

Serving Size: 1 Pepper



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Ingredients:

- (1) 32oz bag multi colored mini peppers
- 1 batch of my Chorizo mix, from pg. 26, with the following 2 add-ins to the raw meat mix:
 - * 3/4 cup diced onions
 - * 1/4 cup reduced fat feta cheese crumbles
- **(for garnish)** 2 Tbsp reduced fat feta cheese crumbles
- **(for garnish)** thin sliced green onion

Mexican Hot Sauce Dip:

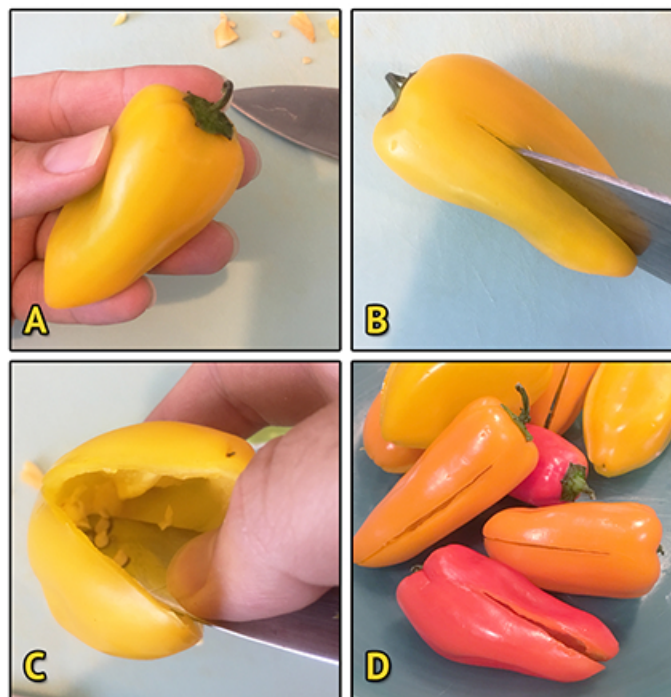
- 1 cup plain fat free Greek yogurt
- 1 tsp low fat mayonnaise
- 1 Tbsp apple cider vinegar
- 2 tsp chili powder (regular, ancho, chipotle, whatever)
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1-1/2 Tbsp of Mexican Hot Sauce (*like Cholula or Tapatio*)

Directions:

1. First... the filling. You'll be making a batch of my ground turkey chorizo, but with addition of the diced onion and fat free feta. Mix until well combined, then cover with plastic wrap and set aside.



2. Though I purchased a large bag of mini peppers at the store, you may have to buy multiple smaller bags, depending on what your local store carries. Remember, these aren't spicy, they are little bell peppers.



3. (A) Take all of your peppers out of the bag, then wash and dry them. You are NOT allowed to get E-Coli when cooking my food... this isn't Chipotle. (B) Use a sharp knife to carefully slice 3/4 of the way through each pepper. (C) Use a butter knife, thin spoon, or any preferred kitchen tool, to scoop the seeds out of every pepper. You don't have to get all of the vein out, though you can if you want. This is the time consuming step. (D) When you're done, move on to the next step, or store the peppers in a ziplock bag overnight, but put a paper towel inside the bag.



4. Take your Chorizo mixture and use a Tablespoon measuring spoon to scoop out an even 1 tablespoon of meat. Use your fingers to pinch the back ends of the pepper, to open it wide enough to stuff the meat inside. Press the 2 halves of the pepper together to squish the filling and make as small of a seam as possible. Then preheat your oven to 425 degrees, placing 1 of your oven racks at the top position, right under your broiler and the second rack at the bottom position. Make sure the oven is really at 425 before proceeding.



5. Line a large sheet pan with foil, then spray with cooking spray. Place all of your peppers on the tray, then coat the ever-livin' bajeezus out of them with cooking spray. Pretend you're applying spray-tan. (A) Cook for 10 minutes at 425 degrees, on the top rack. (B) When they have baked for 10 minutes, turn on your oven's BROILER to High. Broil the peppers on the top rack for 3 minutes, till they begin to develop some slightly visible 'char' marks. Then carefully swap the pans, moving the top pan to the bottom and the bottom pan up to the top, under the broiler. Cook for an additional 2-3 minutes, or till the peppers under the broiler now start to get that little bit of visible char. DONE! Now... remove them from the oven and set aside to cool for a coupla minutes, as you make the dip.
6. Now, let's make the dip, it's ridiculously easy. In a bowl, mix together all of the dip ingredients till well combined. Add more hot sauce, to taste, if desired.



NOTES:

- A) **JALAPENOS:** If you want to make a spicier version to appease any macho men in the vicinity, skip the bagged mini bell peppers and instead buy a buuuuunch of jalapeno peppers. Instead of slitting them down the side like with this recipe, cut off the very top (stem area) of the peppers, then stuff the meat mix down into them.
- B) The 14-15 minute cook time doesn't sound like a lot, but it DOES cook the meat all the way through because of the high heat. Also, 1 tablespoon of meat filling per pepper doesn't sound like a lot, but it's perfect. Trust me.
- C) Your actual points per serving, will vary by how many peppers you make. My chorizo filling made 33 peppers.
- D) **POINTS:** You can have up to 5 peppers for 0 points and up to 15 for 1 point. While with the Diabetic plan, you can have up to 2 peppers for 0 points and up to 7 peppers for 1 point (these 'diabetic points' include the yogurt dip)





Creamed Style Sweet Corn

A Delicious and Light Sweet Corn Dish, Thickened With Corn Puree and Almond Milk



Growing up, I used to eat canned creamed corn whenever I could, I loved it. Not until I grew up and had to join weight watchers, did I start paying attention to how much fat, calories and sugar were in a typical can. My version uses a couple of tricks to thicken up and get creamy. One: Like my cornbread muffin recipe, I blend 1 can of corn, then add that in as a thickener. Two: Instead of half n half or whole milk, I use unsweetened almond milk, with a little dissolved cornstarch, which will thicken up as it simmers.

Ingredients:

- Butter flavored cooking spray
- 1/2 cup diced onions
- 1/2 tsp salt
- 1/4 tsp pepper
- (2) 15oz cans whole kernel corn, drained.
- *** (18oz by weight, for the 2 cans worth of corn, drained)
- 2 Tbsp 0 point sweetener o' choice
- (1) 15oz can whole kernel corn, BLENDED in a blender with it's liquid.
- 1 cup unsweetened plain almond milk**
- 1-1/2 tsp cornstarch, dissolved into water

Serving Info.:

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



R - D

0-2

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look at this code for nutritional info.

Directions:

- 1 Heat a medium sized pot over medium heat for 1 minute. Spray with a good amount of butter flavored cooking spray (make sure it's a 0 point amount), then add the onions, salt and pepper. Cook over medium heat for 3 minutes.
- 2 Add the 2 cans of drained corn, along with the sweetener. Cook for 5 minutes.
- 3 Add the blended can of corn. Mix the almond milk, water and cornstarch, then pour into the pot.
- 4 Bring it all up to a light boil, then reduce heat to medium-low. Simmer for 30 minutes. Done.

Note:

- **DIABETIC PLAN:** I actually busted out my kitchen scale and got REALLY technical with the corn here, for you diabetic folks. I use (2) 15oz cans of whole corn for the first entry. As is, 30oz of canned corn is listed as 16 points in the database. HOWEVER... I am draining those 2 cans. When I drained them, then weighed the actual corn kernels that were in the cans, by themselves... it was 9 ounces per can, for a total of only 18 ounces of actual corn. That's a big point difference. 30 oz, for 16 points, versus the actual weight of the drained kernels... which was 18 ounces, for only 9 points. Weighing the drained kernels from the 2 cans, saved us 7 ingredient points, instead of using the generic listing for (2) 15oz cans.
- **NO HEAVY CREAM?** Most creamed corn recipes call for a TON of half n half or whole milk. I'm completely eliminating those. In order to get the creamy consistency, we're BLENDING a can of corn and adding almond milk, which will thicken with the cornstarch.
- When you 'blend' the 1 can of corn, do not completely puree it to liquid. You want to leave it slightly pulpy and thick. Our goal is to replace canned creamed corn, which has a ton of points, with the blended can.
- **ALLERGIES:** If you are allergic to almond milk, you can use soy milk or skim milk, but adjust your points.



Maple & Bacon Baked Beans

Sweet and Smoky Baked Beans with Onions, Garlic, Bacon... And A Fun Twist in place of Brown Sugar

Whenever I go to a BBQ place and get a sandwich, I ALWAYS order baked beans as a side. I've made them a few times over the years, but most recipes always require a ton of brown sugar or molasses. I used to use an equally large amount of artificial brown sugar substitute instead. However, I recently came across a recipe that uses root beer in place of all of it. I decided to go about WW-erizing it, to make it lower in calories, while adding some other twists to it. It turned out really well. It has a subtle smoky flavor, with slight hint of caramel.

Ingredients:

- 4-1/4 slices 'regular' center cut bacon
- 2 large onion, diced
- 2 medium garlic clove, minced
- 1/2 cup tomato sauce
- 24oz diet no sugar added root beer***
- 3 Tbsp apple cider vinegar
- 2 Tbsp sugar free maple syrup (pancake syrup)
- 1/2 tsp ground mustard
- 2 tsp smoked paprika
- (2) 30oz cans (or a 60oz total) cannellini beans, rinsed and drained
- 1-1/4 tsp salt
- 1/2 tsp pepper

Serving Info.:

Yields: 6 cups
Servings: 8
Serving Size: 3/4 cup



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look at this code for nutritional info.*



Directions:

- 1 Preheat oven to 400 degrees. While it's heating: In a large pan, use cooking spray to cook the bacon until crispy, remove from pan, then wipe grease out of the pan with a paper towel. Spray pan with cooking spray again, then add the diced onions and cook till they begin to soften. 4-5 minutes.
- 2 Stir in the garlic and cook for 1-2 minutes, till fragrant. Add the tomato sauce, root beer, vinegar, syrup, ground mustard, smoked paprika, salt and pepper. Stir to combine, return to a boil.
- 3 Gently stir in the beans and crumbled bacon. Bring it to a simmer, then reduce the heat to medium-low and continue cooking at a simmer, uncovered, for 20 minutes.
- 4 Pour the beans into a 1-1/2 quart, oven-safe casserole dish. Bake uncovered at 400 degrees for 25-30 minutes, or until the beans & sauce have thickened. Season with additional salt and pepper to taste.

Note:

- I use sugar free pancake 'maple' syrup because I don't have food sensitivities to it. Plus, 1 Tbsp of any brand is 0 points. Feel free to use regular maple syrup if you wish, but adjust your points.



Parmesan Carrot Fries

Seasoned and Crispy Baked Carrot Fries, with Parmesan, Parsley and Black Pepper



These tasty little carrot sticks would make Bugs Bunny hug Elmer Fudd, out of joy. We're switching up the idea of baked regular fries and using a healthier and lower calorie alternative... carrots. To save time, we're buying pre cut carrot sticks from the produce department. Then, we're seasoning them with some salt, pepper, garlic powder, reduced fat parmesan and parsley. Cooking spray replaces a bunch of oil, then 'Voila'... healthy fries.

Ingredients:

- 1-1/2 lbs packaged carrot sticks, (2) 12oz bags. They might also be labeled as "matchstick" cut carrots.
- 0 point coating of cooking spray. Use whatever flavor spray you want, scan your can, use a 0 point amount.
- 1/4 tsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 1-1/2 tsp cornstarch
- 1 Tbsp reduced fat parmesan topping (such as 'Kraft' brand)
- 2 tsp dried parsley flakes

Serving Info.:

Yields: 1 pound
Servings: 4
Serving Size: 1/4 pound



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look at this code for nutritional info.

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Directions:

- 1 Preheat oven to 425 degrees. Line 2 large cookie sheet pans with parchment paper, set aside.
- 2 Place carrot sticks into a large mixing bowl. Add the 1/4 tsp olive oil and spray the carrots liberally with cooking spray. Make sure to use only enough cooking spray to stay 0 points.
- 3 In a small bowl, mix together the garlic powder, onion powder, salt, pepper, cornstarch, parmesan and parsley. Pour the seasoning mixture into the bowl with the carrots, toss till well combined.
- 4 Spread the carrots onto the parchment paper lined baking pans, in a single layer.
- 5 Bake at 425 degrees for 35 minutes, depending on desired texture. Remove from oven.
- 6 Garnish with additional fresh chopped parsley, if desired.

Note:

- If you'd like them to have a little sweetness, feel free to add a little bit of sweetener into the mix of seasonings.
- This recipe is highly customizable. Want things a little Latin? Add some chili powder or cumin. For an exotic flavor, try adding a little curry powder and maybe a dash of ground ginger. Have fun with it.
- Feel free to try decreasing the cooking time, by increasing the temperature to 450 degrees. They'll cook faster, but you'll have to keep an eye on them, to make sure they don't burn.



Perfect Potato Wedges

For the first time in my life... I've FINALLY made amazing baked potato wedges!!!

I don't know about you folks, but try as I may, over the years, I have NEVER been able to bake french fries or potato wedges to where I'm actually happy with them. They are either somewhat floppy and sad, in need of a blue pill... or they are borderline burnt. I combined a tip from America's Test Kitchen, with the addition of cornstarch and more dry seasonings, to help crisp up the coating.

Ingredients:

- 4 medium russet potatoes. Mine weighed 28oz total.
- Cooking spray
- 1/4 tsp olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1-1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1-1/2 tsp cornstarch
- 3 medium cloves garlic, crushed and minced.
- 2 Tbsp fresh parsley, finely chopped, loosely packed.
- (optional) 1 tsp reduced fat parmesan topping

Serving Info.:

Yields: 32 wedges
Servings: 4
Serving Size: 8 good sized wedges



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4-4

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Directions:

- 1 Slice each potato in half, lengthwise, then slice those halves diagonally, into 4 wedges each.
- 2 Place the cut wedges into a LARGE bowl, and fill with **HOT** tap water. Soak potatoes for 10 minutes.
- 3 Drain wedges, lay them on paper towels, then pat them dry. Let them sit out in the air and continue to air dry, while you wait for your oven to get up to temperature. So...
- 4 Preheat oven to 425 degrees. Line a large baking pan with parchment paper, set aside. When the oven actually DOES get to 425 degrees (use a thermometer!) Set the dry potatoes into a large mixing bowl. Spray with a thick 0 point layer of cooking spray, then add 1/4 tsp olive oil. Mix to combine.
- 5 In a small bowl, combine the salt, pepper, garlic powder, smoked paprika, cornstarch, garlic, parsley and parmesan (if using). Pour over the wedges and mix/toss till coated. Lay the wedges onto the parchment paper lined pan.
- 6 Bake at 425 degrees for 16 minutes. Remove from oven and spray with cooking spray. Quickly flip all the wedges, spray again, then return them to the oven. Bake an additional 10-15 minutes, or until they are browned and crispy without burning (keep an eye on them). Done.

Notes:

- You should definitely feel free to play around with the seasonings and spices in this recipe. Use my recipe as a stepping stone to make your own flavor combinations.
- If you use jarred garlic, in liquid... this sounds crazy, but scoop the garlic onto a paper towel and pat dry. Otherwise your wedges won't get as crispy, due to the additional liquid from the jarred garlic.
- If you use LAAAARGE russet potatoes for this, I'd recommend cutting these into the 8 wedges, as normal, but... THEN, cut those 8 wedges in half, creating 16 wedges. Otherwise you'll be left with 8 immensely fat wedges. Trust me. It's better if you use LARGE potatoes, to cut them into 16 'regular sized' wedges. It'll give you more servings and slightly lower points.



Simply Blasphemous Cornbread

Showing how to make my ultra moist and fluffy cornbread as either muffins, or in a cast iron skillet

First off, I apologize in advance to ALL of my Southern Belles who are about to clutch their pearls in shock. These are less 'cornbread' and more of a fluffy 'corn muffin'. Instead of using cans of creamed corn, I'm blending cans of 0 point whole corn kernels. Then, instead of corn flour, I'm using Instant Masa Mix/Flour, which can be found in the Mexican food aisle. You CAN use regular corn flour if you want, but they won't be as moist. I highly recommend the Maseca... I also use it on pages 38-39.

Serving Info:

Yield: 24 cornbread muffins

Servings: 24

Serving Size: 1 muffin



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look at this code for nutritional info.

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For people NOT on the
diabetic plan, the first 11
muffins are 1 point each

2. Begin preheating your oven to 375 degrees. USE AN OVEN THERMOMETER and wait until your oven is actually at 375. Don't trust your oven's beep.



Ingredients:

- (2) 15oz cans of whole kernel sweet corn (blended)
- (1) 15oz can of whole kernel corn, drained, kernels set aside.
- 1-1/4 cup 'Maseca' Instant Masa flour/mix (in the Mexican food aisle)
- 3/4 cup yellow cornmeal
- 4 large eggs
- 2-3/4 tsp baking powder (because 3 tsp is 1 point now 😞)
- 1/2 tsp baking soda
- 2-3 Tbsp 0 calorie sugar replacement, to taste
- 3/4 to 1 tsp salt, to taste
- (optional) 2 tsp McCormick 'butter extract' (from the baking aisle)
- (Cast Iron Skillet Version) 1 tsp canola or vegetable oil

Muffin Directions: (easier for portion control/food prep)



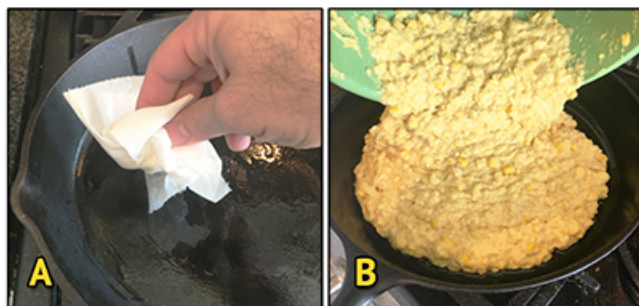
1. (A) Pour the entire contents of 2 cans of whole kernel corn into a large container, or into a blender/food processor. (B) Use your appliance (I used an immersion blender) to process the corn till smooth and creamy, yet slightly chunky. You're shooting for the same texture as canned creamed corn. Set aside.

3. (A) In a large mixing bowl, combine all, and I mean ALL of the ingredients. (B) Stir together until the batter is well mixed. Now, let the batter sit and wait until the oven is REALLY AT 375 degrees. (C) Use cooking spray to coat your muffin tins, then fill each cavity with 1/4 cup of batter. Once your oven is at temperature, spray the tops of the muffins with cooking spray, then place them in the oven. (D) Bake at 375 degrees for 16-20 mins., or till a toothpick comes out juuuust dry.

Iron Skillet Directions: (for you Southern weirdos)

By weirdos I mean... seriously, **THESE PANS ARE HEAVY!!!** How in the heck do some of you sweet lil ol' ladies even lift these?? It's like trying to lift Thor's Hammer!!

1. Follow the exact same instructions as the directions for making muffins. Blending the corn, preheating your oven, making sure it actually IS at 375 before you bake. Then, mixing the batter together. The only difference is rather than pouring the batter into muffin pans, we're going to:



2. **(A)** Place your large cast iron skillet on the stove and turn on the flame to medium heat. Heat the pan for 4 minutes. This will bring your pan's surface temperature to between 375-400 degrees. Drizzle in 1 tsp of oil, then carefully spread it around with wadded up paper towels or a kitchen brush. **(B)** Quickly spray a good coat of cooking spray into the pan, then pour in all the batter. Use a spoon to quickly smooth the top as best as you can.



3. **(A)** Immediately put the sizzling hot pan into your 375 degree oven. **(B)** Bake for 35-40 mins. or until a toothpick comes out almost completely dry. Mine took 36 mins. I was able to slice mine into 24 REALLY thick squares. **NOTE:** The skillet version has 2 extra points for the oil.





Yeast Biscuits

These biscuits are LARGE, with a texture that's a cross between a buttermilk biscuit and a fluffy roll

I have spent 6 years, off and on, trying to make a 'perfect' biscuit that was FULL SIZED, moist, yet fluffy and didn't taste like sadness. Yeast-based, traditional, didn't matter. The major hurdle to full sized, awesome biscuits that were LOW IN POINTS was always the points for flour. Since discovering "*King Arthur's '00' Pizza Flour*", that hurdle has been eliminated.

Serving Info:

Yield: 13 biscuits
Servings: 13
Serving Size: 1 biscuit



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look at this code for nutritional info.

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2-3

Points shown are with
King Arthur '00' flour.

Using All Purpose Flour,
the first biscuit is 4 points
for Both the 'regular' AND
'diabetic' plans.

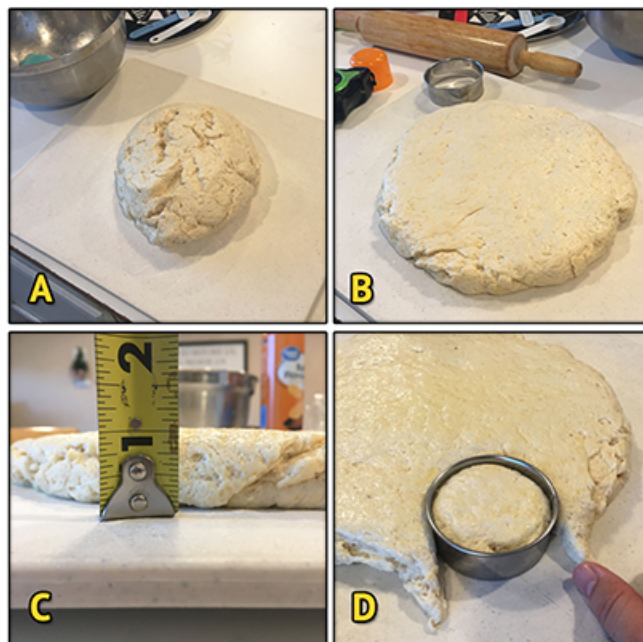
Ingredients:

- 3-1/2 cups King Arthur Neapolitan-Style '00' Pizza Flour
- 2 cups plain fat free Greek yogurt
- 1 large egg
- 3-1/2 Tbsp Baking powder
- 1 tsp salt
- 1 Tbsp Instant/Rapid Yeast (1-1/2 small packets-worth)
- 2 to 4 Tbsp warm water (see notes)***
- 2 tsp vinegar (I used cheap ol' distilled white vinegar)
- 1 tsp butter flavor extract (such as McCormick's brand)
- 8 second spray of butter flavored no stick cooking spray
- (not for the dough) 1 additional egg, beaten, for an egg wash.

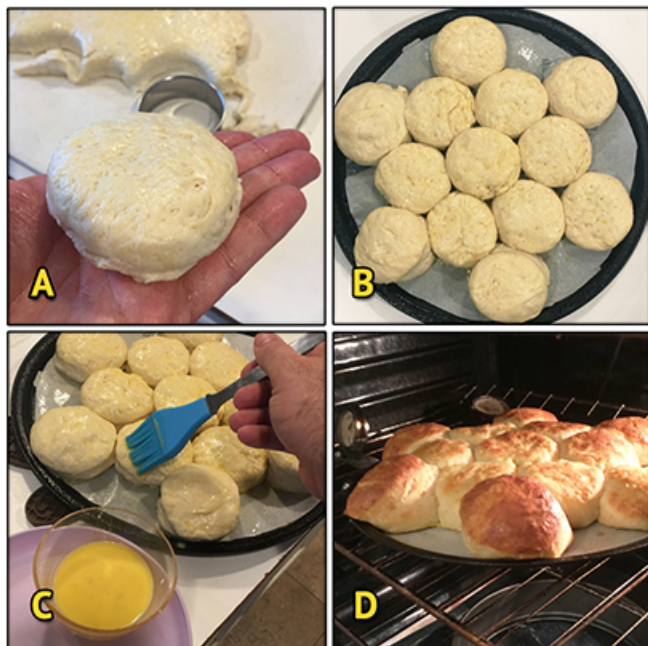
Directions:



1. (A) Combine the first 10 ingredients in a mixing bowl
(B) Mix and fold together till formed into a ball. Cover the bowl with plastic wrap and let it rest for 1 hour.



2. (A) Dust a cutting board with 1-1/2 tsp of flour, which is 0 points, baby!! (B) Press down with your palms, or use a rolling pin to gently spread the dough out (C) to a 1 inch thickness. And yes... I actually do have an old tape measure in my kitchen. I'm weird. (D) Spray the top of the dough with cooking spray, then spray the inside of a 2-3/4 inch round biscuit cutter with some of the spray as well. Place the biscuit cutter near the edge of the dough, then firmly press straight down, cutting through the dough. Use your fingers or a knife to pull the edge-dough away from the biscuit cutter, so you can easily remove the cutter.



3. (A) Remove cut dough from the biscuit cutter, then repeat the process. Spraying the inside of the biscuit cutter with cooking spray, then pressing down to cut out each biscuit. Take the leftover scraps and knead them to form more dough for another biscuit. (B) Place them all on a pan, lined with parchment paper. Arrange so there is 1/4 inch of space between all the biscuits. Spray the tops with cooking spray and walk away. Let rest for 1 hour. They'll puff up, like in the picture. (C) Beat an egg in a cup, then brush (or blot with a paper towel) the tops of the biscuits with some of the egg wash. THEN, turn on your oven to 425 degrees. Let the biscuits keep rising as you wait for the oven to get to temperature. (D) Once the oven IS at 425 (use a thermometer), place the pan into the oven. Bake at 425 for 16-18 minutes, or till the tops are golden.

Notes:

- **FLOUR!:** As mentioned, the key to these large, full sized biscuits being so low in points, is using the "King Arthur's '00' Pizza Flour". The 'KA' flour is 28 points for 3.5 cups, while All Purpose Flour is 45 points for 3.5 cups! I highly, highly recommend ordering the KA '00' Flour... it's worth it for the drastically reduced points, for special occasion dishes. But, if you DO use all purpose flour, these are still relatively low in points. Using "AP" flour will make the first biscuit 4 points for both the 'regular' and 'diabetic' plan.
- **INSTANT/RAPID YEAST:** You can find it in the baking aisle, located near the baking powder/soda. Remember, buy the "instant" or "rapid rise" yeast, NOT the "active dry" yeast.
- **BUTTER FLAVOR EXTRACT:** Technically, this is optional, but I highly recommend it, to give your biscuits a rich, buttery flavor. I find it in the baking aisle, right next to the vanilla extracts. I typically find the "McCormick's" brand at stores.
- **HOW MUCH WATER TO USE???:** This will be completely dependent upon the brand of Greek yogurt you use. Most generic store brands are much thinner and more liquidy than the thicker brands like FAGE and CHOBANI. For my batch, I used FAGE, and needed 1/4 cup of warm water. HOWEVER... if you use a more watery/thinner brand, you'll need to dial back the amount of water you add, otherwise the dough will be too soft, and the biscuits will 'spread out' rather than 'rise up' when baked. I recommend STARTING with just 2 Tbsp of warm water, then start mixing your dough together. If it's still dry, add another 1 Tbsp and mix. Still dry? Add another 1 Tbsp and mix. You want the dough to JUST come together.
- **SIZE:** My finished biscuits were 3-1/4 inches wide and varied between 1-3/4 to 2 inches tall. Not bad for 2 points.
- **BISCUIT CUTTERS:** I used a 2-3/4 inch round cutter for my biscuits. I purchased a set of biscuit cutters off of Amazon to make these. However, if you don't want to buy the round cutters, simply roll out the dough, then cut it into squares with a sharp knife.
- **VIDEO!:** Scan the QR code below to open a recipe video, where I show you how to make these babies.

