

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



HEALTHY HOLIDAY COOKING SURVIVAL GUIDE

Show That Turkey Who's Boss!

**FALL 2020 EDITION** 

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# Gabble Gabble, Peeps!

Well, it's that time of year, mis amigos. The time of year where everyone who's trying to eat healthier dreads... the Holidays \*insert lightening sound effects\*. How many of ya are here because you're tired of having to choose between holding onto your weight loss success, versus having to slip and fall back... because your family will complain about your 'healthy' cooking. Or, you think that you have to have tiny, baby sized portions in order to get through Turkey Day? Well, now you won't have to.

I've decided to go through each of my 3 published cookbooks and compile absolutely every single recipe together that would 'fit' into a Holiday theme. Meaning, that, yes... I'm including some of my salad dressings... but not all of them. Ginger Miso dressing doesn't really resonate "Thanksgiving Dinner", any more than a Blueberry Lemon cake makes you think about Christmas. I tried to go over everything and just include recipes that "feel" like they belong in this. I have a ton of appetizers in my second cookbook, but only a few that work in here. You don't often see Mussels in Saffron Sauce next to the fruitcake... ya'know what I'm sayin'? So... that's the gist of it. The following mini-book is everything that I could toss together, to help you create a low-ish point Holiday feast.

Along with the recipes, I'm also including a few of my Foundation recipes, which are used with some of the dishes in this book. I'm also including all of my meat seasoning recipes and a few pages of ingredient swaps. I KNOW that this information is redundant for a lot of you who already have my other cookbooks. However, I'm really trying to take into account the new members in-system who don't have those, have never heard about them before... and will NEED that information in here. Remember, my aim is to make this as useful as possible.

There is a bright spot here, folks. This is the first version. Every single year I'm going to be adding more Holiday dishes into this. More dressings, appetizers, sides, salads, holiday specific desserts... everything. So what you're looking at right now is the base, that will be built the foundation for next Fall's full fledged Holiday Cookbook.

So, let's get into it, everyone. Strap on your big boy booties, put your hair in a bun, and let's get to work. Our goal is to take all of the naysayers in your family who are grumbling about having to eat your 'diet' food for Thanksgiving... and let's convert them. Through smart ingredient swaps and slight cooking tweaks, we can have all of the Holiday fixin's that we all want... but have them without blowing all of our points and starting down an emotional eating spiral. Let's get'er done!



PS: I'm dedicating this tiny book to @Chiafullo, because his whining about almond milk and kale amuses me. However... as my arch nemesis, he doesn't deserve a full page dedication. So, he gets this fine print... under a lady in a kayak, rafting down Mashed Potato Mountain. Thanks for makin Connect fun... Cannoli Boy. 😸





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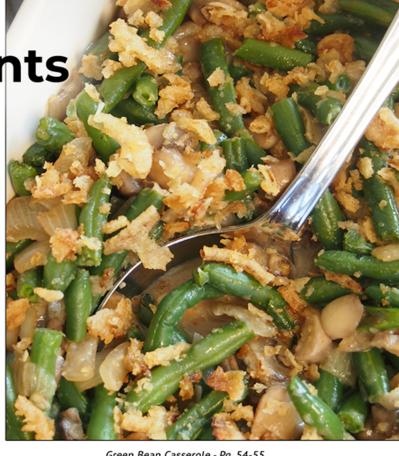
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# Foundation Recipes

This is a short section consisting of a couple of the 'foundation recipes' from Cookbook 1. These are the few that I felt were pertinent to 'Holiday' dishes. I'm including the ground meat seasonings, because of their possible uses in your own family dishes, due to their versatility. The other recipes are used in dishes within this download.

#### Ground Turkey/Chicken Seasoning Mixes:

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Ground turkey or chicken LOADED with asian flavors

Forget "everybody was Kung Fu fighting", as far as I'm concerned, everybody should be making this mix. I came up with this mix, while trying to make my low point Bahn Mi chicken sliders. Though I used ground chicken breast for this recipe, you can definitely use extra lean ground turkey.

Serving Info:	Points:	6	B	P
Seasoned Mix	1 serving =	1	0	0
Servings: 8	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	3	0	0
	4 servings =	5	1	1

#### Ingredients:

- · 1 pound extra lean ground turkey
- 1 Tbsp Asian "fish sauce" It's Pretty much, bottled anchovy water. YUM!
- 1/2 to 1 tsp ground black pepper, to taste.
- 1 tsp ground ginger
- · 3-4 medium garlic cloves, minced
- · 1 tsp sesame oil
- 1 Tbsp soy sauce, reduced sodium
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 1 tsp lime juice
- · 1 Tbsp fat free Greek yogurt
- 1/4 cup green onion, thinly chopped (not the white part)
- 1 Tbsp chicken flavored bouillon (granules)

#### Directions:

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



Ground Turkey Bratwurst that doesn't suck!?



Guten Morgen, friends! I originally came up with this seasoning blend for my Bratwurst sliders. It took multiple attempts to finally get the seasoning right. Yes, of course the texture of ground turkey isn't the same as ground pork, but... it tastes great, and cuts hundreds of calories.

Serving Info:	Points:	G	B	P	
Seasoned Mix	1 serving =	1	0	0	
Servings: 8	2 servings =	2	0	0	
Serving Size: 2oz	3 servings =	3	0	0	
	4 servinos =	4	0	٥	

#### Ingredients:

- · 1 pound extra lean ground turkey
- · 1 Tbsp beef flavored granules (in the soup aisle, or in the mexican food aisle, like the "Knorr" brand)
- 1/2 tsp ground cumin
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- · 3/4 tsp dried mustard
- 1/2 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
- 3/4 tsp caraway seed, toasted (instructions on pg. 47)
- 1 tsp worcestershire sauce
- 1/2 cup diced onion (OPTIONAL, for bulk, if desired)

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



Low Point, Low Calorie Breakfast Sausage

There are a lot of different low point breakfast sausage recipes out there that call for ground turkey.... this is mine. Mine's a little more on the maple-side of things, because I like that kind of sausage. In this recipe, the sugar free pancake syrup is completely optional. You can replace it with some maple extract from the baking aisle, if you can't have artificial sweeteners. Also, I HIGHLY recommend using the cayenne pepper. Even if you only use a tiny little 1/8 tsp of it, it makes a huge difference.

Serving Info:	Points:	G	B	P
Seasoned Mix	1 serving =			0
Servings: 8	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	3	0	0
	4 servings =	4	Λ	Λ

#### Ingredients:

- 1 lb extra lean ground turkey
- 1/2 tsp salt
- 1/2 tsp fresh ground pepper
- 1/2 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 sweetener of choice\*\*
- 1/4 tsp molasses\*\*
- 2 tsp beef flavored granules (like Knorr brand)
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 1/2 tsp smoked paprika
- 1 Tbsp sugar free pancake syrup
- 1/8-1/4 tsp cayenne pepper to taste
- 1/4 tsp liquid smoke, hickory (OPTIONAL)

#### **Directions:**

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

#### Note:

- Feel free to replace the 0 point sweetener and molasses with 2 tsp of 0 point brown sugar substitute.



Low calorie, virtually fat free, delicious Chorizo

Traditional Chorizo is a heavily seasoned, extremely fatty and greasy mixture of ground pork that's loaded with "Pimenton", a type of smoked paprika. If you go to a mexican restaurant and order Chorizo, you'll usually need a good pair of wading pants to get through all of the grease on your plate. My version is really good, has a lot of the traditional flavor, but cuts out 99% of the fat, while still retaining moisture. Mine is ultra low in points, so feel free to add more smoked paprika if you want, but adjust your points accordingly, as always.

Serving Info:	Points:	G	B	P
YIELDS: 4 cups	1 serving =	1	0	0
Servings: 8	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	3	0	0
	4 servings =	5	1	1

#### Ingredients:

- 1 lb extra lean ground turkey
- 3 tsp minced garlic (3 med. cloves)
- 1 to 3 tsp chili powder, to taste
- · 2 tsp paprika
- 1/2 tsp smoked paprika
- 3/4 tsp salt
- 1/2 tsp pepper
- 1 tsp dried oregano
- 1/8 to 1/4 tsp cayenne pepper or chipotle powder (to taste)
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground cinnamon
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 1 Tbsp beef flavored granules (like Knorr brand)
- · 2 Tbsp apple cider vinegar

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



Delicious latin flavors with lime and cinnamon

This is tied with Kafta for the most flavorful of all of these mixes. It tastes so insanely good. It has strong notes of typical latin flavors, like cumin and oregano... but then you get slapped with little pops of olive, lime and even the exotic hint of cinnamon. It sounds so weird, but it tastes SO GOOD!

Serving Info:	Points:	6	B	P
Seasoned Mix	1 serving =	1	0	0
Servings: 12	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	3	1	1
	4 servings =	3	1	1

#### Ingredients:

- · 1lb extra lean ground turkey
- 3 tsp beef flavored granules (bouillon)
- 1/2 tsp onion powder
- · 1/2 tsp garlic powder
- · 1-1/2 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 (TRUST ME!!)
- 1/2 tsp salt
- 1/4 tsp pepper
- 6 green olives, stuffed with pimientos, chopped (don't get the HUGE olives, you want 6 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 medium garlic cloves, minced
- 1/4 tsp ground cinnamon
- · 1 Tbsp lime juice
- · 1/4 cup fresh chopped cilantro

#### Directions:

 Mix everything together in a large mixing bowl, until well combined. Allow to sit for 20 minutes, covered. Cook until browned.





Awesome, 0 point Italian Sausage substitute

When I was trying to lose my weight, when I dove into WW, one thing that I REALLY wanted was Italian sausage, but let's face it... I'm the Ebenezer Scrooge of Points, so I couldn't make myself use my points on pork sausage. I tried tons of different versions of this recipe, before finally coming up with this baby.

Serving Info:	Points:	6	B	P	
Seasoned Mix	1 serving =	1	0	0	
Servings: 8	2 servings =	2	0	0	
Serving Size: 2oz	3 servings =	3	0	0	
	4 servings =	4	0	0	

#### Ingredients:

- 1 lb extra lean ground turkey
- 1 tsp fennel seeds, toasted (instructions on pg. 47)
- 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 (TRUST ME!!)
- 1/2 tsp salt
- 1/4 tsp fresh ground pepper
- 3/4 tsp paprika
- 2 Tbsp red wine vinegar
- 1 Tbsp beef or chicken granules (bouillon)
- · red pepper flakes to taste (OPTIONAL)

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



#### A spicy and savory Caribbean spice blend

No, you don't need to be a meanie-head to make this. "Jerk" is a traditional Jamaican seasoning, normally used on chicken. It typically calls for chopped scotch bonnet peppers, which are hotter than satan's kidney stones. I decided to tone it down a little, by using Habanero peppers, which are easier to find in grocery stores. This mix has it all. Exotic spices, a good deal of heat, a little sweet, and a little acidity from lime juice and zest.

Serving Info:	Points:	G	B	P
Seasoned Mix	1 serving =	1	ō	0
Servings: 8	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	2	0	0
	4 servinas =	3	0	0

#### Ingredients:

- · 1lb extra lean ground turkey
- 1-1/2 tsp fresh ginger, finely chopped
- · 3 Tbsp green onion, thinly sliced
- · 2 medium cloves garlic, minced
- 2 tsp lime juice
- · 1 tsp lime zest, minced
- · 2 tsp soy sauce, reduced sodium
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- 1 tsp fresh thyme, finely chopped
- 2 tsp 0 point brown sugar substitute, OR, 2 tsp 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
- 1/2 tsp cayenne pepper
- 2 habanero peppers, deseeded, finely diced (use gloves!!)
- · 2 tsp chicken or beef flavored bouillon

#### Directions:

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



#### This baby's like taking a trip to a Kabob House

Kafta is a Lebanese ground meat mixture, usually ground beef or lamb, mixed with a ton of fresh parsley, onion, and seasonings. This is a hybrid of my father's traditional recipe and my own "savory ground turkey". It has a deep, savory, beefy flavor and you won't believe that this is ground turkey.

Serving Info:	Points:	G	B	P
Seasoned Mix	1 serving =	1	0	0
Servings: 10	2 servings =	2	0	0
Serving Size: 2oz	3 servings =	2	0	0
	4 servinas =	3	0	0

#### Ingredients:

- 1lb extra lean ground turkey
- · 1 Tbsp beef flavored bouillon
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- · 2 tsp worcestershire sauce
- 1/4 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

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



A smoky, savory and slightly spicy sausage mix

My ground turkey version of Kielbasa, or Polish sausage, has all of the traditional spices of regular beef/pork Kielbasa, as well as my preferred spices to make ground turkey "beefier". We're also going to make up for turkey's lack of fattiness, by adding a little fat free Greek into the mix as well.

Serving Info:	Points:	G	B	P	
Seasoned Mix	1 serving =	1	0	0	
Servings: 8	2 servings =	2	0	0	
Serving Size: 2oz	3 servings =	3	0	0	
	4 servings =	4	Λ	Λ	

#### Ingredients:

- 1lb extra lean ground turkey
- · 2 Tbsp fat free plain Greek yogurt
- 1-/1/4 tsp salt
- 1/2 tsp pepper
- 1-1/4 tsp dried sage
- 1/2 tsp ground ginger
- 1/2 tsp dried parsley flakes
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 2 tsp beef flavored bouillon (like Knorr brand)
- 1/2 tsp dried marjoram
- 1/2 tsp onion powder
- · pinch ground allspice
- pinch nutmeg
- 1 tsp 0 point sweetener o' choice
- 1/8 to 1/4 tsp cayenne pepper (TO TASTE)
- 1/2 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)

#### Directions:

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

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A versatile mix that gives a deep, beefy flavor

I use this recipe whenever I need a standard, beefy flavor for a dish. What's the one complaint that you hear about ground turkey from EVERYONE? "It tastes bland...It's dry... It has no flavor". Well, of course it doesn't, so OPEN YOUR SPICE CABINET AND FIX THAT! A lot of thought went into this mix. Think that ground turkey has no flavor? Add beef bouillon, smoked paprika, worcestershire and a touch of cumin. Now you have ground turkey that's saturated with beefy, smoky, earthy flavors.

Serving Info:	Points:	<b>6</b>	B	P	
Seasoned Mix	1 serving =	1	0	0	
Servings: 8	2 servings =	2	0	0	
Serving Size: 2oz	3 servings =	3	0	0	
	4 servings =	4	0	0	

#### Ingredients:

- 1lb extra lean ground turkey
- 3 tsp beef flavored granules
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp baking soda dissolved in 1/2 tsp water (TRUST ME!!)
- · 1 tsp low sodium soy sauce
- · 2 tsp worcestershire sauce
- 1/4 tsp black pepper
- 1/4 tsp salt

#### 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.

# 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, to make sure you get a brand that stays at 0 points for 1 Tablespoon. If you can't find one, get what you can, but adjust how much you use, to stay 0 points. LEAVE OUT the granules if using 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 425 for 15 minutes.

#### **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 30 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: Want to have the most tender chicken ever?

Mix 1/4 tsp baking soda with 1 Tbsp water, rub it over up to 1 pound of chicken breasts or tenderloins, then let it sit for 20 minutes.

#### **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.

#### Cocoa Powder



#### 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, add 2-3 tsp of unsweetened cocoa powder to the mix. But don't add it dry. The trick is to mix the cocoa with

a little bit of water, to form a paste, then mix it in with the other seasonings. This will cause the meat to take on a darker hue. That small amount will add an earthy note, rather than a chocolate flavor. It also compliments the cumin in most of the mixes.



# **Guilt Free Breading**

I'll be the first to admit that I went a little crazy-overboard during my weight loss phase of my journey. I went nearly half a year without eating anything that was breaded because of how point conscious/paranoid I was. Then one day after reaching goal, a thought occured to me. In the recipe builder I noticed that if I added 2tsp of all purpose flour to a recipe it was 1 point, but if I added 2 different types of flour with 1-1/2tsp of EACH, that it was still 0 points even though I now had 3tsp of flour. So that made me go into the builder to see how I could outsmart it with amounts of different crumbs. This is the result.

#### Ingredients:

- 2 egg whites
- 1 Tbsp Water
- 1 Tbsp Fat Free Plain Yogurt (or Greek)
- 1 tsp Dijon Mustard (optional)
- 1/2 cups Instant Mashed Potato Flakes
- 2 tsp Panko Bread Crumbs
- · 3 Tbsp Plain Bread Crumbs
- Additional Herbs & Seasonings to Taste
- Cooking Spray

#### Directions:

- 1 Whisk together the egg whites, water, yogurt, & mustard (if using), in a wide bowl or dish.
- 2 In a separate container, mix together the flakes, bread crumbs, desired herbs and seasonings.
- **3** Pat your prepared meat dry with paper towels if necessary to ensure that they are dry.
- 4 Lightly dredge your meat cutlets, 1 at a time, through the eggwash, lifting it up and allowing excess eggwash to run back into the bowl.
- 5 Place the meat into the dish with your breading and lightly coat both sides.
- 6 Place the breaded meat on a dish and liberally coat with cooking spray on both sides.
- 7 Cook the breaded meat according to your recipes directions.

#### Yields:

Makes enough breading to coat 4 medium sized chicken breasts

Points: 1 serving = 1 1 1 1 2 servings = 3 3 3 3 3 servings = 4 4 4

#### COOKING TIP:

If baking, for best results bake the breaded cutlets on a wire rack on top of your baking pan to allow for heat to circulate around all sides of the chicken. It will keep the bottom of the meat raised off of the surface so that it gets crispy on both sides.





## Snap Crackle Pop, Rice Breadiiiiiing

That breading recipe, over yonder, that says 1.0... I put that together around a year and a half ago, this my upgrade. I came up with this one not too long ago, back when someone mentioned to me how people used to make pie crust with crushed rice krispies because of the points. That got me thinking, "I wonder if you could use it for breading?" Aaaand here we are.

#### Breading:

- 1-1/4 cup crispy rice cereal (like rice krispies). Place it in a ziplock bag and crush it. You'll end up with around 2/3 cup.
- 1-1/2 tsp plain breadcrumbs
- · 2 tsp panko breadcrumbs
- 1/4 tsp salt
- · 1/4 tsp black pepper
- · 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp italian seasoning

#### Egg Wash:

- · 2 large eggs
- 1-1/2 tsp self rising flour
- 1-1/2 tsp cornstarch
- · 1 tsp dijon mustard
- 1-1/2 tsp water

#### Directions:

- 1 Prepare the egg wash. Whisk together the 2 eggs, set aside.
- 2 In a small dish, stir together the flour, cornstarch, dijon mustard and water into a smooth, thick paste. Whisk into the beaten eggs. It will slightly thicken the egg wash.
- 3 In a large ziplock bag, crush the rice krispie cereal until it has the same texture as plain breadcrumbs. Pour into a bowl.
- **4** Add the panko, regular breadcrumbs, salt, pepper, garlic powder, onion powder and italian seasoning (optional). Stir to mix.
- 5 Now, it's pretty self explanatory. Dip things in the egg, let the excess run off into the bowl. Then lightly coat with the breading.
- 6 Spray the breaded items with cooking spray, on a foil lined pan.
- 7 Once breaded, I typically use this to bake things at 425 degrees for around 15 minutes, or until browned.

#### Servings Info.:

Yield: about 3/4 cup breading

**Servings:** Dependent upon how you use it. It can bread 4 large chicken breasts, or a sheet pan of onion rings.

Points: 1 serving = 2 1 1 2 servings = 4 2 2 3 servings = 6 3 3

#### Note:

- If you are on the GREEN plan, use 2 egg whites instead of regular eggs. It will then have the exact same points per serving as the BLUE and PURPLE plans.
- This breading is used in a few of the appetizers later in this book.
- This versatile breading works great on anything. Zucchini, banana bites, chicken strips, clams...





# DIY Fat Free "Cream Cheese" Substitute

First off, I need to give credit where it's due and thank "@mickeydoyle5" from Connect for tipping me off to this ingredient hack that I had never heard of before. Once I heard about it I HAD to try it considering how much fat free cream cheese I go through with my cupcakes. THIS STUFF IS AWESOME!!! Make sure that you use a Greek Yogurt with a very mild "tang" to it, as a lot of Greek Yogurts have a very sharp taste that sucks the life & happiness out of desserts normally. I used Chobani Fat Free Greek Yogurt, though my ABSOLUTE FAVORITE is FAGE 0%. Fage is a little pricier but it has the least amount of yogurt tang of all the major brands. It is an almost perfect match to a slightly softened cream cheese with juuuust a tiny bit of bite to it. I personally think that it works as a wonderful sub for cream cheese in dips, spreads and in appetizers. Some folks have been using this in cheesecake recipes with success, which inspired me to start using it in place of cream cheese for my frostings.

Yields: 4 cups

**Servings:** The servings is completely dependent on the application for which you plan to use the strained yogurt. Below, I will post the TOTAL POINTS for

yogurt. Below, I will post the TOTAL POINTS for the entire container's worth of yogurt. Use as much or as little as your recipe requires. Total Points: 11 0 0

This is the amount of points for the <u>strained</u> 4 cups of Greek yogurt. If you are on the <u>Green</u> plan, your points per serving will be dependent on your recipe

#### What You'll Need:

- 35oz FAGE (or other mild) Fat Free Greek Yogurt
- Cheese Cloth (or paper coffee filters)
- Strainer
- · Large Bowl
- Plastic Wrap

#### **Directions:**

- 1 Attach or set a plastic or metal strainer onto a large bowl or pot in such a way that the strainer will not come in contact with any liquid that drips to the bottom.
- 2 Line the bowl of the strainer with 6-8 layers of cheesecloth or paper coffee liners (much cheaper).
- 3 Pour all of the Greek Yogurt onto the cheesecloth.
- 4 Cover it all with plastic wrap and set in the refrigerator for at least 24 hours (mine was fine at 24).
- **5** Store in an air tight container for up to 1 week and use in place of regular cream cheese.

#### Note:

- If you are unable to get cheese cloth, you can line your strainer with a few layers of paper coffee filters.

# 0 point creamy awesomeness



### How To Make It Melt

There has always been one constant truth in the Universe, that Fat Free Cheese can't melt. Actually it can, it's just always done a really bad job of melting. (It sucks at it, actually.)

One afternoon while cooking I accidentally dropped some fat free cheese on the kitchen counter and it landed up against a little dab of yogurt. I was feeling lazy and decided to clean it up later. However when I came back, the two had kind of melded together, which gave me the idea to try this.

By mixing ANY amount of fat free shredded cheese with roughly 1/2 as much fat free plain or greek yogurt, then using it as a spread, you can "cheese" a pizza, lasagna, casserole, any dish you want, for virtually no points compared to regular cheese. It sounds so wrong... but it's so right. Once exposed to high heat, the yogurt and cheese both melt together..



# **Fat Free Cheese Hack**

How To Make Fat Free Cheeses Melt Like Regular Cheese

#### Ingredients:

- Any amount of Fat Free Shredded Cheese
- Roughly 1/2 to 3/4 as much Fat Free Plain or Greek Yogurt

#### Directions:

- 1 Take any amount of Fat Free Shredded Cheese (or low fat cheese if you would like to make that more melty as well) and mix it in a mixing bowl with the yogurt until well combined into a thick ricotta-like sticky mixture.
- 2 Spread or dollop the cheese onto the surface of the dish you would like it to melt on. Cook in the same manner that you would regular cheese. (IE: Baked into a casserole, on top of Chicken Parmesan, etc)

#### COOKING TIPS:

- A huge benefit of this versus just rinsing off the cheese to help it melt is that the yogurt adds volume to the cheese, stretching it further in your recipe. Add 1 cup of yogurt to 2 cups of cheese. You now have 3 cups of cheese spread for the points of 2 cups.
- -The "Point" value for this technique is based entirely upon how much fat free cheese you decide to use. The Yogurt has 0 points, so all that you are accounting for when building your recipe to determine points-per-serving is the cheese.

#### Points & Servings:

The points and number of servings is completely dependent upon how much of the cheese you use and how you will be using it. You will need to figure out the points for yourself, based upon your needs.



# **Masa & Tortillas**

The Latin American Dough For Tortillas, Tamales, Sopes, & more

Latin American cuisine would be nowhere without Masa, a dough made from very finely ground corn, which is used to make Tortillas, Tamales, Gorditas, Sopes... it is everything in Latin cooking. Think of it like the all purpose flour that you're used to using for biscuits, rolls, pizza dough, and other common baked goods. The flour required to make Masa is in most all grocery stores, typically found in either the Latin/Ethnic section or by where the Cornmeal is sold, sometimes labeled as "Maseca, Instant Tamale Mix." Note, this is NOT a traditional recipe, this is my version. I like my tortillas a little softer, so I add yogurt in place of lard. This makes the masa softer and also helps the texture should you choose to make tamales by adding the additional baking powder.

#### Ingredients:

- 2 cups Masa Harina, Maseca, or other brand Instant Corn Masa (corn flour NOT cornmeal!!)
- 1-1/4 cup Water
- 1/2 cup Fat Free Plain or Greek Yogurt
- 1/2 tsp salt
- Additional water if needed for mixing
  - \*\*\* (add 2tsp baking powder if being used to make Tamales)
  - \*\*\* (use chicken broth instead of water, if making Tamales)

#### **Directions:**

 In a large mixing bowl, combine the corn flour, 1-1/4 cups water, yogurt, and salt. Mix thoroughly until you form a semi-firm dough ball. If dough appears dry while mixing, add additional water as needed.



#### SERVING SIZE & POINTS:

- The servings & points vary, depending on how much you use. For tortillas I use 1/8 portions, for tamales I use 1/4 portions. The points listed below are for 1/8 sections, which make a good sized tortilla, using a tortilla press.



2. Remove dough to a cutting board, and cut into 2 equal sized 1 cup dough balls. Then portion each 1 cup dough ball into 1/4's and then into 1/8's sized portions.



Roll each one of the 16 small dough sections into a circular ball. Then, on a flat surface, use your palm and fingers to press the dough balls into tortilla sized rounds.



4. For perfectly uniform tortillas, you can use a traditional tortilla press to form them. They are fairly inexpensive and can be purchased at most ethnic grocery stores, walmarts, or online, for around \$10.-15. Get a metal one.



5. To cook the tortillas, heat a skillet, griddle, or large pan on medium-high heat. Cook each tortilla for around 45 seconds on each side.



6. Keep tortillas warm by placing them in a covered container, or place them on a plate covered with a dish cloth. Tortillas are best served warm... unlike revenge.



#### A FEW DIFFERENT USES:

- A) Sopes Traditionally, the base is made from a circle of fried masa with sides pinched up to resemble a shallow cup. However for WW purposes you should spray it with cooking spray and then bake it. This can then be topped with any number of toppings. Bake the shells at 350 degrees for 10-15 minutes.
- B) Tamales If you are a WW member, you can view a video in Connect where I show how to make 3 point Tamales. Search for #dhallaktamales and scroll down to my DIY Tamale video.
- C) Arepas Arepas are awesome. For best results use a 3 point 1/4 cup section of the Masa dough, form it into a 1/2" thick tortilla round. For the non-fried WW version, cook it on a hot griddle or pan for 45 seconds on each side, and then remove it from the heat and slice it ALMOST completely in half down its length like a big pocket. Stuff it with fillings of your choice, then return it to heat.
- D) If you need me to explain what a Taco is... put down this book. Put it down. No really, put it down. No food for you.

#### COOKING TIP:

- You can easily halve this recipe if you don't want to make a big batch.
- If you plan to make Tamales OR Arepas, make sure to add 1 tsp of baking powder to each cup of flour that you use to help them fluff up a little bit.
- If you would like to NOT use the yogurt in this recipe due to dairy allergies, you can replace it with an equal amount of silken tofu.
- If you would like an even MORE chewy tortilla, you can substitute
   1/4 cup of the corn flour with 1/4 cup of all purpose flour. I personally love the texture that way... but I'm a full-on Gringo.
- If you buy a tortilla press, I would recommend a metal one. They are
  a few dollars more, but they are more durable. I've broken 2 plastic
  ones from the hinges breaking with too much pressure.
- Instead of a tortilla press you can put one of the balls of masa between
   2 layers of plastic wrap and press down with a pot.
- For more savory tortillas add 1/2 tsp garlic and onion powder to the flour.

# **Low Point Crust**

#### Replacing Traditional Graham Cracker Crusts for Pies

One of the hardest things to manage while trying to eat healthier is desserts. Let's face it, it's the biggest hurdle for most of us, we love our sweets. Chief among those is pie, traditionally made with a ton of crushed graham crackers, sugar and butter. Regular Graham Cracker pie crust is a freaking Calorie Bomb, and as such is a ton of points. A typical graham cracker pie crust for a 9" pie will add around 55-70 points to your recipe, making it virtually impossible to have pies without blowing through all of your dailies. Well, you can still have pie crust, you just have to get creative and make some compromises.

As with all of this weird stuff I stumble upon, it's all born out of a desire to continue eating the foods I want, period. So, who would know how to knock the points from sugar and butter out of a dessert? Diabetics. I started searching through Diabetic cooking sites and forums and saw that they tended to use low sugar, high fiber cereals for their pie crusts instead of graham crackers. Turns out those are a lot less points than graham crackers too. After a few attempts, this is what I came up with.

#### Ingredients:

- 1-1/4 cups Kelloggs All Bran Cereal, All Bran Buds, Fiber One, or other low point High Fiber cereal
- 1/2 cup fat free plain Greek yogurt
- 3/4 tsp ground cinnamon
- 1-1/2 Tbsp sugar free maple syrup (pancake syrup)
- 8 second spray, butter flavored cooking spray (0 points worth, check your brand)
- 1/2 cup 0 point sweetener of choice (Monkfruit, Splenda, Stevia, etc)

#### Directions:

- 1 Put the cereal in a food processor, process on high until the cereal is ground into fine crumbs, resembling crushed graham crackers.
- 2 Add the remaining ingredients and process on high until well combined.
- 3 Spray a 9" pie pan or springform pan with cooking spray.
- **4** Press mixture down into pie pan and compress slightly. with your hands & fingers.
- 5 Cook the same as you would a regular graham cracker crust.





Points: 1 serving = 1 1 1 1 2 servings = 2 2 2 2 3 servings = 3 3 3

#### Servings:

- Makes enough crust for a 9 in. pie pan.
- 7 total points for the entire crust
- The above listed points, assume 8 servings.

#### COOKING TIPS:

- This crust is not as sweet as a regular graham cracker crusts. That's because regular graham crackers have enough sugar to make Paul Bunyan diabetic. After you prepare this mixture, taste it. Add more sweetener if you feel it needs to be sweeter.
- You can also consider adding some additional flavorings with baking extracts, such as vanilla, caramel, maple, or even pumpkin pie spice extract. They can be found in the spice aisle of your grocery store.
- Want it a little softer? Add some baking powder. Want it a little crisper? Add some baking soda and a splash of apple cider vinegar.







Though only a few of my meat seasonings call for toasting spices, this technique WILL be used in later cookbook volumes. Toasting spices and herbs enhances the flavors of some of my sauces, dips and dressings that call for spices or sesame seeds. You can toast whole spices, like fennel, caraway & coriander seeds. You can then use them whole, crush them, or you can buy an inexpensive spice grinder (I got mine for \$8 on amazon) for fresh ground spices.

Aside from whole spices, you can "bloom" ground spices and even fresh herbs, like sprigs of rosemary and thyme. It's virtually the same process, but with ground spices and herbs. Other recipes, later on, will use toasted seeds, shredded coconut and more.

#### What You'll Need:

- A Pan
- · Some Heat
- · Seeds, Spices, Nuts, Herbs (the legal kind, please) and more
- · A Fully Functioning Sniffer

#### **Directions - Whole Spices:**

- 1 Preheat a small pan over medium-low heat for around 30 seconds.
- 2 Add the amount of spices that you'll need into the pan. Shake it or stir the spices to prevent burning. Smaller spices and spices with thin skins need just a minute.
- 3 Once the spices become fragrant, remove them from the pan. If you plan to crush or grind your spices, allow them to cool first. Done.

#### Directions - Ground Spices (blooming):

- 1 Preheat a small pan over medium-low heat for around 30 seconds. For 0 point blooming, spray butter or olive oil cooking spray into the pan. Allow the spray to heat up a little bit, then add your ground spices to it and stir with a rubber spatula or wooden spoon, to form a paste. Lower the heat to low, ground spices can burn faster than whole.
- 2 Stir the spices to prevent burning. Once the paste become fragrant, add it to your dish.

#### Directions - Everything Else:

- 1 Pretty much the same as either of the above methods, just use common sense.
- 2 Use the "whole spice" method for toasting pine nuts, sesame seeds, peppercorns, wandering gnomes that you might find in your travels...

#### Note:

- You can add freshy sprigs of rosemary, thyme and other herbs to a hot pan to make them more fragrant, prior to adding them into a dish, though it does cause them to wilt slightly.
- Crush toasted seeds by placing them in a ziplock bag, then playing whack-a-mole with a kitchen mallet, a small pot, or a CVS Pharmacy receipt.
- If you don't mind the extra points, you can use butter or oil to bloom your spices, but adjust your recipe's points accordingly.
- You can bloom your ground spices without any oil, spray, or liquids. Add the ground spices to the hot pan and stir as you would whole spices. It will take longer, but it works.











# Dips, Dressings & Spreads

A collection of the dressings, spreads, sauces & dips from all 3 of my digital cookbooks, that I felt could possibly fit into a Holiday meal.

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Black Bean Dip/Puree	Pg. 25
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Buffalo Sauce ·····	Pg. 33
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Cocktail Sauce ······	Pg. 26
Cranberry Sauce	Pg. 27
Dark Cherry Sauce	Pg. 34
French Onion Dip	Pg. 26
Gravy (chicken or turkey)	Pg. 29
Herbed 'Cream Cheese' Spread ·····	Pg. 30
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DRESSINGS	
Apple Vinaigrette	Pg. 36
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Rice Wine Dressing	Pg. 41
Sesame Ginger Dressing	Pg. 41
Thousand Island Dressing	Pg. 41

Some of the Greek yogurt based Dressings will "tighten up" a bit more as they rest in the fridge. If they
get too thick, simply stir in a little water to thin them out to your desired consistency.

<sup>2.</sup> Also: If you have allergies to dairy, you can substitute Silken Tofu in place of the Greek yogurt. The taste will be sliiiiiightly different, but it will still work.





There are a million recipes out there for "low point" artichoke spinach dip, however, I want to be different. Where most people use low fat mayonnaise mixed with Greek... I had an idea for how to "hack" the mayo out of the recipe. I'm only using Greek yogurt... but I'm blending egg yolks and a little cornstarch into the Greek. I read about that in an old French cookbook I found. This adds 0 point fat to the Greek and the cornstarch helps bind the yogurt while it's baking. Like I always say, out-smart your food and think outside the box.

#### Ingredients:

- (2) 1lb bags frozen, chopped spinach
- (2) 14oz cans whole artichoke hearts, in water
- 1/2 cup diced onion
- · 2 medium garlic cloves, crushed
- 2 cups plain fat free Greek yogurt
- 2 egg yolks
- 1-1/2 tsp cornstarch
- 1/2 cup reduced fat parmesan cheese topping (like the Kraft brand, used to sprinkle on pizzas)
- 1 tsp onion powder
- 1/2 tsp black pepper
- 1-1/4 tsp salt
- · 2 tsp worcestershire sauce
- 1/4 cup water
- 3/4 cup reduced fat shredded mozzarella cheese

#### Serving Info.:

Yields: 7 cups Servings: 28

Serving Size: 1/4 cups

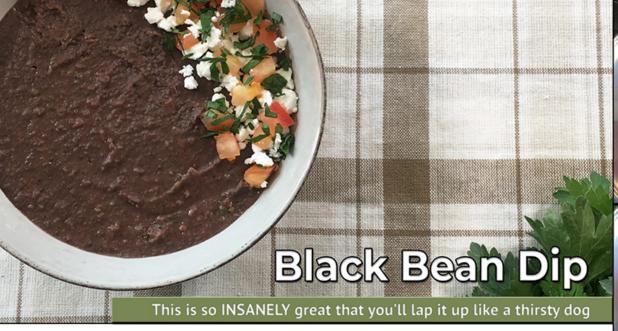
Points:	G	B	P
1 serving =	1	0	0
2 servings =	2	1	1
3 servings =	2	1	1
1 servines -	Z	2	2

#### Directions:

- 1 Place a few layers of paper towels onto a large pan. Empty the frozen spinach bags onto the pan and allow to thaw. Use additional paper towels to soak off as much water as you can. Drain the water from the Artichokes, then place ALL of the ingredients into a food processor. Process the mixture until it all blends together.
- 2 Preheat your oven to 375 degrees. Spray 2 quart casserole dish with cooking spray, then spoon all of the spinach mixture into the casserole. Smooth the top. Cover and bake for 40 minutes at 375 degrees. Remove the lid, then bake for an additional 15 minutes. Done.

#### NOTES:

- This recipe makes a LARGE amount of dip, perfect for a good sized gathering. As you can tell by looking at the ingredient measurements, you can EASILY halve the recipe without needing a PHD in Mathematics. However, if you halve the recipe, reduce the baking time.
- If you feel that your finished dip is too thick for your personal taste, once it's finished baking, simply stir in some hot water to thin it to your desired consistency.
- Don't have a food processor? Use a knife to chop the bajeezus out of it all, then mix it together.



Comparing this to a can of blended black beans is like comparing a Formula One race car to a 76 Ford Pinto. Years ago, my wife surprised me by having a cooking show come to our house. The Chef helped my wife prepare a Latin dinner to surprise me when I got home. The most memorable part of that meal for me (of the food), was the black bean puree. I had NEVER had anything like it before and asked him to show me how to make it. This is my WW-erized version of his dish, which was served in place of regular beans. I'm presenting it here as a dip.

#### Ingredients:

- 1/2 cup diced onion
- 1/2 cup diced poblano pepper, seeds removed
- 1/2 cup diced red bell pepper
- · 1 medium garlic clove
- 1/2 cup chopped cilantro, packed
- 45oz canned black beans, rinsed and drained.
   (1 30oz can and 1 15oz can, oooooor 3 15oz cans lol)
- 1-1/2 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 Tbsp red wine vinegar
- 1/2 cup chicken broth
- 1/2 tsp garlic powder

#### Serving Info.:

Yields: 3-1/2 cups Servinas: 14

Serving Size: 1/4 cups

Points:	G	B	P
1 serving =	4	0	0
2 servings =	7	0	0
3 servings =	11	0	0
4 servings =	14	0	0

#### Directions:

- 1. Use a colander to rinse and drain the black beans. Rinse off that disgusting black goop from inside the cans, till the water runs clean. Let the beans drain, then set aside.
- 2. In a medium sized pot, use cooking spray to cook the onion, garlic, and both the poblano and red peppers, over medium heat. Add the salt and pepper, cook until softened.
- 3. Add the vinegar, chicken broth, garlic powder and cumin. Stir to combine. Allow the mixture to come to a simmer, then add the black beans and cilantro. Allow to cook down for 5 minutes, stirring occasionally.
- 4. Carefully pour or scoop the hot bean mixture into a food processor, then process on high speed until smooth.
- 5. Taste, then season with additional salt & cumin, if needed. Garnish with cilantro, diced tomatoes and a small amount of fat free feta cheese, enough to stay 0 points.

#### Notes:

- You can use a green bell pepper instead of a Poblano. A poblano is pretty much the same as a regular bell pepper, but a darker green, and with a slight smokiness when cooked. It's not spicy.
- If you don't have a food processor, use an immersion blender in the pot.
- I call this a dip, but you can use it in place of refried beans as a side dish. Trust me... it's good.









Page 26 • Dips 'n Stuff

I'll preface this recipe by stating, as fact, that I have HATED cocktail sauce for most of my adult life. I've just never really liked the store bought, jarred goop. A while back, a friend mentioned that she'd like me to look into low point cocktail sauce. I blew it off, because I hate cocktail sauce and I'd have to taste my batch. A few days ago, I looked into it, because I wanted to try making ketchup, then saw that a lot of simple cocktail sauce recipes call for ketchup, so BOOM... 2 dips for 1. When I finally tasted this, I completely and utterly am in love now. It is amazing, absolutely awesome and I'd use it as sunscreen if it offered any SPF rating.

#### Ingredients:

- · 2 cups canned, unsalted tomato sauce
- · 2 Tbsp unsalted tomato paste
- 2 Tbsp apple cider vinegar
- · 2 tsp worcestershire sauce
- · 1 tsp celery salt
- 1/2 tsp each, onion powder, garlic powder, pepper
- 1-2 Tbsp 0 point sweetener o' choice, to taste
- 3 Tbsp store bought "prepared" horseradish sauce (scan it, you want 3 Tbsp for 0 points)
- 1 to 1-1/2 tsp cracked black pepper, to taste
- · 3 Tbsp lemon juice, to taste
- 1/4 to 1/2 tsp hot sauce of choice, or more to taste

#### Serving Info.:

Yields: 2-1/2 cups Servings: 10

Serving Size: 1/4 cup

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

#### **Directions:**

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined.
- 2 Done.

#### Notes:

- As of today, 11-02-20, jarred, prepared horseradish has 0 points in the WW database. That may change in the future, so scan the jars when you purchase it at the store. Adjust your points, if necessary.
- Add more hot sauce if desired. Most all recipes call for Tabasco sauce, however, my wife's Latina, so we have Cholula in this house. lol
- You CAN use other brands of sugar free, low point Ketchups as a base for this cocktail sauce, however... I know I'm biased when I say this... the depth of flavor will be nowhere near what it would be using mine. \*pats himself on the back\* ... Just sayin.
- This dip/sauce is typically only really served with seafood, but I'm sure you can look online to find other applications for it.



I tried my best to make as many low point side dishes as able this past Thanksgiving, but I naturally wasn't able to make everything that people requested. The most requested side that I couldn't get to was Cranberry Sauce. THANKFULLY, a wonderful friend from

Connect, "@mugglemama2017" came to the rescue. She gave me permission to include her amazing Spiced Cranberry Sauce in this section.

Her cranberry sauce is a low point thing of beauty. It's sweet, tangy, has tremendous depth of flavor from the cinnamon, cloves, nutmeg, allspice, ginger and orange zest. Throw in a little bit of spiced rum and you won't even care about eating the main course, you'll be off, huddled in a corner with a bowl of this sauce and a spoon. You'll probably be clutching it like Gollum from The Lord of The Rings, calling it "Myyyy Preeeeecious" and snarling at passers-by.

Points: Servings Info.: 1 serving = Yield: 4 cups Servings: 16 2 servings = 1 1 1Serving Size: 1/4 cup 3 servings = 1 1 14 servings = 1 1 1

#### Ingredients:

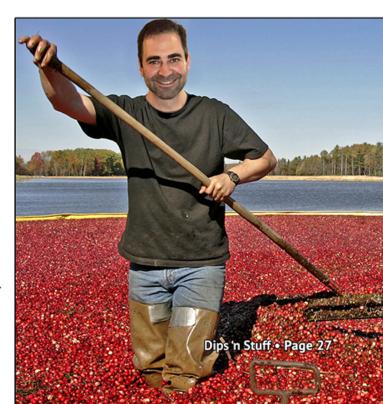
- · 24 ounces fresh or frozen cranberries, divided
- 1-1/3 cup 0 point sweetener o' choice\*\*\* (monkfruit, stevia, swerve, splenda, etc)
- 2 tsp molasses\*\*\*
- 3/4 cup water, divided
- 1-1/2 tsp cornstarch
- 2 tablespoons orange juice
- Zest from 1 orange
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1/2 teaspoon freshly grated nutmeg
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground cloves (optional)\*\*\*
- 1 tablespoon spiced rum (optional)\*\*\*

#### Directions:

- 1 Place half (12 oz) cranberries, sweetener, molasses, 1/2 cup water, cornstarch, orange juice, orange zest, cinnamon, allspice, salt, nutmeg, ginger and cloves (if using) into a pot, stir to dissolve the cornstarch. Bring to a boil over medium heat.
- 2 Cook, stirring occasionally until most berries start to pop, about 10 minutes. Add the other 12 oz. of cranberries, the remaining 1/4 cup water, then cook for an additional 5-10 minutes or until most of the new berries have popped.
- 3 Remove from heat, stir in spiced rum (if using), and let cool for 30 minutes. Adjust consistency with additional water, as needed.
- 4 Serve immediately or place in an airtight container and store in the refrigerator. Reheat prior to serving.

#### NOTES:

- In this recipe, I'm using regular sweetener and molasses, in place of brown sugar. Other options could be:
  - Real Brown Sugar: Pretty obvious, but adjust points.
  - \* 0 Point Brown Sugar Substitutes: Sukrin Gold, Swerve, Lakanto Monkfruit and Splenda, all make 0 or low point brown sugar replacements.
  - \* Root Beer: Yep, sounds funky, but it's a viable option. Root beer has a complex caramel flavor and though it WILL change the flavor profile slightly, 1/4 cup of root beer is only 1 ingredient point. Or you could replace ALL of the water with diet rootbear.
- I have the cloves as optional, because my wife HATES the taste of cloves, in anything.
- If you don't want to use spiced rum, you can either leave it out, or you can substitute it with 1 teaspoon of rum extract, which can be found in the spice aisle next to the vanilla extract.







This dip was a direct result of going to a get-together, potluck kinda thing yesterday. My wife made one of the onion dip packets from the store, along with regular sour cream. The amount of points and calories in that blew my freaking mind, soooo... here we are. This recipe calls for caramelizing diced sweet onions with beef broth and seasonings, then mixing them together with fat free Greek yogurt and just a touch of light mayonnaise for creaminess. You won't want to buy those high calorie, high point, store bought dried packets again.

#### Ingredients:

- 3 cups Vidalia onions, diced (1-1/2 large onions)
- 0 point butter flavored cooking spray
- · 1 medium garlic clove, minced
- 1/2 cup beef broth, reduced sodium/fat
- · 1 Tbsp white vinegar
- 1 tsp salt
- 1/4 tsp black pepper (use white pepper if ya want)
- · 2 tsp onion powder
- 1 tsp paprika
- · 1-1/2 cups plain fat free Greek yogurt
- · 2 Tbsp light mayonnaise

#### Serving Info.:

Yields: 2 cups Serving Size: 1/4 cup

Servings: 8

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



- 1 Cook the onions and garlic in a large pan over medium heat, covered, for 10 minutes. Coat with butter flavored cooking spray, but keep it at 0 points worth. Stir the onions occasionally, to ensure that they don't burn. You want them to be softened, like the 2nd picture.
- 2 Add the beef broth, vinegar, salt, pepper and onion powder and paprika. Lower the heat to medium-low and cook, uncovered, for 7-8 minutes. You want almost all of the liquid to evaporate.
- 3 Remove the caramelized onions from the heat and allow them to cool. Once cooled, add them to a bowl with the yogurt and mayo, then whisk to combine. Season with additional salt and pepper if required. Done.

#### Note:

- Most recipes for french onion dip call for white pepper. I personally don't care if you see little black flecks of pepper in a dip or sauce, but that's because I like pepper. Feel free to buy white pepper if you want. I'm on a budget, so until they start carrying white pepper at the 99 cent store, black's good enough lol.
- If you'd like a smokier flavor to your dip, you can add 1/2 tsp of smoked paprika, it'll give an additional little reddish tint to your dip and add a slight smokiness.
- Have a beef with France and don't want to make this dip because of 'mmmmmURICA!? Well, just call it Freedom Onion dip. It'll go great with your Freedom Fries, apple pie and sweet tea.



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# It's all Gravy Baby

This is honestly so simple that you're going to facepalm yourself

One of the most frequently requested sauces that I've been asked for that has always puzzled me, because honestly... it's really easy to make, is Gravy. Everyone always says that they miss gravy. I think it's because we're all so used to HAVING to make it 1 certain way, because "that's just how you make it." Get all of the fatty drippings from cooked meat, add a bunch of butter, or cream, or milk, with a garbage can full of flour used to thicken it. Why?!?! There's a really simple formula to make a low point gravy. Heat X amount of liquid, with Y amount of cornstarch, then you end up with Z amount of low point gravy.

Don't have pan drippings? Fine, use canned low sodium broth for your liquid. Don't have canned broth? Fine, use water and beef or chicken granules to make broth. Don't want to use cornstarch? Use Arrowroot. Mix it together, heat it up,... Done. There's a reason why saying that something is "Gravy" is saying that it's easy... it's because it's really easy to make low point.

#### Ingredients:

- 2 cups of "liquid." It can be pan drippings from meat that's prepared without any oil or butter, canned broth, water with bouillon, or any combination to make 2 cups of "Broth" that's no more than 1 point in total.
- · 4 tsp cornstarch
- salt and pepper to taste additional herbs or seasonings, as desired.

#### Directions:

- 1. Pour the 2 cups of "broth" into a small stock pot (strain the liquid if necessary to remove any solids, if using pan-drippings)
- 2. Mix the 4 teaspoons of cornstarch with a tiny bit of water to dissolve it. Pour the cornstarch mixture into the broth and stir.
- **3.** Heat the mixture to a boil, then reduce the heat and cook, uncovered, at a low boil for 4-5 minutes.
- **4.** Remove from heat, season with salt and pepper, if needed, then pour into a dish and allow to cool for 5 minutes.

# Serving Info.: Points: 6 B P Yields: 1-3/4 cups 1 serving = 0 0 0 0 Servings: 7 2 servings = 1 1 1 1 Serving Size: 1/4 cup 3 servings = 1 1 1 1 1 4 servings = 1 1 1 4 servings = 1 1 1

#### Notes:

- You can substitute Arrowroot for cornstarch as a thickener. It may need to simmer a little longer.
- You can easily double or triple this recipe to make a big ol' barrel of gravy and as long as you follow the formula for liquid to cornstarch ratio, it'll work just fine.
- Remember, if you use drippings from meat cooked with a lot of oil and butter, it will change the points value of the gravy accordingly.
- In my gravy I had 3/4 cup of turkey drippings from my turkey, then added 1 cup chicken broth to get to my 1-3/4 cup.







This EXTREMELY versatile mixture can be customized to use pretty much any cheese or herb mixture that you'd like. By straining greek yogurt overnight, we force liquid out of it, which makes the yogurt more dense, ultimately making it take on the texture of cream cheese. By mixing our "cream cheese" with herbs and a nominal amount of real cheese, we can make an awesome, creamy and delicious spread with a fraction of the fat and calories.

#### Ingredients:

- · 34oz nonfat plain Greek yogurt (use Fage!)
- · 1 medium garlic clove, chopped
- 1 tsp salt
- · 3/4 cup fresh parsley, finely chopped
- 1/4 cup fresh chives, finely chopped
- 1/2 tsp lemon zest, minced
- 3 oz goat cheese (or 8 points of any other cheese)

#### Serving Info.:

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

Servings: 13

Points:	G	B	P
1 serving =	2	1	1
2 servings =	3	1	1
3 servings =	5	2	2
4 servinas =	6	3	3

#### **Directions:**

- 1 Strain greek yogurt (I HIGHLY recommend using FAGE brand for this) for a minimum of 12 hours, as directed in the "Cream Cheese Hack" recipe, in the Foundations section of "Cookbook: Volume 1". The longer you strain the mixture the better. At 20 hours, my yogurt had removed 3/4 cup of liquid.
- 2 Add the strained Greek yogurt, garlic, salt, parsley, chives, lemon zest and goat cheese to a food processor. Process until well combined. Garnish with additional fresh chives or other herbs.
- 3 If you'd like to serve it as shown in the bottom left of the page... line a ramekin with plastic wrap and scoop some of the cheese mixture in, filling up the ramekin. Cover with plastic wrap and place in the freezer for 15-20 minutes. Remove from the freezer, place the ramekin upside down onto a serving platter, then remove the ramekin and plastic wrap. Top with fresh herbs or any other toppings of your choosing. Done.

#### Notes:

- Don't like goat cheese? Not a problem. Use up to 8 points of ANY type of cheese that you
  want. Baby Bell, reduced fat cheddar, toss in some sundried tomatoes (not in oil), shallots,
  experiment and play around with this. It's highly, highly customizable. Just use mine
  as a template.
- Mix the strained cream cheese with a bunch of chopped green onions, cooked, drained and cooled taco meat, then form it into a big ball wrapped in plastic wrap and let it sit in the fridge. When it firms up, roll it in a bunch of chopped up fat free cheddar cheese for a great taco cheese ball. Think outside the box. Play around with seasonings and fillings.

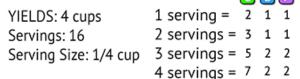


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Traditionally, Hummus is made with garbanzo beans, garlic, lemon juice, tahini (crushed sesame seed paste), and lots and lots and loooooooots of extra virgin olive oil. It's usually so high in points and calories that the popular skinny cooking sites, and even the manufacturers, have their serving sizes at a mere 2 tablespoons. Anyone who has ever had hummus knows... 2 Tablespoons is NOT a realistic serving size. I also decided to do an even lower point, GREEN PLAN friendly version, because Garbanzo beans have points on Green, which bumped up the points of the first serving. I am absolutely determined to keep the first serving at 1 point, so I had to hack my own recipe. I removed the 2 Tbsp of tahini, which is just ground up sesame seed paste, and replaced it with some extra sesame oil and a few teaspoons of powdered peanut butter. Boom.

#### LOW POINT HUMMUS



#### Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of drained chickpeas.
- · 2 Tbsp tahini (sesame paste)
- 1/4 cup lemon juice
- 3-4 fresh garlic cloves (to taste)
- 2 Tbsp reserved garbanzo bean juice
- · 3 Tbsp water
- 1/3 cup fat free yogurt (or greek)
- · 1 tsp extra virgin olive oil
- · 2 tsp ground cumin
- 1 tsp salt
- 1/4 tsp sesame oil (OPTIONAL, though RECOMMENDED!!)

#### 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 reserved garbanzo bean juice, 1 Tablespoon at a time, until it takes on a very smooth, creamy, and easily spreadable consistency. Season with more salt and pepper, if necessary.
- 4 Garnish with a dusting of paprika and minced parsley. Spray the top of the hummus with a quick touch of olive oil cooking spray.

# GREEN PROGRAM HUMMUS

YIELDS: 4 cups	1 serving =	1	0	0
Servings: 16	2 servings =	3	0	0
Serving Size: 1/4 cup	3 servings =	4	1	1
	4 servings =	5	1	1

#### Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of drained chickpeas.
- 1/4 tsp olive oil
- 1-1/2 tsp sesame oil (strong sesame flavor, replaces the tahini)
- 1/3 cup plain fat free Greek yogurt
- 5 Tbsp reserved chickpea juice
- 1/4 cup lemon juice
- · 2 tsp ground cumin
- 1 tsp salt
- 3-4 medium cloves garlic (start with 3, puree, then taste)
- 3-1/2 tsp powdered peanut butter (PB2)

#### Directions:

1 Add ALL of the ingredients into a food processor and puree on high for 1-2 minutes, or until mixture is completely smooth and creamy. Add a little more reserved garbanzo juice, if necessary.

#### NOTES:

- In this recipe, we're lowering the points a bit, by removing the tahini and replacing it with a bit more sesame oil instead. Tahini is ground up sesame seed paste, imagine it kind of like thinner peanut butter that's made out of sesame seeds rather than peanuts. 2 Tbsp of tahini is a good deal of points. Here, we're taking all of those points away and instead we're using more potent and much lower in point, sesame oil. To give the slight nutty flavor, we're adding a 0 point amount of powdered peanut butter. Doing that, allows us to get the first 1/4 cup down to 1 point for Green folks.





I absolutely LOVE a good smoked salmon dip. It's my favorite type of dip, other than Hummus of course... but I'm ethnically obligated to like Hummus. This recipe is a heavily modified combination of the recipe from 2 different chefs, both ridiculously famous. I decided to meld their two recipes into a Terminator 1000 dip of salmon destruction. I then WW-ified it with my own dastardly and diabolical point-cutting shenanigans. I bet half of you are going to have a heart attack that I'm using actual mayonnaise in a recipe... for the first time, ever. lol

#### Ingredients:

- · 8oz smoked salmon (2 4oz packages)
- 1-1/2 cups plain fat free Greek yogurt, strained overnight (at least 12 hours).
- 1/4 cup low fat mayonnaise (\*GASP!!!\*)
- 1-1/2 tsp prepared horseradish sauce
- · 2 Tbsp lemon juice
- · 1/4 cup diced red onion
- 1 tsp paprika, mixed into a paste, with 2 tsp water
- 2 Tbsp finely chopped fresh dill
- · 2 Tbsp finely chopped fresh chives
- · 1/4 cup diced celery
- 1/4 tsp worcestershire sauce
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 to 1/2 tsp hot sauce, to taste (optional)

#### Serving Info.:

Yields: 3 cups Serving Size: 1/4 cup

Servings: 12

Points:	G	B	P
1 serving =	1	0	0
2 servings =	2	1	1
3 servings =	4	1	1
4 servings =	5	2	2

#### **Directions:**

- 1 The night before you plan to make this, put the 32oz of fat free Greek yogurt into a colander lined with cheesecloth or paper coffee filters. Cover with plastic wrap and let sit for at least 12 hours. (Mine lost 3/4 cup of liquid in 12 hours). ALSO... Mix the lemon juice, paprika and red onions, then store in the fridge overnight in an airtight container.
- 2 Place the strained Greek yogurt, mayo, horseradish, red onion/lemon juice mixture, dill, chives, celery, worcestershire sauce, salt, pepper and hot sauce in the food processor. Add 4 oz of chopped smoked salmon, then process until broken down and well combined.
- 3 Add the remaining 4oz of smoked salmon, chopped, and pulse the food processor a few times to break down the salmon, but leaving chunks. Cover, put into the fridge, then allow to rest for 1 hour. Taste, add more salt, pepper and hot sauce, if desired.

#### Note:

- If you want your dip to be chunkier, add the celery in step 3, rather than 2. You can also add even more red onion and celery if desired, though you may need to increase the seasoning.
- Soaking the red onions overnight in the lemon juice is essential for the pink color. The acidic lemon juice sucks the coloring from the red onions. Adding the paprika enhances it.

#### BRUSCHETTA

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

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

#### Ingredients:

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

#### Directions:

- 1 Mix everything together in a bowl, cover, allow to sit for at least 30 minutes.
- Some recipes call for adding diced onion, mine doesn't.
   Feel free to add it if you'd like. It will bulk up the dish and add servings, but will give it a 'sharper' flavor, due to the raw onion.

#### BUFFALO SAUCE

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

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

#### Ingredients:

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

#### Directions:

- 1 Mix everything together till smooth, done.
- This is a small batch recipe, intended to be used as a drizzled sauce on my buffalo chicken sandwich. If you'd like it to have a thicker consistency, you can either:
  - \* Blue/Purple Plan: Mix in a little more Greek yogurt.
  - \*All Plans: In a small pot, heat the <u>first 5</u> ingredients with 1-1/2 tsp cornstarch, till boiling. Boil for 2-3 minutes. Remove from heat. When the sauce cools to room temperature and thickens, stir in the Greek.

#### CHEESE SAUCE

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

# Serving Info.: Yield: 2/3 cup Serving Size: 2/3 cup Servings: 1 Points: Entire Batch = 4 4 4 I'm only putting 1 serving, because it's intended use is for a pot of mac n cheese. If you use it for another purpose, adjust the points per serving.

#### Ingredients:

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

#### Directions:

- 1 Bring all of the ingredients to a low rolling boil in a small pot, stirring to help the cheese melt. Simmer for 4 minutes. Done.
- These points were calculated with Velveeta. If you use different low point cheese slices, the points drop significantly.

#### CHICK-FIL-A COPYCAT SAUCE & DIP

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

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

#### Ingredients:

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

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

#### DARK CHERRY SAUCE

This recipe can be used to make either a 'choir of angels'-level amazing dark cherry sauce... or you can swap the dark cherries out for a simple cranberry sauce.

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

#### Ingredients:

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

#### Directions:

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

#### NOTES:

- This makes a small 1/2 cup batch of sauce. If you want more, it's a piece o' cake to double or triple the recipe, but adust points accordingly. The cornstarch will go up in points after 1-1/2 tsp.

#### LOW FAT MAYONNAISE SUBSTITUTE

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

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

#### Ingredients:

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

#### Directions:

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

#### SMOKY RED ONION & BACON JAM

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

Serving Info.:	Points:	G	B	P
Yield: 1-1/2 cup	1 serving =	1	1	1
Serving Size: 1/4 cup	2 servings =	1	1	1
Servings: 6	3 servings =	2	2	2
	4 servings =	3	3	3

#### Ingredients:

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



#### Directions:

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

#### NOTES:

'Center Cut' bacon is lower in points than regular, fattier bacon.
 Most brands are virtually identical in points to turkey bacon.

#### TIPS & SUGGESTIONS:

- You can turn any of the dips and spreads into a dressing simply by thinning them with a little water, to your desired consistency.
   Well... maybe not the bacon jam... that'd be gross.
- SUGAR FREE SYRUP: I use sugar free pancake (maple) syrup in my recipes, in place of honey. Primarily because of points, and also for folks with diabetes. Most of my dressings only use 1 Tbsp of it. Most brands only let you have 1 Tbsp for 0 points, though SOME brands allow you to have up to 3 Tbsp for 0 points. Scan the brand that you have, and use what you can.
- SWEETENERS: I use sweeteners instead of regular sugar, in everything. Again, there's a lot of diabetic folks in my family, also... points and calories. If you prefer to use regular sugar, do so. Use my recipes as a template. I go into much more detail on sweeteners in the dessert section of Cookbook 2.
- BROWN SUGAR SUBSTITUTE: In a lot of my recipes, I mention that for you to "use your 0 point sweetener o' choice' PLUS 1/4 tsp of molasses... or... use 0 point brown sugar substitute." The reason being, that regular brown sugar is simply normal granulated sugar, mixed with a small amount of molasses. By adding a little molasses to sweetener (such as monkfruit, swerve, splenda, etc), you are essentially making brown sugar substitute. I do that because I don't want to purchase an extra type of sweetener. I just have regular, plus a jar of molasses.

- DAIRY ALLERGIES: I've mentioned it before, but I'll say it again. If you are allergic to dairy, you can substitute the Greek yogurt in all of my dressings, with a bit of semi-firm tofu, that's blended with some water. Silken tofu is too thin. After blending the tofu/water till it's creamy, I add a splash of lemon juice, just so that it has that little yogurt tang to it. It doesn't taste EXACTLY the same, because believe it or not, it's a bit savory... but it's an easy substitution.
- OILS: Dressings and dips are a great way for you to sneak in a little bit of 'healthy' fat into your diet, for 0 points. Any type of cooking oil... whether it's olive oil, cannola oil, sesame oil, whatever, they are all 0 points for 1/4 tsp. Now, 1/4 tsp doesn't sound like much, but if you are dressing a single personal salad for yourself, try adding a little bit to your dressing. It'll give you a slight hint of the flavor for no points. Or, my dressings are all so low point anyways, feel free to add a point of your preferred oil to them.

Herbed 'Cream Cheese' Spread - pg. 30





A sweet and tangy dressing with Fuji apples

A light and crisp vinaigrette that gets it's creamy apple flavor from blended Fuji apples, honey and dijon mustard.

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

#### Points: G B P 1 serving = 1 1 1 2 servings = 3 3 3 3 servings = 4 4 44 servings = 6 6 6

## Ingredients:

- 1-1/4 cups water
- 4-1/2 tsp cornstarch
- 1/4 cup apple cider vinegar
- 1/4 cup white wine vinegar
- 1 medium garlic clove
- · 1 Tbsp dijon mustard
- 2 Tbsp honey
- 1 Tbsp sugar free syrup (pancake syrup)
- · 2 tsp 0 point sweetener o' choice
- 2-1/2 Tbsp plain fat free Greek Yogurt
- · 1/4 cup Fuji apples, peeled, finely diced, packed
- 1/4 cup unsweetened applesauce
- 1/4 tsp salt
- 1/4 tsp pepper

#### Directions:

- 1 Stir the water and cornstarch together in a small pot. Bring to a rolling boil and allow to simmer for 3 minutes. Remove from heat and cool to room temperature.
- 2 Use a regular or immersion blender to process the vinegars, garlic, mustard, honey, syrup, sweetener, yogurt, apple sauce and diced apples together until fairly smooth.
- 3 Stir the cooled and thickened water into the dressing until well combined. Season with salt and pepper. Allow to sit in the fridge for 1 hour, to set.
- You can use a different variety of apple other than Fuji, if you prefer.



It tasted so good, but omg... my breath!!

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.:	Points:	G	B	P
Yield: 2 cups	1 serving =	2	1	1
Servings: (8) 1/4 cup	2 servings =	3	3	3
	3 servings =	5	4	4
	4 servings =	7	5	5

#### Ingredients:

- · 1-1/4 cup fat free plain Greek Yogurt
- 6 Tbsp water
- 1 Tbsp + 1 tsp white wine vinegar
- · 1 medium garlic clove
- 1/2 tsp salt
- 1/4 tsp black pepper
- 69-76 grams Blue Cheese. (9 Tbsp) You're aiming for 10 points of cheese, whether regular or reduced fat.

#### Directions:

- 1 Use a blender or immersion blender to process all of the ingredients together until just combined. Allow to sit in the fridge for at least 1 hour, for flavors to meld.
- 2 Buy mouthwash
- If you like it chunkier, blend half of the cheese into the dressing, then stir in the other half of the blue cheese crumbles.
- It has a very strong taste at first, but after a few hours, the flavors mellow and it becomes a much better dressing.
- Using reduced fat or fat free blue cheese isn't worth it. I've tried making this dressing with regular, reduced fat and fat free blue cheese. It is NOT worth it to get the reduced fat stuff. Buy the regular, the taste is sooooooo much better. Trust me.



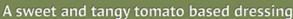
This dressing has some serious zing to it. This is actually the first dressing that anyone ever requested for me to try. An old friend once asked if I could make a lower point version of Benihana's Sesame Carrot & Ginger dressing. So here'ya go. Domo arigato, Mr. Roboto.

Serving Info.:	Points:	G	B	P	
Yield: 2 cups	1 serving =	1	1	1	
Servings: (8) 1/4 cup	2 servings =	3	2	2	
Ingredients:	3 servings =	4	3	3	
mg. caremas.	1 convince =	_	1	1	

- 3/4 cup water
- 1-1/2 tsp cornstarch
- 1/2 lb bagged shredded carrots, chopped
- · 3 Tbsp fresh ginger root, peeled, minced
- · 1/4 cup shallots, peeled and diced
- 1/4 cup rice vinegar (asian food section at the store)
- 5-6 Tbsp low sodium soy sauce, to taste
- 1 Tbsp sesame oil (asian food section at the store)
- 1/4 tsp salt

#### Directions:

- 1 In a small pot, stir together the water and cornstarch till dissolved. Bring to a rolling boil and simmer for 3 minutes. Remove from heat, cool to room temperature.
- 2 Use an immersion or regular blender to process the shredded and chopped carrots, shallots, ginger, vinegar, soy sauce, sesame oil and salt until mostly smooth. NOT pureed.
- **3** Stir in the cooled and thickened water. Allow to set in the fridge for 1 hour.
- Start off with 5 Tbsp of soy sauce in the dressing. Once you've finished it, try a taste and see if you'd like to add the extra 1 Tbsp. You might think 5 Tbsp tastes great, but think 6 Tbsp is too salty. Better safe than sorry.
- In the builder, on 'Green', it shows the 4th serving being 6 points. However.... there are only 5 points in the recipe.



I'll be the first to admit that prior to this recipe, I had no idea what the heck Catalina dressing was. Now, however, I am totally in love with it. It's sweet, tangy, creamy and has a slight pepperiness to it that is just awesome.

Serving Info.:	Points:	G	B	P
Yield: 2-1/4 cups	1 serving =	1	0	0
Servings: (9) 1/4 cup	2 servings =	1	1	1
lu anadianta.	3 servings =	2	1	1
Ingredients:	4 servings =	3	2	2

- 1 cup water
- 3-1/2 tsp cornstarch
- 1/2 cup canned tomato sauce (the 0 point kind)
- 3-1/2 Tbsp red wine vinegar
- 1/2 cup onion, diced
- 1/2 tsp onion powder
- 1 tsp paprika
- · 1 tsp worcestershire sauce
- 2 tsp vegetable or canola oil
- 1/4 cup 0 point sweetener of choice
- 1/2 tsp salt
- 1/4 tsp pepper

#### Directions:

- 1 Heat the water and cornstarch in a small pot. Bring to a rolling boil and allow to simmer for 3 minutes. Remove from heat and cool to room temperature.
- 2 Use an immersion blender or regular blender, to process the tomato sauce, vinegar, diced onion, onion powder, paprika, worcestershire, oil, sweetener, salt and pepper until the onions are mostly broken down.
- 3 Stir in the cooled and thickened water. Allow to set in the fridge for 1 hour. Done
- You can use regular sugar instead of sweetener, but your points will increase to 2 points per serving. The dressing will also gain 200 calories and 50g carbs.

# **Hail Caesar!**

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

Typically, a Caesar dressing is a ton of olive oil, whisked with raw egg yolks and other ingredients, 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.

Serving Info.:	Points:	G	B	P
Yields: 1-3/4 cups	1 serving =	2	1	1
Servings 7	2 servings =	4	2	2
Size: 1/4 cup	3 servings =	6	2	3
,	4 servings =	7	3	3



- 1 cup water
- · 2 tsp cornstarch
- 2 egg yolks
- · 2 tsp olive oil
- 1 cup plain fat free Greek yogurt
- · 3 Tbsp lemon juice
- · 1 Tbsp dijon mustard
- · 3 anchovy fillets, oil drained, rinsed (optional)
- 2 tsp worcestershire sauce
- 1/4 cup Kraft reduced fat Parmesan topping
- 1/2 tsp pepper
- 1/2 tsp salt
- · pinch of cayenne pepper

## **Directions:**



1. In a small pot, stir together the water and cornstarch with the 2 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.



2. Pour the cooked 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, anchovy fillets (if using), worcestershire, Parmesan topping, black pepper, salt and cayenne pepper until smooth. Pour into a container and put into the refrigerator for 1 hour before serving.

#### Notes:

- ANCHOVIES: Some brands of canned anchovies might require you to remove the backbone. That's why I purchase filets. Still, if you buy canned anchovy fillets, make sure to remove large bones if present.
- If you're vegan, you can also leave out the egg yolks, though it will also change the taste. Leave out the egg yolks, thicken the water with 2 additional teaspoons of cornstarch and then allow it to cool.
- For an awesome full-tilt 2 point caesar salad, use a slice of Sara Lee
   45 calorie 1 point bread (or other 1 point per slice bread) to bake your own croutons with cooking spray. Then slice up some grilled chicken.
   Boom... grilled chicken caesar salad WITH croutons for 2 points.



This is my personal favorite of all the dressings

A delicious and savory dressing with roasted garlic and onions, blended with greek yogurt and reduced fat mayo.

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

#### Ingredients:

- · 1 medium onion, peeled and sliced in half
- · 5 medium cloves of fresh garlic, peeled
- olive oil cooking spray
- 1 cup fat free Greek yogurt
- · 1 Tbsp reduced fat light mayonnaise
- 1/3 cup water
- · 2 tsp worcestershire sauce
- 3 Tbsp white wine vinegar
- 1/4 tsp dry mustard, to taste.
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 3/4 tsp salt
- 1/4 tsp pepper

#### **Directions:**





- 1 Preheat oven to 425 and line a pan with aluminum foil. Place the sliced onion in the pan and coat with cooking spray. Make a small pouch with foil and place garlic cloves inside. Spray garlic with cooking spray, to coat, then close the pouch. Roast for 30 minutes, then remove from oven.
- **2** Use an immersion blender, or a regular blender, to process all of the ingredients together until smooth. Done.



It keeps surrendering to the other dressings.

I absolutely loathed, hated and gnashed my teeth, full-on Old Testament style, at French dressing prior to this recipe. I have always hated the bottled orange goop. THIS IS NOT THAT DRESSING!!! This is fantastic! Sweet, savory, peppery... mmmm.

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

- 1 cup water
- 4-1/2 tsp cornstarch
- 1/2 cup tomato sauce (0 points, scan it to make sure)
- 2-1/2 Tbsp plain fat free Greek yogurt
- 5 Tbsp apple cider vinegar
- 1/2 tsp worcestershire sauce
- 1/4 cup diced onion
- 2-1/2 tsp paprika
- 1/2 tsp onion powder
- · 3/4 tsp dry, ground mustard
- 1/4 cup 0 point natural sweetener o' choice\*\*
- 1/2 tsp salt
- 1/4 tsp black pepper

#### Directions:

- Heat the water and cornstarch in a small pot until boiling. Cook at a rolling boil for 2-3 minutes. Remove from heat and pour into a dish. Cool to room temperature.
- 2. Use a whisk to combine the tomato sauce, yogurt, vinegar, worcestershire, raw onion, paprika, onion powder, mustard powder, sweetener, salt and pepper until smooth.
- Pour in the cooled, thickened water. Stir till well mixed. Allow the dressing to sit in the fridge for 1 hour. Done

#### Note:

- I used Lakanto brand monkfruit for my sweetener, though you can use whatever you'd like. Adjust points if needed.
- You can use a hand whisk to mix it all together too.
- For creamy French, only use 1 Tbsp cornstarch and
   3/4 cup water. After it's cooled, stir in 1/4 cup plain fat free Greek yogurt.

## ASSIC COLESILAW DRESS

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

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

Points: Entire Batch







## 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.

## GREAMY ITALIAN DRESSING

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

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

## Ingredients:

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

#### Directions:

- 1 Mix and heat the water, cornstarch and yolk in a small pot to a low boil. Simmer and stir for 3 minutes, set aside.
- 2 Use a small blender or immersion blender to blend ALL the ingredients together, till smooth.
- 3 Season with additional salt and pepper, if needed.
- You can replace the egg yolk with 1 Tbsp dijon mustard. It'll change the flavor a bit, but lowers the points by 2, for Greenies.
- It's ok that the egg yolk cooks a bit, it all gets blended.

## 

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

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

#### Ingredients:

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

#### Directions:

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

## RANCH DRESSING

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

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

#### Ingredients:

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

#### Directions:

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

## RICE WINE DRESSING

This quick and easy dressing is used in my Asian cabbage 'slaw' that goes onto my crispy orange chicken sandwich.

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

#### Ingredients:

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

#### Directions:

1 Mix everything together till smooth, done.

#### Notes:

- This is a small batch recipe, intended to lightly dress a large bowl of coleslaw or salad. It is a thin dressing, so it easily coats a large salad, though making a small yield dressing.
- 1 tsp of regular sesame seeds is 1 point. 1 tsp of TOASTED sesame seeds is 0.

## <u>SESAME GINGER DRESSING</u>

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

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

#### Ingredients:

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

#### Directions:

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

## THOUSAND ISLAND DRESSING

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

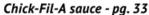
Serving Info.:	Points:	G	B	P
Yield: 1-1/4 cup	1 serving =	1	0	0
Serving Size: 1/4 cup Servings: 5	2 servings =	1	0	0
	3 servings =	2	1	1
	4 servinas =	2	1	1

#### Ingredients:

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

#### **Directions:**

1 Mix it all together, done.







# Appetizers, Sides & Desserts

A collection of some of the Appetizers, Side Dishes and Desserts, gathered from all 3 of my digital cookbook downloads. I'm also including a few of my holiday flavored cashew/almond milk drinks... and a special Bonus Dish for my Latino Amigos.

ADDETIZEDS

APPETIZERS	
Chicken Croquettes	Pg. 44-45
Salmon or Crab Cakes	Pg. 46-47
Shrimp Cocktail	Pq. 48-49
Sausage Stuffed Mushrooms	Pg. 50-51
SIDE DISHES	
Balsamic Brussels Sprouts	Pg. 60
Cheesy Broccoli Casserole	Pg. 52-53
Corn Muffins	Pg. 61
Creamed Sweet Corn	Pg. 62
Garlic Dijon Mushrooms	Pg. 63
Green Bean Casserole	Pg. 54-55
Maple Roasted Carrots	Pg. 64
Mashed Potatoes	Pg. 65
Stuffing / Dressing	Pg. 56-57
Sweet Potato Casserole	Pg. 58-59
DESSERTS	
Death By Chocolate Cake	Pg. 66-67
Easy Peach Cobbler	Pg. 72
German Chocolate Cake	Pg. 68-69
Pumpkin Spice Cake	Pg. 70-71
<u>DRINKS</u>	
Egg Nog ·····	Pg. 73
Mexican Hot Chocolate	Pg. 73
Peppermint White Chocolate	Pg. 73
Pumpkin Spice	Pg. 73
BONUS RECIPE	
Tamales	Do 74 77
- (with red enchilada sauces & roasted tomatillo	Pg. 74-77 sauces)
	,



These were a special request from @rbberens on Connect and mrsbatsycooks on instagram. I'd never had one before, so I thought "sure, why not." Chicken Croquettes are traditionally minced/finely shredded up chicken that's lightly seasoned, breaded, then deep fried into either balls or short cylinder shapes. I decided to go with that idea, but switch it up a little bit by seasoning the bajeezus out of the chicken. I made this appetizer at the same time that I was working on a meat seasoning recipe for spicy Linguica. So.... I figured what the heck, let's use it. You can definitely forego the Linguica seasonings in these.

## Servings Info.:

Yield: 20 croquettes

Servings: 20

Serving Size: 1 croquette

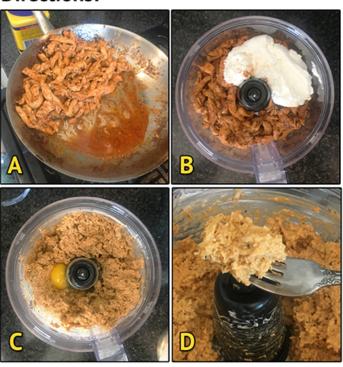
#### Points: G

1 serving =

B P

2 servings = 3 servings = 4 servings =

## Directions:



1. In a large mixing bowl, combine the chicken, bouillon, salt, liquid smoke, smoked paprika, paprika, red pepper flakes, black pepper, oregano, vinegar and sweetener. (A) Cook in a large pan until cooked through. Prop the pan handle up, to allow the liquids to drain to one side of the pan. We don't want the liquid added into the processor. (B) Move the meat to a food processor, add the Greek yogurt and pulse a few times to shred the chicken (don't puree it). (C) Add the egg into the food processor and process until all of the yogurt and egg are mixed throughout the meat. But do not OVER process it, you want it to still have finely shredded texture, as shown in (D).

## Ingredients:

## Spicy Chicken Linguica Mixture

- 2 pounds chicken breast, diced, strips, or ground\*\*
- 1 Tbsp chicken flavored bouillon (like Knorr brand)
- 1 tsp salt
- 1 tsp liquid smoke (I used hickory flavored liquid smoke)
- · 2 tsp smoked paprika
- 1 tsp paprika
- 3/4 tsp black pepper
- 1/8 to 1/4 tsp red pepper flakes (or more, to taste)
- 3/4 tsp dried oregano
- 1 Tbsp red wine vinegar
- 1 tsp 0 point sweetener o' choice (splendar, swerve, stevia, etc)
- 3/4 cup fat free plain Greek yogurt
- · 1 large egg

#### Breading:

- · 1-1/4 cup rice krispies cereal
- 1-1/2 tsp all purpose flour
- 1-1/2 tsp corn meal
- 1-1/2 tsp regular bread crumbs
- · 2 tsp panko breadcrumbs
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- · salt and pepper

#### Egg Wash:

- 2 large eggs (Use egg whites if you're on the GREEN plan)\*\*
- 1-1/2 tsp self rising flour
- 1-1/2 tsp cornstarch



2. (2A) Use a measuring spoon to scoop out 2 even Tablespoons of the shredded chicken into your palm. Roll it into a ball. (2B) Place the ball onto a cutting board, then use your palm to roll it into a cylinder shape, around 3/4" thick. (2C) Place the shaped meat onto a large plate or platter, to help organize your work space. (2D) Use a whisk, or an immersion blender, to combine the egg wash ingredients until smooth. Dredge the croquettes, one at a time, in the egg wash. (2E) Place the croquette into the breading mixture. Use 2 forks to gently toss breading onto the meat on all sides. Use the forks to gently lift the (cont.)

- croquette out of the breading and tap it to remove excess crumbs. (2F) Use the forks to transfer the croquettes to a baking pan, lined with tinfoil and sprayed with cooking spray. PREHEAT YOUR OVEN TO 425 DREGREES.
- 3. (3A) Once your oven reaches temperature, spray the croquettes with a healthy coating of cooking spray. Bake for 12 minutes at 425 degrees. (3B) Remove from oven and flip the croquettes. Spray again with cooking spray, then return to the oven and bake for an additional 10-12 minutes or until the croquettes are golden brown. Serve hot, with a dipping sauce. Garnish with fresh basil and sprinkle with a pinch of reduced fat, grated parmesan topping (like Kraft).

- A) It's going into the food processor, so it doesn't matter if you use ground chicken breast, chicken breast strips, or diced chicken.
- B) You don't need to season the chicken with the linguica mixture that I did. Season it however you'd like. The picture below, shows the coloring of the chicken with the linguica seasoning. Seasoned normally, the interior would be white.
- C) These can be prepared in advance. Bread the croquettes, then place them in a covered container in the fridge or in the freezer. If frozen, put them on a baking pan, to thaw. Once they are ready to bake, coat with cooking spray. Bake as directed.
- D) These are crispy when right out of the oven. However, like most breaded and baked things... they only stay "crispy" for about 15-20 minutes after coming out of the oven. Then they start to lose their crispness. They still taste great though.
- E) Don't have a food processor? Use a knife and just start chopping the cooked chicken until minced.
- F) On the GREEN plan, use egg whites in the egg wash, instead of whole eggs.
- G) On the **PURPLE** plan, try cutting some ground oatmeal into the breading to cut/stretch the points.





When I came up with this recipe, my original intention was to make some awesomely flavorful and low calorie/point CRAB CAKES!!! But when I went to the grocery store, 2 pounds of lump crab was \$50. There ain't no way that this here cowpoke was spending \$50 on an appetizer and there's no way I would ask you to... so... I swapped the crab for fresh salmon. Easy Peasy. This recipe makes 14 delicious 1/3 cup appetizer sized salmon cakes, though you could easily use Crab, Lobster, or any fish you'd like. If you're on the GREEN plan, swapping the salmon with cod or lump crab meat, drops these down to 1 point per serving.

Servings Info.:	Points:	G	B	P
Yield: 14 salmon cakes	1 serving =	3	0	0
Servings: 14	2 servings =	5	1	1
Serving Size: 1 cake	3 servings =	8	1	1
	4 servings =	11	1	1

## Ingredients:

 2 pounds <u>fresh or previously frozen</u> salmon filets, diced and chopped (NOT THE CANNED STUFF!!!)
 OR.... you can use 2 pounds lump crab meat, to make Crab Bakes.

#### Vegetable Mixture

- 1/3 cup finely diced red bell pepper
- 1/3 cup finely diced yellow bell pepper
- · 1/3 cup finely diced red onion
- 1/3 cup finely diced celery
- 1/4 cup chopped flat leaf parsley
- 1/2 tsp salt
- 1/4 tsp black pepper
- · 1/2 tsp old bay seasoning
- 1 egg
- 1/2 cup fat free Greek yogurt
- 1/2 tsp worcestershire sauce
- 1/4 tsp hot sauce (or more, to taste)
- · 2 tsp dijon mustard

## **Breading:**

- 1-1/4 cups rice krispies cereal (measure 1-1/4 cup, then crush it)
- 1-1/2 tsp regular breadcrumbs
- 2 tsp panko breadcrumbs

## Directions:



1. (A) Spray a pan with cooking spray, then cook the red and yellow bell peppers, red onion, celery and flat leaf parsley over medium high heat. 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 bite sized chunks. You don't want perfectly uniform diced salmon, you want small chunks 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) Place the rice krispies into a large ziplock bag and crush. Once they have the consistency of breadcrumbs, add all the breading ingredients into the salmon and mix together. Cover and allow to rest in the fridge for 30 minutes.

2. Line a sheet pan with parchment paper, then lightly spray with cooking spray. Preheat your oven to 425 degrees.



- 3. (A) Start off by slightly wetting your hands with some tap water, trust me. Using a measuring cup, scoop out an EVEN 1/3 cup portion of the salmon mixture into your palm. (B) Lightly press it together with your palms, you want to keep it as a tall mound. Place each one down onto the parchment paper, then gently press down on the top to slightly flatten the top. (C) Repeat until all of the salmon has been used, then coat the top of the patties with cooking spray.
  (D) Bake at 425 degrees for 16 minutes.
- 4. (A) When the timer goes off, remove the pan from the oven and quickly, but gently, flip the salmon cakes over. Spray the tops with cooking spray, then return to the oven.
  (B) Continue baking at 425 degrees for an additional 14 minutes, or until both the top and the bottom of the salmon cakes are nicely browned. Don't worry... they won't dry out, even at 30 total minutes in the oven, they'll still be awesome.
- **5.** Remove salmon cakes from the oven and serve. Garnish with fresh chopped parsley and some lemon. They go great with my low point Tartar Sauce. (Cookbook 3)



- A) These babies may be appetizer sized, but they are very filling. However, if you would like to make these as more of an entree sized salmon cake, I'd use 1/2 cup scoops. You'll end up with 11 salmon cakes. If you do that, the first cake is still 0 points, and servings 2-5 are still 1 point.
- B) You can use this same recipe with most any seafood. This recipe was meant for Crab. You can definitely use any type of fish in place of the salmon, or even use crab, lobster, shrimp... the recipe doesn't change, just the protein.
- C) You can definitely halve this recipe without any problems.
- D) If you'd like a bit more texture in your patties, use 1/2 cup of each vegetable, rather than 1/3 cup.
- E) Remember, if you're on the GREEN plan, you can substitute the Salmon with ANY other seafood to make these lower in points.



I know that for a lot of you seasoned cooks out there, you're thinking "why is he putting shrimp cocktail in this? It's easy." Well, not everyone can cook as awesome as you. That's where I come in, because it's my mission to help talk people through how to cook stuff (cramming 50 pictures into each recipe doesn't hurt either). This recipe makes a good sized platter of poached, X-Large shrimp. You know when you go to those fancy buffets and see a big platter of shrimp on ice, with a big bowl of cocktail sauce? Well now you can make that fancy platter yourself, and the best part... it only takes 5 minutes once the water boils.

## Servings Info.:

Yield: 2 pounds Servings: 4

Serving Size: 1/2 pound

## Points:

1 serving =







2 servings = 4 0 ( 3 servings = 6 0 (

4 servings = 8 0 0

The points listed are ONLY for the 2 pounds of Shrimp. Your actual points per serving will vary, based upon how much of the Cocktail sauce you use for dipping.

## Shrimp:

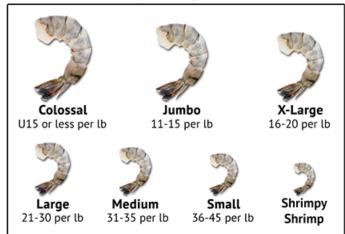
Ingredients:

- 2 lbs raw shrimp, cleaned and peeled, tail on.
   Buy decent sized shrimp, "16-20 count" is a good size for shrimp cocktail, though you can buy bigger if you'd like.
- · 10 cups water, for boiling
- · 2 Tbsp salt
- 2 Tbsp 0 point Natural sweetener of choice\*\*
   (stevia, monkfruit, truvia, swerve, etc)
- 1 lemon
- Old Bay Seasoning, as much as you want (OPTIONAL)
- A goooood amount of ice. I used a 3lb bag from the grocery store

#### Additional:

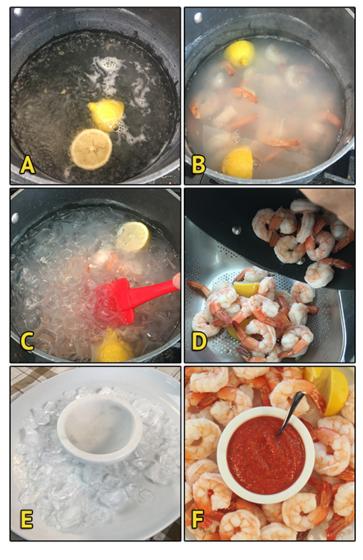
- 1 batch of my low point cocktail sauce. Recipe on page 26.
- · Lemon wedges and parsley for garnish

## **Shrimp Sizing Chart:**



## **Directions:**

1. This first step isn't really a direction, it's more of a little chat... go on, pull up a chair, I'll wait. Okay, this next part is for the newer cooks that aren't used to buying shrimp. When you go to the store, whether you're looking at fresh or frozen shrimp, there will be a number range listed on the bag or display. It'll be something like: 41-50, 31-35, 16-20, U15, U10.. etc, etc. Those numbers denote the size of the shrimp per pound. So if you get 41-50 shrimp, you're getting weeeee little fellas where it takes between 41-50 of them to make a pound. Shrimp with a U in front of the number are the big shrimp. U10 means that 10 or UNDER make a pound. For this recipe, you want size 16-20 shrimp, which are considered "Extra Large".



2. (A) Begin heating the water in a large pot, over high heat. Stir in the salt and sweetener, then slice the lemon in half and squeeze in the juice. Place the lemon halves in the water as well, don't worry if seeds got into the water. Bring the water to a rolling boil, then (B) turn off the heat and pour all of the raw shrimp into the hot water. Yes... turn off the heat. Let the shrimp cook in the scalding water for 3 minutes and 30 seconds. If you are using shrimp larger than size 16-20, you will need to increase your cook time. (C) Immediately pour in the bag of ice. Allow the shrimp to sit in the ice bath for 10 minutes. (D) Remove the shrimp from the water and allow to drain, or pat dry with paper towels. (E) If serving on a large platter, place crushed ice on the bottom of the platter, then (F) lay the shrimp on the ice and serve with my awesome cocktail sauce and lemon wedges. Boom, done.

- A) I didn't use Old Bay in my batch, but you can definitely add it to the boiling water if you want.
- B) Rather than only serving a big platter of shrimp, you can also add some steamed, chilled mussels and clams to have a big ol' Miss Fancy Pants seafood platter, that'd make even Captain Ahab proud.
- C) Know what else would go great with this? Any of my other sauces or dips. There's 60 of them between the 3 books.





This is my WW-erized, lower fat, calorie and point version of Ina Garten's famous sausage stuffed mushrooms. I used my 0 point Italian sausage in place of regular, swapped mascarpone for strained Greek yogurt, then used crushed rice crispies instead of breadcrumbs. Adios fat and calories!

## Servings Info.:

Yield: 38 mushrooms\*\*

Servings: 38\*\*

## Points:





- 1 serving =  $2-3 \text{ servings} = 1 \ 0 \ 0$
- Serving Size: 1 mushroom 4-6 servings = 2 1 1

 $7-8 \text{ servings} = 3 \ 1 \ 1$ Blue & Purple can have up to 11 servings for 1 point

## Directions:





1. This needs to be done first, start it the night before. Let's make cream cheese substitute, boys and girls! Line a strainer with either cheese cloth or paper coffee filters. Scoop the Greek yogurt into the strainer, place over a bowl and cover with plastic wrap. Allow it to sit overnight. I highly recommend Fage brand for this.



2. YOU NEED TO CLEAN THE MUSHROOMS!!! Out of the package, they have dirt and yuck all over them. So, get 1 mushroom lightly wet at your sink, then gently scrub it with a kitchen brush. Gently pull off the stem, then use a small spoon to clean out a cavity for your filling. Save the stem in a bowl for later. Cover a large pan or plate with paper towels, then place the mushroom cap onto the paper towel, cavity facing down. Repeat with every mushroom till all are cleaned.

## Ingredients:

• (2) 24oz cartons, medium sized whole mushrooms. I used Cremini mushrooms, but you can use any variety, as long as they are "Legal" mushrooms. I'm lookin at you @kingdayvid!

#### Filling Mixture:

- 1 pound of my 0 point Italian Sausage (Recipe on pg. 10, in the Foundation section)
- 1/2 cup diced onion
- · 3 medium garlic cloves, minced
- · 2 cups finely diced mushroom stems
- 1/2 tsp salt
- · 2 tsp worcestershire sauce
- 1/2 cup chopped fresh basil (added at the end)

#### "Bread Crumbs": (makes about 2/3 cup total)

- 1-1/4 cups rice krispies cereal, crushed. (makes around 1/2 cup)
- 1-1/2 tsp plain breadcrumbs
- · 2 tsp panko breadcrumbs
- 1/4 tsp black pepper
- 1/2 tsp italian seasoning
- 1/2 tsp dried basil
- 1/2 tsp onion powder
- · 1/2 tsp garlic powder

#### "Cream Cheese Substitute":

- 1 cup plain fat free Greek Yogurt (I use Fage for this)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp italian seasoning
- 1/4 tsp salt
- · Paper Coffee Filters or Cheese Cloth, with a strainer

#### Garnish:

- 2 tsp reduced fat grated parmesan topping (like Kraft)
- Additional chopped fresh basil (or italian parsley)



- (A) Finely dice 2 cups of mushroom stems, set aside.
  (B) Add the italian sausage to a large pan, along with the onion, garlic and salt. Cook over med-high heat 'til browned.
  (C) Add diced mushroom stems and cook for 3-4 minutes.
  (D) Stir in the crushed, seasoned rice krispies and fresh chopped basil. Use a spoon to combine. Turn off the heat.
- 4. (A) Remove Greek yogurt from the fridge, scoop into a bowl and mix in the onion and garlic powders, italian seasoning and salt. (B) With the heat turned off, mix the yogurt, along with 2 teaspoons of worcestershire sauce, into the filling. (C) The finished mixture should be thick and hold together. (D) Using measuring spoons, scoop 1 even tablespoon into the large mushrooms and fill the smaller mushroom with less filling. Don't go over 1 tablespoon per mushroom though. The sizes of the 'shrooms vary, so your exact number of servings will vary, per batch. I made 38 before I ran out of filling.
- 5. (A) Line a baking pan with tin foil, then spray with cooking spray. Place the mushrooms tightly together on the pan, then spray the tops with cooking spray and lightly sprinkle 1 teaspoon of grated parmesan on top of the mushrooms.
  (B) Bake for 20-24 minutes at 375 degrees. (C) There will be a good deal of liquid at the bottom of the pan, so when you remove the pan from the oven, set one corner of the pan on a kitchen spoon or dish towel, to raise it up, and draw all of the liquid to one corner. (D) Use a slotted spoon to place each of the mushrooms onto a platter, allowing more of the liquid to run off. Garnish with fresh chopped basil and the rest of the parmesan cheese topping.

#### NOTES:

A) These can be fully assembled onto your sheet pan, up to 1 day before baking, WHICH IS AWESOME! Place all of the assembled mushrooms on your baking pan, like in step (5a), then wrap the entire pan in plastic wrap and store in the fridge, until ready to bake.





One of my favorite side dishes to eat on Thanksgiving, is broccoli cheese casserole. Nobody in my family really makes it anymore, so it's been years since we had it at a gathering. Well guess what, baby!?!?! Thanks to COVID we're all stuck at home here in California... So I can have all the cheesy broccoli I want!! MUAHAHAHAH!!! Gotta look for the silver lining, folks.

This is a pretty danged good, and really simple to make casserole. I use a lot of broccoli for mine, because I want my 13"x9" casserole dish to be filled to the brim. My cheese sauce is extremely untraditional, but it's awesome.

Servings Info.:	Points:	G	B	P
Yield: 9 cups	1 serving =	3	3	3
Servings: 13	2 servings =	6	6	6
Serving Size: 2/3 cup	3 servings =	9	9	9
	4 servings =	11	11	11

## Ingredients:

#### Fresh Produce:

 1-1/2 (28oz) bags fresh broccoli florets. I used packaged bags of 'washed ready to eat' bagged florets, from the store. It came out to 40-42 ounces of total florets.
 Trim large florets into medium sized pieces.

#### Cheese Sauce:

- 1-3/4 cups fat free chicken broth
- 1 cup reduced fat shredded cheddar cheese (I used 'sharp').
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp turmeric
- 1/8 tsp curry powder (optional, adds a nice depth).
- · 2 Tbsp cornstarch, dissolved with 2 Tbsp water.

#### **Additional Ingredients:**

2 additional cups reduced fat shredded cheddar cheese

#### --- NOTES ON BLANCHING BROCCOLI:

There are COUNTLESS ways you can blanch broccoli. The typical method is to put it in boiling water for 2-3 minutes, then place it in cold water. I 'quick steam' mine in the microwave. It works just as well, is faster and doesn't give you a facial with all of the steam.

## **Directions:**

Fill a large mixing bowl with cold water, set aside.



2. (A) Take all of your florets and cut any large heads into medium sized pieces, then divide all of the broccoli between (3) gallon sized ziplock bags. (B) Add 2 Tablespoons of water into each bag, then zip the bag closed. Poke 2 holes into the bag to vent. (C) Place the bag into your microwave, and heat for 2.5 minutes. (D) Pour the hot broccoli into the bowl of cold water, to stop the cooking process. Then scoop out the broccoli and let it drain in a colander. Set aside onto paper towels to dry. Repeat the process with the 2nd and 3rd bags of broccoli.



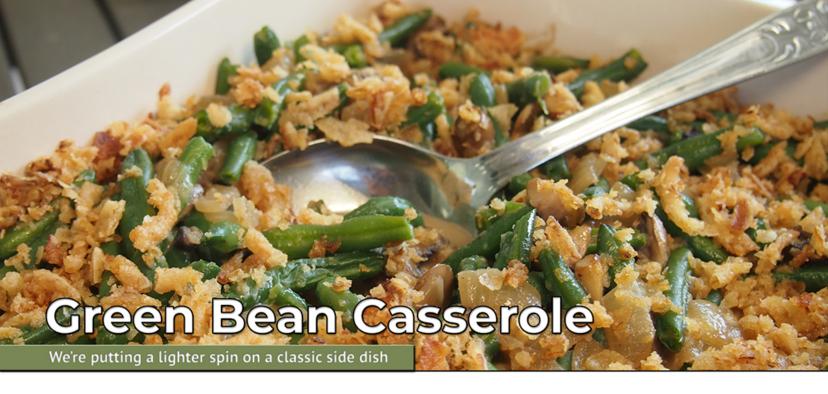
3. (A) Bring all of the sauce ingredients to a low boil, over medium heat, stirring constantly. Let the sauce cook at a rolling boil for 4-5 minutes, then remove from heat. Pour into a cup or dish and allow to cool for 20 minutes. (B) In a large mixing bowl, mix together the cheese sauce and broccoli, till well combined. (C) Add the remaining 2 cup reduced fat cheddar and mix. (D) Pour the mixture into a 13"x9" casserole dish, sprayed with cooking spray. Heat your oven to 375 degrees, then place the casserole in and bake for 25 minutes.



4. After 20 minutes, carefully remove the hot casserole from the oven. Toss the broccoli, to distribute the sauce that has moved to the bottom of the dish and thickened. Toss to coat, then return to the oven and bake for 15 additional minutes. Done.

- FAT FREE CHEESE: If you decide to use fat free cheddar cheese, it will drop this baby down to 1 point for the first 2 servings.
- You can replace the crumbs with 2 more points of cheese.
- CHICKEN DIVAN: If you'd like to turn this into a low point "Chicken Divan" casserole, I'd go with the 1 single 28oz bag of broccoli florets, and replace the rest of it with 1.5 lbs cooked, diced chicken breast, cooked with 1 large chopped onion. Add 1 Tbsp white wine and 1 Tbsp white wine vinegar to the cheese sauce. Other than that... steam the broccoli, prepare the modified sauce, saute' the chicken with the onions, then mix it all together like in 3C.





Green bean casserole is a holiday staple that's usually pretty high in points. We're making it lower in points by making it a high-yield recipe, so that we get more servings. We're adding a gooood amount of green beans, mushrooms and onions to stretch out the recipe, which will decrease the points per serving. I've gotten it so low, that we even have an entire cup of fried onions on top.

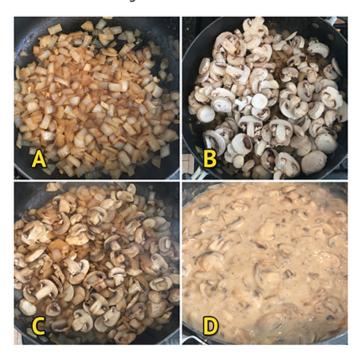
Servings Info.:	Points:	G	B	P
Yield: 13 cups	1 serving =	1	1	1
Servings: 17	2 servings =	3	3	3
Serving Size: 3/4 cup	3 servings =	4	4	4
<b>,</b>	4 servinas =	6	6	6

## Ingredients:

- · 1 large onion, chopped
- · 3 cloves fresh garlic, chopped
- 12 oz. sliced mushrooms, any variety
- 1/2 cup chicken broth
- · 2 tsp worcestershire sauce
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 2 (10.5 oz) cans reduced fat/sodium condensed cream of mushroom soup (see note)\*\*
- 2 Tbsp cornstarch, dissolved in a little water
- (3) 16oz bags frozen petite 'whole' green beans, thawed
- 1 cup French's crispy fried onions, crushed and packed
- salt and pepper to taste

## **Directions:**

1. Set the frozen green beans out on a paper towel lined surface, allowing them to thaw out. Preheat oven to 350 degrees



2. (A) Heat a LARGE pan over medium heat for 1 minute, spray with cooking spray, then add the onions and garlic. Cook for 5 minutes till beginning to cook down. (B) Add the mushrooms to the pan, season with salt and pepper, cover the pan and cook for 5 minutes. (C) Add chicken broth, worcestershire, onion powder and garlic powder. Cover and cook for 5 minutes over medium-low heat. (D) Stir in the canned mushroom soup and dissolved cornstarch. Simmer for 3-4 minutes at a low simmer, uncovered.



(A) Add all of the green beans to the pan and gently fold, till well combined. (B) Cook for an additional few minutes, until the sauce begins to thicken and cling to the green beans. Turn off heat.



4. (A) Place the cooked mixture into a 13"x9" baking dish Bake at 375 degrees for 20 minutes, uncovered. (B) Remove casserole from oven, cover with slightly crushed fried onions, then return to oven. Bake for an additional 20 minutes, or until onions are golden brown. Done.

- You can use fresh cut green beans instead of the frozen ones, in which case I would recommend either boiling them in water for 2 minutes to soften them a little bit and then rinse them under cold water to stop the cooking process.
   Dry with paper towels and follow the recipe.
- If you don't want to use mushrooms, you can replace them with more green beans.
- Replace the mushroom soup with 'healthy request' cream of chicken soup, if you don't like mushrooms.
- If your sauce is TOO thick at the end of step 2, stir in a little bit more chicken broth to thin it.
- Don't forget to taste the sauce prior to mixing in the green beans so you can add more seasoning, if needed.
- One of the BIGGEST things you might be trying to figure out is the how I came up with 9 points for 2 (10.5 oz) cans of reduced fat/sodium cream of mushroom soup, rather than the 12 points that the WW app would lead you to think it is. Well, allow me to explain, because the actual soup can is wrong in this case. The CAN of soup says 1 serving size is 1/2 cup and that there is 2.5 servings (1-1/4 cups per can). HOWEVER.... the can is wrong. If you actually pour the contents of the can out and measure them, there is exactly 1 cup of condensed soup per can, not 1-1/4 cups like the can's listed servings (and points) suggest.





With the holidays fast approaching, I wanted to do what I could to try and offer help, so that you CAN have a delicious and low point holiday meal, INCLUDING dressing/stuffing. You'd think that there's no way to possibly have low point dressing that doesn't taste like cardboard, but it's totally doable. You just have to be smart about it. Glance at the recipe and you'll see that all we really had to do was use low point bread. I also removed the butter. We're getting a buttery flavor by cooking with butter flavored cooking spray.

Servings Info.:Points:G B PYield: (1) 3 qt. Casserole Dish1 serving =3 2 2Servings: 122 servings =6 3 3Serving Size: 3/4 cup3 servings =8 5 5

## Ingredients:

- 16 slices Sara Lee 45 Calorie Bread (or other brand 1 point/slice sandwich bread)
- 1 lb batch of my ground turkey Italian Sausage, (recipe on pg. 10, in the Foundations Section)
- Butter flavored cooking spray. (Different brands have different point values. Scan your can, make sure you use a 0 point amount for step 4.)
- · 2 cups onion, diced
- · 2 cups celery, diced
- 1-1/2 cups carrot, diced
- 3 cups chicken broth\*\*
- 2 large eggs
- 2 medium garlic cloves, chopped
- · 2 Tbsp fresh rosemary, finely chopped
- · 2 Tbsp fresh sage, finely chopped
- · 2 Tbsp fresh thyme, finely chopped
- 1 tsp onion powder
- 1 tsp garlic powder
- salt and pepper to taste

## **Directions:**

 Preheat oven to 250 degrees. Cut sliced bread into 1/2 inch cubes and spread onto baking sheet. Bake for 25-40 minutes, or until the bread is completely dried out, but not burned. Look in every 10 minutes after 25 minutes to check. Set aside.



2. Mix together the italian sausage ground turkey mix, allow to rest for 20 minutes. Heat a large sauce pan over medium-high heat. Spray the pan with butter flavored cooking spray and cook the meat until just cooked through. Use a kitchen utensil to break up the meat into smaller pieces during cooking. Remove from pan, set aside.



**3.** Dice the onions, celery, carrots, garlic and set aside. Finely chop fresh rosemary, sage and thyme.



4. Spray the pan that you cooked the ground turkey in with butter flavored cooking spray. Cook the onions, carrots, celery and garlic over medium heat for 5-6 minutes, until they begin to soften.



5. Add the chicken broth and fresh herbs to the pan, along with the garlic powder and onion powder. Cook at a low simmer for 15 minutes. Turn off the heat, stir in the turkey, season with salt and pepper. Cool for 10-15 minutes.



6. Whisk the 2 large eggs and stir them into the cooled pan of vegetables and broth. Place all of the dried bread in a large mixing bowl, pour the vegetable/broth mixture over the bread and mix to combine. Feel free to add more broth if you prefer a mushier dressing.



7. Preheat oven to 325 degrees. Pour the dressing mixture into a 3 quart (13"x9") casserole dish sprayed with butter flavored cooking spray. Gently spread the mixture out evenly. Cover the casserole dish with aluminum foil and bake for 25 minutes. After 25 minutes, take the dish out of the oven, remove the foil, and use a kitchen utensil to gently "fluff" the dressing up without breaking it apart. Return the casserole to the oven and bake uncovered for an additional 15 minutes. Done.

- A) The store near my house only has Sara Lee 45 calorie WHOLE WHEAT bread, that's what I used. Even though it was whole wheat bread, it was still very, very tasty. There are a few different brands of sliced bread out there that are 1 point per slice. If you can't find one, then most major supermarkets (around here anyways) carry "Nature's Own" Butter Bread, which is 3 points for 2 slices. Good luck, there's low point bread out there.
- B) You can stretch this even further by adding some mushrooms to the veggies, or diced apples.
- C) Feel free to swap out the ground turkey for oysters or any other protein that you want. The meat gives a different texture from the mushy dressing and soft veggies, plus it stretches out an extra serving. Customize this baby.
- D) Add more broth if you want your dressing to be a little mushier. It's totally your call on how you like your dressing.
- E) You can also choose to bake the stuffing in individual cupcake size portions. Just scoop 3/4 cup servings into cupcake pans, cover with foil so that the dressing doesn't dry out, then bake at 325 for 20-25 minutes.
- F) You can make a modified version of this dressing using my corn muffins instead of bread to make cornbread stuffing, adjust points accordingly.
- G) You don't have to cube the bread first. You can toast whole slices or dry them in the oven, then chop them afterwards. Either way works.
- H) On the Green Plan you can substitute the 2 whole eggs with egg whites.



In order to get this baby down in points, we need to think of how to stretch out the points from the sweet potatoes for the folks on Blue and Green, while still keeping the integrity of the dish and a good flavor profile. To accomplish this, rather than having sweet potatoes only, we're making a mash of roasted sweet potato, butternut squash, carrots and spiced pumpkin puree. However... if you're on the Purple plan, seriously... skip the carrots and squash. Just use 6 pounds of sweet potatoes.

Servings Info.:	Points:	G	B	P
Yield: 12 cups	1 serving =	6	3	2
Servings: 17	2 servings =	11	6	3
Serving Size: 2/3 cup	3 servings =	17	9	5
20. T.I.g 2.20. 2/3 cap	4 servings =	23	12	7

## Ingredients:

- 1 pound Sweet Potato/Yam, peeled and quartered
- 1 pound carrots, peeled (I used baby carrots for ease)
- 4 pounds butternut squash, peeled and cubed (you want 4 pounds when finished peeling and cutting).
- · Butter flavored cooking spray
- 2/3 cup pecans, chopped and slightly crushed
- 2 tsp ground cinnamon (divided)
- 5 Tbsp 0 point natural sweetener o' choice (divided)
- 6 Tbsp sugar free maple syrup (pancake syrup)
- 30 oz. canned pumpkin puree (0 point cans)
- 1-1/2 tsp pumpkin pie spice
- 1 tsp maple extract (can be found in the spice aisle by the vanilla extract)
- · 1/4 tsp molasses
- 2 large eggs, beaten, till they cry for momma
- · 3/4 cup mini marshmallows, packed

#### Directions:

- Preheat oven to 375 degrees. Line 2 or 3 large baking sheet pans with foil, then spray with cooking spray. Put the carrots, butternut squash and sweet potatoes into a large bowl, in batches (there's a lot of them). Spray to coat with butter cooking spray, mix to coat completely. Arrange the vegetables on the prepared sheet pans.
- 2. Place the veggies and squash into the oven and roast for 30 minutes at 375 degrees.



**3.** After 30 minutes, turn off the oven and let the veggies continue baking for an additional 15 minutes. Remove from oven and set aside.



4. While the veggies are roasting, you'll prepare the candied pecans. Heat the pecans in a sauce pan without any butter or cooking spray on medium heat for 5 minutes, stirring to ensure they don't burn. When they start to get fragrant and darken in color slightly, stir in 1 Tbsp sweetener and 1/2 tsp of cinnamon, stir to combine. Mix together 1 Tbsp water with 2 Tbsp pancake syrup, till well blended. Pour into the pan and stir, till all liquid has evaporated.





 Heat the pumpkin puree in a pot over mediumlow heat. Add the maple extract, pumpkin pie spice, 4 Tbsp sweetener, 4 Tbsp sugar free syrup, molasses, and 1-1/2 tsp cinnamon. Stir till warm and smooth.





6. Place the roasted squash, carrots and sweet potato into a food processor, in batches. Blend on high speed until processed to ALMOST a smooth puree. You want to keep some texture to it. Scoop each batch into a very large mixing bowl.





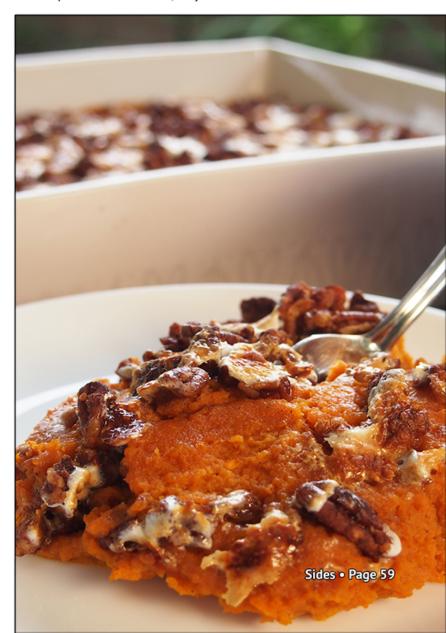
7. Add the pumpkin puree to the mixing bowl, along with the 2 beaten eggs. Fold the mixture repeatedly, until smooth and well combined. Transfer into a 13"x9" casserole dish. Spread the candied pecans over the top, followed by the mini marshmallows.



8. Bake the casserole at 375 for 25-30 minutes, or until the marshmallows are browned and toasted. Keep an eye on them, so they don't burn. Remove and allow to cool slightly before serving.

#### NOTES & SUGGESTIONS:

- I would ONLY recommend using the marshmallows on this if you plan to serve it within 1-1.5 hours of making it. I noticed that around 2 hours after baking that the marshmallows were starting to "deflate", and at the 3 hour mark, they were flat and in desperate need of some Viagra.
- If you don't want marshmallows on your casserole, you'll free up 12 points by removing them. That would give you TONS of extra points to add more candied pecans, as well as cooked, chopped up slices of 'center cut' bacon.
- If you're on the Purple Plan, feel free to leave out the butternut squash and replace it with more sweet potatoes. The squash is for us folks on Blue and Green.
- If you're on the Green Plan... use egg whites instead of whole eggs, it will lower the points. BE ADVISED... for whatever reason, on the Green plan, even if you have the same exact ingredient points with this recipe as on Blue (by removing the eggs), the app still shows it as higher in points on Green. It makes absolutely no sense.
- This has a mild sweetness to it. Feel free to add more 0 point sweetener to it, if you'd like it sweeter.
- If your local store is out of butternut squash, or you find it to be too expensive, you can replace it with an equal amount of additional carrots. However, they won't puree as smooth. You'll need to add a bit of extra water while running them through the food processor. Otherwise, they'll never break down to smooth.





Pan seared Brussels sprouts with a balsamic glaze, finished with reduced fat parmesan topping



I need to start off by admitting that I never ate Brussels sprouts, even once, until I was married. I decided to try cooking them at home for my wife, shortly after we got hitched. Let's just say that I overcooked them so bad that it was 14 years before I EVER tried cooking them again. This recipe has redeemed my faith in these little cabbage-like balls. It comes together quickly, with a finished dish that is savory, sweet, has a slight vinegary pop and a mildly earthy flavor. Plus... it's pretty.

## Ingredients:

- 1-1/2 pounds Brussels sprouts
- Flavored cooking spray o' choice. I used butter flavored, scan to ensure a 0 point amount is used.
- 1/4 tsp salt
- 1/8 tsp pepper
- · 2 Tbsp balsamic vinegar
- 1 Tbsp red wine vinegar
- 1 Tbsp reduced fat parmesan topping, like the old-school 'Kraft' brand sprinkles. (optional)

## Serving Info.:

Yields: 6 cups Servings: 4 Serving Size: 1.5 cup

Points:	<b>6</b>	B	F
1 serving =	1	1	1
2 servings =	2	2	2
3 servings =	2	2	2
4 convince -	z	z	z

## **Directions:**

- 1 Carefully cut off the very end of each Brussels sprout, leaving most of it intact. Leaving a bit of the end intact will help the lil mini cabbage-like grenades, stay together while they cook.
- 2 Next, carefully slice each one in half, as pictured to the left (top picture).
- 3 Heat a large pan over medium heat for 1 minute, so that it gets nice and hot. You want water droplets to evaporate instantly upon hitting it. Spray the pan with a 0 point amount of your cooking spray. Place Brussels sprouts, flat side down, onto the hot pan, crank up the heat to medium-high and cook for about 3-5 minutes, till they brown. Just let them sit there and sear, don't stir them all around the pan. Be sure to not overcrowd them, or they'll steam, which can make them bitter and taste like a camel's backside... don't ask. If all the sprouts don't fit in the pan at once, sauté them in two batches.
- 4 Season with some of the salt and pepper, then, rotate them onto their other side. Season with the remaining salt and pepper, then cook for 2-3 more minutes.
- 5 Combine the two vinegars, then pour them into the pan. Gently stir the sprouts around, to coat in the liquid. Cook for 1-2 more minutes, until the vinegar reduces and glazes the sprouts.
- 6 Sprinkle parmesan topping over all the sprouts, toss to coat. Done.

#### Note:

- Feel free to use regular parmesan cheese, but adjust your points accordingly.
- The Brussels sprouts should NOT be mushy. If they overcook, they get very bitter... and then you won't eat them again for 14 years. Trust me, don't over cook Brussels sprouts.
- Forgot to mention... I've only made these with fresh Brussels sprouts, I haven't tried it with frozen ones.
   You'd most likely need to thaw them out first and try to pat them dry with paper towels. Cook time would probably need to be increased as well.
- You can also amp these up by adding cooked and crumbled turkey bacon. But, adjust the points if you do.



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## **Corn Muffins**

Getting "REAL" cornbread down to 1 point. BOOMshakalaka!!!

Alright folks, I had a LOT of requests to include my cornbread muffin recipe into this Thanksgiving download because, well... cornbread. One of the first things I made when I started Weight Watchers was an old school cornbread recipe that's been floating around in-program for decades. Pretty much just cornmeal, egg, and a can of creamed corn. For the life of me, I couldn't figure out WHY they had to be 2 points each, there HAD to be a smarter way to do it. All it took was a little bit of alone time with the recipe builder, a glass of wine, some Marvin Gaye... and 9 months later we have 1 point cornbread. Seriously though... instead of the creamed corn, which has points, blend up a can of 0 point corn, with a bit of sweetener. Boom, goodbye 11 points. Then I saw that corn flour has slightly less points than cornmeal So, by using a mix of corn flour AND cornmeal we're able to drop these babies down to 1 point each for the first 2 muffins. What's the moral of the story? Get creative in the recipe builder.



## Ingredients:

- 1-1/4 cups masa harina (corn flour)
- · 3/4 cup yellow cornmeal
- · 3 tsp baking powder
- · 3 large eggs
- 3/4 tsp salt
- 3 Tbsp 0 point sweetener o' choice (monkfruit, swerve, stevia, splenda, etc)\*\*
- (2) 15oz cans whole kernel corn with their liquid
   Scan it to make sure you pick 0 point cans of corn (on blue and purple). Scan Scan Scan.
- 1/2 cup whole corn kernels (in addition to the above listed corn)
- · 1 Tbsp of skim milk or almond milk

## **Directions:**

- 1. Preheat oven to 400 degrees.
- Line cupcake/muffin tins with liners. I personally like to use foil liners because I am cursed. Any time that I use the paper liners, EVERYTHING always sticks to them. Yes, even with spray. I hate paper liners. I only used them in the pic up top because I was out of foil ones. Paper liners = evil.
- Put the corn flour and yellow cornmeal into a large mixing bowl, along with the baking powder, salt and sweetener. Stir to combine.
- 4. Beat the 3 large eggs in a mixing bowl until they are crying and hand over their lunch money. Set aside.
- 5. Put the entire contents of the 2 cans of 0 point corn, as well as the sweetener and milk into a blender, food processor, or use an immersion blender. Pulse it a few times to roughly process the corn together with the liquid and sweetener, into a rough chopped corny slurry. Congrats, you've just replaced high point canned creamed corn with a 0 point substitute. Booooom goes the dynamite!

## Servings Info.:

Yield: 24 muffins Servings: Umm... 24. Serving Size: 1 muffin Points: 6 B P

1 serving = 2 1 1

2 servings = 4 2 2

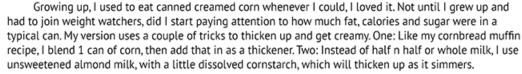
3 servings = 7 4 4

4 servings = 9 5 5

- Pour the blended corn mixture into a mixing bowl with the dry ingredients, along with 1/2 cup of whole corn kernels and the beaten eggs, which should still be crying about being mugged. Mix it all together until well combined. Set aside and let it rest for 10 minutes.
- Fill the cupcake liners 3/4 full. The batter should have fluffed up a little bit while it was resting.
- 8. Bake at 400 degrees for 14-18 minutes. Mine took 16.

- YES, THESE ARE REGULAR SIZED! There is a special place in the lake of fire for people who give out muffin and cupcake recipes that are for MINI baked goods and don't tell you they are. Then you get your hopes all up and are all "hurray, muffins!" Then you make them and are all sad, like when you found out about the Easter Bunny.
- If you are using a shiny, thin cupcake pan, they seem to take longer to cook than if you are using a darker, thick nonstick cupcake or muffin pan.
- You can substitute the 2 Tbsp of sweetener with 2 Tbsp of regular sugar if you'd like, but adjust your points accordingly.
   Also, if you like sweeter cornbread, add more sweetener.
- Want to add a little bit of 0 point buttery flavor? Spray a few blasts of butter flavored cooking spray into the dough, while mixing.
- People in Connect have been making batches of these muffins and using them to make cornbread stuffing with a modified version of my stuffing recipe.
- On the GREEN plan? Sub the eggs with 2 egg whites to keep the points in line with the BLUE & PURPLE plans.





## 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 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

Points:	<b>6</b>	B	P
1 serving =	3	0	0
2 servings =	6	0	0
3 servings =	9	0	0
4 servings =	12	0	0

#### **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:

- GREENIES: Rather than adding the points for 30oz of corn, from the 2 whole kernel cans, I drained the corn, THEN weighed it. Drained, the 2 cans gave 18.5oz of corn, which is what I input into the recipe.
   30oz of corn is 24 points, 18.5oz is 15. To those 15 points, I added 12 points for the can of blended corn. It saved the points from 11.5 oz. Sorry for the techo-mumbo-jumbo... it's a Green-thing.
- Most creamed corn recipes call for a TON of half n half or whole milk. We're completely eliminating those.
   In order to get the creamy consistency, we're mixing in blended corn and the 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.
- If you are allergic to almond milk, you can use soy milk or skim milk, but adjust your points.
- Some brands of butter flavored cooking spray let you use more before they get points. Some let you have 8 seconds of spray for 0 points, other let you paint a Buick with it for 0. The brand that I use (vons/albertsons ralphs/kroger Signature brand) stays 0 points, period... I use a good 6 second burst. Scan your can, use what you can. It really does add a nice buttery flavor, for no additional fat or calories.





Mushrooms Cooked in a Creamy Garlic Dijon Sauce, Finished with Parmesan and Parsley

So, in this recipe, we're going to commit culinary blasphemy by replacing the butter that NORMAL recipes call for, with a good spray of butter flavored cooking spray. Ya'll know me well enough after two cookbooks to know that's my thing. We're then coating them in a sauce of reduced chicken broth, garlic and a little dijon mustard. Finally, to add an extra punch of savory flavor, we're adding reduced fat Parmesan.

## Ingredients:

- (3) 8oz packages whole mushrooms, any preferred variety. Washed, dried, ends trimmed.
- Butter flavored cooking spray (see notes)\*\*\*
- · 4 medium garlic cloves, crushed, chopped
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/3 cup beef broth
- · 2 tsp dijon mustard
- 1/2 tsp cornstarch dissolved with 1 Tbsp water
- 1 Tbsp reduced fat parmesan topping (like the Kraft brand)
- · 2 Tbsp finely chopped parsley or rosemary

## Serving Info.:

Yields: 3 cups Servings: 4

Serving Size: 3/4 cup

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

#### Directions:

- 1 Wash and lightly scrub the mushrooms, removing as much dirt as possible. Rinse the mushrooms, <u>DON'T</u> submerge them and walk away, think of them as little sponges. Slice off the end of the stalks, set the mushrooms aside.
- 2 Heat a large pan over medium-high heat for 1 minute. Spray with a goooood amound of 0 point butter flavored cooking spray, then add the mushrooms, salt and pepper. Cook for 3 minutes.
- 3 Once browned and lightly seared, stir in 1/3 cup beef broth and garlic. Continue cooking, over medium-high heat, for another 3 minutes.
- 4 Mix the dijon mustard into the dissolved cornstarch. Add to the pan and stir to combine. Cook for an additional 2-3 minutes, or until the mushrooms have darkened, have cooked down a bit and are covered in a nice thick coating of sauce. Turn off the heat and sprinkle with 1/2 the Parmesan, stir to combine. Taste and season with additional salt and pepper, if needed.
- 5 Plate the mushrooms in a large communal bowl, or serve in (4) 8 ounce ramekins. Garnish with fresh parsley and the remaining Parmesan.

#### Note:

- I purchased packages of whole white button mushrooms from my local grocery store. However, if you want to get all 'fancy Nancy', go ahead and buy Crimini mushrooms.
- If you've never cleaned mushrooms before and the sound of it's a little intimidating, watch a youtube video.
   That's what I did. It's really simple.
- Butter Flavored Cooking Spray?!?!: Yup, trust me. Scan your can to see how much you can use to stay at 0 points. I was able to use a solid 8 second buttery spray. It gave a great butter flavor to the dish. Cry me a river, foodie-hipsters! I'm cutting calories.
- If you're having a heart attack at the thought of using Kraft Parmesan sprinkles... go ahead and use real Parmesan, but adjust your points, Nancy.
- If you aren't a fan of mustard, feel free to replace it with a little bit of extra broth, or 2 tsp balsamic vinegar.



Sides • Page 63



Sweet and savory roasted carrots with sugar free maple syrup, molasses, parsley and garlic.



Page 64 • Sides

This is my WW-ified version of Bon Appetités maple roasted carrots. Because it's me, instead of using a boatload of butter, I'm using butter flavored cooking spray. Instead of regular maple syrup, I'm using sugar free, maple flavored pancake syrup... and instead of 1/2 cup of brown sugar, I'm lightening it up by using 1/4 cup of 0 point sweetener with some molasses. After all, brown sugar is just molasses mixed with regular sugar.

## Ingredients:

- 5 lb bag fresh carrots, peeled and quartered
- 3 Tbsp sugar free maple flavored pancake syrup\*\*\*
- 1 tsp molasses
- 1 garlic clove, minced
- 1/4 cup 0 point natural sweetener o' choice
- 1 tsp salt
- 1/4 tsp coarse black pepper
- 1 Tbsp dried parsley flakes
- Butter flavored cooking spray
- Fresh chopped parsley, for garnish

## Serving Info.:

Yields: 2 lbs (Yup, the 51bs cooked down to 2)

Servings: 8

Serving Size: 1/4 lb

Points:	<b>6</b>	B	P
1 serving =	0	0	0
2 servings =	0	0	0
3 servings =	0	0	0
4 servings =	1	1	1

#### Directions:

- 1 Turn on oven to 400 degrees. Line 2 baking sheet pans with parchment paper, set aside.
- 2 Peel the carrots, then slice into quarters. Set into a large mixing bowl.
- 3 In a cup or small dish, mix together the syrup, molasses and garlic. Set aside. In a separate bowl, mix together the sweetener, salt, pepper and parsley flakes, set aside.
- 4 Pour the wet and the dry ingredients over the carrots, then toss till well combined.
- 5 Divide the carrots between the 2 prepared pans. Place the carrots into the preheated oven, bake for 30 minutes. Remove from oven, flip the carrots, then bake for another 20-30 minutes.
- 6 Keep an eye on the carrots for the last 10 minutes, to make sure that they don't burn. Remove from the oven when the edges start to lightly blacken and crisp up. Garnish with fresh parsley.

- Different brands of sugar free syurp (pancake syrup) let you have different amounts for 0 points. Some brands are 0 points for 4 Tbsp, some become 1 point at 3 Tbsp and some become 1 point at 2 Tbsp. I used log cabin sugar free syrup, which let me have 3 Tbsp for 0 points. Scan the available brands at your store and adjust your points accordingly.
- Adding a little smoked paprika or a touch of cayenne pepper compliment these as well, depending on your tastes.
- This recipe would look really nice with mixed rainbow carrots, but unfortunately, my store was all out. Thanks, Albertsons!!!



Considering that I got the potatoes this full of flavor, while keeping them nearly fat free, this recipe's going to be a new staple in my house. Instead of cream or milk, we're using fat free chicken broth, simmered with a truck load of roasted garlic and rosemary. Instead of sour cream... fat free greek yogurt, and instead of butter... a 0 point amount of butter flavored cooking spray.

## Ingredients:

- · 5lbs yukon gold or idaho gold/yellow potatoes, skin on.
- · 15-20 medium garlic cloves, peeled.
- · Olive oil cooking spray, 0 point amount
- Foil paper
- · 2 Tbsp finely chopped fresh rosemary or herb of choice
- · Butter flavored cooking spray, 0 point amount
- 1-3/4 cups fat free chicken broth
- · 1/2 cup fat free plain greek yogurt
- 1-1/2 tsp salt
- · 1/4 tsp coarse ground black pepper

## Serving Info.:

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

Points:	6	B	P
1 serving =	3	3	0
2 servings =	6	6	0
3 servings =	9	9	0
4 servings =	12	12	0

#### Directions:

- 1 Heat oven to 375 degrees. Place garlic cloves in a foil pouch, spray with olive oil spray to coat. Close the foil pouch and bake the garlic at 375 for 45 minutes. Remove from oven, set aside.
- 2 Rinse any dirt off of your potatoes. Cut them into 1/4's, place into a large pot, fill with cold water till 2 inches over the potatoes. Bring to a boil, then lower the heat and cook at a low boil for 20 minutes. Drain.
- 3 While the potatoes are boiling, chop up the roasted garlic into chunks, then add it into a small sauce pot, with the rosemary. Spray with 8 seconds of butter flavored cooking spray and cook over medium-low heat for 3-4 minutes, stirring constantly, then add the broth.
- **4** Bring the chicken broth to a boil, then turn off heat. Let it sit for 10 minutes, till potatoes are done cooking.
- 5 Add the cooked/drained potatoes into a large mixing bowl. Use an electric hand mixer, ricer, or potato masher, to mash the potatoes.
- 6 Add the chicken broth mixture, then the greek yogurt, salt and pepper. Mix to combine. Season with additional salt and pepper if desired. Or add more chicken broth if you'd like it to be creamier. Done.

#### Note:

- If you are allergic to dairy, you can use silken tofu in place of the greek yogurt.
- If you'd like plain mashed potatoes, leave out the garlic and the rosemary. You can also replace the rosemary with chives, thyme, or any other fresh herbs that are legal in your state, Hippie.
- I prefer the texture of bits o' potato skin in my mashed potatoes, but feel free to peel yours.



**Death By Chocolate** 

Chocolate cake, frosting, crumbles and chips. \*mic drop'

Points:

Of all of my cupcakes & cakes, this is the one that people have made more than any other. This was made specifically to trigger overly sensitive and easily offended chocoholics. So go, chocoholics, flee to the nearest "safe space", because this bad boy is coming for ya... and it's taking no prisoners.

## Serving Info.:

 YIELDS: 1 (9") cake
 1 serving = 7 7 7

 Servings: 12
 2 servings = 14 13 13

 Serving Size: 1/12 slice
 3 servings = 21 20 20

 4 servings = 28 26 26

## Ingredients:

#### Cake:

- · 1 sugar free devil's food cake mix
- 1 large egg
- 1-3/4 cup 0 point carbonated beverage (diet coke, diet dr. pepper, seltzer water, club soda, etc.)
- 1 tsp baking powder
- 1/2 tsp instant coffee grounds (optional)
- 1 (1.4oz) box sugar free instant chocolate pudding
- 1 Tbsp cocoa powder

#### Chocolate Pudding Frosting:

- 2 (1.4oz) boxes Jell-O sugar free instant chocolate fudge
- pudding mix
- 1 Tbsp cocoa powder
- 1-3/4 cups cold water

#### Chocolate 'Cream Cheese' Filling:

- 2 (1.4oz) boxes Jello-O sugar free instant chocolate fudge pudding mix
- 1-1/2 cups cold water
- 1 Tbsp cocoa powder
- 1 cup of "cream cheese" substitute, recipe found on pg. 16 (add more water if too thick, 1 tsp at a time)

#### Cake Toppings:

- 1/4 cup mini semi sweet chocolate chips (you can use 'Lily's Dark Chocolate Chips for lower points).
- 1/2 of a 'Honey Maid' chocolate graham cracker sheet. (2 of the 4 small crackers that make up 1 full sheet)



## **Directions:**

- 1 Preheat oven to 325.
- 2 Line the bottom of (3) 9 inch round pans with parchment paper. Spray the sides of the pans with cooking spray. Set aside.

#### \*\*\* CAKE DIRECTIONS

- In a large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, baking powder, instant coffee (if using), chocolate pudding mix and cocoa powder. Mix to combine.
- 4 Use a 1/2 cup measuring scoop, to pour an equal amount of batter into each of the 3 pans. It SHOULD be just over 1-1/2 cups of batter in each pan.
- 5 Bake at 325 for 20-24 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary depending on your oven, altitude... or attitude.
- When the toothpick comes out dry, remove the cakes from the oven and allow to cool in the pans. Set aside.

#### \*\*\* FROSTING DIRECTIONS

7 Combine the 2 boxes of pudding with COLD water and cocoa powder in a mixing bowl (an empty 32oz yogurt container works awesome for this). Use an electric hand mixer to mix it all together until thick and smooth, about 1-2 minutes. Set aside in the fridge to cool and firm up.

## \*\*\* FILLING DIRECTIONS

- 8 Combine the 2 boxes of pudding with the COLD waterin a mixing bowl, or in another empty yogurt container. Use an electric hand mixer to mix it all together until thick and smooth, about 1-2 minutes. Set aside in the fridge to cool and firm up.
- 9 In an old 32oz yogurt container (seriously... they are awesome for this stuff), use an electric hand mixer to mix together the "cream cheese" with the cocoa powder, till thick but smooth.

10 Scoop the pudding into the cream cheese container and then mix the 2 together with the mixer until smooth. Set aside in the fridge.

#### \*\*\* TOPPING DIRECTIONS

- 11 Put 1/4 cup of the chocolate chips in a bowl, set aside in the fridge.
- 12 Take 1 full chocolate graham cracker sheet, break it in half, and then grind it up into a bowl. Not crumbled like for pie crust where there are chunks... I mean... CRUSH the bajeezus out of it, until it resembles chocolate bread crumbs.

#### \*\*\* ASSEMBLY

- 13 Take one of your cake layers and spread 1/2 of your Filling layer across it from edge to edge. I personally prefer to put it all into a gallon sized ziplock bag, push it all to one corner, then snip the corner off with scissors. That way, rather than using a spatula to spread the frosting on, you can pipe it all around in a circular pattern, then spread it together with a rubber spatula. It makes for a perfectly even filling layer, without the mess.
- 14 Place the 2nd layer of cake on top of the filling, then repeat the process, piping the remaining filling on top of the cake, then smoothing it out.
- Now, we switch it up. For the TOP layer.... place the top layer of cake down, Now here's where YOU choose how it'll look....
- 16 If you want an open sided "naked" cake, pipe 1/2 of the frosting onto the top of the cake, then smooth it out, edge to edge, leaving the sides of the cake open and unfrosted.
- 17 Ooooooor.... if you want to frost the sides of the cake, pipe some frosting onto the side, then use a rubber spatula to spread it around the cake, in a thin layer. You DON'T want to have a thick layer of frosting on the sides, it could sag down from the weight. Trust me, a thin layer of side frosting is best for this cake. It's pudding, not buttercream.
- 18 Now's the easy part. Take your mini chocolate chips and sprinkle them all around the top of the cake. Don't worry if every single inch is covered, there will be spaces, the graham cracker crumbs will take care of that.
- 19 Take the crushed up chocolate graham cracker crumbs and sprinkle them lightly around the top of the cake, don't dump them all in one place. They aren't just for texture, they will visually fill the empty space that doesn't have any chocolate chips, which will make it all like nice and uniform.
- 18 Done.

- I used Ghirardelli MINI premium semi sweet chocolate chips for my cake. However, if you have access to 'Lily's' chocolate chips... use those. They are much lower in points.
- A 1.4oz box of Jell-O sugar free instant chocolate FUDGE pudding, is 1 point lower than a box of their regular chocolate pudding mix. If you have to use the regular Jello-O chocolate packets... the cake will go up 1 point.







In complete and total honesty, I have never had REAL German Chocolate Cake, in my entire life. I've had the overly sugary plastic wrapped stuff at the grocery store bakery aisle, but never the real stuff. That being said, I thought this was really delicious. Hopefully, it does justice to the real thing. This cake was a special request from my amiga, *@rosina8769*.

## Ingredients:

#### Cake:

- · 1 sugar free devil's food cake mix
- 1 large egg
- 1-3/4 cup 0 point carbonated beverage (I used Diet Root Beer for the flavor)
- 1 Tbsp cocoa powder
- 1 tsp baking powder

#### Vanilla Pudding: (just roll with it)

- 2 (1oz) boxes sugar free vanilla pudding
- 1 cup water
- 1/4 cup unsweetened almond milk

#### Coconut & Pecan Goopy Awesomeness:

- 3/4 cup chopped pecans
- 3/4 cup sweetened coconut flakes
- 1-1/4 cup water
- 1/2 cup 0 point natural sweetener o' choice (monkfruit, swerve, stevia, etc.)
- 1/4 tsp molasses
- 1 tsp vanilla extract
- 1-1/2 tsp cornstarch dissolved in a little water
- · pinch of salt

Serving Info.:	Points:	G	B	P
YIELDS: 12 slices	1 serving =	8	7	7
Servings: 12	2 servings =	15	15	15
Serving Size: 1/12 slice	3 servings =	23	22	22
	4 servinas =	30	30	30

#### **Directions:**

- 1 Preheat oven to 325.
- 2 Line the bottom of (3) 9 inch round pans with parchment paper. Spray the sides of the pans with cooking spray. Set aside.

## \*\*\* CAKE DIRECTIONS

- In a large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, cocoa powder and baking powder. Mix to combine.
- 4 Use a 1/2 cup measuring scoop, to pour an equal amount of batter into each of the 3 pans. It SHOULD be just over 1-1/2 cups of batter in each one.
- 5 Bake at 325 for 22-25 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary depending on your oven, altitude... or attitude.
- 6 When the toothpick comes out dry, remove the cakes from the oven and allow to cool in the pans. Set aside.

#### \*\*\* PUDDING

7 Use an electric hand mixer to combine the pudding packets, water and almond milk until smooth. Cover and place in the fridge to set.

## \*\*\* LET THE TOASTING BEGIN!!!

8 Heat a good sized pan over medium heat for around 1 minute. Add the chopped pecans to the pan and let them sit in place for a good 15 seconds. Stir the pecans around in the pan every 15 seconds, so that they don't burn. After a few minutes they will start to put out a nice toasted scent and brown slightly. Don't let them burn... pour them into a dish.

- 9 Reduce the heat to medium-low, then add the coconut flakes to the pan. Follow the same pattern. Let them sit in place for about 15 seconds, then stir them around. Rinse and repeat until they start to turn a light brown color and become very fragrant. Remove them from the pan so that they don't burn.
- 10 Add the pecans back into the pan, along with the water, sweetener, extract and molasses. Stir to combine, then add the coconut flakes back into the pan and turn the heat up to medium-high.
- Stir in the dissolved cornstarch, then allow the mixture to cook at a boil for 5 minutes. It will become very dark and thick as the liquid evaporates.
- 12 After 5 minutes, turn off the heat and allow the mixture to cool for 10 minutes in the pan. It looks really dark now, but we're about to fix that.
- 13 After the 10 minutes, spoon your vanilla pudding into the pan and use a rubber spatula to stir it all together until smooth and well combined. Cover and let cool in the fridge.

#### \*\*\* ASSEMBLY

- 14 Take one of your cake layers and spread a thin layer of the icing/frosting, around 1/4 inch, across it from edge to edge. Then place the next layer of cake on top of the frosting and repeat until all of the layers are stacked and frosted.
- 15 Done.





## **Pumpkin Spice Cake**

Crammed with so much pumpkin spice, it'll make your seasonal latte jealous

This is, hands down, one of my favorite cakes. It's insanely easy to make, comes together REALLY quickly and is so moist and fluffy that you won't believe it. I loved it, my wife, who can't stand pumpkin pie spice anything, still didn't like it... So that's how I knew it was juuuust right . Imagine if you will, a sexy pumpkin pie, going out to a club, having a few drinks, then hooking up with a tall dark and handsome pumpkin cake. The two elope to Vegas... then 9 months later, this cake would be the logical byproduct of said-union.

## Serving Info.:

YIELDS: 12 slices

Points: 1 slice = 5 points 2 slices = 9 points

3 slices = 14 points

## Points: 6 B P 1 serving = 4 4 4 2 servings = 9 8 8

3 servings = 12 11 11 4 servings = 16 15 15

When you build this recipe in the recipe builder, it incorrectly shows the first serving at 5 points on each plan. Scroll the servings to 0, then back to 1. It will change to the correct point value of 4 points

for the first serving. (accurate as of 12/09/19)

Ina	redien	ts:
y	Cuici	163.

#### Cake Batter:

- 1 sugar free yellow cake mix
- 1 (15oz) canned pumpkin puree (Pick a 0 point can, scan it)
- 1 egg (optional though HIGHLY recommended for texture)
- · 1 tsp baking powder
- · 2 tsp ground cinnamon
- · 2 tsp pumpkin pie spice
- 1 tsp McCormick's maple extract (or other brand)
- · 2 tsp McCormick's Pumpkin Pie Spice EXTRACT
- 1-1/3 cup carbonated water or diet soda (root beer)

#### **Pumpkin Spice Puree Frosting**

- 2 (15oz) cans pumpkin puree (pick 0 point cans, scan them)
- 1 (1oz) box sugar free Jello instant butterscotch pudding
- 1 (1oz) box sugar free Jello instant vanilla pudding
- · 2 tsp pumpkin pie spice
- 1-1/4 tsp ground cinnamon
- 1-1/2 tsp McCormick's Pumpkin Pie Spice EXTRACT

#### Topping:

- · 1/4 tsp ground cinnamon
- · fine mesh, wire strainer





- 1 Preheat oven to 325.
- 2 Line the bottom of 2 round 9" cake pans with parchment paper. Spray the sides with cooking spray, set aside.

#### \*\*\* CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, pumpkin puree, baking powder, cinnamon, pumpkin pie spice, and the extracts. Pour in the carbonated liquid of choice (I used seltzer water) and mix.
- 4 Pour the batter into the 2 prepared 9" round cake pans. Use a measuring scoop to try and fill each pan with a relatively equal amount, so that they bake up close to the same height.
- 5 Bake at 325 for 30-35 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary depending on your oven, altitude... or attitude.
- 6 When the toothpick comes out dry, remove the cakes from the oven and allow to cool to room temperature.

#### \*\*\* FROSTING DIRECTIONS

- 7 Using an electric mixer, mix together the 2 cans of pumpkin puree, instant pudding packets, pumpkin pie spice, cinnamon and pumpkin pie spice EXTRACT. Mix until well combined and smooth.
- 8 Cover and place in the refrigerator for 30 minutes to set.

#### \*\*\* ASSEMBLY

- 9 Remove one of the cake layers from the pans and place it on a serving dish or platter, flat side down.
- Scoop all of your pumpkin puree frosting into a 1 gallon sized ziplock bag. Twist the bag, while forcing all of the frosting down to 1 corner of the bag. Use scissors to snip an index finger-width hole in the bag's corner, to make a piping bag.
- 11 Cover the bottom cake layer with a layer of frosting, about as tall as your pinky finger is wide. Pipe a second layer of frosting on top of the first, to create a thick layer of filling for the cake.
- 12 Take your second cake layer, and flip it upside down, so that the perfectly flat bottom, which was on the bottom of the cake pan, will now be the top of your cake. Gently push down on the top cake layer, to sliiiiightly press it down into the pumpkin filling.
- 13 Frost the top of the cake, from edge to edge, with a thin layer of the pumpkin puree. You want to try and leave enough puree to pipe more around the entire edge of the cake. So just spread a thin layer on top.
- 14 Put the remaining 1/4 tsp of cinnamon into a small wire strainer and dust all over the top of the cake, to lightly coat the frosting.
- 15 Pipe small mounds of the pumpkin puree all around the outer edge of the cake. You can use a decorative piping tip if you'd like it to look snazzier.

#### \*\*\* NOTES

- If you cannot find pumpkin pie spice EXTRACT at your local grocery stores, you might be able to purchase it online at walmart.com. You can then have it delivered to a local walmart for free in-store pickup.
- IF you have no luck, you can always just use maple extract.
   The final flavor will be different, but it will still be very tasty.
- You can leave out the 1 egg from the batter if you wish, however, the cake WILL be light and fluffy, but extremely delicate. When I made it without the egg, it was light, fluffy and delicious, but it would start to break when I'd pick up the finished cake layers. Adding 1 egg helps hold it together, though it's not absolutely necessary. I care about you ultra strict vegan hipsters too.









When my wife's family used to get together (back when family get togethers were still legal... ), there was one dessert that I ALWAYS looked forward to. My Brother In Law's Peach Cobbler. He's a Fire Captain, has to cook for macho men, so as you can imagine, his cobbler is legit. When I was finalizing this book, I realized that I needed to have an easy to make, simple dessert. I figured it'd be nice to have an easy peach cobbler recipe that required little effort, but was low in calories and fat. Easiest way to accomplish that? Use sugar free yellow cake mix as the base. You can use fresh peaches, but I prefer canned peaches in a cobbler, for the softer texture.

## Ingredients:

- 1 Pillsbury sugar free 'supreme' yellow cake mix
- 1/2 tsp ground cinnamon
- · 2 Tbsp 0 point natural sweetener o' choice
- (3) 15oz cans sliced peaches, in water (or no sugar added), drained and rinsed, to ensure 0 points.
- 1-1/4 cup water
- · Butter flavored cooking spray
- 13x9 baking pan or casserole
- (optional) 1/2 tsp powdered sugar, to dust, for garnish.

# Serving Info.:

Yields: (1) 13"x9" casserole pan

Servings: 12

Serving Size: 2/3 cup

Points:	G	B	P
1 serving =	3	3	3
2 servings =	6	6	6
3 servings =	10	10	10
4 servings =	13	13	13

#### Directions:

- 1 Preheat oven to 350 degrees. Lightly spray 13x9 baking dish with cooking spray, set aside.
- 2 In a large bowl, mix together the cake mix, cinnamon and sweetener.
- 3 Add HALF of the mixed dry ingredients into the bottom of the baking dish. Pour the rinsed and drained sliced peaches over the dry ingredients, followed by the water. Gently stir to combine.
- 4 Pour the remaining dry ingredients over the top of the 'battered' peach slices, then stir till mostly mixed in.
- 5 Coat the top of the batter with a good 0 point amount of butter flavored cooking spray.
- 6 Bake at 350 degrees for 40-45 minutes, or until an inserted toothpick comes out mostly clean. You want it to have just a tiny bit of moist crumb still, on the bottom of the toothpick. You don't want a fully set cake. You want this to be a still-moist cross between a cake and a cobbler.
- 7 (optional) When the cake comes out of the oven, put 1/2 tsp powdered sugar into a fine wire mess strainer. Lightly tap the strainer while holding it over the cake, to lightly dust it.

#### Note

- You can find a ton of variations of this type of easy cake, online. They are traditionally called a 'dump cake'. But because the name 'Dump Cake' is a COMPLETELY UNAPPEALING term for food... yeah. I'm not calling mine that. Regardless, use mine as a template. It's pretty easy to lower the calories and fat in any of them, with a few smart ingredients swaps.
- Want a cool idea for a chocolate version? Use a Pillsbury sugar free devil's food cake mix. Instead of canned peaches, add a few cups of fresh dark cherries, plus the water. Add some rum extract... Hellooooo, nurse.
- Butter Flavored Cooking Spray?!?!: Yup, trust me. Scan your can to see how much you can use to stay at 0 points. I was able to use a solid 8 second buttery spray. It gave a great butter flavor to the dish. The regular recipes call for an entire 1/2 stick of butter, melted and poured onto the top of the cobbler. That's because regular food bloggers and 'celebrity' chefs don't care if you gain weight from eating their food. I do.





Quick & easy, customizable drinks, made from non dairy 'milk', pudding and baking extracts

These are so simple to make, I'm not even going to write out a directions for each one, because they are all made with the same exact process. (1) Pour half of the liquid from the 1/2 gallon carton into a blender (or a pitcher, if using an immersion blender). (2) Add the other listed ingredients. (3) Blend or process until smooth. (4) Pour the blended mixture back into the 'milk' container.. (5) Shake to combine. Done.

- You can use almond milk or any low point beverage instead of cashew milk. Adust your points accordingly.
- You can also turn these into coffee drinks, by adding 8 tsp instant coffee, dissolved in a little warm water.

#### CREAMY PUMPKIN SPICE:

#### Ingredients:

- · 1/2 gallon unsweetened cashew milk \*\*
- 1/4 cup 0 point canned pumpkin puree (scan the can).
- 2 tsp pumpkin spice extract (in the spice aisle) oooor... 1-1/2 tsp pumpkin spice mix (the seasoning blend)
- · 1-1/4 tsp ground cinnamon
- · 2-1/2 Tbsp 0 point natural sweetener o' choice
- . (1) 1oz box Jello-O sugar free butterscotch pudding

#### **CREAMY EGG NOG:**

#### Ingredients:

- · 1/2 gallon unsweetened cashew milk \*\*
- 1/2 tsp rum extract, found in the spice aisle, by the baking extracts.
- 1/2 to 3/4 tsp ground cinnamon, to taste.
- 1/4 tsp nutmeg
- · 2-1/2 Tbsp 0 point natural sweetener o'choice
- . (2) 1oz boxes Jello-O sugar free instant vanilla pudding

#### MEXICAN HOT CHOCOLATE:

#### Ingredients:

- · 1/2 gallon unsweetened cashew milk \*\*
- . (1) 1.4oz box Jell-O sugar free instant chocolate fudge pudding
- · 1 Tbsp cocoa powder
- · 1-1/4 tsp ground cinnamon
- 2-1/2 Tbsp 0 point natural sweetener o' choice
- 2 Tbsp Maseca (Masa Harina) Instant Tamale Masa Mix (in the grocery store, next to the corn flour, or in the Mexican food aisle).

#### PEPPERMINT WHITE CHOCOLATE:

#### Ingredients:

- 1/2 gallon unsweetened cashew milk \*\*
- . (1) 1oz box Jell-O sugar free instant white chocolate (or vanilla) pudding
- 1/4 tsp peppermint extract
- 2 Tbsp 0 point natural sweetener o' choice

## Serving Info.:

Yields: 1/2 gallon Servings: 8 Serving Size: 1 cup

Points:	G	B	P
1 serving =	1	1	1
2 servings =	2	2	2

Points:	G	B	P
1 serving =	2	2	2

3 3

2 servings =



## Points:











Tamales with shredded chicken breast and roasted tomatillo sauce. 4 points for 1, 8 points for 2 on BLUE & PURPLE.

### IMPORTANT:

• The points provided to the right, are for a 2 cup batch of my low point Masa (recipe pg. 18-19), sectioned into 8 separate 1/4 cup dough portions. From there, the points will vary depending on what YOU use for filling and for a sauce. In the picture above I used shredded chicken breast with my 0 point Tomatillo sauce (recipe pg. 77). In the recipe-guide pictures to the right, they were filled with my low point chorizo.

#### Ingredients:

• 1 (2 cup) batch of my Low Point Masa, recipe pg. 18-19 - Make sure you add the additional baking powder and do the chicken broth swap to the Masa, as indicated in the recipe.

#### Filling Ideas:

Shredded/Chopped chicken breast, pork, beef, veggies, cheese, heck... even fruit. There are sweet tamales too.

#### Sauce Ideas:

· My low point red enchilada sauce (pg 76), roasted tomatillo sauce (pg 82), or even a simple fruit puree with a little chili powder or cayenne pepper added, for use with sweet fruit tamales (strawberry and pineapple are popular).

#### Wrappers:

- 8 decent sized squares of foil wrap, ooooooor....
- · 8 packaged, store bought corn husks, soaked

#### Note:

Remember, I'm showing how to make these with foil wrap. It's a near-identical process using corn husks. Watch a guick youtube video on making Tamales to see how to use traditional corn husks. If you see it one time, that's all you need. My goal here is to make this as accessible to as many people as possible.

Ok, I'm going to start off by stating the obvious. Tamale purists, do NOT read the rest of this write up yet. You need to immediately drive to UC Berkeley, go to one of their designated "safe spaces", then get ready to picket. These are not traditional tamales... but they are freaking good, low calorie, virtually fat free and can be used as a healthier blank canvas. Fill them with

whatever you want, use whatever sauce you want... but adjust your points accordingly.

I am providing less of a recipe and more of a GUIDE for how to make these. I am using foil, rather than cornhusks, on purpose. 99% of the people reading this have never made Tamales and for them, the thought of going to a store to find corn husks, soak them in water then trying to use them, is a no-go. But... EVERYONE has foil. Again, use this as a GUIDE. If you want to use corn husks, USE CORN HUSKS. Use this Gringo Tamale Guide as a template.

Servings Info.:

Yield: 6 Tamales

Servings: 6

Serving Size: 1 Tamale

Points:

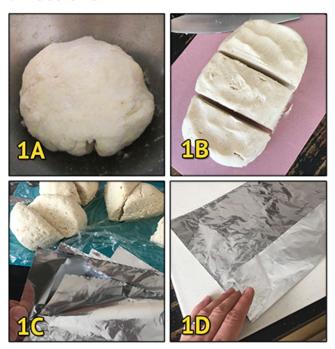




1 serving = 2 servings = 9 $3 \text{ servings} = 13 \ 13 \ 13$ 

4 servings = 17 17 17

# Directions:



1 (A) Make a 2 cup batch of my Masa, as indicated in the recipe on pg 24. Cut the ball into 2 equal portions, then (B) cut each big masa ball into 3 equal 1/3's. (C) Tear off 6 sections of foil wrap, 1 for each tamale. (D) Lay each one down on a cutting board or counter and fold the bottom 1/3 up and onto itself. This is only done so that the foil isn't so much larger than the tamales when we roll them up.



- 2. (A) Spray the foil with cooking spray, then lightly wet your hands. Press a 1/3 section of Masa down onto the foil, using your hands to create a shape similar to what's pictured. Just to the top of the foil. (B) Add whatever filling you will be using, leaving some exposed masa on the sides. (C) Fold the bottom up and onto the filling, then fold one side up, followed by the second side. (D) Join the two sides in the center and lightly press to join the two folds.
- 3. (A) Fold the bottom of the foil up and over the tamale. (B) Roll the tamale in the foil, not too loose, not too tight. Just like the 3 little bears, make it juuuuust right. (C) Ta da!!!!
  (D) Gently press the exposed masa together. Rinse and repeat steps 2 and 3 until all of the tamales are rolled.
- 4. (A) Place the tamales in the bottom of a large stock pot steamer insert. You want to place them in so that the seam of each foil-wrapped tamale is pressed against the wall of the metal insert, or up against another tamale. You don't want them to unravel while steaming. Fill the empty space of the insert with upside down mugs and wadded up tin foil. The mugs help take up space without wasting too much additional foil. (B) Fill the bottom of your stock pot with enough water to JUST stop underneath the insert, then bring the water to a boil. Do NOT have the tamales in yet. Just heat up the water. (C) Once your water is boiling, place the insert, with the tamales, into the steamer and cover with the lid. Reduce the flame to medium. (D) Steam the tamales for 25 minutes. Done.

#### NOTES:

- As noted, the actual points of YOUR tamales will vary based upon your filling and sauce. The points shown on page 80 are just for the (6) 1/3 sections of masa.
- These are great as is. You can DEFINITELY use corn husks instead of foil, but it won't really do anything other than give the outsides a prettier appearance AND it's traditional. Trust me, I would NEVER prepare them in foil for my wife's Mexican family... it would not end well for this Gringo.
- A common sweet treat that you'll find at Tamale shops are fruit infused tamales. You can add cooked down berries or crushed pineapple to the masa, to give it a colored hue and some sweetness.
- Sweet corn and green chili & cheese are two more common fillings. I've even seen recipes for "chocolate" tamales, with cocoa powder added to the masa, for color, filled with chicken and brown mole' sauce.
- You can watch a video of me making the tamales in Connect, under the hashtag #dhallaktamales. I also have the video in my Youtube channel, The Guilt Free Gourmet.



# **Tomatillo Sauce**

A deliciously fresh and flavorful traditional Mexican green sauce

Ever been to a Mexican restaurant or taco shop and put that delicious green sauce on your food instead of the red stuff, or had enchiladas with green sauce? Maybe pork chili verde? Then you've had tomatillo sauce.

Traditionally, it's just a bunch of tomatillos, a type of fruit that resembles a firm green tomato with a papery husk They are typically boiled, then thrown in a blender with some peppers and other stuff. What WE'RE going to do is add a lot more savory depth to it by roasting all of the vegetables until the skins start to blister, then processing it. Would you rather eat boiled or roasted vegetables?



4 point chicken tamales with roasted tomatillo sauce

# Ingredients:

- 2-1/2 lbs. Tomatillos, husks and stems removed
- · 1 medium onion, rough chopped
- 2 medium green bell peppers, rough chopped, seeds removed
- · 3 medium garlic cloves
- 4 good sized Pasilla peppers, chopped, seeds removed (they aren't spicy)
- 1/2 bunch fresh cilantro, around 1 handful
- 1/2 tsp salt
- 1 whole Jalapeno pepper (OPTIONAL!)



# **Directions:**

- 1. Preheat your oven to 375 degrees.
- Line a large sheet pan with foil and spray with olive oil cooking spray.
- **3.** Place all of the vegetables on the tray and spray them liberally with the cooking spray, then sprinkle lightly with salt and pepper.
- Cook the vegetables at 375 degrees for 45 minutes, or until the tops of the vegetables are starting to blacken.
- 5. Turn the broiler to high in your oven and place the tray on the top rack under the broiler. Watch so that the vegetables don't burn to a crisp. You want to develop some black char across the tops of some of them.
- 6. Remove the tray from the oven and spoon all of the roasted veggies into a food processor or large blender. Make sure to also pour all of the juices in as well, along with the fresh cilantro and 1/4 tsp salt.
- 7. Process the vegetables on high for up to 1 minute. It should give you a thick green salsa.

# Page 76 • Gringo Tamales

## Notes:

- Tomatillos are very easy to clean for this sauce, just pull the husks back like the husks on an ear of corn, twist the stem and pull. Remove any dirt or debris and you're good to go.
- Add the Jalapeno to the roasting pan, if you want a spicy sauce. This base recipe is for a completely mild and non spicy sauce.
- If you plan to use this sauce for enchiladas, add some water or chicken broth to thin it out a bit.
- This sauce is delicious served with tacos, tamales, over chicken, pork, on nachos, enchiladas, eggs, pretty much anything.





I need to start by addressing all of my Latino amigos that are reading this page. I understand that I've already messed with your Mole' sauce, I've already had you put fat free yogurt into Masa to make 4 point Gringo Tamales on Connect (#dhallakvids), I know that right now you're probably waving your fists in the sky and yelling "what more could this guy do to us?!" Well sorry, but I'm messing with your enchilada sauce now. Traditionally, red enchilada sauce is an incredibly delicious and spicy (depending on the peppers you use) puree of water, seasonings, a BOAT LOAD of oil and tons and tons and tons of dried hot chili peppers. In order to make it really low in points, we need to eliminate the oil. That's why I decided to replace it with tomato sauce and regular chili powder from the spice aisle. The reason being that it is more readily available to people and the thought of dealing with a big bag of dried chili peppers is an intimidating turn off to a lot of folks.

# Ingredients:

- · 2 cups fat free chicken broth
- 30 oz canned tomato sauce (O point tomato sauce)
- 1/2 cup water
- 1/2 to 1 tsp chili powder, to taste (regular chili powder)
- 1-1/2 tsp garlic powder
- 1-1/2 tsp onion powder
- 1-1/2 tsp ground cumin
- 1/4 tsp salt
- · 1/4 tsp black pepper

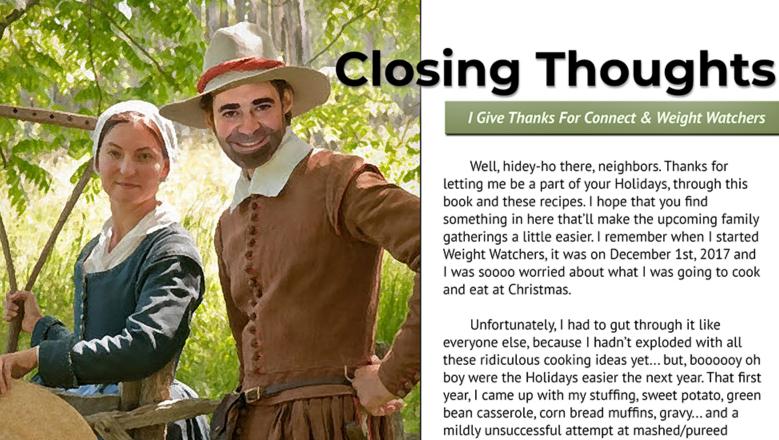
#### **Directions:**

- 1 Pour ALL of the ingredients into a medium sized pot and stir to combine over medium heat.
- 2 Bring the sauce to a boil, then cover and reduce the heat to a low simmer. Allow sauce to simmer covered for 15 minutes, stirring occasionally.
- 3 Remove from heat and season to taste.

Serving Size:	Points:**	G	B	P
Yields: 6 cups	1 serving =	0	0	0
Servings: 12	2 servings =	0	0	0
Serving Size: 1/2 cup	3 servings =	0	0	0
-	4 servings =	0	0	0

### NOTES:

- Various types of dried chili powders can be found in the spice aisle (McCormick's sells chipotle chili powder), or usually in the Latin section of most supermarkets.
- Different brands of chili powder have different levels of heat. Adjust your spice used. Start small, add more to taste.
- Pairing this sauce with 1 point tortillas or wraps, shredded chicken, veggies, and the Fat Free cheese hack will give you some extreeemely legit, low point enchiladas.
- This sauce goes really well with my 3 point Tamales.
   You can find them in Connect under #dhallaktamales,
   or on my youtube channel "The Guilt Free Gourmet."
- This is another one of those recipes that is wonky in the recipe builder. It has only 4 ingredient points, spread across 12 servings. When entered into the builder, it shows the first serving as 1 point. It's SUPPOSED to be 0. Scroll the servings from 1, to 0, then back to 1... and the points magically change to the correct value. Pull up this same recipe on the GREEN plan?.... 4 points, 12 servings, 1st serving is 0. Switch to Blue or Purple? 1st serving is 1sp, unless you do the scroll back to 0 servings, then back to 1 serving trick. If your recipe builder is acting like a poopyhead, try the scroll down then back up trick. It resets it to the correct points.



Emma & Jedidiah Hallak - Plymouth, New England 1622

I Give Thanks For Connect & Weight Watchers

Well, hidey-ho there, neighbors. Thanks for letting me be a part of your Holidays, through this book and these recipes. I hope that you find something in here that'll make the upcoming family gatherings a little easier. I remember when I started Weight Watchers, it was on December 1st, 2017 and I was soooo worried about what I was going to cook and eat at Christmas.

Unfortunately, I had to gut through it like everyone else, because I hadn't exploded with all these ridiculous cooking ideas yet... but, boooooy oh boy were the Holidays easier the next year. That first year, I came up with my stuffing, sweet potato, green bean casserole, corn bread muffins, gravy... and a mildly unsuccessful attempt at mashed/pureed cauliflower. Hey, I'm man enough to admit that baby was a dud. But on the bright side, now we have real mashed potatoes!! Huzzah!!!!!.

I remember what it's like, heck... I still get it from my family. The comments about "Daniel's Diet Food" or when I ask if I can bring something to a family gathering, just like a lot of you... I usually get "Nah, we're good." 🕌 😔 When you follow Weight Watchers, it's REALLY, really, really difficult to get your family on board with the notion that your food doesn't suck, or isn't as good as 'Regular' food. I read comments all the time in Connect from you folks, talking about how your husbands and sons aren't supportive of your new way of cooking... or how you're worrying that you'll just have to have a tiny little portion of full fat stuff, track it, then move on. Well... NO! Not anymore.

To my knowledge, this is one of the ONLY cookbooks written specifically for folks in Weight Watchers, solely to provide a huge collection of Looooow calorie, fat & point Holiday Recipes. This is my passion, this is a ministry to me. I love helping all of you learn to cook differently, by thinking of how to start tweaking your own recipes to be leaner and converting your family members to liking healthier dishes. That's what I do, and I love it.

I know this publication may be a bit underwhelming to folks who already have my 3 cookbooks. Most all of the information and recipes in this Survival Guide, are taken directly from books 1, 2 & 3. However, every single Fall, I am going to be releasing a new Updated version of this Holiday recipe book. I'll be adding new recipes.. New appetizers, new side dishes, new desserts... everything. In Fall of 2021, I'll be making a complete Holiday Cookbook, which will most likely be "Cookbook: Volume 5". Most of the content from this survival guide will be a part of it.

When you try your first dish from this quide, you'll see that all the crazy cooking is worth it. When your family compliments you and all the work you put into that dish, it will be an awesome feeling. If you ever prepare one of these dishes, please tag me in Connect, because I'd love to see it. Unless they hated it... then tag @chiafullo instead.

Take care, folks. Thank you for your support, thank you for your continued encouragement, and thank you for making me feel, yet again, like I'm getting to help people through a tough season of the year.

Now, Go Kick That Turkey In The Giblets'!



# **Nutritional Values**

All those crazy macro-thingies that you folks jabber-on about.

FOUNDATION RECIPES	POINTS 1 serving (G-B-P)	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Asian Meat Mix	1-0-0	2oz	100	6	2	1	11	8
Bratwurst	1-0-0	2oz	80	1	3	1	14	8
Breakfast Sausage	1-0-0	2oz	70	1	3	2	14	9
Chorizo	1-0-0	2oz	70	1	2	0	14	9
Cuban Picadillo	1-0-0	2oz	100	3	4	1	13	10
Italian Sausage	1-0-0	2oz	100	4	1	0	12	10
Jamaican Jerk	1-0-0	2oz	70	1	2	1	14	11
Lebanese Kafta	1-0-0	2oz	80	1	4	1	14	11
Polish Kielbasa	1-0-0	2oz	60	1	1	0	13	12
"Savory" Meat Mix	1-0-0	2oz	70	1	2	1	14	12
Cream Cheese Substitute	11-0-0	full batch	531	0	32.5	29	92	16
Masa (1/2 batch *1 cup*)	4-3-3	1 cup section	473	0	96	8	23.5	28-19
Pie Crust	1-1-1	1/8 slice	50	0	26	6	2	20

CONDIMENTS DIPS & SPREADS	POINTS 1 serving (G-B-P)	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Artichoke Spinach Dip	1-0-0	1/4 cup	40	1	4	1	4	24
Black Bean Dip/Puree	4-0-0	1/4 cup	90	0	15	1	5	25
Bruschetta	0-0-0	1/4 cup	15	0	3	2	1	33
Buffalo Sauce	0-0-0	1/4 cup	10	0.5	2	0	0	33
Cheese Sauce Base	0-0-0	2/3 cup batch	100	15	15	3	9	33
Chick-Fil-A Sauce	1-0-0	1/4 cup	60	1	9	6	2	33
Cocktail Sauce	0-0-0	1/4 cup	40	3	6	3	1	26
Cranberry Sauce	0-0-0	1/4 cup	30	0	23	5	0	27
Dark Cherry Sauce	0-0-0	2 Tbsp	60	0	15	5	0	34
French Onion Dip	1-0-0	1/4 cup	80	2	13	9	4	28
Gravy (chicken or turkey)	0-0-0	1/4 cup	10	0	1	0	1	29
Herbed 'Cream Cheese' Spread	2-1-1	1/4 cup	60	1.5	4	2	9	30
Hummus	<u>1</u> -1-1	1/4 cup	70	2.5	9	2	3	31
Mayonnaise Substitute	0-0-0	1/4 cup	40	1	5	4	2	34
Red Onion Bacon Jam	1-1-1	1/4 cup	50	1.5	7	4	3	34
Smoked Salmon	1-0-0	1/4 cup	70	2	8	6	6	32

CONDIMENTS SALAD DRESSINGS	POINTS 1 serving (G-B-P)	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Apple Vinaigrette	1-1-1	1/4 cup	35	0	8	7	0	26
Blue Cheese	2-1-1	1/4 cup	60	2.5	6	4	4	26
Carrot Ginger Dressing	1-1-1	1/4 cup	35	1.5	3	0	1	27
Catalina	1-0-0	1/4 cup	25	1.5	9	1	0	27
Caesar	2-0-0	1/4 cup	60	3.5	4	3	3	38
Classic Coleslaw	2-1-1	2/3 cup batch	170	4	26	23	8	40
Creamy Roasted Garlic & Onior	1-0-0	1/4 cup	45	1	6	4	2	39
Creamy Italian Dressing	1-0-0	1/4 cup	45	2	5	1	2	40
Dijon Vinaigrette	2-1-1	1/4 cup	60	1	5	4	3	40
French	0-0-0	1/4 cup	15	0	10	1	1	39
Ranch Dressing	1-0-0	1/4 cup	60	1	8	6	4	40
Rice Wine Dressing	0-0-0	1/4 cup	45	1	8	5	2	41
Sesame Ginger Dressing	0-0-0	1/4 cup	100	4	13	7	5	41
Thousand Island Dressing	1-0-0	1/4 cup	45	0.5	7	5	3	41

APPETIZERS	POINTS 1 serving (G-B-P)	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Chicken Croquettes	1-1-1	1 croquette	60	1	4	1	10	44-45
Salmon or Crab Cakes	2-1-1	1 cake	130	3.5	9	3	15	46-47
Shrimp Cocktail	1-1-1	1/2 lb shrimp	110	2	4	0	18	48-49
Sausage Stuffed Mushrooms	1-0-0	1 mushroom	20	0	3	1	2	50-51

SIDE DISHES	POINTS 1 serving (G-B-P)	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
<b>Balsamic Brussels Sprouts</b>	1-1-1	1.5 cups	80	1	17	5	26	60
Cheesy Broccoli Casserole	3-3-3	2/3 cup	120	5.8	8.1	1.4	10	52-53
Corn Muffins	2-1-1	1 muffin	35	1	7	0	1	61
Creamed Sweet Corn	3-0-0	1/2 cup	110	1.5	24	7	3	62
Garlic Dijon Mushrooms	0-0-0	3/4 cup	50	1	7	3	6	63
Green Bean Casserole	2-2-2	2/3 cup	190	6	26	8	6	54-55
Maple Roasted Carrots	0-0-0	1/4 lb.	119	0.5	28.3	13	2.5	64
Mashed Potatoes	3-3-0	2/3 cup	108	2.7	23.5	1.8	3.5	65
Stuffing / Dressing	2-2-2	3/4 cup	160	4.5	18	3	13	56-57
Sweet Potato Casserole	3-3-2	3/4 cup	180	4.5	34	10	4	58-59

DESSERTS & DRINKS	POINTS 1 serving (G-B-P)	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Death By Chocolate Cake	8-7-7	1/12 slice	200	6	37	5	5	66-67
Easy Peach Cobbler	3-3-3	2/3 cup	170	1.5	38	6	2	72
German Chocolate Cake	8-7-7	1/12 slice	270	12	48	1	3	68-67
Pumpkin Spice Cake	4-4-4	1/12 slice	220	2	51	4	4	70-71
*** DRINKS								
Creamy Pumpkin Spice	1-1-1	1 cup	41	2	5.5	0.5	2	73
Creamy Egg Nog	2-2-2	1 cup	45	2	7.5	0	2	73
Mexican Hot Chocolate	1-1-1	1 cup	63	2	7.3	0	2	73
Peppermint White Chocolate	1-1-1	1 cup	35	2	4.5	0	2	73

<sup>\*</sup>I used Splenda in factoring the macros for my drink recipes. If you use a different sweetener, adjust your nutritional info. Erythritol based sweeteners have lots of carbs.
\*As mentioned on page 79, my drink recipes use unsweetened cashew milk. Feel free to use any low point beverage you want, but adjust your nutritional info. and points.

BONUS RECIPES (Viva Los Tamales!)	POINTS 1 serving (G-B-P)	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
*** Low 'Point' Tamales	varies	1/6 of masa	200	2	26	12	26	74-75
Red Enchilada Sauce	0-0-0	1/4 cup	45	0.5	9	5	2	76
Roasted Tomatillo Sauce	0-0-0	1/4 cup	60	1	11	6	2	77

<sup>\*</sup>The listed nutritional info. for my Tamales is JUST for the Masa. It does not take into account the filling, as you will be filling it with whatever you want. The points shown above are for 1/6 portions of masa, taken from the 2 cup recipe.

Hiya. I hope you enjoyed this book and I hope that it helps make this Holiday season a bit easier to get through. Want to call it even-Steven? How about leaving a review. It's 0 points and it'll give'ya the warm fuzzies.

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