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

THE GUILT FREE GOURMET

Low Fat, Low Calorie Cookbook - Volume 3

GOURMET TURKEY BURGERS, SANDWICHES, SALADS & SIDES

Revised for 2024

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Book Content Updated: 09/06/2024
Book design by: Daniel Hallak
Edited by: Mary Geiler and her assistant, Mr. Coffee
Photography by Daniel Hallak
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The Guilt Free Gourmet, Low Fat, Low Calorie Cookbook: Volume 3 - 2024, 2nd Edition *(1st edition published Aug. 2020)*

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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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Free Cookbooks?... Really?

Doing this isn't just about money to me. On this page, I explain how you can get a digital version of each of my cookbooks for free... no strings attached ... ***page 6***

How To Use & Important Book Info.

Highlighting some of the "plan specific" terminology, kitchen gear, and how to navigate the recipe info. in this cookbook. ... ***page 7-8***

Important Kitchen Gadgets & Ingredients

Pointing out a few of the key ingredients used in this book's recipes, as well as why they are used ... ***page 9-13***

Condiments, Spreads & Dressings

Recipes for 29 low calorie & low 'Point' dressings, sauces and spreads used in this book's dishes ... ***pages 14-23***

Meat Seasonings, Dry Rubs & Marinades

23 awesome meat seasoning and spice/marinade recipes. Including recipes for turning ground turkey/chicken breast into bratwurst, chorizo, kielbasa, Italian sausage and more. As well as dry rubs and international chicken marinades, like Mexican pollo asado, Lebanese lemon garlic and even Tandoori chicken marinades ... ***pages 24-30***

Burger Tips, Hacks & Foundation Recipes

Tips, tricks & kitchen hacks I use in my recipes, which you can use to lighten your everyday cooking ... ***page 31-49***

Burgers, Chicken & Sausage Sandwiches

53 delicious and **GOURMET**, low calorie, low fat, low 'Point' burgers and sandwiches. These are not 'diet food' burgers. These are insanely snazzy burgers and sandwiches that you would be excited to order at a trendy restaurant.

I'm including breakfast burgers, regular burgers, chicken and fish sandwiches... and even a couple of low fat, low calorie sausage sandwiches ... ***pages 52-147***

Salads & Side Dishes

19 low calorie, low fat and low-ish 'Point' side dishes and salads. Everything from low fat potato, pasta and summer salads, to crispy bakes onion rings, chili con carne, Mexican 'street corn', chorizo stuffed peppers and baked potato wedges ... ***pages 148-175***

Bonus Recipe: *SURPRISE!!!!*

As a special little bonus to sneak in at the end of the book, I wanted to add in my special big and fluffy Yeast Bisuits from Cookbook 1. They'll go great with the breakfast sandwiches ... ***pages 176-177***

Happy Little Burgers & Acknowledgements

Before I make a swift exit, like the 'Hamburglar', I should probably thank a few folks for their encouragement during this whole process ... ***pages 178-179***

Book Index

Need help finding recipes in a flash? This organized list of all the recipes will help you hitch a ride on my culinary crazy train ... ***pages 180-181***

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 refernce 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 releiving 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 reeeeally 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.

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??

Scan Me

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.

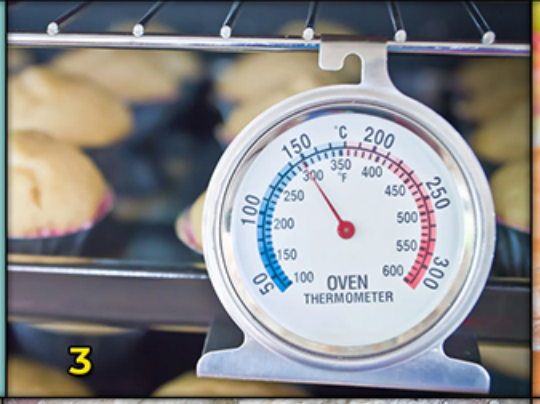
Step One:

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,



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 corriander), to refill my spice containers. Whole fennel seeds and corriander seeds are MUCH LESS EXPENSIVE then 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 noticable 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 typcially by 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 of 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 crums 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 withought trying different types of chili powders, or wrongly assuming all of them are extremely hot/spicy. Ancho chile(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 substitue 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.

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

Mango Salsa - Page 19

No Sugar Added BBQ Sauce - Page 16

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

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

Liquid Awesomeness & Seasonings

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A healthy, low fat version of a traditional German sausage

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Greek "Loukaniko" ... pg 25
Greek sausage with fennel, garlic, lemon zest & more

Italian Sausage ... pg 25
Favorful, 99% fat free Italian Sasusage that doesn't suck

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A healthy version of the classic Polish sausage

Lebanese Kafta ... pg 26
Bursting with Middle Eastern spices & seasonings

Savory Mix ... pg 26
A special seasoning mix to make ground turkey more 'beefy'

Taco Seasoning ... pg 26
A healthier version of old school, taco seasoned ground beef

***** Meat Mix Seasoning Tips ... pg 27**

***** Using Ground Beef Instead of Turkey ... pg 31**

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- An flavorful, exotic blend of Asian spices and seasonings

Attila The Hen Dry Rub... pg 28
This rub is so amazing it could conquor most of Europe and Asia.

Aunt Voula's Big Fat Greek Dry Rub ... pg 28
A savory mix of Greek flavors, such as dried dill, oregano, garlic & more

Buffalo Dry Rub & Seasoning ... pg 28
A very spicy, yet flavorful seasonning mix, with cayenne and chipotle

Dirty Bird BBQ Dry Rub ... pg 29
A basic blend of BBQ flavors: chili powder, sugar, dried mustard & more

Jamaican Jerk Chicken Marinade ... pg 29
A heavily seasoned & spiced island marinade with LOTS of heat

Lebanese Lemon Garlic Marinade ... pg 29
A skinnied down version of my Dad's traditional Lebanese marinade

Mexican Pollo Asado Marinade ... pg 29
My non-traditional recipe for Mexican style chicken. Go #TacoTuesday!

Oaxacan Garlic Chicken ... pg 30
Loaded with tons of flavor from garlic, ancho chile powder and adobo

Sinaloan Citrus Chicken Marinade ... pg 30
A zingy, citruisy marinade with orange, lime, garlic and more

Tandoori Chicken Marinade ... pg 30
An exotic blend of Indian spices and flavors, to imitate the classic entree

5 MINUTE MARINARA SAUCE

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

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

MY PLAN

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- last checked 01/22/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

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

Directions:

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

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

BBQ SAUCE

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

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

MY PLAN

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- last checked 01/23/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

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

Directions:

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

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

BRUSCHETTA

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

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

MY PLAN

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- last checked 01/23/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

- 1 cup diced roma tomatoes
- 1/4 cup fresh basil, loosely packed, finely chopped
- 2 medium cloves garlic, crushed, finely chopped
- 1/4 tsp salt
- 1/8 tsp pepper
- 1/4 tsp 'robust' olive oil
- olive oil cooking spray, 4 second spray (optional)
- 1-1/2 tsp balsamic vinegar

Directions:

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

- Some recipes call for adding diced onion, mine doesn't. Feel free to add it if you'd like. But for me personally, I feel that bruschetta with diced onion is simply just Pico De Gallo, with basil instead of cilantro and balsamic instead of lime juice. Yup... I went there. Come at me, bro!

BUFFALO SAUCE

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

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

MY PLAN

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- last checked 01/23/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

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

Directions:

1 Mix everything together till smooth, done.

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

CHICK-FIL-A COPYCAT SAUCE & DIP

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

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

MY PLAN

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- last checked 01/23/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

- 1/2 cup plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 3 Tbsp yellow mustard
- 1 Tbsp lemon juice
- 1/8 tsp ground turmeric (optional, for color)
- 1/4 tsp dry mustard
- 3 Tbsp sugar free syrup (pancake syrup)
- 1/2 cup tomato sauce
- 3 Tbsp 0 calorie brown sugar replacement
- 1 tsp worcestershire sauce
  1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp chili powder
- 1/2 tsp smoked paprika
- 1 Tbsp apple cider vinegar
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions:

1 Mix everything together till smooth, done.

- We're essentially making a small batch of honey mustard and bbq sauce, then mixing them together with greek and mayo.

CHIMICHURRI SAUCE

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

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

MY PLAN

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- last checked 01/23/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

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

Directions:

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

CREOLE REMOULADE

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

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

MY PLAN

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- last checked 01/23/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

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

Directions:

1 Mix everything together till smooth, done.

GREEK TZATZIKI SAUCE

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

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

MY PLAN

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- last checked 01/23/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

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

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

GUACAMOLE - 1 cup batch

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

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

MY PLAN R-D 1-1

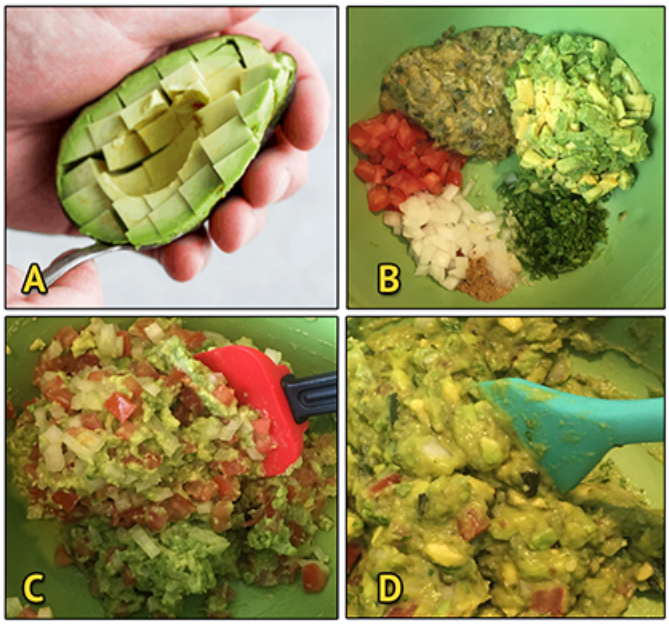
- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

1. Preheat oven to 425 degrees. Line a small pan with foil. Spray zucchini with cooking spray, bake for 20-25 minutes.

2. Remove zucchini from oven and place into a ziplock bag for 5 minutes, to let it steam and soften. Using a blender or immersion blender, puree/process the zucchini till almost smooth. Place into a large mixing bowl, along with the the salt, cumin and crushed/minced garlic.



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

'HOT DOG' Chili

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

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

MY PLAN R-D 0-0

- last checked 04/01/24 -
Scan with your mobile device's 'Camera' App for info.

Ingredients:

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

1. In a large bowl, use a whisk to Mix ALL ingredients together into a yucky looking, wet meat paste. Heat in a small pot over medium heat, whisking the entire time, till it comes to a boil.

2. Reduce heat to a LOW simmer. Continue whisking the mixture for 5-6 minutes, or until desired consistency. Season to taste.

HUMMUS (classic)

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

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

MY PLAN R-D 1-1

- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

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

KETCHUP

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

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

MY PLAN

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- last checked 01/23/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

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

Directions:

1 Mix everything together till smooth, done.

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

LOW FAT MAYONNAISE SUBSTITUTE

This is a simple little blend of reduced fat light mayonnaise, mixed with a little bit of fat free Greek yogurt. I use it in everything.

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

MY PLAN

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- last checked 01/23/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

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

Directions:

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

MANGO SALSA

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

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

MY PLAN

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- last checked 01/19/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

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

Directions:

1 Prep/Dice all of the vegetables as directed, remember to use gloves while handling the jalapeno.
2 Mix all ingredients together in a bowl, cover and set aside in the fridge for at least 1 hour. Done.

- If you don't want to deal with a whole jalapeno, buy some canned, diced green chilis. 2 Tbsp will work fine, however, if you use canned chilis, press some of the canned juice out of them, by pressing the diced chilis between paper towels.
- If you want pineapple salsa, swap out the 2 cups diced mango for pineapple, and leave out the sweetener.

PICO DE GALLO

This is a simple little blend of reduced fat light mayonnaise, mixed with a little bit of fat free Greek yogurt. I use it in everything.

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

MY PLAN

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- last checked 01/23/24 -
Scan with your mobile device's 'Camera, for nutritional info.

Ingredients:

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

Directions:

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

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

SMOKY RED ONION & BACON JAM

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

Serving Size:

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

MY PLAN R-D 1-1

- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

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

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

TARTAR SAUCE

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

Serving Info.:

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

MY PLAN R-D 0-1

- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

1. Mix it all together, done.

TERIYAKI SAUCE

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

Serving Info.:

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

MY PLAN R-D 0-0

- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

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

Hail Caesar!

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

Traditional Caesar dressing has a ton of olive oil, whisked with raw egg yolks and anchovy, giving the real thing a pretty short self life. We're blowing both of those issues out of the water. We're cooking the egg yolks in water, that we're about to thicken to the consistency of oil. We'll still be using olive oil in the dressing, but just enough to give a taste of it. There's also a fun trick for ditching the anchovy filet entirely... Asian fish sauce.

Ingredients:

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

Serving Info.:

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

MY PLAN

R D
1-1

- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Directions:

1 In a small pot, stir together the water and cornstarch with the 4 egg yolks till mixed well. Heat on low-medium heat, till juuuuust starting to bubble, then reduce heat a little just below a simmer. Stir on low heat for 2-3 minutes. It's ok if there's some slight curdling in the liquid. Remove from heat, pour into a bowl and allow to cool to room temp. Seriously, room temp.

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

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

Notes:

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

Creamy Coleslaw Dressing

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

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

MY PLAN R-D 1-2

- last checked 01/23/24 - Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

1 Mix everything together till smooth, done.

Italian Dressing

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

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

MY PLAN R-D 0-1

- last checked 01/23/24 - Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

- 1/2 cup water mixed with 1-1/2 tsp cornstarch
- 1 large egg yolk***
- 1/4 cup white wine vinegar
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tsp lemon juice
- 1 tsp minced garlic
- 1/4 tsp EACH, dried oregano, dried basil & dried parsley
- 1/8 tsp red pepper flakes
- 1 tsp worcestershire sauce
- 1 tsp light mayonnaise
- 1/2 to 1 tsp 0 point sugar replacement, to taste
- 1/4 cup plain fat free Greek yogurt
- 3-1/2 tsp reduced fat, grated parmesan topping (like Kraft)

Directions:

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

- You can replace the egg yolk with 1 Tbsp dijon mustard. It'll change the flavor a bit, but lowers the points if you can't have eggs.

Maple 'Honey' Mustard Dressing

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

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

MY PLAN R-D 1-1

- last checked 01/23/24 - Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

1 Mix everything together till smooth, done.

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

Ranch Dressing

This is Weight Watchers 101, but new folks are ALWAYS asking how to make quick, easy, low point Ranch dressing. So, here'ya go.

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

MY PLAN R-D 0-1

- last checked 01/23/24 - Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

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

'Roquefort' (Blue Cheese) Dressing

This was a special request from my WW friends in Elizabethtown, Kentucky. This blue cheese dressing is creamy, delicious, and ultra pungent... Have breath mints handy.

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

MY PLAN R-D 1-2

- last checked 01/23/24 - Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

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

Rice Wine Vinegar Dressing

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

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

MY PLAN R-D 0-0

- last checked 01/23/24 - Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

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

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

Sesame Ginger Dressing

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

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

MY PLAN R-D 1-1

- last checked 12/06/21 - Use your mobile device's 'Camera' App for nutritional info.

Ingredients:

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

Directions:

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

Thousand Island Dressing

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

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

MY PLAN R-D 0-1

- last checked 01/23/24 - Use your mobile device's 'Camera' App for nutritional info.

Ingredients:

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

Directions:

1. Mix it all together, done.

Andouille

MY PLAN

R - D
0-0

- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

Ingredients:

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

Directions:

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

Bratwurst

MY PLAN

R - D
0-0

- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

Ingredients:

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

Directions:

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

Breakfast Sausage

MY PLAN

R - D
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- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

Ingredients:

- 1 lb extra lean ground turkey
- 1/2 tsp salt
- 1/2 tsp fresh ground pepper
- 1 tsp dried sage
- 1 tsp dried thyme
- 1 tsp fennel seed, toasted in a pan, till fragrant, 2-3 minutes.
- 1 tsp onion powder
- 1/2 tsp dried marjoram
- 2 tsp 0 point brown sugar replacement o' choice
- 2 tsp beef flavored granules (like Knorr brand)
- 1/4 tsp baking soda dissolved in 1/2 tsp water ***(TRUST ME!!)***
- 2 tsp smoked paprika
- 1-1/2 Tbsp sugar free pancake syrup
- 1/8-1/4 tsp cayenne pepper to taste
- 1/4 tsp liquid smoke, hickory (OPTIONAL)
- 1 tsp 'Kitchen Bouquet' seasoning & browning sauce (for color)

Directions:

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

Chorizo

MY PLAN

R - D
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- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

Ingredients:

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

Directions:

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

Cuban Picadillo

RECIPE INFO

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

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

Ingredients:

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

Directions:

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

Doner Kebab (Greek Gyro)

MY PLAN

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

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

Ingredients:

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

Directions:

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

Greek 'Loukaniko'

MY PLAN

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

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

Ingredients:

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

Directions:

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

Italian Sausage

MY PLAN

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

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

Ingredients:

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

Directions:

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

Kielbasa

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

MY PLAN

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- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

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

Lebanese Kafta

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 3oz

MY PLAN

R - D
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- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

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

'Savory' Mix

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

MY PLAN

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- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

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

Note:

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

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

Serving Info:

Seasoned Mix
Servings: 8
Serving Size: 2oz

MY PLAN

R - D
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- last checked 01/23/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

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

Directions:

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

Things You'll Need:

Chicken & Beef Flavored Granules

Add Instant Deep Flavor

Wish that ground turkey tasted more like beef or chicken? IT CAN! There are many different brands of bouillon at your local grocery store, but they are not all created equal. Some are lower or higher in points, sodium and calories than others. Most Walmarts carry the Knorr brand, which I use in anything that has ground turkey. While most brands will turn to 1 point at 2 or 3 teaspoons, Knorr stays at 0 points until you use 3-1/2 teaspoons. At the majority of supermarkets, you most likely won't find it in the soup aisle, which is where you'd THINK to find it. 99% of the time it'll be in the aisle with the Mexican or Latin foods, even at Walmart. Scan any brand of granulated bouillon that you find, but you want one that'll let you have at least 2 tsp for 0 points. If you can't find one, get what you can, but adjust your points if necessary, per recipe. **Leave out granules, if using ground Beef.**

Rinse Your Hands! (say whaaaaaa?)

Stop Being So Tacky, Baby!

Ok folks, this is a reeeeally simple way to handle meat mixtures, when they're sticky and tacky... wet your hands. No, I'm not kidding, it's that easy. Most of my meat mixes are pretty sticky when you are mixing all of the seasonings and spices together. The meat clings to your fingers and the sides of the bowl... it's frustrating, . In the past, I'd advocate for using cooking sprays, but this is better. When mixing the meat and it begins to stick to your hands, run a little water onto your hand, then get back to mixing. After 2-3 times, the meat forms into a perfect, non sticky ball. It's easier to mix, it's easier to form into patties or into meatballs... Plus, it adds additional moisture into the meat, which is something that ground turkey lacks anyways.

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

Meatballs

Make ANY of these mixes into meatballs

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

Baking Soda

What'chu talkin 'bout, Willis??

I wish I could explain the science behind it, but this is a legit game changer. I was browsing an old French cooking site one night, and came upon a technique for making ground meat awesome. For every 1lb of ground meat, mix in 1/4 tsp of baking soda dissolved with 1/2 tsp of water, then allow the meat to rest for 20 minutes before cooking. It completely changes the texture of the meat. It retains a TON of it's own moisture. You know how when you normally cook ground turkey, it's swimming in a pool of it's own liquids? Who wants grey meat! Doing this locks in so much liquid, that the meat ends up more juicy AND it browns in the pan sooooo much better. It's a flippin' Vatican-worthy miracle, imho. Ground turkey ends up having a texture closer to cooked ground pork, which makes these seasonings REALLY sing. Give it a try, you won't regret it. **NOTE: This trick helps tremendously with making the meat plump up and retain moisture. HOWEVER... be advised: Do.. Not... Overcook the meat. If you are cooking 'crumbles', it's fine. If you are cooking burger patties, follow my listed cook times below. Otherwise, your patties'll turn into pucks.**

Burger Patties

THEY COOK FAST!!!!

This isn't as simple as just mixing the meat, form patties and cooking. 99% fat free ground turkey cooks fast. Too long, and it's dry cardboard. If you like thinner burger patties, mix up a 1lb batch of meat, then section it into 8 portions (pictured). Preheat a pan over medium heat for a minute, till water sizzles on it. Cook the thin patties for 2 minutes per side. If you like thicker 1/4lb patties, section the meat into 4 quarters, form into patties, then cook 3 minutes per side. If you cook these too long, they dry out and the exterior gets very hard, from the baking soda. Cook them right and they'll blow your mind.

"Seasoning & Browning Sauce"

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

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

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

Dry Rubs & Marinades

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

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

Asian - Dry Rub

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

MY PLAN R-D 0-0

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

Serving Info:

Yields: 6 Tbsp

Ingredients:

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

Directions:

- Mix all ingredients till well combined. Done

Atilla The Hen - Dry Rub

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

MY PLAN R-D 0-0

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

Serving Info:

Yields: 6 Tbsp

Ingredients:

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

Directions:

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

Aunt Voula's Greek Rub

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

MY PLAN R-D 0-0

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

Serving Info:

Yields: 1/3 cup

Ingredients:

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

Directions:

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

Buffalo Seasoning - Dry Rub

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

MY PLAN R-D 0-0

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

Serving Info:

Yields: 1/2 cup

Ingredients:

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

Directions:

- Mix all ingredients till well combined. Done.

Dirty Bird BBQ Rub

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

MY PLAN

R-D 0-0

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

Serving Info:

Yields: 2/3 cup

Ingredients:

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

Directions:

- Mix all ingredients till well combined. Done

Jamaican Jerk Chicken Marinade

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

MY PLAN

R-D 0-0

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

Serving Info:

Yields: 3-1/2 cups

Ingredients:

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

Directions:

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

Lebanese Lemon Garlic Marinade

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

MY PLAN

R-D 1-1

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

Serving Info:

Yields: 1/3 cup

Ingredients:

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

Directions:

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

Mexican Pollo Asado Marinade

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

MY PLAN

R-D 0-0

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

Serving Info:

Yields: 1 cup

Ingredients:

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

Directions:

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

NOTE:

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

Oaxacan Garlic Chicken Marinade

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

MY PLAN

Range 1-1

Last checked on 01/24/24

Serving Info:

Yields: 2/3 cup
Servings: Enough for 6 chicken breasts

Ingredients:

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

Directions:

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

Sinaloan Citrus Chicken Marinade

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

MY PLAN

Range 0-0

- THIS IS A TRUE 0 POINT BATCH -

Serving Info:

Yields: 1-1/4 cup

Ingredients:

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

Directions:

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

Tandoori Chicken Marinade

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

MY PLAN

Range 0-1

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

Serving Info:

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

Ingredients:

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

Directions:

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

Using Ground Beef Instead of Turkey

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

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

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

Suggested Seasoning Changes for Beef:

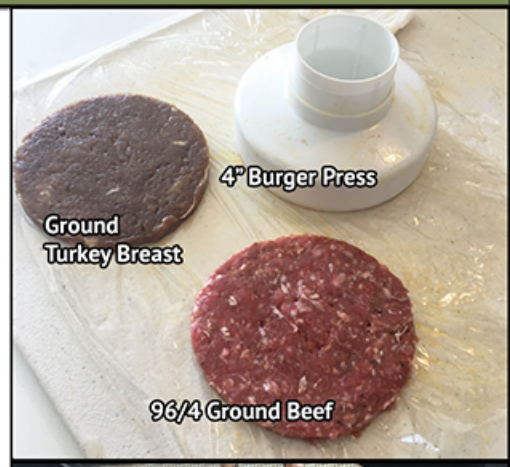
1. Remove the beef or chicken bouillon granules from EVERY single ground meat recipe I have (in cookbooks 1, 3 & 5 so far). The only reason it's there, is to add savory depth to ground turkey and make it taste less like turkey. BEEF doesn't need the extra seasoning.
2. Remove 1/2 tsp of ground cumin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

Suggested Cooking Changes:

1. ***ADJUST YOUR COOK TIME:*** Ground turkey has to be cooked longer than ground beef does, because it's poultry. If you decide to use ground beef for any of my burgers, reduce the listed cook times in my recipes. The cook times, such as "cook over a preheated pan,
2. over medium heat for 3 to 3.5 minutes per side" in my recipes, ARE FOR GROUND TURKEY!! If you cook ground beef burger patties that long, they will turn into shriveled up charcoal briquets.
   GRILLING: The biggest cooking difference between ground beef and ground turkey, with my mixes... is that it's ok for you to cook the BEEF burger patties over a direct flame on your grill, like you would traditionally cook a grilled burger. I always advise against doing that with my ground TURKEY mixes.

Notes:

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



Perfectly Toasted Buns - Page 41
Finally! You can host a party and have all the guests compliment how nice your buns look! You go girl!

'Dusting' with Flour - Page 37
Believe it or not, you can actually coat 4 chicken breasts, on both sides, with ONLY 1-1/2 teaspoons of flour

Dark Ground Turkey Meat Hack - Page 34
Tired of your ground turkey having the same color as beige spackle? You can make it look like ground beef with 1 simple trick

Homemade Sausages - Page 44-46
Using my ground turkey breast mixes to make 99% fat free sausages. Including: Bratwurst, Chorizo, Italian Sausage, Kielbasa and more

Low Carb Breading - Page 38-39
How to make your own low calorie/carb bread crumbs & breading. All you need is some store bought, sliced Keto bread

Foundations Recipes & Tips

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

Tips, Hacks & Foundation Recipes

Dark Ground Turkey Tips ... pg 34
- *Seasoning ground turkey to LOOK like ground beef*

'Sticky' Raw Meat "Mix Fix" ... pg 35
- *A simple trick for dealing with extremely wet and tacky ground meat mixtures.*

Storing & Cooking Frozen Burger Patties ... pg 36
- *For convenience, I often make and freeze batches of patties for later use. I'll share how I cook them from frozen, without thawing.*

'Dusting' Meats with Flour ... pg 37
- *You don't need to dredge meat in a ton of flour before breading it. Using a fine wire strainer/sieve can let you do it for 0 points!*

DIY Low Point Breadcrumbs ... pg 38
- *How to toast and make your own bread crumbs with low point sliced bread from the store. Great for breading chicken.*

Low Carb Breading ... Pg 39
- *The previous page shows you how to make low carb toasted crumbs, so... let's use it to bread stuff. What a remarkable coincidence.*

Low Point Bun Hack ... pg 40
- *Using a kitchen scale and the app's database, to lower the points of store bought burger/hot dog buns and rolls*

Perfectly Toasted Buns ... pg 41
- *How I quickly toast buns to have a perfect little toasted edge, which tastes great and looks awesome*

Quick 'Steamed' Burger/Hot Dog Buns ... pg 42
- *How to lightly 'steam' buns to be warm and soft in under a minute, without drying them out in the microwave*

Low Calorie, Healthy, "Real" Bacon!! .. Pg 43
- *One of the greatest things the good Lord gave mankind, other than Yoga pants and Amazon Prime, is Bacon. Yes, you CAN have real non-turkey bacon that's the same calories as the feathered stuff.*

DIY 'Sausage/Franks' Using My Meat Mixes ... pg 44-45
- *2 methods for using my 0 point meat mixes to form and cook your own 0 point 'franks & sausages'.*

Low Fat Bacon Wrapped Sausages: Pan Fried .. Pg 46
- *Making awesome, low calorie bacon wrapped sausages, using lean bacon, wrapped around sausages made from my meat mixes*

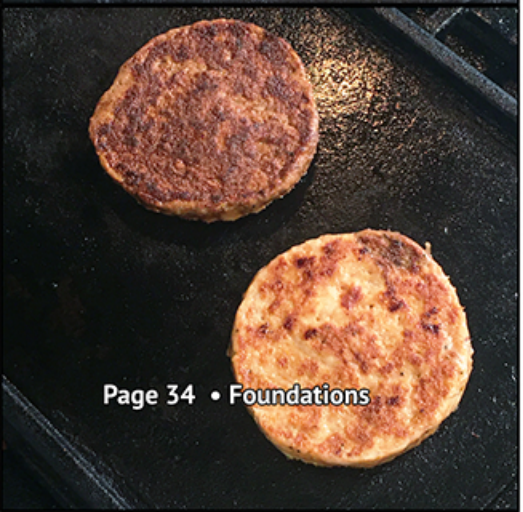
Cutting The The Cheese ... pg 47
- *With your kitchen scale and the app's database, I'll show you how to trim just a teeny bit off of one side of sliced cheese, to drop a point*

Yeast Pizza Dough ... pg 48
- *My basic low point yeast pizza dough recipe*

How To: Grilled Pizza 49
- *Using my pizza dough to make grilled pizza, cooked directly onyour gas bbq's grill top. No pan required.*

Dark Ground Turkey Meat Hack

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



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

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

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

Directions:

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

Notes:

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

Sticky Meat Mix Fix

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

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

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

What You'll Need:

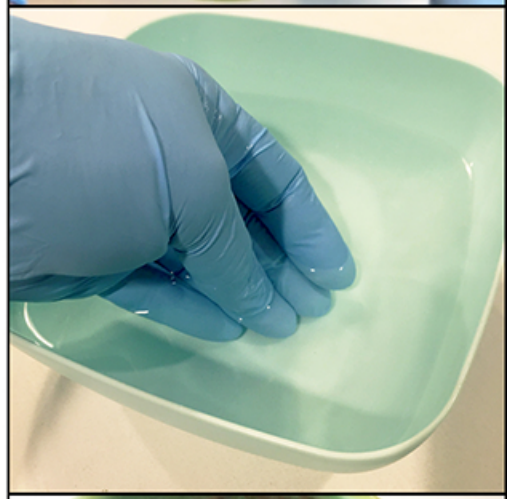
- Wet, sticky raw meat
- Water
- Your hand

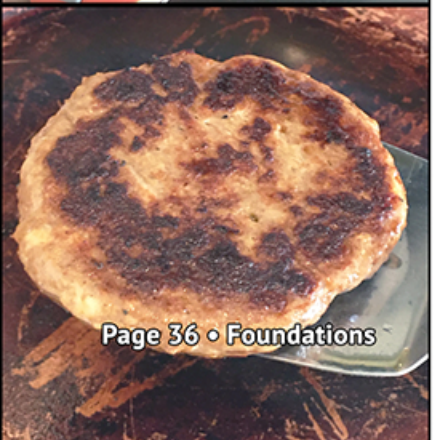
Directions:

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

Notes:

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





Chill Out, Man

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

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

What You'll Need:

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

Directions:

***** Freezing:**

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

***** Cooking:**

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

Notes:

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

'Dusting' with Flour

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

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

What You'll Need:

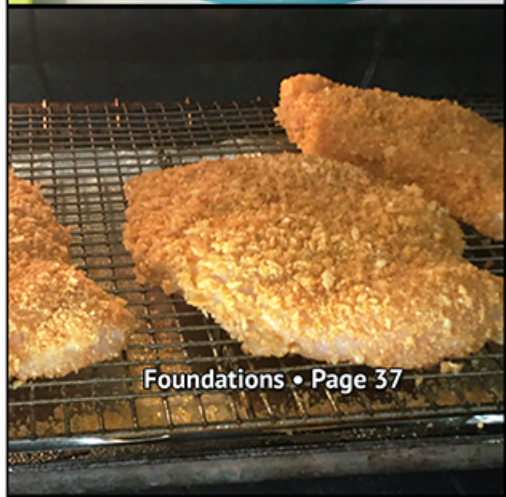
- A small, fine mesh metal sieve or strainer. I got mine at the dollar store (pictured above). You don't need a fancy or expensive one.
- 1-1/2 tsp of flour (which is a 0 point amount)
- Paper towels
- Up to 4 chicken breasts or any protein you want to coat (pork, beef, unicorn, etc.)

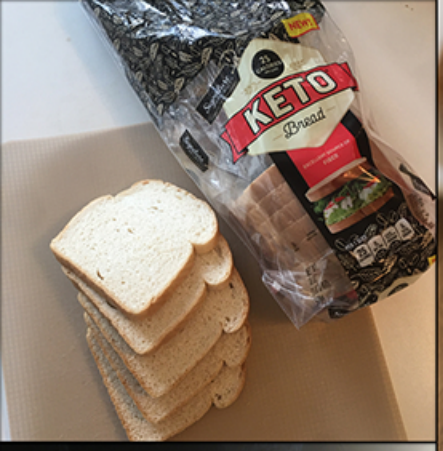
Directions:

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

Notes:

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





Low Carb Bread Crumbs

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

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

Ingredients:

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

Things You'll Need:

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

Serving Info:

Yield: ***1-1/4 cups crumbs.***
That's enough breading to coat a 1964, Metallic Mint Green Buick Skylark.
(Hurray for random movie references!)

RECIPE INFO

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

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

Directions:

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

NOTES:

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

Breading Stuff 101

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

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

Ingredients:

Breading:

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

Egg Wash:

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

Serving Info:

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

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

MY PLAN

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

R - D
4-4
Points shown are for the ENTIRE BATCH of breading. Not 'per serving'.

Directions:

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

Note:

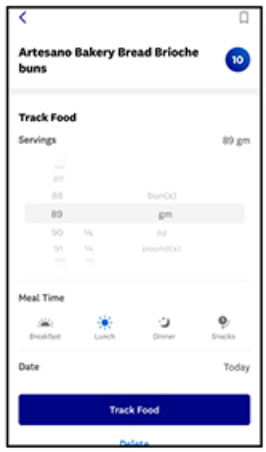
- ***GLUTEN FREE:*** To make this gluten free, use gluten free bread to make the crumbs, then leave out the 1-1/2 tsp of plain breadcrumbs and 2 tsp panko crumbs. Dust with gluten free flour.

Low Point Bun Hack

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

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

Step One:

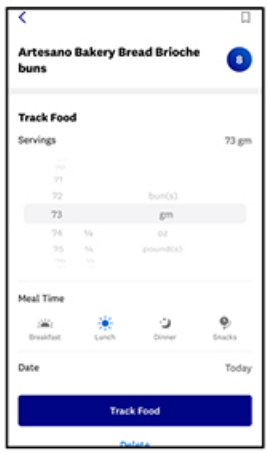


Use the App to scan the barcode of your store bought buns. Weigh one bun, in grams, and see how many points that 1 bun is, by weight. In this case, it's a 10 point bun.

Step Two:

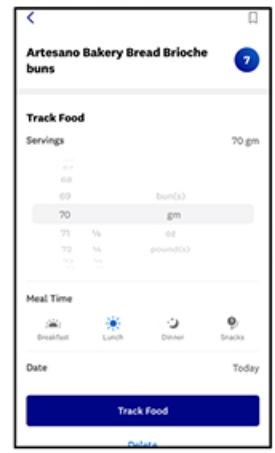
Now, let's lower the points! Take the top bun and carefully scoop out some of the bread. You want to create a nice pocket, which also helps with containing any toppings on your burger.

Step Three:



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

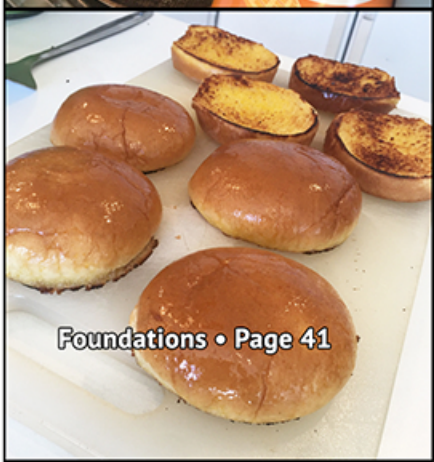
Step Four:



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

Perfectly Toasted Buns

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



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

What You'll Need:

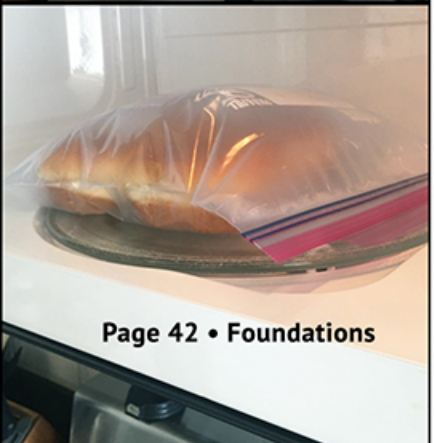
- 1 to 4 Burger buns, tops buns separated from the bottom buns
- Any type of flat pan or cook-top that can fit the buns
- Cooking spray (I prefer butter flavored spray)
- A timer of some type (such as a microwave, an app on your phone, whatever)

Directions:

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

Notes:

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



Quick 'Steamed' Buns

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

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

What You'll Need:

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

Directions:

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

Notes:

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

Bringing Home The Bacon, Baby!

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

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

BEHOLD, the glory of 'Center Cut' Bacon!

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

Turkey & Chicken Bacon

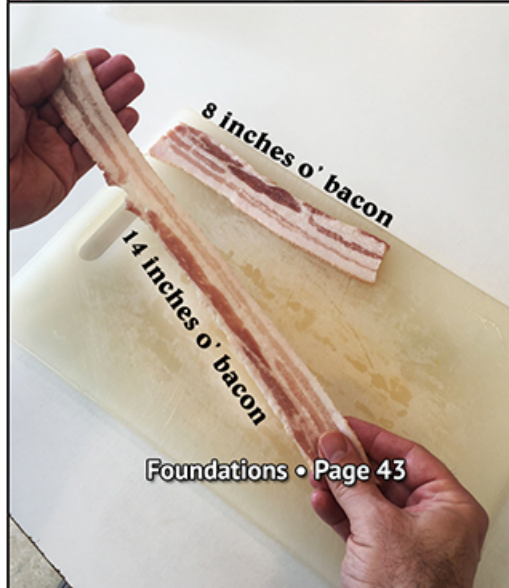
1. ***"I Don't Dig On Swine":*** Some people prefer Turkey or Chicken bacon. Woot! Grats, I'm giving you folks a shout out too! Below is a list of some of the brands that folks in Connect recommended, when I asked them to mention their favorite brands.
2. **Great low calorie/point brands o' bacon:**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

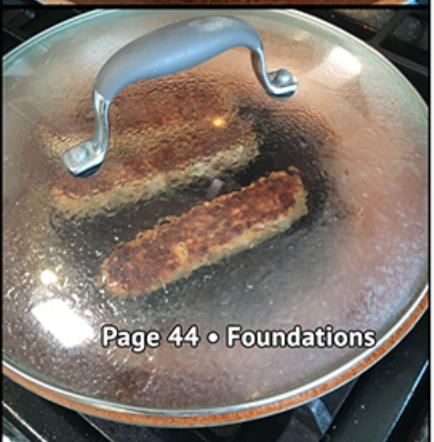
Veggie Bacon

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

Notes:

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





DIY Sausages: Pan Fried

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

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

What You'll Need:

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

Directions:

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

Notes:

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

DIY Sausages: On The Grill

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

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

What You'll Need:

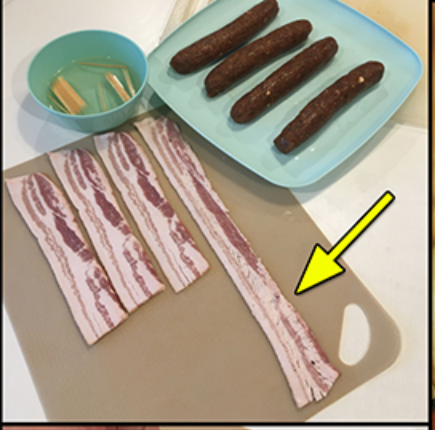
- 1 batch of ANY of my ground turkey meat mixes, **EXCEPT THE TACO MEAT** ***(recipes on pg. 24-26),*** already rolled/formed into 6 inch sausage links ***(step-by-step guide is on pg. 44, in steps 1-3)***
- Water
- Cooking Spray
- Gas Grill with more than 1 burners (see notes for other types of grills)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

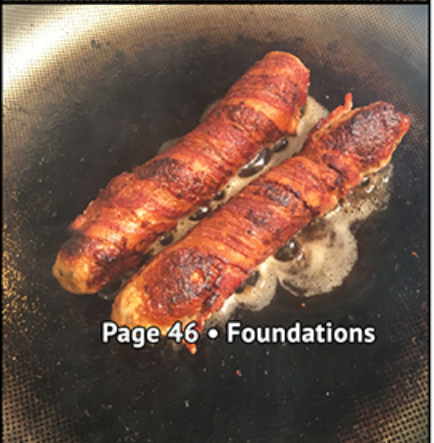
Directions:

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

Notes:

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





Pan Fried Bacon Wrapped Sausages

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

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

What You'll Need:

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

Directions:

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

Notes:

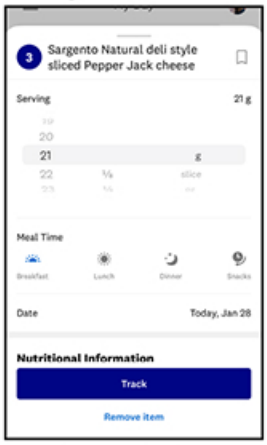
- ***BACON STRETCHING:*** This step is awesome, however, it will not work with most Turkey or Chicken bacons. Stretching the bacon, as shown in the top left image, can only be done with bacon that actually has some real fat in it. CENTER CUT bacon is actual pork bacon, so it does have a layer of fat,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

Cutting The Cheese

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

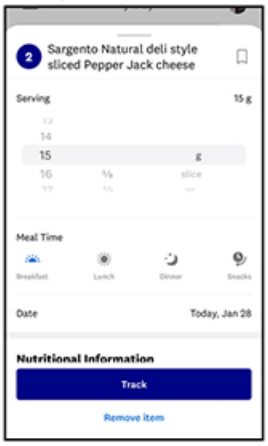
Don't have access to "ultra thin sliced" cheese at your local grocery store, can't find the type of 'thin sliced' cheese you want on your burger? Or simply want a nice slice o' "real" cheese that isn't cut so thin it's see through? Well, this is a simple way to remove 1 point from any slice of cheese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

Step One:



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

Step Two:



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

Notes:

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

Yeast Pizza Dough

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

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

Serving Info:

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

RECIPE INFO

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

R D
10-10

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

With All Purpose Flour, the dough has 15 points

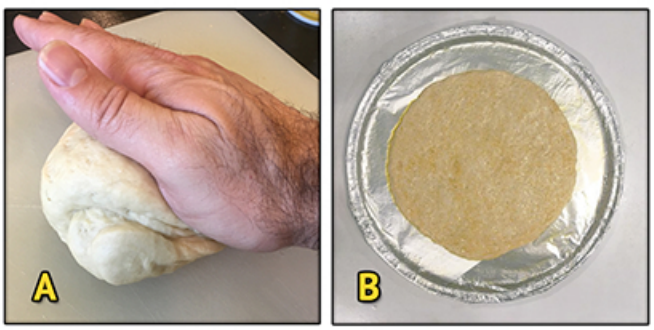
Ingredients:

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

Directions:

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

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



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

Grilled Pizza Guide

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

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

Ingredients & Gear:

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

Directions:

1 As stated in the ingredients, make a batch of the yeast dough on pg. 36. Prepare all of the ingredients you want on your pizza (toppings and sauce), ahead of time. Have them all organized, because you WILL be taking them outside, near your grill.

2 Turn on your grill and put the burners to the medium-low setting. Close the lid and let the grill heat up for a couple minutes. You are AIMING for 450-500 degrees. Adjust your temperature dials accordingly. If your grill does not have a built in thermometer, invest in one that can safely go inside of your grill at high temperatures.

3 Liberally spray the top of your dough (still on your baking pan, where it was rising) with cooking spray. Then, flip it over and spray it again. You want a good coat on both sides.. Then, head outside to your grill.

4 Open your grill and USE YOUR HANDS to pick up your pizza dough (it's ok if it stretches a bit) and place it down in the middle of your grill. Close the grill lid immediately and walk away for 1-1/2 to 2 minutes.

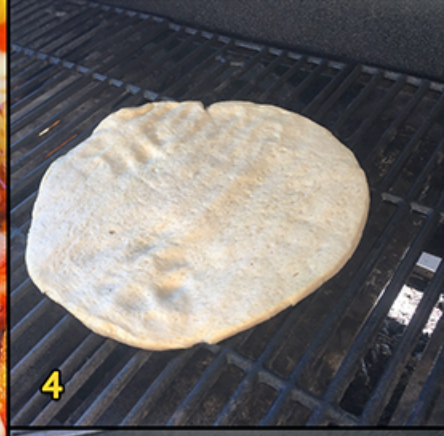
5 ***(5A)*** Open the lid and use kitchen tongs to gently pull the pizza dough off of the grill and ***(5B)*** flip it onto a pan, grilled-side up ***(trust me, this will save you from possible burns)***. CLOSE THE LID, then quickly carry the pan to wherever you have your sauce and toppings set up and ready to go.

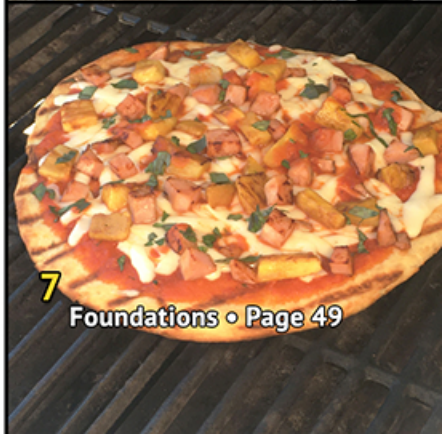
6 Put the sauce and toppings on your pizza, on the 'grilled' side. Then quickly head back over to the grill.

7 Open the grill lid and gently slide your pizza off of the pan and onto the hot grill again. Close the lid and cook for 2-3 more minutes, or until the bottom of the crust is golden and the toppings are melted. A little char is good, but you don't want to eat pizza charcoal. Use tongs or a spatula to pull the finished pizza back onto the pan, turn off your grill and get ready to eat. Done.

Notes:

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





Western Bacon Cheeseburger - Pg. 140-141
My skinnied-down take on the classic bbq burger from Carl's Jr/Hardees. Melted American cheese, crispy baked onion rings a quick, homemade, no sugar added BBQ sauce and... BACON!!!

'Juicy Lucy' Stuffed Cheeseburger - Pg. 94-95
Ground turkey burger patties stuffed with a molten American cheese center, served with homemade ketchup

Orange Chicken Sandwich - Pg. 112-113
The 'orange chicken' recipe from my Asian cookbook, used for a breaded, crispy chicken breast, served on a tangy Asian slaw

Bruschetta Chicken Sandwich - Pg. 68-69
Balsamic glazed chicken breast with thin sliced provolone, lettuce and a sicily-sized scoop of fresh made bruschetta

Burgers & Sandwiches

Tired of having sad and disappointing little slider sized 'burgers' if you want to lose or maintain weight? Want to win over that significant other that gripes about your 'diet food'? Get ready to convert them with 53 GOURMET, low calorie, low fat burgers and sandwiches.

BURGERS & SANDWICHES:

All American Burger 52-53
Animal Style Cheeseburger 54-55
Banh Mi Chicken Sandwich 56-57
Bibimbap Burger (Korean) 58-59
Big Dan & Jr. Dan Burger 60-61
Bistro Burger 62-63
Blue Cheese & Onion Burger 64-65
Breakfast Burger 66-67
Bruschetta Chicken Sandwich 68-69
Chicken Club Sandwich 70-71
Chicken Cordon Bleu Sandwich 72-73
Chicken Parmesan Sandwich 74-75
Chick Fil A copycat Sandwich 76-77
Chili Cheeseburger 78-79
Chimichurri Chicken Sandwich 80-81
Country Fried Burger (2 ways) 82-83
Crispy Fish Sandwich 84-85
Enchilada Burger 86-87
Gastro Pub Burger 88-89
Green Chili Chorizo Burger 90-91
Guacamole Burger 92-93
Gyro Sandwich 94-95
Havana (Cuban) Burger 96-97
Juicy Lucy Burger 98-99
Lebanese Kafta Burger 100-101
McRib Sandwich copycat 102-103
Meatball Sub with Mozzarella 104-105
Meatloaf Sandwich 106-107
Monte Cristo Sandwich 108-109
Mushroom & Swiss Burger 110-111
My Big Fat Greek Burger 112-113
Oktoberfest (Bavarian) Burger 114-115
Orange Chicken Sandwich 116-117
Original 'BK' Chicken Sandwich 118-119
Patty Melt 120-121
Philly-Style Chicken Cheesesteak 122-123
Reuben Burger 124-125
Salmon Burger 126-127
Sausage & Peppers Burger 128-129
Shrimp Po' Boy Sandwich 130-131
Sloppy Joe 132-133
Southern BBQ 'Pulled' Chicken 134-135
Thanksgiving Burger 136-137
The Big Kahuna (Hawaiian) Burger 138-139
Western Bacon Cheeseburger 140-141

SAUSAGE SANDWICHES:

Argentinian Choripánes 142
- Bacon wrapped chorizo sausages, with pico de gallo and chimichurri sauce

Bavarian Bratwurst Sandwich 143
- Bratwurst sausages with braised onions and sauerkraut, with stone ground mustard

'Coney' Style Chili Dog 144
- 'Savory' sausages with chili (no beans), diced onions and mustard

Italian Sausage & Peppers 145
- Italian sausages with sauteed onions and bell peppers

L.A. Street Dog 146
- Bacon wrapped sausages with sauteed bell peppers, onions, charred jalapeno peppers and drizzled with a creamy chipotle sauce

Maxwell Street Polish Sandwich 147
- Polish Kielbasa sausages with caramelized onions, mustard and spicy pickled peppers

The All American

A nod to the classic, simple, backyard cheeseburger

It occured to me the other day, I've spent months making all of these snazzy and fancy burgers/sandwiches... but I hadn't actually made a simple, old school, classic American cheeseburger. I decided to add this burger, as a throwback to the timeless and simple burgers we all grew up with at family get togethers and backyard pool parties. Nothing fancy... just fresh tomato, lettuce, onion, American cheese, ketchup and mustard, because.... 'Muuuuurica.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN

R-D 2-2

- last checked 02/14/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points to your buns.

Ingredients:

Burger Patties

- 3/4 lb of my "savory" ground turkey, recipe on pg. 26. Formed into (4) 3oz patties

Ketchup:

- 1/2 batch of my low point ketchup recipe. Recipe on page 19

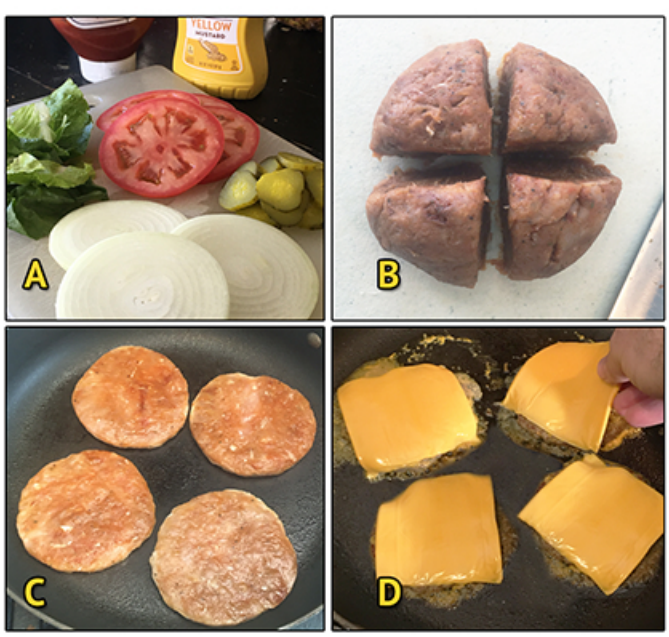
Additional Toppings:

- 4 slices low point American cheese singles. I used velveeta originals, because everyone can find them.
- Lettuce, any variety.
- 1 tomato, sliced into rounds
- 1 onion, sliced into thin rounds.
- Dill pickle slices/chips
- Classic yellow mustard

Directions:

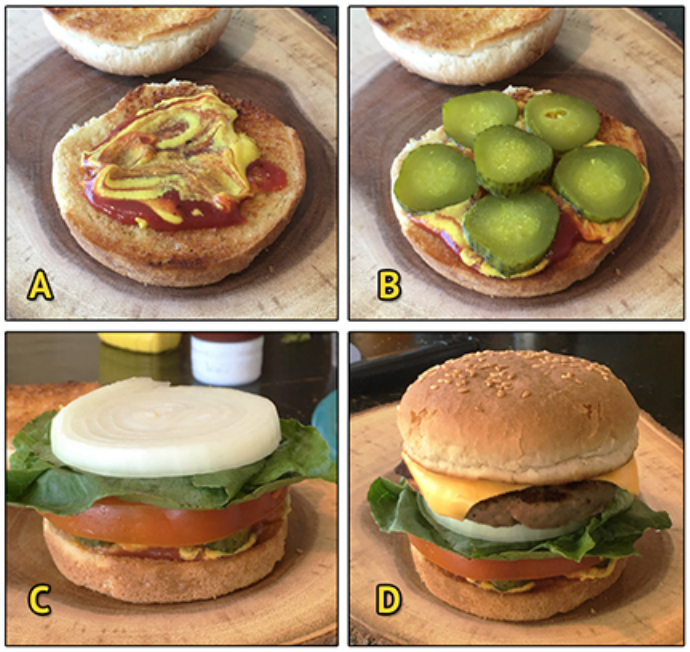
1 Prepare the batch of my low point Ketchup, set aside.

2 Slice and prepare the produce, set aside.



3 **(A)** Get all of your toppings ready. **(B)** Divide the meat into 4 sections, then form into 4 patties. Heat a pan over medium heat, till droplets of water immediately sizzle on it. **(C)** Spray the pan with cooking spray and fry the patties on medium high heat for 2.5 minutes. **(D)** Flip the patties and cook for another 1.5 minutes. Cover each patty with cheese, pour a dash of water into the pan and immediately cover it with a lid, cooking for 1 more minute, to melt the cheese. Remove patties from heat.

4 Toast your perfectly shaped buns (deep squats and Yoga help). Don't forget to wash and clean your lettuce. We didn't all survive "The 'Rona", just to go and get Norovirus, now, did we?



5 To assemble, **(A)** smear some ketchup and yellow mustard on the bottom bun, **(B)** followed by dill pickle slices. Use as many as you want. **(C)** Place a slice of tomato on top of the pickles, followed by some lettuce and a slice of onion. **(D)** Place a cheeseburger patty on top of the onion, then smear some more ketchup and mustard on the top bun. Done.

NOTES & SUGGESTIONS:

- ***POINTS:*** The reason this shows 2 points for a burger, is that the builder is taking into account the entire 1/2 batch of my ketchup, which has 1 point of tomato paste in it. However... in truth, you are not going to be putting 1/4 cup of ketchup onto each of these, so really, the points for the first burger should honestly be lowered by 1 point. But, count it how you want. Nobody will know.
- ***CHEESE:*** Though I used Velveeta Original slices for this recipe, you can use any low calorie/fat/point cheese that you want. In truth, the first burger should be 1 point lower than it shows. The recipe makes 4 burgers, so the points for ALL 4 burgers get added together, which is 6 points of cheese for all 4 burgers. If you only eat 1 single burger, that 1 single burger's filling will be 1 point. When I make this for myself, that's how I count it. 1 point, plus the bun
- ***KETCHUP:*** Though my low point Ketchup recipe is "rock star", you obviously can use any brand ketchup that you'd like. If you decide to use store bought ketchup, adjust your points.
- ***ONION:*** When I first posted this recipe 2.5 years ago, the main comment people made about it was: "OMG, Daniel!!! Why the heck do you have such a thick-🍑onion slice!?!?!?!" This was the first nice burger I'd ever made, so... I was still getting the hang of how thick to slice everything. I would hiiiiighly suggest slicing your onion thinner than I did in this pic. Unless you're making it for a date you're trying to break up with. Then, you can strategically use the uber-thick onion slice to make yourself look like you're crying as you break their heart.

Animal Style Cheeseburger

My healthy, copycat version of the famous West Coast, In-n-Out cheeseburger. You're welcome.

In-n-Out Burger is a West coast institution. Since the beginning of time, the debate has raged on whether or not they make the best fast food burger in the country or not. The debate will never end and that's ok. When you go to In-n-Out, you can order "secret" menu items, the most popular being, having your burger be made "Animal Style". If you're only going to have In-n-Out one time, you need an Animal style Cheeseburger.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN R - D 2-2

- last checked 02/15/24 -
Listed Points DO NOT INCLUDE THE BUN! Use whatever brand buns you want, then add these points.

Ingredients:

Savory Ground Turkey Patties:
- 3/4 lb batch of my Savory Ground Turkey, recipe on pg. 26

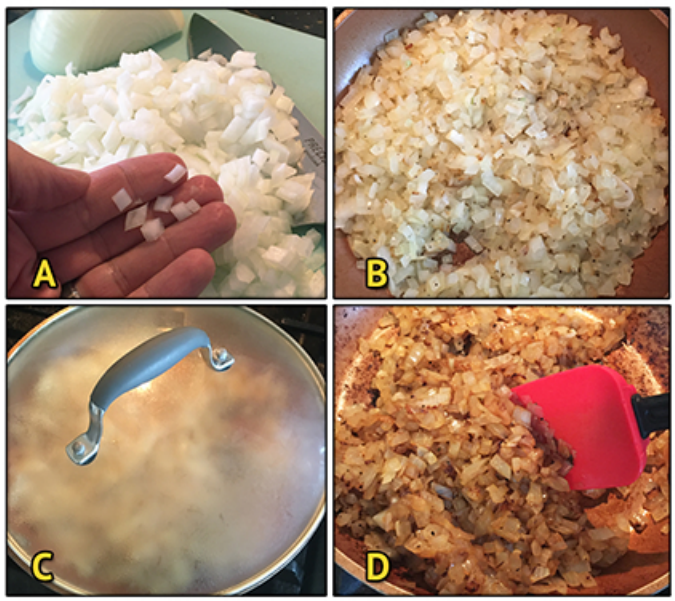
Thousand Island Dressing:
- 1/2 batch of my Thousand Island dressing, recipe on page 23

Caramelized Onions:
- 1 jumbo OR 2 large yellow onions, diced
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup fat free beef broth, or water (I recommend the broth)
- 1 Tbsp apple cider vinegar

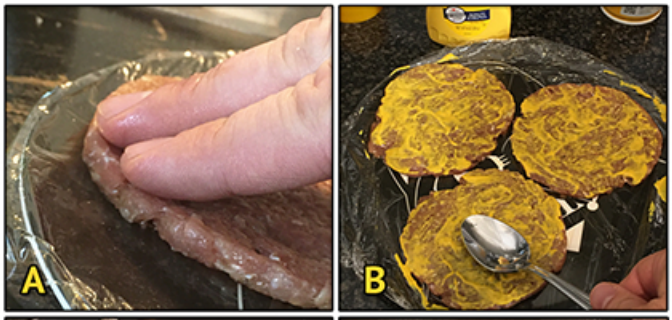
Additional Ingredients:
- Classic yellow mustard
- Iceberg lettuce. No whining about it not being fancy. YOU HAVE TO USE ICEBERG LETTUCE!! No arguing.
- 4 slices of low point American cheese (any brand that's 1 point for the first slice. I used Velveeta original in this recipe).
- 4 Tomato slices
- Dill pickle slices

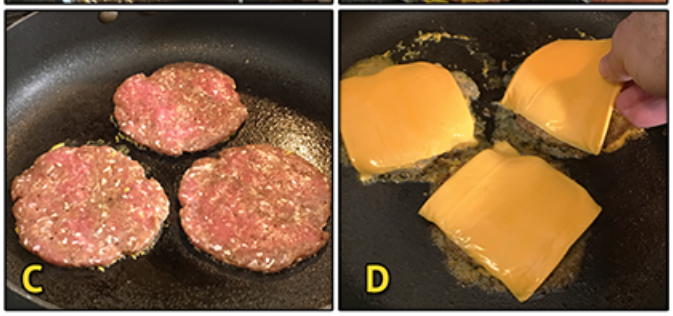
Directions:

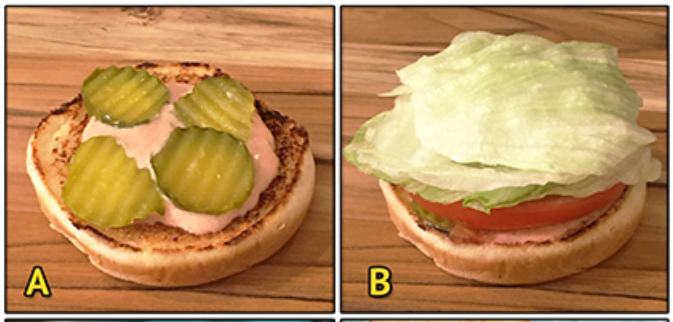
1 Mix together the ground meat, set aside. Make a half batch of my Thousand Island dressing, set aside.



2 **(A)** Dice your onions, making sure they are diced small. You don't want big giant chunks. Look at the picture. **(B)** Heat a pan over medium heat, spray with cooking spray, then add the onions, salt and pepper. Cook for 5 minutes, till the onions begin to sweat. **(C)** Pour the broth (or water) and vinegar into the pan, stir, then cover. Reduce heat to just under medium. **(D)** Cook, covered, for 15 minutes. Every few minutes remove the lid and stir the onions. If it looks like all the liquid is gone, add another Tablespoon of broth/ water, then replace the lid. After 15 minutes, the onions should be nice and caramelized. Keep the lid on, remove pan from heat and set aside.







3 **(A)** Form the meat into 4 even patties, these are supposed to be thin patties. After they are formed, press down on them, to make them thinner and wider. Trust me. **(B)** Spread a small amount of yellow mustard across the top of each patty, then start heating up a large pan over medium heat. **(C)** Use cooking spray to cook the patties, mustard side down, for 2.5 minutes over medium heat. Flip the patties and spread more mustard onto the new top (raw) side. **(D)** After 2.5 minutes have passed, flip the patties (mustard-side down again) and place 1 slice of cheese on top. Pour a little water into the hot pan and cover with a lid, to melt the cheese. Done.

4 To assemble the burgers, first toast the buns, then **(A)** smear 2 Tbsp of thousand island onto the bun, followed by 4 or 5 dill pickle slices. **(B)** Next comes the sliced tomato, then a good amount of iceberg lettuce. Remember... this is a messy burger. **(C)** Place a cheeseburger patty on top of the lettuce, then a healthy scoop of caramelized onions. **(D)** Lastly, spread 1 more dollop of dressing on the top bun. Done.

5. In case you're wondering why the recipe makes 4 burgers, but you only see 3 patties in these pictures... That's not a mistake. One was sacrificed as my wife's dinner, before I took pictures. 🤷😉

NOTES & SUGGESTIONS:

- ***CHEESE:*** Use any brand of "LOW POINT" sliced cheese you want. I used Velveeta Originals, because they are 1 point for 1 slice, 3 points for 2 and most people have access to them. Use whatever low point brand you can find and adjust your points. If you can find Borden's Fat Free Cheddar Slices, those are 4 slices for 3 points.
- ***'DOUBLE DOUBLE' ANIMAL:*** Ok, you need to make this. The fabled In-n-Out Double Double Animal. It's the exact same process as this cheeseburger, but you're making a double cheeseburger. Add 1 more patty with cheese on top of the first patty, then place the onions on top. Look for pics on google for reference, if needed... and adjust your points.
- ***ANIMAL STYLE:*** Animal Style is an off-menu request, to have mustard fried onto the patties, as well as topping the burger with caramelized onions and extra sauce. A regular In-N-Out cheeseburger has none of that, it's a plain cheeseburger with a slice of raw onion on top of the tomato, no mustard on the patties, no caramelized onions and no extra dressing.

Banh Mi Chicken Sandwich

Good Morning Vietnam!! Chicken Breast, Cucumber Slices, Pickled Veggies, Cilantro and a Spicy, Savory Spread

The unofficial, official chicken sandwich of Vietnam. This light, fresh and flavorful sandwich sports tender chicken on a soft french roll. It's then dressed up with a savory spread, fresh cucumber slices, thin cut pickled carrots, radishes and jalapeños. Finally, it's topped with a heapin' helping of fresh cilantro leaves.

Servings Info.:

Yields: 2 sandwiches
Servings: 2
Serving: 1 sandwich

MY PLAN

R-D 0-1

- last checked 02/16/24 -
These points ***DO NOT INCLUDE THE BREAD!!***
These are the points for the "FILLING". Use whatever bread rolls you want, then add THESE POINTS to your bread of choice.

Ingredients:

Chicken:

- 2 medium (3-4oz each) chicken breast, lightly pounded
- (marinade) 1-1/2 Tbsp reduced sodium soy sauce
- (marinade) 1-1/2 tsp fish sauce
- (marinade) 1 tsp lime juice
- (marinade)1/2 tsp paprika
- (marinade)1/8 tsp baking soda, stirred into the soy/fish sauces

Easy Pickled Vegetables:

- 1 cup matchstick carrots (or freshly shredded)
- 1 cup daikon radish, thiiiin sliced, to be similar in size to the matchstick/shredded carrots (see notes)
- 1 jalapeño pepper (red or green), sliced into thin rounds.
- distilled white vinegar... as much as you need (see notes)

Dressing/Spread

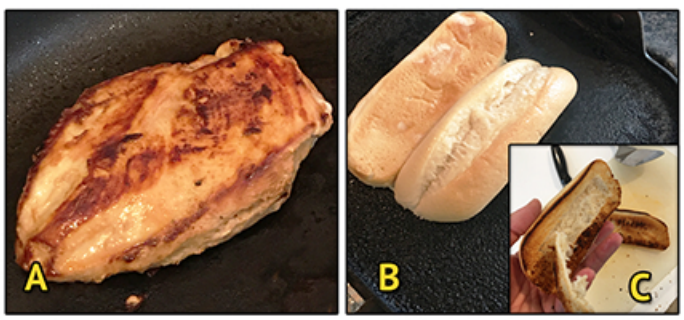
- 4-1/2 Tbsp fat free plain Greek yogurt
- 1 tsp low fat mayonnaise
- 1 tsp lime juice
- 1/2 tsp sriracha asian chili sauce (or other hot sauce)
- 1/2 tsp paprika, for color
- 1/4 tsp salt

Additional Ingredients:

- (2) store bought, french bread hoagie rolls. Scoop bread out of top bun halves. (SEE NOTES)
- 1 bunch cilantro, rough chopped, not packed (about 1 cup)

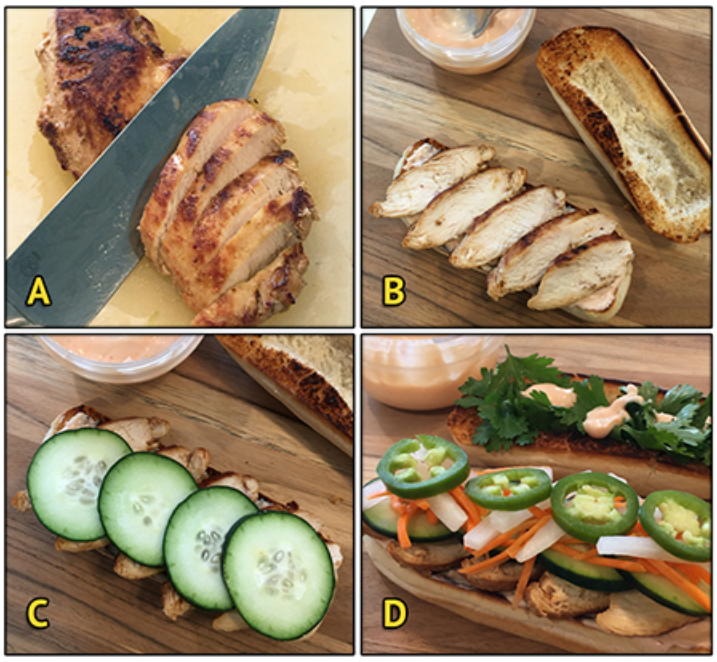
Directions:

1 **(A)** Peel the daikon radish, then slice it and the jalapeño, removing most of the seeds from the pepper. Add the cut veggies to a small pot and cover with white vinegar. Bring to a simmer, then turn off heat and let cool to room temperature. **(B)** Place the quick pickled veggies into a container, covered with the vinegar. Cover with an air tight lid and set aside in the fridge, to cool.



2 **(A)** Mix together the marinade and RUB over the chicken. Let sit for 20-30 minutes. Heat a pan over medium-high heat for 1 minute. Spray with cooking spray, then cook chicken for 3-4 minutes per side. Set aside. **(B)** Heat another pan over medium heat, then 'Butterfly' your sandwich rolls. Spray the 'inner' part with cooking spray, then lay them down onto the hot pan. Toast till edges are toasted brown. Remove from heat and let rest till cool. **(C)** Scoop out bread from the top bun, to create a cavity. Set rolls aside.

3 Mix all of the ingredients for the Sauce/Spread together, till smooth and well combined. Set aside.



4. **(A)** Let your cooked chicken breasts rest for 10 minutes, then slice into 1/4" strips. **(B)** Smear a spoonfull of the Sauce/Spread onto the toasted bottom buns, followed by a layer of the sliced chicken breast. **(C)** Place thin sliced cucumber rounds over the chicken. **(D)** Take a handful of the pickled carrots and radish out of the vinegar and place onto a paper towel to remove some of the vinegar. Set a good amount of pickled carrot and radish on top of the cucumber slices, followed by a row of pickled jalapenos. Stuff the cavities on the top buns, with fresh cilantro, then place a few dollops of the sauce onto the leaves. (Doing it this way holds the cilantro in place while we flip the bun and keeps it from spilling out the sides when you take a bite). Finally... carefully flip the top bun over and onto the sandwich. Done.

NOTES & SUGGESTIONS:

- ***VINEGAR:*** Ok, here's the deal. More than 1-1/2 cup of white vinegar is 1 point. HOWEVER... I am not counting the points for vinegar. We are soaking the vegetables, then removing them. We are not ACTUALLY consuming all that vinegar with our sandwich. So... I am not counting the point, due to an over abundance of common sense. You don't count the points for the vinegar filling a BIG jar of pickles, do you?
- ***DAIKON RADISH:*** Now, I totally understand that not everybody has access to these, in the produce departments of their local stores. So, here's some alternatives:
  - ***Red Radish:*** Ya'know... those little round red ones? You can slice those thin and use them instead.
  - ***Jicama:*** Peel and slice jicama. The cool thing if you use it instead of radish is, where radishes are crisp, bitter and peppery... jicama is crisp and mildly sweet.
- ***JALAPEÑOS:*** First off, if you are handling raw peppers, DO NOT RUB YOUR EYES!!! Also, WEAR GLOVES!!. For folks who don't like heat, once you remove the seeds and pickle them in vinegar, they pretty much lose 90% of their spiciness. TRUST ME... I think the mild sauce at Taco Bell is spicy and I was ok with this. Side note, if you can get red jalapenos, they are prettier in the sandwich.
- ***THE BREAD!!!!!:*** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. Easy. If you use an 8 point bun, add it to the points for 1 serving of my sandwich.
- ***WHAT I DID FOR MY BREAD:*** I used a generic, store bought, 6 point 'french bread hoagie roll'. I scanned the bag and pulled it up in the app. I then scrolled down to see how many grams I'd need to remove to make it a 5 point roll, by weight. I scooped out bread from the top bun, till I hit that number on a food scale. So... I turned my 6 point roll into a 5 point roll. So on MY plan... my 1 sandwich was 5 points.
- ***SAUCY:*** For a huge flavor kick, drizzle some of my teriyaki sauce over the pickled veggies, before closing up the sandwich. You can also use more Sriracha, if you want.

Bibimbap Burger

The Famous, Classic, Trendy, Korean Rice Bowl Meal, Reimagined Into A DELICIOUS & Healthy Gourmet Burger

Bibimbap is an extremely popular and addictive Korean dish, served as a glorious rice bowl. Traditionally, it's a mound of rice, topped with sauteed spinach, carrots, cucumbers, seasoned beef, chicken or pork, covered with an egg with runny yolk... then slathered in an amazingly spicy, savory and slightly sweet sauce. Me being me.... I turned my Asian Cookbook's rice bowl entree into a burger.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN R-D 2-2

- last checked 02/16/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points to your buns.

Ingredients:

Savory Ground Turkey Patties

- 3/4 lb batch of my Savory Ground Turkey, recipe on pg. 26

Quick Bibimbap-Gochujang Sauce - (makes 1-1/2 cups, 4-5 total points)

- 10 Tbsp water, PLUS 1-1/2 tsp cornstarch, stirred together
- 3 Tbsp lower sodium soy sauce
- 1 Tbsp 'dark' soy sauce (I used 'sushi chef' brand)
- 5 Tbsp (1/3 cup) 0 point sweetener o' choice
- 3 Tbsp rice vinegar
- 4 Tbsp sugar free syrup (pancake syrup)
- 2 garlic cloves, crushed and minced
- 1/2 Tbsp fresh ginger, minced
- 1/2 tsp salt
- 2 tsp sugar free strawberry or peach preserves/jam
- 1 Tbsp 'no sugar added' ketchup
- 4 Tbsp red pepper paste, fermented (see notes)
- (optional) additional sriracha hot sauce, to taste, if needed

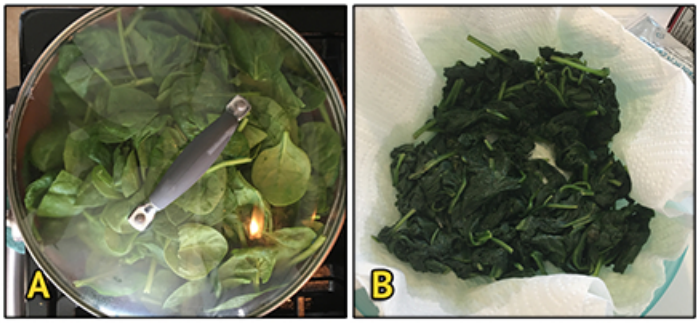
Additional Ingredients:

- (2) 5oz bags baby spinach
- 1 cup matchstick/shredded carrots
- 1 cup cucumber, peeled and thinly sliced into matchsticks
- 1 cup daikon radish, peeled and thinly sliced into matchsticks
- 4 large eggs
- 1 tsp toasted sesame seeds

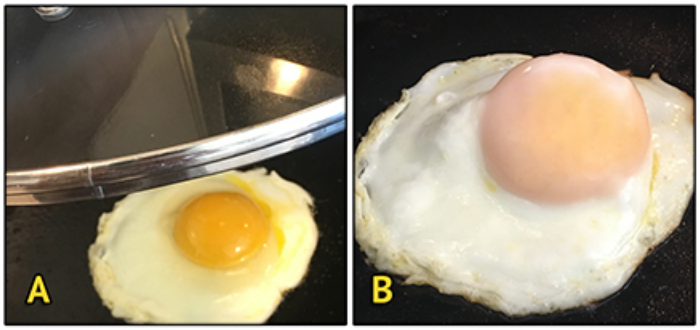
Directions:

1 Mix all of the bibimbap sauce ingredients together in a small pot. Bring to a low boil for 4-5 minutes. Remove from heat. Sauce will continue thickening as it cools.

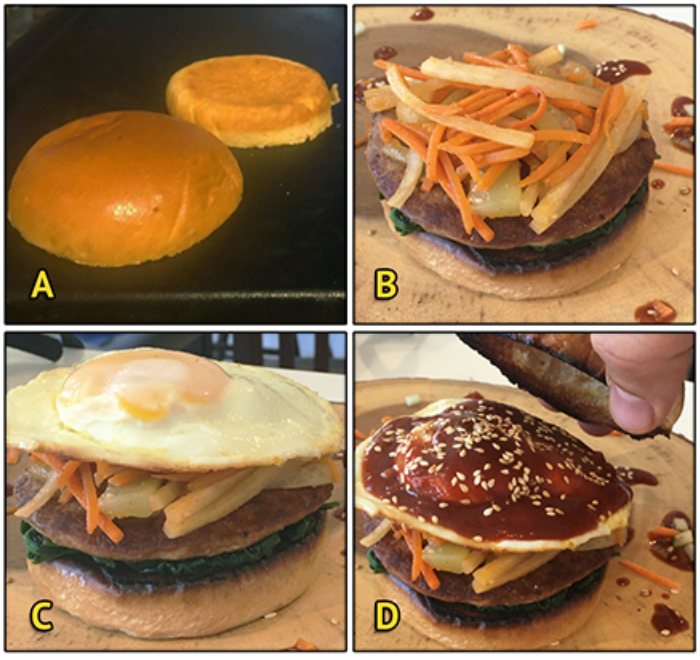
2 **(A)** Chop your cucumber and radish to be similar in size and shape to the matchstick/shredded carrots. **(B)** Heat a large pan over medium heat for 1 minute, then spray with cooking spray. Add the carrots and radish, season with salt and pepper. Cover and cook for 5 minutes. **(C)** Add the cucumber and 1 Tbsp of your 'Bibimbap Sauce'. Mix to combine. Add 1 Tbsp water to the pan, cover and cook for 2 minutes, till veggies are soft and pliable. **(D)** Pour the cooked/hot veggies into a bowl and cover with plastic, allowing them to steam slightly as they cool. Set aside.



3 **(A)** Return the pan to heat, spray with cooking spray. Add ALL of the spinach, then cover and cook for 4 minutes. Toss the spinach, then cover and cook 2 more minutes. **(B)** Place the cooked spinach into a bowl lined with paper towels, to drain some of the excess liquid. Set aside.



4 **(A)** Heat a pan over medium heat for 1 minute. Spray with cooking spray,, then add the eggs. 1... 2... 3... however many you feel comfortable with. Add 1 Tbsp water, then cover. **(B)** Cook for 3-5 minutes, or until the whites set and the top of the yolk juuuust starts to turn translucent white. Set aside.



5 **(A)** Toast your buns, then cook the burger patties for 2-1/2 minutes per side, over medium heat. **(B)** Place a mound of spinach onto the bottom bun, followed by 1 of the burger patties. Top the patty with a pile of veggies. **(C)** Place an egg onto the veggies, then poke the yolk with a knife, which will allow the yolk to run. **(D)** Pour 1 to 2 Tbsp of the bibimbap sauce onto the egg, followed by 1/4 tsp of toasted sesame seeds. Crown it with the top bun.

NOTES & SUGGESTIONS:

- ***Fermented Red Bean Paste?:*** This ingredient is KEY to making the sauce. You can find it in the Asian food aisle of most major grocery stores, as well as at Walmart. It can usually be found in a 1 pound, red plastic container. Different brands have different points for 1/4 cup. Some are 8 points, some are 9. I bought 'Jayone' brand, which is 8 points per 1/4 cup. My points are calculated for that.
- ***'Dark' Soy Sauce:*** Nope... it's not the same as regular soy sauce. It is primarily used to darken my sauce, making it look more like 'the real stuff', without all of the added high point ingredients. If you don't use it, your sauce will still taste the same, but it'll be reddish in color.
- ***Eggs?? Bleh!:*** Don't like eggs? Don't use them. However, an egg with runny yolk is the finishing touch on a regular bibimbap bowl.
- ***Spinach:*** Don't want to use Spinach? Use any green leafy vegetable you want. I'm using spinach because it's usually served in bibimbap.
- ***Daikon Radish:*** Can't get ahold of it at your local store? Use jicama, sliced regular radishes, or use extra carrots.

Big Dan & Jr Dan

My WW-ified, healthier versions of a McDonald's Big Mac and Junior Big Mac

This is my low point, low fat recipe for a McDonald's Big Mac, using ground turkey and my low point Thousand Island dressing. I'll also be showing you how to make a single patty version. Let's call them, ***Big Dan*** and ***Junior Dan***. Best part? A REGULAR Big Mac is 21 points, while mine has less points than the Cleveland Browns offense.

Now... sit down and put your thinking caps on, because this recipe is going to have a LOT of notes and WW-math.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

BIG DAN R-D 4-4

JR DAN R-D 2-2

- last checked 02/18/24 -
*(**The Big Dan's listed points INCLUDE BREAD!!! This is the only burger in the book that does!** These points assume you are using 2 point burger buns, plus 1 'bottom' bun from an extra set o' buns. Therefore... THREE POINTS of this burger is from the bread.*

Ingredients:

Savory Ground Turkey Patties:

- 1 lb batch of my Savory Ground Turkey, recipe on pg. 26. Will be formed into 8 veeeeeery thin patties (they must be thin).

Low Point Thousand Island Dressing:

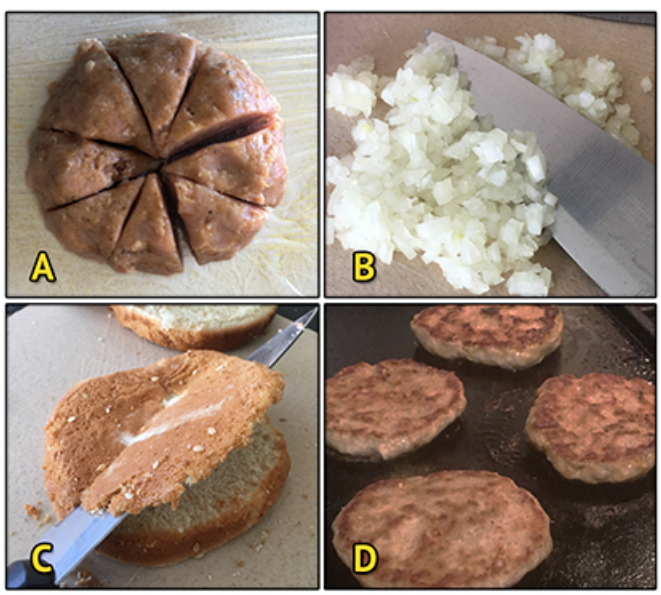
- 1/2 batch of my Thousand Island dressing, recipe on page 23.

Additional Ingredients:

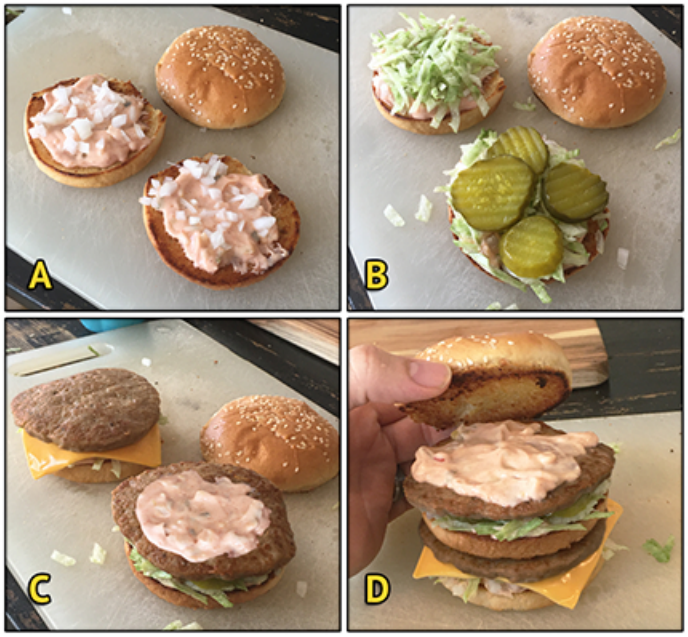
- 4 slices of low point american cheese slices, such as Borden's Fat Free singles (3 points), or Velveeta Original (5 points)***
- 1/2 head of Iceberg lettuce, finely shredded (or a bag of shredded lettuce, if you want to make it easier on yourself)
- 1 medium white onion, finely diced
- Dill pickle slices, at least 4 per burger.
- An entire package of 8 *(2 point)* keto burger buns (see notes)***

Directions:

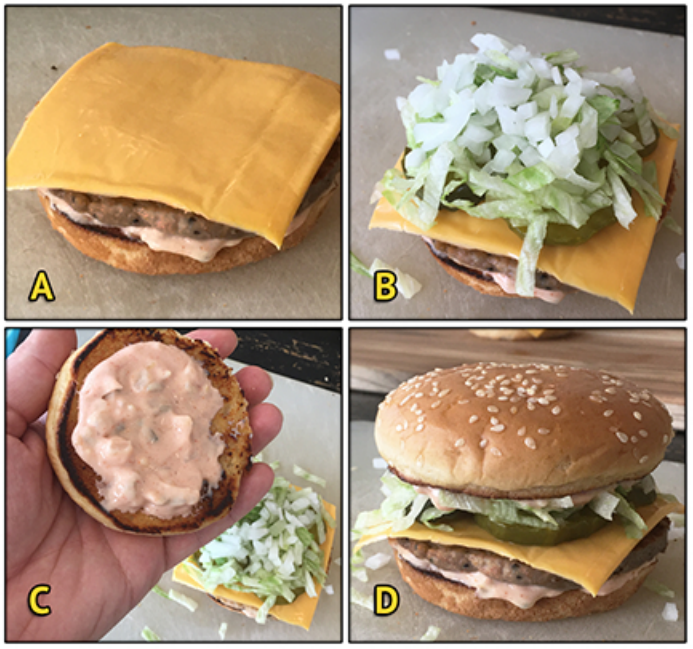
The following instructions are the process to make the double decker "Big Dan" burger. Instructions will also be provided for making the single patty version.



1 **(A)** Roll your batch of seasoned meat into a mound. Using a knife, slice it into 8 'equal' sections. Shape the meat into patties, set aside to rest for 20 minutes. **(B)** Finely dice the onion, set aside. **(C)** Take the bottom bun from each of the 4 extra hamburger buns in the package, then use a knife to slice off the dark, baked bottom. You want to have white bread on both sides. This 1 'middle' bun will be 1 point. Set aside. **(D)** Preheat a pan over medium heat for 1 minute, then cook the thin burger patties for 1.5 minutes per side.



2 To assemble 'The Big Dan', first toast the buns. **(A)** Place a dollop of thousand island onto both the bottom and the middle buns, followed by some diced onions. **(B)** Next, place some shredded lettuce onto both buns. On what will be the center bun, arrange a few pickle slices. **(C)** Place a slice of cheese on top of the bottom bun's lettuce, then put a patty on top of the cheese. Place a 2nd patty onto the pickles, followed by a dollop of dressing. **(D)** Stack it all together, by placing the 'middle part' onto the 'bottom part', then cover with the top bun. Done.



3 To assemble the 'Junior Dan' burgers, first, toast burger buns. **(A)** Smear the bottom bun with some thousand island, then place a burger patty on top, followed by 1 slice of cheese. **(B)** Place pickles on top of the cheese, followed by a mound of shredded lettuce, then top the lettuce with diced onions. **(C)** Smear some thousand island onto the top bun, **(D)** then cap the burger with the bun. Done.

NOTES & SUGGESTIONS:

- ***CHEESE:*** There is a major variable in this recipe. It is the points for the cheese. I found a Fat Free brand of cheddar cheese slices in my grocery store's cheese section, it's the "Borden's" brand, fat free cheddar singles. They let you have up to 5 slices for 3 points. Velveeta Originals are also low point cheese slices. They are 5 points for 4 slices. I formulated this recipe with the higher point Velveeta slices, because they are easier for people to find. I'd highly suggest scanning your local store brands and adjust your points if needed.
- ***MIDDLE BUN:*** For these 4 burgers... we are going to need an extra "bottom bun", that we can slice and use as the middle piece of bread. Burger buns are sold in packs of 8. I took the remaining 4 burger buns and used the extra bottom 'round' from the extra 4 buns. As seen in picture "***1C***", I sliced the 'browned' bread off of the bottom of the 4 extra bottom buns. That 1 bottom half of each 2 point bun, is only 1 point. So... 3 total points for all 3 layers of bread in your "big dan".
- ***THIN PATTIES:*** Regular Big Mac's have extreeeemely thin burger patties. To get the familiar 'mouth-feel' of the real sandwich, you need to make your burger patties thin too. However, if you feel they are TOO thin, go ahead and use a full 1 pound batch of meat.

French Bistro Burger

My healthy version of the famous French burger from "Raoul's". Voted best burger in America in 2015, by Esquire

When I was trying to find inspiration pictures for a suuuuper fancy & swanky burger, I stumbled upon multiple articles, that ALL referenced a cheeseburger from a French restaurant in Manhattan. Multiple world acclaimed publications (at the time) dubbed it "the greatest cheeseburger in America". The original version is a high-end burger full of French snootery. It has a beef brisket patty, crusted in cracked black pepper, with a thick slab of French triple cream cheese, dressed arugula, french mini pickles and thin sliced red onions. It's then served with a pan sauce made with cognac and heavy cream. THIS is my hacked down healthier version.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN R-D 3-3

- last checked 02/18/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points to your buns.

Ingredients:

Burger Patties
- 3/4 lb batch of my "savory" ground turkey. Recipe on pg. 26
- A bunch of coarsely ground/cracked black pepper, in a dish.

Dijon Vinaigrette:
- 2 Tbsp plain fat free Greek yogurt
- 2 Tbsp dijon mustard
- 1 tsp light mayonnaise
- 1/4 tsp olive oil
- 1 Tbsp white wine vinegar

Au Poivre Pan Sauce/Gravy:
- 2 Tbsp beef broth
- 2-1/2 Tbsp Brandy... yup, Booze it up!! (see notes)**
- 1-1/2 tsp cornstarch
- 1/2 cup plain unsweetened almond milk
- 1/8 tsp each: salt and cracked black pepper

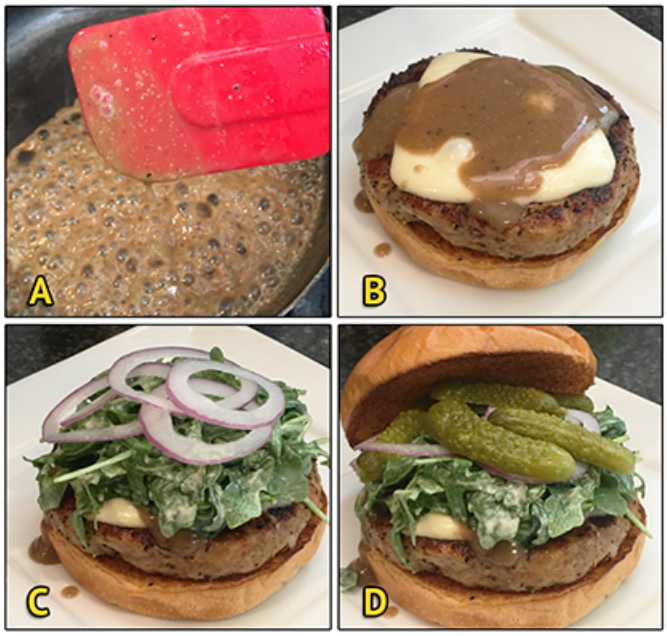
Additional Toppings:
- 6 pieces mini Babybel Light cheese (see notes)**
- 5 oz baby arugula
- 1 small red onion, THIIIIIIIIIIIIN sliced.
- Cornichons, also known as Gherkins. They're jarred and located by the pickles and olives at the grocery store. If you can't find them, you can substitute them with "baby dill pickles". Though the flavor won't be the same.

Directions:

1 Prepare the batch of "savory" meat, cover, set aside.

2. Now, let's dress the arugula! Mix the vinaigrette ingredients together, till smooth. Set aside. **(A)** Add the arugula and dressing into a mixing bowl, **(B)** then toss to combine. Set aside. **(C)** Remove the red wax covers from the Babybel cheese, then place in a microwave safe bowl. **(B)** Microwave for 20 seconds at a time, till melted together like the T-1000. Cover with plastic wrap and set aside.

3 **(A)** Form the raw meat into 4 patties, liberally coat both sides of the patties with a good amount of cracked pepper. **(B)** Heat a pan for a minute over medium heat, then add the patties. Cook for 3 minutes. **(C)** During that time, take the cheese out of the bowl and slice into 4 pieces. **(D)** Flip the burgers and place a cheese quarter on each patty. Pour 2 Tbsp of water into the pan, cover with a lid and cook for 2 to minutes, melting the cheese. Remove burgers from the pan and set aside.



4 Mix the pan sauce ingredients together, in a cup, till smooth. **(A)** Turn the heat back on under your pan, to high, then pour in the sauce. Bring to a simmer, then lower heat to medium. Stir for 3-4 minutes, or until the sauce thickens into a gravy. Pour into a cup and set aside. **(B)** Toast your burger buns, then place your patty onto the bottom bun, followed by pouring some of the hot pan-sauce over the cheese.**(C)** Next, add a mound of dressed arugula, followed by a few of the thin sliced red onions. **(D)** Lastly, slice a few of the tiny pickles in half, lengthwise, then place them on top of the onions. Done.

NOTES & SUGGESTIONS:

- ***PATTIES:*** Though my fancy pictures use large cracked black peppercorns... I do nooooooot recommend it. The burgers are ridiculously spicy like that. I had to remake them with smaller sized coarse ground pepper. Use a pepper mill, or buy a small, inexpensive container of coarse ground black pepper from the store. Use as much as you want. Just don't cover it in nearly full-sized peppercorns, like I foolishly did.
- ***VINAIGRETTE:*** If you're allergic to Dairy, you can use silken tofu in place of the Greek. If you don't have white wine vinegar, distilled white vinegar will work too, it just won't sound as fancy Nancy.
- ***PAN SAUCE:*** Same thing. If you're allergic to nuts, you don't need to ask what to use instead of almond milk. Use whatever low point milk alternative you CAN have, but adjust the points.
- ***BRANDY:*** The traditional recipe uses expensive cognac. I decided to use brandy, because you can get a small 100ml bottle, for $2.50, from pretty much any small liquor store. Don't want to use alcohol? Use more beef broth instead. It won't be the same, but it'll have a rich, peppery, beefy gravy in its place. That'll still taste pretty good.
- ***CHEESE:*** I used mini Babybel Light cheese, because most everyone can get it at most major grocery stores. The 6 pieces have 10 points. A good substitution would be 3oz of semi-soft goat cheese, same points. Or, use 8 points of any cheese.

Blue Cheese & Onions

Caramelized balsamic onions with savory blue cheese funk

This is one of those swanky types of burgers, typically found on the menu at a sit down restaurant, rather than coming out of your kitchen. The strong flavor of blue cheese gets mellowed out by the caramelized balsamic onions, which lend a sweet savoriness, to counter the pungent funkiness of the blue cheese.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN

R - D
2-2

- last checked 02/09/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points to your buns.

Ingredients:

Savory Ground Turkey Patties **

- 3/4 lb of my Savory Ground Turkey, recipe on pg. 26

Garlic Aioli Spread

- 6 Tbsp fat free plain Greek yogurt
- 1 Tbsp light mayonnaise
- 1 tsp lemon juice
- 2 medium garlic cloves, crushed and minced
- 1/4 tsp garlic powder
- pinch of salt and pepper

Chunky Blue Cheese Mixture:

- 1/3 cup crumbled blue cheese (full fat, not reduced)
- 3 Tbsp plain fat free greek yogurt
- 1 garlic clove, crushed and finely minced
- 2 tsp white vinegar

Caramelized Balsamic Onions:

- 2 large yellow onions sliced into strips
- 1 medium garlic clove crushed and minced
- 6-8 second spray, butter flavored cooking spray (0 point)
- 2 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup fat free beef broth
- 1 Tbsp white vinegar
- 1-1/2 tsp balsamic vinegar

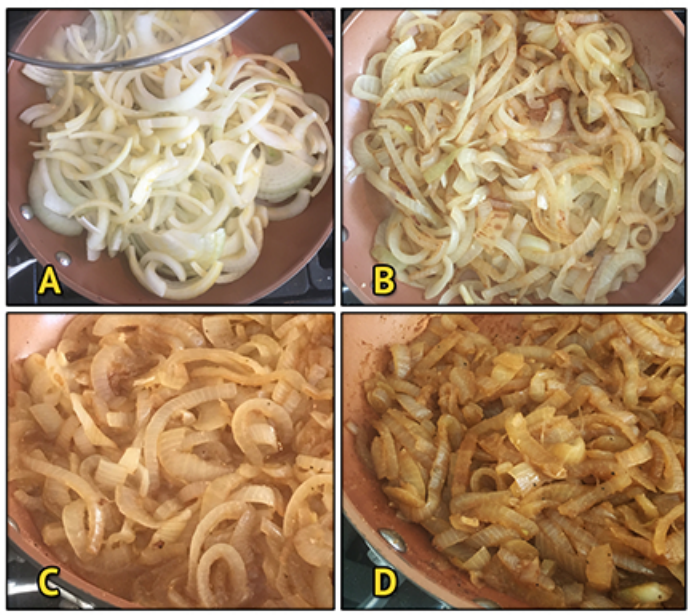
Additional Ingredients:

- Lettuce, any preferred variety

Directions:

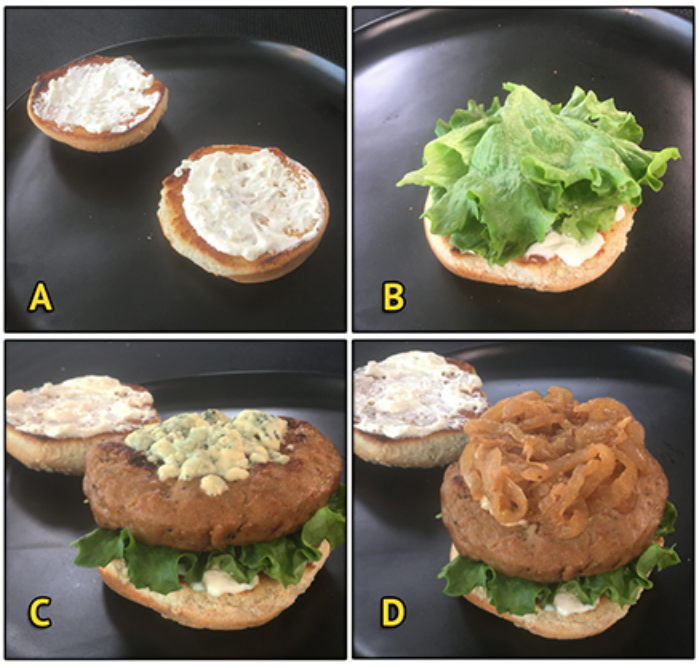
1 Mix all of the Aioli ingredients together in a cup, or other sealable container. Set aside for at least 30 minutes, for the flavors to meld.

2 In a cup, stir the 'chunky blue cheese mixture' ingredients together, slightly breaking apart the blue cheese. Set aside.



3 **(A)** Place the onions and garlic in a large pan over medium heat. Spray with a 6-8 second spray of butter flavored cooking spray, cover with a lid, **(B)** then cook for 10 minutes, stirring occasionally to ensure they don't burn. **(C)** After 10 minutes, stir in the onion powder, salt, pepper, beef broth, white vinegar and balsamic vinegar. **(D)** Cook, uncovered, for 8-10 more minutes, until all of the excess liquid has evaporated. Set aside. This can be made up to 2 days in advance and stored in the fridge. Reheat prior to serving.

4 **(A)** Take your pre-mixed 3/4 lb 'savory' ground turkey and cut into 4 equal sections. **(B)** Form into 4 patties. Set aside. Heat a pan over medium heat for 1 minute, then spray with cooking spray, and cook patties for 2.5 minutes per side. **(C)** When the burgers have 1.5 minutes left on the second side, cover each patty with a scoop of the 'chunky blue cheese mixture'. Pour a little water in the pan and immediately cover with a lid so the water starts to steam and soften/melt the blue cheese mix.



5 To assemble the burgers, first toast the buns, then **(A)** smear a scoop of the garlic aioli onto both buns. **(B)** Place a layer of lettuce onto the bottom bun, **(C)** followed by one of the blue cheese-topped burger patties. **(D)** Place a good sized serving of the caramelized onions on top of the blue cheese, then cover with the top bun. Done.

NOTES & SUGGESTIONS:

- ***BLUE CHEESE:*** I recommend using full fat blue cheese instead of reduced fat. Sure, you'd get a lot more cheese if you use the reduced fat stuff, but the flavor is MUCH more mild. IF you do decide to use reduced fat... know there is 7 total points of regular blue cheese in this recipe. So, sub the blue cheese out with 7 points of any other type of pungeunt cheese you want.
- ***GORGONZOLA:*** In most fancy salads and sandwiches, Gorgonzola can be used in place of Blue Cheese. What's the difference? Gorgonzola actually IS a type of blue cheese. However, Gorgonzola is milder than aged blue cheese and is softer, allowing it to melt a bit easier.
- The onions and aioli can be made ahead of time.
- ***CHUNKY BLUE CHEESE MIXTURE:*** Think of it as a very thick blue cheese dressing. Mix it ahead of time and let it sit in the fridge for at least 30 minutes.

Breakfast Burger

A Breakfast Sausage 'Burger' Patty, Melted Cheese, Bacon, Scrambled Eggs, & a Peppery Pan Gravy

For this breakfast burger, I thought it'd be kinda cool to do a play on a classic bacon egg and cheese sandwich. I'm kicking it up a notch by topping it with a cracked pepper pan gravy and serving it on a toasted bun. As a bonus, it goes without saying, you can replace the burger buns with my yeast biscuits from Cookbook 1.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN R-D 3-3

- last checked 02/19/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

Ingredients:

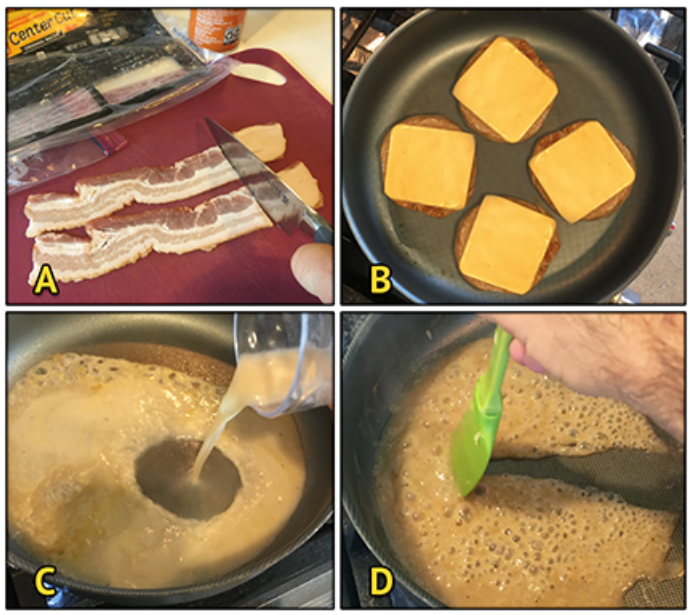
Savory Ground Turkey Patties **
- 3/4 lb of ground turkey breakast sausage, recipe on pg 24

Black Pepper Pan Gravy:
- 1-1/2 tsp cornstarch, dissolved in 1 Tbsp water
- 1 tsp flour (dissolved/stirred in with the cornstarch/water)
- 1/2 cup fat free beef broth
- 1/4 cup unsweetened plain almond milk ***(NOT VANILLA!!!!*** 🤢 ***)***
- 1/4 tsp salt
- 1/4 to 1/2 tsp coarse ground/cracked black pepper, to taste.

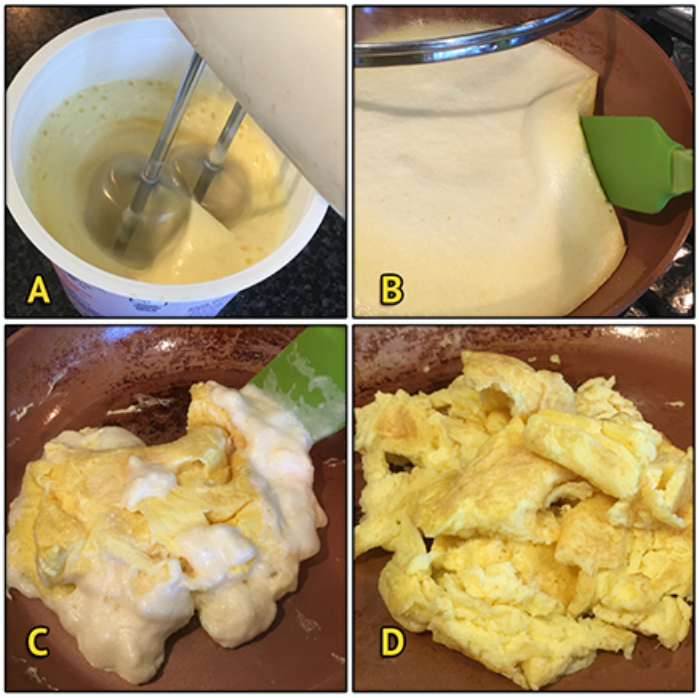
Additional Ingredients:
- 4 large eggs
- 1/4 tsp baking powder
- splash o' water
- 8 slices center cut bacon **(SEE NOTES!)**
- 4 slices low point cheese slices. I used Velveeta Originals. (see notes for more info. on cheese options)

Directions:

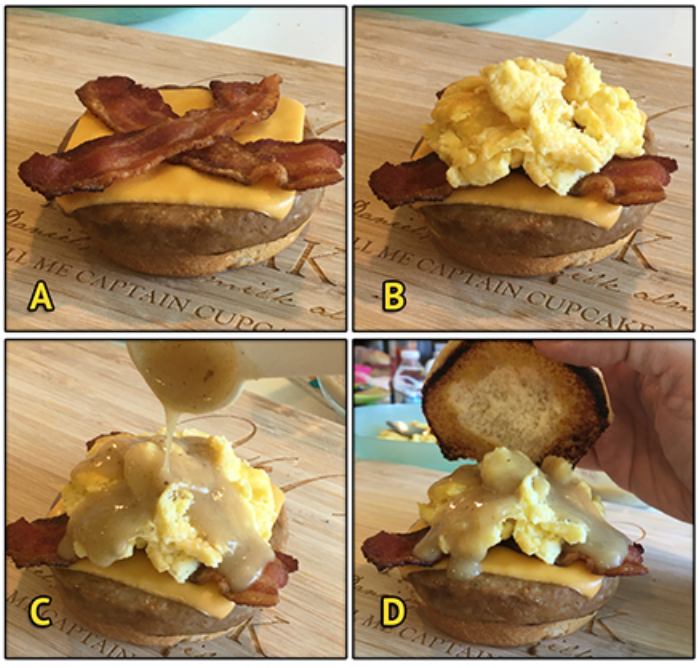
1 Let's prep the gravy. In a small dish, stir together the cornstarch, flour and water, till dissolved. Set aside. Fill a larger cup with the beef broth, almond milk, salt and pepper. Stir in the cornstarch and flour mixture, set aside.



2 **(A)** Take 8 slices of your bacon and cut 1/4 off of the end of each slice (see notes). Cook in a large pan, till crispy. Remove from pan, pat dry with paper towels to remove oil, set aside. **(B)** Wipe the excess oil from the pan, then spray with cooking spray. Form the raw meat into patties and cook for 2-1/2 minutes per side, over medium heat. Place a slice of cheese on top of each patty for the final minute. Set aside. **(C)** To that pan, pour in the gravy mixture and bring to a boil. **(D)** Simmer for 3-4 minutes, or until gravy is thickened. Pour into a cup, cover with plastic wrap, set aside.



3 **(A)** Use an electric hand mixer to whip together the eggs, water and baking powder for 1 minute. Getting it nice and frothy. **(B)** Heat a pan over medium heat for 1 minute, spray with cooking spray, then pour in the egg mixture and cover with a lid. Cook for 1-1/2 minutes. Then, remove the lid and gently fold the eggs. **(C)** Fold the eggs into a fluffy mound, then let sit for 30 seconds, then fold again. **(D)** When the eggs are cooked through, divide into 4 equal portions.



4. To assemble the burgers, first toast the buns. Then, **(A)** place a breakfast sausage patty (with cheese) on the bottom bun, topped with 2 of the shortened slices of bacon. **(B)** Cover with one 1/4 portion of the eggs, then **(C)** pour 2 Tbsp of peppered gravy over the eggs. **(D)** Scoop out some of the top burger bun, so it doesn't squish everything out the sides, then place on top of the big pile o' awesomeness. Done.

NOTES & SUGGESTIONS:

- ***CHEESE:*** Though there are many low point brands of melty American/Cheddar cheese slices, I used Velveeta Originals. They are widely available in most major grocery stores nationwide. However, use what you want. SOME packages of Velveeta Originals scan as being 2 points for 1 slice, where they USED to be 1 point. So, easy fix: Trim a little cheese off of one side.
- ***BACON:*** I'm using Oscar Mayer Center Cut Bacon, because it's widely available. Like most brands of center cut, if you cook it, then remove the oil with a paper towel, it is 1 point per slice. By trimming 1/4 off of each piece o' bacon, all the bacon in this recipe is 6 points, instead of 8. Which will allow for more wiggle room with whatever brand of cheese slices you use. Wondering what to do with all the extra 1/4 slices? Cook and freeze them!! If you ever want a tasty 0 point add-in for a dish, pull out one of the cooked/frozen pieces, crumble it up and sprinkle it into your dish. Boom, 0 points.
- ***EGGS:*** You can simply scramble some eggs, if you don't want to go all crazy like I did, with the baking soda hand mixer thing.
- ***BISCUITS:*** As stated, if you want these to be biscuit breakfast sandwiches, use my amazing low point biscuits, in Cookbook 1.
- ***MAKE AHEAD:*** I sometimes make a double batch of 8 of these and then freeze them. I'll usually take one out of the freezer the night before, so when my wife wakes up in the morning to get ready for work, it'll be defrosted. Then she just needs to microwave it to heat it up, for breakfast on her way to work.

Bruschetta Chicken

Balsamic Glazed Chicken Breast, Thin Sliced Provolone Cheese & a Big 1/4 cup Scoop of Brushetta

This simple sandwich is light, fresh and full of flavor. We simply season a chicken breast with salt and pepper, then glaze it with a sweet and tangy balsamic syrup. It then gets served over provolone cheese, lettuce, and a big scoop of bruschetta, before getting drizzled with a balsamic pan sauce.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN R-D 2-2

- last checked 02/09/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand bread you want, then add my points to it.

Ingredients:

Chicken Breasts:
- (4) 4oz boneless, skinless chicken breasts.

Simple Bruschetta:
- 1 large tomato, diced (you want at least 1 cup).
- 1/4 cup fresh basil, loosely packed, finely chopped.
- 2 medium garlic cloves, finely chopped
- 1/2 tsp salt
- 1/4 tsp coarse ground pepper
- 1/4 tsp olive oil
- 3-4 second spray, olive oil cooking spray
- 1-1/2 tsp balsamic vinegar

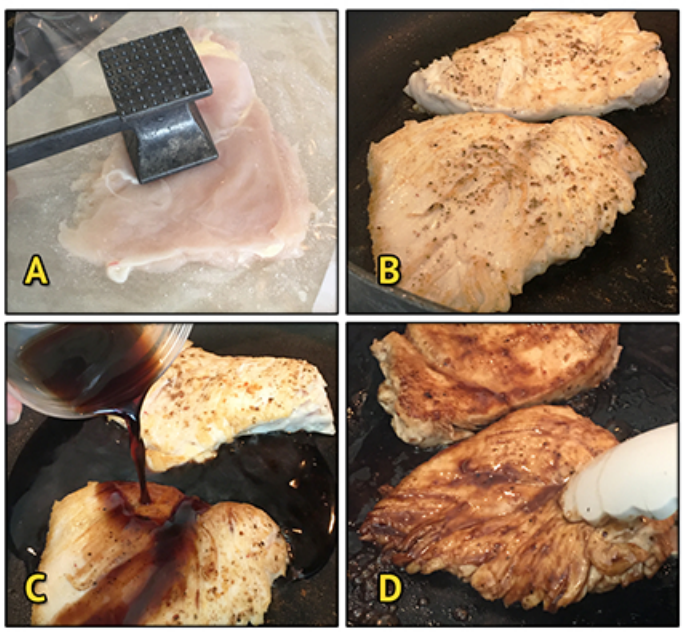
Balsamic Glaze:
- 2-1/2 Tbsp balsamic vinegar
- 2 Tbsp red wine vinegar
- 1 Tbsp sugar free pancake syrup
- 1 tsp 0 calorie sugar replacement (I used lakanto monkfruit)

Additional Ingredients:
- 4 slices thin sliced provolone cheese (see notes)
- Lettuce, whichever variety you prefer.

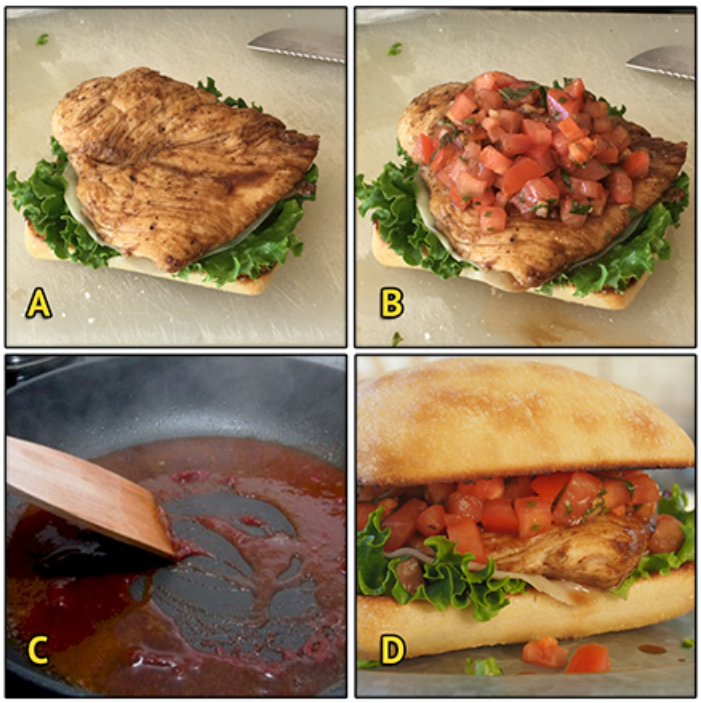
Directions:

1 Mix together all of the ingredients for the bruschetta. Place in a bowl, cover with plastic wrap and set in the fridge for at least an hour.

2 In a small bowl, stir together the balsamic glaze ingredients. Set aside.



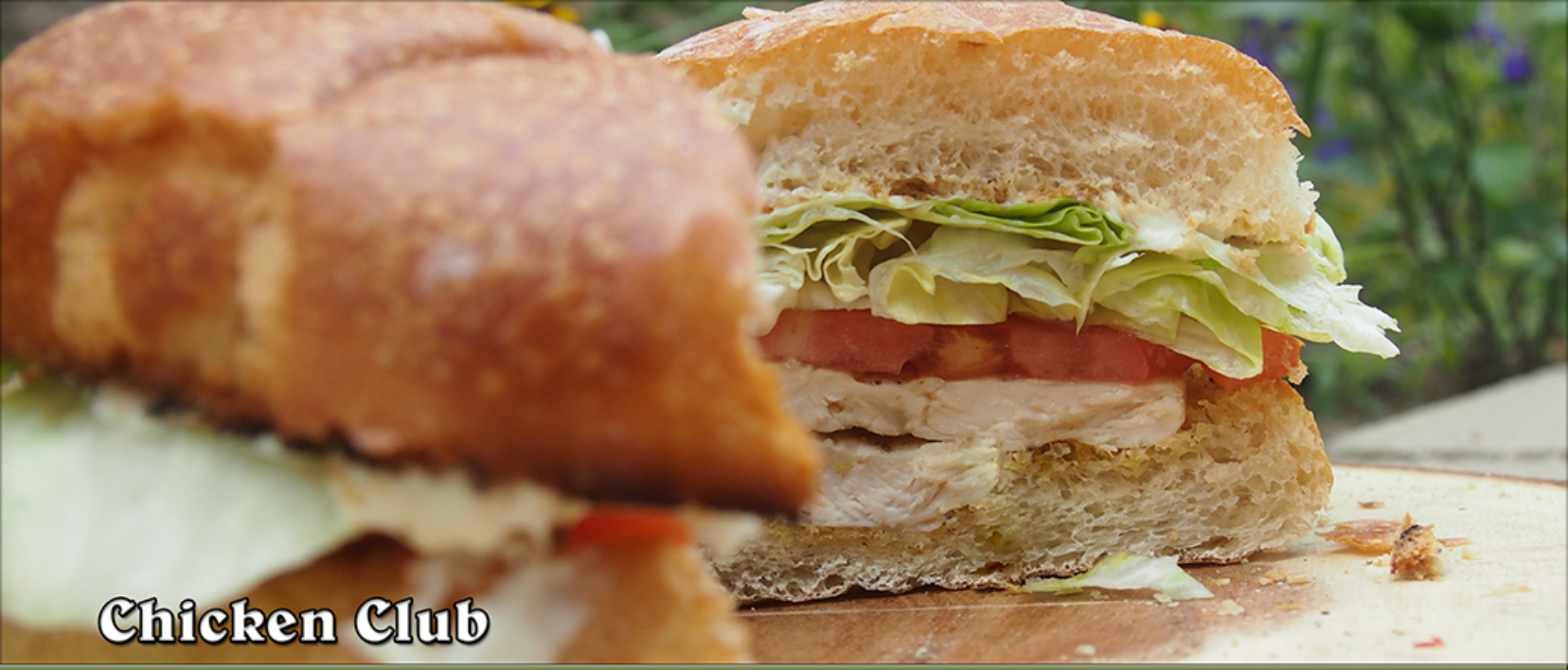
3 **(A)** Lightly pound the chicken breasts to make them a little larger and help them cook more evenly. **(B)** Heat a pan for 1 minute over medium heat. Season chicken with salt and pepper, spray with cooking spray on both sides, then add to the pan. Cook over medium heat for 2 minutes, flip, then cook for 2 additional minutes. **(C)** Pour the balsamic glaze into the pan with the chicken. Allow the chicken to cook for 1 minute, moving it around the pan. **(D)** Flip the chicken and cook for 1 more minute, coating with the thickened sauce. Set aside.



4 **(A)** Toast your bread o' choice, then place some lettuce onto the bottom bun, followed by a slice of the provolone cheese. Set one of the glazed chicken breasts on top of the cheese, then get your bruschetta out of the fridge. **(B)** Place a 1/4 cup scoop of bruschetta on top of the chicken, arranging it into a nice mound. **(C)** Now, heat up the pan you used to cook the chicken in. Pour in a little water, to deglaze the pan and create a little more thickened balsamic sauce. Drizzle some of the sauce onto the bruschetta on each sandwich. **(D)** Cover with the top bun.

NOTES & SUGGESTIONS:

- ***BRUSCHETTA:*** I always joke that Bruschetta is just the Italian version of Pico de Gallo. This is a simple, no frills Bruschetta recipe. You can bulk it up if you'd like, by adding some diced onion, or more tomato.
- ***BALSAMIC GLAZE:*** This is my low point take on a Honey Balsamic pan sauce. Rather than using honey, I'm using sugar free pancake syrup. Feel free to use regular maple syrup, or even to use honey... but adjust your points.
- ***CHEESE:*** 1 slice of thin sliced sargento brand provolone is 1 point and 40 calories. NORMAL sliced provolone is usually 3 to 4 points per slice. If you can't find thin sliced provolone cheese at your supermarket, go to the deli section and ask them to slice some provolone for you, as thin as possible. Then when you get home, weigh a slice on your food scale and trim a little off, just like in the "cut the cheese" hack in the foundations section.



Chicken Club

Pan seared chicken breasts, with sliced tomato, lettuce, bacon and a dijon mayo dressing on a toasted bun

I was making my wife a sandwich for dinner, but all we had in the fridge was a tomato, leftover lettuce and 2 pieces of bacon. We've all been there. You open the fridge and feel like you're on an episode of 'Chopped'. So... an easy, tasty, no fuss BLT with chicken, seemed to be the right call. I decided to use a dijon mayonnaise spread, rather than just plain mayo, to kick the sandwich up a bit. After all, 'simple' doesn't have to mean boring.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN R - D 2-2

- last checked 02/09/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand bread you want, then add my points to it.

Ingredients:

Chicken Breasts:

- Ok, here's the deal. you can use 4 slightly pounded, medium sized chicken breasts for this sandwich. The reason mine (pictured) were made using teeny little chicken tenderloins, is because I made this during COVID shutdowns and all the grocery store had was those tiny lil chicken strips. Now that we can all get groceries again... I'd use 1 medium breast per sandwich. Same cooking process applies.
- 1/4 tsp baking soda, dissolved into 1 tsp water.

Dijon/Mayo spread:

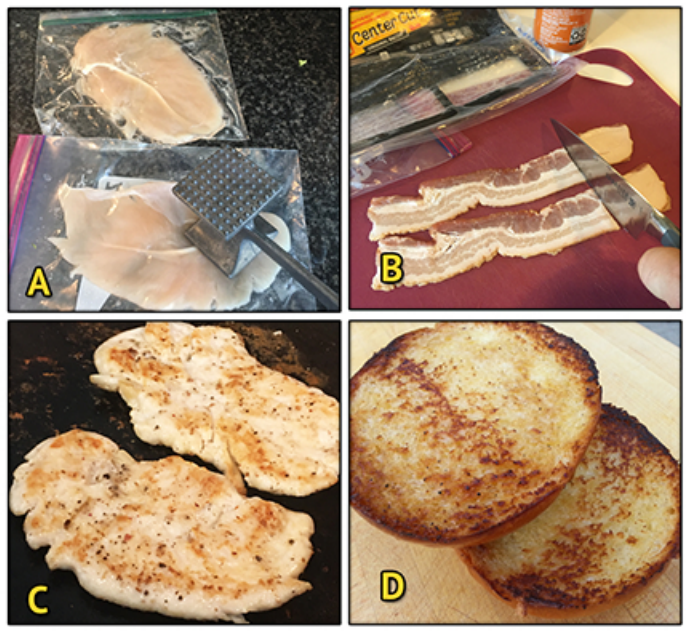
- 1/2 cup plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 1-2 Tbsp dijon mustard, to taste
- 2 tsp white wine vinegar
- 1/8 tsp salt
- 1/4 tsp cracked black pepper

Additional Toppings:

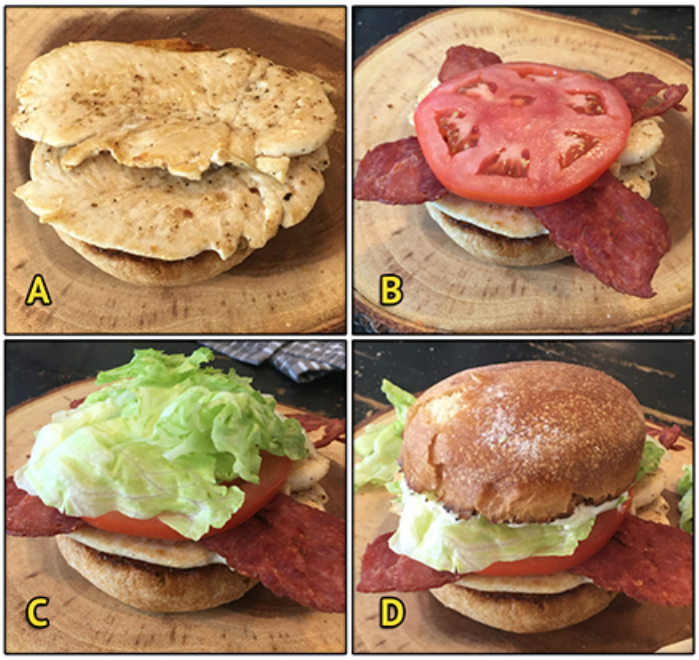
- 8 slices of Oscar Mayer Center Cut Bacon... IMPORTANT:
  - Take your 8 slices and CUT OFF the end 1/4 from each piece. It will leave you with a 'true' total of 6 slices. Trust me. 8 slices minus (8) 1/4's = 6 slices.
- 1-2 Tomato slices per sandwich, your preference
- Any lettuce or green-leafy-variety-type-thingie o' choice, I used Iceberg lettuce for the classic crunchiness of it.

Directions:

1 Mix all of the dijon mayo ingredients together till well combined. Set aside.



2 **(A)** Place your chicken into plastic bags and use a kitchen mallet, small pot, or whatever, lightly pound them a little bit thinner. Place all the chicken into a bowl and rub with baking soda solution. Let sit for 20 minutes. **(B)** Slice 1/4 off of each piece of the 8 bacon strips. Save the cut pieces in the fridge, for later use. Cook the long strips till crisp, pat dry to remove all oil, set aside. **(C)** Season chicken with salt and pepper, preheat a pan for 2 minute over medium heat, then add the chicken. Cook till done, then set aside. **(D)** Toast your buns, set aside.



3 **(A)** Spread a thin layer of dijon/mayo spread onto the bottom bun, then place the chicken onto the bun. **(B)** Cross 2 pieces of the cooked bacon over the chicken, then top with sliced tomato(s). **(C)** Place some lettuce on top of the tomato, then spread some more dijon spread onto the top bun. **(D)**. Place your toasted top bun onto the lettuce. Done.

NOTES & SUGGESTIONS:

- ***CHICKEN:*** As noted... When I made this sandwich back in 2021, there were grocery shortages everywhere. Hence, why mine is pictured with 2 thin chicken tenderloins. We're out of that stretch of suckiness now... so I'd recommend using 1 medium sized chicken breast for each sandwich.
- ***DAIRY FREE MAYO SPREAD:*** Want to make this, but you're allergic to dairy and can't have the mayo or yogurt? No problem. A low point fix is as easy as simply blending 1/2 cup of semi-firm (medium) tofu with 2-3 Tbsp of water. Add a little splash of lemon juice to help give it some tang. Is it exaaaactly like mayo and yogurt? No. But, it's a good low point substitute for folks with allergies.
- ***BACON:*** I used 'regular' Oscar Mayer Center Cut bacon. Use whatever brand you want, but make sure you don't purchase 'thick cut' centercut, otherwise the points go up per slice.
- ***LEFTOVER BACON?:*** The AWESOME thing about having those leftover 1/4 slices of center cut bacon, is what you can do with them. I usually cook them all, pat them dry and put them in a ziplock bag in the freezer. If you ever want a 0 point, tasty addition to a dish, thaw one out, chop it up, and there you go... a 1/4 slice is 0 points.
- ***VANISHING BACON?:*** You may be wondering why the nice picture on the left page doesn't have any bacon in it. Well, that pic happened by accident. I made the sandwich, took the picture below *(with bacon)*, then had to remove the bacon for my wife... she doesn't like it on sandwiches. When she sliced it open, to eat it, she said "hey, this'd be a nice picture!" Of course, she said that right as I had stuffed her 2 unwanted pieces of bacon into my mouth. So, there's no bacon in that pic... use your imagination. Thankfully, because I live in California, I can state that my chicken club sandwich self-identifies as having bacon in both pictures. Woot.

Chicken Cordon Bleu

A snooty, French entree with breaded chicken, sliced ham and swiss cheese, made into a sandwich

I decided to go a little non-traditional with the sauce on this sandwich, to save points. The flavor is just as good and cuts the heck out of the calories. In this version, we're using my low carb. breading recipe to coat and bake chicken breasts. They are then covered with sliced deli ham, thin sliced swiss cheese and tossed back into the oven till it melts. Finally, the sandwich is finished off with a good dollop of a sweet, creamy dijon mustard spread. Viva la France!

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwiches

MY PLAN R-D 3-3

- last checked 02/20/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand bread you want, then add my points to it.

Ingredients:

Chicken Breasts:

- 4 medium sized chicken breasts
- 1/4 tsp baking soda dissolved into 1 tsp water

Breading Process:

- Prepare the bread crumbs and egg wash, following the steps for dusting & low carb breading, on pages 37-39.

Maple Mustard Dressing/Sauce:

- 1 batch of my Maple Mustard Dressing, recipe on pg. 22

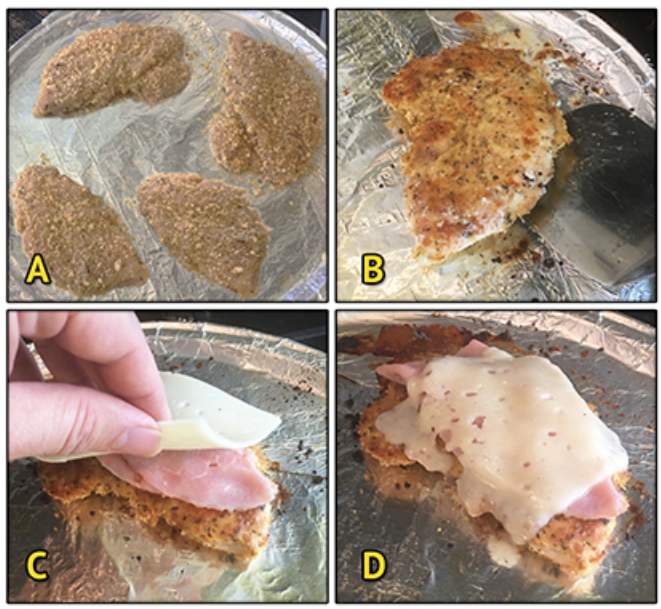
Additional Toppings:

- 12 slices thin sliced deli ham (or up to 4 points worth of sliced ham)
- 4 slices of light, thin sliced, or reduced fat swiss cheese (see notes)**

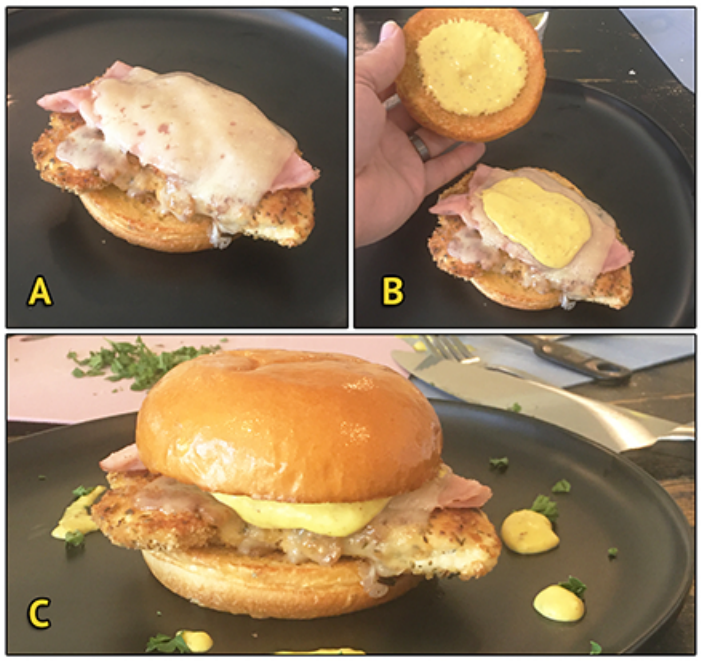
Directions:

1 Rub the baking soda solution over the chicken breasts, then set aside for 20 minutes. Pat dry, season with salt and pepper on both sides, then get ready for breading.

2 Follow the steps on pg. 39 (low carb breading) to dust the chicken with flour, then bread with the low carb breading.



3 Preheat oven to 425 degrees. **(A)** Place the breaded chicken onto a foil lined pan and spray both sides with cooking spray. **(B)** When the oven IS up to temperature, bake the chicken at 425 degrees 14 minutes. Flip, spray with more cooking spray, then bake 5-6 more minutes, or until golden brown. **(C)** Remove from oven, place 3 slices of ham onto each piece of chicken, followed by a slice of Swiss. **(D)** Lightly hit the top of the cheese slices with cooking spray, then bake for 1 more minute, till the cheese is softened/begining to melt.



4 **(A)** Toast your bread/buns o' choice, then place one of the baked chicken breasts on the bottom bun. **(B)** Scoop one Tablespoon of mustard sauce on top of the melted Swiss cheese, then spread one more Tablespoon of mustard sauce onto the top bun. You don't want to dollop both scoops onto the cheese, otherwise it'll look like a can of pale yellow paint got dumped on your sandwich, once you put the top bun on. So, dollop the first scoop onto the chicken/cheese, then spread the 2nd across the top bun. **(C)** Place the top bun onto the sandwich, done. Don't forget to clean off your kitchen counter before taking a picture of your sandwich... unlike me.

NOTES & SUGGESTIONS:

- ***CHICKEN:*** You can use chicken breasts as large, or as small as you'd like. However, if you use really large chicken breasts, this sandwich is going to look ridiculous... Like a giant chicken breast wearing a little teeny top hat. In the picture, I used what I'd consider a medium sized breast.
- ***MAPLE MUSTARD?:*** (whiny voice) "But... but... what about Honey Mustard?" Simple, honey has more points in it than a grad-school student's Powerpoint presentation. Sugar free pancake (maple) syrup doesn't. It's common knowledge by now, my recipes lean towards being reduced sugar and sugar free in nature... because (1) Points, and (2) Diabetics. You can use a low point honey mustard dressing, like G. Hughes, if you'd like. If you do, adjust your points.
- ***BREADING:*** As stated, my breading is utilitizing my low carb breading recipe, which calls for you to toast, then crush, 1 point sliced bread (keto or other low calorie bread slices).
- ***HAM:*** Different brands of sliced deli ham have different calorie counts and points per serving. Scan the packages. You want to have around 4oz for 3-4 points.
- ***CHEESE:*** 2 slices of Sargento brand thin sliced swiss cheese are 3 points. NORMAL thickness swiss cheese is usually 3-4 points PER SLICE. So, it gives you options. You can use 1 thin slice per sandwich, like I did, which makes the points for the cheese 1 point for 1 slice, 3 points for 2 slices, 4 points for 3 slices and 6 points for 4 slices. Or, you can simply scan different brands of Swiss cheese, use whatever you want, and adjust the points of the recipe. Either way... it's a low point sandwich. You can also go to the deli counter at your supermarket and ask them to slice you some swiss cheese, AS THIN AS THEY POSSIBLY CAN!!!

Chicken Parmesan

Breaded & baked chicken breast with provolone cheese, marinara and a roasted garlic spread

Back in my 'old days', when I wanted to gorge on an indulgent sandwich, I'd wait till my wife was gone and I'd order a chicken parm. sandwich from a nearby pizza shop. THIS version is just as delicious and much healthier. We're lowering the fat & calories by using our own low carb breading, thin sliced provolone and cooking it all without oil. Then, for even more flavor, we're roasting cloves of garlic then spreading it on each of the buns.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN R-D 3-3

- last checked 02/20/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

Ingredients:

Marinara Sauce:
- 1 batch of my "5 minute marinara sauce", recipe on page 16

Low Carb Breading:
- Prepare the bread crumbs and egg wash, following the steps for dusting & low carb breading, on pages 37-39.

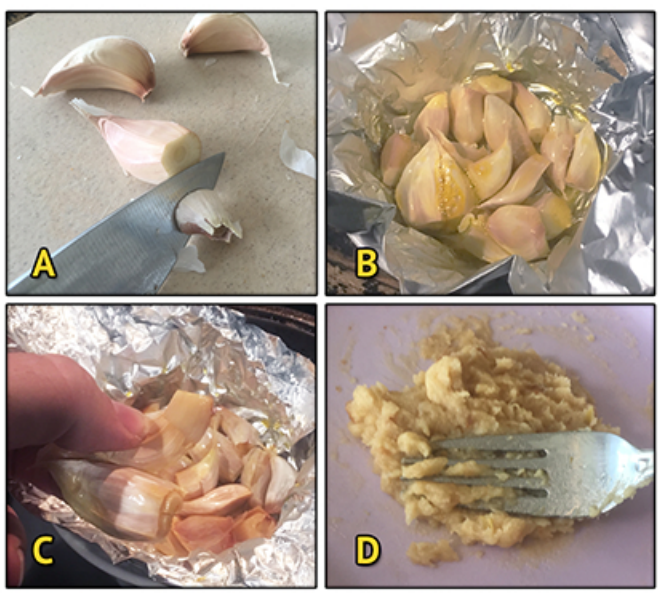
Roasted Garlic Spread: (make ahead)
- 12 garlic cloves, skin on, 1 side trimmed off (see pic 3A)**
- 1/4 tsp olive oil**
- olive oil cooking spray**
- 2 tsp water ***
- 2 Tbsp plain fat free greek yogurt
- 2 tsp white wine vinegar (or distilled white)
- 1/2 tsp garlic powder
- pinch of salt and pepper

Chicken:
- 4 boneless skinless chicken breasts
- 1/4 tsp baking soda, dissolved in 1 tsp water

Additional Ingredients:
- 4 slices of "ultra thin" deli sliced provolone cheese, such as sargento brand.*** (see notes)
- Fresh basil leaves

Directions:

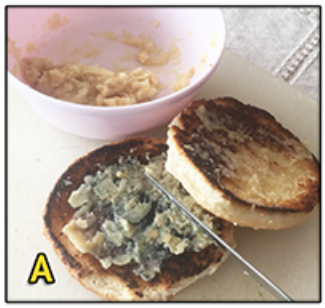
1. Prepare 1 batch of 0 point marinara sauce, set aside.
2. Prepare the flour, crumbs and egg wash, as instructed on pages 37-39. Set aside.

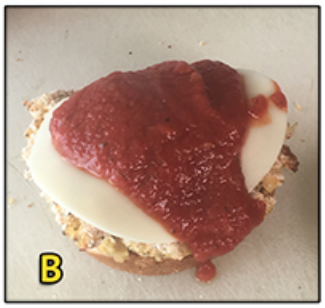


3. Preheat your oven to 375 degrees. **(A)** Slice the end off of the fresh garlic cloves, still in the skin. **(B)** Place all of the garlic into a pouch made of tin foil, then drizzle in the olive oil and spray into the pouch with a good amount of cooking spray, toss to coat. Close the foil pouch and bake at 375 degrees for 40 minutes. **(C)** Remove from oven, open pouch and let cool for 10 minutes. Pick up each garlic clove and gently squeeze the back end, which will cause the roasted garlic to pop out. Place all cloves onto a dish. **(D)** Add 2 tsp water to the garlic cloves, then mash with a fork. Mix the mashed garlic with the yogurt, vinegar, garlic powder, salt & pepper. Place into a cup, cover with plastic wrap. Set aside.

4 Preheat oven to 425 degrees. Bread your chicken breasts as shown on pages 38-39. Place the breaded chicken onto a foil lined pan and spray both sides with cooking spray. When the oven is up to temperature, bake the chicken at 425 degrees for 14 minutes. Flip, spray with more cooking spray, then bake 5-6 more minutes, or until golden brown.

5 Remove from the oven, place 1 slice of cheese on top of each chicken breast, then place back in the oven for 1-2 minutes, or till the cheese starts to melt. Done.





6 To assemble the sandwiches, **(A)** spread some of the mashed garlic mixture onto the bottom bun. **(B)** Then, place one of the hot chicken breasts with melted provolone onto the bun, followed by a scoop of warm marinara sauce. **(C)** Finally, spread a little bit more of the garlic spread onto the top bun.

NOTES & SUGGESTIONS:

- ***POINTS:*** Though it says the first serving's is 3 points, that's not really true. That takes into account the ingredients for ALL 4 sandwiches. If you are only making 1, the filling is 2 points. 1 for the breading and 1 for the 1 single slice of ultra thin sliced provolone cheese.
- ***CHEESE:*** 1 slice of thin sliced sargento brand provolone is 1 point and 40 calories. NORMAL sliced provolone is usually 3 to 4 points per slice. If you can't find thin sliced provolone cheese at your supermarket, go to the deli section and ask them to slice some provolone for you. Tell them you want **VERY** thin slices, not regular thickness.
- ***MOZZARELLA:*** If you don't want to use provolone cheese, you can use 3 Tbsp of shredded part-skim milk mozzarella cheese per sandwich. The first sandwich will have 3 total points for the filling. 1 for the breading, 2 for the shredded mozzarella.
- ***MARINARA:*** No, you don't have to use my marinara recipe. Use whatever you want, as long as it's 0 points. Mine is fast, quick and pretty danged good though, for only taking 5 minutes.

Chick Fil A copycat

Though a pretty plain & simple sandwich, this baby'll totally make you want to "Eat Mor Chikin".

Full disclosure... the only reason that I made this sandwich was because I was stuck at home, during COVID lockdowns and had no produce in our fridge. I wanted to make a chicken sandwich and realized "Hey!!! Other than dill pickle slices, a Chick Fil A original sandwich has nothing else on it!!! Woohoo!" It was one of those moments when the stars align and you end up with dinner, after not thinking you'd be able to make anything. A major reason that I'm happy to present this, my ww-erized version of their original sandwich, is because it will encourage people to try out my copycat sauce. Why? Because a small "to go" packet of chick-fil-a sauce is 7 points, while you can have an ENTIRE CUP of my sugar free version for only 1 point. Though I don't encourage you to chug it like a smoothie, I know some of you might.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN

R-D 2-2

- last checked 02/21/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand bread you want, then add my points to it.

Ingredients:

Chicken: (see notes)
- 4 boneless skinless chicken breasts, slightly pounded
- 1/4 tsp baking soda, dissolved with a 1 tsp water
- 2-3 Tbsp jarred dill pickle juice (optional)

Chick-Fil-A copycat sauce:
- Prepare a batch of my "Chick Fil A" sauce, recipe on page 17

Low Carb Breading:
- 1 batch of the flour for dusting, low carb bread crumbs and egg wash, as directed on pg 37-39

Additional Ingredients:
- Dill pickle slices, as many as you want
- Butter flavored cooking spray (optional)

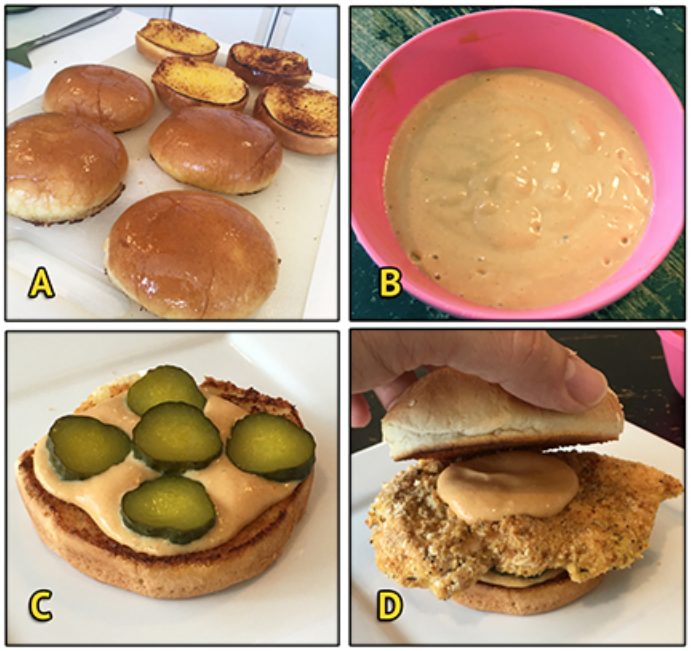
Directions:

1 Prepare a batch of my low carb breading. Set the dry ingredients in one shallow bowl and then beat the eggs in another. Store the egg wash in the fridge, till ready.

2 Prepare the Chick Fil A copycat sauce, set aside in the fridge.

3 *Turn on your oven to 425 degrees.* **(A)** Mix together the baking soda/water and pickle juice... yes, it's ok that it's going to start bubbling like a 4th grade science project. Rub it all over the chicken and set them aside for 20-30 minutes. **(B)** Dust both sides of chicken with flour (see pg. 37), then dip each chicken breast into the egg wash, then into the bread crumbs, coating each side. **(C)** Place chicken on a foil lined pan, sprayed with cooking spray. Lightly spray the top of the chicken with cooking spray as well. Repeat till all chicken is breaded. **(D)** When your oven is up to temperature, bake the chicken for 14 minutes. Flip the chicken, then bake for another 5-6 mins. Remove from oven.

4 While the chicken is in the oven, toast your hamburger buns or preferred bread.



5 To assemble the sandwiches, **(A)** spray the 'inside' of your top and bottom buns with butter flavored cooking spray **(B)** then take your snazzy copycat sauce out of the fridge. **(C)** Smear a dollop of the sauce onto the bottom bun, followed by a few of the sliced dill pickles. **(D)** Place one of the breaded chicken breasts onto the pickles, followed by another dollop of sauce. Finally, top each sandwich with a glorious crown of toasted, fluffy carbs.

NOTES & SUGGESTIONS:

- ***BAKING SODA??:*** Believe it or not, adding a little dissolved baking soda into your chicken marinades actually tenderizes the bajeezus out of chicken breasts. It'll freak you out in this marinade, because it'll react with the vinegar in the dill pickle juice, but the fizzin' will stop in about 15 seconds.
- ***SAUCE:*** The points for this recipe take into account that each sandwich gets 3 Tbsp of sauce on it. However, you can definitely use more sauce, if you'd like. Adjust points if necessary. They'll only change if yogurt has points for you.
- ***DRESS IT UP:*** The original sandwich, available at all of their restaurants, is simply buttered buns with pickles and a breaded chicken breast. It's good, but plain and boring. Sorry Chick-Fil-A lovers... a sandwich consisting of a piece of chicken and pickles alone, is boring. Here, we're dressing it up with 2 good dollops of copycat chick-fil-a sauce!
- ***DELUXE SANDWICH:*** If you want to turn this into a low point version of the Chick Fil A "Deluxe" sandwich, simply add some lettuce and sliced tomatoes on top of the pickles, then a slice of cheddar cheese on top of the chicken.
- ***SPICY SANDWICH:*** Want to make it a healthier version of their "Spicy Deluxe Sandwich"? Add 2 tsp of cayenne pepper and 1 1 tsp of paprika (for color) into the dry ingredients for the breading. Then, when making the 'deluxe' version above, use a slice of pepper jack cheese, instead of cheddar. Congratulations, folks... you've saved yourself over 10 points by making MY version of these sandwiches.

Chili Cheeseburger ("Tommy's Original" copycat)

Inspired by the famous "Tommy's" Chili Cheeseburger. But, mine's muuuuuuuuuuch healthier.

Here in California, there's a chain of drive-thru burger joints called "Tommy's Original", that's considered an institution. I promised ***@mariarachael12***, back in 2019, I'd make her a healthier version. The only thing that really needed to be modified was their chili con carne recipe. My version is heavily docked up and uses 99% fat free ground turkey instead of ultra fatty ground beef and grease. It's not the exact same, obviously, but my version tastes nearly as good as the original, but with over 50 fewer grams of fat and nearly 500 less calories. Plus... unlike the original, mine doesn't act like liquid plumber. for your G.I. System.

Ingredients:

Savory Ground Turkey Patties **

- 3/4 lb batch of my Savory Ground Turkey, recipe on pg 26

Modified Chili con Carne, no beans:

- 1/2 lb 99% fat free ground turkey *(the ENTIRE recipe uses 1-1/4 lbs)* (can include the leftover 1/4 pound 'savory' meat, from above)
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp ground cumin
- 2 tsp masa harina, or maseca instant masa mix (see notes)***
- 1 Tbsp Hershey's unsweetened cocoa powder (trust me)
- 1 tsp worcestershire sauce
- 3/4 cups fat free beef broth
- 1/4 cup tomato sauce
- 1-1/2 tsp balsamic vinegar... Listen, Nancy... just do it!

Additional Ingredients:

- Sliced dill pickles
- 1 large tomato, cut into thin slices
- Traditional yellow mustard
- 1 medium white, or yellow onion, diced
- 4 slices low point American cheese. I used Velveeta originals. Though, if you can find them, use Borden's fat free cheddar slices. They are 1 point for 2 slices, where velveeta is 3 points for 2 slices.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

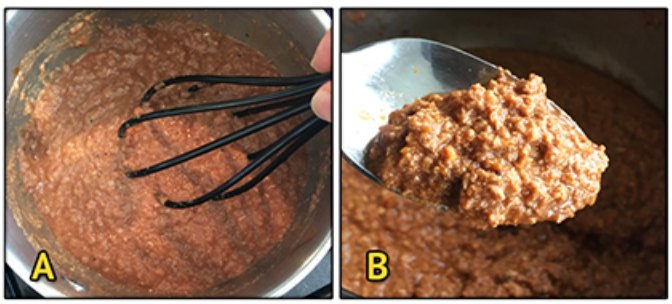
MY PLAN

R - D
2-2

- last checked 02/22/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

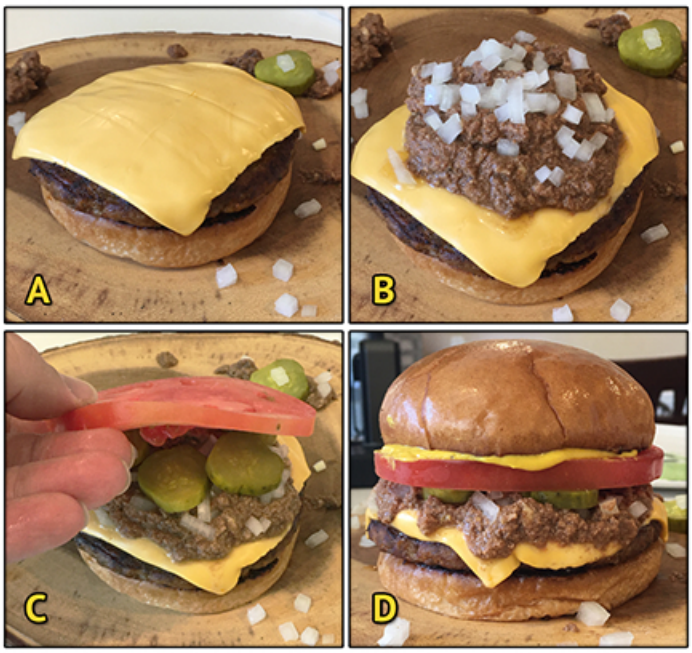
Directions:

1 Mix together the 'savory' ground turkey. Form into (4) 3oz patties. Set aside to rest for 20-30 minutes.



2 **(A)** Ok, the process for this chili is going to freak you out, but just roll with it. Place ALL of the chili ingredients into a small pot. Whisk it all together, to break up the meat. I know full well that it looks gross, just trust the process. Bring the mixture to a boil, then reduce the heat slightly. Simmer for 5-6 minutes, whisking the entire time. **(B)** Cook until you are left with a cooked down chili with a finely ground texture. It will look nearly identical in texture to regular 85% FATTY ground beef, that's been cooked down. Remove from heat, set aside. Season with more salt, pepper, chili powder, or cumin, to taste... if desired.

3 Preheat a large pan over medium heat for 1 minute, till water sizzles on its surface. Spray cooking spray into the pan and cook your 4 rested burgers for 2-1/2 minutes. Flip the patties and cook for 2 more minutes. With 1 minute left, top the patties with a slice of low point american cheese, add a little water into the pan and immediately cover with a lid, letting the steam melt the cheese. TA DA!



4 To assemble the burgers, first toast the buns, then **(A)** place a cheeseburger patty onto the bottom bun, **(B)** followed by a generous scoop of chili, topped with some diced onions. **(C)** Next comes some dill pickle slices, coverd by a tomato slice. **(D)** Lastly, smear some yellow mustard on top of the tomato, then finish it up with the top bun. Done. I know it looks weird, but that's how "Tommy's" makes their burger, and this is a copycat version.

WOOT!!! You now have a Tommy's chili cheeseburger that won't have your G.I. system doing cartwheels like a Russian gymnast!

NOTES & SUGGESTIONS:

- ***CHEESE:*** Use any brand of "LOW POINT" sliced cheese you want. I used Velveeta Originals because they are 1 point for 1 slice, 3 points for 2, and most people have access to them. Use whatever low point brand you can find and adjust your points. If you can find Borden Fat Free Cheddar Slices, those are 4 slices for 3 points.
- ***CHILI :*** Honestly, other than the chili, this is just a plain burger. I will admit, this is a really freakin' weird way to make chili, but just roll with it. You do NOT have to strictly adhere to my cook times. Once it comes to a boil, cook down to the consistency that YOU want. If you cook it too long and it gets too thick, simply stir in some more beef broth, then adjust the seasonings if needed. The reason we're doing it like this, is because Tommy's chili doesn't have big chunks of meat, unlike regular chili. It's almost like a malleable chili paste, where the meat is very finely ground, due to the tremendously high amount of fat in their mixture. The best way I've found to accomplish that with 99% fat free ground turkey, is with this "*whisk it together with A LOT of added wet stuff*" method.
- ***CHILI COMPROMISE:*** You can use MY chili con carne recipe if you want, from pg. 167, or use any canned chili... but adjust your points, if necessary.
- ***THE POSITIVE:*** Regular Tommy's chili is insanely thick and greasy, can be used to fill holes in drywall, and runs through the human body like water from a well in Tijuana. I'm happy to report that this healthier, lower fat version, doesn't
- ***SINGLE BURGER POINTS:*** The listed "2" points for the filling of 1 cheeseburger, isn't accurate. In reality, it's supposed to be 1 point. Due to adding all the points for all 4 slices of cheese together, for all 4 burgers, it lists the first burger's filling as being 1 point. When in reality... it's only 1 single point. 1 point for the 1 single slice of cheese.
- ***MASECA:*** *Maseca*, or *Ma Se Ca* "*instant corn masa*" mix, is a finely ground corn flour... NOT CORN MEAL, that can be found in the mexican food aisle of your grocery store. It is used to make tamale dough (masa) or tortillas. It acts as a thickener in this recipe, as well as imparting an earthy flavor. If you can't find it at your local stores, you can use regular corn flour (not cornmeal). If you can't find either... then you can skip it. Don't stress out if you can't find it. If you DO use it, you could teeeeechnically call this a Latin burger and make it for Taco Tuesday.

Chimichurri Chicken Sandwich

Tender Chicken Breast Sandwich, Bursting with Latin Flavors and Textures

This is an EXTREMELY flavorful chicken sandwich, loaded with marinated chicken breast, roasted red bell peppers, thin sliced onions, feta cheese and an entire 1/4 cup of creamy, skinnied-down Argentinian chimichurri spread.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving: 1 sandwich

MY PLAN

R-D 2-3

Ingredients:

These points ***DO NOT INCLUDE THE BREAD!!***
These are the points for the "FILLING", what goes IN the sandwich. Use whatever bread rolls you want, then add THESE POINTS (the filling) to your bread of choice.

Chicken:

- (4) 5oz boneless skinless chicken breasts
- 1/4 tsp baking soda, dissolved in 2 tsp water

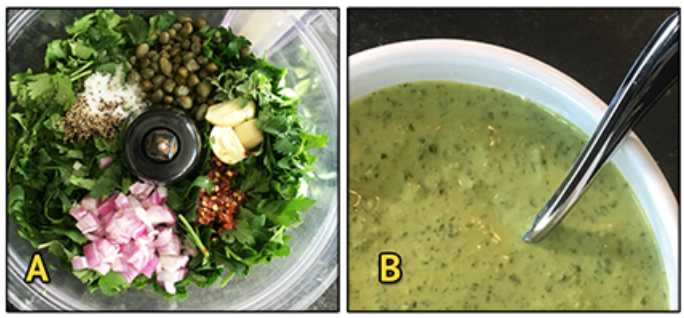
Creamy Chimichurri Spread/Dip: (makes 1-1/4 cups)

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

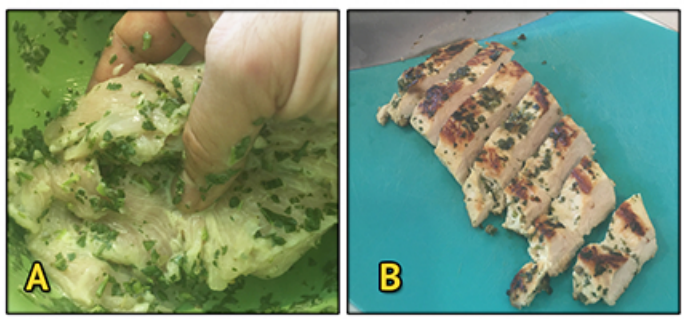
Additional Ingredients:

- Lettuce or mixed greens, any variety, your choice
- 16 oz jarred roasted red bell peppers, in water. Or... you can roast some yourself. Either way works.
- 1 small red onion, sliced into thin rings
- 6 Tbsp reduced fat feta cheese crumbles

Directions:



1 **(A)** Add all of the chimichurri ingredients into a food processor or large capacity blender. **(B)** Pulse a few times until the sauce is creamy, yet still has chunks of the herbs (see sandwich pic, above). Cover and set aside for AT LEAST 1 hour. The longer it sits, the better it gets.



2 **(A)** In a large bowl, mix together the chicken breasts, baking soda solution and 1 Tbsp of the chimichurri sauce. Cover and let rest for 20 minutes. **(B)** Heat a pan over medium heat, till water droplets immediately start to sizzle and evaporate on it's surface (about 1-1.5 mins). Spray pan with cooking spray, then place chicken onto the pan. Cook, without moving the chicken, for 4 minutes per side. Remove from pan, let rest for 5 minutes, then cut into thick slices. Set aside. *(Though I sliced my chicken, you can leave yours whole, if you like. Don't mind me.)*

3 If desired (I recommend it), toast the buns/bread you plan to use. I used ciabatta rolls. French bread hoagie rolls would work too.

4 **(A)** Get all of your veggies and toppings set up and ready for a gratuitous ingredient picture. **(B)** Smear 2 Tbsp of chimichurri onto the bread, followed by a mound of lettuce or greens o' choice. Then, arrange cooked, sliced chicken strips on top of the greens. **(C)** Over the chicken, lay out a couple of the roasted red bell pepper slices, followed by a few of the thin sliced red onion rings. Next, spread 2 more Tablespoons of chimichurri over the onions. **(D)** Sprinkle 1-1/2 Tbsp of the reduced fat feta cheese on top, then, carefully place the top buns onto your sandwiches. Done.

NOTES & SUGGESTIONS:

- ***CHICKEN COOK TIME:*** My cook time is assuming you have preheated your pan, so that a drop of water on the pan's surface IMMEDIATELY starts sizzling and evaporates (over medium heat). If you want a nice sear like pictured in ***4B***, don't move the meat. For thicker chicken breasts, I'll cook them for 3-1/2 to 4 minutes per side. For thin-cut chicken breasts I'll go with 2-1/2 minutes per side.
- ***CHIMICHURRI:*** I'm REALLY not kidding. After you make the spread, you have to let it sit for at least an hour. The longer it sits, the softer all the bits of parsley and cilantro become. Eat it too soon, and it doesn't taste as good.
- ***FETA:*** I personally use fat free feta, but a lot of folks don't have access to it, so... my points are factored using reduced fat feta instead, which is 4 points for 6 Tbsp.
- ***THE BREAD!!!!!:*** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. Example: When I made my first version of this sandwich, I used a French bread hoagie roll (7 points of bread). It tasted great, but the pictures didn't look nice. So... I made the sandwich again, using a 6 point ciabatta roll. Using the hoagie roll, it was a 9 point sandwich for me. (7 points bread plus 2 points for my 'filling'). Using the ciabatta roll, it was an 8 point sandwich. (6 for the bread, 2 for the 'filling'.)
- ***PESTO VERSION:*** Want to try a quick little tweak for this recipe? Replace the chimichurri sauce with my low point pesto sauce (cookbook 1, pg. 84) and. Boom!! You'll have an Italian chicken pesto sandwich, just by swapping the sauces.
- ***ROASTED RED PEPPERS:*** As noted, you can use jarred roasted red peppers, in water. Or... roast fresh ones yourself.

Country 'Fried' Burger

Breaded and Baked Burger Patty, Made TWO ways: (1) As a Savory Burger and (2) as a Breakfast Burger

For this baby, I wanted to try and make a fun burger version of 'country fried steak', but healthier. I breaded and baked a turkey burger patty, then made 2 versions: a savory lunch/dinner version, then a breakfast version with eggs and black pepper pan-gravy.
Instructions for the breakfast version are on the 2nd page.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burgers

MY PLAN R-D 2-2

- last checked 02/22/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever buns you want, then add my points to them.

Ingredients:

Burger Patties:

- *Savory* Version: 3/4lb batch of my 'savory' mix, recipe on pg 26
- *Breakfast* Version: 12oz batch of my breakfast sausage, pg 24

Low Carb Breading: (prepare ahead of time, set aside)

- 1 prepared batch of low carb breading, as shown on pg. 38-39 The only difference in this recipe is, we'll be 'dusting' and breading burger patties, instead of chicken breasts.

Spiced Tomato Jam (savory burger version):

- 1-1/4 lbs (20oz) grape or cherry tomatoes, sliced in half
- 2 Tbsp apple cider vinegar
- 1/4 tsp each: ground cumin, ground cinnamon, smoked paprika, and coarse ground black pepper
- 1/2 tsp salt
- 3 to 4 Tbsp 0 calorie brown sugar replacement, to taste
- pinch of cayenne pepper, to taste

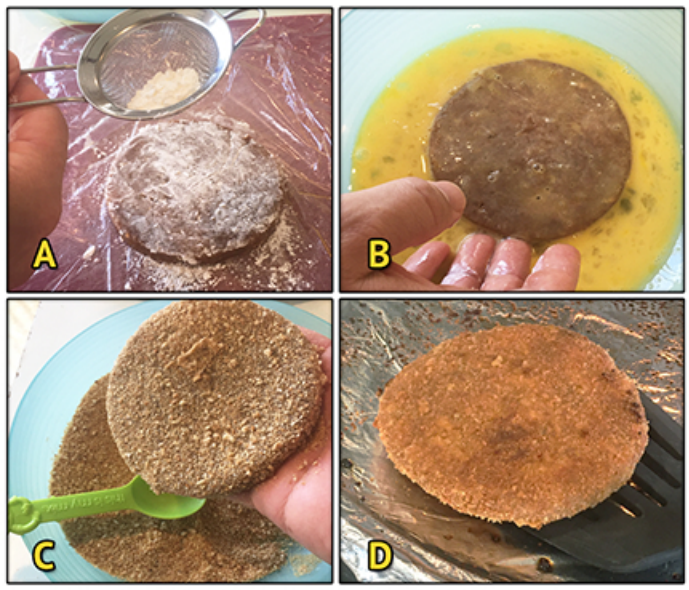
Additional Ingredients:

- Lettuce, any type ***(savory burger)***
- Thin sliced red onion ***(savory burger)***
- Chick Fil A sauce, recipe on pg. 17 ***(savory burger)***
- 4 whole eggs ***(breakfast version)***
- Pan gravy , recipe on pg. 62 ***(breakfast version - SEE NOTES!!!)***

Directions:

1 Prepare the batch of meat mix, set aside for 20 minutes. Form into (4) 3oz patties. Prepare my Chick Fil A sauce. Set aside.

2 Add all of the tomato jam ingredients to a mid-sized pot. Bring to a boil, then reduce heat to medium-low and simmer for 20-25 minutes. Cool to room temperature.



3 *Preheat oven to 425 degrees.* **(A)** Let the formed burger patties rest in the fridge for 10 minutes, to set. Then, take them out and 'dust' both sides (pg. 37).of all 4 patties. **(B)** Line a baking pan with foil and spray with cooking spray. Dip each of the 4 patties into the egg wash, to coat. **(C)** After dipping each patty, place it into a dish with the low carb breading and coat both sides with crumbs, then set onto the pan. Repeat till all patties are breaded. **(D)** Spray both sides of each breaded patty with cooking spray.. When the oven is at 425 degrees, bake for 15 minutes on one side, then flip and bake for 5 more minutes. Done.

4 Though optional, I highly recommend toasting your buns and scooping out some bread from the top bun

5 **(A)** To assemble: Place some of your lettuce onto the bottom bun, followed by some thin sliced red onions and 2 Tbsp of my chick fil a sauce. **(B)** Then, place a breaded/baked patty on the sauce, followed be a 1/4 cup scoop of tomato jam. **(C)** Take your toasted top bun (with scooped out bread) and **(D)** place it on top. You don't HAVE to scoop out the bread from the top, but if you do, it creates a cavity that contains the mound of tomato jam. If you don't scoop out that bread, once you bite into the burger, the jam will splut out the sides of the bun.

BREAKFAST VERSION:

- Make your 3oz burger patties, using my breakfast sausage meat mix, instead of 'savory'. Bread and bake as directed in this recipe.
- While the patty is baking, prepare pan gravy (pg. 62), but... ***DO NOT INCLUDE THE BRANDY***! Heat up all the other pan gravy ingredients in a small pan, till boiling. Stir and simmer for 3-4 minutes, till thick. ***DON'T ADD BRANDY!***
- Scramble 4 eggs (1 per burger) and place over them on top of the finished/baked breakfast sausage 'burger' patties, topping the eggs with some of the pan gravy. (see the bottom picture)

NOTES & SUGGESTIONS:

- ***TOMATO JAM:*** Though I use halved grape/cherry tomatoes in my recipe, feel free to use ANY type of tomatoes you want. If you do use larger tomatoes (regular sized or roma) I would strongly suggest not using the tough 'core', found right under the stem. I'd also dice them. Don't be an absolute stickler with my listed 25 minute simmer time. Simmer your tomatoes over medium-low heat, until almost all of the liquid has evaporated and the tomatoes have broken down.
- ***CHICK FIL A SAUCE:*** If you want to save time and work, you can use dijon mustard INSTEAD OF my chick fil a sauce. However, the flavor is waaaay more awesome with the chick fil a. If you want to make a quick, easy version to use in a pinch:
  Mix equal parts of Dijon, no sugar added BBQ sauce and Greek yogurt, with some apple cider vinegar and sweetener. It's not as awesome, but it's a fast chick fil a sauce stand-in you can be mix together in under 2 minutes.
- ***BREAKFAST VERSION:*** Full disclosure.....
  I honestly like the breakfast version better than the savory version. It's a delicious breakfast sandwich. I've made the breakfast version for myself multiple times.
- ***BURGER PATTY:*** As noted, when I make the savory version of this burger, I used my 'savory meat' mix. When I make the breakfast sandwich version... I 1000% recommend following my recipe and making the burger patty out of my breakfast sausage. A 3oz breaded and baked, crispy breakfast sausage patty, covered with eggs and peppery pan gravy tastes freakin' amazingly delicious.

Crispy Fish Sandwich

My healthy, virtually fat free version of my favorite fast food fish sandwich: The Wendy's Premium Cod Sandwich

I... love... fish sandwiches. Pre-WW, my favorite fast food one was the Wendy's 'premium cod fish sandwich'. It was simple, no frills and delicious. It was the hands-down, best 'big chain' fast food fish sandwich out there. Instead of a deep fried fish filet, my version has a breaded and baked cod filets, topped with lettuce, dill pickle slices and my sugar free, nearly fat free tartar sauce. This recipe gives you all of the flavor of the original, with none of the guilt. Sadly, Wendy's doesn't carry that sandwich anymore and their new version isn't nearly as good. But, thanks to this recipe... it's memory lives on. /wipes a tear.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN R-D 2-2

- last checked 02/23/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

Ingredients:

Fish:
- 4 (4-5oz) cod filets, fresh or previously frozen.

Tartar Sauce:
- 1 batch of my tartar sauce, recipe on pg. 20

Breading: (prepare breading ahead of time)
- 1 batch of 'low carb breading', as well as flour for dusting, as shown on pg 37-39.

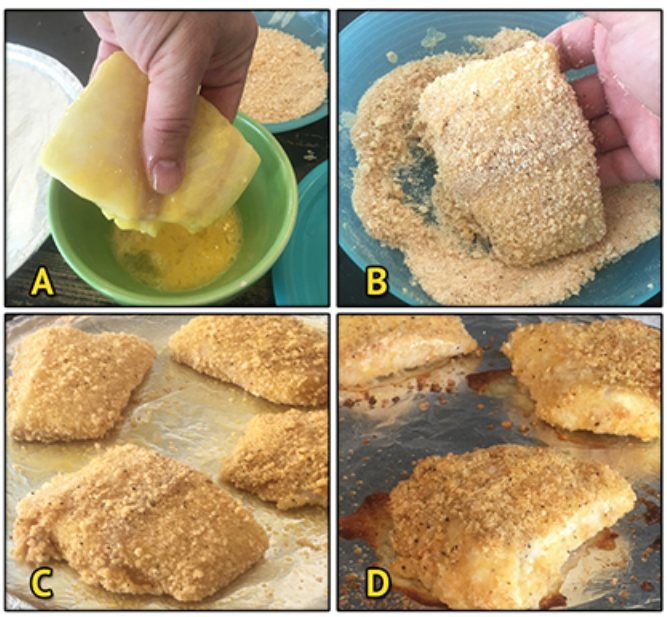
Additional Ingredients:
- Dill pickle slices
- Lettuce, any preferred variety (I used 'green leaf' lettuce)

Directions:

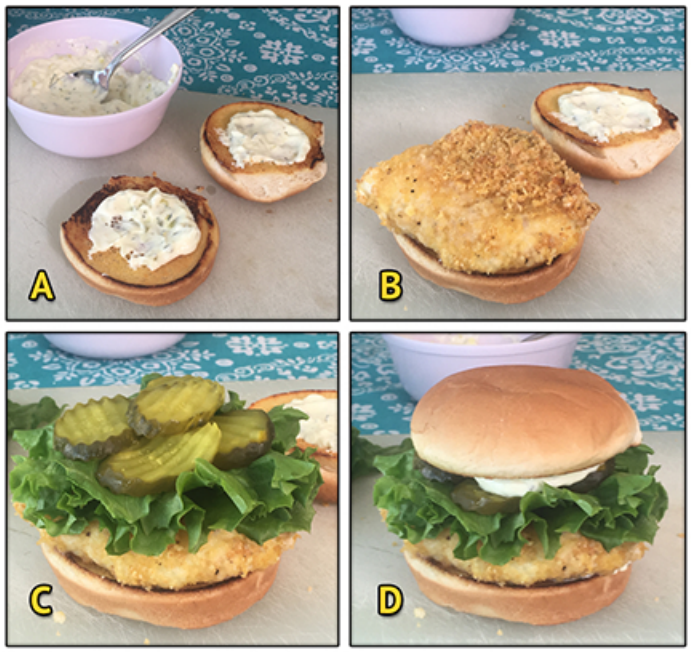
1 Prepare a batch of my tartar sauce recipe. Cover and set aside in the fridge.

2 Use paper towels to pat dry the cod filets. Seriously, sandwich each of the filets between paper towels and press. You want to get as much extra water out of them as possible. If you don't, the extra moisture will seap into the breading, making it soggy. And just like the Star Wars sequels... soggy breading sucks.

3 Turn on your oven, preheating it to 425 degrees. Line a baking pan with foil and spray it with cooking spray. Set aside.



4 **(A)** Dust your patted-dry cod filets with flour, on both sides (see pg. 37). Dredge one of the cod filets in the egg wash, then lift it out of the egg wash and wait a few seconds, to let some of the excess egg drip off. **(B)** Place the filet into a bowl with the low carb breading, then use your "dry" hand to coat both sides of the fish. **(C)** Place it on the foil lined pan and repeat till all of the filets are breaded. Spray the tops of the breaded fish with cooking spray, then place in the preheated oven. **(D)** Bake at 425 degrees for 18-20 minutes. Remove from oven, set aside.



5 To assemble the sandwiches, toast the buns, then **(A)** spread 2 Tbsp of tartar sauce onto the top bun and 2 Tbsp onto the bottom bun. Yup, each sandwich gets 1/4 cup of tartar sauce. **(B)** Place a baked cod filet onto the bottom bun, then **(C)** top the cod with some lettuce, followed by a few dill pickle chips/slices. I used 5 on mine. **(D)** Finally, top the sandwich with the toasted top bun. Done.

NOTES & SUGGESTIONS:

- ***FISH:*** Though I used Cod in my recipe, you can substitute it for any firm white fish that you'd like. I understand that cod's on the pricier side, in some areas. Catfish, pollock, halibut, heck... even thick tilapia filets would work. There are a lot of less expensive options than cod. Ok Halibut isn't cheap either, but you get the idea.
- ***FILET O' FiSH?:*** Remove the lettuce and pickles, then add 1 slice of low point American cheese on top of the filet. BAM... low point, copycat McDonald's fish filet sandwich, for just 1 more point (the cheese). Most importantly though, to get the texture of a Filet O' Fish sandwich right, DO NOT TOAST THE BUNS.... use the 'Quick Steamed Buns' method, from pg. 42.
- ***DRESSING:*** Though my tartar sauce recipe is the bomb... I know not everyone wants to make it (you savages!). Feel free to use any tartar sauce you want, or you can even use *gasp*, ketchup. If you do use store bought tartar sauce or ketchup, remember to adjust your points.
- ***LENT:*** Just wanted to give a shout out to all of you Catholic homies in the crowd. I may not be one of'ya, but I went to 12 years of Catholic School... so, here's your Lent sandwich. You can call it: "The Lentinator". 😇🤣

Enchilada Burger

A tasty, Mexican inspired burger, made to resemble an "ahogado" (drowned) torta, dunked in enchilada sauce

This burger is what happens when I stubbornly decide I want a burger for dinner, despite having all the ingredients on hand, to make enchiladas for my wife's dinner. For my burger, I decided to take a cue from a Mexican 'drowned' sandwich, where they dunk the entire thing, bread and all, in enchilada sauce. For mine, I'm only dunking the actual chorizo burger patty in the sauce, then serving it with shredded cabbage, pico de gallo and a lime crema sauce.

Ingredients:

Burger Patties: (see notes)

- 3/4 lb. batch of ground turkey "chorizo", recipe on pg 24, set aside to rest for 20 minutes, then formed into (4) 3oz patties.

Quick Enchilada Sauce: (makes 3 cups, 0 points total)

- 15oz tomato sauce
- 1-1/2 cups fat free chicken broth
- 1-1/2 tsp garlic powder
- 1-1/2 tsp onion powder
- 1-1/2 tsp cumin
- 1 to 2 tsp chili powder (to taste, some brands are spicier).
- 1/4 tsp salt

Pico De Gallo:

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

Simple Crema Sauce:

- 2-1/2 Tbsp plain fat free Greek yogurt
- 1 Tbsp water
- 2 tsp lime juice
- 1 tsp light mayonnaise
- pinch o salt

Additional Ingredients:

- Shredded cabbage
- Additional chopped fresh cilantro, for garnish

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

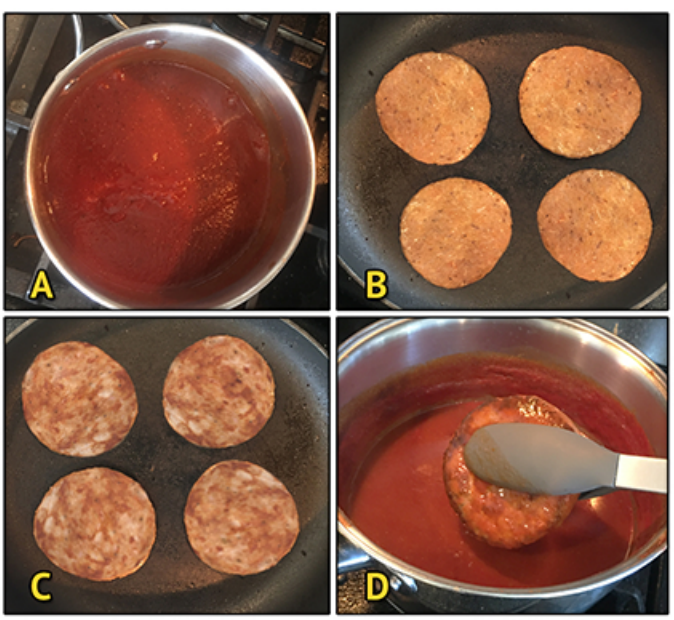
MY PLAN

R - D
0-0

- last checked 02/23/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

Directions:

1 Combine all of the pico de gallo ingredients together in a bowl. Mix to combine, cover and set aside in the fridge for at least 30 minutes.



2 **(A)** Combine all of the Enchilada Sauce ingredients together in a small pot. Bring to a boil, reduce heat and simmer for 5 mins. Turn off heat, set aside. **(B)** After the "chorizo" ground turkey has rested and been formed into patties, preheat a pan on medium heat till water sizzles on it's surface. Spray with cooking spray, then **(C)** cook the patties for 2.5 minutes per side. **(D)** Take all of the cooked chorizo burger patties and put them in the pot of enchilada sauce. LEAVE THEM THERE. and walk away.

3 In a small dish, mix together the ingredients for the "Simple Crema" sauce. Set aside.

4. While all the burgers are resting in the pot o' sauce, toast your buns and lay out all the other ingredients, getting ready to build your burger.

5. To assemble the burger, **(A)** place a mound of shredded cabbage onto the bottom bun, **(B)** followed by a 1/4 cup scoop of the pico de gallo. **(C)** Carefully use some kitchen tongs to take one of the 'drowned' chorizo patties from the pot of the enchilada sauce and set it onto the pico de gallo. Yes... it will be a bit messy. Scoop 1 Tbsp of the Crema sauce onto the patty, followed by some fresh chopped cilantro. **(D)** Finish with the top bun. Done.

NOTES & SUGGESTIONS:

- ***ENCHILADA SAUCE:*** Here's a cool thing... You don't have to make mine. I encourage it, but you don't have to. If you use regular canned, low fat red enchilada sauce, yes it's high in points, but that's for a good sized serving of sauce. When you dunk the patties in the sauce, you're only really coating them in maybe 1 to 1-1/2 Tbsp of sauce. So, depending on the brand you buy and the amount you use, the canned sauce maaaay also be 0 points per burger. Scan the cans and do the math, but... using mine eliminates the hassle.
- ***PICO DE GALLO:*** I am a spicy food sissy. Seriously, I think the mild sauce at Taco Bell has kick, which is why I used canned, mild green chiles, instead of the traditional jalapeño peppers. If you'd like to use jalapeños, feel free. I'll be over here chugging a gallon of milk. Also, to save time, you can purchase ready made pico de gallo at your grocery store. It can usually be found in the produce department.
- ***CHEESE:*** Though enchiladas normally have cheese, ok... ALWAYS have cheese... I didn't add any to these burgers. It's a known fact that I'm the Scrooge McDuck of points. If you'd like to add some cheese, feel free, but adjust your points.
- ***SAUCIER BURGER:*** Taking the chorizo patties out of the enchilada sauce and placing them right onto the pico de gallo and shredded cabbage will already give you a 'saucy' burger... But, if you want an even saucier one, feel free to drizzle more enchilada sauce onto the patty. You do you.

Gastro Pub Burger

An indulgent, richly flavored, high end, fancy schmansy, stuck up food bloggery burger you can make at home

A Gastro Pub is just a fancy name for a bar that serves small portions of high priced, snooty sounding food, with equally as expensive alcohol. That's ok if you're a food snob, but who the heck wants to pay $50 for a burger and beer. Make their fancy burger at home, baby! This beast has a savory patty, smoked gouda cheese, bacon onion jam, lemon dijon dressed arugula and a poached egg with runny yolk.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN

R - D
2-2

- last checked 02/24/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

Ingredients:

Burger Patties:

- 3/4 lb batch of my "Savory" ground turkey, recipe on pg. 26. Form meat into 4 patties, set aside to rest for 20-30 mins.

Lemon Dijon Dressing:

- 2 Tbsp fat free plain Greek yogurt
- 1 Tbsp lemon juice
- 1 Tbsp dijon mustard
- 1/4 tsp olive oil
- 1/8 tsp salt
- 1/8 tsp coarse ground black pepper
- 1/2 tsp 0 point sweetener o' choice

Smoky Red Onion & Bacon Jam:

- 1 batch of my Red Onion Bacon Jam, recipe on pg. 20 *(Make it ahead of time.)*

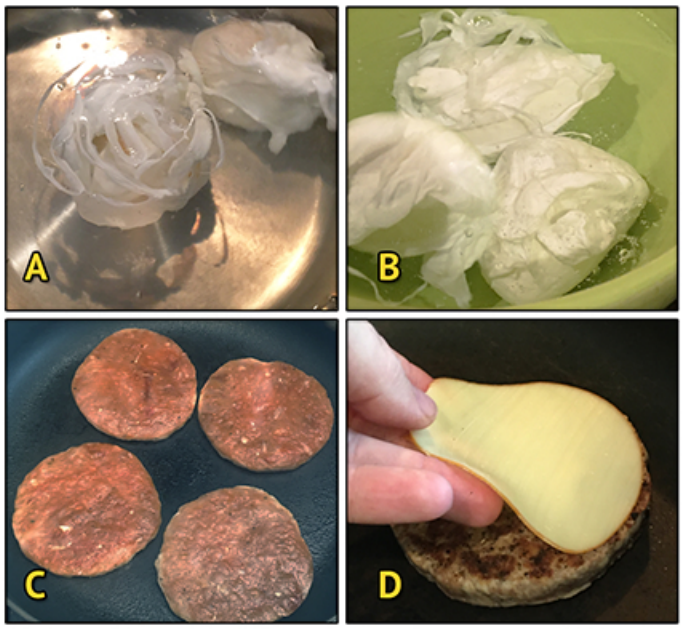
Additional Ingredients:

- 4 slices smoked gouda, thin sliced (see notes).
- 5oz baby arugula
- 4 large eggs
- 1 Tbsp white vinegar (if poaching the eggs, see notes)

Directions:

1 Make a batch of my Red Onion Bacon Jam, set aside. We're only going to be using 1 total cup (1/4 cup per burger), but, everyone likes leftovers!

2 Mix the dressing ingredients together till smooth, toss with the arugula, set aside.



3 **(A)** Bring a medium pot of water to a low boil, just to where it's starting to bubble. Add the white vinegar, then stir to create a whirlpool effect. Gently crack 1 egg into the water, it doesn't matter if the whites "feather out", we won't be using those anyways. Let the egg cook in the boiling water for 3 minutes. **(B)** Remove the egg with a slotted spoon, and place in a bowl of room temperature water. Repeat till all 4 eggs are poached. Set aside. **(C)** Preheat a large pan for 1 minute over medium heat, then cook burger patties for 2.5 minutes. **(D)** Flip the patty, place a slice of gouda on each patty, place a little water into the pan and cover it with a lid. Cook 2 more minutes. Done.

4 Remove the poached eggs from the bowl of water. Gently place on paper towels and pat dry to remove most of the water. Pull off any 'feathery' strands of egg white and discard them.

5 **(A)** Toast your burger buns o' choice, then scoop out some bread from the top bun, creating a small cavity the poached egg will fit into, in a few seconds. Place a mound of the 'dressed' arugula onto the bottom bun. **(B)** Set a burger patty on top of the arugula, followed by a 1/4 cup scoop of the red onion bacon jam. **(C)** Make a small crater in the center of the onion jam and place a poached egg into it, to keep it in place. Make a small slit in the egg, so that when you bite it, yolk will run out. If you don't, when you bite into it, it'll burst like a yolk filled grenade. **(D)** Place the top bun over the egg, gently push down to squeeze out some yolk.

NOTES & SUGGESTIONS:

- ***BACON JAM:*** I used oscar mayer center cut bacon. Remember to purchase regular center cut and not THICK CUT, otherwise it's higher in points.
- ***THIN SLICED SMOKED GOUDA???:*** To get thin sliced smoked gouda, you'll need to go to your grocery store's deli department. Ask them to slice you some smoked gouda, AS THIN AS THEY CAN MAKE IT. When they sliced it for me, I took it home, weighed the slices, and they were each around 10 grams in weight, making the first slice 1 point, the 2nd slice 3 points, the 3rd slice 4 points and the 4th slice 6 points. The deli-guy informed me that the setting he used, was pretty much the universal "thinnest" setting they can slice cheese at with most grocery store deli cutters.
- ***POACHED EGGS ARE TOO MUCH WORK!:*** Want to eliminate the hassle of poaching the eggs? No problem. You can use the same method as shown in my "Bibimbap" burgers, on pages 58-59, to makea runny yolk "sunny side up" egg instead. It's much faster and is a lot easier, while still giving you runny yolk, with a more traditional style egg.
- ***BACON JAM:*** When you make the bacon jam, don't forget to pat the cooked bacon dry and remove any oil from the pan. You have to do it, doctor's orders.

Green Chile Chorizo

My low fat, full flavor take on a delicious New Mexico classic

This is my healthy, low fat take on a Southwestern favorite... a Hatch Green Chile burger. Now, I know there is a very limited time of year when fresh Hatch chiles are available. However... thanks to that modern marvel known as "grocery stores", you can get canned Hatch chiles all year. They can usually be found in the Mexican food aisle. The cans you are looking for say "HATCH" right on the label. If you can't find those... you can also use 'canned diced green chiles'. We're simply cooking them in a pan with some onions and garlic, then piling it high on top of my ground turkey chorizo burger patties, a slice of pepper jack cheese, fresh cilantro and a smear of creamy chili spread.

Ingredients:

Ground Turkey Chorizo Patties

- 3/4 batch of my ground turkey "Chorizo", recipe on pg. 24, formed into (4) 3oz patties, set aside for 20-30 minutes.

Green Chile Spread:

- (3) 4oz cans, **HATCH** diced green chiles, mild or hot. Or, if you can find one, use a single 15oz can. (see notes)
- 1/2 cup onion, diced
- 2 medium garlic cloves, crushed and minced
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/8 tsp ground cumin

Additional Toppings:

- 4 slices of Pepper Jack cheese *(3 point slice per burger. Use the 'cutting the cheese' hack on pg. 47)*
- Onion, thin sliced
- Tomato slices
- Fresh chopped cilantro, 1 bunch

Chipotle Yogurt Spread:

- 1/3 cup fat free plain Greek yogurt
- 1 tsp light mayonnaise
- 2 Tbsp apple cider vinegar
- 1/2 to 1 tsp chipotle or ancho chili powder, to taste

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

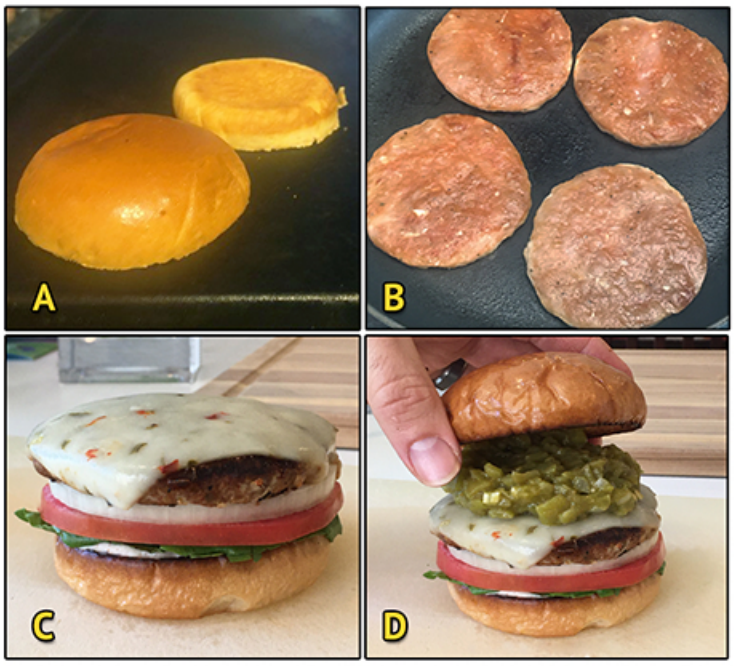
MY PLAN R-D 3-3

- last checked 02/28/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Directions:

1. First things first. Form the chorizo into 4 patties and set aside to rest.
2. Mix together the Chipotle Spread and set aside.

3. Spray a small pan/skillet with cooking spray. Add the onion and garlic, cook for a minute, then add the canned chiles, salt, pepper and cumin. Bring to a low simmer, and let cook for 4-5 minutes. Remove from heat, set aside.



4 Let's get to it, mis amigos!
(A) Toast your burger buns, then set them aside. Heat a large pan over medium heat, till water sizzles on it's surface. **(B)** Spray the pan with cooking spray, then add your rested chorizo patties. Cook for 2-1/2 minutes over medium heat, then flip and cook for 1 more minute. Add the cheese slices onto the top of the patties, then add a little water to the pan and cover it with a lid. Cook for 1 more minute, to finish the burgers and melt the cheese. Remove pan from heat. Next, let's assemble our burgers. **(C)** Place a dollop of the chipotle spread onto the bottom bun, followed by a small mound of chopped fresh cilantro, then a slice of tomato and onion. **(D)** Next, place a burger patty on top of the onion, followed by a nice scoop of the cooked, chopped green chile mixture. Done.

NOTES & SUGGESTIONS:

- ***HATCH CHILES:*** Ok, here's the deal. Generic "canned green chiles" are 0 points. Canned HATCH chiles, for whatever reason... have points. IGNORE THAT. The ingredients on canned hatch chiles read: "contain roasted chiles & water." No sugars, nothing. There is no reason for them to have points. However, as of the write up for this recipe, canned HATCH chiles gain points, in the database. In the wise words of a respected former President:

  "Sometimes, the database is wrong, ignore it."
  - Abraham Lincoln 1863

  So, my recipe is using an entry for 'generic' green chiles, to represent the true 0 points Hatch chiles SHOULD have.
- ***CHEESE:*** My recipe is allowing for a 3 point slice of pepper jack cheese for each of the 4 burgers. Weighed in grams, you can allow 17 grams each for 4 slices, no more than 68 grams in total.

  I'd honestly recommend buying a regular package of sliced pepperjack, then trimming it, using your kitchen scale, as shown on pg 47. You'll get a much thicker, more satisfying slice o' cheese on your chile burger, vs getting paper thin ultra thin sliced Sargento pepperjack. Don't believe me? The pics on this page use the trimmed, regular slices.

Guacamole Burger

An extremely light and flavorful burger with Swiss cheese, lettuce, tomato, red onion... and 1/4 cup of Guacamole!!

This burger has a juicy ground turkey patty, covered with swiss cheese, served with lettuce, tomato, red onion and a big 1/4 cup scoop of my avocado and roasted zucchini guacamole.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN R-D 3-3

- last checked 03/01/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want.

Ingredients:

Roasted Zucchini & Avocado Guacamole (makes 1 cup)

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

Burger Patties

- 3/4 pound batch of 'savory' ground turkey, recipe on pg 26, formed into (4) 3oz patties

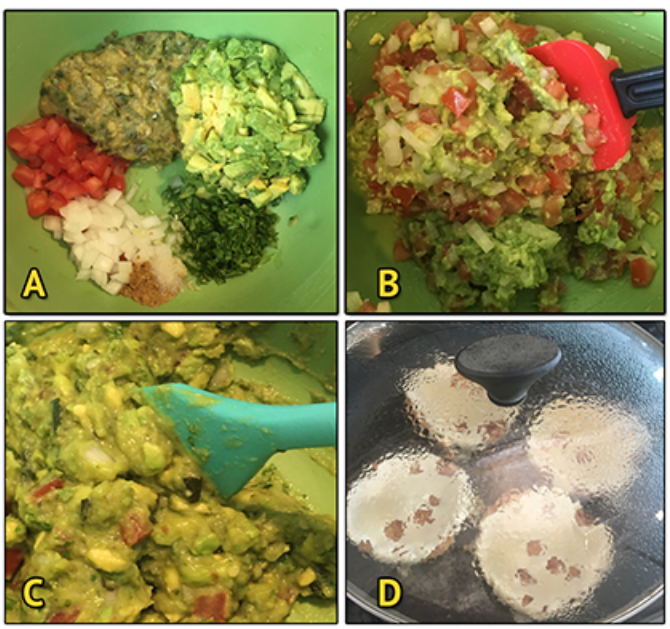
Additional Toppings:

- 4 slices of light or deli thin sliced swiss cheese (see notes)
- Thin sliced rounds of red onion
- 1 large tomato, sliced into thin rounds
- Lettuce, any preferred variety.

Directions:

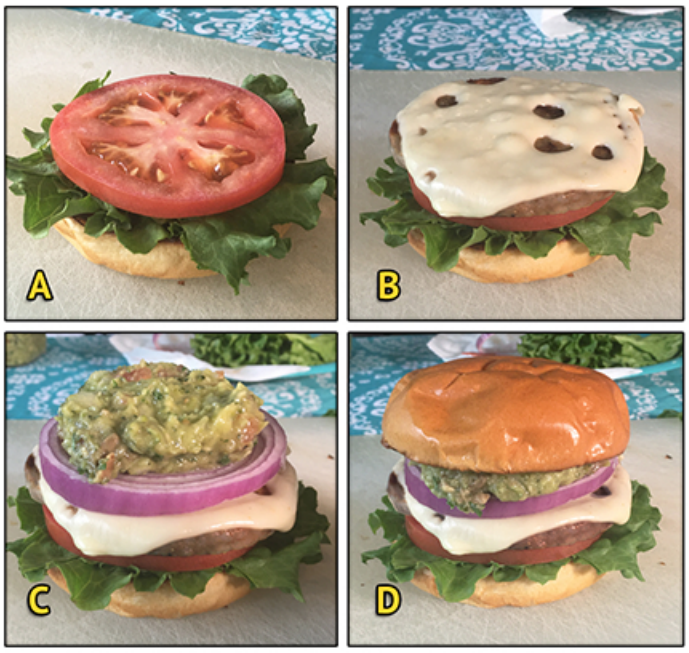
1 Preheat oven to 425 degrees. Line a small baking pan with foil. Spray zucchini with cooking spray, bake for 25 minutes.

2 Remove zucchini from oven and place into a ziplock bag for 5 minutes, to let it steam and soften. Using a blender or immersion blender, puree/process the zucchini till almost smooth. Place into a large mixing bowl, along with the salt, cumin and crushed/minced garlic.



3 **(A)** Carefully halve your avocado, remove the pit, then use a butter knife to dice the 'flesh' while it's still inside the avocado skin/cup. Scoop the flesh into a bowl and measure with a kitchen scale, in ounces. When you have 4.5 oz, move it to the large mixing bowl with all other guacamole ingredients. **(B)** Use a spoon to stir the guacamole together. **(C)** For creamier guacamole, mash down while mixing the ingredients, to break down the avocado. Set aside. **(D)** Preheat a large pan, then cook the patties for 2.5 minutes on the first side. Then, flip the burgers and cook for 2 minutes. BUT... with 1 minute left, place a slice of cheese onto each patty, pour a little water into the pan, then cover with a lid and cook for 1 more minute. This will finish the cooking and melt the cheese. Remove from heat.

4 Toast your buns (deep squats help), then scoop out some bread from the top bun. This will help hold the guacamole in place when you bite down on the burger later. Slice your tomatoes and wash/clean your lettuce.



5 To assemble, **(A)** place some lettuce onto the bottom bun, followed by a slice of tomato. **(B)** Set one of the burger patties on the tomato, **(C)** followed by a thin slice of red onion. Next, add a 1/4 cup scoop of my low point guacamole. Yup, each burger gets an entire 1/4 cup... you're welcome. **(D)** Finally, top the burgers with the slightly scooped out top bun.

NOTES & SUGGESTIONS:

- ***SINGLE BURGER POINTS:*** Like all of the cheeseburger recipes in this book, the listed points for the first burger are inaccurate. The points shown include all the points for all 4 slices of cheese, altogether... there's no way around it, that's simply how the recipe builder factors the points. IN REALITY... the first serving's "filling" should only be 2 points, not 3. One point for the thin slice of cheese and 1 point for the 1/4 cup of my Gringo Guacamole.
- ***AVOCADO:*** Obviously, if your plan lets you have Avocados for 'free' none of this concerns you. But, for those of us who have to track'em... the generic listing for 1 medium avocado, in the app, is 8 points. HOWEVER.... that's just a quick generic value, meant for you to "track on-the-fly". If you are preparing an Avocado, bust out your food scale, remove the 'flesh' from one, then weigh it in ounces or grams. I used 1 single medium avocado for this recipe. There was 4.5 ounces of 'flesh' in it, when weighed with a food scale. THAT is only 5 points. So, what have we learned??? Weigh your avocado flesh. You get more for your points. For folks who have points for Avocados, this guacamole makes 1 cup for 5 total points.
- ***THIN SLICED SWISS CHEESE:*** If you can't find sargento or a different brand "thin" sliced swiss cheese, go to your store's deli section and ask them to cut some swiss cheese for you, as thin as humanly possible. Or... simply go buy normal sliced swiss cheese and use my 'cut the cheese' hack from earlier in the book.
- ***ZUCCHINI? WHAT THE HECK!!??!:*** A friend who used to work as a 'line cook' at a Mexican restaurant told me, when Avocados get really expensive, his manager has them cut their guacamole with a 50/50 mix of avocados and mashed, roasted zucchini. It reduces the costs, tastes great, looks the same and in his words, "The Gringos can't tell the difference". If made properly, it works. This is a smaller yield recipe of my regular Guacamole recipe, which makes a 5-1/2 cup batch, in my Cookbook: Volume 2.
- ***GUACAMOLE VIDEO:*** Want to watch an old video of me making the full sized Cookbook 2 batch of the guacamole? Go to YouTube and type "the guilt free gourmet guacamole". And... be warned... I made that video in the middle of the pandemic, when I was bored off my rocker. Hence, why I'm dressed up in my full Boba Fett suit while I made it... my poor wife.

Gyro Sandwich

Using creative home cooking to simulate the big rotisserie "meat tornado" you'd see at a Greek sandwich shop

A "Gyro" is meat cooked on a vertical rotisserie, then sliced and served in pita bread, along with veggies and tzatziki sauce. The traditional dish is made with beef and lamb. Mine is heavily modified to use ground turkey breast, baked in an oven.

Ingredients:

Tzatziki Sauce:
- 1 batch of my Tzatziki Sauce, recipe on pg. 17

Doner Kebab "Gyro" Meat:
- 1 prepared, raw batch of my Gyro meat mix, recipe on pg. 25

Additional Ingredients:
- 1 red onion, halved and thin sliced
- 1-2 tomatoes, sliced into thin rounds, then sliced in half
- Lettuce, any variety (I used "*Green Leaf*" lettuce in mine)

Additional Equipment:
- Aluminum foil
- 2 long skewers
- (1) standard 'bread loaf' pan
- 4 pitas or wraps, any brand you want. I used "Joseph's" pitas

Servings Info.:

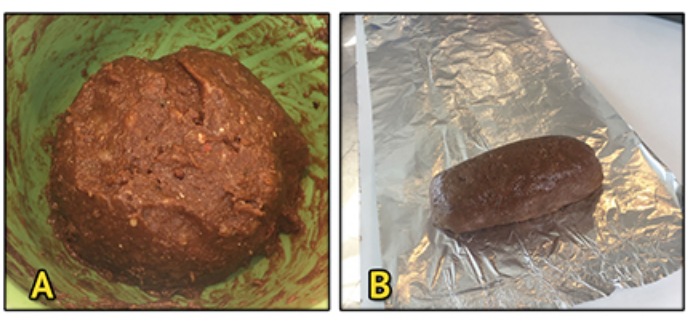
Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN

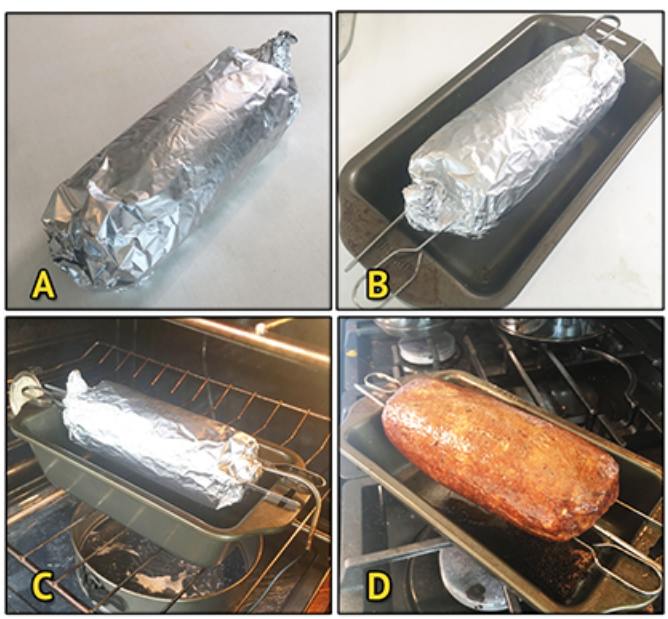
Range 0-1

- last checked 01/19/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

Directions:



1 **(A)** Prepare the Gyro mix and let the meat rest as directed. **(B)** Spray a 2ft length of Foil with cooking spray. Wet your hands and form the meat into a 'log' shape on the foil.



2 Preheat oven to 350 degrees. **(A)** Roll the meat up in the foil and twist the edges closed, like a giant, meaty tootsie roll. **(B)** Stick 2 long skewers through the meat, protruding out both sides. Place the 'log' over a bread loaf pan, suspended in the air by the protruding ends of the skewers. **(C)** When the oven's at 350, place the meat into the oven and bake for 1 hour and 10 minutes. **(D)** Remove meat from the oven and turn the heat UP to 450 degrees. Quickly, but carefully, remove all foil from around the meat, then place it back into the oven for 5 minutes. Then, flip it over and bake for 5 more minutes.

3 **(A)** Let the meat rest for 15 minutes. Then, remove the 2 skewers and reinsert one down the center of the 'log', so it's balanced. Place a damp, folded up paper towel in the middle of a large plate, then hold the meat up vertically, standing it up with the tip on the paper towel, so it won't slip. **(B)** Use a sharp knife and slice down the edge of the the meat, slicing it VERY thin... almost like it's meat-paper. Continue slicing till all of the meat is cut. **(C)** Place a good spoonful of tzatziki sauce on a warm pita. Then, in a hot pan sprayed with cooking spray, heat up some of the meat for 2-3 minutes, letting it get a little crispy. Add a splash of beef broth to the hot pan, to help keep the meat moist and juicy (it IS thin sliced turkey breast after all!!). **(D)** Arrange some of the sliced tomatoes, red onions and lettuce onto the pita, over the tzatziki sauce. Place a mound of the warmed Gyro meat in the center of the pita, then fold it up like a big fluffy Greek taco. OPA!

NOTES & SUGGESTIONS:

- ***STICKY MEAT MIX:*** This meat mix is very wet/sticky at first. In order to easily mix it, I highly recommend either having a bowl of water nearby to dip your hands in, or running water from your sink faucet over your hand, while mixing it. It sounds ridiculous, but it is a great trick. When mixing meat and it starts sticking to your hands, just getting your hands wet will not only add extra moisture into the meat, but it will make it MUCH easier to handle and shape.
- ***LET IT REST:*** Let the meat mixture rest in the fridge for at least 30 minutes. The longer it rests in the fridge, the more the mixture will 'firm up' and be easier to shape in step 1B. Again... wet your hands when you shape it.
- ***SKEWERS:*** The whole reason behind suspending the meat on skewers over the baking dish is so that we can try to emulate the rotisserie log o' meat that you see standing vertically at kebab restaurants. MOST all homemade 'gyro' recipes I found, had you make a meat mixture, then bake it in a pan like meatloaf. No! We want metal skewers to hold it up, that will reach past both ends of the meat, so we can suspend it in the air over a pan. This is ground turkey breast. If we have it baking against a pan's surface for 85 minutes, the meat will resemble a charcoal briquet.
- ***REMOVING THE FOIL:*** At step 2D, you don't have to pull out the skewers to remove the foil. Plop the big ol' meat log onto a cutting board and tear the foil off from AROUND the skewers and the meat. Easy peasy.
- ***REHEATING:*** You can freeze any leftover sliced meat, for later use. How do I reheat it? Heat a pan till droplets of water sizzle on it, then hit it with cooking spray and add the meat. Let it heat for a minute or two, then add in a splash of beef broth (or water) and toss/swirl the meat in the pan till the liquid evaporates. Done.

- ***VIDEO!: Scan this QR code to open a Youtube video, where I show you how to mix, wrap and bake the Gyro meat mix.***

View Recipe Video

Havana Burger

My low fat, healthy version of a traditional Cuban sandwich, made into a crispy-pressed burger

A traditional Cuban sandwich is ham, pork & swiss cheese with a mustard/mayo spread and pickles, toasted and pressed like a panini. I thought it'd be cool to make a healthy burger version! What REALLY makes this burger exceptional, is pressing the finished hamburger in the same fashion as a panini, to give a super crunchy crust to the bread, not typical for a burger.

Ingredients:

Cuban Picadillo Burger Patties

- 3/4 lb batch of ground turkey "Cuban Picadillo" mix, recipe on pg. 25. Formed into (4) 3oz patties. Set aside.

Roasted Garlic Mustard Spread:

- 5-6 medium garlic cloves, still in skin.
- 1/4 tsp olive oil
- 6 Tbsp plain fat free Greek yogurt
- 2 Tbsp dijon mustard
- 2 tsp white wine vinegar (or, plain ol' distilled white vinegar)
- pinch of salt and pepper

Additional Toppings:

- Dill pickle slices, as many as you want, the more the merrier.
- 4 slices light swiss cheese (see note)***
- 5 oz uncured, deli sliced ham (you want a brand that will give you 12 slices for 2 points).

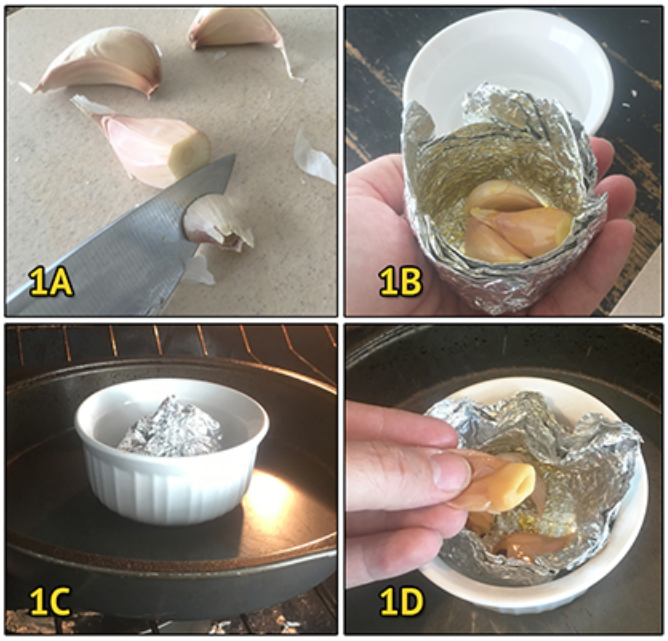
Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN

R - D
2-3

- last checked 03/13/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.



Directions:

1 Now, let's roast some garlic for the the spread! Preheat your oven to 400 degrees. **(A)** Slice the ends off of one side, from each garlic clove. **(B)** Place the garlic into a small foil pouch, then coat with cooking spray and the olive oil. **(C)** Close the pouch and bake for 30 minutes. Remove from the oven and slightly open the top of the pouch, letting it start to cool off for 5 minutes. **(D)** Squeeze the "back end" of the garlic, to push out/remove the soft, roasted garlic from the skin. Move on to step 2.

2 Place the Greek yogurt, dijon mustard and vinegar into a bowl, stir to combine. On a cutting board, use a fork to mash the garlic into a paste. Stir the mashed garlic into the yogurt and mustard mixture. Season with a pinch of salt and pepper, to taste. Cover and set aside for 30 minutes.

3 Divide the meat into 4 portions, then form into patties. Heat a pan over medium heat, till water sizzles on it's surface. Cook the patties for 2.5 minutes per side. Remove from heat.

4 Now... let's assemble some Burger-Panini hybrids!!! First, start heating up a large pan over medium heat. **(A)** For each burger: smear 1 Tbsp of the garlic/mustard spread onto the bottom buns, **(B)** followed by 3 slices of ham. **(C)** Place the cooked burger patties on top of the ham, followed by a slice of cheese, followed by some dill pickle slices, as many as you want. Put another 1 Tbsp of spread on the top buns, then cap the burgers with the top buns. Set aside. **(D)** Spray cooking spray into a LARGE pan and heat it over medium heat, till water sizzles on the surface. Place all of the burgers into the pan. **(E)** Place another pan or or other large, heat resistant flat surface on top of all of the burgers, then place cans or additional pots on top, to add weight and compress the burgers (Similar to making a panini). **(F)** After 90 seconds, spray the top of the burgers with cooking spray, then carefully flip them, add the pan back on top to compress them again... and toast for another 90 seconds. Enjoy.

NOTES & SUGGESTIONS:

- ***CHEESE:*** The listed points are dependent upon using 1 point per slice, reduced fat swiss cheese. If you can't find that, go to the deli counter at your grocery store and have them slice you some swiss cheese slices, VERY thin. Make sure to stress that you want them THIN, or they won't do it. If you have to use regular swiss slices, the burgers will go up 1 additional point each, which is still pretty dang low in points.
- ***CHEESE HACK:*** Don't forget about the 'cheese hack' on pg. 47. With it, you can use ANY brand swiss cheese you want, while reducing the points.
- ***PANINI PRESS:*** You can eliminate steps 4D, E & F, by using a panini press or George Foreman grill to press/toast the burgers. Obviously, a legit panini press would be ideal.
- Try to use thin sliced uncured ham, it's lowest in calories and points, typically. Weigh the ham when you get it home. You're aiming for 2 points for 5oz, which should give you 12 slices.
- Use whatever type of bun, or bread you want. However, remember to adjust your points accordingly.
- I'd recommend patting any excess juice off of the pickles with paper towels. Extra liquid on a burger = bleh!

Juicy Lucy (cheese-stuffed burger)

A low calorie, low fat, molten cheese stuffed burger. Almost like if a cheeseburger had a baby with a Hot Pocket.

To answer your question... no, I have absolutely no idea why this type of burger is called a 'Juicy Lucy', but I can tell you that it's a simple and very tasty burger. It's pretty much a cheeseburger, where you stuff the cheese INSIDE of the patty, rather than melting it on top of the meat, like normal. Unlike most recipes, which call for stuffing enough full fat cheese into the burger to choke a Wisconsinite... we're forming 2 thin ground turkey patties, then sandwiching them together around a piece of low fat, low calorie, low point, ultra melty American cheese.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN 2-2 (see notes)

R-D

- last checked 03/13/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

Ingredients:

Burger Patties :

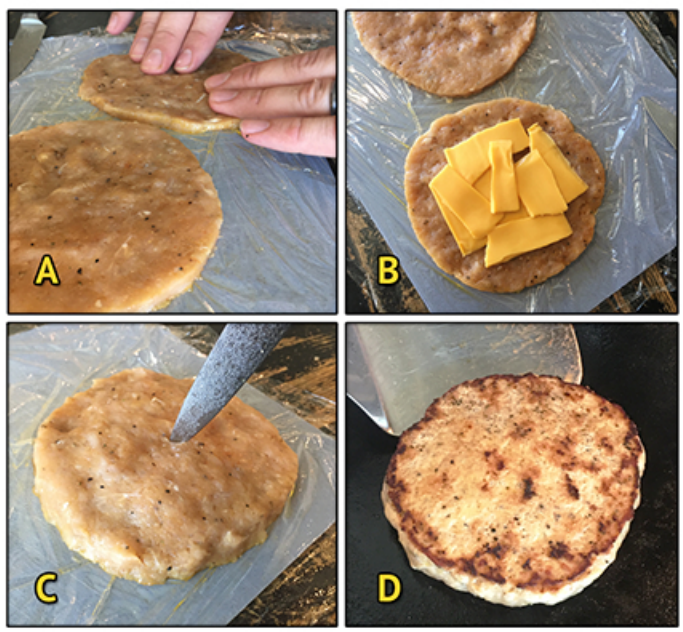
- 1lb batch of my 'Savory' ground turkey mix, recipe on pg. 26
- 4 slices of Velveeta Original cheese slices, or any other brand of low point, low calorie sliced cheese.

Additional Toppings:

- Lettuce, any preferred variety.
- Sliced Onions
- Sliced Tomatoes
- Dill pickle slices
- Traditional yellow mustard
- 1 batch of my low point ketchup, recipe on page 19

Directions:

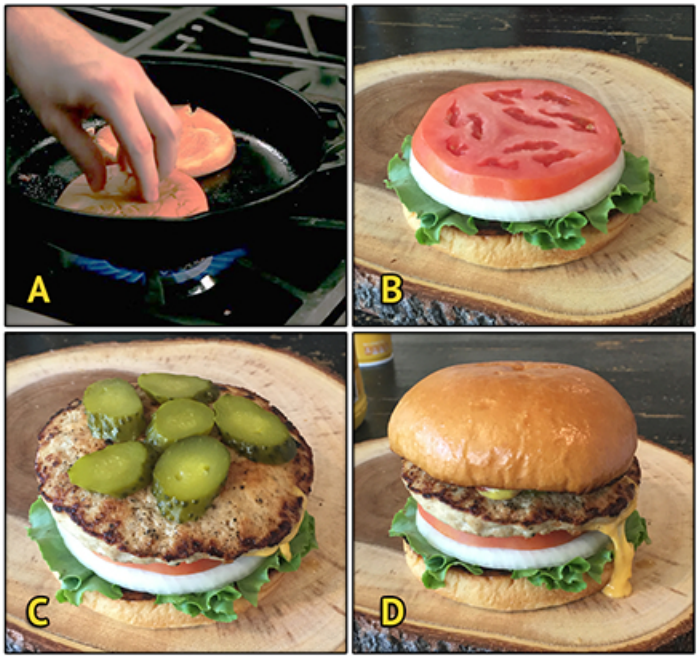
1 Mix the batch of meat, then let rest for 20 minutes. Form into a mound, then cut into 8 portions.



2 **(A)** On plastic wrap, form the meat into 8 thin patties, then use your hands to make them more spread out/thin. **(B)** Break up 1 slice of cheese and lay it onto the center of 1 patty, leaving space around the edges. **(C)** Lay one patty over the first, sandwiching the cheese between the two thin patties o' meat. Gently press on the sides to seal the edges, then poke a tiny hole into the top of the patty. **(D)** Preheat a large pan over medium heat, till water starts to sizzle on it. Spray with cooking spray, then cook the patties for 2 minutes per side.

Reference for Direction #1

A quick pic of how to quickly divide the 1 pound batch o' meat into 8 portions, for patties. Roll the 1lb ball o' seasoned ground turkey into a big ball, then use a long knife to slice down into the meat, making 8 equal-ish sized portions. Just like you would slice a pizza to make 8 slices.



3 To assemble the burger, first **(A)** toast your buns. **(B)** Smear some ketchup and mustard onto the bottom bun, followed by some lettuce. Then, place a slice of onion and tomato on top of the lettuce.**(C)** Set a stuffed burger patty on top of the tomato, followed by a few dill pickle slices. **(D)** Smear the top bun with some more mustard and ketchup, then... go get a bib. You'll need it, most likely. Done.

NOTES & SUGGESTIONS:

- ***BURGER PATTIES:*** Seriously... press them with your fingers, to spread them out and make them a little thinner and wider than normal. Also, as pictured, leave a little space between the edges of the cheese and the edge of the meat.
- ***CHEESE:*** Though I used Velveeta Original slices for this recipe, you can use any low calorie/fat/point cheese that you want. In truth, the first burger should be 1 point lower than it shows. The recipe makes 4 burgers, so the points for ALL 4 burgers get added together, which is 6 points of cheese for all 4 burgers. However, If you only actually make 1 single burger, that 1 single burger's filling will only be 1 point, from the 1 single slice of cheese. You can use any brand or type of cheese you want. Ultra thin sliced provolone, Swiss... even smoked gouda and mozzarella. Go to the deli counter and ask them to slice you any cheese that you choose, then use the 'cutting the cheese' hack, to lower it by 1 point.
- ***KETCHUP:*** You don't have to make my recipe for ketchup. Use any low calorie/sugar/point brand of ketchup that you want. However, my recipe lets you have 1/4 cup of ketchup for 0 points. Adjust your points if necessary, if you don't make my recipe.
- ***JUICY GIUSEPPE:*** You could make a pretty gooey Italian version of this. First, instead of my 'savory' meat mix... use my Italian sausage seasoning recipe to make the burger patties. Then, instead of American cheese, fill the patties with 1 point of shredded reduced fat mozzarella cheese or thin sliced provolone. Instead of mustard and ketchup, use some of my quick marinara sauce. Molto Bene! Then, to anger @chiafullo, use kale instead of lettuce. He loves kale...

Lebanese Kafta

Hummus, Charred Roma Tomatoes, Pickled Onions, Middle Eastern Patty... Be Still Mi Habibi!

This is my favorite of all my burgers... admittedly, because I love Middle Eastern food. For this flavor-bomb of a burger, we have an insanely delicious middle eastern spiced patty, topped with pickled red onions and hummus... sitting on a dollop of even MORE hummus, charred roma tomatoes and chopped romaine lettuce. This baby has so much flavor, it's like going to a Kabab house and asking them to throw an entire shish kabab platter between two burger buns.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN

R-D 1-1

- last checked 3/15/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

Ground Turkey Kafta Patties:

- 3/4 batch of my ground turkey "Kafta", recipe on pg. 26

Low Point, Low Calorie Hummus: *(make ahead of time)*

- 1 cup of my low calorie/low point Hummus, recipe on pg 18

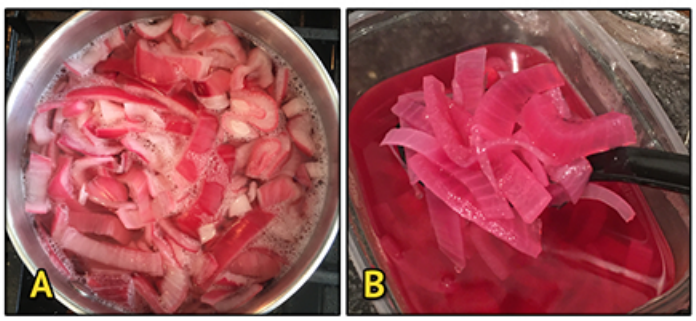
Pickled Red Onions: *(make ahead of time)*

- 1 medium red onion, quartered and sliced. The darker the reddish hue of your onion, the better.
- Distilled white vinegar, enough to cover the chopped onion

Additional Ingredients:

- 4-5 good sized Roma tomatoes. Each roma tomato is to be sliced into thick slices, around 1/2 thick. Each burger will get 2 or 3 slices, depending on your preference (I like three).
- Lettuce, any variety you want. I used 'Green Leaf' lettuce.

Directions:



1 **(A)** The night before you make the burgers, slice the red onion into quarters, then into thin strips. Place into a small pot and fill with enough white vinegar to cover the onions. Bring to a low boil for 5 minutes. Turn off heat and let it cool to room temperature. **(B)** Place the cooled onions and vinegar into a tupperware container. Close the lid and store overnight in the fridge. The longer they rest, the more vibrant the color gets. Tip: If you want them to get even redder, add the very dark, outer-most layer of onion, which you typically discard... into the vinegar mixture (discard them the following day).

2 Mix the batch of ground turkey kafta and form into (4) 3oz patties. Set aside to rest for 20-30 minutes. The longer you let the meat sit and rest, once mixed, the more flavorful it's going to get. Though it tastes great an hour after you mix it... if you let it sit overnight, it'll blow your mind. Adding the optional 'kitchen bouquet' browning & seasoning sauce into the ground meat mix, makes this mix actually end up tasting like ground beef kafta kababs. I highly recommend using it.

3 **(A)** Slice the roma tomatoes into 1/2" thick slices, you'll want 3-4 slices per burger. **(B)** Season with a little salt and some cracked or coarse black pepper, then spray with cooking spray. **(C)** Heat a large pan over medium-high heat, till water sizzles on it. Spray the hot pan with cooking spray, then place the tomato slices down, DO NOT MOVE THEM. Let them cook for 5 minutes, unmoved, so they develop char. Season the top with salt/pepper & more cooking spray. **(D)** Reduce heat to medium, turn slices over, cook for 3-4 more minutes. Remove from heat and set aside.

4 Clean out the pan, then preheat it again over medium heat till water sizzles on the surface. Spray with cooking spray, then add the kafta patties. Cook over medium heat for 3 minutes per side. Set aside.

5 To assemble your burger, first, toast your buns and scoop some bread out of the top bun. **(A)** Place some chopped lettuce onto the bottom bun, followed by 2 to 3 slices of roasted roma tomatoes. **(B)** Then, place a dollop of hummus on top of the tomatoes. **(C)** Place a Kafta patty onto the hummus, followed by some pickled red onions, which have been patted with a paper towel to remove excess vinegar. Place another dollop of hummus on top of the onions. **(D)** Cover with top bun. Done.

NOTES & SUGGESTIONS:

- ***PEPPER:*** I highly recommend using a decent amount of cracked black pepper on the tomatoes.
- ***HUMMUS:*** Don't want to use Hummus? Not a problem. You can replace it with a simple Middle Eastern seasoned quick tomato 'faux ketchup'. In a small pot, warm a 15oz can of tomato sauce and 1/2 tsp each: garlic powder, onion powder, ground cinnamon and ground allspice, as well as 1/4 tsp each: salt and pepper. Then, 1 Tbsp 0 calorie sugar replacement and 2 Tbsp apple cider vinegar. Warm it up, then let it cool to room temperature. Skip both dollops of Hummus in my burger directions... and instead:
  *Place the pickled onions directly on top of the burger patty, then drizzle a good 1-2 Tbsp of the spiced tomato sauce on top. Boom, done.
- ***PICKLED ONIONS:*** Don't want pickled onions? An easier, faster variation would be to simply thin slice some onion 'rounds', then, place some slices between the lettuce and tomatoes.
- ***VINEGAR:*** Though white vinegar gains points, we aren't counting points for the pickled onions in this recipe. Because, we aren't consuming that much vinegar, the onions are simply sitting in it, then being drained.

McRib-ish Sandwich

The mythical, seasonal, 'formed rib patty' sandwich from McDonald's... but without their mystery meat.

Once or twice a year, the house of the golden arches pulls out this crazy sandwich. Either you love it or you hate it, but either way... there is no mistaking how unhealthy the regular version is. It can best be described as a slab of processed 'pork product', formed into a patty that resembles ribs. It's slathered in BBQ sauce, cooked in whatever strange method they cook 'mystery meat' in.... then it's covered with pickles, onions and more BBQ sauce. As gross as the real thing sounds, it's actually tasty. MY version mimics the same flavors and texture, but makes them without all of the Dr. Frankenstein ingredients. We're using 99% fat free ground turkey, seasoned with SCIENCE!!!

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN

R - D
0-0

- last checked 03/15/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand rolls you want, then add my points.

Ingredients:

'Rib' Patties:

- 1 lb batch of my "savory" ground turkey mix, recipe on pg 26, sectioned into (4) 1/4 lb. portions.

Quick BBQ Sauce:

- 1 batch of my 'Quick BBQ Sauce'. Recipe on pg. 16

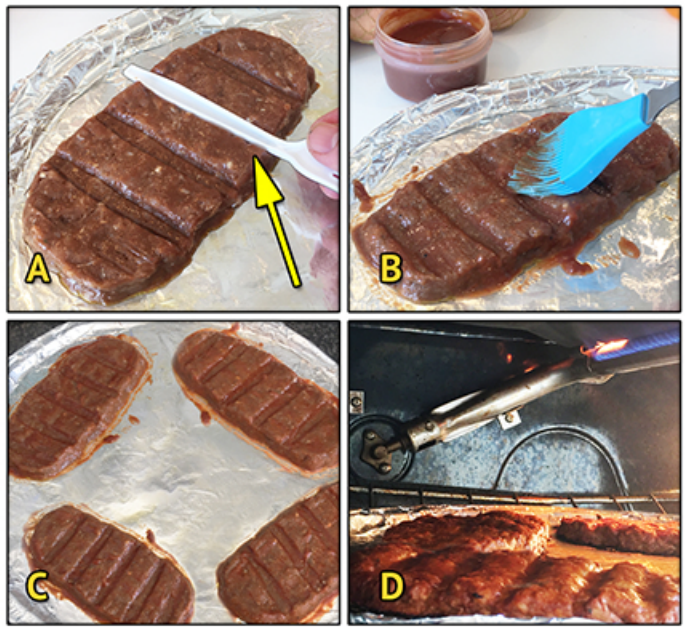
Additional Toppings:

- Sliced dill pickles
- 1 medium onion, quartered and sliced into strips
- Store bought French 'Hoagie' rolls (see notes)***

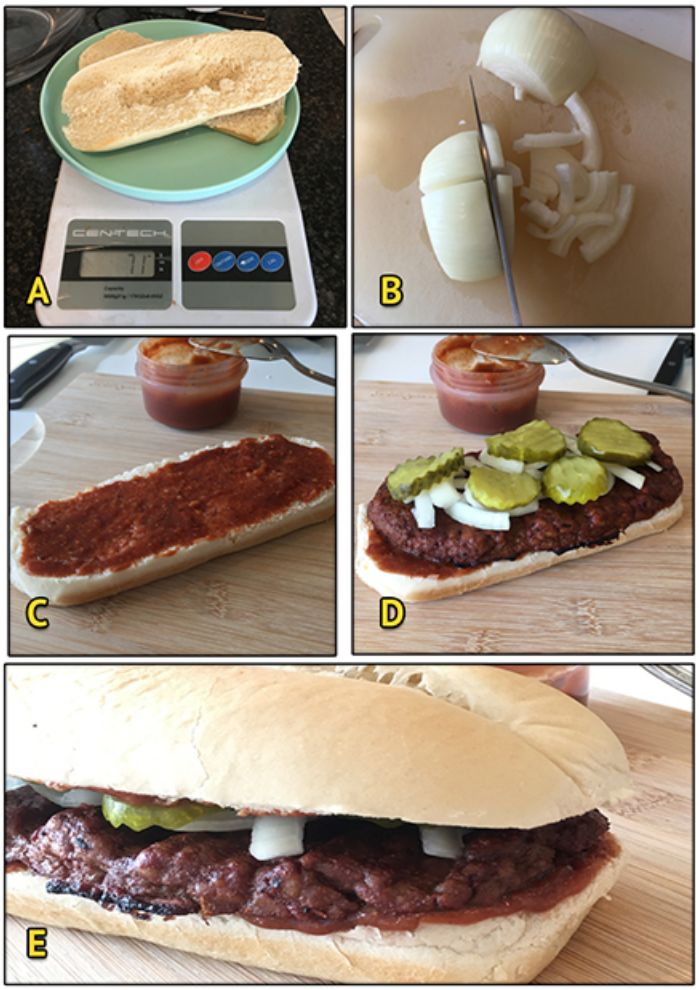
Directions:

1 Prepare the 1 pound batch of ground meat, divide into 4 equal sized portions, then set aside for 20-30 minutes.

2 Prepare a batch of my BBQ sauce, as directed. Set aside.



3 PREHEAT YOUR OVEN TO 425 degrees. **(A)** Place each of the 1/4lb portions of ground turkey onto plastic wrap. Shape into long oblong patties, roughly the size of your hoagie rolls. Press down into each patty with a utensil, to make indentations on the meat, to resemble a 'rib patty'. **(B)** Coat each shaped patty with BBQ sauce, then **(C)** place onto a baking pan, lined with foil. Bake at 425 degrees for 10 minutes. **(D)** Remove from oven and turn on the 'broiler' setting of the oven to High. Coat the top of the patties with more BBQ sauce, then place back in the oven, on the top rack position. Cook under the broiler for 2 minutes, then remove from oven. Set aside.



4 **(A)** *(optional)* Use the handy dandy "low point bun hack" from pg 40 to scoop bread from the top bun, lowering it by 1 point. Do not toast your buns for this sandwich, you want the bread to be soft. Set aside. **(B)** Quarter, then slice an onion into strips, set aside. **(C)** Smear BBQ sauce onto the bottom of your hoagie roll, then **(D)** Place your formed 'rib' patty onto the roll, spread some more bbq sauce onto the rib patty, so it's saucy. Then, add some thin sliced onions and dill pickles. **(E)** Finally, spread more BBQ sauce onto the top 'bun'. Done.

NOTES & SUGGESTIONS:

- ***HOAGIE ROLLS:*** Use whatever brand 'Hoagie Rolls' you want. However, scan your brand. Most hoagie rolls, as stated above, can have a small amount of bread scooped out of the top bun. Once weighed in grams, you can easily drop the 'point' value of the roll by 1 to 2 points. That small section of bread that I removed in picture 3A, took my purchased rolls from 6 points, down to 5.
- ***POINTS:*** Again, the listed points for this recipe do not take the bread into account. Use whatever bread you want, then add my points for the 'filling'. As an example, I used 6 point 'Hoagie Rolls'. (which I scooped some bread out of, taking them down to 5 points). On my plan, 99% fat free ground turkey breast is 0 points. So... MY "McRib-ish" sandwich was 5 points. The only points for me, are the bread. PS: A regular McRib is 19 points and a loooot less healthy.
- ***BBQ Sauce:*** Though mine is quick, tasty, and 0 points for the entire 1-1/4 cup batch... you can use ANY bbq sauce you want. But, adjust your points.

- ***VIDEO!: Scan this QR code to open a video, where I show you how to mix, form and bake the McRib.***

View Recipe Video

Meatball Sub with Mozzarella

Italian sausage meatballs with marinara, roasted garlic spread, thin sliced red onions, fresh basil and provolone

I know it's blasphemy to all my Italian Paisanos, but... I love the meatball sub from subway. I've always wanted to make my own version of a meatball sub, so... in the words of Super Mario, "Lets'a go!!" I tried to elevate it a bit by using MY Italian sausage recipe for the meatballs and including a creamy roasted garlic spread, on the toasted bread.

Servings Info.:

Yields: 2 sandwiches
Servings: 2
Serving: 1 sandwich

MY PLAN

Range 2-2

- last checked 03/15/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand rolls you want, then add my points.

Ingredients:

Italian Sausage Meatballs:

- 1 lb batch of my turkey Italian Sausage, recipe on pg 25, with the following addition in the raw mix:
  - Add 1-1/2 tsp EACH, regular and panko breadcrumbs
  - Add 1 large egg

Roasted Garlic Spread:

- 9-10 medium garlic cloves
- 1/4 tsp olive oil
- 2 Tbsp plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 2 tsp white wine vinegar (or regular distilled white)
- 1/8 tsp salt
- 1/8 tsp cracked black pepper
- 1/2 tsp garlic powder

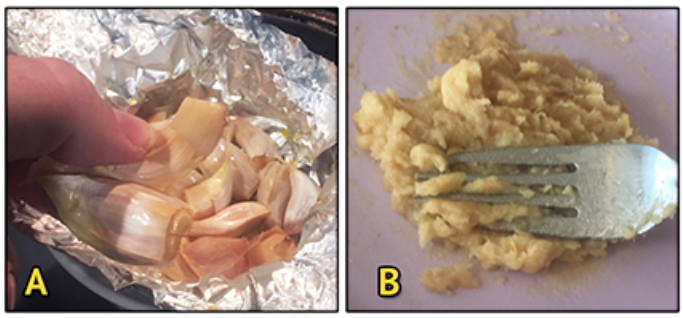
Quick Marinara Sauce

- 1 batch of my "5 minute marinara", recipe on pg 16

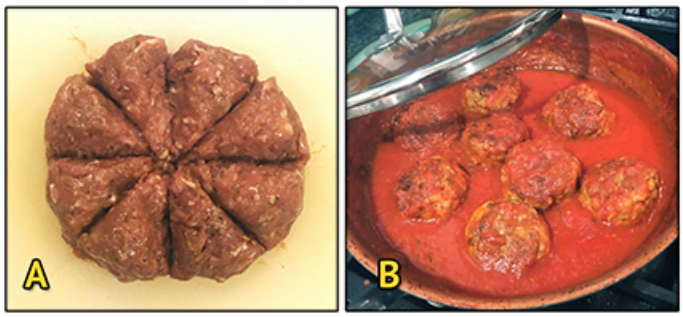
Additional Ingredients:

- 2 french bread 'hoagie' sandwich rolls **
- Fresh basil leaves (OPTIONAL)
- 6 Tbsp part-skim shredded mozzarella, divided (*see **4C***)
- 1 tsp reduced fat parmesan grated topping (like Kraft)
- Fresh chopped basil, for garnish, if desired

Directions:



1 **(A)** Preheat oven to 375 degrees. Place garlic cloves in a small foil pouch and drizzle with the olive oil and spray into the pouch with cooking spray. Stir to mix with the garlic. Close the foil and bake for 35-40 minutes. **(B)** Remove from the oven slightly open the pouch and let cool for 10 minutes. Remove garlic bulbs from the skin (if you're using garlic with skin on) and use a fork to mash the garlic. Mix mashed garlic with the rest of the 'Garlic Spread' ingredients. Set aside.



2 **(A)** Prepare the meat mixture and let rest for 20 minutes. Once rested, divide into 8 portions and roll into meatballs. **(B)** Heat a pan over medium heat for 1 minute. Spray with cooking spray, then arrange meatballs in the pan. DO NOT MOVE THEM. Let them cook for 3 minutes, then flip and cook 3 more minutes. Pour your marinara sauce into the pan, lower the heat to medium-low, cover and and cook for 10 minutes. Remove pan from heat and set aside with a lid on it.

3. TURN ON YOUR OVEN'S BROILER!
While it's heating up... Split your bread rolls and toast them, face side down on a hot pan. Scoop out bread from the top halves, which will help make room for the meatballs.

4 **(A)** Take 1/2 of the roasted garlic spread and smear it onto the 'bottom bread' of each sandwich. **(B)** Arrange 3 or 4 of the meatballs (depending on how large your bread roll is) into your sandwich, followed by some of the hot marinara sauce. **(C)** Divide the shredded mozzarella in half (3 Tbsp) and spread it over each of the 2 sandwiches. **(D)** Place your sandwiches on an oven safe pan, with the shredded cheese facing up toward the broiler flames. (you can arrange some rolled up foil under the outer side of each sandwich (look at picture 4B and C) to keep the rolls from opening too wide under the weight of the filling, if you want. Put the sandwiches into the oven, under the broiler for 3-4 minutes or until the cheese melts. Make sure not to burn the bread though. Remove from oven and let cool for 3-5 minutes. Sprinkle each sandwich with 1/2 tsp grated parmesan topping, then serve.

NOTES & SUGGESTIONS:

- ***MARINARA:*** If you don't want to use my sauce, don't. Use any recipe you want, as long as it's 0 points.
- ***CHEESE:*** Here's where you have a LOT of different options. I chose to use part-skim mozzarella on my sandwiches, because I wanted to have a bunch of gooey cheese on mine. However, if you want provolone cheese, feel free to use that too. Or, you can be like ***@chiafullo*** and put pineapple on your sub. He puts pineapple on everything, even his neapolitan pizzas.
- ***THE BREAD!!!!!:*** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add 'my points' to your bread's points. Easy. If you use an 7 point roll, add those 7 points to the 2 points for my sandwich. Boom, 9 point meatball sub. Simple.
- ***WHAT I DID FOR MY BREAD:*** I used a generic, store bought, 7 point 'french bread hoagie roll'. I scanned the bag and pulled it up in the app. Then, scrolled down to see how many grams I'd need to remove for it to be a 6 point roll, by weight. I scooped out bread from the top bun and weighed it again, till I hit that "6 point" number.
- ***GARLIC SPREAD:*** I wanted to add an extra flavor punch to my sub, to elevate the flavor a little bit from your regular run of the mill, generic meatball sub. So, I thought I'd add the creamy and tangy roasted garlic spread to it. However, I know that not everyone wants to take the time to roast garlic for it. If you want a quicker, easier, though less flavorful spread you can whip together in a minute... Instead of the 9-10 roasted garlic cloves, make the spread with 1 tsp of garlic powder, instead of 1/2 tsp. It'll work in a pinch and save you 40 minutes.
- ***EXTRA MEATBALLS?!?!?:*** I know, I know. In my sandwiches I only used 3 meatballs per sandwich, but my recipe makes 8 total meatballs. So, what gives?? Well, the number of meatballs you use is completely dependent on how large of a roll you use. If your roll doesn't have enough room for 4 meatballs each, save the extra 2 for a later meal or snack.

Meatloaf Sandwich

Thick Sliced Meatloaf, Smoked Gouda, Garlic Aioli, Crispy French's' Fried Onions... mmmm

Talk about using every possible inch of paper on a page! This is my low fat version of "*Claim Jumper's*" meatloaf sandwich. I did my best to try and make a moist meatloaf using 99% fat free ground turkey and I'm pleased with the results. Is it the same as using 85/15 ground beef? Nope. But, it's good, healthy, and a pretty fun process to make this little baby sized half meatloaf.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwiches

MY PLAN R-D 4-4

- last checked 03/15/24 -
These points ***DO NOT INCLUDE THE BREAD!!***
Use whatever bread you want, then add these points.

Ingredients:

Savory Ground Turkey Meatloaf Mix:

- 1lb batch of my Savory Ground Turkey, recipe on pg. 26, with the following changes:
  - Add 1 large egg
  - Add 2 Tbsp plain fat free Greek yogurt
  - Add 2 Tbsp plain breadcrumbs ***(or, you can follow the recipe on pg. 38 to make your own low point crumbs. If you do THAT, you instead of only getting ot use 2 Tbsp of store bought crumbs... you can add in an ENTIRE 1/2 CUP of crumbs for the same points!!!***

Quick BBQ Sauce:

- 1 batch of my BBQ Sauce, recipe on pg. 16

Garlic Aioli Spread:

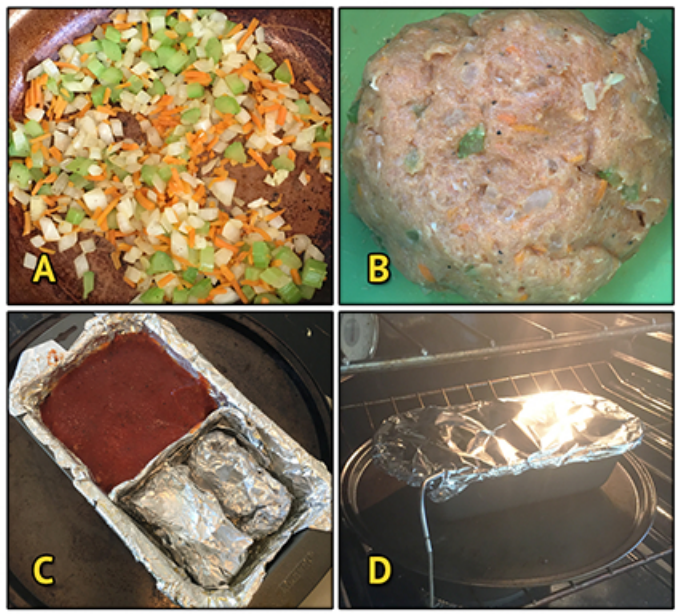
- 6 Tbsp plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1 Tbsp lemon juice
- 1/4 tsp garlic powder
- 2 medium garlic cloves, crushed, finely chopped
- 1/4 tsp salt
- 1/4 tsp coarse ground black pepper

Additional Ingredients:

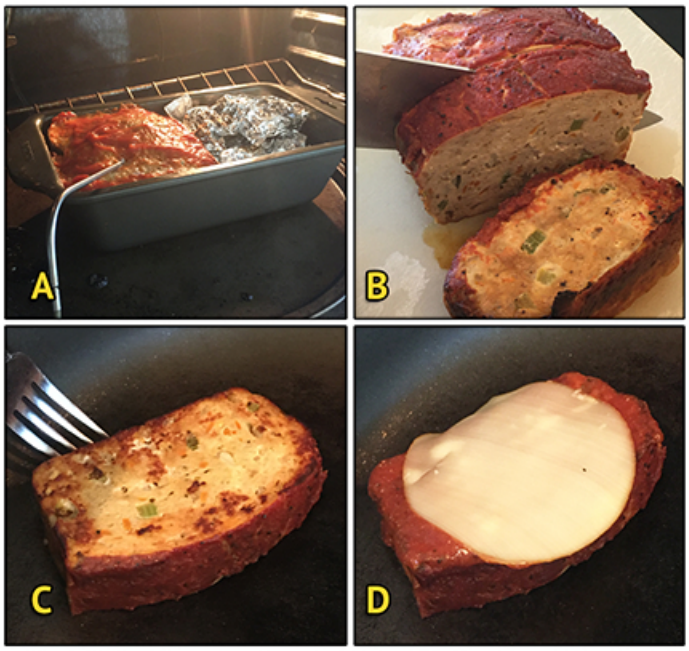
- 3/4 cup diced onion ***(for meat mix, step 2A)***
- 1/2 cup diced celery ***(for meat mix, step 2A)***
- 1/4 cup diced carrot ***(for meat mix, step 2A)***
- 2 garlic cloves, minced. ***(for meat mix, step 2A)***
- 4 slices smoked gouda cheese. You want 4 slices for 11 total points. Or 18 grams per slice, for a total of 72 grams o' cheese.
- 1 small red onion, thin sliced
- Lettuce
- Dill pickle chips
- 2 Tbsp French's original french fried onions, slightly crushed

Directions:

1 Prepare the bbq sauce, as directed. Set aside. Mix all of the Garlic Aioli ingredients together in a small cup. Set aside.



2 **(A)** Cook the diced onions, celery, carrots and garlic in a pan, with cooking spray. Season with salt and pepper, cook for 5-6 minutes, till vegetables are softened. Set aside. **(B)** Mix the 1lb batch of 'savory' meat seasoning, with the listed changes. Add the cooked celery, onions, carrots and garlic into the raw meat. The mix will be sticky, so wet your hands, as needed, while mixing it **(C)** Line a 9" loaf pan with foil and spray with cooking spray. Pack the meat into one side of the loaf pan. Then, create a folded piece of foil that will act as a divider, place it against one side of the meat and compress it to make a nice square. Fold up some more foil, or use some 'baking beads' or dried beans, to fill up the empty side of the pan, to hold the divider in place when the meat cooks, so it keeps it's shape. Cover the meat with some bbq sauce. **(D)** Heat your oven to 375 degrees, then cover the pan with foil and place it in the oven.



3 **(A)** Bake, covered at 375 degrees for 25 minutes, then remove the foil cover and bake 5 additional minutes. **(B)** Remove from oven and let sit for 15 minutes. Place the meatloaf on a cutting board and cut into 4 thick slices. **(C)** Heat a large pan over medium heat till water sizzles on it, then spray with cooking spray and fry for 1.5 minutes, then flip the slices. **(D)** Immediately spoon some bbq sauce onto each slice, then top with a thin slice of smoked gouda. Add a little water into the pan (1 to 2 Tbsp), cover with a lid and cook 1-1.5 more minutes, to melt the cheese. Remove the pan from heat and set aside.

NOTES & SUGGESTIONS:

- ***MEATLOAF MAYHEM:*** Want to skip a whole heck of a lot of time and steps with this meatloaf? Skip making it in a loaf pan. You can just form all the meat, by hand, into a big meatloaf shape, on a baking pan. It'll look more like a big square mound, but who cares. Smear it with BBQ sauce, loosely tent it with foil, and bake as directed. It won't look as pretty, but it'll definitely save on time. Plus... you won't use up half the foil in your house.
- ***THIN SLICED SMOKED GOUDA???:*** This recipe calls for an exact amount of smoked gouda slices (weighed in grams), because of points. My recipe allows for 11 total points to be used for 4 slices of smoked gouda cheese. If you have a food scale, buy whatever type of sliced smoked gouda you want, but make sure to trim each piece so that it is 72 grams of total cheese for all 4 slices, which is 18 grams per slice. Any more than that, and the first sandwich will go up 1 point.
- ***MEAT MIXTURE:*** As mentioned, make the meat mix from page 26, but add the ingredients mentioned in this recipe:
  - cooked onions, celery, carrots, garlic, bread crumbs, an egg and yogurt. The yogurt will help act as a fake "fat", for our ultra lean ground turkey.
- ***CRUMBS:*** As mentioned, you can go 2 ways with the crumbs in the meat mix. I'm allowing for 2 points of bread crumbs. If you use store bought crumbs, that's only 2 Tbsp. If, however, you choose to use my DIY Guide to make your own crumbs, you can add around 1/2 cup of crumbs into this mix for 2 points. As you can imagine... I'd recommend malking your own crumbs.
- ***DOUBLING:*** You CAN double the meatloaf recipe, to make a full sized meatloaf. However, you'll need to adjust your points (possibly) as WELL AS increasing the bake time. Use a probe thermometer and bake until your meatloaf is 155 degrees, then take it out and let it rest for 15 minutes. It'll keep cooking and the temp will get up to 165 as it rests.

4 **ASSEMBLY:** First, toast your buns, then **(A)** Spread 1 Tbsp of aioli onto the bottom bun, followed by some lettuce, red onion slices, then some pickles. **(B)** Place a slice of meatloaf over the pickles, then sprinkle 1-1/2 tsp of crushed French's fried onions onto the cheese. Drizzle some bbq sauce over the fried onions, then spread **(C)** a 1 Tbsp scoop of garlic aioli onto the top bun. **(D)** Done.

Monte Cristo

A Snazzy French-style grilled cheese, with dijon, ham, turkey, swiss cheese, powdered sugar and jam

No... this sandwich isn't from the famous French novel, "The Count of Monte Cristo". (if you haven't seen it, the movie with Jim Caviezel is awesome!!). It's essentially a fancy French grilled cheese sandwich with ham, turkey, dijon mustard and swiss cheese. It then gets dipped into an egg batter and cooked, like French toast, before being dusted with powdered sugar and served with fresh raspberry jam.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN

R - D
4-5
(see notes)

These points ***DO NOT INCLUDE THE BREAD!!***
These are the points for the "FILLING"! Add my points to whatever sliced bread you end up using.

Ingredients:

Seedless Raspberry Spread/Dip: (makes 1 cup)

- 12oz fresh raspberries (oooor, any berries you want)
- 1/4 cup 0 calorie sugar replacement o' choice
- 1 tsp lemon juice
- 2 Tbsp water
- pinch of salt
- 1/2 cup water
- 1-1/2 tsp cornstarch, dissolved into the 1/2 cup water

Sandwich:

- 8 slices any Keto-brand white bread (I used orrowheat)
- 8 slices ultra thin sliced swiss cheese (see notes)
- 3-4 Tbsp dijon mustard
- 3oz (8 slices) deli thin sliced black forest ham
- 4oz (12 slices) prepackaged deli sliced turkey breast
- butter flavored cooking spray

Egg Batter

- 3 medium eggs
- 1/2 cup unsweetened PLAIN almond milk (not vanilla)
- 1/4 tsp ground nutmeg
- 1/2 tsp salt

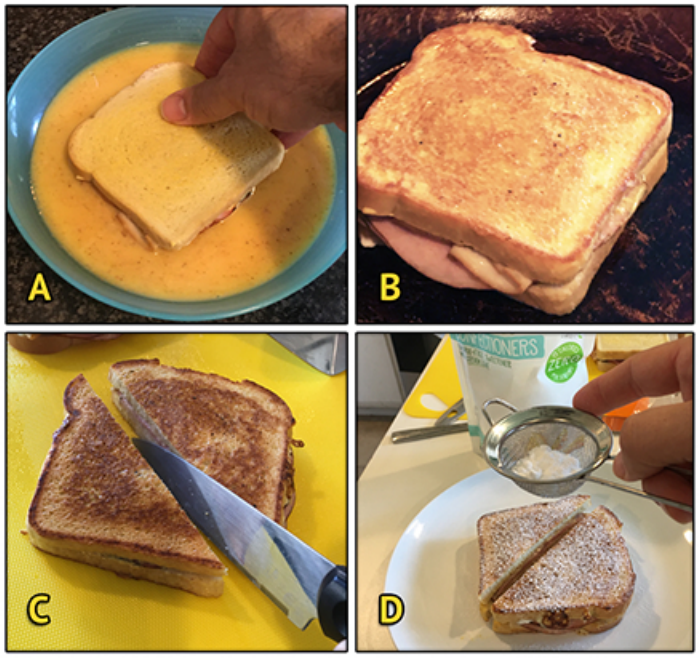
Additional Ingredients/Gear:

- 0 calorie confectioners sugar replacement
- wire mesh strainer, for dusting

Directions:

1. **(A)** Preheat a pot for 1 minute over medium heat. Add the first 5 ingredients for the raspberry dip and bring them to a boil. Lower heat slightly and let simmer for 20 minutes. **(B)** Pour the super-seedy cooked down mixture into a wire mesh strainer, over bowl. Use a kitchen spoon to press the mix into the strainer over and over, until only smooth puree is down in the bowl and all the seeds are removed. **(C)** Return the seedless puree back into the pot, along with 1/2 cup water and the dissolved cornstarch and bring back to a boil. **(D)** Boil over medium heat for 5 minutes. Remove from heat, set aside to cool, then move it to the fridge to set.

2 **(A)** Lay out the bread slices for all 4 sandwiches. Smear some dijon mustard onto 1 side of each slice of bread. Next, place 1 thin slice of swiss cheese over each slice, on top of the dijon. **(B)** Place 3 thin slices of turkey breast over the swiss cheese, on 1 side of each sandwich. **(C)** Next, place 2 slices of thin ham over the turkey. **(D)** Finally, put both halves of the sandwiches together. Spray both sides of each sandwich with the butter flavored cooking spray. Set aside. Can be stored in the fridge 1 day in advance.



3 **(A)** Whisk the batter ingredients together, set aside in a wide bowl. Preheat a pan over medium heat till water sizzles on it's surface then... place 1 sandwich into the egg batter. Let it sit for a few seconds, then flip and quickly soak the other side. **(B)** Cook each side for 3 minutes, then remove from pan. **(C)** Use a serrated knife to slice each sandwich diagonally. **(D)** Place some confectioners sugar replacement into a wire mesh strainer and dust the top of each sandwich. Serve with 1/4 cup of the jam for dipping.

NOTES & SUGGESTIONS:

- ***BREAD:*** As always, my listed points DO NOT include the bread. I used Orrowheat brand Keto white bread for mine, which is 1 point per slice. However, use whatever type or brand of low point sliced bread you'd like, then add my points to it.
- ***POINTS FOR 1 SANDWICH!!!:*** This is another sandwich where the "1 serving" points shown on the recipe page are actually WAY lower if you only eat/make 1 single sandwich for yourself. The points I show on pg. 108, once again, take into account the ingredients for ALL FOUR SANDWICHES, spread across them. For true accuracy though... if you are only going to have 1 single sandwich, the points for it are REALLY only 2 points for the filling (not 4) on the regular plan, and 3 points (not 5) on the diabetic plan. Why?... If you eat only 1 sandwich, the filling has 1 point from the cheese and 1 point for the ham. The almond milk is 0 points for an amount required to dunk one sandwich and the jam is 0 points on the regular plan, while a single serving would be 1 point for diabetics. So... 2 points for 'regular', 3 points for 'diabetics'.
- ***TURKEY SLICES?:*** Ok, this one's up to you. Different brands of thin sliced turkey breast deli meat have different points. Even though turkey breast is 0 points for a lot of us, some brands of thin sliced deli meat still have points for their turkey breast. In some cases, their 98% fat free turkey breast is higher in points than their HAM!!!! It makes no sense. For my recipe's points, I used a generic 0 point listing.
- ***RASPBERRY JAM/SPREAD:*** A couple things: First, if you don't like raspberry, you can swap it out with an equal amount of ANY fresh fruit, for this recipe. Personally, I would have preferred blueberry or blackberry, but... it was a better picture with red jam. Secondly, I am only straining the hot mixture to remove all of the seeds from the finished jam. If your chosen fruit doesn't have seeds, or you don't mind them, skip that step.

Mushroom & Swiss

Red wine, balsamic and rosemary mushrooms with a garlic, black pepper aioli

I've always liked a good mushroom burger, but the problem is that they're normally pretty high in fat and calories. I cut those down, while amping up the flavor by cooking smarter. We're using 2 thin slices of swiss cheese to hold the mound o' mushrooms in place and boosting the mushroom's flavor with red wine, beef broth, garlic and rosemary. Then, to top it of, we're making a black pepper, garlic, parmesan aioli.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN 4-4 R-D

- last checked 03/17/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

Ingredients:

Savory Ground Turkey Patties:

- 3/4 batch of my "Savory" ground turkey, recipe on pg. 26 Mixed, then formed into (4) 3oz patties. Set aside.

Black Pepper & Garlic Aioli Spread:

- 1/2 cup fat free plain Greek yogurt
- 1 Tbsp light/reduced fat mayonnaise
- 1 tsp lemon juice
- 2 medium garlic cloves, crushed and minced.
- 1/4 tsp black pepper
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1 tsp reduced fat parmesan grated topping, like Kraft brand**

Mushrooms:

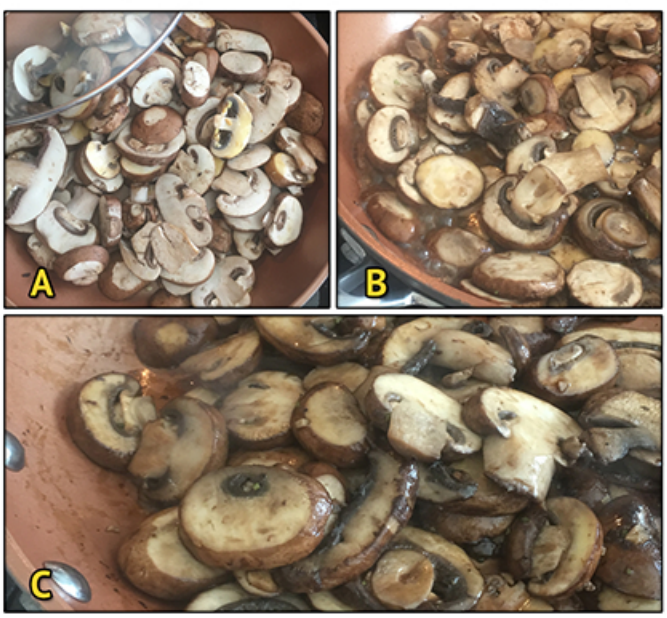
- 2 (8oz) packages of sliced baby bella (cremini) mushrooms
- 1 medium garlic clove, minced
- 1/4 cup fat free beef broth
- 1 Tbsp red wine
- 1 tsp balsamic vinegar
- 1/4 tsp pepper
- 1/4 tsp salt
- 1 tsp fresh rosemary, finely chopped

Additional Ingredients:

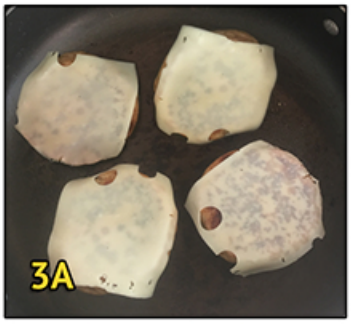
- 8 slices ultra thin sliced swiss cheese, such as Sargento or Jarlsberg brand. (12 total points)**

Directions:

1 Combine all of the Aioli ingredients in a small bowl. Stir to combine, cover and set aside in the fridge, so the flavors can meld together.



2 **(A)** Preheat a large pan over medium heat, till water sizzles on the surface. Spray with cooking spray, then add the mushrooms and garlic. Cook, covered, for 5 minutes. **(B)** Add the beef broth, red wine, vinegar, salt, pepper and rosemary. **(C)** Cook, uncovered, over medium heat for 8 to 10 minutes, or until most all of the liquid has evaporated. Taste and season with salt/pepper if needed. Turn off heat, cover the pan, set aside.



3 Heat a large pan over medium heat, till water sizzles on it's surface. **(A)** Place the formed 3oz patties onto the pan and cook for 2.5 minutes. Flip, then cook for 1.5 minutes longer.After the 1.5 minutes, place 1 slice of swiss onto each patty, **(B)** followed by a scoop of mushrooms and then top the mushrooms with 1 final slice of swiss cheese. Pour a little bit of water into the pan, then cover it for 1 minute. The top cheese will melt over the mound o' mushrooms and hold them in place, in a cocoon of melted swiss cheese. Turn off heat, set aside.

4 **ASSEMBLY:** Toast the buns, then **(A)** spread 1 Tbsp of the aioli onto each of the buns (top and bottom). **(B)** Place a burger patty, with the melted cheese and mushrooms onto the bottom bun. **(C)** Cover with the top bun... dig in.

NOTES & SUGGESTIONS:

- ***CHEESE:*** 2 slices of thin sliced sargento brand swiss cheese are 3 points. NORMAL thickness swiss cheese is usually 3 points. So, it gives you options. You can use 2 thin slices, like I did, which are used to keep the 'shrooms from falling out of your burger when you bite it. Or, you can use 1 regular, thicker, 3 point slice on the patty, it's your call. There are 12 total points of swiss cheese for these 4 burgers, as is.
- ***THIN SLICED CHEESE:*** If you can't find sargento or a different brand "thin" sliced swiss cheese, go to your store's deli section and ask them to cut the cheese for you. Yes... I went there. When you tell them to cut the cheese... tell them you want VERY thin slices, not regular thickness. However, if you ARE able to get that uber-awesome Jarlsberg Swiss cheese, rejoice. THAT cheese is sliced THICK while being the same points as the thin sliced stuff. It's seriously the greatest brand of low point 'light' Swiss, ever.
- ***MUSHROOMS:*** Use any variety of mushroom you want. You can also use additional mushrooms, chopped up and mixed into the meat, to add more bulk and savoriness to the patties.

My Big Fat Greek Burger

A 3oz Patty of Greek 'Loukaniko' Country Sausage, with Tzatziki Sauce and a Mound of Feta Cheese

Hoping to get a bite of this burger is the real reason the Persians went to war with the Spartans. My recipe is a flavor explosion not seen since the times of antiquity! A delicious Greek meat patty filled with artichoke, spinach, garlic, red wine, lemon zest & more, over fresh red onions, tomato and lettuce. It's covered in tzatziki sauce, with a salty & creamy feta cheese punch.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN

R-D 1-2

- last checked 03/18/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Ingredients:

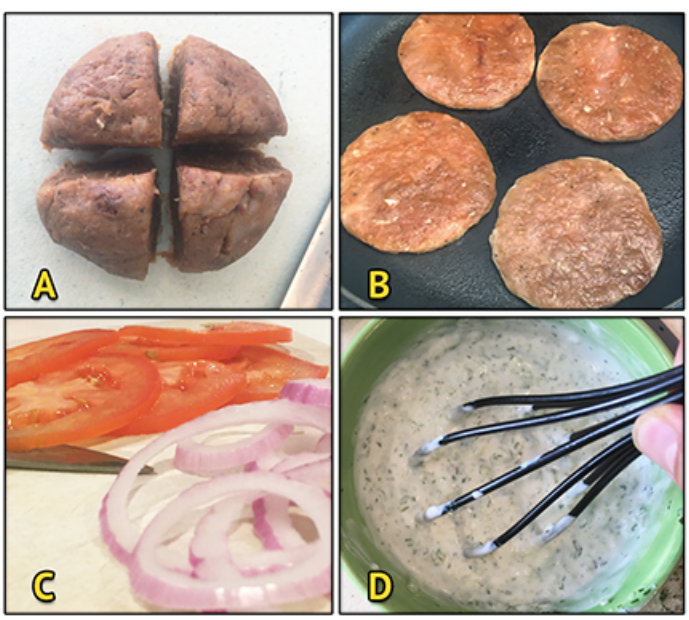
Greek Turkey Burger Patties **
- 3/4 batch of ground turkey 'Loukanio' mix, recipe on pg 25

Tzatziki Sauce (small batch of my regular recipe):
- 1/2 cup plain fat free Greek yogurt
- 1/4 cup peeled, finely diced cucumber
- 1/2 Tbsp lemon juice
- 1 tsp olive oil
- 1 small garlic cloves, crushed and minced
- 1/2 Tbsp fresh dill, finely chopped, packed
- 1/4 tsp fresh mint, finely chopped (optional)
- 1/8 tsp salt, or more to taste

Additional Ingredients:
- Shredded or chopped lettuce, any variety you want
- 1 medium red onion, sliced across into thin rings
- 2 Roma tomatoes, thin sliced
- 6 Tbsp reduced fat feta cheese, crumbled

Directions:

1 (Do Ahead): Mix together the tzatziki sauce ingredients, cover and set in the fridge for 1 hour, so the flavors can develop. Mix together the ground meat and set aside, letting it rest for at least 20 minutes.



2 **(A)** After the meat has rested, divide it into 4 sections and form (4) 3o patties. **(B)** Preheat a pan over medium heat till water sizzles on the surface.. Spray with cooking spray, place burger patties into pan and cook for 2.5 minutes per side. **(C)** While they are cooking, thin slice the onions and roma tomatoes. **(D)** Pull the tzatziki sauce out of the fridge and mix it one more time. If desired, toast your burger buns. I'd recommend scooping a little bit of bread from the top bun, so the toppings won't splurt out the side of the bun when you take a bite.

3 **(A)** **Assembly:** Place some of the shredded/chopped lettuce onto the bottom bun, followed by a few of the thin sliced red onions, then sliced roma tomatoes. **(B)** Next, place a burger patty on the tomatoes, followed by a 2 Tablespoon scoop of tzatziki sauce. **(C)** Measure and scoop 1-1/2 Tablespoons of feta cheese onto the tzatziki sauce, **(D)** then finish with the top bun. Opa!!!!!

NOTES & SUGGESTIONS:

- ***GREEK MIX:*** The 'Loukaniko' is one of my newer meat mixes. It has amaaaazing flavor in my opinion. However, it DOES have a lot of ingredients.If you want to make things easier on yourself, just make a batch of my 'savory' mix. It'll still taste ok, it just won't be Greekugh to make Gus happy. If you go the 'savory' route, it will be easier to make... but it will 100% not taste as flavorful. No amount of Windex will fix that.
- ***ROMA TOMATOES:*** If you want to add a little bit of a savory depth of flavor to the burger, you can choose to roast, or pan sear the roma tomato slices. It'll add a nice flavor, but you WILL lose the crispness of the fresh tomatoes. Considering I modeled this burger after a Gyro wrap... the fresh produce is key for that.
- ***FETA:*** You can use reduced fat OR fat free feta. If you use Fat Free, you can use more feta per burger, however, the flavor is much more mild.
- ***"IT'S OK, I MAKE LAMB":*** "Hey, Daniel... minus the meat mix, this looks an awful lot like a burger version of a Greek Gyro!" Yup, that was what I was thinkin' when I made this thing. With the exception of using a Greek sausage meat mix for the patties, all of the rest of these ingredients are what can be found in a traditional Gyro sandwich. Lettuce, red onion, tomatoes, tzatziki sauce, feta cheese... In the words of Ian Miller's parents, Harry and Harry, "It's all Greek to me!"

Oktoberfest Burger

Grab your Lederhosen, we're headed to Deutschland!

Who says Oktoberfest only comes around once per year?! This baby's got enough German cred to give David Hasselhoff a run for his money. I'm pulling out all the cliches I can think of, to pack a blitzkrieg of flavor into this bad boy. Though you can use any buns you want, this burger is so low in points that I opted for a high point pretzel bun for my pictures, but... use any type that you want. This culinary Hans & Franz is loaded with a pan seared, thick slice of red onion and a low fat bratwust patty, topped with swiss cheese, a mustard-beer sauce and a pile of sauerkraut. Did I mention... mustard-beer sauce!?!?!

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN 2-2

- last checked 03/19/23 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Ingredients:

Low Point Bratwurst Patties:

- 3/4 pound batch of my Bratwurst, recipe on pg. 24 Mixed, then formed into (4) 3oz patties. Set aside.

Mustard Beer Sauce: (Makes 1/2 cup, 0 total points)

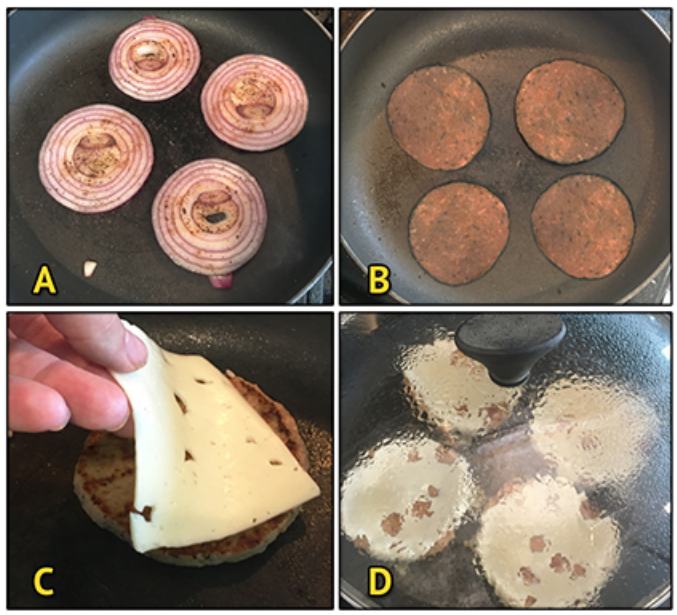
- 2 Tbsp (1oz) Light Beer. Yes.... light beer, deal with it.
- 3 Tbsp dijon mustard
- 3 Tbsp whole grain, stone ground mustard
- 1/2 tsp dry mustard powder
- 1/4 tsp salt
- 1/4 tsp pepper
- a dash of hot sauce, to taste (optional)

Additional Ingredients:

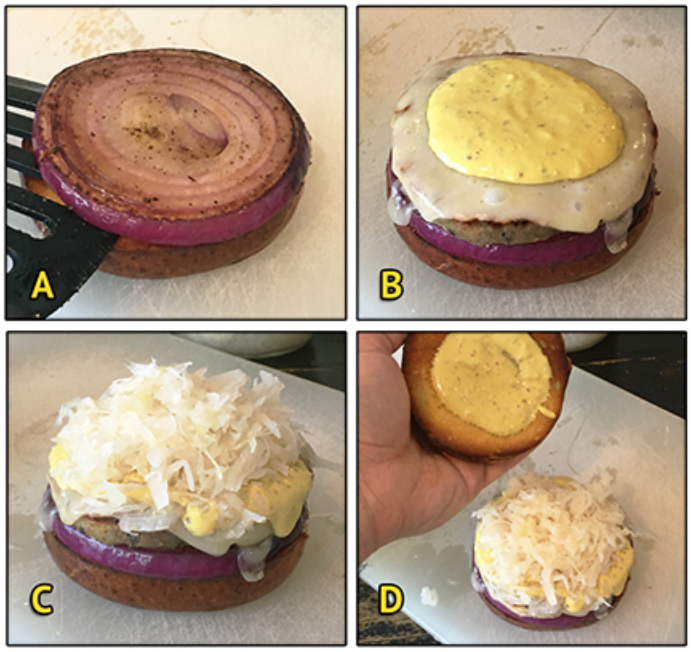
- 4 thick slices of red onion, around 1/2 inch thick.
- Sauerkraut. It can be found by the refrigerated pickles at the grocery store.
- 4 slices Swiss cheese. Reduced fat, or thin sliced, such as
- Sargento brand thin sliced Swiss. ***(see notes)****
- 4 Cornichon/Gherkin, fancy lil French pickles. (optional)

Directions:

1 Mix together all of the ingredients for the Mustard Beer sauce, till smooth. Cover and set aside.



2 **(A)** Heat a large pan over medium heat till water sizzles on it's surface. Spray the onion slices with cooking spray, season with salt and pepper, then place into the pan. Cook for 2 minutes per side, then set aside. **(B)** In the same pan, cook the Bratwurst patties with cooking spray. Cook for 2.5 minutes over medium heat, then **(C)** flip the burgers and top with Swiss cheese slices. **(D)** Add a little water into the pan, cover with a lid, then cook for 2 additional minutes. Remove burger patties from the pan and set aside.



3 To assemble the burgers, **(A)** place one of the red onion slices onto the bottom bun, **(B)** followed by one of the bratwurst patties. Spoon 1 Tbsp of mustard sauce onto the melted cheese. **(C)** Take a good scoop of the Sauerkraut from the jar and give it a little squeeze, to remove some of the vinegar brine. Place the mound o' Kraut on top of the sauce. It should resemble the top of Guy Fieri's head at this point. **(D)** Lastly, smear 1 more Tablespoon of mustard sauce onto the top bun, then set it on top of the sauekraut. If you want... you can skewer a small Gherkin pickle with a toothpick, then top your burger with it. Man... the French just can't win.

NOTES & SUGGESTIONS:

- ***CHEESE:*** 2 slices of Sargento brand thin sliced swiss cheese are 3 points. NORMAL thickness swiss cheese is usually 3 points. So, it gives you options. You can use 1 thin slice per burger, like I did, which makes the points for the cheese 1 point on the first burger, 3 for the second, 4 for the 3rd and 6 for the 4th serving of cheese. Or, you can simply scan different brands of Swiss cheese, use whatever you want, and adjust the points of the recipe. Either way, it's a low point burger.
- ***THIN SLICED CHEESE:*** If you can't find sargento or a different brand "thin" sliced swiss cheese, go to your store's deli section and ask them to slice some swiss cheese for you as thin as they possibly can. OR, go the easy route. By regular swiss cheese, then use my "cutting the cheese" hack to weigh it in grams and slice a little off, to lower it by a point.
- ***MUSTARD BEER SAUCE/SPREAD:*** If you don't want to use alcohol for your spread, then use water or fat free beef broth. Heck, if you want to add a little sweetness instead, use root beer.
- ***SAUERKRAUT:*** This is honestly the first time in my life I've tried it. If you don't mind eating pickles or pickled vegetables,you'll like it.
- ***GHERKIN PICKLES:*** I wasn't planning to putting fancy French pickles on top of the burger, as garnish. However, as soon as I pulled the Bratwurst out of the fridge, the pickles surrendered. Luckily, the Swiss acted as a neutral buffer between the two.

Orange Chicken

WW-ifying the high point Panda Express entree into a sandwich

I really wanted to think outside of the box with this sandwich. I decided to make a sandwich version of the delicious, yet extreeeemely unhealthy Orange Chicken entree from Panda Express. The end result is a bit of work to make, but tastes absolutely amazing.

Ingredients:

Breaded Chicken Breasts:

- 4 Boneless, skinless chicken breasts
- 1/4 tsp baking soda dissolved with 2 tsp water
- 1 batch of my breading, recipe on pg. 38-39, prepared

Asian Green Cabbage & Scallion Slaw:

- 1/2 head of green cabbage, sliced very thin.
- 1/4 cup green onion sliced thin, at an angle. Use both the green and white parts (takes about 4 whole green onions).
- 1 Tbsp rice vinegar (unseasoned)
- 2 Tbsp lemon juice
- 1/4 tsp sesame oil
- 2 tsp 0 point sweetener o' choice
- 1/4 tsp each: salt & pepper

Asian Chili Aioli:

- 3 Tbsp fat free plain Greek yogurt
- 1 tsp light mayonnaise
- 1 to 2 tsp Asian chili sauce
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp lemon juice
- 1 tsp low sodium soy sauce

AWESOME Orange Sauce/Glaze:

- 1/4 cup orange juice
- 1 Tbsp orange zest, finely chopped
- 3 Tbsp reduced sodium soy sauce
- 4 Tbsp 0 point sweetener o' choice
- 2 medium garlic cloves, minced
- 1 tsp ginger root, finely chopped/minced
- 1/8 tsp red pepper flakes
- 1-1/2 tsp cornstarch, dissolved in 2 Tbsp water.
- 1 Tbsp PLUS 1 tsp sugar free syrup (pancake syrup)

Additional Ingredients:

- 1 tsp sesame seeds, toasted, for garnish.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN

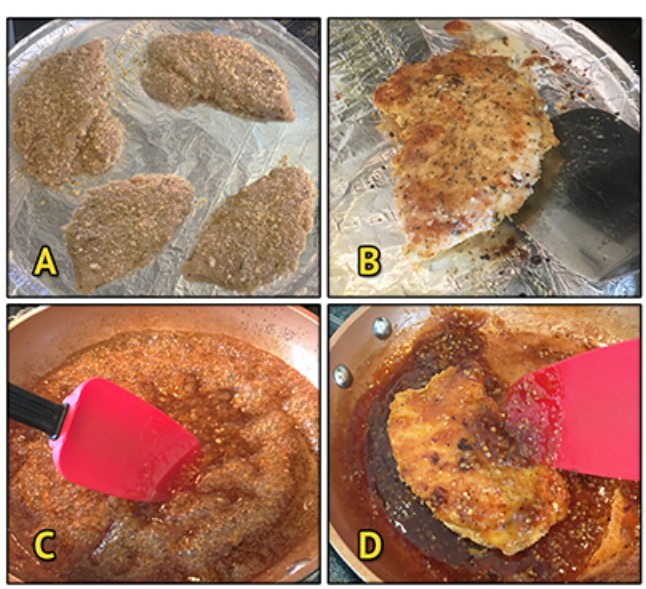
R - D
2-2

- last checked 03/20/24 -
Listed Points DO NOT INCLUDE BREAD!

Directions:

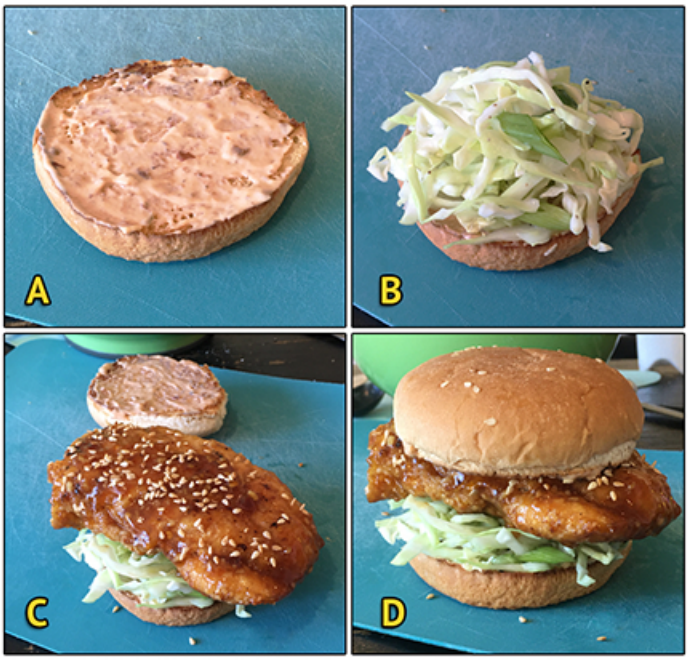
1 Mix the cabbage and slaw ingredients together, set aside. Mix the asian chili aioli ingredients together, set aside.

2 Mix the chicken breasts together with dissolved baking soda/water solution. Set aside for 20 minutes.



3 Preheat oven to 425 degrees. **(A)** Dust the chicken with flour, then bread the chicken breasts, as shown on pages 37-39. Place onto a foil lined pan, spray both sides with cooking spray, then bake at 425 for 14 minutes. **(B)** Flip and bake for 5-6 more minutes. Set aside. **(C)** Heat the orange sauce ingredients in a pan. Bring to a rolling boil for 2-3 minutes, till thick. **(D)** Add the baked chicken to the pan with the sticky sauce. Toss to coat. Turn off the heat, set aside.

4 To toast the sesame seeds, heat them in a small pan over medium heat till lightly browned and fragrant. It'll take 3-4 minutes. Set aside.



5 **(A)** Toast your sandwich buns or bread o' choice, then place a dollop of the Asian chili aioli on the bottom bun. **(B)** Set a small mound of the green cabbage slaw on top, **(C)** followed by one of the glazed chicken breasts. Sprinkle 1/4 tsp of toasted sesame seeds on top of the chicken and spread some more of the aioli onto the top bun. **(D)** Place the bun on top, get your grub on.

NOTES & SUGGESTIONS:

- ***GREEN CABBAGE 'SLAW:*** A couple of things:
  - *Obviously, remove the hard core from the bottom center of the cabbage.
  - * Slice the cabbage very thin, if you don't, it'll be hard to form into a nice mound on the bun.
  - * Don't want to shred it yourself? Buy a bag of already shredded up "coleslaw mix" at the grocery store. But... Use my dressing (in the slaw ingredients).
- ***BREADING:*** The listed points assume you are going to bread your chicken breasts with my low carb breading. If you don't, adjust your points.
- ***CHILI SAUCE:*** In the Asian food aisle, by the soy sauce, you'll find the chili sauces. I used the "Huy Fong Foods" brand chili garlic sauce. They're the folks that make Sriracha sauce. Most major grocery stores carry it.
- ***ORANGE SAUCE:*** This sauce is freakin' bomb.com awesome. However, be aware... Unlike deep fried breaded chicken, baked and breaded chicken that gets glazed, only stays crispy for around 10 minutes. a few minutes, then the breading starts to absorb the sauce/glaze. I strongly advise prepping ALL of the other ingredients first, so that as soon as you are finished glazing the chicken in the pan, you can build your sandwich and eat it ASAP.
- ***CHICKEN CHUNKS??:*** Yes... you can use this sauce to glaze breaded and baked chunks of chicken breast. I actually do that in Cookbook 5: Asian Cuisine, to make a healthy, legit batch of Panda's Orange Chicken.

Original "BK" Chicken Sandwich

My Healthier Version of the Burger King 'Original' Chicken Sandwich

In this, the second edition of my burger book, I felt I really needed to add a LOT more chicken sandwiches (there were virtually none in the 1st edition). One of my favorite nostalgia fast food chicken sandwiches, growing up, was the OG chicken sandwich from Burger King. This is my much, much healthier version of it.

Servings Info.:

Yields: 2 sandwiches
Servings: 2
Serving: 1 sandwich

MY PLAN

R - D
2-2

These points ***DO NOT INCLUDE THE BREAD!!***
These are the points for the 'FILLING", what goes IN the sandwich. Use whatever bread rolls you want, then add THESE POINTS (the filling) to your bread of choice.

Ingredients:

Chicken:
- 10oz ground **chicken breast**, for making (2) 5oz patties
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/8 tsp baking soda, dissolved with 1/2 tsp water

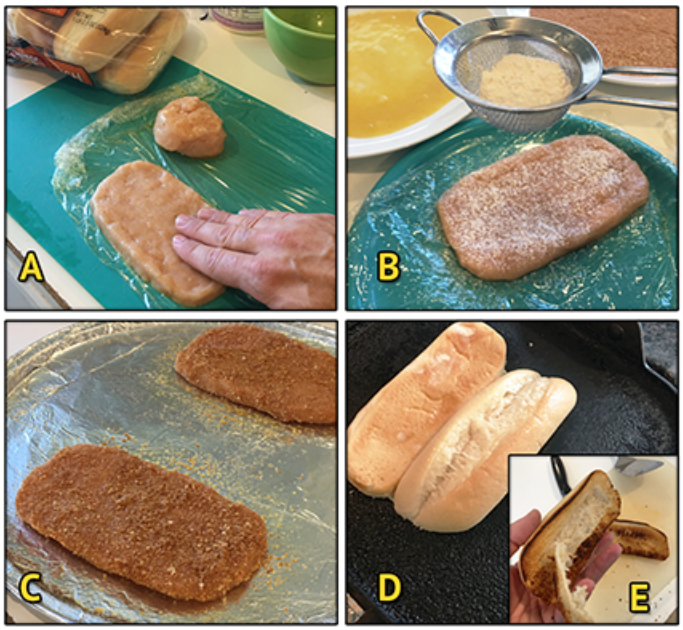
Breading: (make ahead of time)
- 1/2 batch of my low carb bread crumbs/breading (pg 38-39)

Dressing/Spread
- 1/2 cup plain fat free Greek yogurt
- 1 Tbsp light mayonnaise
- 1 tsp dijon mustard
- 1 Tbsp white vinegar
- 1/2 tsp 0 calorie sugar replacement o' choice
- 1/4 tsp salt
- pinch o' black pepper
- additional water to thin it, if desired/needed

Additional Ingredients:
- (2) store bought, french bread hoagie rolls. Scoop bread out of top bun halves, to make a cavity for the shredded lettuce
- Shredded lettuce

Directions:

1 Ahead of time, mix together the ground chicken, salt, pepper and baking soda solution. Let it rest for 20 minutes. Prepare the half batch of toasted breading and egg wash, set aside.



2 **(A)** Measure 2 equal portions from the ground chicken. Then, use your hands to press down and shape each mound'o ground chicken into a patty about the same size as your bread rolls. Place in the fridge for 20 minutes, to firm up. **(B)** Dust the two patties, on both sides, with 1-1/2 tsp of flour, as shown on page 37. Carefully dredge the patties in egg wash, followed by the crumbs. **(C)** Place breaded patties on a foil lined pan, spraying both sides with cooking spray. Heat your oven to 400 degrees. Once heated, bake for 12 minutes, then flip and bake for 6 more minutes. **(D)** While the patties are baking, toast the 'inside face' of your bread rolls rolls on a hot pan. **(E)** Then, scoop some bread out of the top bun. It removes 1 point of bread AND it makes a cavity to hold the lettuce in place.

3 Mix all the ingredients for the Dressing/Spread together, till smooth and well combined. Set aside.

4 **(A)** Smear 2 Tablespoons of the mayo spread onto the toasted bottom bun. **(B)** Then, place a baked chicken patty, followed by a good sized, heaping pile o' shredded lettuce. **(C)** Smear the top bun with 2 more Tablespoons of spread. Because you scooped out bread from the top bun, you can either smear it around the edges of the top bun, or into the cavity... you're choice. **(D)** Place the top bun over the lettuce and relish in the fact you didn't have to drive to Burger King, to get your gnosh on. Go Team!

NOTES & SUGGESTIONS:

- ***THE BREAD!!!!!:*** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. Easy. If you use a 7 point french bread sandwich roll, add those 7 points to the listed points for 1 serving of my sandwich. The hoagie roll I used was a 7 point french bread roll. I scooped out the bread, weighed my roll, and it dropped down to a 6 point roll. With my filling... **my sandwish was an 8 point version** of the BK original chicken sandwich. **The ORIGINAL sandwich, at BK, is 22 points!**
- ***DIJON?:*** I know it sounds weird, but adding that little bit of dijon mustard to the greek/light mayo spread, reeeeally elevates the flavor.
- ***LETTUCE:*** For my sandwich, which is pictured on these pages, I used chopped romain lettuce. HOWEVER, the real sandwich uses iceberg lettuce, which has a lot more of a crispy crunch. I used romain because it's prettier. For taste, I texture, I prefer the iceberg lettuce... but that's just me.
- ***DELUXE CHICKEN SANDWICH:*** Want to make this into the BK Deluxe Chicken Sandwich? It's pretty simple. Add some thin sliced tomato, as well as a slice (or slices) of Sargento ultra thin sliced swiss cheese. Easy peasy. Just don't foreget to adjust points for the added cheese. On a positive, it'll still be WAY healthier than the BK version, which has a whopping 29 points.

Patty Melt

The Unspoken Love-Child of a Burger & a Grilled Cheese

Ever wondered what'd happen, if a burger hooked up with a grilled cheese it met at a bar one night, after one too many jello shots? Well, 9 months later, you'd see a baby Patty Melt on a "Who's the daddy?" episode of Maury. When that happens, you get a burger patty topped with caramelized onions, with a grilled cheese for a burger bun. Talk about some serious daddy issues.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN

R - D
3-3

- last checked 03/21/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

Ingredients:

Ground Turkey Patties:

- 3/4 batch of my Savory ground turkey, recipe on pg. 26, formed into (4) 3oz patties. Let rest for 20-30 minutes.

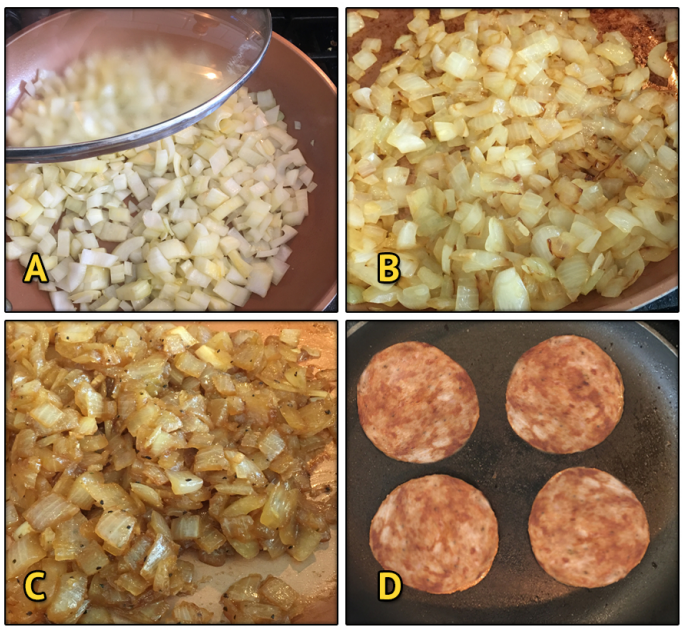
'Beefy' Caramelized Onions:

- 2 large onions, diced
- 0 point cooking spray
- 1 medium garlic clove, chopped
- 1/2 cup beef broth, fat free
- 1/2 tsp salt
- 1/4 tsp black pepper (use white pepper if'ya want)
- 1/2 tsp onion powder

Additional Ingredients:

- 8 slices of low point cheese. For THIS recipe, I am using Velveeta Original singles. ***(SEE NOTES)****
- Butter flavored cooking spray ***(SEE NOTES)****
- 8 slices of low carb or keto bread. (I am not including the bread in the points for this recipe, which is my norm)

Directions:



1 **(A)** Over medium heat, Use cooking spray to cook the onions and garlic, covered, for 10 minutes. Stir occasionally, so they don't burn. **(B)** Remove the lid after 10 minutes, then add the beef broth, salt, pepper and onion powder. **(C)** Reduce heat to medium-low, bring to a boil, then simmer, uncovered, for 6-8 minutes, or until all the liquid has evaporated. Cover and set aside. **(D)** Preheat a large pan over medium heat, until water sizzles on the surface. Place the burger patties into the pan and cook for 2.5 minutes on the first side, then flip and cook for 2 more minutes. Remove patties from the pan and set aside. Reduce the stove's temperature to medium-low and continue heating the pan... we're about to use it again.

2 **(A)** Use butter flavored cooking spray, to spray all of the sliced bread, on one side, with a good 1-2 second burst. Place 4 of the bread, 'buttered' side down, onto the hot pan. **(B)** Place 1 slice of cheese on to each slice of bread, followed by a burger patty and a scoop of the caramelized onions. **(C)** Place another slice of cheese on top of the onions, followed by a new slice of bread. Spray the top of the bread with cooking spray, then walk away. **(D)** Cook the sandwich over medium-low heat for a few minutes, until the bottom is nice and toasted. Then, flip your sandwich and cook the other side till it's toasted as well. Repeat this process to make all four pattie melts. Then, rejoice... and praise this cheeseburger/grilled cheese hybrid!

NOTES & SUGGESTIONS:

- ***CHEESE:*** For my cheese, because Patty Melt's are traditionally made with American cheese, I used Kraft original singles. They are 1 point for 1 slice, 3 points for 2 slices. In this particular burger, the only points (other than the bread) are from the 2 slices of cheese. Use whatever type or brand of cheese you want. But, adjust your points if necessary.
- ***BREAD:*** I used "Orrowheat Superior Keto" bread. It is 1 point per slice. It is hands down, my favorite brand of white 'Keto' bread. However, not everyone has access to it, so you can use ANY lower point bread that you wish, such as Sara Lee 'delightful' 45 calorie bread, which is 2 slices for 3 points. Use whatever bread you want.
- ***COOKING SPRAY:*** Don't want to spray your bread with cooking spray to toast it? Try this little trick, it actually works well. In the same way that you'd spread some mayo on bread with a butter knife... spread a thin layer of Greek yogurt on the bread instead of butter or mayo. It'll toast and crisp up just fine.
- ***WHERE'S THE RYE ?:*** Whenever you get a Patty Melt at a diner, it usually gets made with Rye bread. Sadly, nobody makes low point rye bread, so... I used keto white bread. If you insist on having that 'rye' flavor in your patty melt... you can always add a little bit of caraway seeds into your pan with the onions, so they'll impart that flavor to your caramelized onions.

Philly Chicken Cheesesteak

My insanely non-traditional, though immensely delicious version of a Philly chicken sandwich

For this sandwich, I wanted to make an insanely delicious chicken cheesesteak, with my own personal spin. One of the main complaints with a 'Philly chicken', especially when using chicken breast, instead of thighs, is it can be dry. That problem gets removed thanks to adding the baking soda solution, which helps tenderize the meat and make it plump up when cooked. Pan searing the veggies and chicken rather than just sauteeing them, is also a huge difference. The searing adds more texture and caramelization, which means more flavor than just sauteeing it all together. One-note, versus Many-notes.

Servings Info.:

Yields: 2 sandwiches
Servings: 2
Serving: 1 sandwich

MY PLAN R-D 3-3

These points ***DO NOT INCLUDE THE BREAD!!***
These are the points for the 'FILLING', what goes IN the sandwich. Use whatever bread rolls you want, then add THESE POINTS (the filling) to your bread of choice.

Ingredients:

Chicken:

- (1) 10-12oz large boneless skinless chicken breast **
- 1/4 tsp each: onion powder, garlic powder, paprika and dried Italian seasoning
- 1/8 tsp each: salt & pepper
- 1/8 tsp baking soda, dissolved with 1 tsp water, set aside.

Veggies:

- 1/2 green bell pepper, thin sliced
- 1/2 red bell pepper, thin sliced
- 1 small onion, halved and thin sliced

Additional Ingredients:

- 4 slices THIN SLICED provolone cheese **
- 2 french bread hoagie rolls **
- Butter flavored cooking spray

Directions:

1 Do Ahead: Take your hoagie rolls (or rolls of choice) and scoop out some bread from the top half. It reduces points AND creates a cavity for the filling. If you want, you can also toast the open faced side of the rolls. Set aside.

2 **(A)** Take your time and carefully slice your chicken breast as thin as you can. Don't worry if some of the slices tear, that's perfect. **(B)** Place the very wet/moist chicken slices onto paper towels and pat dry. Mix together with the listed chicken seasonings and baking soda solution. Let rest for 30 minutes. **(C)** While the meat rests, heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add sliced veggies. *DON'T MOVE'EM!!* Let them sit and sear for 3 minutes, then stir/toss and let cook for 3 more minutes without moving/stirring them. Remove from pan, set aside. **(D)** Spray pan with cooking spray and add the chicken. Break it up in the pan a bit, then let it cook, without touching it, for 2.5 minutes. Break up the meat again, then cook for 2.5 more minutes.

3 Add the veggies back into the pan. Add a little water, about 2 Tbsp, then stir and cook for 1 minute.

4 **(A)** Separate the meat/veggies into 2 mounds, roughly the size of your bread rolls. **(B)** Place 2 slices of provolone onto each mound, add a splash of water to the pan and cover with a lid to melt the cheese. **(C)** Now is the tricky part. Open your toasted sandwich roll and place it down OVER 1 of the mounds. It's about to get messy. **(D)** Use your hand to close the roll over the mound and use a spatula to scoop the filling INTO the roll, as you turn it over. TA DA!!!!

Note: If that's too much for'ya, skip step C and use a big kitchen spoon to scoop the filling into the sandwich, like civilized folk.

NOTES & SUGGESTIONS:

- ***THE BREAD!!!!!:*** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. If you use a 7 point french bread sandwich roll, add those 7 points to the listed points for 1 serving of my sandwich, boom, done.
- ***BREAD SCOOP??:*** As stated, scooping out bread from the top half not only reduces your bread by 1 point, but it also makes a cavity to help keep your filling in place... and this sandwich has A LOT of filling.
- ***KETO HOT DOG BUNS:*** If you REALLY want to cut the points while still totally filling up, skip the hoagie roll. Buy some 1 point 'Keto Hot Dog Buns' instead.
- ***CHEESE:*** 1 slice of ultra thin sliced sargento provolone is 1 point and 40 calories. NORMAL sliced provolone is usually 3 to 4 points per slice. If you can't find thin sliced provolone cheese at your supermarket, go to the deli section and ask them to slice some provolone for you. Tell them you want **VERY** thin slices, not regular thickness. When you get home, weigh a slice with your kitchen scale, so you can see how many points your freshly sliced cheese is, by weight in grams. MOST grocery stores sell thin or ultra thin sliced provolone though. If you can't find ultra thin sliced provolone, or your store's deli department can't thin slice it for you, feel free to use thin sliced, (or shredded part-skim milk) mozzarella cheese. Any packaged cheese My recipe's points are calculated using Sargento ultra thin sliced provolone. If you use a different brand/type, you may need to adjust your points.
- ***BLASPHEMY!:*** If you really want to start a Holy War, go ahead and use Cheez Whiz. Some folks love it in place of provolone, but if you do use it, don't admit it publicly.
- ***SANDWICH FLIP:*** Let's be real here... Step "4C & 4D" can be a bit risky and difficult to pull off. If you want an easier way to get all that hot filling into the roll, simply scoop it up and flip it into the roll with a spatula or kitchen spoon. Easy peasy.

Reuben Burger

I decided to morph the classic deli sandwich into an easy to make, delicious, healthy burger

A traditional reuben is a pastrami sandwich's tough older brother that's spent time in the joint and has some attitude. A reuben sandwich typically has thousand island dressing, sauerkraut and a thick pile of pastrami with melted swiss cheese. To make my healthy, low fat burger version, we're using deli thin cut pastrami, so we can get a good amount for only 1 point added onto each burger. Then, we're topping it with a thin sliced of melted swiss cheese. It gets finished off with my nearly fat free thousand island dressing and mound of sauerkraut.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN R-D 3-3

- last checked 03/23/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand rolls you want, then add my points.

Ingredients:

Burger Patties:

- 3/4 batch of 'savory' ground turkey, recipe on pg. 26, formed into (4) 3oz burger patties. Set aside to rest for 20-30 mins.

Thousand Island Dressing:

- 1 batch of my thousand island dressing, recipe on pg. 23

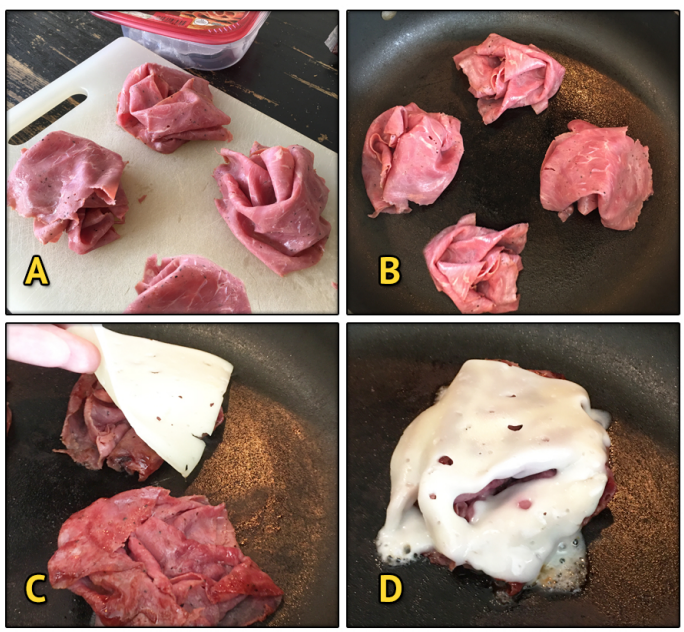
Additional Toppings:

- Sauerkraut. You can find it in the grocery store, jarred, near the pickles. Or, they sometimes have fancier brands by the deli section
- 4 slices Swiss cheese, ultra thin sliced. ***(see notes)*****
- Thin cut pastrami, up to 4 points worth, divided into four portions. *(I used Hillshire farms ultra thin sliced)* ***(SEE NOTES)***

Directions:

1 Prepare thousand island dressing. Cover and set aside.

2 Preheat a pan over medium heat till water sizzles on it's surface. Spray with cooking spray and cook the burger patties for 2.5 minutes per side. Remove and set aside.



3 **(A)** Separate your thin cut pastrami into four 1 point mounds (weigh in grams, using a kitchen scale). **(B)** Preheat a pan for 1 minute on medium-high heat till water sizzles on the surface. Then, place the 4 mounds into the pan and sear them for 1 minute. **(C)** Flip the mounds, trying to keep their shapes and cover each one with a slice of Swiss cheese. **(D)** Put a little water in the pan, cover with a lid, and cook for 1 minute, or until the cheese begins to melt. Turn off heat.

4 **(A)** Toast your burger buns o' choice, then smear the bottom bun with some of the thousand island dressing. **(B)** Place a burger patty onto the dressing, then grab a good sized mound of 'kraut, squeeze it over a bowl to drain most of the liquid from it (trust me, you do NOT want a ton of pickled cabbage juice poured onto your burger...), then place it on top of the burger patty. **(C)** Next, set one of the mounds of pastrami and melted swiss onto the mound of 'kraut. **(D)** Finally, smear some more thousand island onto the top bun. Done.

NOTES & SUGGESTIONS:

- ***DRESSING:*** Don't like thousand island? Use mustard instead. Stone ground mustard would go well with this.
- ***PASTRAMI BURGER:*** If you don't like the thought of a big pile of smelly, pickled cabbage on your burger, replace it with lettuce and tomato. Guess what, you just made a Pastrami Burger.
- ***Pastrami:*** I found "hillshire farms, deli thin cut pastrami" at the grocery store, in the cold cut meat section. A 7oz package is ONLY 4 points!!! For all of it! There were 13 large slices in the container. I divided it into 4 portions, so each burger got 3 slices for 1 point... don't ask what happened to the extra slice. *cough*

  Use any brand of thin cut pastrami, or thin cut turkey pastrami you want. You can even go to the deli counter and ask them to slice you some pastrami as thin as they can. Then go home and measure the meat by weight, in grams. Use a 1 point amount, per burger.
- ***Swiss Cheese:*** 2 slices of Sargento brand thin sliced swiss cheese is 3 points. NORMAL thickness swiss cheese is usually 3 points per slice. So, it gives you options. If you can't find packaged thin sliced swiss, you have 4 options:
  1) You can use regular, higher point swiss and adjust your burger's points.
  2) Buy any brand swiss you want, weigh the slices in grams, then trim some cheese away so it lowers in points, down to 1 point for a slice.
  3) Ask the folks at the deli counter to slice you some Swiss cheese, as thin as they possibly can. Then when you get home, weigh it, in grams, to check the points. Then you can trim it if you want.
  4) Say "screw it!", use a regular thickness slice of full fat Swiss cheese, tell yourself the points are worth it, "It's MY plan!" and you do you! Rock that cheese, baby!

Salmon Burgers

My salmon cake appetizer, as a burger sized patty

In Cookbook 2 I tweaked Ina Garten's famous crab cake appetizer, to use salmon instead of crab (and make it much healthier). After making them and realizing they were amazing, I thought making a larger patty might make an amazing salmon burger. Boooooy was I right, these are fantastic. Of all of the burgers that I've put into this book, these Salmon burgers are the one recipe I've remade for my wife and I, more than any other in this book. Second would be the Kafta burgers.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN R-D 1-1

- last checked 03/23/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand rolls you want, then add my points.

Ingredients:

- 1 pound fresh or previously frozen salmon, no skin... because that'd be gross. Oh... AND DON'T USE CANNED SALMON! We aren't savages!! (see notes)
- 3 Tbsp finely diced red bell pepper
- 3 Tbsp finely diced yellow bell pepper
- 3 Tbsp finely diced red onion
- 3 Tbsp finely diced celery
- 2 Tbsp chopped flat leaf parsley
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/2 tsp old bay seasoning
- 1 large egg
- 1/4 cup fat free Greek yogurt
- 1 tsp worcestershire sauce
- 1 Tbsp dijon mustard
- dash of hot sauce, optional
- 1/2 cup of low carb bread crumbs (recipe on pg. 38). You'll need to use 2 slices of keto bread to get 1/2 cup of crumbs

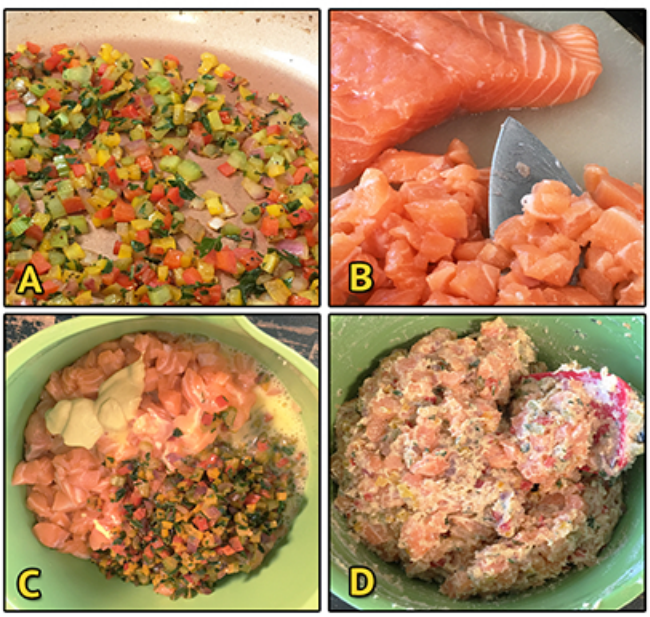
Tartar Sauce: (make ahead of time)

- 1 batch of my tartar sauce, recipe on pg. 20

Additional Ingredients:

- Lettuce
- Tomato slices
- Thin Sliced red onion

Directions:



1 **(A)** Heat a pan over medium heat, till water sizzles on it. Spray with cooking spray, then add the red and yellow bell peppers, red onion, celery and flat leaf parsley. Cook till just softened, season with salt, pepper and old bay. Set aside, allowing to cool to room temperature. **(B)** Dice all of your salmon into small bite sized chunks (or pulse it in a food processor). You don't want perfectly uniform diced salmon, you want small pieces of varying sizes. **(C)** Place the cooled vegetables, chopped salmon, egg, yogurt, worcestershire, hot sauce and dijon mustard into a large mixing bowl. Mix until combined. **(D)** Add the bread crumbs into the bowl and mix until well combined. Cover the bowl with plastic wrap and allow to rest in the fridge for 30 minutes, to give all of the ingredients time to bind together.

2 Preheat oven to 400 degrees. After the salmon has set for 30 minutes in the fridge, **(A)** divide the mix into 4 parts. **(B)** Form into 4 patties and set on a parchment paper lined baking pan. **(C)** Spray with cooking spray, then bake for 16 minutes at 400 degrees. Remove from oven, flip the patties, **(D)** spray with cooking spray, then bake for another 8-10 minutes, or until juice comes out clear when you pierce the center with a knife. Remove from oven, let cool for 5 minutes.

3 To assemble the burgers, toast the buns and then **(A)** place a dollop of tartar sauce onto both the top and bottom buns. **(B)** Place some lettuce on the bottom bun, followed by a slice of tomato, then thin sliced red onion. **(C)** Place one of the salmon patties (they are big... enjoy) on top of the red onion and then finish with a squeeze by capping it with the top bun. You can have up to 1/4 cup of my tartar sauce for 1 point, so if you'd like to add some more directly on to the salmon patty... go for it. **(D)** Enjoy.

NOTES & SUGGESTIONS:

- ***SALMON:*** For the love of God... do not use drained, canned salmon for these salmon cakes. Years ago, in Connect, someone told me they tried these and they were terrible. Turns out, they opened a can of salmon drained it (LIKE CANNED TUNA FISH!) and used that to make these burgers. That is NOT my recipe... that would be more like *@chiafullo's*.
- ***GLUTEN:*** If you want to make these salmon patties, but are worried about the gluten in the keto bread... make the crumbs with any gluten free bread you want, or even use gluten free premade bread crumbs. Adjust the points as needed.
- ***DAIRY ALLERGY:*** If you're allergic to dairy, you can make this recipe by substituting the yogurt for tofu in both the tartar sauce and the patties. Blend tofu with some water, a little at a time, until it takes on a texture similar to yogurt. The taste won't be as awesome, but it'll still work. Add a little more lemon juice to help.
- ***HUGE SALMON CAKES:*** I've gotta mention it. I make this recipe A LOT. However, I don't usually make the full burger, I constantly make these patties, on their own, for my wife and I. These make gargantuan sized salmon cakes. If you would like to make them into appetizer sized portions (for entertaining) check out the recipe page from Cookbook 2, which you can view on my website, at no charge.

Sausage & Peppers

Italian sausage patty with fresh basil, sauteed onions & peppers, roasted garlic, provolone cheese and marinara

One of my favorite Italian sandwiches ever is a good Italian sausage & peppers sandwich. It's typically made with links of pork Italian sausage, in casing, in a roll with cooked peppers, cheese and marinara sauce. This is my lightened up burger version, using my ground turkey Italian sausage recipe for the patties. This burger is so delicious, even ***@Chiafullo*** would order it, during one of his weekly sojourns to Olive Garden, for Cannoli.

Servings Info.:
Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN R-D 2-3

- last checked 03/27/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

Ingredients:

Savory Ground Turkey Patties
- 3/4 batch of my Italian sausage, recipe on pg. 25

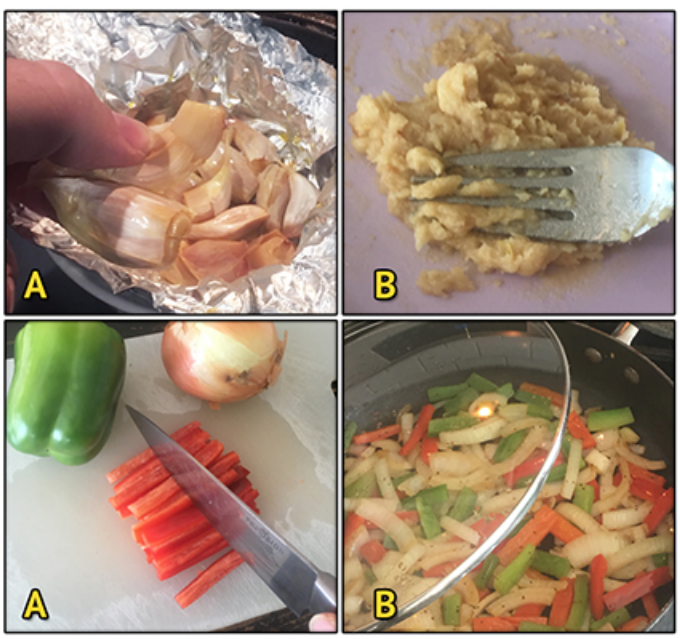
Roasted Garlic Spread
- 9-10 medium garlic cloves *(for this recipe, i'm approaching it as if you are using garlic cloves still in their 'skin')*
- 1/4 tsp olive oil
- 2 Tbsp plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 2 tsp white wine vinegar (or regular distilled white)
- 1/8 tsp salt
- 1/8 tsp cracked black pepper
- 1/2 tsp garlic powder

Marinara Sauce
- 1 batch of my '5 minute marinara', recipe on pg. 16
- (or, use any 0 point marinara you want)

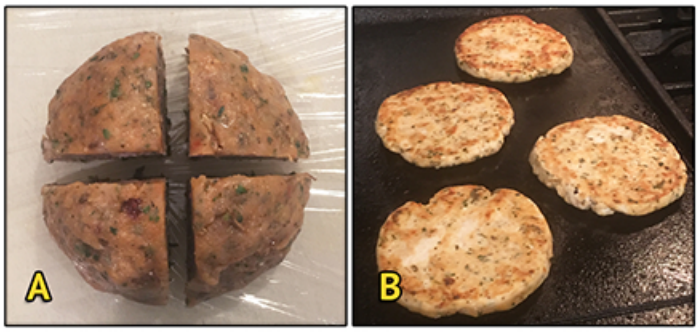
Onions & Peppers
- 1 onion, cut into 1/4's, then thin sliced
- 1 green bell pepper, cut into thin slices, then cut those in half.
- 1 red bell pepper, cut into thin slices, then cut those in half.
- salt and pepper, to taste

Additional Ingredients:
- 4 slices provolone cheese, thin sliced. You want the first slice to be 1 point, scan till you find the right brand.
- Fresh basil

Directions:



1 **(A)** Preheat oven to 375 degrees. Place garlic cloves in a small foil pouch and drizzle with the olive oil and spray into the pouch with cooking spray. Close the foil and bake for 35-40 minutes. **(B)** Remove from the oven slightly open the pouch and let cool for 10 minutes. Remove garlic bulbs from the skin (if you're using garlic with skin on) and use a fork to mash the garlic. Mix mashed garlic with the rest of the 'Garlic Spread' ingredients. Set aside. **(C)** Slice the peppers and onions into long thin strips, then cut those strips in half, as pictured. **(D)** Using cooking spray, cook the veggies, covered, over medium heat for 8-10 minutes. Season with salt and pepper. Set aside.



2 **(A)** Divide the raw meat into 4 sections and form into (4) 3oz patties. **(B)** Heat a large pan over medium heat, till water sizzles on it's surface. Spray the pan with cooking spray, then place the patties onto the hot pan. Cook over medium heat for 2.5 minutes on 1 side, then flip the patties. Place a slice of cheese onto the burger patties, add a little water to the pan, then cover and cook for 2 more minutes. Set aside.

3 To assemble the burgers, first toast the buns. Scoop some bread out of the top bun, to make a cavity which will help hold the onions and peppers in place, later. **(A)** Spread some of the roasted garlic spread onto the bottom bun of each burger. **(B)** Place a few leaves of fresh basil onto the bottom bun, **(C)** followed by the Italian sausage patty with melted provolone. Add some marinara sauce (as much as you want), **(D)** then place a mound of the cooked onions and peppers onto the pattie... which will be held in place by the cavity in the top bun, so now they won't shoot out the sides of your burger when you take a bite. Finally, cover with the top bun. Ta Daaaaaaa!!!!

NOTES & SUGGESTIONS:

- ***Marinara:*** Use whatever brand you want, make your own, or make mine, as long as it's a 0 point sauce.
- ***Roasted Garlic:*** There are different ways you can prepare garlic for roasting. You can slice across an entire bulb of garlic, like you see on cooking shows. I chose not to show that method, so that less experienced cooks wouldn't risk losing a limb. You can cut individual cloves like I did, cut through an entire head, as is typical, or use my slow cooker roasted garlic recipe from cookbook 1. Any way works. There IS no wrong way, (unless you burn it), it's all personal preference.
- I highly, highly, HIGHLY recommend toasting the fennel seeds in the Italian Sausage meat mixture. It makes a huge difference with the flavor.

Shrimp Po'Boy

My lightined up version of this Louisiana classic is so good, even Bobby Boucher's Momma'd like it. Go Mud Dogs!

Breaded CRISPY jumbo shrimp, piled atop a thick slice of tomato, shredded lettuce... and dressed with a fan-freakin-tastic dressing. This lightened Po'Boy is so good it'll make you slap yo'momma back to the Bayou! We're even making a kicked up spread, instead of regular mayo, which is my skinnied down version of the Outback Steakhouse "blooming onion" dip, kicked up with cajun spices and a dash of hot sauce. Though I use shrimp in this recipe, you could use this recipe as a template to make a breaded, baked catfish, alligator, or oysters, Po'boy.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving Size: 1 sandwich

MY PLAN

R - D
1-2

- last checked 03/27/22 -
These points ***DO NOT INCLUDE THE BREAD!!***
Use whatever bread rolls you want, then add THESE POINTS.

Ingredients:

- 1/2 lbs X-Large (16-21 count) shrimp. Peeled, deveined, tail off. You want 10-12 total shrimp ***(SEE NOTES)***

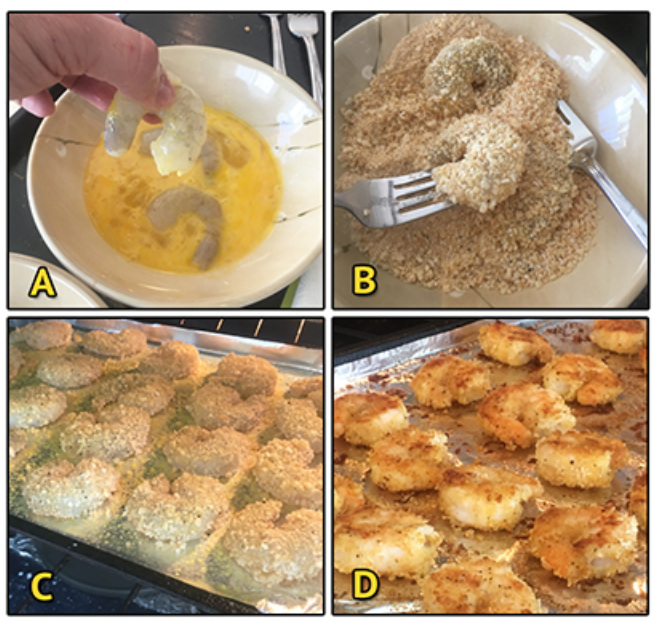
Breading:
- 1/2 batch of prepared breading, recipe on pages 38-39

Creole Remoulade/Dressing: (see notes)
- 1/4 cup plain fat free Greek yogurt
- 1 Tbsp "prepared" jarred horseradish (scan for 0 points)
- 1 Tbsp stone ground mustard (scan for a 0 point brand)
- 1 Tbsp apple cider vinegar
- 1 or 2 tsp hot sauce of choice (to taste)
- 1/4 tsp garlic powder
- 1 tsp smoked paprika
- 1 Tbsp no sugar added, generic ketchup (0 points)
- 1 tsp lemon juice
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1/2 to 3/4 tsp cajun seasoning (to taste)

Additional Ingredients:
- Thin sliced/shredded lettuce, any variety (typically iceberg)
- Tomato slices
- Dill pickle slices
- (2) French bread sandwich rolls. Any brand (see notes)
- 20th anniversary DVD of "The Waterboy", Go Mud Dogs!

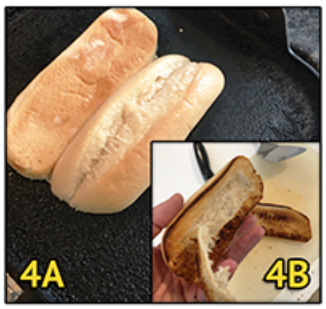
Directions:

1 Mix all of the Remoulade ingredients together, set aside. Preheat your oven to 425 degrees. Line a large baking pan with foil and coat with cooking spray, set aside.



2 **(A)** Whether you buy fresh or frozen shrimp, rinse them off, then dry them with paper towels. **(B)** Dredge the shrimp in your egg wash, making sure to let the excess egg run off of each shrimp. You do NOT want tons of egg dripping into your breading and causing it to clump up. **(C)** Do NOT go the "shake and bake" route, do NOT dump all of the crumbs in a bag with the shrimp and shake it... it will not work. Place a couple of shrimp at a time into the crumbs, then **(D)** GENTLY use 2 forks, or your dry hand to lightly coat the shrimp. Repeat the process until all of your shrimp are coated. Set the shrimp onto your foil lined baking sheet. Spray both sides with cooking spray.

3 Preheat your oven to 425 degrees. When the oven is at 425, bake for 14 minutes. Remove shrimp from oven, flip them over, then bake for an additional 2-3 minutes. Remove from oven, set aside.



4 **(A)** Toast your hoagie rolls on a hot pan, then **(B)** remove some bread from the top bun. This cavity will help the shrimp stay in place. **(C)** Get all your fixins ready to assemble your sandwich.

5 To assemble the Po'Boys, **(A)** smear each both sides of the bread roll (top and bottom) with 1 Tbsp of the Creole remoulade. **(B)** Place a mound of shredded lettuce on the bottom bun, followed by some tomato slices, then sliced dill pickles. **(C)** Arrange 5 pieces of shrimp on top of the pickles, then **(D)** place the top bun, with spread, onto the shrimp. Done.

NOTES & SUGGESTIONS:

- ***SHRIMP:*** You want to get shrimp that says size "15-21" or "16-20", which means you'll get between 15 to 21, or 16 to 20 shrimp per pound. They also might simply be marked on the bag as "X-Large" shrimp. The point being, you want big shrimp. Yes, I know it's an oxymoron, but I didn't name the things.
- ***CATFISH PO BOY:*** It goes without saying, you can use my breading to bread and bake any protein you want. Including the obvious: Catfish, Alligator, etc.
- ***DAIRY ALLERGY:*** If you're allergic to dairy, you can make this recipe by substituting the yogurt and mayo for tofu in the remoulade. Replace them both with an equal amount of semi-firm tofu, blended with some water, until you get your desired consistency. Adjust points accordingly. The taste won't be as awesome, but it'll still work.
- ***DRESSING:*** Just a reminder, this dressing is my low calorie version of the Outback Steakhouse 'Bloomin' Onion' sauce. The only change is that I added a little bit of 'Cajun seasoning' and gave it a fancy 'remoulade' name. If you want the regular Outback sauce, just remove the Cajun seasoning.

  If you don't want to use it, simply use my mayo substitute, or you can even go super simple and spread fat free greek yogurt onto the bread. You do you, I won't judge.

Sloppy Joe

Ground Turkey and Onions in a Thick & Savory Tomato Sauce

When I was growing up, a Sloppy Joe was pretty much some ground beef mixed with a can of 'Manwich' sauce. My lightened up recipe uses ground turkey breast that's heavily seasoned, with a seasoned tomato sauce that's tightened with a little cornstarch, instead of extra tomato paste. Tomato paste is commonly used for richness and depth of flavor. Well, we get that from beef broth, tomato sauce and the use of a heavily seasoned meat mix. Why add points when we don't need to.

Servings Info.:

Yields: 4 cups of meat.
Servings: 4 Sandwiches
Serving Size: 1 cup scoop

MY PLAN R-D 0-0

- last checked 03/29/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

Ingredients:

'Savory Ground Turkey':

- 1lb batch of my 'Savory' ground turkey, recipe on pg. 26, with the following additions to the raw mix:
  - Add 1/3 cup fat free beef broth to the raw mix (it'll be a wet, sticky mix... that's ok. Use the "sticky meat mix" hack)
  - 1 juuuuuumbo onion, or 2 large onions, diced
  - 1 medium garlic clove, minced (fresh garlic is best)

Sauce Ingredients:

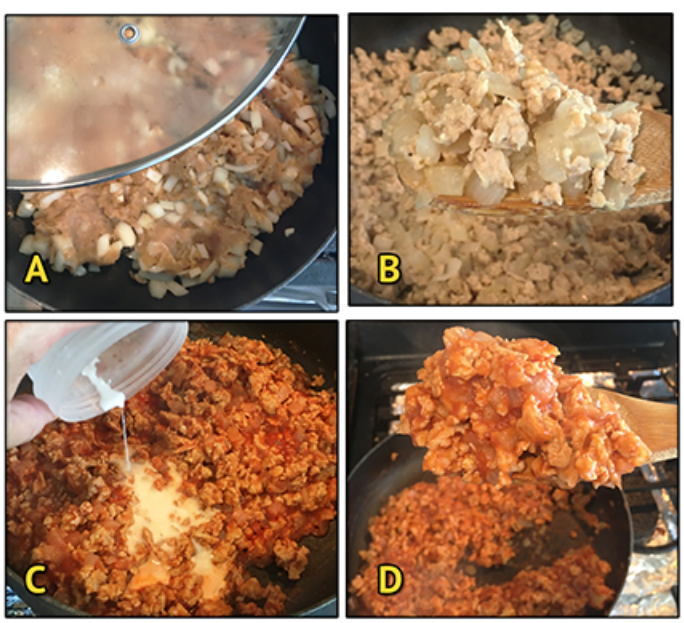
- 15oz canned tomato sauce
- 1/2 cup fat free beef broth
- 1-1/2 tsp cornstarch, dissolved with 1 Tbsp water
- 1/2 tsp salt
- 1/4 tsp coarse black pepper

Additional Ingredients:

- (optional) Thin sliced red onion. I like mine veeeery thin for this sandwich. It's purpose is to act as a barrier between the moist meat and the bottom bun. Nobody likes soggy buns. Well... at least that's what Sir Mix-a-lot says.

Directions:

1 Mix all of the ingredients together for a batch of my savory ground turkey, with the added beef broth. Then, add in the diced onion and minced garlic, mix till well combined. Set aside for 20-30 minutes.



2 **(A)** Preheat a large pan over medium heat, till water sizzles on it's surface. Spray the pan with cooking spray, then add the meat mixture. Cook, covered, for 10 minutes over medium heat. **(B)** Every minute or so, remove the lid and break up the meat into smaller and smaller pieces. When the onions are softened, remove the lid and **(C)** pour in the 'Sauce' ingredients. Stir to combine. **(D)** Simmer uncovered, until most of the liquid has evaporated and the mixture has thickened. It should be around 5 minutes. Season with salt and pepper, to taste. Cover, and set aside. Let rest/tighten up for 5 minutes.

3 **(A)** Toast your buns o' choice, then place a thin slice of red onion onto the bottom bun, to act as a moisture barrier. It won't completely stop the bun from getting soggy... but it will prolong the inevitable, as well as adding a nice textural contrast. **(B)** Add an even 1 cup scoop of the sloppy joe meat mixture onto the onion. **(C)** Finally, add the top bun. Done.

NOTES & SUGGESTIONS:

- ***NO TOMATO PASTE???:*** Every single recipe out there, for a 'sloppy joe', calls for tomato paste. It adds extra depth of flavor and thickens those 'other' sauces. Why aren't I using it? My 'Savory' ground meat mixture has so many spices and seasonings in it... that it has all the flavor we'll need. Simmering the meat mixture with the onions, garlic, beef broth and tomato sauce gives a TON of flavor. Plus, we don't need tomato paste to tighten the sauce up. Just that tiny little bit of cornstarch will do the same thing for 0 points.
- ***RED ONION:*** Totally optional. If you're a purist that likes soggy burger buns... then leave the onions off.
- ***SLOPPY SANCHO!:*** Want to kick this baby up a notch and take it south of the border? Who needs a plain ol' Sloppy Joe?... Make a Sloppy Sancho!

  Instead of my 'Savory' meat seasoning, use my ground turkey Chorizo recipe. Add a little cumin and chipotle chili powder into the tomato sauce, along with some smoked paprika for a nice little smoky kick. You can even bump it up further with some sliced jalapeños added into the meat mix... or add some chopped, fresh cilantro under the top bun. Honestly... the Sloppy Sancho version of this sandwich is the only reason Bill Clinton passed NAFTA.

Southern 'Pulled' Chicken Sandwich

Poached, shredded chicken breasts, simmered with homemade bbq sauce and topped with creamy coleslaw

I used to reeeally love going to BBQ joints and ordering pulled pork sandwiches. But, after joining WW, I decided that if I ever tried making one, it'd need to be a chicken breast version. After trying a recipes from popular 'skinny bloggers', I realized if I wanted one that didn't taste like 'diet food on a bun', I needed to make my own. Not only can this pulled chicken sandwich stand toe to toe with a pulled pork sandwich, in terms of flavor and mouth-feel... It also features my no sugar added bbq sauce and nearly fat free coleslaw dressing.

Servings Info.:

Yields: 4 sandwiches
Servings: 4
Serving: 1 sandwich

MY PLAN R-D 0-1

- last checked 04/08/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Ingredients:

Poached, Shredded Chicken Breasts:

- 1.5 lbs boneless skinless chicken breasts. Ideally, 2 thick/large breasts, cut into 4 halves ***(see notes)***
- 1/4 tsp baking soda dissolved with 1 tsp water
- 2 tsp lower sodium soy sauce
- fat free chicken broth, enough to almost cover the breasts. My 12" pan required (1) 48oz container. ***(see notes for point issue)***
- 3-4 medium garlic cloves

BBQ Sauce: (make ahead of time)

- 1 batch of my bbq sauce, recipe on pg. 16

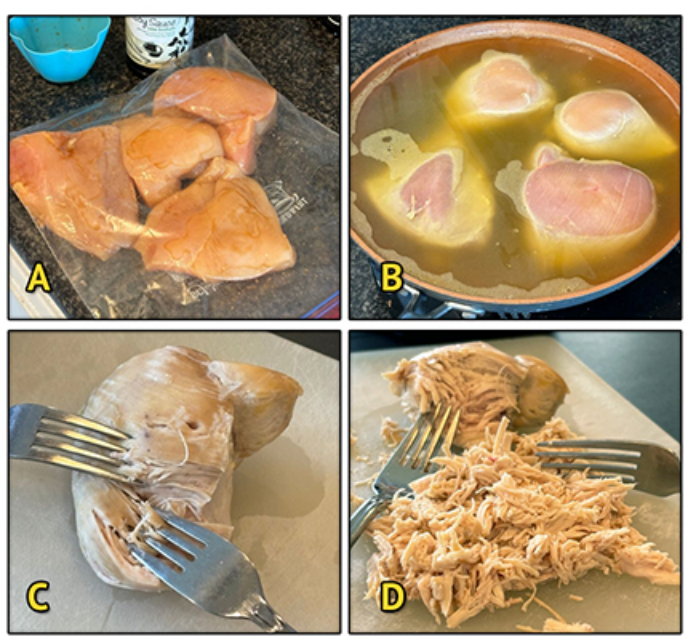
Creamy Coleslaw (make ahead of time)

- 1 batch of my 'classic creamy coleslaw dressing', recipe on pg. 22
- (1) 14oz package of 'Tri-Color Coleslaw' mix. Ya'know... the kind that has shredded green & red cabbage, with shredded carrots.

Directions:

1 Prepare the batch of coleslaw dressing, then in a large bowl, combine it with the coleslaw mix. Cover with plastic wrap and set aside in the fridge, to rest.

2 Prepare the BBQ sauce in a small pot, as directed on pg. 16. When it's done simmering, turn off the heat, cover with a lid and set aside.



3 **(A)** Slice the chicken breasts in half and place them in a large ziplock bag. Mix together the baking soda, water and soy sauce till dissolved. Pour into the bag and mix it all over the chicken. Set aside for at least 20 minutes.. **(B)** Fill a pan with enough chicken broth to fill it 3/4 of the way up, along with the garlic cloves. Heat it over medium heat until it JUST BARELY STARTS TO SIMMER, then turn the heat down slightly, so it is JUST UNDER a simmer. Add the chicken breasts into the almost simmering broth. Cover with a lid and let it baaarely baby-simmer for 10 minutes. Flip the breasts, cover and almost-simmer for 10 more minutes. **(C)** Discard the broth, garlic, then set the chicken aside for 20 minutes to cool. Then, use 2 forks to pull apart each chicken breast, little by little, shredding the meat. **(D)** Repeat shredding up the chicken till it is all pulled apart. You can continue the process till the meat is finely shredded (like mine), or leave it in bigger chunks, it's totally up to you.

4 Put your already made bbq sauce back onto the stove and bring it up to just under a simmer, then, turn off the heat.

5 **(A)** Discard all of the chicken broth from the pan you poached the chicken breasts in, then put the pan back on the stove, over medium heat. Add all of the shredded chicken into the pan to heat it all back up. Pour in ALL of the hot BBQ sauce. **(B)** Toss and stir the chicken and bbq sauce until well combined. Let it simmer for 5 minutes, or until most all of the excess liquid has evaporated. **(C)** Toast your buns (IF DESIRED), then set them aside. Place a mound of the shredded/pulled bbq chicken onto the bottom bun, **(D)** followed by a mound of the creamy coleslaw. Done.

NOTES & SUGGESTIONS:

- ***BROTH POINTS!!!:*** Ok, this needs to be addressed first, before anything else in the notes. Chicken broth DOES gain points once you pass 3-1/3 cups of it. However... I am counting it as 0 points in this recipe for a very simple and logical reason. Though we ARE using a lot of chicken broth to 'poach' the chicken breasts in... as soon as we finish baby-simmering the chicken, ALL THAT BROTH GETS DISCARDED. We aren't actually consuming all that broth in the recipe. If anything, maybe only 1 tsp of it has been imparted into the chicken. Hence, I'm not counting the broth.
- ***BBQ SAUCE:*** Obviously I want to encourage you to make this recipe with MY bbq sauce. Duh,.... it's my cookbook, so of course, you should try it. HOWEVER, with that out of the way... to save time, or for convenience, I definitely encourage you to use whatever brand bbq sauce you want. Just remember, MY bbq sauce is 0 points for all 2 cups of it. If you use any other brand bbq sauce, you will need to adjust your points, obviously.
- ***COLESLAW:*** If you don't want to top your bbq chicken with the coleslaw, you don't have to. You can always go traditional and simply have a big mound o' bbq shredded meat on the bun, with the coleslaw served on the side. Easy peasy.
- ***TOASTED BUNS:*** Though I obviously recommend toasting your buns for this sandwich (as shown on the left, when I was making the recipe)... you can always opt for regular, untoasted buns (as shown in the final pics). I like toasted for the extra crunch though.
- ***FASTER SHREDDED/PULLED CHICKEN:*** When I made this recipe, I decided to go "old school" and actually use forks to pull apart the chicken. It works great, obviously, but took about 7-10 minutes. If you're impatient, or like to do things with gadgets vs. utensils... there are a couple of MUCH faster ways to do it.
  - ***METHOD 1:*** Use an electric hand mixer, or a counter top stand mixer, with a paddle attachment, to quickly shred up the chicken (watch a youtube video!)
  - ***METHOD 2:*** Put the cooked chicken breasts into a food processor. Pulse a few times for quick-chopped chicken breast. It may not be uniformely 'pulled', but it has a texture between chopped/shredded.

Thanksgiving Burger

Turkey, Stuffing, Gravy, 'Cranberry/Cherry' Sauce... yes, please

Why mope around all year, longing for Turkey Day? Now, you can have Thanksgiving on a bun any day of the year! This baby has a burger patty loaded with fall flavors, covered in gravy and stuffing, then finished with dark cherry OR cranberry sauce... depending on what's in season at the grocery store.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN R-D 2-2

- last checked 03/29/24 -
These points ***DO NOT INCLUDE THE BREAD!!***
Use whatever bread you want, then add these points.

Ingredients:

Ground Turkey Patties:
- 3/4 batch of my 'Bratwurst', recipe on pg 24, formed into (4) 3oz patties. Make the the following changes to the raw mix:
  - Do not include the toasted caraway seeds

Quick Gravy:
- 3/4 cup fat free chicken broth
- 1-1/2 tsp cornstarch
- salt and pepper to taste

Quick Dressing/Stuffing:
- 5 slices Sara Lee '45 calorie delightful' bread. *(see notes)***
- 1-1/2 cup diced onion (1 medium onion)
- 1/2 cup celery, diced
- 1/2 cup carrots, diced
- 1 medium garlic clove, chopped
- 1 tsp garlic powder
- 1-1/2 cups chicken broth
- 1 tsp onion powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp fresh sage, finely chopped
- 1 Tbsp fresh rosemary, finely chopped

Dark Cherry (or Cranberry) Sauce: - see notes
- 1 cup fresh cherries, pits removed. (or, use fresh cranberries)
- 1/2 cup water
- 2-3 Tbsp 0 calorie sugar replacement o' choice, to taste
- 1/8 tsp each, ground cinnamon, ginger & nutmeg
- 2 tsp lemon juice
- 1-1/2 tsp cornstarch, dissolved with 1 Tbsp water

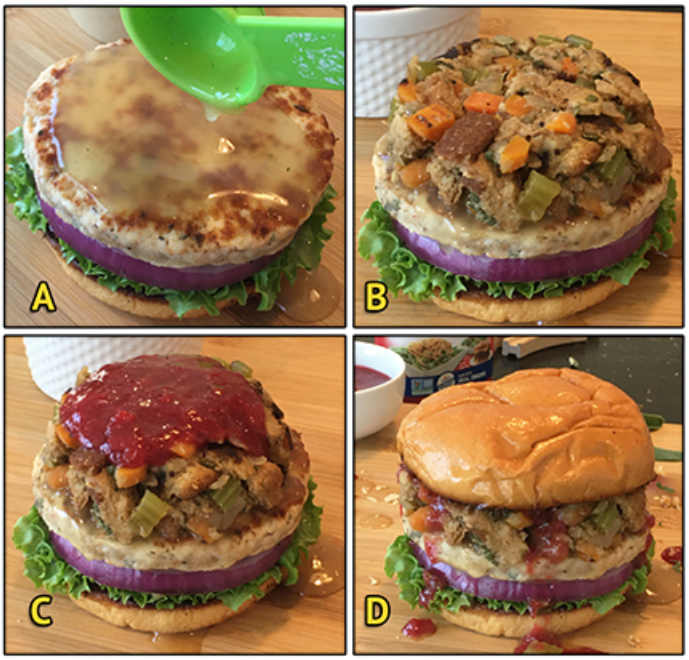
Additional Ingredients:
- Red onion, 4 thin slices
- Preferred variety of lettuce, I used 'Green Leaf'.

Directions:

1 **(A)** Use a toaster to toast your bread slices a couple of times, until almost darkened on both sides. Let them sit for 30 minutes, till room temperature. The longer they sit, the drier they'll become. Dry is good. Cut into small pieces, set aside. **(B)** In a medium sized pot, use cooking spray to sautee the onions, celery, carrots and garlic for 5-6 minutes on medium heat. Then, add the chicken broth, onion and garlic powders, salt, pepper, sage and rosemary. Simmer for 15 minutes at low heat. **(C)** Turn off the heat, and stir in the dried bread, smashing it slightly. **(D)** Cover with a lid and let sit for 10-15 minutes. Remove lid and stir, mashing it up a bit more. Season with salt and pepper to taste. If it's too dry, stir in a little bit more hot chicken broth, if needed. Set aside.

2 Bring the Gravy ingredients to a boil, in a small pot. Cook at a hard boil for 4-5 minutes. Set aside to cool.

3 **(A)** Use a cherry-pit removing tool, then slice the cherries in half, OR... slice the cherries in half and remove the pits. Add all of the ingredients, EXCEPT FOR the dissolved cornstarch, to a small pot and bring to a boil for 10 minutes. **(B)** Either blend the cherries, or mash them in the pot, till pulverized. Add the dissolved cornstarch and simmer for 4 minutes. **(C)** Set aside to cool. **(D)** Preheat a pan over medium heat till water sizzles on it, then spray with cooking spray. Add the patties and cook for 2.5 minutes per side. Set aside. Rewarm the gravy on the stove.



4 To assemble the burgers, first, toast your buns, then... **(A)** From the bottom up, place some lettuce, then a thin slice of red onion, followed by a turkey patty. Use a measuring spoon to scoop 2 Tbsp of gravy onto the patty. **(B)** Measure and place 1/2 cup of dressing onto the gravy-laden patty and form into a mound. **(C)** Pour 2 Tbsp of the cherry (or cranberry) sauce onto the stuffing, then **(D)** Cover with the top bun. Done.

NOTES & SUGGESTIONS:

- ***SLICED BREAD:*** I used Sara Lee 45 calorie bread because most major stores carry it. Use whatever brand of low point bread you can find. Five slices of Sara Lee were 7 points. If you have access to 1 point per slice 'KETO' bread... go ahead and use it. However, be warned. I have tried making "low point stuffing" with multiple brands of 1 point sliced keto bread... around 7 different brands so far, from Keto Culture to Orrowheat and all of them have been extremely 'hit or miss' with the texture that their stuffing makes. For the most consistent and 'normal' finished stuffing texture, I highly recommend the sara lee bread. It's the only time I'll ever recommend non-keto sliced bread.
- ***CHERRY SAUCE???:*** It was intended to be a cranberry sauce. However, cranberries were out of season and none of the stores around me even had frozen cranberries. As a result... I substituted fresh dark 'sweet' cherries in place of cranberries. When cranberries are back in season, you can use them instead. However... after trying this sauce, I will never go back to cranberry sauce. This sauce is amazing. It's sweet, spiced, not very tart... it's awesome. However, if you DO use cranberries, add an extra 1 Tbsp of sugar replacement, because cranberries are really tart.
- ***FRENCH'S FRIED ONIONS:*** Want to add an awesome texture kick to this burger? Place a 1 Tbsp scoop of French's fried onions on top of the cherry sauce, on each burger. It will add 1 point per burger, but it gives a nice crunch AND it definitely adds some extra Thanksgiving flavor.

The Big Kahuna Burger

Who doesn't love pineapple and teriyaki sauce on a burger? Probably you whack-jobs that hate it on pizza 😒

One of my favorite burgers to get at a restaurant has always been a teriyaki burger or chicken sandwich. You have a seasoned patty, savory and salty teriyaki sauce and a thick, sweet slice of pineapple. Well, we're elevating it by roasting our red onions and pineapple... as well as dusting the pineapple with cinnamon and chili powder.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN R-D 0-2

- last checked 03/29/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever brand buns you want, then add my points.

Ingredients:

Savory Ground Turkey Patties:
- 3/4 batch of my 'savory' ground turkey, recipe on pg. 26, formed into (4) 3oz patties

Quick Teriyaki Sauce:
- 1 batch of my 'quick teriyaki sauce', recipe on pg. 20

Sesame Yogurt Spread:
- 3 Tbsp plain fat free Greek yogurt**
- 1 tsp light mayonnaise
- 1/4 tsp sesame oil
- 1/8 tsp ground ginger
- 1/4 tsp sriracha or other asian chili sauce (optional)
- 1 Tbsp of my teriyaki sauce (leftover from above)
- 1 tsp lime juice
- pinch of salt

Additional Ingredients:
- 4 (1/2" thick) red onion slices
- 8 sliced pineapple rings, core removed.
- 1/8 tsp each: chili powder and ground cinnamon, for dusting the pineapple (easiest when done with a wire mesh strainer)
- Lettuce or other preferred leafy green.

Directions:

1 Mix all of the teriyaki sauce ingredients together in a small pot. Bring to a boil for 4-5 minutes, or longer if you'd like it to be thicker. Set aside.

2 Preheat oven to 425 degrees. **(A)** Cut four 1/2" thick slices of red onion, then line a sheet pan with foil. Spray both sides of the onions with cooking spray and season with salt and pepper. Arrange the onions on a pan, lined with foil. **(B)** Bake the onions at 425 for 12 minutes. **(C)** While the onions are baking, pat the pineapple rings dry with paper towels, then sprinkle with chili powder and cinnamon on 1 side. Spray the 'dusted' rings with cooking spray, then rub the spices into the rings. **(D)** Turn the pineapple rings over, then sprinkle with more cinnamon and chili powder, repeating the process on both sides. Set aside.

3 After the onions have baked for 12 minutes, **(A)** remove the pan with the onions, then add the pineapple rings onto the pan and return it to the oven. Bake for 15 minutes. **(B)** While the pineapple and onions are baking, slice the ground turkey into 4 sections. **(C)** Form into 4 burger patties. Heat a large pan over medium heat till water sizzles on it's surface. Spray with cooking spray, then cook the patties for 2.5 minutes per side. Set aside. **(D)** Remove the roasted pineapple and onions from the oven, set aside.

4 Mix together the listed ingredients for the Sesame Yogurt Spread, set aside.

5 To assemble the burgers, first toast the buns, then **(A)** smear a scoop of the sesame spread onto the bottom bun. Then, **(B)** place a layer of lettuce over the spread, followed by one of the roasted red onion rounds, covered with a bit of the teriyaki sauce. **(C)** Set a patty on top of the onion, followed by 2 of the pineapple rings. Drizzle more teriyaki sauce over the rings, then top with the bun. **(D)** ***OPTIONAL STEP:*** If you want a "saucier" burger, dip your pineapple rings into the teriyaki sauce, before placing them onto your burger patty, in step C. This is honestly how I prefer to do it.

NOTES & SUGGESTIONS:

- ***PINEAPPLE:*** Yes, you can use canned pineapple rings instead of the fresh rings. They work, but make sure that you rinse them off, to keep them 0 points, then pat them dry with paper towels. Also, the texture is muuuuuuuuch more appetizing, using fresh pineapple vs canned. Canned rings are a bit mushier and have a paler color to them. But, they'll work in a pinch.
- ***ROASTING:*** Don't want to use your oven? Instead of using your oven for the pineapple and red onion slices, you can use a pan to sear them instead. Sear the onions the same way as in my "Oktoberfest Burger" recipe. Do the same with the pineapple rings.
- ***GRILLING:*** Ok, fine... you can grill the pineapple & onions too. I have to be mindful of people without grills in my recipes.
- If you'd like to make a full-fledge Hawaiian burger, add a slice of fried spam... but adjust your points. I personally think Spam is the devil's bologna... but go ahead and have it, if you're into salty canned pork stuff. Adjust your points though... heathen.

Western Bacon Burger

My WW-ified take on the Carl's Jr. & Hardees icon.

For most of my adult life, one of my favorite "chain" burgers has been the Western Bacon Cheeseburger at Carl's Jr.' but.... c'mon, the real thing is 25 points!!! So, in my never ending quest to remain a semi-skinny glutton, I had to figure out a lower calorie, lower fat, low point version of my favorite drive thru guilty pleasure... other than Dairy Queen's Blizzards, of course.

Servings Info.:

Yields: 4 burgers
Servings: 4
Serving Size: 1 burger

MY PLAN R-D 4-4

- last checked 03/29/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points to the bread.

Ingredients:

Savory Ground Turkey Patties

- 3/4 batch of my 'Savory' meat mix, recipe on page 26

Quick BBQ Sauce

- Prepare a batch of my BBQ Sauce, recipe on pg. 16

Oven Baked Onion Rings

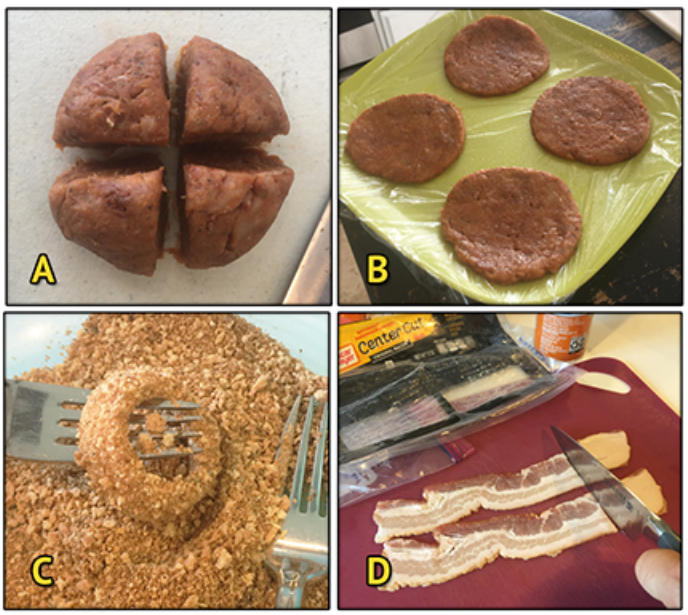
- 1 batch of my crispy oven-baked onion rings, recipe in the 'Side Dishes' section, on pg. 164-165

Additional Ingredients:

- 4 low point american cheese slices, such as Borden's Fat Free singles (3 points for 4 slices), or Velveeta Original (6 points)
- 8 slices Oscar Mayer 'regular' Center Cut Bacon. This is a tricky one. You'll start with 8 slices, though technically, you will only be using 6 slices, to factor points. **READ THE NOTES**!

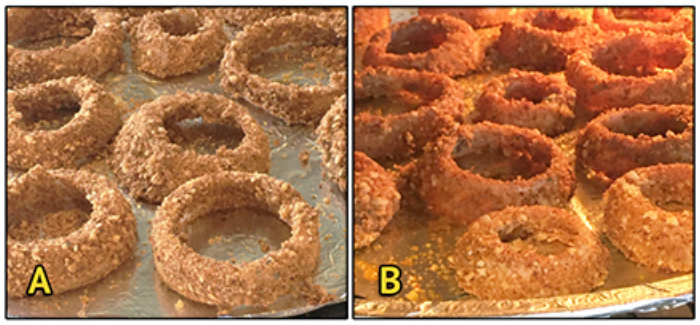
Directions:

1 Mix all of the BBQ sauce ingredients together in a small pot. Bring to a low boil, then turn off heat. Adjust seasonings as desired, set aside.



2 **(A)** Take your 3/4lb of raw "savory" ground turkey mix, then section it into 4 equal portions. **(B)** Form each section into a burger patty, then set aside **(C)** Prep a batch of my onion rings, DON'T FORGET to toast the crumbs. Preheat your oven to 425 degrees. **(D)** While the oven is getting to temperature, take your 8 pieces of center cut bacon... and slice 1/4 off of each one. You will now technically only be using 6 slices. Say what??

Math. 1/4 x 8 = 2. You just removed 2 pieces of bacon from the recipe, while KEEPING 8 actual slightly shorter slices, 2 per burger. What do you do with all those little 1/4 pieces? Read the notes, mi amigo.



3 Once the oven comes up to temperature, **(A)** spray the rings with cooking spray, then place into the oven and **(B)** bake for 15-20 minutes at 425, or until lightly golden and crispy. Remove from oven, set aside.

4 While the onion rings are baking, **(A)** cook the bacon till crispy, then pat it dry to remove as much oil as possible. Set aside. Clean the pan to remove the grease, then spray with cooking spray. **(B)** Cook the burger patties, over medium heat for 2-1/2 on one side, then flip. Top with American cheese, add a little water to the pan, then cover and cook for 2 minutes, melting the cheese. Set aside.

5 To assemble the burgers, first toast the buns. **(A)** Smear some bbq sauce onto the bottom bun, followed by 2-3 rings. Slightly press down on them with your palm, so your patty will sit flatter. **(B)** Place one cheeseburger patty on top of the rings, topped with more bbq sauce. **(C)** Place 2 bacon strips on top of the patty, then **(D)** drizzle with more bbq sauce and vcover with the top bun. Done.

NOTES & SUGGESTIONS:

- ***CHEESE:*** Though there are many low point brands of melty American/Cheddar cheese slices, I used Velveeta Originals. They are widely availability in most major grocery stores, nationwide. However, use what you want.
- ***BACON:*** Center Cut Bacon is a tricky one, in the database. Some brands show as being 3 points per slice, some are 1 point. The reason is simple. Most brands of center cut bacon are 1 point per slice, as long as you don't buy "Thick Cut" center cut bacon. IF... you cook them, pat them dry and remove as much oil as humanly possible. Cooked in this way, most are 1 point. I'm using Oscar Mayer 'regular' brand, because it's widely available.
- ***3/4 BACON SLICES?:*** Ok, here's the deal. Though you NEED 8 slices of bacon for this, you are actually only using 6, due to trimming them. The reason is: To cut points and calories from the recipe. It also looks more proportional.
- ***BBQ Sauce:*** You don't have to use mine. Use whatever sauce you want, but adjust your points if necessary.
- ***LEFTOVER BACON?:*** The AWESOME thing about having those leftover 1/4 slices of center cut bacon,.. is what you can do with them. I typically cook them all, pat them dry and put them in a ziplock bag in the freezer. If you ever want a 0 point addition to a dish, thaw one out, chop it up, sprinkle it onto your salad, add it into your entree or appetizer and there you go... a 1/4 slice is 0 points.

Argentinian Choripán Sandwich

Ground turkey chorizo sausage, served with a big scoop of chimichurri sauce and pico de gallo

This first sausage sandwich is a perfect example of my goal for this section. Namely, I want to make you start thinking about pickling and choosing different toppings and sauces from different burgers/sandwiches in this cookbook, then combining them to make your own creations. To that end, here's an "easy" one you can try. We're utilizing one of my meat mixes, formed into sausages using my DIY sausage guide, my chimichurri sauce from pg. 81 and my pico de gallo from pg. 86. Throw them all together and you end up with a healthy version of a traditional Argentinian chorizo sausage sandwich.

Servings Info.:

Yields: 6 sandwiches
Servings: 6
Serving Size: 1 sandwich

MY PLAN

R-D 1-1

- last checked 03/30/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Ingredients:

- 1lb batch of my Chorizo meat mix (pg 14), formed into (6) 3oz sausages (pg 44-45)

Chimichurri Sauce:
- 1 prepared batch of my Chimichurri sauce, recipe on pg. 17

Pico De Gallo:
- 1 prepared batch of my Pico De Gallo, recipe on pg. 19

Additional Ingredients:
- Low carb (Keto) Hot dog buns o' choice

Directions:

1 Prepare a batch of the Chimichurri sauce ahead of time, set aside.
2 Prepare a batch of the Pico De Gallo ahead of time, set aside.
3 Prepare the chorizo mix into 3oz links, as shown on pg. 44, then cook to your preference (in a pan or grilled), as shown on pages 44-45.
4 ***To Serve:*** Toast your bread/buns o' choice, then open them up and spread UP TO a 1/4 cup of chimichurri sauce into your buns, then place a cooked chorizo sausage onto the chimichurri. Add some of the pico de gallo (around 2 Tbsp) to the sandwich... done.

Notes:

- ***CHIMICHURRI:*** I strongly suggest making the chimichurri sauce at least 1 hour ahead of time. When you first make it, the flavors are very, very sharp. However, it mellows out the longer you allow the flavors to sit and meld.

Bavarian Bratwurst Sandwich

An ultra healthy spin on a German bratwurst, sauerkraut and mustard sandwich

When I was initially thinking of simple, well known sausage sandwiches, the first one that came to mind was a German Bratwurst sandwich with sauerkraut and mustard. I wanted to jazz it up a little bit, so instead of simply putting a mound of 'kraut onto the bun, straight ouf of a jar, I thought I'd add some flavor to it by braising it with onions, beef broth and spices.

Servings Info.:

Yields: 6 sandwiches
Servings: 6
Serving Size: 1 sandwich

MY PLAN 0-0 R-D

- last checked 03/29/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Ingredients:

- 1lb batch of my Bratwurst meat mix (pg 14), formed into (6) 3oz sausage links ***(see pg. 44 for guide)***

Sauerkraut Ingredients:

- (1) 30oz jar of sauerkraut, drained and squeezed to remove most of the liquid
- 1-1/2 cups diced onion
- 1 cup fat free beef broth
- 2 Tbsp 0 calorie brown sugar replacement
- 1 Tbsp white vinegar
- 1/2 tsp caraway seeds
- 1/2 tsp salt
- 1/4 tsp coarse ground black pepper

Additional Ingredients:

- Low carb (Keto) Hot dog buns o' choice
- Stone ground mustard

Directions:

1. Prepare the bratwurst mix into 3oz links, then cook as shown on pages 44-45. Set aside.
2. Heat a large pan over medium heat, till water sizzles in it. Spray with cooking spray, then add the onions. Cook for 4-5 minutes, or till just starting to caramelize. Then, mix in the drained sauerkraut. Stir to combine.
3. Add the beef broth, brown sugar substitute, vinegar, caraway seeds, salt and pepper. Stir to combine. Bring to a simmer.
4. Simmer, uncovered for 15-20 minutes, or until almost all liquid has evaporated. Turn off the heat and add the cooked sausages to heat them back up a bit.
5. ***To Serve:*** Place a mound of the onion & 'kraut mixture into each bun. Place a sausage over the kraut, then add some mustard to each of the sandwiches. Done

Notes:

- ***BEER:*** The traditional recipe calls for using beer instead of broth. I used broth for the points. Considering my filling is 0 points, you can cut it with a 50/50 mix of beef broth and beer if you want. The flavor will be more traditional and it'll still be low point. But... some people don't like beer, so... it's optional.
- ***SAUERKRAUT:*** If you want to make this 10x easier... skip the whole braising 'kraut thing. Simply drain the jarred sauerkraut and use it as-is.

Coney-Style Chili Dog

A skinnied down version of a Coney Island chili dog

When I want a guilty pleasure food, I want a chili dog like you'd get at Wienerschnitzels, Pinks, or Cupids (all West Coast Staples). I then found out that there was a style of chili dog, which has a more meaty, yet 'finely-ground' chili, called a 'Conie dog'. Conie dogs were made famous at Conie Island and aren't as soupy/runny as the one's I'm used to. That sounded great, because I hate biting into a chili dog, then having the chili pour out like the Mighty Mississippi.

For my healthier version, instead of hot dog franks, we're using 0 point ground turkey sausages, covered in my finely ground, runny 'hot dog chili', served with diced onions and mustard. The big hurdle was trying to get 99% fat free ground turkey to mimic the texture of finely-ground chili made from ultra fatty 80/20 ground beef. It took some finagling, but I figured out, eventually.

Servings Info.:

Yields: 6 sandwiches
Servings: 6
Serving Size: 1 sandwich

MY PLAN

R - D
0-0

- last checked 04/02/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Ingredients:

- 1lb batch of my 'Savory' meat mix (pg 16), formed into (6) 3oz sausages ***(see pg. 44-45)***

Chili Con Carne:

- 1 prepared batch of my 'Hot Dog Chili', recipe on pg 18

Additional Ingredients:

- Diced onions (yellow, white or red, your preference)
- Yellow mustard
- Low carb (Keto) Hot dog buns o' choice

Directions:

1. Prepare a batch of the chili, ahead of time.
2. Form the meat into sausage links, as directed in my 'DIY sausage guide', then cook them in whichever way you prefer... pan fried or on the grill. I personally prefer grilled, but pan fried works fine too. Set aside.
3. Toast or steam your hot dog buns or hoagie rolls, or whatever bread you choose.
4. ***To Serve:*** Place a sausage link into one of the buns, cover with chili, then add as much diced onion as you prefer. Finally, add some yellow mustard to finish it off.

Notes:

- ***CHILI:*** It goes without saying, you can obviously use ANY chili you want... even canned chili. But, adjust your points.

Italian Sausage & Peppers Sandwich

A sandwich with roasted garlic spread, sauteed onions & peppers, with ground turkey Italian Sausage

I decided to add this one in, so that you folks would have a reason to make my Italian sausage meat mix, which is totally awesome. So... this is my play on a typical sausage and pepper sandwich. My ground turkey breast Italian sausage, with sauteed peppers, onions and a roasted garlic (optional) spread on the buns. You can even add a little marinara sauce, if you want. I won't judge.

Servings Info.:

Yields: 6 sandwiches
Servings: 6
Serving Size: 1 sandwich

MY PLAN R-D 0-0

- last checked 03/30/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Ingredients:

- 1lb batch of my Italian Sausage meat mix (pg 25), formed into (6) 3oz sausage links ***(see pg. 44 for guide)***

Roasted Garlic Spread ***(prepared just like on pg. 74, but with these measurements)***

- 16-20 garlic cloves
- 1/4 tsp olive oil**
- olive oil cooking spray**
- 1 Tbsp water
- 1/2 cup plain fat free greek yogurt
- 1 tsp light mayonnaise
- 1 Tbsp white wine vinegar (or distilled white)
- 1 tsp garlic powder
- 1 tsp worcestershire sauce
- 1/4 tsp each: pinch of salt and pepper

Additional Ingredients:

- Low carb hot dog buns or any bread rolls o' choice
- 1 large onion, sliced
- 1 large red AND green bell pepper, sliced

Directions:

1. Roast your garlic cloves ahead of time, as described on pg. 74. Then, mash the garlic and mix the remaining 'spread' ingredients together. Set aside in the fridge, covered for at least 1 hour.
2. While your roasted garlic spread is resting... slice the onions and bell peppers, then saute them in a large pan, with cooking spray and a little salt and pepper. Cook them for 6-7 minutes, or until the onions and peppers have started to soften and slightly brown. Set aside.
3. Cook your Italian sausages as directed on pg. 44-45, choosing to either pan fry or grill them, your choice.
4. Toast your buns or bread, if desired.
5. ***To Serve:*** Smear a dollop of the roasted garlic spread onto the 'bottom' half of each bun. Place a mound of the cooked onions and peppers onto the bottom bun, then place an Italian sausage on top. Done.

Notes:

- ***MARINARA:*** You can also add a little bit of marinara sauce onto your sandwich as well. You can make my 5 minute marinara from pg. 16, or use whatever brand you want. Adjust points if necessary.

L.A. Street Dog

A bacon wrapped sausage, with sauteed onions, bell peppers, a charred jalapeno, and creamy chipotle sauce

This is the official hot dog of los angeles, though you can find them at all carnivals, fairs and at various street vendors. The real ones are huge bacon wrapped hot dogs, served with a mound of onions and peppers, dripping with oil, served with a charred jalapeno pepper. Mine is made healthier with a ground turkey sausage, center cut bacon, veggies cooked with cooking spray, with a greek yogurt based chipotle sauce, instead of using a tub of mayo.

Servings Info.:

Yields: 6 sandwiches
Servings: 6
Serving Size: 1 sandwich

MY PLAN

R - D
1-1

- last checked 03/30/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Ingredients:

- 1lb batch of my 'Savory' meat mix (pg 16), formed into (6) 3oz bacon wrapped sausages ***(see pg. 44-46)***

Chipotle Crema Sauce:

- 1/3 cup plain fat free Greek yogurt
- 1 tsp light mayo
- 1 tsp chipotle chili powder
- 1/4 tsp each: salt and pepper
- 2 tsp apple cider vinegar

Additional Ingredients:

- 1 large onion, sliced
- 1 large red AND green bell pepper, sliced
- 6 jalapeno peppers (or, you can slice them and add them in with the onions and peppers. Your preference.

Directions:

1. Prepare the bacon wrapped sausages and cook in a large pan, as shown on pg. 46. Then, set them aside when done.
2. After you remove the sausages, add the onions, green and red peppers, and jalapenos, ***if using***, to the large pan, over medium high heat. Spread the veggies around, then DO NOT MOVE THEM! Let them sit, unmoved for 3 minutes, then toss to mix. Let them sit for another 2 minutes, unmoved, then toss again. repeat the process, letting them cook for 2 minutes at a time, without stirring, till they begin to develop some char marks.
3. Mix the sauce together, set aside.
4. Add the cooked sausages back into the pan, with the hot veggies, to warm them back up. Done.
5. ***To Serve:*** Toast your buns (if desired). Add a scoop of the onions and peppers into the sandwich, followed by 1 of the bacon wrapped sausages. Drizzle with some of the chipotle yogurt sauce and garnish with a charred jalapeno pepper.

Notes:

- ***JALAPENO:*** If you'd rather have the pepper spread throughout the dish, slice up the jalapeno and cook it with the onions and peppers, rather than keeping it whole.
- ***CHARRING:*** Let the pan sit for 2-3 minutes at a time, so the veggies will develop char. If you are constantly stirring and tossing the veggies as they cook, they won't develop those blackened charred little crispy edges we want.

Maxwell Street Polish Sausage Sandwich

Polish sasuage, entombed in a mound of caramelized onions, with mustard and hot pickled peppers

A Maxwell Polish Sausage Sandwich is a famous street dog, hailing from Chicago's "Maxwell Street Market", at a Polish family-run hot dog stand, in the late 1930's. It's traditionally made with a fresh Polish Kielbasa sausage, grilled grilled onions, mustard, and pickled hot peppers, and is widely viewed as one of Chicago's famous regional food dishes. This version is a healthy, tasty riff on the classic sandwich.

Servings Info.:

Yields: 6 sandwiches
Servings: 6
Serving Size: 1 sandwich

MY PLAN

R - D
0-0

- last checked 03/30/24 -
Listed Points DO NOT INCLUDE BREAD! Use whatever bread you want, then add my points.

Ingredients:

- 1lb batch of my Kielbasa meat mix (pg 26), formed into (6) 3oz sausage links ***(see pg. 44-45 for guide)***

'Beefy' Caramelized Onions

- Prepare 1 batch of my 'beefy caramelized onions', as shown in my 'Patty Melt' recipe, on pg. 120.
  HOWEVER... modify the caramelized onion recipe from the patty melt, as follows:
  - Use THREE large onions, instead of 2.
  - Use 3/4 cup beef broth, instead of 1/2 cup.
  - Quarter, then slice the onions, instead of dicing them (the patty melt asks you to dice them)

Additional Ingredients:

- Low carb hot dog buns or any bread rolls o' choice
- Yellow mustard
- (OPTIONAL) 1 jar of pickled "sport" peppers. If you can't find those (pictured up top), you can substitute them with pickled spicy pepperoncini peppers, pickled spicy yellow peppers, or ANY type of pickled spicy pepper you can get your hands on.

Directions:

1. Prepare the kielbasa sausages ahead of time, and get them ready to cook. You'll start cooking them later, either in a pan or on the grill, while you are cooking the onions, seperately, in their own pan.
2. Start cooking the caramelized onions, as shown on pg. 120, but with the recipe changes listed above in the ingredients area.
3. When the onions are about halfway finished cooking, cook your sausages by either pan frying or grilling them (see pages 44-45). So they finish cooking around the same time as the onions. Set aside.
4. When your caramelized onions are finished... Toast your buns or bread, if desired. TA DA!!! You're done.
5. ***To Serve:*** Divide the caramelized onions between all of the 6 buns. Place a cooked kielbasa sausage onto the onions, followed by a drizzle of yellow mustard. Lastly, if desired... add a couple of the pickled hot peppers (they are optional).

Notes:

- ***PICKLED PEPPERS:*** As mentioned... the traditional version of this sandwich calls for pickled "Sport Peppers". My local stores didn't carry them, so I had to order them on amazon. If you don't want to go that far, feel free to substitute them with any type of pickled hot peppers you want.

Seared Mixed Veggie Salad - Pages 160

'Perfect' Potato Wedges- Page 173

Baked Parmesan Carrot Fries - Page 172

Baked Onion Rings - Page 164-165

Broccoli Salad - Page 151

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 acquantence you have.Game on.

SALADS:

Bacon Ranch Chopped Salad ... pg 150
BBQ Ranch Chicken Salad ... pg 150
Blue Cheese & Bacon Wedge Salad ... pg 151
Broccoli Salad ... pg 151
Carrot Apple Slaw ... pg 152
Chicken Caesar Salad ... pg 152
'Chios' Chickpea Salad ... pg 153
Classic Creamy Coleslaw ... pg 153
Classic-ish Macaroni Salad ... pg 154
Cobb Salad ... pg 154
Cowboy Caviar ... pg 155
Crunchy Asian Chicken Salad ... pg 155
Cucumber Mint Salad ... pg 156
Greek Pasta Salad ... pg 156
Mediterranean Salad *(olive garden)* ... pg 157
Mexican 'Street Corn' Salad ... pg 157
Mustard & Dill Potato Salad *(5 star)* ... pg 158
Potato Salad au Francais (French-Style) ... pg 159
Seared/Grilled Veggie Salad ... pg 160
Summer Succotash Salad ... pg 161
Tomato Corn Summer Salad ... pg 161
Waldorf Salad ... pg 162

Mexican Street Corn Salad ... pg 157

Chili con Carne (without beans) ... pg 167

SIDE DISHES:

Baked Crispy Onion Rings ... pg 164-165
Calico Beans ... pg 166
Chili con Carne (without beans) ... pg 167
Chorizo Stuffed Mini Peppers ... pg 168-169
Creamed Style Sweet Corn ... pg 170
Maple & Brown Sugar Baked Beans ... pg 171
Parmesan Carrot Fries ... pg 172
Perfect Potato Wedges ... pg 173
Southern-ish Corn Bread 2 Ways ... pg 174-175
BONUS RECIPE: Yeast Biscuits ... pg 176-177
(They'd go great with the breakfast sandwiches)

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

MY PLAN

R-D 1-2

- last checked 01/31/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

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.

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

MY PLAN

R-D 1-1

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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 iceberge 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

MY PLAN

R - D
1-2

- last checked 01/31/24 -
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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

MY PLAN

R - D
0-1

- last checked 01/31/24 -
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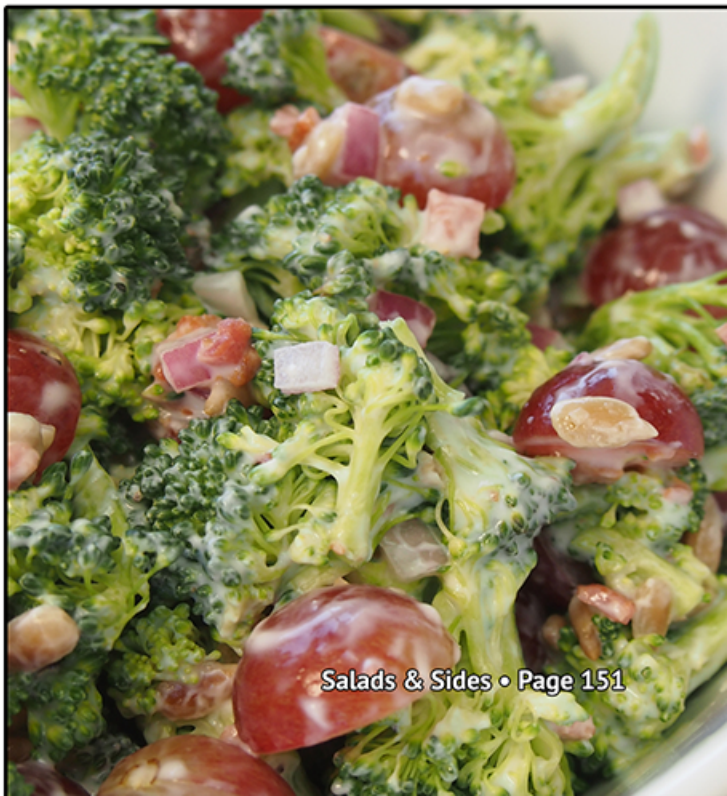

Carrot Apple Slaw

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

MY PLAN

R - D
1-2

- last checked 01/31/24 -
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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.

Serving Info.:

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

MY PLAN

R - D
1-1

- last checked 01/31/24 -
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'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

MY PLAN

R - D
0-0

- last checked 01/31/24 -
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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

MY PLAN

R - D
0-0

- last checked 01/31/24 -
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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: 16 cups
Servings: 16
Serving Size: 1 cup

MY PLAN

R-D 2-2

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Serving Info.:

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

MY PLAN

R-D 1-1

- last checked 01/31/24 -
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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 it 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 jalepeno 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. Dont 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

MY PLAN

R - D
0-1

- last checked 01/31/24 -
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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

MY PLAN

R - D
1-2

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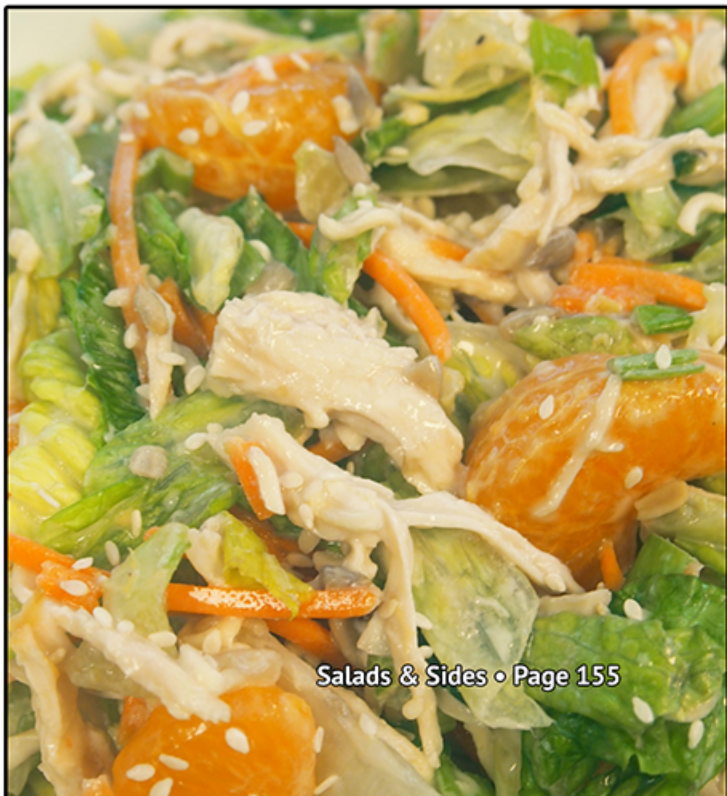

Cucumber Mint Salad

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

MY PLAN

R - D
1-1

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Serving Info.:

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

MY PLAN

R - D
3-3

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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

MY PLAN

Range 1-1

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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

MY PLAN

Range 0-4

Lots of points for diabetic folks, from the corn.

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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

MY PLAN

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, oooor, 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 stumled 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

MY PLAN

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- last checked 01/31/24 -
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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 mixin 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

MY PLAN

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- last checked 01/31/24 -
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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 vegfie. 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

MY PLAN

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- last checked 01/31/24 -
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Tomato Corn Summer Salad

Ingredients: *(this is a reeeeally 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 towls, 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

MY PLAN

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- last checked 01/31/24 -
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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.

Serving Info.:

Yields: 12 cups
Servings: 16
Serving Size: 3/4 cup

MY PLAN

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- last checked 01/31/24 -
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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 Obvivous.
- The apples and bananas don't brown as quickly, because of the acidity in the lemon juice and Greek yogurt.

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

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

MY PLAN

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- last checked 02/01/24 -
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Ingredients:

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

Egg Mixture:

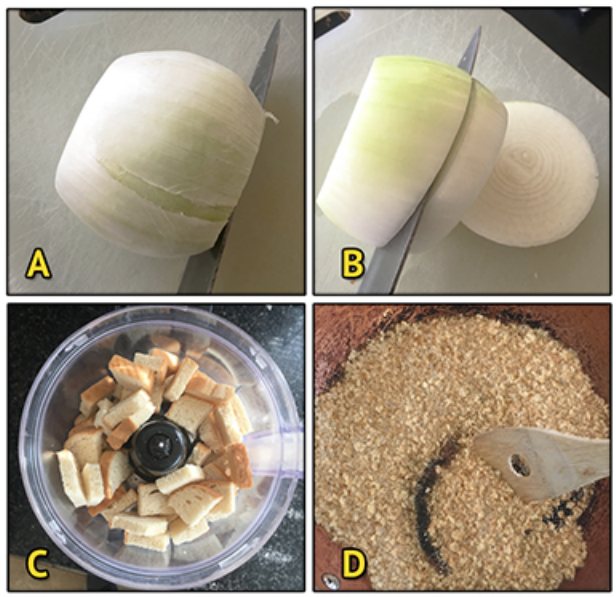
- 2 Tbsp dijon mustard
- 1-1/2 tsp flour, any brand or type of flour you want
- 1-1/2 tsp cornstarch, dissolved into the water
- 1 tsp baking powder (trust me, it's cool)
- 1 Tbsp water
- 3 large eggs
-

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

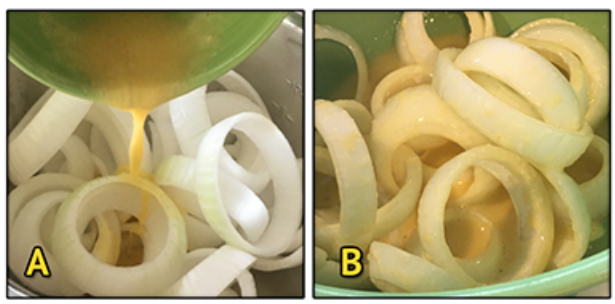
- 5 slices of 'keto' or low point bread, toasted and dried, as shown on pg 35, 'low carb bread crumbs' ***see notes**** *(make ahead of time)*
- 2 tsp panko breadcrumbs
- 1-1/2 tsp regular plain breadcrumbs
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp italian seasoning
- 1/4 tsp black pepper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

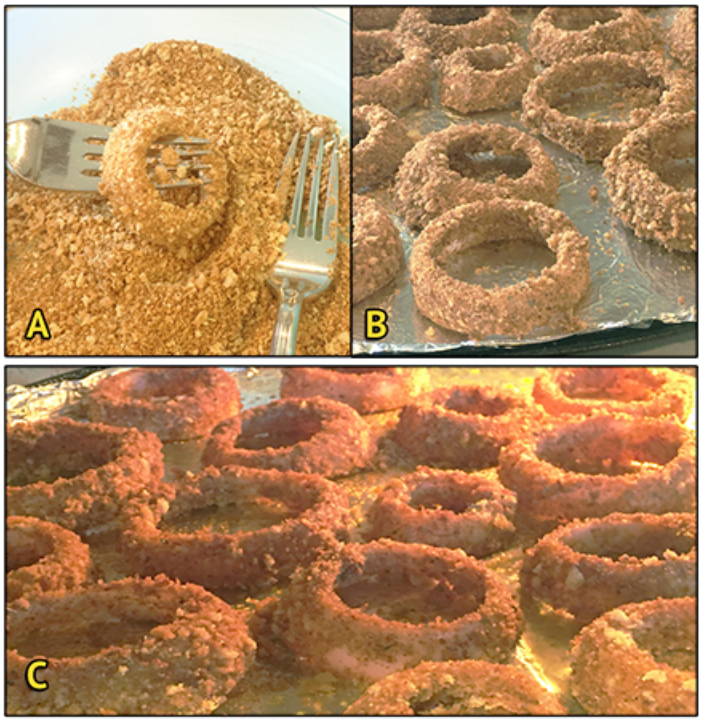


2. **(A)** Slice the ends off of each side of the onions, then peel off the first layer. **(B)** Slice into 1/2" thick rounds. Separate slices into individual rings, then set aside in a large bowl. **(C)** Place your 5 pieces of dried bread into a food processor and pulse them (or crush them by hand) 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 sticks

  Though 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' momma'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

MY PLAN

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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 healhy 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)

Serving Info.:

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

MY PLAN

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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.

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

MY PLAN

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- last checked 02/01/24 -
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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

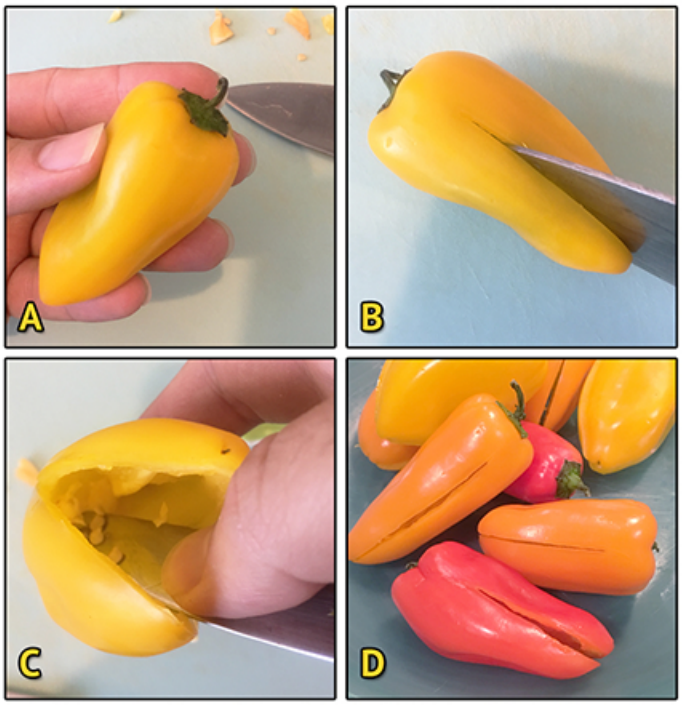
Mexican Hot Sauce Dip:

- 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 spicer 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 fo 1 point (these 'diabetic points' include the yogurt dip)

Side Dishes • Page 169

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

MY PLAN

R - D
0-2

- last checked 02/01/24 -
Use your mobile device's 'Camera' App to 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

MY PLAN

R - D
1-1

- last checked 02/01/24 -
Use your mobile device's 'Camera' App to 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

MY PLAN

R - D
0-0

- last checked 02/01/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

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

MY PLAN

R - D
4-4

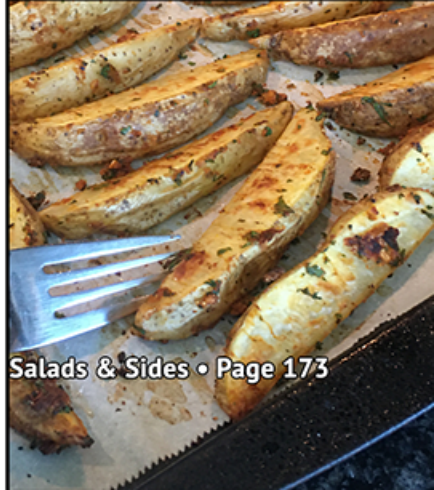
- last checked 02/02/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

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

MY PLAN

R-D 1-2

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

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

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.

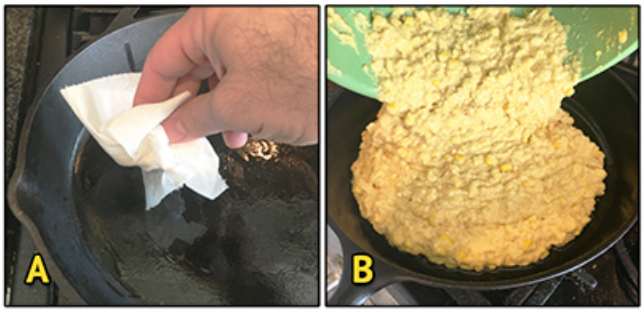
2. Begin preheating your oven to 375 degrees. USE AN OVEN THERMOMETER and wait until your oven is actually at 375. Don't trust your oven's beep.

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.

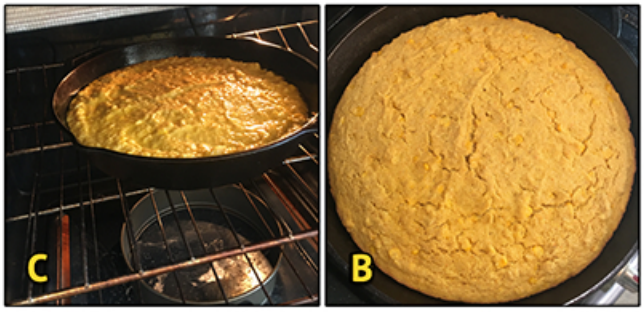
Iron Skillet Directions: *(for you Southern weirdos)*

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

MY PLAN

- last checked 01/02/24 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

R D
2-3

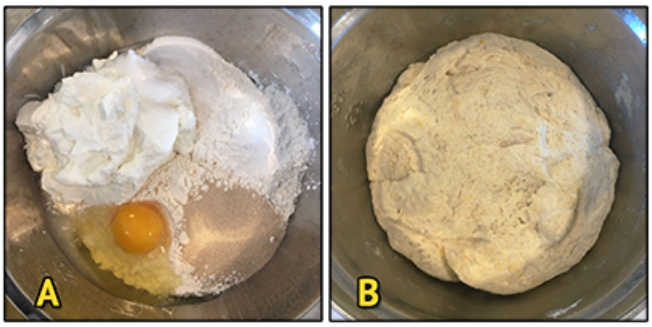
Points shown are with King Arthur '00' flour.

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

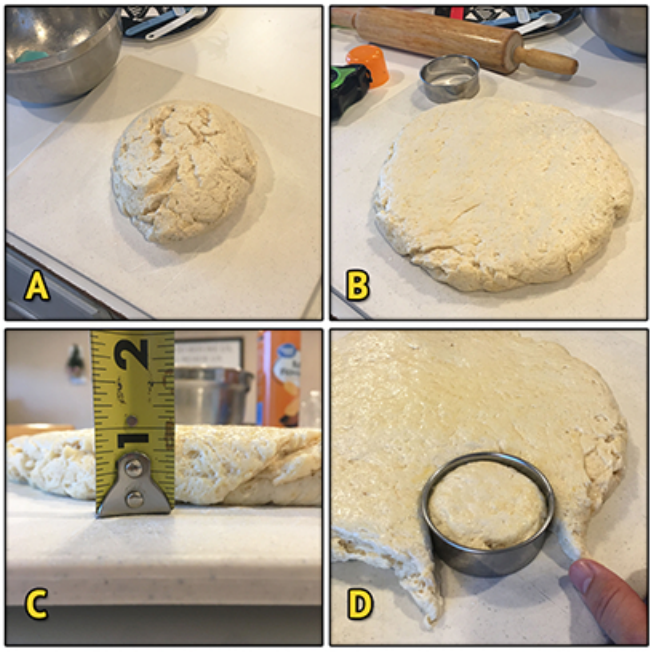
Ingredients:

- 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.

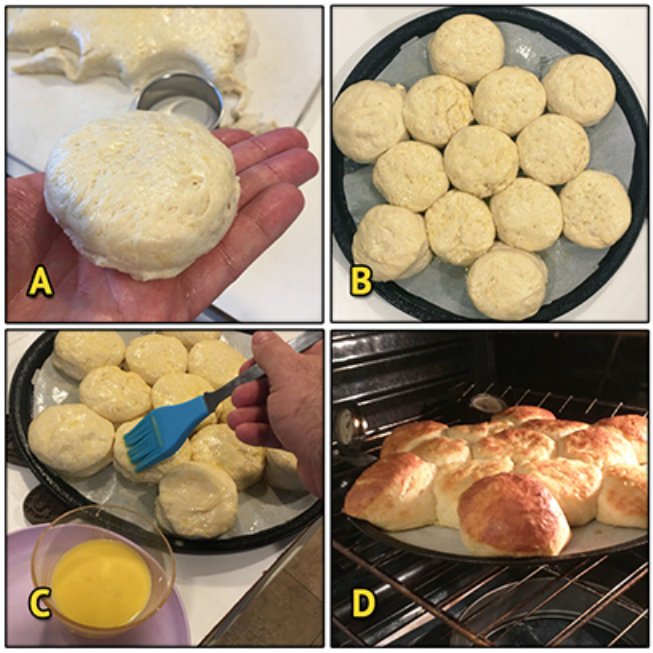
Directions:



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.***

"... and now there's our happy little cheeseburger."

Closing Thoughts

The musings of a well fed basket case

Well, here we are again folks... at the end of another one of my Cookbooks. Who would'a thunk it. Not this guy, that's for sure.

The crazy thing is, I can remember what I was thinking when I decided I needed to start losing weight, eating healthier, and join Weight Watchers. I remember that I was dreading it. I thought that I was never going to get to eat 'good' food again. I thought that I was going to have to spend the rest of my days eating boring chicken breasts, steamed vegetables... and if I was lucky, that I'd get to have rice cakes for dessert with sadness on top. Because ya'know what? That's what everyone THINKS healthy food, or 'diet food', has to be. After 2 weeks of eating depressing 'diet food', when I finally started actually thinking how to make 'regular' food healthier, that's what changed everything. After looking through the pages of this book, ask yourself: "Did I ever think I could eat food like this and lose/maintain weight?"

To think... the entire inspiration for this cookbook was a 2019 Weight Watchers commercial, where they showed a group of men "fake-happy" eating grilled burgers that were the size of a toddler's fist. As a guy... BOY did that commercial make me mad. That's not how people want to eat. THAT'S a diet.

In my previous 2 cookbooks, I go out of my way to try and spend time instructing, teaching and guiding you through the steps you can take to modify recipes for yourself. This is my full fledged, straight forward, less jibber jabber Cookbook. I tried to pack as many gourmet burgers and sandwiches into it as possible, as well as give you just shy of 30 dressings and spreads. UTILIZE THOSE DRESSINGS, folks! Don't just think of them as being for these burgers only. A lot of the individual burgers/sandwiches have recipes for a unique dressing/spread of their own. You can use those to dress potato salads, pasta salads, chopped grilled veggies, etc. Look at the way that I constructed these burgers and use it as a foundation to make your own.

Between my 5 self published cookbooks, I've set you up for complete and utter success. You have the tutorials, guides and foundation recipes in Cookbook 1. The appetizers, dressings, dips, and all the desserts in Cookbook 2, a ton of healthy Asian food in Cookbook 5... and now this. Between them, there is no way you can NOT lose, or maintain weight, unless you go completely off the rails and start snacking on unhealthy things (Curse you, Pop Tarts!)

By now, I hope that if I have been able to impart anything after working on these Cookbooks for 6 years, it's that more than anything... I want you to succeed. I don't want to just throw recipes at you. I want to help show you how to create your own. Book 1 explained HOW to do it. Book 2 showed you that you could take it to the next level, Book 5 showed you how to take it International, and Book 3... this is to show that just because you might be 'on a diet', doesn't mean you have to eat 'diet food'.

NOW, GET COOKIN'!

Acknowledgements

(Original Acknowledgements from August 2020)

I'd like to thank the Academy...

Well, here we are again. Getting a bit repetitious at this point, but I guess that's a good thing. Seeing that we're at the end of the award show, now's as good a time as any to mention a few key folks. There are a TON of you who have been so extremely supportive and encouraging over the past 6.5 months, while I've been working on this book. Well, if you count the 3 months that we were all shut down because of COVID... I've reeeeeeally only been working on this for 3.5 months, but let's not nit-pick.

Now, let's start with the non-Weight Watchers people. More than any of you realize... a huge reason I was able to put this Cookbook together was because of all the awesome Behavioral Therapists at '**California Psych Care, Santa Clarita**.' These wonderful young women, come to my house, nearly every single day, to help my kids with their therapies. While they are working with my kiddos, that's when I was able to have a small window that allowed me to cook over half of the burgers and sandwiches, as well as set up lights and take pictures. If it wasn't for them, I never would have been able to finish this. I also built over half of the actual book itself during their weekly 'play group' therapy sessions. I'd drop off my kids, sit in their office lobby for 2 hours with my laptop, soak up their wifi and work. Thanks, especially to ***Jennifer***, ***Stephanie 1***, ***Stephanie 2***, ***Kendal***, ***Olivia***, ***Bailey, Melissa*** and all the other Therapists and Assistants who have helped my kids be able to communicate ... and have also given me time to cook and work, during the in-home therapies. Thank you, Ladies!

Now... onto the Weight Watchers/Social Media folks. There are a bunch of people, especially in Weight Watchers 'Connect', I want to single out and thank. I won't be able to mention everyone, because there are so many of'ya. But I do have to call out a few. *(C'mon... there's 130,000+ of you following me right now and I only have half a page left!).*

Of course, I have to start off with ***@69gabygal***... the poor lady who has been acting as my Jiminy Cricket for 2 years now. She helps me with proof reading and suggesting changes, nearly every night. Honestly, folks... that lady is thorough. Any mess ups that you find in here, are ones that I've put in AFTER she proof read everything... which I do, a lot. It's a wonder I haven't driven her crazy yet.... Actually, I probably have. Which is why I always tell her I'm going to replace her with a younger Editor, from The Ukraine, named Inga... just to keep her in line. 😂

@Mariarachael12 and her Husband Jodi, for being wonderful to me from the moment I met them. ***@Missyvw40***, ***@Eastendergirl*** and ***@AliciawMccauley***. 3 friends that I'm so glad I was able to meet, in person. ***@Rbberens***, for being my selfless, local WW friend. ***@Bizzybee85***, ***@Cake.Riot, Mecaara***... ***@Renelfalgout1***, for being such a great sport and playing along in ***#ConnectWars***, as 'The Cajun Queen', along with ***@Mappleby777***, for slumming it as the sidekick of my arch nemisis... ***@Chiafullo***... 'The Cannoli Kid', aka: 'The Lover of Kale.' As well as a somewhat cryptic one... '***Ron***'. Thank you. Thank you for all of the help you have given me and my family over the past 2 years. Thank you, ***#GentFromConnect***.

I want to give a special shout out to my absolute 2 favorite little chefs, who I absolutely adore. '***Chef Frankie***', the pint sized cooking dynamo of Connect, son of ***@Ericarossiramos***... I still owe you a little chef jacket, haven't forgotten, mi amigo. As well as ***@dtspilde***'s youngest daughter, who is cooking her way through all my recipes. *"Go, Team Dull Knife!!!"*

Ya'know what... I'm going to break from tradition here. I want to say thank you to Weight Watchers, for everything. I was going to do it in Cookbook 2, but chickened out. Well, it's about time I said thanks to the corporation that put this system in place. Joining WW changed my life. It changed my family's lives. It gave me the tools and desire to change myself for the better. When I joined Weight Watchers, I was medically classified as Obese. I had a combined cholesterol of over 220, RESTING blood pressure of 180, sleep apnea, pre diabetes, etc., etc., etc. If it wasn't for hitting my 'low' and joining, I would be dead of a heart attack or stroke right now. Instead, because of their system, everything about me changed, not just physically.

All of this recipe hacking, ingredient swapping, culinary craziness that I do, to make EVERYTHING into healthier 'diet food' ... Weight Watchers didn't show me how to do it. But, they DID provide me with the tools, to make almost anything I want and still lose or maintain weight (as long as I stay away from Dairy Queen Blizzards).

So... this book is officially done. I'll see you guys and gals with the next one.

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