



Gyoza Potstickers - Page 32-33



San Choy Bow - Page 36-37
Minced Meat filled Lettuce Cups



Char Siu Bao - Page 28-29
Asian Steamed Buns



Vietnamese Meatballs - Page 43



Egg Drop Soup - Page 44-45

DIM SUM & SOUPS

A small collection of low calorie, low fat, low sugar Dim Sum appetizers and Soups. When combined with the sauces and dips in the previous pages, you'll never have to go out for Dim Sum again. Well... unless you want to give your kitchen a break for the day.

DIM SUM (SMALL BITES)

Char Siu Bao Pg 28-29

- Steamed buns, filled with minced chicken, onion & sauce

Chicken Satay Skewers Pg 30-31

- Thai-seasoned chicken skewers

Gyoza Potstickers Pg 32-33

- Japanese-style potstickers, but with my version of a Chinese filling

San Choy Bow Pg 34-35

- Lettuce cups, with a ground meat and vegetable filling

Shumai Dumplings Pg 36-37

- Steamed wonton pouches, filled with seasoned, steamed 'meatballs'

Spring Rolls Pg 38-41

- A step by step guide, showing how to make 'fresh' spring rolls, 3 ways.

Sweet & Sour Meatballs Pg 42

- Ground turkey meatballs, coated in a thick 'sweet & sour' glaze

Vietnamese Meatballs Pg 43

- Ground turkey & shrimp meatballs, with a sweet, lime, chili, soy glaze

SOUPS

Egg Drop Soup Pg 44-45

- Feathery soft eggs, in a rich garlic, ginger & sesame broth

Hot & Sour Soup Pg 46-47

- A sweet, sour & spicy broth, loaded with chicken, tofu and vegetables

Wonton Soup Pg 48-49

- Ginger Garlic Broth, with loads of fresh, handmade dumplings

Wor Wonton Soup Pg 50-51

- Like Wonton Soup, but loaded with tons of veggies, chicken & shrimp



Hot & Sour Soup ... pg 46-47

Reminder, all of these Appetizers & Soups have a LOT of sodium, so be mindful of it, if you're on a sodium restrictive diet. Drink lots and lots of water to help flush out the sodium and don't be in shock if you experience a weight gain after eating high sodium food. Water retention is real.

CHAR SIU BAO

A Lightened Up Version of Steamed, Stuffed Asian Pork Buns...Using Minced Teriyaki Chicken instead of Pork!?

One of my aaaaabsolute favorite appetizers (or dim sum items) to eat at a Chinese restaurant is soft, tender ultra moist... bbq pork filled steamed buns. "Char Siu" means 'fork roasted'. It's most commonly associated with pork. Char Siu Baos are usually filled with roasted bbq pork that's chopped up. For MY version... I'm chopping/mincing some of my Teriyaki chicken. Now now, don't get your knickers in a bunch. It's got great flavor, texture and a similar color, for a lot less points.

Servings Info.:

Yield: 8 buns

Serving Size: 1 bun



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look at this code for nutritional info.

Ingredients:

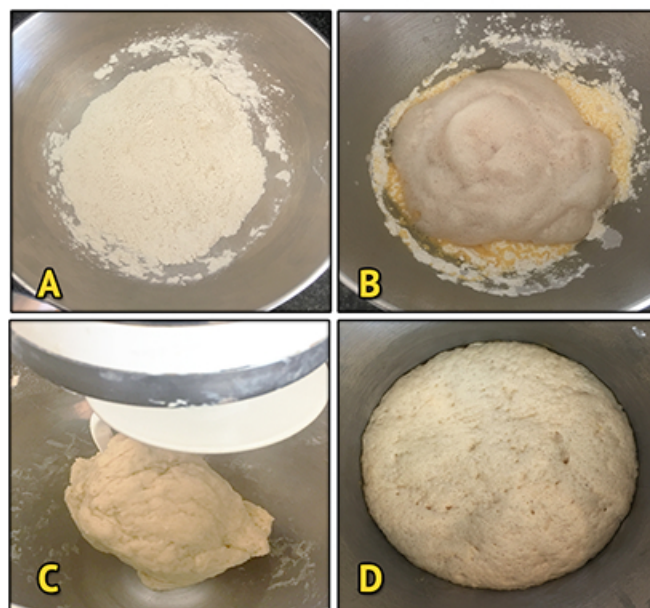
- 1/2 batch (2 breasts) of my Teriyaki chicken recipe, pg 126-127, chopped/minced into small pieces. Set aside.
- 2-1/2 tsp active dry yeast
- 2-1/2 tsp granulated sugar (yup, **REAL SUGAR!**)
- 2/3 cup water, divided into (2) separate 1/3 cup portions.
- 1-7/8 cups all purpose flour (measure 2 cups, remove 2 Tbsp)
- 2 Tbsp 0 point natural sweetener o' choice
- 1/4 tsp oil (vegetable or canola)
- Cooking Spray, 8 second spray
- 1/4 tsp salt
- additional warm water, as necessary (1 tsp at a time)
- (for dusting) Baking powder.... instead of flour. Trust me.

Directions:

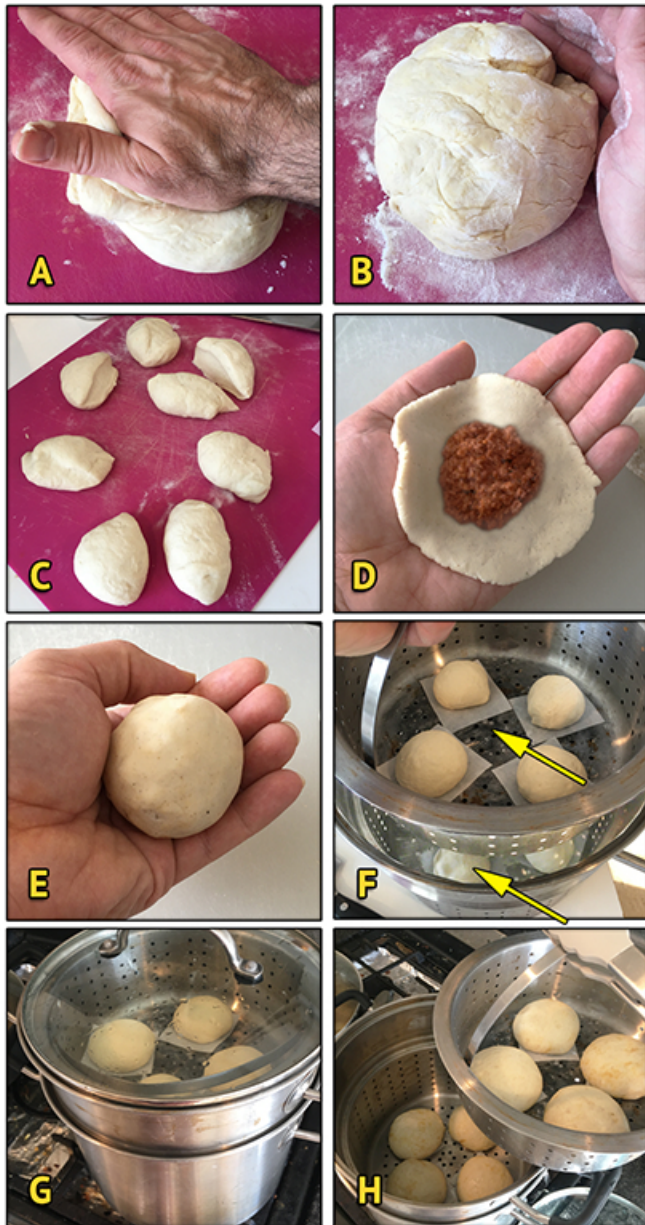


1. Scoop the active dry yeast and sugar into a tall container or cup. I know it sounds food-snoozy, but it's VERY important... stir in 1/3 cup of 100-110 degree water. Use a thermometer if you have one, you need it to be between 100-110 degrees. Stir the water gently till mixed, then allow to sit, untouched, for 15 minutes.

2. While the yeast is slowly frothing and 'blooming', it's a great time to take your cooked chicken (or other preferred filling) out of the fridge. Chop and mince it up into small pieces. Add sauce to make it moist, but not wet. You don't want the filling runny. Set aside.



3. (A) While the yeast is 'blooming', add the flour, sweetener, oil and salt into a mixing bowl. Spray cooking spray into the bowl for 6 to 8 seconds. (B) After the yeast has 'bloomed' for 15 minutes, pour the yeast-liquid over the flour. (C) Begin mixing the dry and wet ingredients together. The mixture will be dry, but that's ok. Use a rubber spatula to scrape down the sides and continue mixing. Pour in the 2nd 1/3 cup of water and mix. Add more water, 1 tsp at a time, if needed. You want to make it the consistency of very soft 'Play Doh'. (D) When the dough reaches the soft play dough feel, quickly spritz the sides of the bowl with cooking spray, then walk away for 1 hour. It will double/triple in size.



4. Fill a large pot (that comes with steamer inserts) with a few inches of water. Bring to a very low boil, cover with lid. Cut (8) 2.5" squares of parchment paper and set aside. (A) Instead of flour, sprinkle some baking powder onto a cutting board, then scrape the dough onto the board. Sprinkle more baking powder, to tighten the dough up, if needed, and gently knead/fold it for 1 minute. (B) Form it into a ball, then (C) Cut into 1/8 sections, then fold each one again for 30 seconds. (D) Flatten one of the little dough balls into a palm sized 'round', then place a 1 to 2 Tablespoon scoop of filling into the center. (E) Carefully stretch the dough up and over the meat filling, then roll it around in your palm to make a smooth ball shape. One of the sides might still have a visible seam, that's ok. (F) Place each ball onto a square of parchment, seam side down. Place the balls into the top and bottom of your steamer inserts and let rise for 20-30 minutes. (G) Place inserts into the pot. The boiling water at the bottom should NOT touch the inserts. Cover with lid, turn heat up to High and steam for 12 minutes. (H) Remove buns from heat....Done.

Notes:

- **GLUTEN FREE OPTION:** Bob's Red Mill makes a very good "1 to 1 Baking Flour" that is 100% certified gluten free. It works pretty decent for these, though obviously not 100% as well as all purpose flour.
- **FILLINGS:** Though extremely non-traditional, I had to use chopped up Teriyaki chicken for my recipe... because I ran out of space on the left page. I didn't have space to add a bunch more ingredients for a unique Asian BBQ chicken filling. However, this is still extremely tasty. If you'd like to watch how to make these, look on youtube for 'how to stuff Asian steamed buns'. Don't forget to type 'STEAMED' in your search, or your spouse is going to question your browsing history.
- **SNAZZY DESIGNS:** There are neat patterns and designs that you can make on the top of your steamed buns. Again, look online for simple video tutorials. I'm lazy, sometimes.
- If you make these as unstuffed steamed buns, slice them across when finished. They make great burger buns for snazzy Asian-themed burgers (think Bahn Mi burger).
- **STEAMER:** I used a big pot with metal steamer inserts, because at the time of this recipe, I didn't own a bamboo steamer basket yet. Use what you have, like MacGyver.
- **LAZY BUNS:** If you don't want to go through all the 'yeast' trouble, you can make these using 2 ingredient dough. Make a 1-7/8 cup batch of 2ID, adding an extra 1 Tbsp baking powder. The buns won't puff up as much and won't be as soft or delicious... but it'll knock 1 hour off your prep time.
- **RICE FLOUR:** If you want to go full tilt AMAZINGLY traditional texture... you can use rice flour instead of the all purpose flour. However, while 2 cups of AP flour is 26 points... 2 cups of Rice Flour is 35 points. Whiiiiich is kinda why I'm not using it.. My goal was to keep these at no more than 3 points.



CHICKEN SATAY

A Healthy Version of Thailand's Most Popular Chicken Skewers

Chicken Satay is pretty much the most popular appetizer in all of Thai cuisine. Traditionally, it's long strips of chicken thighs, pounded thin and marinated for a looooooong time with a mixture of oil, tons of turmeric or curry powder and other spices, depending on which region's recipe you're following. In this case, I'm using chicken breast and instead of mixing all of the spices with oil for the marinade, I'm using a low calorie coconut milk beverage. Because not everyone has a grill, my recipe calls for using your oven's broiler. Also, because not everyone has access to lemongrass, I'm using lemon juice. I'm accommodating like that.

Servings Info.:

Yield: 42 skewers**

Servings: 42**

Serving Size: 1 skewer



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look at this code for nutritional info.

Ingredients:

- 2 pounds boneless, skinless chicken breast

Marinade:

- 2 Tbsp lemon juice
- 4 medium garlic cloves
- 1/2 pound shallots, peeled, chopped**
- 1-1/2 tsp ground turmeric
- 1 tsp ground coriander
- 1/2 tsp chili powder
- 1-1/2 tsp salt
- 1/4 tsp baking soda, dissolved with 1/2 tsp water (trust me)
- 1-1/2 Tbsp 0 point natural sweetener of choice (stevia, truvia, monkfruit, etc)
- 2-1/2 Tbsp reduced sodium soy sauce
- 2 tsp 'dark' soy sauce, for color
- 1/4 cup Coconut Milk Beverage, unsweetened** (located near the almond milk in your grocery store. You might find the brands "So Delicious" or a blend of almond milk or soy milk with coconut milk)

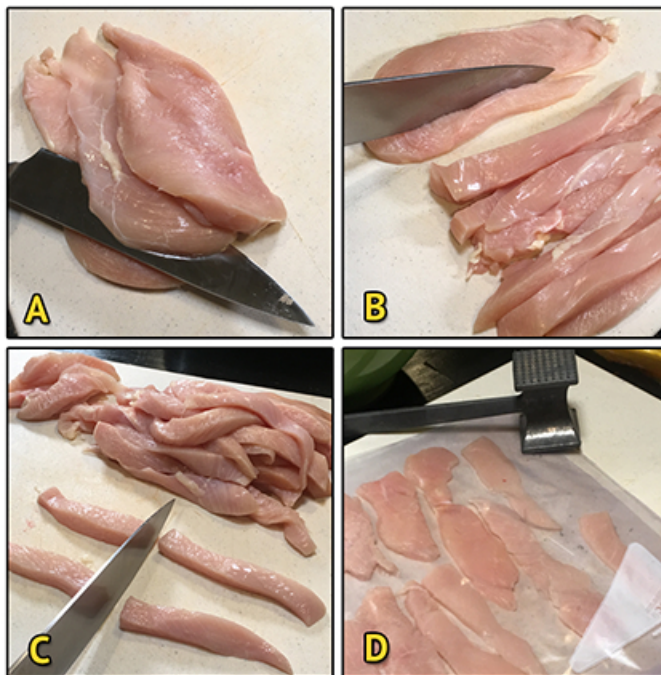
Additional:

- Wooden Skewers
- 0 point cooking spray

****Chicken Note:**

Though my instructions show me slicing up THICK chicken breasts, you can purchase 2 pounds of thin cut chicken breasts. It will allow you to skip over step 1A.

Directions:



1. **(A)** My grocery store had THICK chicken breasts on sale, so that's what I used. I wanted the strips to be just shy of 1/2 inch thick, so I sliced the chicken breasts, horizontally, in 1/3's. **(B)** Slice all of your breast cutlets into long strips, there will be a LOT of them. **(C)** These are appetizers, so cut all of the really long strips in half. Hey... you're entertaining, so the more skewers you can get out of that 2 pounds of chicken the better. **(D)** Place a handful of the sliced chicken strips between 2 separate gallon sized plastic bags and using a mallet, play whack-a-mole with them. You don't want to tear them apart, just flatten them a little bit. If you need to let out more aggression, might I suggest using *Talk Space* in the WW app?



2. (A) Put all of your marinade ingredients together for a cool picture. (B) Place all of the listed marinade ingredients into a food processor or blender and (C) process until smooth. In a large mixing bowl, (D) coat all of the chicken with the marinade. Cover with plastic wrap, allow to marinate overnight. Be warned, all those blended shallots are veery pungent. Your eyes will water more than at the end of 'Old Yeller'.

3. The next day.... Soak your wooden skewers in a pan of water for 30 minutes. Line 2 baking sheet pans with foil, then spray with cooking spray. Position 1 of your oven racks onto the 2nd position from the top, then preheat your oven to 425 degrees.



4. (A) Carefully skewer each chicken strip and place onto the foil lined pans. (B) Your oven should be heated to 425 degrees. When you're ready to start cooking, turn on the BROILER setting to HIGH, spray the chicken with cooking spray, then place into the oven. (C) After about 6-7 minutes, the chicken on the top rack should start getting some slight char, that's what you want. Swap the pans, moving the top pan to the bottom rack and the bottom pan to the top rack. Cook for an additional 5-6 minutes. These are thin skewers, they cook quickly. (D) When the tops of both pans of chicken have a little bit of black char on them, remove from the oven. **Serve with my low point & calorie Thai Peanut Dip, recipe found in the "Dips" section, pg 25.** Finish by squeezing a lime over the skewers, then sprinkle with either fresh chopped cilantro or green onion.

NOTES:

- I was able to get 42 thin sliced chicken strips from the 2 lbs of chicken, HOWEVER, you may get less. Adjust your points per serving accordingly. To help with that, know that there is only 1 single ingredient point in this marinade.
- If you want to add a little bit more yellow coloring and flavor, add a little 0 points-worth of yellow curry powder.
- Keep an eye on your skewers when they are under the broiler, once they start to char, they can burn quickly.
- If time heals all wounds, why don't belly buttons fill in? 🤔





GYOZA - POTSTICKERS

A Healthy Recipe for Meat Filled, Pan Fried & Steamed Asian Dumplings

In case you're wondering what "Gyoza" is... it's the Japanese version of a Chinese potsticker. Where the Chinese version usually has a slightly thicker and larger wrapper, as well as having a filling that's a mix of ground pork and minced shrimp, the Japanese Gyoza has a smaller, thinner wrapper, with no shrimp in the filling. For mine... I'm using thinner, store-bought wonton wrappers, for convenience (hence, we're making Gyoza)... but I'm using a Chinese-ish filling. Because... texture.

Servings Info.:

Yield: 41 dumplings

Servings: 41

Serving Size: 1 dumpling



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Only the 1st dumpling
is 0 points. You can have
up to 3 for 1 point

Ingredients:

Meat Mixture:

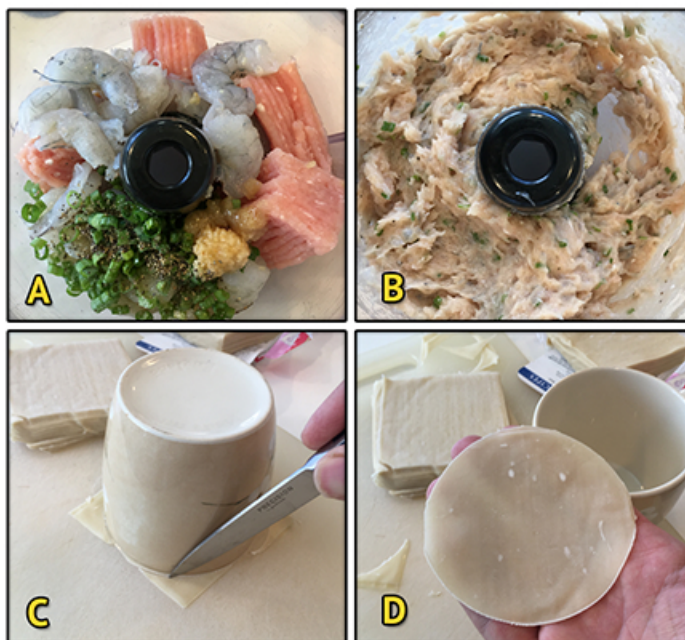
- 1/3 lb. extra lean ground turkey
- 1/3 lb. uncooked shrimp, any size. Peeled, deveined, tail off.
- 1/4 tsp baking soda, dissolved in 1 tsp water
- 1 tsp rice vinegar
- 1 Tbsp low sodium soy sauce
- 1/4 tsp fish sauce
- 1 tsp ginger, finely chopped/minced
- 2 garlic cloves, chopped
- 1 tsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 cup green onion, thin sliced
- 1/2 cup onion, diced

Additional Ingredients:

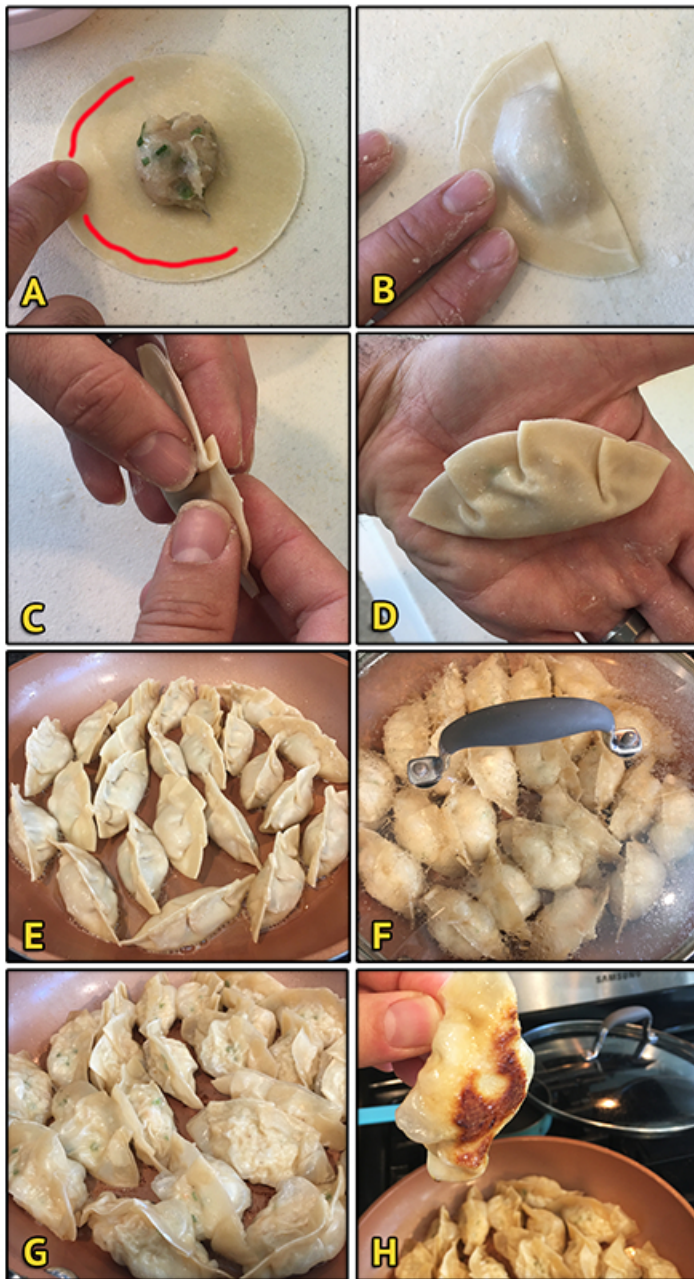
- Cooking spray
- Store bought wonton wrappers. IDEALLY you want to buy 'gyoza' wrappers... however, because not everyone can get those, in my recipe, I'm using regular, 3-1/2 square wonton wrappers. They are more commonly available.

Wonton wrappers can be found wherever they sell the refrigerated 'Asian' groceries, like tofu, at your local grocery store. I used 'Twin Dragon' brand wonton wrappers.

Directions:



1. (A) Add all of the meat mixture ingredients into a food processor. (B) Process till well mixed and smooth. Spoon mixture into a large bowl, cover, set aside. (C) Remove the store bought square shaped wonton wrappers from the packaging. Find a mug or other round object in your house that JUST fits inside the square shape. Place the 'mug' down onto the wonton, then use a knife (on a cutting board) to trim all of the square wrappers into round wrappers. (D) TADA!!!!!! Congrats! You've just made circular 'Gyoza' wonton wrappers! You could have saved yourself a lot of time and BOUGHT gyoza wrappers... but, this was for folks who can't find them. After you are done shaping them, set them aside.



2. (A) Place 1-1/2 teaspoons of filling onto the center of each wrapper. Dip your finger into a bowl of water and wet 1/2 of the wrapper's edge (red area). (B) Fold one half of the wrapper over the other side, making a half circular pocket. While folding, try and gently press out any large air pockets before you close it up. Press the edges together, pushing down on the edges, to seal the dumpling. (C) Lightly wet the outside edges of the wrapper, then fold a little bit of the wrapper back over itself and press together. Repeat the process to create a couple more 'pleats'. (D) Once you've created your 'pleats'... set each wrapper aside on a large tray, lined with parchment paper. It'll take a bit to prepare them all. (E) Once they are all ready... heat a large pan over medium heat for around 2 minutes. Spray the pan with a good 0 point layer of cooking spray, then add as many dumplings as you can (you'll need to cook them in 2 batches). Cook for 3 minutes, without moving them. (F) Add 1/2 cup water, cover the pan and steam for 5 minutes. (G) Remove cover and cook for 2-3 minutes, till the water evaporates. (H) Remove when the bottoms are browned.

NOTES:

- **WONTON WRAPPERS:** I purchased square shaped wonton wrappers. Not big round ones, or big sheets you'd use for egg rolls. These are 3-1/2" square wonton wrappers. The reason I'm trimming them is that we are SUPPOSED to be using 'GYOZA' wrappers. However, as mentioned, I wanted to show how you can make these with regular, square wrappers. It makes the recipe more accessible to more people.
- **WONTON POINTS:** This recipe makes 41 dumplings. If I were to just build the recipe using 41 wrappers... that'd be 26 points, for the 41 full sized, 3-1/2 inch wrappers. HOWEVER... we aren't using 3-1/2 inch square wrappers sheets, we're trimming them down to circles, which removes a fair amount of wonton. So, I trimmed them, weighed the final 41 round wrappers, in grams, and looked up how many points they were, by weight. It dropped them down from 26 points to 20 (235 grams). Ironically... if you BUY regular 'gyoza' wrappers, 41 of them are 22 points... so my way is a good alternative for folks that can't find those. Remember... different brands might cause your points to vary.
- **I HATE SHRIMP! WAAA!:** If you don't want to have the slight shrimp flavor in the filling, swap it for more ground turkey.
- **FOOD PROCESSOR:** If you don't own a food processor, you can still make this filling. But you'll have to bust out a knife, a cutting board, and chop/mash the bajeezus out of the meat mixture... while trying not to lose any fingers.
- **STEAMED DUMPLINGS:** Instead of potstickers, you can steam these for 8-10 minutes. They come out great, when steamed.
- **PLEATING:** Though the pleated design looks nice, it isn't mandatory. You can skip it. Even with plain, flat edges, your potstickers will cook just fine.



SAN CHOY BOW (CHINESE LETTUCE CUPS)

Traditionally made with minced pork, my version ground turkey, loaded with veggies and coated in a savory sauce

Minced chicken lettuce cups are a pretty standard staple at most casual Asian restaurants nowadays. The filling can be as simple or as complicated as you want. I was inspired to make these Chinese lettuce cups after seeing them on the Asian food website, [recipetineats](http://recipetineats.com). This is my skinned down version.

Ingredients:

Meat: (mix the meat together, set aside for 20 mins.)

- 1lb xtra lean ground turkey breast
- 3/8 tsp baking soda, dissolved into 1 tsp water
- 1/2 cup fat free chicken broth (yup, into the raw meat)
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tsp 'dark' soy sauce

Veggies: (highly customizable, see notes)

- 2 medium garlic cloves, crushed and chopped
- 1/2 tsp finely diced ginger
- 1/2 cup onion, finely diced
- 1/3 cup carrots, finely diced/chopped/shredded
- 1/2 cup canned water chestnuts, drained, finely diced
- 1/3 cup canned baby corn, diced/chopped
- 1/2 cup finely chopped mushrooms
- 1/2 cup green onions, thin sliced, loosely packed

Sauce:

- 3 Tbsp fat free chicken broth
- 1/4 tsp sesame oil
- 2 Tbsp lower sodium soy sauce
- 2 tsp 'dark' soy sauce
- 1 Tbsp PLUS 2 tsp oyster sauce
- 1/2 tsp fish sauce
- 1 Tbsp red wine
- 1-1/2 tsp EACH: balsamic vinegar & rice vinegar
- 1-1/2 tsp 0 calorie sugar replacement o' choice
- 1-1/2 tsp cornstarch, dissolved into 2 tsp water

Additional Ingredients:

- Lettuce, any variety with well shaped, semi-firm leaves
- (garnish) 1 tsp sesame seeds
- (garnish) thin sliced red and/or green chili peppers

Servings Info.:

Yields: 4-1/4 cups

Servings: 22

Serving Size: 3 Tbsp scoop



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Entire Batch

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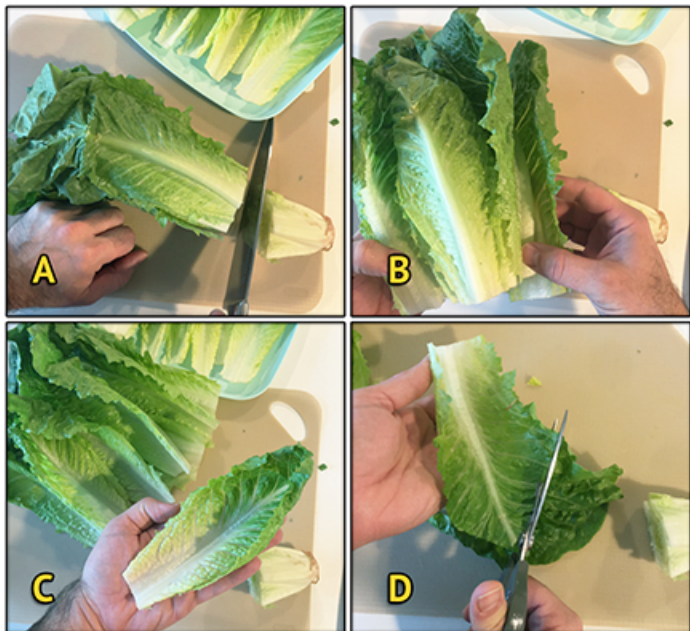
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Directions:

1. Mix together the batch of ground meat, set aside. Yes, it WILL be a wet batch o' meat. Roll with it.



2. (A) Chop and prep all of the veggies, as well as mixing together the sauce Set aside. (B) After the meat has rested, heat a large pan over medium-high heat for 1 minute Spray with cooking spray, then add the meat. Cook until it's mostly cooked through, breaking it into smaller and smaller pieces, for 4 minutes. Then, add the onions, carrots, water chestnuts, corn, 'shrooms and green onions, cooking for 3 minutes. (C) Re-stir, then add the sauce to the pan and use 2 kitchen spoons to stir repeatedly. (D) Cook till the sauce has reduced, thickened, and the meat is coated in a rich, dark sauce.



3. **(A) ROMAINE:** Remove your romaine lettuce from the packaging. Then, pretending you're a Rabbi, cut off the ends. **MAZEL TOV!! (B)** Now's the easy part, separate the individual leaves **(C)** Ta daaa! You now have romaine lettuce 'cups'. Rinse and pat them dry, then set aside to use as a vessel for your meat filling (you can serve it hot or cold). **(D)** Now, ideally you want to use the medium sized leaves. However, the outer leaves of the romaine head are HUGE, practically like green elephant ears. If you want to use those huge ones, there's an easy fix to make them more in-line with the size of the rest of your cups... trim the loose, flappy, excess leaf with scissors. Those leftover lettuce scraps can be used later, for a salad.

Fill the lettuce cups with 3 Tbsp of filling, then garnish with sesame seeds and thin sliced red and green chilis, if desired.



4. **(A) ICEBERG:** Rinse off the head o' lettuce. **(B)** Use a knife to cut out the core. **(C)** Peel off the 1 or 2 big, thin, outside layers of lettuce. **(D)** Pound the lettuce down on your cutting board 2-3 times, to help loosen it up. Then, start pulling leaf sections off, from the back side. Ta Daaaaa.

NOTES & SUGGESTIONS:

- **LETTUCE TYPES:** Ok, this obviously has to be mentioned. There are a few types of lettuce which are typically used to make 'cups' for these types of appetizers. I'll mention the most popular. Look them up on youtube, as well as videos showing how to clean them and how to make lettuce cups with 'em:
- Iceberg, Romaine, Butter Lettuce, Bibb, Radicchio and Baby Gem.
- **VEGGIES:** These are 100% customizable. Swap out any of the veggies in this recipe for an equal amount of a different vegetable that you want. Easy peasy.
- **RAW MEAT MIX:** You might be wondering why in the heck we are adding 1/2 cup of broth to our ground turkey (or chicken) breast. Anybody who has cooked 98 or 99% fat free ground turkey knows it is dry as sand and doesn't break into 'fine' crumbles when cooked, unless prepped right. Adding all this liquid is the way to fix it. Yes, it's a watery/loose mix, but when you cook it, it breaks apart into finer bits. Check out my chili cheeseburger in cookbook 3, there's nearly 3/4 cup of liquid in that chili mix, so it'll replicate the fine 'ground' of Tommy's Chili, using ground turkey breast.
- **CHILI PEPPERS:** I only used them for color. Leave them out if you'd like.
- **CHICKEN:** Want to use chicken instead of turkey? Go ahead! Simply replace the ground turkey with chopped up chicken breast. Then, you won't need to add all that extra 1/2 cup of broth to the meat. I'd pour in 1/4 cup with the chicken as it's cooking.



SHUMAI DUMPLINGS

DIM SUM AT HOME!! Larger Versions of the Bite Sized Steamed Dumplings Served At Asian Restaurants

One of my absolute favorite appetizers from Chinese restaurants are the meat filled, steamed dumplings you normally only get while they are serving 'Dim Sum'. Mine are larger, leaner and are still packed with a ton of flavor. Though most people are used to a Chinese filling of ground pork mixed with minced shrimp... I'm using a Japanese style filling, which is ground pork without shrimp. I'm doing a riff on the Japanese style, but using ground turkey instead of ground pork.

Servings Info.:

Yield: 22 dumplings

Servings: 22

Serving Size: 1 dumpling



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look at this code for nutritional info.

Ingredients:

Meat Mixture:

- 1 lb extra lean ground turkey
- 1/4 tsp baking soda, dissolved with 1 tsp water
- 2 tsp chicken flavored granules (such as Knorr brand)
- 1 tsp fish sauce
- 2 tsp reduced sodium soy sauce
- 1-1/2 tsp 'dark' soy sauce, optional, for coloring the meat
- 1 garlic clove, crushed and minced
- 1/2 tsp ginger, minced
- 1/2 tsp coarse ground black pepper
- 1/2 cup onion, finely diced/minced
- 2 Tbsp green onion, finely chopped

Additional Ingredients:

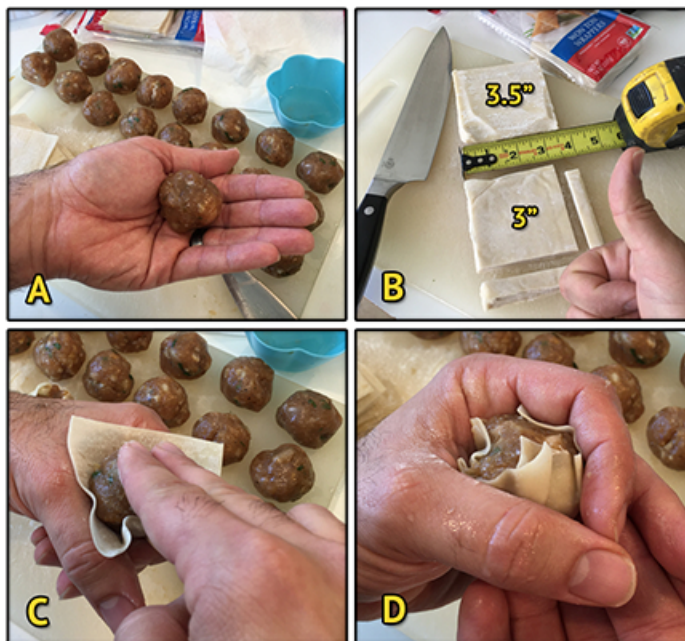
- 22 wonton wrappers, square shaped, any brand. The ones I purchased were 3-1/2 inch square sheets. They can be found wherever they sell the refrigerated 'Asian' groceries, like tofu, at your local grocery store. (see notes for points) I used 'Twin Dragon' brand wonton wrappers.

SPECIAL EQUIPMENT:

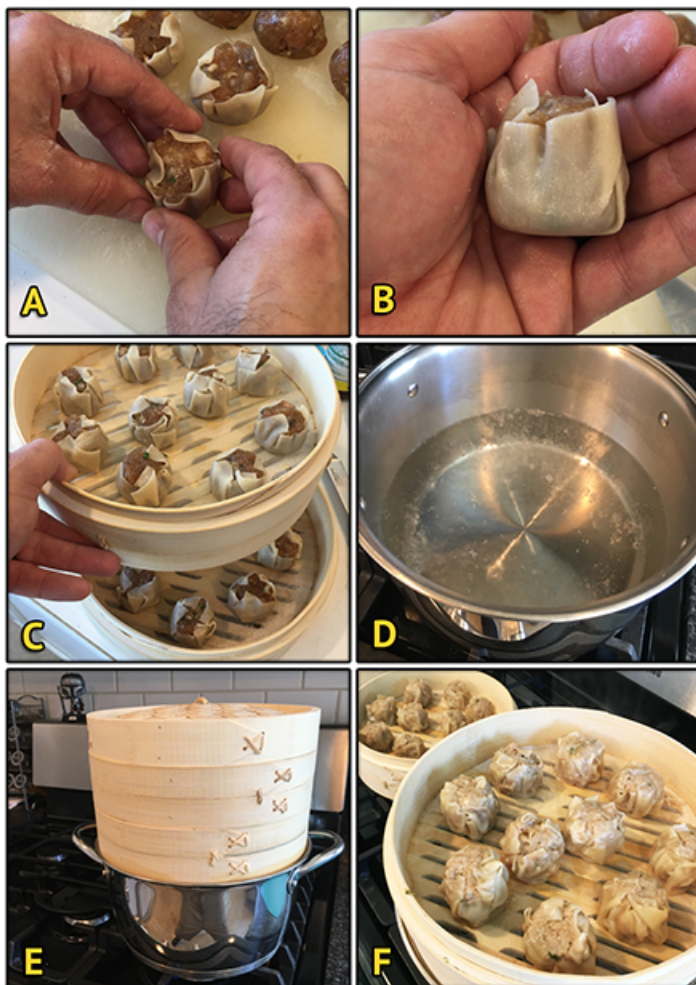
- You will need either an Asian bamboo steamer, like I'm using in this recipe... or you can use any standard metal pot, with steamer inserts. A small countertop rice cooker with a steamer insert won't work well for this.
- Parchment paper

Directions:

1. Mix all of the meat/filling ingredients together. The mix will be (it's supposed to be) a bit sticky/wet/tacky. Rinse your hands with water while mixing it, to make it easy to handle. Set aside in the fridge for 30 minutes.



2. (A) Use measuring spoons to scoop out 1-1/2 Tbsp portions of meat. Roll each into a ball, set aside. (B) Remove the store bought square shaped wonton wrappers from the packaging. Slice them down to be 3 inches, squared, rather than the original 3-1/2 inches. (C) Touch your thumb and index fingertips together, making an "O". Place one of the 3 inch square wrappers over the 'hole', then push a meatball down into it. (D) Open the 'hole' up a little wider, pushing the meat and wrapper further down. Rotate it around in your palm, shaping it to be more tall than rounded, with flat sides.



NOTES:

- **WONTON WRAPPERS:** I purchased square shaped wonton wrappers. Not big round ones, or big sheets you'd use for egg rolls. These are 3-1/2" square wonton wrappers. The reason I'm trimming them is these are meant to be appetizers, not big, baseball sized dumplings. I'm trimming them down to 3 inches squared, because that's the standard size of smaller Japanese style dumplings. Another plus, it saves points... see the next note.
- **WONTON POINTS:** This recipe makes 22 dumplings. If I were to just build the recipe using 22 wrappers... that'd be 12 points, for the 22 full sized, 3-1/2 inch wrappers. HOWEVER... we aren't using 3-1/2 inch sheets, we're trimming them down to 3 inches. So, I trimmed them, weighed the 3 inch wrappers in grams and looked up how many points they were, in grams, using the Weight Watchers mobile app's listing. It dropped them down from 14 points to 12 points (141 grams). Points may vary, depending on brand. Scan and check your points.
- **CHINESE FILLING:** Typical Chinese-style filling for Shumai is a 50/50 mixture of ground pork and chopped up/minced raw shrimp. You can definitely use a similar filling here by simply replacing 1/2 of the ground turkey with 1/2 pound shrimp. Boom, done.
- **DUMPLING POINTS:** You can have 2 of these dumplings for 1 total point. 4 dumplings for 2 points, 6 dumplings for 3 points, etc, etc, etc.
- **STEAMER BASKET:** You don't have to use a bamboo steamer basket like I did. You can use any large metal pot, with steamer inserts. Though, I still recommend using parchment paper. If you do want a bamboo steamer, get a 10 inch, 2 tiered one. I got mine for \$22 on Amazon.

3. (A) Your dumplings are almost there... but, they have rounded bottoms. Press the dumplings down onto your work surface, to flatten the bottoms. (B) Your finished dumplings should look similar to mine. A little taller than they are wide, fairly straight side-walls... and with a nice, firm, flat tushy. (C) Place parchment paper down into your steamer o' choice, making sure to poke some holes into the paper, so steam can travel up into the top basket. Place the dumplings onto the parchment paper, set aside. (D) Bring some water to a rolling boil in a large pot. (E) Place your steamer basket, covered (obviously), over the boiling water. (F) Steam the dumplings for 8-10 minutes. If you steam them too long, the meat will be very firm. They'll still be tasty.... but the meat won't have a soft texture.

4. There are a lot of different ways to garnish these babies. Typical Japanese presentation would have you pressing a pea into the top center of the dumplings, right before you steam them. Chinese dumplings might be topped with very finely diced, nearly minced carrot. Look up 'Shumai Dumplings' in a google image search, you'll see a wide range of toppings and presentations. I opted for the super simple garnish of sprinkling thinly sliced green onion on top of mine.

FUN FACT:

For the folks wondering how these compare with the little Trader Joe's cilantro dumplings. Those are 4 for 1 point. 4 of those little dumplings weigh 36 grams.... ONE of my dumplings weighs 37 grams. These are appetizers, those are cute lil iddy biddy baby dumplings. Though, those lil guys are great in soups.





SPRING ROLLS (STEP-BY-STEP GUIDE)

An ultra light, fresh & healthy version of traditional deep fried egg rolls, loaded with fresh herbs and veggies

First thing's first... this is not a true recipe. Instead, the following 3 pages are going to be a picture guided, step-by-step guide, showing you the process for assembling and rolling spring rolls. I'll also include lots of suggestions and tips, as well as ideas for 3 regional variations. Use these pages as a guide to teach you the process, then you can create your own rolls, customized with any filling you want. If the thought of making these seems a bit intimidating, think of it like this: If you've EVER rolled up a burrito, you can make these. Yeah... I went there!! The only difference is fresh veggies and herbs, with rice wrappers instead of tortillas.

Servings Info.:

Yields: However many you make.

Servings: However many you eat.

Serving Size: 1 spring roll.



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SEE NOTES

- last checked 12/13/22 -
These listed points are ONLY for the wrappers.
Fill them with 0 point awesomness

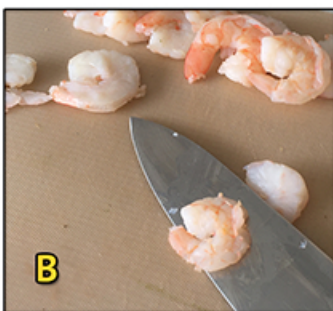
WHAT YOU'LL NEED:

- Asian Rice Paper "Spring Roll Wrappers", round shaped, 22cm in size. They sell 3 different sizes, you want 22cm ones. (see notes)

Filling:

- The filling is 100% customizable. For purposes of this guide, I'm showing you the assembly for the 'Vietnamese Spring Rolls'. Ingredients listed on pg. #40

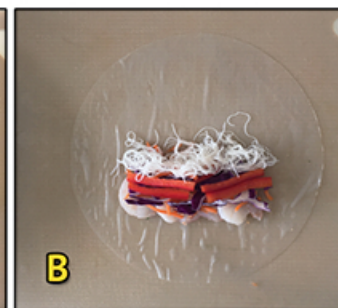
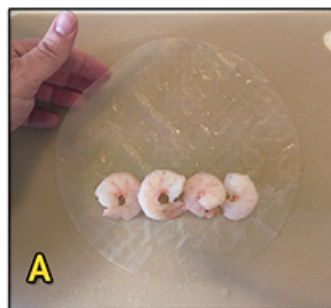
Directions:



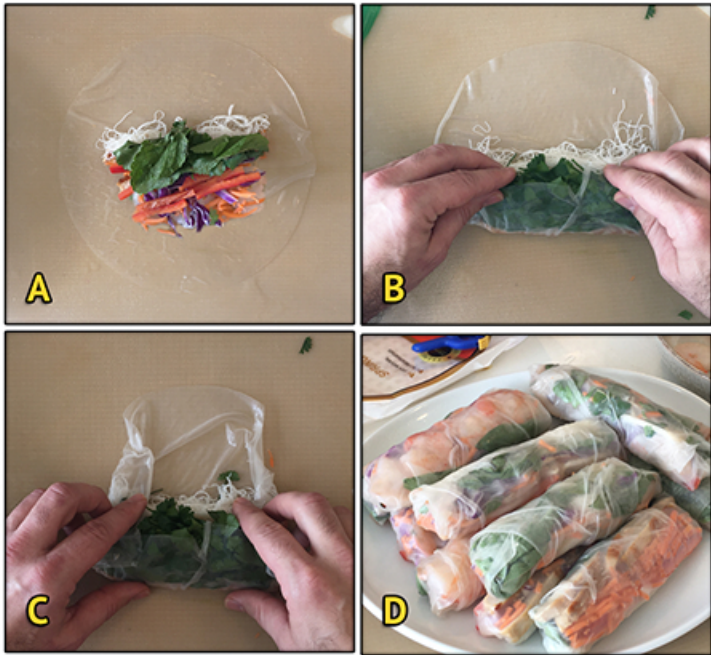
- [DO AHEAD]** (A) Make sure to prep/slice your vegetables and herbs ahead of time. Get them all organized and ready. (B) If you are using shrimp, have them cooked in advance. If using large sized shrimp, slice each one into 2 thin halves.



- (A) Unlike bloggers, who care about how fancy and color coordinated their gear is, I'm practical. Not everyone has a really wide bowl, so.. let's use a pan!! Fill a 10-12" pan with warm water, take out ONE of your (still hard) spring roll wrappers, then (B) submerge it in the warm water for 3-4 seconds.



- (A) Spread a little water onto a cutting board, then lay the rice wrapper down onto it. It'll start softening up as you assemble it. Arrange 4 slices of shrimp onto the bottom 1/3rd of the wrapper. (B) Over the shrimp, place a layer of carrots, red cabbage, red bell peppers, cucumbers and some rice noodles (or shiratake).



4. (A) Now, spread some of the fresh cilantro leaves across the top of the veggies, followed by a couple of fresh mint leaves. You don't want TOO much mint, because it has such a strong flavor. You want a hint of it. (B) Now, let's get rolling! Fold the bottom of the wrapper up and over the filling. At this point, the wrapper may be starting to get a little 'tacky'. Do your best. You can always use your finger to rub a little water onto the wrapper if it folds onto itself and stick, by accident. (C) Fold the 2 'side' portions of wrapper, up and onto the filling. Yup... Just like making a burrito. Sorry, food purists! (D) Now, simply roll up the spring rolls, trying to compress the filling in as tightly as you can, so it gets a nice, somewhat uniform egg roll shape. Ta Daaaaa! See, easy peasy.

NOTES & SUGGESTIONS:

- ***SPRING ROLL WRAPPERS:*** None of the grocery stores near me sold "rice paper spring roll wrappers". You need to buy "spring roll wrappers"! They are round and the size of a full sized, regular tortilla you'd use for #TacoTuesday. I ended up having to purchase them off of Amazon. They were \$10 for a pack of 32 of them, which actually isn't bad, because they last forever. Very important... Make sure you buy ones that are "22cm" in size. Though 99% of brands are 1 point per wrapper, some aren't. So make sure to buy a 22cm sized package, scan the barcode, or, 'create food' and enter the nutritional information, to get accurate points.
- ***GO FOR A SWIM:*** Rice paper wrappers feel like a paper thin sheet of plastic when you take them out of the package. To use them, you need to dip them under water for 3-4 seconds, then place them onto your work surface. Also, slightly wet your cutting board, or... lightly spray it with cooking spray. The added moisture helps them not to stick to the work surface.
- ***RICE NOODLE SUBSTITUTE:*** A lot of spring roll recipes call for vermicelli rice noodles. They are high in points and hard to find for a lot of folks. I have used "shiratake" noodles, aka: 0 point 'magic spaghetti' noodles in these. They are a totally fine substitute. But, you need to rinse them off and pat 'em dry.
- ***FILLING:*** Make sure meats are already cooked and cooled, and vegetables are sliced thin and/or uniform-ish in shape/size.



SPRING ROLL VARIATIONS

Easy Spring Roll Variations (Yup, not much of a difference)

Three very simple, basic ideas you can use to make different fresh spring rolls, which coincide with the cuisine of 3 different Asian countries. The process of making them is identical, the only slight difference is what combination of veggies and herbs you use. Even with that... the differences between them all is virtually nonexistent. Note: **Though** some of these three list chicken or shrimp.... use whatever protein you want (shrimp, chicken, tofu). Or, you can leave out the protein altogether and go full veggie-roll.

CAMBODIAN SPRING ROLLS 'NIME CHOW'

Filling:

- fresh bean sprouts
- 2 cups thinly sliced lettuce (or, simply use 'shredded' lettuce)
- Carrots, thinly sliced into sticks/julienned/matchstick/shredded'
- Fresh basil leaves. 3-4 medium sized leaves per roll
- cooked vermicelli rice noodles, OR shiratake noodles. (If you use shiratake noodles, rinse them well, then pat completely dry)

Directions:

- 1 Wet the wrappers, one at a time, then place onto a cutting board.
- 2 Place some shredded lettuce all over half of the wrapper, leaving it 1/2" from the edges. Yup, all the veggies end up surrounded by lettuce.
- 3 Onto the center of the wrapper, spread some carrots, noodles, bean sprouts, then the basil leaves. Then, roll it up. Done.

THAI SPRING ROLLS 'PA PIA SOD'

Filling:

- Chicken breast, cooked, sliced into strips. OR, you can use cooked shrimp, sliced as shown on page 38, in picture 1B
- Carrots, sliced into thin sticks/julienned
- English cucumber, thin sliced into sticks
- Red bell pepper, sliced into thin strips
- Fresh basil (or Thai Basil), cilantro and mint
- (optional) thin rice vermicelli noodles, or shiratake noodles

Directions:

- 1 Sprinkle water onto your cutting board, then dip your rice wrapper in water and place it onto the board.
- 2 Place a few slices of chicken, followed by carrots, cucumber and red bell pepper. Cover with some fresh basil, cilantro and mint.
- 3 Roll it all up like a mini, translucent lil burrito. Done.

VIETNAMESE SPRING ROLLS 'GỎI CUỐN'

Ingredients:

- Size 15-20 or 16-21 shrimp, cooked, sliced in half to make 2 thin halves out of each shrimp (see picture 1B on pg 38)
- Carrots, thinly sliced into matchsticks/shredded'/julienned
- Red cabbage, thin sliced/shredded
- Red bell pepper, thin sliced
- English cucumber, thin sliced into sticks
- Cooked rice vermicelli noodles, OR, 0 point shiratake noodles. Boiled/cooked, drained, rinsed and patted dry.
- Fresh cilantro
- Fresh mint
- Fresh basil

Directions:

- 1 At this point I shouldn't need to tell ya. Add the stuff to your wrapper... roll it up... done.

REGIONAL VARIATIONS:

If you've spent a minute or two to look over these 3 different spring roll recipes from 3 different countries, you're probably noticing something... There's no real difference. There really isn't any one major thing that sets Vietnamese rolls apart from Thai rolls, other than an herb. All of the countries use chicken, shrimp or tofu. All countries use the same veggies, in different combinations and all regions pretty much use either fresh cilantro, basil, and/or mint. In Thai recipes, you can use Thai Basil instead of regular basil, but it isn't a 'party foul' if you don't. Some recipes add in some lettuce, some don't. Some add thin rice noodles... some don't. The filling ingredients are all pretty standard across the board. So, mix and match them to your own liking, till you hit your perfect combination.

Common Proteins: (pre-cooked, added cold/cool to the rolls)

- Thin sliced chicken breast
- Boiled/steamed or poached shrimp. Peeled, deveined, tail off.
- Firm tofu, sliced into thin strips

Common Veggies: (sliced thin and uniform, added raw)

- Carrots
- English Cucumber (the thin kind, not the big honkin' cucumbers)
- Red bell pepper
- Red cabbage
- Bean sprouts
- Thin sliced Jalapeno peppers (red or green)
- Any other I didn't mention, experiment and try what you like

Common Fresh Herbs:

- Basil or Thai Basil leaves
- Fresh Mint (a little goes a LONG way)
- Fresh Cilantro

NOTES & SUGGESTIONS:

- **SPRING ROLL WRAPPERS:** As I mentioned earlier... you do not want to purchase plain ol' "Rice Paper Wrappers". Those are larger and rectangular in shape, causing them to be higher in point. What you WANT to order is: **ROUND** shaped "Rice Paper WRAPPERS". They may say 'Spring Roll' on them, they may not. But.. they need to be round in shape, like tortillas. They also come in different sizes: 22cm (standard), 24cm and 25cm. Obviously, the larger the wrapper, the higher they are in points. Make sure you buy ones that are 22cm in size. As a general rule, 99.999% of the time, those are 1 point per wrapper, for the first few wrappers.

If your barcode scanner doesn't recognize the package, manually 'create' a new food item. Enter the packages nutritional information, along with the number of servings the package lists. Then, that package will be in your database, letting you pull up accurate points.

- **ASIAN MARKETS:** Obviously, if you are lucky enough to have an Asian market near your house, they'll have a nice selection of different wrappers. No need for Amazon.
- **WORKING WITH THE WRAPPERS:** Before you start dipping the wrappers into water and then placing them onto your cutting board... make sure to sprinkle some water onto the work surface and rub it around. If you place the wet wrappers onto a dry cutting board or work surface, you'll find it very difficult to peel them up without them sticking to the surface. I've also spritzed my cutting board with cooking spray, it works just as well.
- **DIPPING SAUCES:** Though Spring Rolls do taste very light and fresh... they are essentially a plain, undressed salad in a wrapper. You really need to eat these with a dipping sauce. This book includes a few low point Asian dipping sauces. However, my personal favorite for Spring Rolls is the 'Vietnamese Dipping Sauce', on page 25.
- **FILLING:** As noted, customize the fillings to whatever you want. As a general rule, any meats are pre-cooked, then added cold. Vegetables added into 'fresh' spring rolls are typically raw. Though, you can also lightly 'dress' them if you'd like.
- **ASSEMBLY:** Make sure all your fillings are organized and ready to go. Also, only wet one wrapper at a time.



ROUND 22cm Wrappers... YES!!!



**SQUARE 22cm Wrappers
NOPE, NOPE, NOPE**

"Emperor Shunzhi's 'Plan-Friendly' Picnic" - painted by: Zhu Da, early Qing Dynasty (1648)





SWEET & SOUR MEATBALLS

Tender meatballs packed with garlic, ginger, fish sauce, mint and more

Aside from my Lebanese Kafta meatballs, which I'm putting in Cookbook 7, these are my favorite meatball appetizer. As an added benefit, they are really pretty simple to prep as well. These have tons of classic Asian flavor, with a thick sweet & sour glaze.

Ingredients:

- 1 batch of my Asian ground meat mix, recipe on pg. 19, WITH THE FOLLOWING CHANGES:
 - Add 1-1/2 tsp plain breadcrumbs
 - Add 2 tsp panko breadcrumbs
 - Add 1 egg yolk
- (for garnish) thin sliced green onions
- (for garnish) 1/4 tsp sesame seeds

SAUCE:

- 1/2 cup EACH: water, rice vinegar & 0 calorie sugar replacement o' choice
- 1-1/2 Tbsp cornstarch, whisked into the liquids
- 2 garlic cloves, finely chopped
- 1-1/2 tsp ginger, finely chopped
- 2 Tbsp tomato sauce (for color)

Directions:

1. Mix a batch of the Asian ground meat, with the listed changes Let rest for 20 minutes.
2. Preheat oven to 400 degrees, line a pan with foil and spray with cooking spray. Scoop 1 Tablespoon sized rounds of meat into your palm and form into meatballs. If the mixture gets sticky, dab your fingers into a bowl of water. It'll get rid of the meat's stickiness.
3. Once the oven is up to temperature, bake the meatballs for 9 minutes at 400 degrees. Remove from oven, set aside for 5 minutes. They'll continue cooking from residual heat. After baking for 9 minutes, my meat had an internal temperature of 168. After resting, it rose up to 172. In case you're wondering, they're going to cook a little bit more in step 5.
4. Whisk all the sauce ingredients together in a bowl, till the cornstarch dissolves. Heat a large pan over medium-high heat for 1 minute, then pour in the sauce. Let it come to a boil and begin to thicken.
5. Once the sauce thickens to the consistency of maple syrup, add the meatballs and cook for 2-3 minutes, or until the sauce has coated them all in a thick glaze. Garnish with thin sliced green onions and 1/4 tsp of sesame seeds. Done.

Serving Info.:

Yields: 31 meatballs

Servings: 31

Serving Size: 1 Meatball



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You can have up to 15 meatballs for 0 points, on both Plans

- last checked 12/04/22 -

Use your mobile device's 'Camera' App to look at this code for nutritional info.



Tender meatballs packed with garlic, ginger, fish sauce, mint and more

These meatballs are bursting with flavor. They are loaded with a mixture of ground turkey (instead of beef) and ground shrimp, with garlic, ginger, lime zest, chilis, herbs, brown 'sugar'... though I include a sauce with this recipe, I personally prefer them without it.

Ingredients:

- 1 lb ground turkey breast
- 1/2 lb uncooked shrimp. Peeled, deveined, tail removed
- 4 garlic cloves, chopped
- 1-1/2 tsp ginger, finely chopped
- 1-1/2 tsp lime zest, minced
- 2 tsp Asian fish sauce **PLUS** 1/4 tsp sesame oil
- 1 Tbsp Asian chili sauce (I used Huy Fong chili garlic)
- 2 Tbsp 0 calorie brown sugar replacement
- 3 Tbsp **EACH**: chopped cilantro, mint, green onions
- 1 egg yolk
- 1-1/2 tsp plain breadcrumbs
- 2 tsp panko breadcrumbs
- 1/2 tsp salt
- 1/4 tsp black pepper

- **SAUCE**: 1 Tbsp **each**: soy sauce, lime juice & Asian chili garlic sauce. 1 tsp **each**: fish sauce and 'dark' soy sauce. Finally, add 2 Tbsp brown sugar replacement.

Directions:

1. Combine the 'meat mixture' ingredients in a food processor. Pulse until the mixture almost becomes completely smooth, but still retains some small chunks of shrimp (2nd picture).
2. Use a 1 Tbsp scoop to form into meatballs. Place onto a large foil-lined pan, sprayed with cooking spray. The mixture will be sticky, so dip your fingers into a bowl of water, while forming the meatballs. It helps remove the tackiness of the meat.
3. Preheat your oven to 400 degrees. Once heated, bake for 10 minutes. Remove from oven, let the meatballs rest for 5 minutes, then move on to step 4.
4. **(SAUCE)**: In a large pan, over high heat, pour in and mix the 'Sauce' ingredients, stir to combine. Once it reduces to the consistency of maple syrup, add the meatballs. Continue cooking till it thickens to a syrup, then add the meatballs. Cook for 1 more minute, coating them with a nice glaze. Garnish with fresh chopped cilantro, mint and 1 tsp sesame seeds.

NOTE: Don't like shrimp? Replace it with another 1/2 lb ground turkey. Simple.

Serving Info.:

Yields: 43 meatballs

Servings: 43

Serving Size: 1 Meatball



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Use your mobile device's 'Camera' App to
look at this code for nutritional info.

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The ENTIRE BATCH is
0 points on both plans



EGG DROP SOUP

I know this sounds reeeally bleh, to Westerners, but this soup was actually REALLY REALLY GOOD.

I'm going to be up front and say the thought of making and eating this soup totally grossed me out, because... swirly eggs. But seriously, I was completely and pleasantly surprised and how much I really liked it. The broth is ULTRA flavorful and the added creaminess of the delicate eggs really gave this soup a deep, rich flavor. Best part? The entire thing was done, from start to finish, in 15 minutes. It was an amazingly simple soup, but had a huge amount of flavor. Along with a wonderful, silky smooth texture.

Servings Info.:

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



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look at this code for nutritional info.

Ingredients:

Broth:

- 4-1/4 cups fat free chicken broth
- 1 tsp sesame oil
- 3/4 tsp salt
- 1/8 tsp pepper
- 1 tsp 0 calorie sugar replacement o' choice
- 3/4 tsp ground turmeric (see notes)
- 1/4 tsp fish sauce (yes... I'm serious... see the notes)

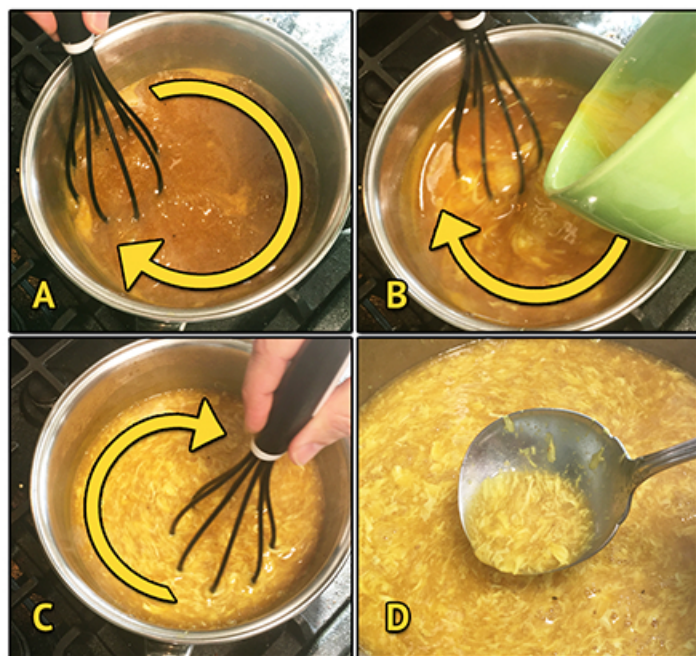
Additional Ingredients:

- 3-1/2 Tbsp cornstarch, dissolved with 1/4 cup water
- 3 large eggs, lightly beaten/whisked, in a bowl
- Thin sliced green onions, for garnish

Directions:



1. **(A)** Heat all of the 'Broth' ingredients together in a medium pot, over medium-high heat. **(B)** While the broth's heating, lightly beat the eggs together in a bowl. Set aside. In a separate cup, stir together the cornstarch and water, till dissolved. Set aside. **(C)** When the broth reaches a simmer, add the cornstarch mixture and begin stirring/whisking immediately, to avoid any lumps. **(D)** After about 1 minute, the sauce should be thickened to the consistency of warm gravy. Reduce heat to medium-low. Continue cooking for 2 minutes..



2. **(A)** Use a whisk and begin stirring the simmering broth in a circular motion. **(B)** Once the soup is spinnin', slowly begin pouring in the beaten eggs. Drizzle the eggs into the center at a semi-slow speed, just like you're pouring syrup onto pancakes. While you're pouring in the eggs, continue stirring with the whisk, in the same circular motion. **(C)** Your goal is to continuously break down the silky, feathery tendrils of raw egg, (while continuing to stir in the circular motion) to create fine little delicate particles. **(D)** Continue cooking for 2 more minutes. Remove pot from heat and let rest for 5-10 minutes before serving, letting it cool a bit. Garnish with thin sliced green onion.

NOTES & SUGGESTIONS:

- **TURMERIC?:** The turmeric adds an earthy flavor as well as giving the soup a rich, golden color.
- **FISH SAUCE? WHAT?!?!:** Yup, you aren't reading that wrong. When I was looking up recipes for Egg Drop soup, I of course found countless recipes which were simply just broth, cornstarch and eggs. Boom, done. Might as well just boil some vegetables in water and call it soup, while we're at it. Later, I started finding recipes for it from Chinese restaurants. One thing they all had in common was the addition of "MSG", which is a very common additive in Chinese restaurants. "MSG" is a very fine chemical powder that imparts INTENSE savoriness, or 'Umami', into Chinese food.

So, I started looking for alternatives to MSG. There were suggestions on cooking sites, to use added soy sauce, but that would make the soup darker, so that was a no-go. Dried and powdered mushrooms can also be added. Umm, no. I'm not going to make you go buy dried mushrooms, just so you can grind them up for this one single soup. So, I realized that a tiny amount of 'fish sauce' would do the same thing. It's used in Vietnamese and Thai cooking to impart a TON of umami, so... I thought I'd give it a try. Guess what... it works great. It added a tremendous pop of richness, with just that tiny little 1/4 tsp.

- **BROTH:** If you leave out the eggs from this recipe, you end up with an incredibly delicious broth. You can make and serve the broth, without the eggs, for a delicious and simple soup course.



HOT & SOUR SOUP

My slimmed down recipe for over-the-top, family style Hot & Sour soup. It eats like a meal, baby!

Let's start off by addressing the elephant in the room. If your only experience with Hot & Sour soup is the thin cup of broth they give you as part of your inexpensive Chinese food lunch special... this is nooooo the soup you were expecting. This is a big, hearty pot of soup. It's full of the traditional hot & sour flavor, but also comes loaded with a bunch of veggies, chicken and even tofu. The amount of hot vs. sour in your soup is completely customizable and can be easily adjusted.

Servings Info.:

Yields: 7 cups

Servings: 5

Serving Size: 1-1/3 cup



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Ingredients:

Broth:

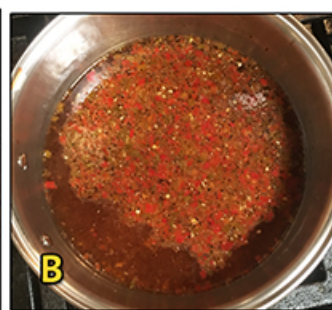
- 4-1/2 cups fat free chicken broth
- 2 Tbsp reduced sodium soy sauce
- 1 tsp 'dark' soy sauce
- 3-4 Tbsp Asian chili garlic sauce (I used Huy Fong), to taste
- 1/3 cup rice vinegar
- 1 Tbsp 0 calorie brown sugar replacement
- 1 tsp sesame oil
- 1/2 tsp black pepper (or you can use white pepper)

Additional Ingredients:

- 5oz cooked boneless skinless chicken breast. (shredded, diced, cut into strips, whatever...YOUR PREFERENCE!)
- 3/4 cup thin sliced (julienned) carrots, about 2-1/2" long
- 1 medium GREEN bell pepper, sliced into thin 2-1/2" strips
- 1 (8oz) can o' bamboo shoots, drained. Sliced into thin strips
- 2 Tbsp sliced scallions (use the white part of green onions)
- 3-1/2 Tbsp cornstarch, dissolved into 1/4 cup water
- 4 oz FIRM tofu, patted dry, sliced into 2"x1/2" slices
- 1 large egg, beaten, set aside.

Directions:

1. (Do Ahead) Cook chicken breast in whatever manner you want, then shred or chop it up. Set aside.



2. (A) Spend some time and chop/prep all of your veggies. It takes a little time, but can be done a day ahead, to save time on cooking day. (B) In a medium pot, bring all of the 'Broth' ingredients up to a boil. (C) Once boiling, add the cooked chicken and return to a simmer over medium heat. (D) Once the soup returns to a rolling simmer, add the carrots, bell pepper, thin sliced bamboo shoots and scallions. Bring back to a simmer and let cook for 2 minutes.



5. **(A)** After the vegetables have been cooking at a simmer for 2 minutes, add the sliced tofu. **(B)** After you add the tofu, stir in the dissolved cornstarch/water mixture. Stir and return to a low simmer for 2 minutes. **(C)** Now, slowly pour in the beaten egg. WHILE YOU'RE POURING IT IN, start **(D)** stirring the soup in a circular motion, don't stop! If you don't stir it, you'll get giant clump's o' egg in your soup. What you WANT, is for your stirring action to completely break up the liquid egg in the soup, which will give the soup an incredibly silky, smooth texture with tiny little feathery strands of pillow-soft egg, throughout the soup. Bring back to a low simmer for 2 minutes, then remove from heat. Let the soup rest for 10 minutes or so, before serving. Garnish with thin sliced green onion, if desired. Also, add more chili sauce if you want it hotter.

NOTES & SUGGESTIONS:

- **CHICKEN:** This is the only time, in this entire book, where I am NOT going to tell you how you should cook your chicken. You can use shredded chicken breast, diced, chopped, whatever you want. Heck, to make things easier on myself, I simply bought a small bag of pre-shredded chicken breast from my grocery store's Deli section. This is a great recipe to use leftover chicken for, also. Clear out that fridge, baby!
- **DUDE! THIS ISN'T HOT & SOUR SOUP!?!??:** Uh... yeah it is. What you're used to getting as a simple little free cup o' soup with your Chinese food, as part of your \$5 lunch special at "Uncle Tso's Chinese Take Out" is pretty much just a simple, cheap broth dish. C'mon, they need to make a profit, while giving you a cup of soup with your meal, lol. This type of Hot & Sour soup is more of the old-school traditional "full meal" kind of soup. You know how if you're making soup for your family's dinner, you don't give them a pot of broth? Same thing. This is a 'full meal' version of Hot & Sour soup. If you'd like it more brothy, leave out the bell peppers and carrots. Though, you'll be reducing the amount of total servings, due to the decreased yield.
- **CARROTS:** Want to save yourself a bunch of time? Instead of peeling and thin slicing a bunch of carrots or even just trying to thin slice a bunch of baby carrots... simply buy a bag of 'shredded' carrots, or also called 'matchstick' carrots.
- **CUSTOMIZE THIS BAD BOY:** You don't have to strictly adhere to the veggies that I chose to use in this soup. If you don't want to use carrots, try bean sprouts. Don't like bell peppers? Use something else instead, or leave them out entirely. Customize this dish to have whatever you want. Be it the tofu, bamboo shoots... whatever. It'll still taste great.
- **HEAT LEVEL:** The delicate dance between how hot or how spicy Hot & Sour soup is, is 100% based on your own preference. Some people like it more sour (more vinegar), while some people like it with more heat. Adjust it to your own liking by adding more or less vinegar, or more or less of the Asian chili garlic sauce, to taste.



WONTON SOUP

A deliciously savory ginger, garlic and sesame oil broth, loaded with fresh, homemade dumplings

Wonton Soup is actually an incredibly simple dish, though it can be a bit time consuming, due to making your own homemade dumplings. Though you CAN save time and use store-bought, frozen mini wonton dumplings instead, not everyone has access to those, so I'm showing how to make them. This soup has an incredibly delicious broth you can use as the base for any Asian soup you'd like to make.

Servings Info.:

Yield: 10 cups

Servings: 6

Serving Size: 1-1/3 cups
(including 6 dumplings)



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- last checked 12/28/22 -
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look at this code for nutritional info.

Ingredients:

Filling Meat Mix:

- 1/2 lb extra lean ground turkey
- 1/8 tsp baking soda, dissolved with 1 tsp water
- 1/4 tsp fish sauce
- 1 tsp reduced sodium soy sauce
- 1 tsp dark soy sauce
- 1/3 cup finely minced onion
- 1/4 cup finely minced green onion
- 1 tsp garlic, minced (1 medium garlic clove)
- 1/2 tsp ginger, minced
- 1/8 tsp coarse ground black pepper

Broth:

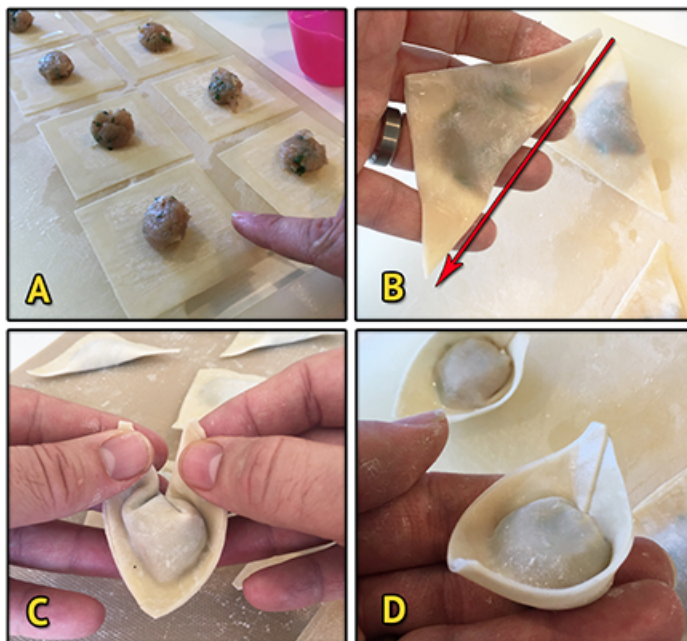
- 6 cups fat free chicken broth
- 1 garlic clove, minced
- 1/2 tsp ginger, minced
- 1 tsp sesame oil
- 1/2 tsp fish sauce
- 2 Tbsp lower sodium soy sauce
- 1 tsp salt
- 1/2 tsp black pepper
- 1-1/2 Tbsp cornstarch, dissolved in 2 Tbsp water

Additional Ingredients:

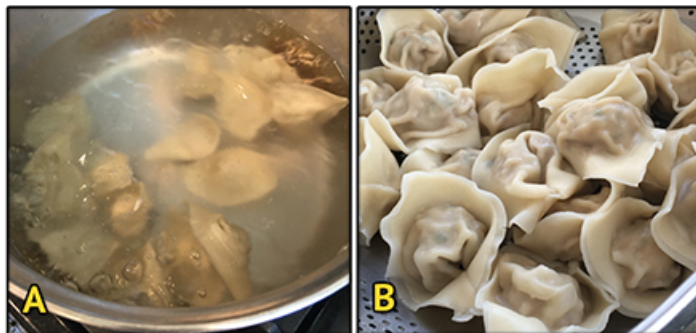
- 36 wonton wrappers, square shaped, any brand... measured and cut into 3 inch squares. (most packages are 3-1/2 inches)
- additional thin sliced green onions, for garnish

Directions:

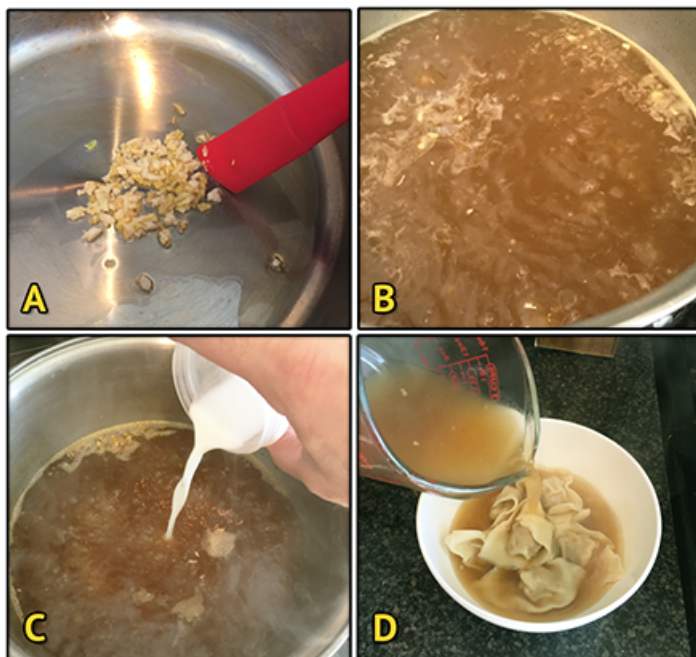
1. Mix all of the 'filling' ingredients together. Set aside for 30 minutes. While it's resting, start heating a large pot of water, over medium-high heat.



2. (A) Take half (18) of the cut wonton wrappers and place 1-1/2 tsp of the meat mixture into the center of each wrapper. Dip your finger in water and wet around the edges of each wrapper. (B) Fold each wrapper into a triangle, pressing out as much air as possible. Then wet your finger again and wet the back of the wrapper, along the red arrow in the pic. (C) Fold the two side edges of the triangle back, and pinch them against each other. (D) When you're done, they should look like a little boat. Holding the 2 pinched edges together for a few seconds helps them to stick together. Set aside. Repeat with the next 18 wrappers. Set aside, while the water heats up.



3. (A) When the water reaches a boil, use a spoon and swirl the water around so that it's swirling pretty quickly. This will prevent the dumplings from sticking to the bottom of the pan. With the water swirling, drop half of the wontons into the water as quickly as possible. Once most of them start floating to the surface, set your timer and cook for 2 more minutes. (B) Scoop out the dumplings, place them in a colander and rinse them under cold water. Keep them there. Place the remainder of the uncooked dumplings in the boiling water. Once they begin floating, boil for 2 more minutes, then add them to the colander and rinse them under cold water. Set aside. Every few minutes, rinse them off 1 or 2 more times. This will prevent them from sticking together as they sit.



4. (A) Take your pot and pour out all of the used, hot water. Wipe it dry, then begin heating the pan on medium heat. Add the sesame oil, minced ginger and garlic. Cook for 1 to 2 minutes, or till they become fragrant, without browning. (B) Add the chicken broth, garlic, ginger, fish sauce, soy sauce, salt and black pepper. Turn up the heat to high and bring to a boil. (C) Dissolve the cornstarch into 2 Tbsp of water, then stir it into the boiling soup. Return to a boil and cook for 2 more minutes. (D) Take 6 serving bowls place 6 of the cooked/cooled dumplings into the bottom of each bowl. Pour/ladle 1-1/4 cups of the hot broth into each bowl. Let sit for 5 minutes before serving. Garnish with thin sliced green onions, if desired.

NOTES:

- **WONTON WRAPPERS:** I purchased square shaped wonton wrappers. Not big round ones, or big sheets you'd use for egg rolls. These are 3-1/2" square wonton wrappers. The reason I'm trimming them is to reduce the total ingredient points.
- **WONTON POINTS:** This recipe makes 36 dumplings. If I were to just build the recipe using 36 of the 3.5" wrappers, right out of the package... that'd be 23 points for the 36 wrappers. HOWEVER... we aren't using 3-1/2 inch wrappers, we're trimming them down to 3 inches. So, I trimmed them, busted out my kitchen scale, then weighed all 36 of the NOW 3 inch wrappers, in grams. They weighed 204 grams, which is only 17 points.
Doing this one extra step removed 6 ingredient points and allowed the soup to be 3 points per serving, instead of 4. (note: different brands of wonton wrappers may be different points. I used "Twin Dragon, all natural wonton wrappers". If you use a different brand, adjust your points if necessary.
- **DUMPLING-PREP:** If you don't have time to make this entire recipe all at once, you can prep the dumplings ahead of time. Fill & fold them into their shapes, then freeze and store them in your freezer. When you are ready to make the soup, simply remove them from your freezer. If frozen, you can let them thaw out, oooooor, simply drop half of them into boiling water. Once they start to float, cook for 2 more minutes. Scoop'em out, rinse them off and repeat the process.
- **FROZEN MINI WONTONS:** You can obviously save time and energy by using store bought, frozen mini wonton dumplings. Adjust your points as necessary, if you do.



WOR WONTON SOUP

What Is "Wor" Wonton Soup? Well, It's Regular Wonton Soup's Big, Buff, More Awesome Older Brother.

Where the vast majority of you might only have ever seen regular wonton soup on a restaurant menu... if you find "Wor" wonton soup... it's truly something special. "Wor" translates to *'Everything'*. So, where regular wonton soup is simply broth with dumplings, WOR wonton soup has broth, dumplings, shrimp, chicken and is loaded with vegetables. This soup eats like a meal.

Servings Info.:

Yield: 12 cups

Servings: 8

Serving Size: 1-1/2 cups



R D

1-1

- last checked 12/19/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Filling For Dumplings:

- 1/3 lb extra lean ground turkey
- 1/8 tsp baking soda, dissolved with 1 tsp water
- 1/4 tsp fish sauce
- 1 tsp reduced sodium soy sauce
- 1 tsp garlic, minced (1 medium garlic clove)
- 1/2 tsp ginger, minced
- 1/8 tsp coarse ground black pepper
- 1 Tbsp green onion, finely chopped

Vegetables:

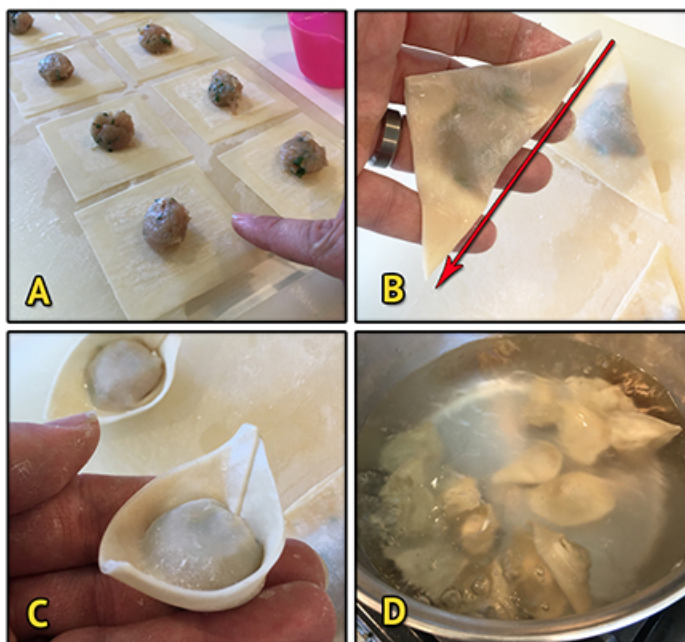
- 6 oz sliced mushrooms, any variety, though dark topped is recommended (such as baby bella, crimini, brown, etc.)
- 1 cup thin sliced carrot, sliced on a bias, in rounds
- 1-1/2 cup bean sprouts, loosely packed
- 5 oz sliced baby bok choy, (don't use long lengths of stalk)
- 1 garlic clove, minced
- 1 tsp ginger, minced
- 1/2 cup green onion, 1 inch lengths, loose packed

Additional Ingredients:

- 16 wonton wrappers, square shaped, any brand... measured and cut into 3 inch squares. (most packages are 3-1/2 inches)
- 1/2 pound boneless chicken breast, sliced thiiiiiiiiin
- 9 cups fat free chicken broth
- 2 Tbsp reduced sodium soy sauce
- 2 tsp fish sauce
- 1 tsp sesame oil
- 1/2 pound shrimp, peeled, deveined, tail off (size 41-50)

Directions:

1. Mix all of the 'filling' ingredients together. The mix will be a bit sticky/wet. Set aside for 30 minutes.



2. (A) Take your 3 inch squared wonton wrappers, lay them down 'powdered side' up and place 1 tsp of the meat mixture into the center of each wrapper. Dip your finger into a cup of water and wet around the edges of each wrapper. (B) Fold each wrapper into a triangle, pressing out as much air as possible. Then wet your finger again and wet the back of the wrapper, along the red arrow in the pic. (C) Fold the two side edges of the triangle back, then fold the two sides together and press till sealed, making a 'boat'. (D) Bring water to a boil, then boil the dumplings for 2-3 minutes. Drain and rinse them under cold water. Pat them dry, lay them out on a pan, without letting them touch, set aside for later..



3. (A) Heat a large pot over medium-high heat for 1 minute. Spray with cooking spray, then add the chicken. Cook for 3-4 minutes, until ALMOST completely cooked through. Remove from pot, set aside. (B) Return pot to heat, then add the garlic, ginger and sesame oil. Cook for 1 minute, or until they become fragrant, but don't burn them! (C) Add the chicken broth, soy sauce, fish sauce, carrots, mushrooms and bean sprouts. Bring to a boil and cook for 5 minutes. (D) Reduce heat to medium, then return chicken to the pot. Return soup to a boil, then (E) add the shrimp, bok choy and green onions. Cook for 3 minutes. (F) Grats... your soup is done. Add dumplings into the hot pot right before serving. We want to warm them in the broth, not boil them to mush

SUBSTITUTION IDEAS:

- If you don't want to use bean sprouts, you can use whole snow peas, or 1 cup of canned, sliced bamboo shoots or water chestnuts. Preeetty much use whatever you want. I won't judge. Ok, actually I will... I just won't tell you. I'm passive aggressive like that.
- If you can't get baby bok choy, you can use chopped kale, collard greens, mustard greens, or thin sliced cabbage. You can ALSO use spinach.... but you'll need about 100lbs of it, considering how much spinach cooks down.
- Don't like shrimp? Add more chicken, or heck... leave the meat out entirely and go full-tilt hippie, with some free range, humanely harvested, locally sourced tofu. 🥰

NOTES:

- **WONTON WRAPPERS:** I purchased square shaped wonton wrappers. Not big round ones, or big sheets you'd use for egg rolls. These are 3-1/2" square wonton wrappers. The reason I'm trimming them is they are meant to be smaller bite sized dumplings, in a soup. Plus, it saves points.
- **WONTON POINTS:** This recipe makes 16 dumplings. If I were to just build the recipe using 16 wrappers... that'd be 12 points, for the 16 full sized, 3-1/2 inch wrappers. HOWEVER... we aren't using 3-1/2 inch sheets, we're trimming them down to 3 inches. So, I trimmed them, weighed the 3 inch wrappers in grams and looked up how many points they were, in grams, using the Weight Watchers mobile app's listing. It dropped them down from 10 points to 8 points (94 grams). Points may vary, depending on brand. Scan your brand and adjust points, as necessary (remember to weigh in grams).
- **FILLING:** Using 1/3 pound of ground turkey (approx. 5.3 oz) lets you have enough meat to fill the wontons, but does leave you with a little extra leftover. I tried using 1/4 pound, but it really cut it close... so I'm telling you to use 1/3 pound. On a plus... you'll have extra ground turkey left over for another dish. Or, season it with my 'Asian' ground turkey mix, cook it into crumbles and add it to the soup. Either way works.
- **DUMPLING-PREP:** If you don't have time to make this entire recipe all at once, you can prep the dumplings ahead of time. Fill & fold them into their shapes, then store them in the fridge or freezer, overnight. When you are ready to make the soup, simply remove them from your fridge/freezer. If frozen, let them thaw out. Then boil them as directed.

