

Korean Bibimbap with Gochujang Sauce - Pg. 62-63



Singapore Noodles - Pg. 118-119



Orange Chicken - Pg. 106-107



Shrimp with Lobster Sauce - 114-115



MAIN DISHES

Tired of looking online for low fat, low calorie, low Point Asian recipes, only to be bombarded by entrees that call for 1/2 cup of honey, tons of flour for breading, and enough sugar and oil to give a cardiologist pause? Well, get ready for skinnied-down, LEGIT Asian food. These dishes cover a WIDE range of

Asian cuisine, including dishes from:

Cambodia, China, Korea, Japan, the Philippines, Taiwan, Thailand & Vietnam

Adobo Chicken	54-55
Banh Mi Chicken Sandwich	56-57
Beef Lok Lak Stir Fry	58-59
Beijing Chicken	60-61
Bibimbap w/Gochujang	62-63
Black Pepper Chicken	64-65
Bulgogi Beef Stir Fry	66-67
Chicken & Broccoli	68-69
Chicken Japchae Noodles	70-71
Chicken Mai Fun Noodles	72-73
Chicken Panang Curry	74-75
Chicken w/Black Bean Sauce ..	76-77
Chop Suey	78-79
Chow Mein Noodles	80-81
'Drunken' Noodles	82-83
General Tso's Chicken	84-85
Hoisin Chicken	86-87
Honey Garlic Chicken	88-89
Hunan (<i>not Human!</i>) Chicken	90-91
Korean Gochujang Chicken	92-93



Korean Chicken Japchae Noodles ... 70-71



Mongolian Chicken ... 100-101

Kung Pao Chicken	94-95
Lemongrass Chicken	96-97
Miso-Ginger Glazed Salmon	98-99
Mongolian Chicken	100-101
Moo Goo Gai Pan	102-103
Mushroom Chicken	104-105
Orange Chicken	106-107
Pad Thai Noodles	108-109
Pancit Sotanghon Noodles	110-111
Sesame Chicken	112-113
Shrimp with Lobster Sauce	114-115
Shrimp with Snow Peas	116-117
Singapore Noodles	118-119
String Bean Chicken	120-121
Sweet & Sour Chicken	122-123
Sweet Fire Chicken	124-125
Teriyaki Chicken	126-127
Thai Basil Chicken	128-129
Thai Sweet Chili Shrimp	130-131
Torikatsu w/Katsu Sauce	132-133
Vegetable & Shrimp Fried Rice	134-135
Yaki Udon Noodles	136-137



ADOBO CHICKEN

Arguably The Most Popular Dish In All The Philippines. Mine Uses Chicken Breasts Instead of Thighs.

Ok, I have to admit that I have never, ever had Adobo chicken before in my entire life. My Gringo brain always figured that it would be an extremely spicy dish. When I hear the word "adobo", I think of 'canned chipotle peppers in adobo sauce'. I ALWAYS thought adobo chicken was chicken in a spicy chipotle sauce.... oops. Turns out Adobo chicken is actually fantastic and there aren't even any chilis in it. It's pretty much soy sauce, vinegar, bay leaf and black peppercorns. It's sweet, savory, tangy and peppery.

Servings Info.:

Yields: 4 Chicken Breasts
Servings: 4
Serving Size: 1 Chicken Breast



R D
1-1

- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 4 large chicken breasts, boneless skinless

Marinade:

- 1/3 cup low sodium soy sauce
- 1/3 cup rice vinegar OR regular ol' distilled white vinegar
- 5 dried bay leaves
- 2 medium garlic cloves, minced
- 1/4 tsp baking soda... no questions... trust the science!

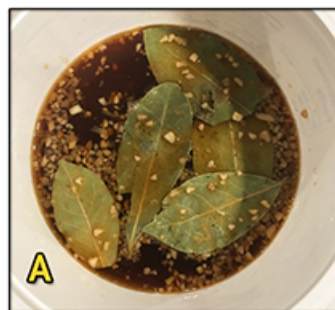
Sauce:

- 1-1/4 cups fat free chicken broth
- 1-1/2 tsp cornstarch, dissolved into broth
- 4 medium garlic cloves, minced
- 3 Tbsp 0 calorie brown sugar replacement o' choice
- 2-1/4 tsp paprika (it's not traditional... but just roll with it)
- 1 Tbsp no sugar added ketchup (for color)

Additional Ingredients:

- 1 medium onion, diced
- 4 medium garlic cloves, minced.
- 1 Tbsp whole black peppercorns
- 1/4 tsp cracked black pepper
- green onions, thin sliced on a bias, for garnish
- 1 tsp sesame seeds for garnish

Directions:

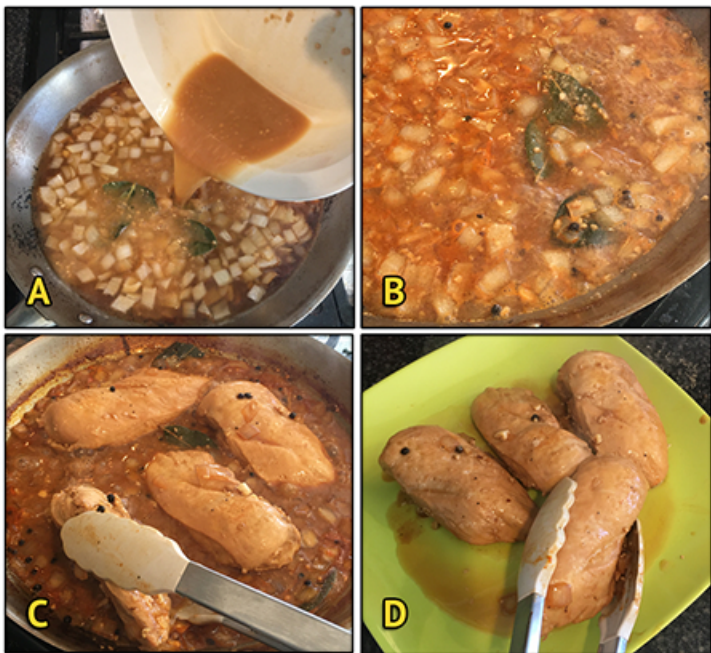


1. (A) Mix all of the marinade ingredients together. Allow the baking soda & vinegar a minute to stop fizzing. (B) Pour the marinade over the chicken breasts, smooth sides down. Cover with plastic wrap, let marinate for at least 1 hour, though overnight is preferable.

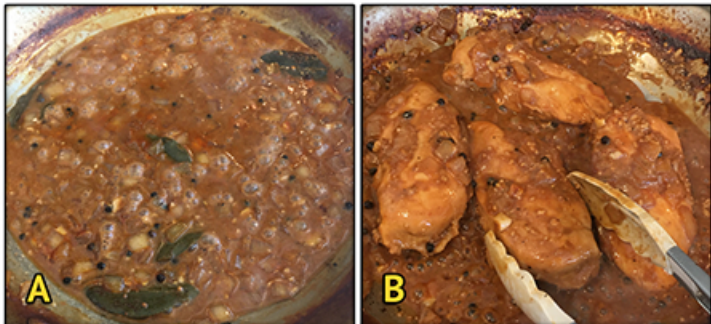


2. (A) Heat a large pan over HIGH heat for 1 minute. Spray with cooking spray, then add the chicken breasts to the pan, reserving the marinade. Cook for 1-1/2 minutes, without moving the chicken. Flip, then cook 1-1/2 more minutes. Remove chicken from pan, set aside. (B) Add the onion and garlic. Spray with cooking spray, cook for 4-5 minutes, or until onions are lightly caramelized.

3. While your onions are cooking, mix together the 'Sauce' ingredients. Ok, fine... you can make it ahead of time, too.



4. (A) When the onions are ready, pour in all of the reserved marinade, as well as the 'Sauce', black peppercorns and cracked black pepper. (B) Bring the sauce back up to a boil, reduce heat to medium-high, then simmer for 5 minutes. (C) Add the chicken breasts to the sauce, reduce heat to medium-low, then simmer the chicken in the sauce for 15 minutes, turning over occasionally. (D) After 15 minutes, remove chicken from the pan and set aside.



5. (A) Let the sauce continue to cook down for a few minutes, so it continues to reduce and thicken. (B) When your sauce has thickened, return chicken breasts to the pan. Cook the chicken for another minute or two in the thickening sauce, turning to coat.
6. Place the chicken onto a serving platter, cover with sauce, garnish with sliced green onions and sesame seeds, if desired.

NOTES & SUGGESTIONS:

- **COOK TIME:** The cook times listed in this recipe are based upon the LARGE, thick chicken breasts that I used. Seriously, I used Dolly Parton sized chicken breasts. If you make this dish with thin sliced chicken breasts, you'll need to experiment with reducing the cook-time for the initial pan sear, as well as the 15 minute 'braise'. Otherwise, your chicken could end up dry and tough from overcooking.
- **VEGETABLE BROTH:** "But Daniel... I'm a vegetarian... can I use vegetable broth instead of chicken broth?" Sure, but... umm... this is still a chicken dish...
- **PAPRIKA & KETCHUP!?!?!:** Calm your jets, turbo! Because I wanted the dish to have a reddish hue, I added paprika and one teeeeny tiny Tbsp of ketchup to the sauce. It's completely optional. Leave it out if you want, but your finished sauce will be brown, rather than auburn-red, like my sauce (pictured).
- **PEPPERCORNS:** In the database, black peppercorns gain points, so this recipe gains 1 ingredient point from black peppercorns. However, if you aren't a points-stickler, and are one of those "I don't count points for spices!!!" people, ignore it. Then, your serving of chicken is 0 points on both plans. You do you, Boo.



BANH MI CHICKEN SANDWICH

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

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

Servings Info.:

Yields: 2 sandwiches
Servings: 2
Serving: 1 sandwich



MY PLAN
R D
0-1

- last checked 11/21/22 -

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

Ingredients:

Chicken & Marinade:

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

Easy Pickled Vegetables:

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

Asian Spread:

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

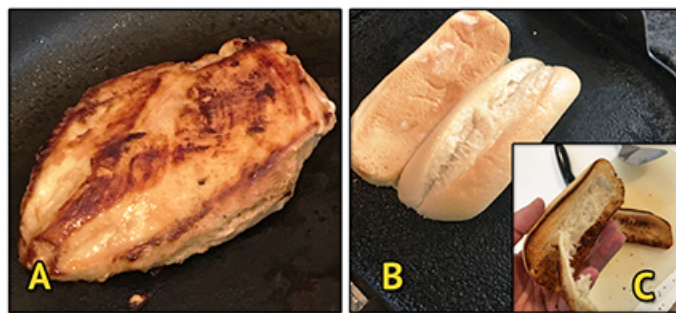
Additional Ingredients:

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

Directions:

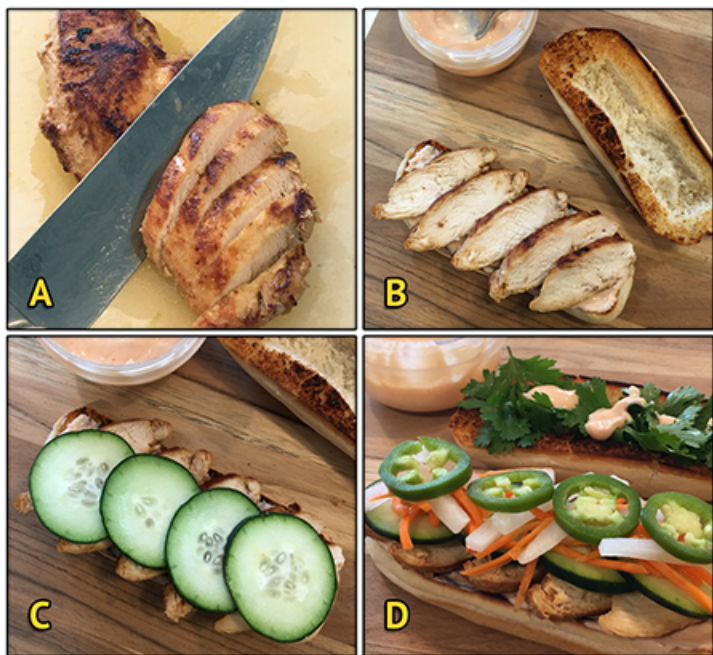


1. **(A)** Peel the daikon radish, then slice it and the jalapeño, removing most of the seeds from the pepper. Add the cut veggies to a small pot and cover with white vinegar. Bring to a simmer, then turn off heat and let cool to room temperature. **(B)** Place the quick pickled veggies into a container,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



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

3. Mix all of the ingredients for the Asian spread together, till smooth and well combined. Set aside.



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

NOTES & SUGGESTIONS:

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





BEEF LOK LAK STIR FRY (BÒ LÚC LẮC)

Cambodian Peppered Beef with Onions And Bell Peppers In A Savory, Smoky Sauce

Though I never really eat beef, this is one of those sentimental dishes that I'll order whenever I see it on a menu. This popular Cambodian street food, known as 'Shaking Beef', is something you might see on the menu at a Thai or Chinese restaurant and never order, because you have no idea what it is. Beef Lok Lak (or **Bò lúc lắc**) has a peppery, savory sauce, coating tender chunks of beef and vegetables. The traditional dish uses a very specific variety of black peppercorns, regional to Southeast Asia... But, my version is using regular, coarse ground black pepper, which is more widely available here in the States.

Servings Info.:

Yields: 8 cups

Servings: 8

Serving Size: 1 cup



R D

4-4

- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat & Marinade:

- 2 pounds beef top sirloin steak, trimmed, sliced into 1" cubes.
- 1/2 tsp baking soda, dissolved into 1 Tbsp water
- 1 Tbsp oyster sauce
- 1 Tbsp reduced sodium soy sauce
- 1 Tbsp 'dark' soy sauce
- 1-1/2 tsp 0 point sweetener o' choice
- 5 medium garlic cloves, minced

Sauce:

- 2 Tbsp oyster sauce
- 2 Tbsp reduced sodium soy sauce
- 1 Tbsp dark soy sauce (I used 'sushi chef' brand)
- 1/3 cup fat free beef broth
- 1 Tbsp coarse ground black pepper
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water

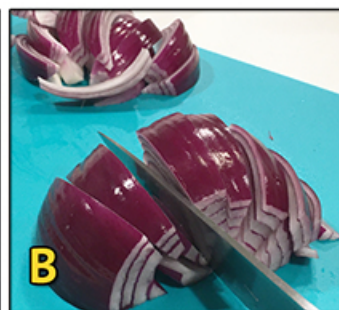
Additional Ingredients:

- 1 large red bell pepper, sliced into strips
- 2 large red onions, halved, sliced into thin wedges (picture 1B)
- (optional) green onions, thin sliced, for garnish

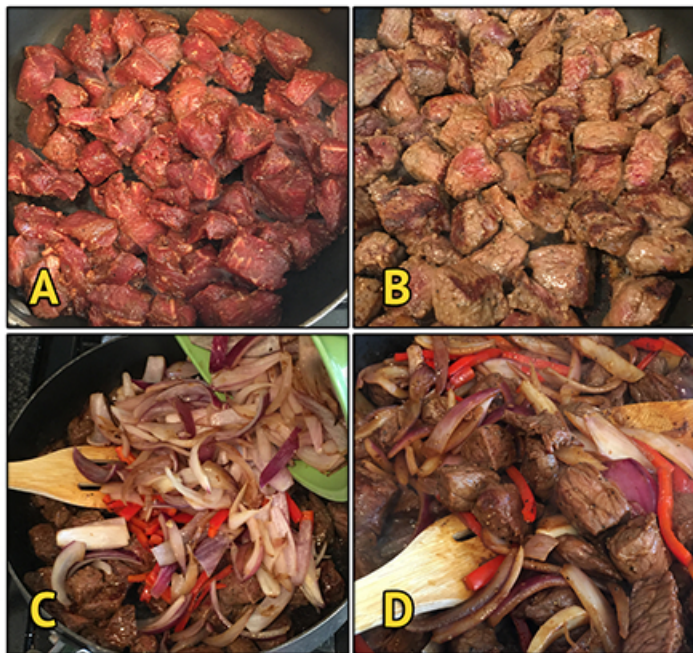
Dipping Sauce:

- 3 Tbsp lime juice
- 1/8 tsp coarse ground black pepper
- 1/4 tsp salt

Directions:



1. **(A)** Mix the sliced & trimmed beef with all the marinade ingredients. Let marinate for at least 30 minutes, though you can also marinate overnight. **(B)** Slice and prep the onions and bell peppers, set aside. **(C)** Heat a LARGE pan over High heat for 1 minute. Spray with cooking spray, then add the onions. Do NOT move the onions. Let cook, undisturbed, for 2 minutes over high heat. Toss, then cook 1 more minute. Set aside in a bowl. **(D)** Return pan to heat, spray pan again and add bell peppers. Cook over high heat, unmoved, for 1 minute. Toss, then cook for 1 minute. You want a little char to develop. Pour the peppers into the same bowl as the onions. Return empty pan to heat.



NOTES & SUGGESTIONS:

- **MARINADE:** As stated in the instructions, though you can marinate the beef for as little as 30 minutes, I marinated mine overnight.
- **BEEF/CHICKEN:** Though this dish is usually made with beef, obviously, you can make it with chicken breast.
- **OYSTER SAUCE:** If you don't like the taste of oyster sauce, you can use 'vegetarian oyster sauce', which is a thick, savory sauce, made from mushrooms.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand to calculate the points for this recipe.
- **COARSE GROUND BLACK PEPPER:** In this dish, we are using 'coarse ground' black pepper, NOT regular, finely ground black pepper you used to have in your mom and dad's little pepper shaker. You can either use a pepper mill on the coarsest setting, to grind your own... in which case, you'll end up with forearms like popeye, to get this much. Or, you can buy a container of 'coarse ground black pepper' at the grocery store, in the spice aisle. That's what I do.

2. **(A)** Spray pan with cooking spray, add marinated beef into the pan, press down into a single layer, then allow to cook for 2 minutes, over high heat, without touching it. **(B)** When the meat has seared, untouched, for 2 minutes, toss the meat in the pan. Cook for 2 additional minutes or until juuuust cooked through and no longer pink. **(C)** Return the bell peppers and onions to the pan, then toss to combine. Let the pan get back up to heat, then pour in the sauce. **(D)** Continue to cook for 2-3 minutes, or until the sauce has thickened and coats the beef in a nice, thick coating. Toss and fold the meat and vegetables till the thick sauce is evenly distributed. Serve immediately, garnish with thin sliced green onions, if desired.

3. To make the simple dipping sauce, mix the lime juice with the 1/4 tsp of salt and cracked black pepper. Done.





BEIJING CHICKEN

My Healthier Version of 'Beijing Beef' From Panda Express, Using Chicken Instead of Beef

THIS DISH IS AWESOME!!! This sauce is absolutely fantastic and has an insanely complex flavor. It has deep savoriness from the soy and oyster sauce, sweetness from the hoisin and 'brown sugar', tang from the vinegar, and heat from the chili sauce and pepper flakes. Combine that with extremely tender, breaded chicken and crisp veggies... yeah, get ready for your happy place.

Servings Info.:

Yields: 6 cups

Servings: 4

Serving Size: 1.5 cups



- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 1-1/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1/2 tsp baking soda, mixed with 1 tsp water.
- 1 batch of my 'toasted breading' recipe on pg. 17.

Beijing Sauce:

- 1/2 cup fat free beef broth (YES... beef)
- 1-1/2 tsp cornstarch, dissolved into the water
- 1/2 cup 0 calorie brown sugar replacement
- 1/3 cup tomato sauce
- 2-1/2 Tbsp hoisin sauce
- 3 Tbsp reduced sodium soy sauce
- 1 Tbsp 'dark' soy sauce
- 1 Tbsp oyster sauce
- 2 Tbsp apple cider vinegar
- 2 tsp asian chili sauce (I used 'Huy Fong' brand chili garlic sauce)
- 1/2 to 1 tsp red pepper flakes, to taste

Additional Ingredients:

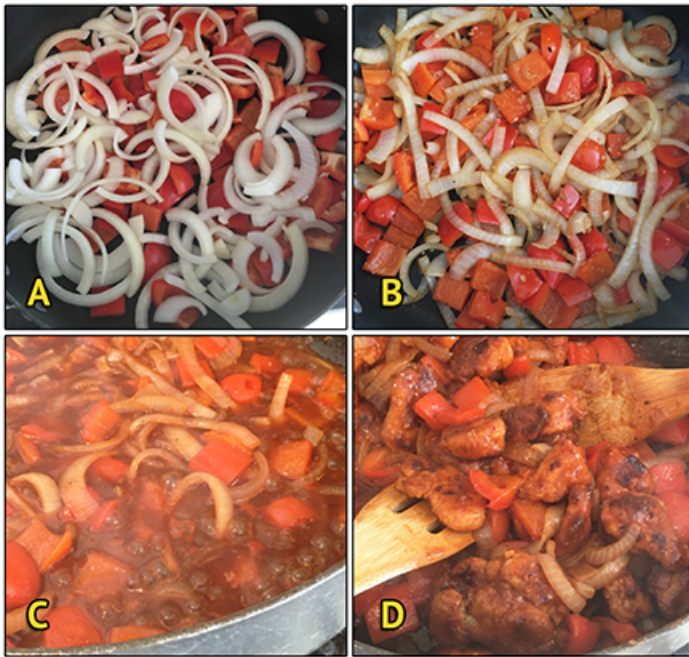
- 1 large onion, quartered, then sliced into strips
- 2 large red bell peppers, cut into roughly 1" pieces.
- 4 medium garlic cloves, minced

Directions:

1. Mix all of the Sauce ingredients together in a bowl, till well combined. Set aside.
2. Preheat oven to 400 degrees. Line a large pan with foil, then spray with cooking spray. Set aside.



3. (A) Mix chicken pieces with the baking soda solution, marinate for 20 minutes. (B) Dip pieces in egg mixture, making sure to allow extra egg to drip off of the chicken. You just want the pieces to be lightly covered. (C) Place dipped chicken, one piece at a time, into the breading and lightly coat. Do not attempt to dump it all in a bag, like shake 'n bake, you'll end up with a bag of mush. Bread these one at a time. Set breaded chicken onto pan, repeat. (D) Spray breaded chicken with cooking spray. Bake 12 minutes, then remove from oven. Flip the chicken pieces over, then bake 4-5 more minutes, or until breading is a uniform, dark golden brown. Remove from oven.



4. (A) Heat a laaaarge pan for 1 minute over medium heat. Spray with cooking spray, then add the chopped bell peppers and onion. Season with salt and pepper. Crank the heat up to medium-high and cook for 4 minutes. (B) When the onions are starting to slightly brown at the edges, add the minced garlic. Cook for 1 more minute. (C) Pour the sauce into the pan, bring to a boil and cook for 3 minutes, till the sauce is noticeably thicker. (D) Fold in and toss the baked chicken pieces, allowing the sauce to continue thickening as it coats all of the pieces. Once all of the chicken is coated in thick sauce, serve immediately.

NOTES & SUGGESTIONS:

- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken WILL lose its crispness after being coated with the sauce for a few minutes. Just like with chicken Parmesan, once your breaded chicken begins to absorb the sauce, it will start to lose its crunchy exterior. Serve right after mixing the chicken and sauce.
- **POINTS:** You can skip the breading and simply cook the chicken pieces in the pan. If you go that route... Marinate the chicken with the baking soda, then cook it in a large pan, till just cooked through. Remove the cooked chicken from the pan, then jump to step 4A. Best part, you'll save time and lose 1 point per serving.
- **BREAD CRUMBS INSTEAD OF RICE KRISPIES:** If you have access to 1 point per slice bread, instead of using my 'breading 2.0' recipe, for the crumbs... you can make a batch of my low point bread crumbs, from pg. 16. It makes enough real breadcrumbs to double-bread all the chicken for the same points. You'll just need an extra egg or two for the egg wash. But, the chicken will be CRAZY crunchy.
- **SWEETENER:** If you don't want to purchase 0 calorie brown sugar replacement, go ahead and use any sugar replacement you want. The color of the finished dish will end up a little lighter in color though.
- **CHILI SAUCE:** Regular recipes for this dish call for using "Asian sweet chili sauce". That stuff has points. Instead, I use 0 point Asian chili sauce. There's plenty of sweetener in this sauce already.
- **SPICINESS:** As-is, this sauce has a nice subtle heat that is present, but doesn't melt your face off. Feel free to add more chili sauce and/or red pepper flakes, to suit your own preferences.
- **EAT MOR CHIKIN!:** Yes... you can make this with beef, if you want. Use my recipe as a template, then adjust your points.
- **DARK SOY SAUCE:** My recipe's points were calculated using 'Sushi Chef' brand Dark Soy Sauce.





BIBIMBAP

A Lighter, Full Flavored Version of The Famous Korean Rice Bowl That's Taken The U.S. By Storm

Calling 'Bibimbap' a rice bowl is like simply calling Godzilla a reptile. This dish is loaded with so much flavor and varying textures, it's a culinary explosion. Putting it together is a lot of work, but luckily, you can make almost all of the different toppings days ahead of time, for convenience.

Ingredients:

Chicken: (Mix it all together, let marinate for at least 30 mins)

- 1 good sized boneless skinless chicken breast, sliced into thin bite sized pieces
- 1 Tbsp oyster sauce
- 1 Tbsp reduced sodium soy sauce
- 1/8 tsp baking soda, dissolved into the soy sauce

Vegetables:

- 2 cups carrots, shredded (I used bagged shredded carrot)
- 2 cups zucchini, sliced into thin matchsticks, like the carrots
- 8 oz sliced mushrooms, any variety you want
- 6 oz bean sprouts (plus 1/2 tsp fish sauce, set aside. See '2D')
- 5-6 oz baby spinach, rough chopped

Additional Ingredients:

- 2 servings (1/2 cup) of my "Gochujang" sauce, recipe in the sauces and dips section, pg 23
- 2 large eggs
- 1/2 tsp toasted sesame seeds
- additional salt and pepper, to season veggies, if desired
- Cooked rice... as much as you want. (see notes)

Directions:

1. (Do Ahead) Make a batch of my Gochujang sauce, then set aside. Can be made 1-2 days ahead of time.
2. Mix the chicken breasts with the oyster sauce/soy sauce/baking soda solution. Let rest for 30 minutes.

Servings Info.:

Yield: 2 BIG bowls

Servings: 2 bowls

Serving Size: errr... 1 bowl

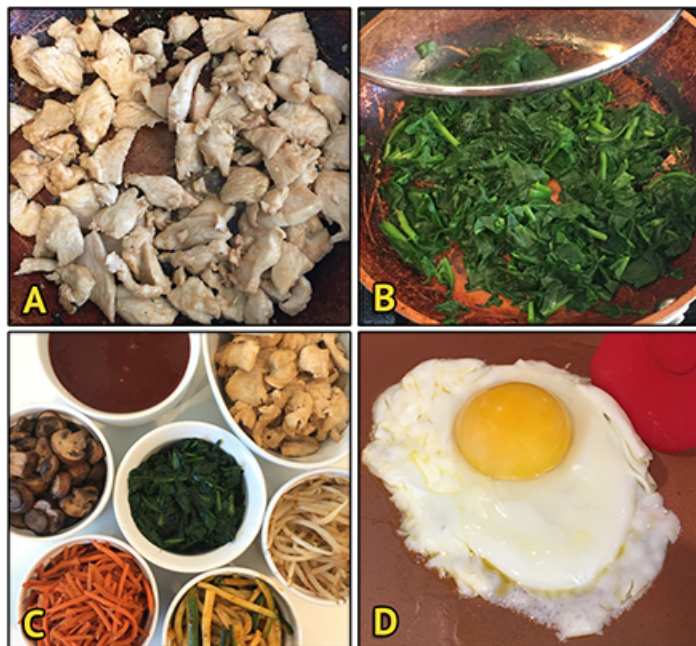


R D
2-2

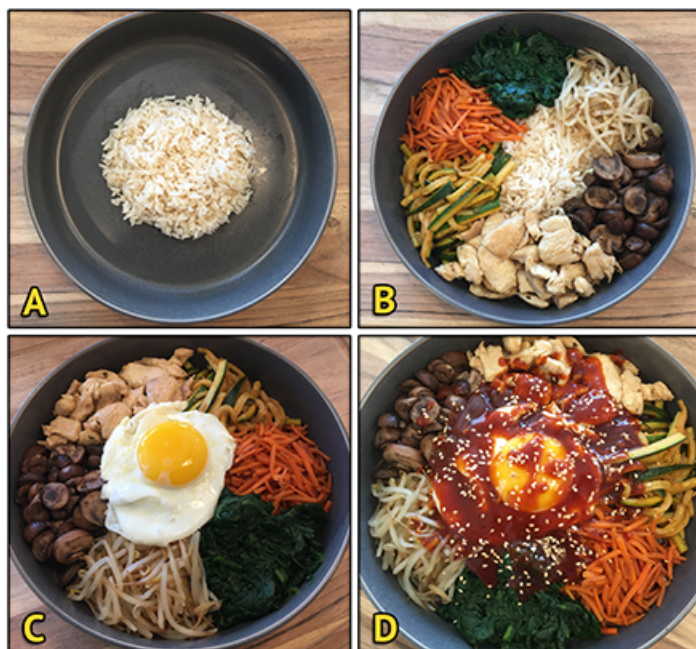
*My listed points **DO NOT INCLUDE** rice! Use as much of whatever type of rice you want. Add MY points, to your rice. (see notes)



2. (A) Heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add the carrots. Cook for 3-4 minutes, mix in 1 Tbsp Gochujang sauce, set aside. (B) Return pan to heat, add zucchini and cook 3-4 minutes, till tender. Stir in 1 Tbsp Gochujang sauce, set aside. (C) Return pan to heat, add mushrooms and splash of water. Cover, cook 5 minutes, set aside. (D) Put pan back over heat, cook bean sprouts for 4-5 minutes, till tender. Add 1/2 tsp fish sauce, mix well, set aside.



3. (A) Preheat pan for 1 minute over medium-high heat, add chicken, then cook for 4-5 minutes. Set aside (B) Return pan to heat, add the chopped spinach, cover with a lid and cook till wilted (3-4 minutes). Set aside. (C) Organize all your cooked ingredients. Now... let's get crackin'. (D) Reduce the heat in your pan to medium. Spray with cooking spray, then add 1 egg into the center of the pan. If egg whites start spreading everywhere, use a rubber spatula to push it all in together till it stays put. Reduce heat to medium-low. Cook egg till the egg whites are JUST cooked through. Set aside, repeat with 2nd egg.



4. (A) Add cooked rice to the center of a large bowl or plate. (B) Arrange half of the vegetables and chicken, separated, around the rice. (C) Add the sunny-side up egg over the top of the rice. (D) Pour 1/4 cup of warmed Gochujang sauce over the egg and garnish with 1/4 tsp sesame seeds. Done. When ready to eat, break the egg yolk and mix the entire dish together. It sounds crazy... but it is fantastic.

NOTES:

- **THAT'S A LOT OF PREP/COOKING!:** Actually... not really. There are 2 ways you can tackle this 'prep-time' behemoth. I personally used method 1... because I'm lazy and it let's you prep a lot of it 1-2 days in advance. Method 2, is for masochists with daddy issues. I've tried both, I'd recommend method 1, unless you have a maid.

Method 1: Cook the different veggies, as well as the sauce separately, over the course of a few days. Store them in the fridge, till ready to eat. The day of, simply warm 'em all up, cook the chicken and egg... then boom, done.

Method 2: The veggies all cook quickly. Use 2 or 3 pans and cook them all at the same time on your stove. You'll be done with the veggies and chicken in 15 minutes. But, your kitchen'll look like Tokyo, after a 1950's Kaiju movie.

- **RICE:** As stated, my listed points **DO NOT** take your rice into account. Use as much or as little as you want, then add my points to your rice. Example: In MY dish, pictured on these pages, I used 3/4 cup white rice, which is 5 points. The actual ingredients of the bowl (everything other than the rice) is 2 points for 1 serving. So, for me... my Bibimbap bowl was 7 points. 5 for the rice, 2 for the chicken, veggies and sauce.





BLACK PEPPER CHICKEN

Ginger Marinated Chicken Breast in a Spicy Black Pepper Sauce

My 2nd favorite dish to get at Panda Express, as far as their chicken entrees go, has always been their Black Pepper Chicken. However, I stopped getting it once I joined WW, because I'm a points hoarder. So... I've finally gotten around to making my own version. This dish is extremely simple to make, and other than fresh ginger and some rice vinegar, uses common ingredients that most everyone already has. This lightened version is extremely flavorful, with a smoky and savory sauce, that allows you to control the heat. Remember... use COARSE ground pepper, they sell it like that at the store, in the spice aisle.

Servings Info.:

Yields: 5 cups

Servings: 4

Serving Size: 1-1/4 cup



- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 1.5 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.

Marinade:

- 2 Tbsp reduced sodium soy sauce
- 2 Tbsp rice vinegar
- 1/4 tsp baking soda (trust me)
- 1 tsp fresh ginger minced. Or you can use 1/4 tsp ground ginger, but the flavor won't be as awesome-sauce.

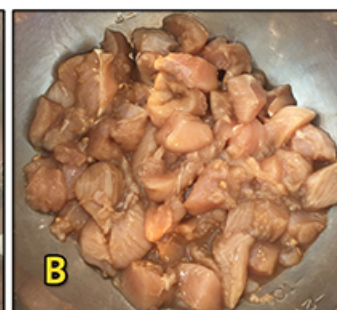
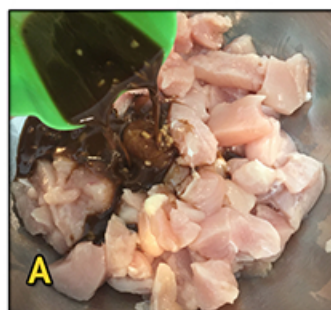
Black Pepper Sauce

- 5 Tbsp reduced sodium soy sauce
- 1/2 tsp 0 point sweetener o' choice
- 2-1/2 tsp 'dark' soy sauce
- 1-1/2 tsp cornstarch dissolved into 1 Tbsp water
- 1 Tbsp COARSE GROUND black pepper, to taste***

Additional Ingredients:

- 1 large onion, quartered and rough chopped (see pictures)
- 5 large celery ribs, sliced on a bias, about 1/4 inch thick
- Additional salt 'n peppa (not the 90's group), if needed.
- Green onion, thin sliced, for garnish
- Up to 1 tsp sesame seeds, for garnish

Directions:



1. (A) Cut all of the chicken into bite sized pieces and place into a mixing bowl. Stir together the marinade ingredients, then add to the chicken. (B) Cover and set aside for 30 minutes.



2. (A) Slice the celery at a bias, keeping the slices around 1/4" thick. (B) Then, quarter the onion and chop it into good sized chunks. We aren't going for a fine dice. Reference the picture at the top of the page for a good visual. Set aside.

3. Preheat a large pan or wok over high heat, till a splash of water in the pan immediately evaporates.



4. **(A)** Spray the pan with cooking spray, then add the chicken. Cook over high heat until just browned. In a large pan, it took 5 minutes for me, but in a wok it might be faster. **(B)** Remove chicken from the pan and set aside. Add onions and celery to the pan, and cook over high heat until slightly softened and beginning to caramelize/brown around the edges. **(C)** Add the chicken back into the pan, along with the black pepper, toss to combine. **(D)** Stir the cornstarch into the remaining 5 Tbsp of soy sauce, then pour into the pan, still cooking at high heat. The sauce should immediately begin to sizzle, reduce and thicken, turning into a thick sauce that coats the chicken. Done. Garnish with thin sliced green onions and a 0 point amount of sesame seeds.

NOTES & SUGGESTIONS:

- **VINEGAR:** If you don't have rice vinegar, you can use regular white vinegar, but add 1/4 tsp sweetener or sugar to it. Rice vinegar has a slight sweetness to it.
- **PROTEIN:** It goes without saying, for a vegetarian option, you can replace the chicken with firm tofu.
- **GLUTEN FREE:** If you have a Gluten intolerance, you can use 'Tamari' type Soy Sauce. It's available in all major super markets and walmarts. Also, cornstarch is gluten free, so you're good to go.
- **COARSE GROUND BLACK PEPPER:** Do NOT USE regular table shaker black pepper, that stuff is finely ground. You need to use pepper that's 'coarse ground', where the bits of black pepper are larger sized granules. Also, start low on the amount of black pepper, then add more to taste. You don't want to burn the roof of your mouth off. Adjust the heat to your own liking.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have one. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"
- **DARK SOY SAUCE:** To keep things consistent, I used 'Sushi Chef' brand dark soy sauce, to calculate the points for this recipe.





BULGOGI BEEF STIR FRY

My Healthier Version of The Fantastic Korean BBQ Beef, Turned Into A Stir Fry

If you've ever gone out for Korean BBQ, you know what Bulgogi Beef is. As served at restaurants, it's extremely thin sliced, tender cuts of beef, marinated in a savory, sweet, sllightly spicy sauce. They bring it to you on a big plate, raw... and you cook it on a big open grill in the center of your table. It... is... fantastic. Unfortunately, it's also INSANELY high in points (I call BS on the '5 points per serving', for the generic listing in the database). REGULAR Bulgogi recipes have a ton of: sugar, sesame oil, high point Korean chili sauce, Asian cooking wine.... Traditional recipes are 'point bombs', so, "5 points" is a lie. My version is skinned down and made into a stir fry, just to get it to only 4 points

Servings Info.:

Yields: 6 cups, packed

Servings: 6

Serving Size: 1 cup, packed



R D
3-4

- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat:

- 1-1/2 pounds uncooked lean trimmed sirloin (see notes)

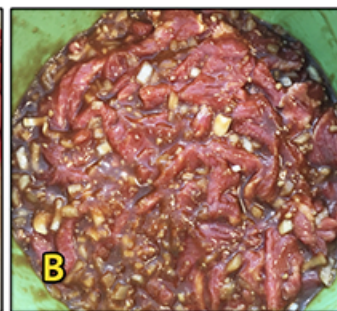
Marinade:

- 1/4 tsp baking soda, dissolved with 1/2 tsp water
- 15oz canned pears, no sugar added. Drain and rinse, then puree the pears. You'll end up with 1/2 cup pureed pear.
- 6-1/2 Tbsp lower sodium soy sauce
- 2 Tbsp 'dark' soy sauce
- 3-1/2 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 2 Tbsp rice vinegar
- 6 medium garlic cloves or 2 Tbsp, minced
- 1 Tbsp fresh ginger, minced
- 2 tsp Asian chili sauce (I used Huy Fong chili garlic)
- 1-1/2 tsp miso paste
- 1 tsp sesame oil
- 1/4 tsp black pepper

Additional Ingredients:

- 1 tsp toasted sesame seeds (see 3A)
- 1 large onion, quartered and thin sliced
- 1/2 cup shredded carrots (thin strips, like for coleslaw)
- 1 large red bell pepper, sliced into thin strips
- 1 bunch green onions, sliced into 2" pieces
- 1-1/2 tsp cornstarch dissolved into 1 Tbsp water, set aside

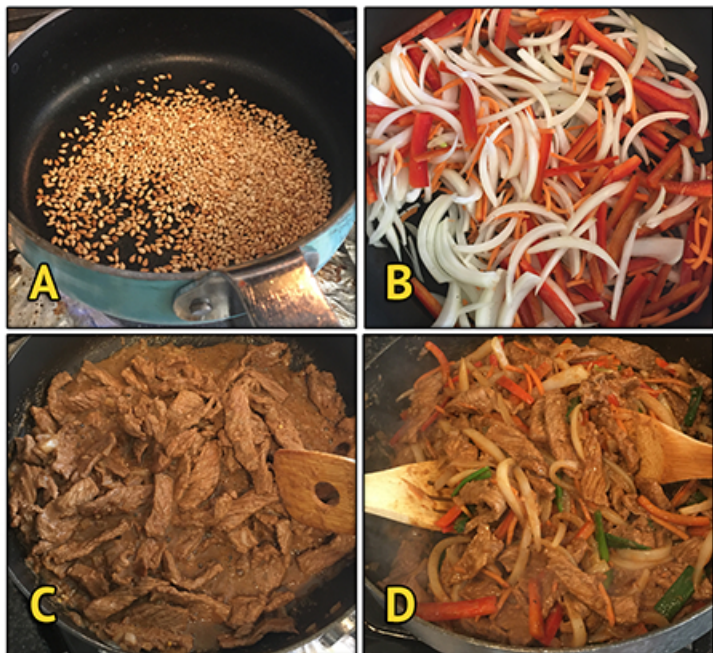
Directions:



1. (A) Trim as much fat and gristle off of the beef as you can, then THINLY slice the beef, seriously... THIN. Really, I'm talkin' 1/8" thick. We want thin and tender meat. (B) Mix the marinade together, till well combined. Rub the marinade all over the meat. Marinate the meat for at least a few hours, overnight if you can.



2. (A) When the meat has finished marinating, prep and slice all your veggies. (B) Just trust me on this... place the meat, in 2 batches, into a strainer over a bowl. You want to remove a good deal of the marinade. There will still be some left on the meat, but we want to sautee the meat... not braise it in a ton of liquid.



3. **(A)** Add 1tsp sesame seeds into a small pan and cook for a few minutes over medium heat, till the sesame seeds are toasted and golden. Set aside. **(B)** Preheat a LARGE pan for 1 minute over medium-high heat, then spray with cooking spray. Add the onion, carrots and bell pepper. Cook 3-4 minutes, or till they begin to caramelize and sweat. Remove veggies from pan, then return pan to the heat. **(C)** Add half of the meat to the pan (*see, there's still a fair amount of liquid*) and cook for 3-4 minutes, till just cooked through. Pour into a large bowl, then add the 2nd half of the meat. Once the second batch is cooked **(D)** add all of the meat and vegetables back into the pan, along with the green onions, the cornstarch solution and HALF of the toasted sesame seeds. Cook for an additional 1-2 minutes, till all ingredients are well coated in thick sauce. Garnish with the remaining toasted sesame seeds. Done.

NOTES & SUGGESTIONS:

- **SIRLOIN:** We are using a VERY SPECIFIC entry in the database for our meat. When you are checking the points for this, or adding it into your database, make sure to use the entry for uncooked lean trimmed sirloin. It's 14 total points.
- **CHICKEN:** Don't want to use beef? No problem. Use chicken breast instead. The entire platter will drop down to only 1 point per serving on both the 'regular' and 'diabetic' plans.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand dark soy sauce, when calculating this recipe's points.
- **SLICING IT THIN:** Slicing the meat thin is important for this dish. The colder the meat is, the easier it is to slice. If you put it in the freezer for 20 mins before slicing, you can make super thin slices much easier than room temperature meat.
- **PEARS:** You can peel, slice and puree fresh pears, or use unsweetened 0 point canned, drained pears like I did. I bought a 15oz can of no sugar added pears (in water), then drained, rinsed and pureed the pears. I ended up with 1/2 cup of pear puree. REGULAR bulgogi recipes use pear JUICE, which is very high in points. I'm reducing the points to 0 on the 'regular plan' by using puree instead of juice.



CHICKEN & BROCCOLI

My Leaner Version of Take-Out Beef & Broccoli. Though, Let's Be Real... Use Beef If Ya Want

One of my favorite 'veggie-heavy' dishes is regular beef & broccoli. Funny part is, I don't really care to eat the beef. My favorite part is the broccoli florets, once they begin to absorb the rich and savory sauce. My version uses a LOT less soy sauce than is in traditional 'skinny' food blogger recipes, with some using nearly 3/4 cup of soy sauce, with over 1500mg of sodium per serving. Mine has 1/3 of that, a lot less 'sugar' than normal, but still retains a great depth of flavor, thanks to the addition of our secret weapon of culinary destruction... 'DARK' soy sauce.

Servings Info.:

Yields: 9 cups

Servings: 6

Serving Size: 1-1/2 cup



R D
1-1

- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken & Marinade:

- 1.5 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into thin slices
- 1/4 tsp baking soda, mixed with 2 tsp water.

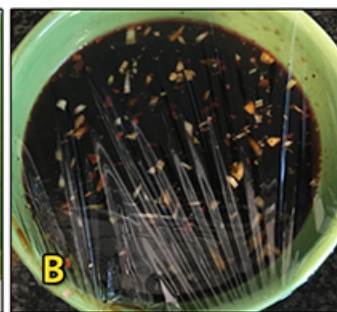
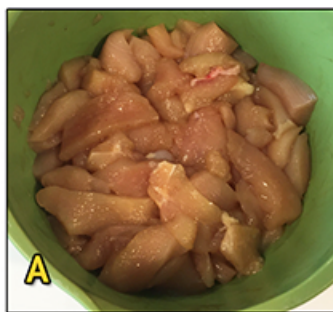
Sauce:

- 1-1/2 cups fat free beef broth (use 0 point brand)
- 2-1/2 Tbsp cornstarch, dissolved into the beef broth
- 3 Tbsp reduced sodium soy sauce
- 2 Tbsp DARK soy sauce (see notes)
- 1 tsp sesame oil
- 1-1/2 Tbsp oyster sauce
- 1/4 tsp red pepper flakes
- 1/8 to 1/4 tsp black pepper, to taste
- 1 Tbsp 0 point sweetener o' choice
- 4 medium garlic cloves, crushed and minced
- 1/2 tsp ginger, minced

Additional Ingredients:

- 24oz uncooked broccoli florets. I purchased (2) 12oz bags of 'Green Giant' broccoli florets. Though, you can use fresh.
- 1 tsp sesame seeds, for garnish

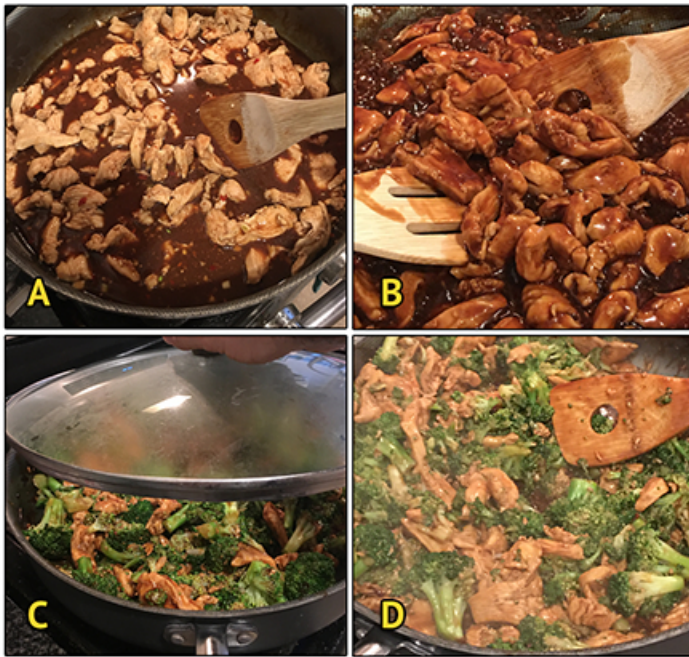
Directions:



1. **(A)** Mix chicken pieces with the marinade ingredients, let sit for 20 minutes. **(B)** Meanwhile, in a separate bowl, mix the sauce ingredients together. Set aside.



2. **(A)** Now, let's QUICK-steam the broccoli. You can either place the broccoli in 1 or 2 large ziplock bags, poke a small hole into the bag(s) with a knife, then cook for 2 minutes. Or... use the bags the florets came in, if microwave safe. 'Nuke' for 2 minutes, then remove broccoli from bags to stop them from steaming. Set aside. **(B)** Heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then place chicken into the pan. Cook for 5 minutes, or till just cooked through.



NOTES:

- **PROTEIN:** Though my dish uses chicken, you can definitely make this with beef, if you'd like. If you do so, remember to adjust your points. If you're going a vegetarian route, you can also use extra firm tofu. If you do, don't use the baking soda in the marinade... That'd be disgusting.
- **GLUTEN FREE:** If you have a Gluten intolerance, you can use 'Tamari' type Soy Sauce. You can also find gluten free, vegan oyster sauce, like mentioned above, as well as making a gluten free 'dark soy sauce' substitute, by adding some molasses to Tamari soy sauce. Though, it might change the points. Also, cornstarch is gluten free, so you're good to go.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand while calculating the points for this recipe. If you use a different brand, adjust your points if needed.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have woks. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"

3. **(A)** When the chicken is just cooked through, increase the heat to high, then pour in the sauce, stir to combine. **(B)** Cook over high heat for 4-5 minutes, stirring while the sauce continues to reduce, thicken and coat the chicken. **(C)** Once the sauce has thickened to a good consistency, add the lightly steamed broccoli florets to the pan. Fold the broccoli into the dish, till well mixed, then cover with a lid. Reduce heat to medium-high, then cook, covered, for 1 more minute. **(D)** Turn off heat, remove lid, then toss till the broccoli and chicken are both well coated in the sauce. Pour into a large serving bowl or platter, garnish with sesame seeds.





CHICKEN JAPCHAE NOODLES

Korean 'Glass' Noodles with Chicken, Vegetables & Toasted Sesame Seeds in a Sweet/Savory Sauce

Korean food is something new to me, so I was excited to look up as many new dishes as I could. This one uses 'Glass' noodles. They are made from sweet potato starch and can be found in the Asian aisle at your supermarket. Once cooked, they are nearly translucent, with an AWESOME texture. You will absolutely love 'em.

Ingredients:

Meat:

- 1-1/2 lb chicken breast, sliced into thin, bite sized pieces
- 1/4 tsp baking soda, dissolved in 1 tsp water
- 1 Tbsp sauce, see below

Sauce:

- 3 Tbsp PLUS 1 tsp reduced sodium soy sauce
- 1 Tbsp 'dark' soy sauce
- 5 medium garlic cloves, minced
- 3 Tbsp sweetener o' choice (I used Lakanto monkfruit)
- 1 Tbsp rice vinegar
- 1 tsp sesame oil
- 1/4 tsp each: salt, and cracked black pepper

Vegetables:

- 1 LAAARGE onion, halved, sliced into strips
- 8oz sliced mushrooms (white, shitaki, oyster, whatever)
- 1-1/4 cup carrot, 'shredded' (long strips, like for coleslaw)
- 1 large yellow bell pepper, sliced into thin strips
- 1/2 cup green onion, sliced into 2" pieces, loosely packed
- 5-7oz baby spinach, rough chopped (see notes)

Additional Ingredients:

- 8oz uncooked sweet potato 'glass' noodles (see notes)
- 1 tsp toasted sesame seeds

Directions:

1. Mix all of the sauce ingredients together. Set aside. Combine the chicken, baking soda mixture and 1 Tbsp of the sauce. Set aside for 20-30 minutes.

Servings Info.:

Yield: 12 cups

Servings: 8

Serving Size: 1.5 cups



R D
3-3

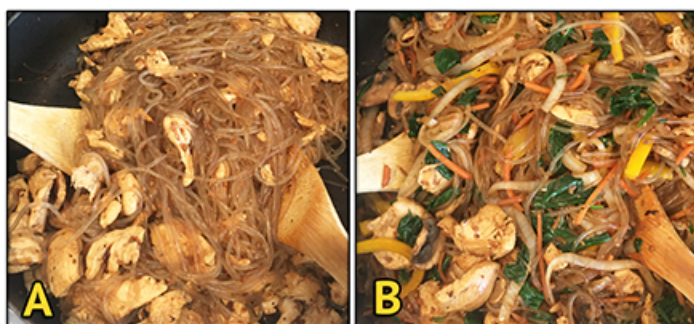
- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



2. (A) Boil the 'glass' noodles, according to package directions. Rinse under cold water to stop the cooking process. (B) Use kitchen shears to snip the noodles a few times, then set aside. (C) In a small little pan or pot, heat sesame seeds over medium-low heat, till lightly browned. Set aside. (D) Heat a large pan over High heat for 1 minute. Spray with cooking spray, then add the chicken. Cook until just cooked through, then pour the cooked chicken into a bowl and return pan to the heat.



3. (A) Add onions to the hot pan, cook for 2-3 minutes or until just browning. Pour cooked onions into a large bowl, return pan to heat. (B) Add the carrots, mushrooms and a splash of water to the pan. Cook for 2 minutes, or till the mushrooms are just browning. Pour veggies into the same bowl as the onions. (C) Return pan to heat, spray with cooking spray, then add bell pepper, cook for 1 minute. Add the green onions, cook for 1 more minute. Pour into the bowl with the other cooked veggies. (D) Return pan to heat and add spinach. Cook till slightly wilted, then add to the bowl of cooked vegetables.



4. (A) Reduce heat to medium, then return the chicken to the pan, along with the sauce and noodles. Toss and toss the chicken, noodles and sauce, until the sauce has been almost completely absorbed into the noodles, turning them a dark brown color. (B) Add the big bowl of vegetables to the pan, then carefully. Add all of the toasted sesame seeds into the pan, then gently fold all of the ingredients together, repeatedly. It'll take a few minutes, but keep folding and tossing the contents of the pan, till the the entire dish is a nice, dark, uniform color. Done.

SPECIAL NOTE:

The reason why so many of the veggies are being cooked separately, then added together at the end... is because there is a ton of them in this recipe. If we try to cook them all together, they'll all be piled in the pan. We don't want steamed vegetable mush.

NOTES:

- **SWEET POTATO 'GLASS' NOODLES:** These noodles are made from the starch of sweet potatoes. You can find these in the Asian aisle of the grocery store, where they sell Asian-style noodles. My store sold them in small 3.5oz packages, so I actually had to buy 3 bags, then weigh 8oz. If you cannot find them, feel free to substitute them with spaghetti, as once cooked, the noodles are the same exact size. The texture of 'glass' noodles... is unique. For you folks who have never had them before, I HIGHLY recommend giving them a try. The noodles are nearly see-through, and have a slight chewy 'bounce' to them. It makes for a very, very unique "mouth-feel" for a noodle dish. Also, in case anyone needs to know, for tracking, my recipe uses 26 points-worth of them.
- **SHIRATAKE NOODLES:** Believe it or not, those 0 point noodles that come in sealed bags of water, are actually really good substitutions for glass noodles, in Asian dishes.
- **CARROTS:** Ok, this caused some confusion in prior recipes. When I say 'shredded carrots', I mean the bagged, shredded carrots you find in the produce department of your grocery store. The carrots are in long, very, very thin matchsticks, like you'd find in coleslaws. They aren't truly shredded, like you'd get from a hand grater.
- **SPINACH:** I'm not going to be an exact-measurment kind of guy with this. Different stores carry different sized small bags of spinach. Get anything in-between 5 to 7 ounces.



CHICKEN MAI FUN

Thin Sesame Seasoned Rice Noodles with Chicken and Vegetables

Alright, first off... this dish actually is darker than what's pictured. For whatever reason, my pictures came out reddish in hue. But, whatever. This is a pretty dangd yummiie, low point spin on a Chinese rice noodles dish. Though I use chicken in my recipe, the star of this dish is the noodles, so you can definitely swap out vegetables or protein for ingredients you prefer.

Servings Info.:

Yields: 9-1/4 cups
Servings: 7
Serving Size: 1-1/3 cup



R D
4-4

Ingredients:

Meat:

- 3/4 pound chicken breast
- 1/4 tsp baking soda, mixed with 2 tsp water

Sauce:

- 1/2 cup fat free chicken broth
- 2 Tbsp oyster sauce
- 2-1/2 Tbsp reduced sodium soy sauce
- 1 Tbsp 'dark' soy sauce; I used 'Sushi Chef' brand
- 1 Tbsp white wine
- 1-1/2 tsp each: rice vinegar & balsamic vinegar
- 1/2 tsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 Tbsp PLUS 1-1/2 tsp cornstarch

Veggies:

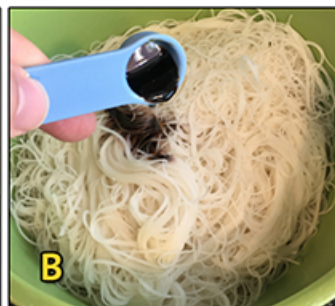
- 1 cup 'shredded' carrots (the bagged stuff, like for cole slaw)
- 1 large onion, quartered and thinly sliced
- 1 tsp ginger, minced (see notes)
- 1 cup thiiiiinly sliced cabbage (can buy 'angel hair' cabbage)
- 1 cup green onions, cut into 2" lengths

Additional Ingredients:

- 8 oz dried vermicelli rice noodles (see notes)
- 2 tsp 'dark' soy sauce, I used 'sushi chef' brand, for noodles
- 1 tsp sesame oil
- 1 tsp toasted sesame seeds. (3/4 tsp in noodles, 1/4 tsp garnish)

Directions:

1. Combine the chicken and baking soda solution, till well mixed. Set aside for 20 minutes. Prepare the noodles according to package directions. Drain, rinse, set aside.



2. (A) Make sure that ALL of your veggies and chicken are prepped before you continue. The rest of this comes together quick. (B) Place the cooked, drained noodles into a large bowl, add the sesame oil and 2 tsp 'dark' soy sauce. (C) This will take a few minutes... but mix the noodles till they take on a dark, uniform color. Set aside. (D) Heat a large, high walled pan over high heat for 1 minute. Spray with cooking spray, then add the thin sliced chicken. Cook for 3-4 minutes, or until it's aaaalmost cooked through. It's ok if there's a little pink.



3. **(A)** Add carrots, ginger and onions into the pan. Cook over high heat for 3 minutes. **(B)** Add finely shredded cabbage, stir to mix. Cover pan with lid, cook/steam for 2 minutes.



4. **(A)** Pour sauce into pan, it should start thickening almost immediately. **(B)** Stir till the sauce coats the vegetables, then **(C)** lower heat to medium and add the noodles, green onions and 3/4 tsp of the toasted sesame seeds. **(D)** Now... here's the tough part. Toss/Stir/Mix it all, till it's completely combined and the sauce is evenly distributed. "But Daniel, what's so hard about that?" If you haven't tried to mix a dish with these THIN rice noodles before... imagine pouring super glue into Rapunzel's hair, after she wakes up with it in knots.... then, trying to untangle it with kitchen utensils. THAT's about how hard it is. It'll definitely take you a few grumbling minutes to separate the noodles. By the end of it, you'll either thank me, or you'll unfollow me, out of spite. Either way though, don't give up, rice noodles are worth it.
5. Once you've managed the minor miracle of untangling and mixing the noodles... garnish by sprinkling the remaining 1/4 tsp of toasted sesame seeds on top. Then... go get yourself a drink. Done.

NOTES:

- **RICE NOODLES:** Ok folks, we're using 'vermicelli rice noodles'. They can be found in the Asian food aisle, if your store has them. They look like angel hair pasta, but are even thinner. They might be called vermicelli rice noodles... they might also be packaged as "MAIFUN RICE STICKS". Some brands ask you to boil them for 2-3 minutes, while other brands (like what I used) simply have you soak the noodles in hot water for a few minutes. Follow the package instructions for the noodles you buy, then use them in my recipe.
- **DARK SOY SAUCE:** I used "Sushi Chef" brand, when calculating the points for this recipe.
- **GINGER:** If you don't want to use fresh ginger, you can use ground ginger. However, only use 1/2 tsp ground ginger... and add it to your sauce, not the onions/carrots.



CHICKEN PANANG CURRY

Tender Chicken And Bell Peppers In A Rich, Flavorful & Spicy Coconut Curry Sauce

Panang Curry is an insanely delicious and spicy dish, typically loaded with enough fat and calories to require a triple bypass. I'm hacking it down with some pretty smart ingredient substitutions. In my recipe, I am using a very specific brand of 'panang curry paste', which I ordered online. I usually don't recommend a specific brand of an ingredient, but this brand is really good and lets you have the most, for the points. However, you can definitely use regular red curry paste as a substitute, which is available at most grocery stores. The sauce won't have the depth, but it's still good.

Ingredients:

Chicken:

- 1lb boneless skinless chicken breast, sliced into very thin strips
- 1/4 tsp baking soda, dissolved with 1 Tbsp water

Sauce 1:

- 3 cups low calorie coconut beverage (see notes!). I used 'Silk' brand Almond/Coconut milk blend. Another popular option is 'So Delicious' light coconut beverage. They are in the milk aisle.
- 1 cup fat free chicken broth
- (OPTIONAL) 1/2 to 1 tsp coconut extract (in the baking aisle)

Sauce 2:

- 2 Tbsp fish sauce (found in the Asian food aisle)
- 3 Tbsp lime juice
- 2 Tbsp powdered peanut butter
- 4 medium garlic cloves, minced
- 2 tsp ginger, minced
- 3 Tbsp PLUS 2 tsp cornstarch
- 1/4 tsp salt

Additional Ingredients:

- 1-1/2 to 2 Tbsp Panang Curry Paste (*see notes about brand!!*)
- 1 large red bell pepper, sliced into thin strips
- 1 large green bell pepper, sliced into thin strips
- 1 small onion, halved, sliced into strips
- Pam (or other brand) coconut oil cooking spray
- 1 cup fresh basil leaves, loosely packed, rough chopped

Servings Info.:

Yield: 6 cups

Servings: 4

Serving Size: 1-1/2 cups



R D

2-2

- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Mix together the chicken & baking soda, set aside for 20 minutes. Prepare Sauces 1 & 2, both in separate bowls/containers. Set aside.



2. (A) Preheat a LARGE pan over high heat for 1 minute. Spray with a 0 point amount of coconut cooking spray, add bell peppers and onion. Cook till they start to sweat. (B) Push veggies to the sides of pan, then add the chicken. (C) Cook over High heat, till chicken is ALMOST cooked through, then (D) add the curry paste. It will take a few minutes, but break up the curry paste and continue mixing till well coated.



3. (A) When the curry paste is well integrated into the dish, (B) pour the coconut beverage/chicken broth mixture into the pan. Allow it to cook for a minute or two, until it comes to a good simmer. (C) Once the coconut liquid is simmering, pour in the second sauce, which contains all the snazzy ingredients. Return to a rolling boil for 3-4 minutes, stirring while it thickens. (D) Turn off the heat. Add the chopped basil, stir to combine, allowing the basil to wilt. Taste the sauce, add Asian chili sauce if you want it spicier.... but seriously, you shouldn't need it. Because this sauce has no actual fatty milk in it, it's spicier, with less chili used, than regular fatty curry.



"Mae Ploy" brand Panang Curry Paste was the lowest point brand I was able to find online. If you have a local Asian market nearby, it's muuuch cheaper in-store.

NOTES:

- **PANANG CURRY PASTE:** I very very very seldomly recommend you to purchase a specific brand of an ingredient, but in this case, I'm going to. I highly recommend going online and ordering "Mae Ploy Panang Curry Paste". It allows you to have 2 Tablespoons for 1 point. Other brands, such as 'Thai Kitchen' are 1 point for a single teaspoon. The bad thing is it comes in a 14oz container, but you can easily justify it. Take 2 scoop portions of the paste and put them into little snack sized freezer bags. Freeze a few of those, then freeze the big container. Now, if you ever want panang curry, simply grab a little baggie and thaw it out, already portioned out. You'll have panang forever. When you look it up in the database... use the ingredient listing created by 'dhallakx7'. I converted the servings to teaspoons, rather than everyone else that has it by 'servings'... because, I rock.
- **PANANG SUBSTITUTE?:** If you don't want to order that panang paste... no worries. You can go to your local store and purchase some 'red curry paste', located in the Asian food section. The flavor won't have the same flavor or depth, but it won't require you to order special ingredients. Also, be advised, regular red curry paste is typically a little bit spicier than panang curry paste.
- **COCONUT BEVERAGE???:** In my recipe, we're eliminating the high fat, high calorie, high point 'light coconut milk', and instead using "coconut beverages". In your grocery store, where they sell the almond, cashew and soy milks... they also sell lightened coconut drinks. Such as "So Delicious" brand unsweetened coconut beverage... which is pretty much coconut milk that's been filtered down to remove the fat, in the same matter as how there's skim milk vs whole milk. A more commonly available alternative is what I used in this recipe, a 'Coconut/Almond milk blend'. Most all major grocery chains, as well as walmarts carry the 'Silk' brand. Making the sauce my way, has 20 less points than regular light coconut milk.
- **ALLERGIES:** You can omit the powdered peanut butter.
- **WHERE'S THE KAFFIR LIME LEAVES??:** I'm not going to make you find kaffir lime leaves, hence the 3 Tbsp of lime juice. However, if you can get the lime leaves, use 5-6 of them instead of the lime juice. Add at step 3C.





CHICKEN WITH BLACK BEAN SAUCE

A Quick And Delicious Dish Loaded With Vegetables With A Tremendously Savory Sauce

One of the things I really wanted to try and push myself to do, with this collection of Asian recipes, is to step out of my culinary comfort zone. Most of the 'popular' ww-friendly food bloggers all make the same exact handful of Asian dishes. Nobody really branches out to more exotic dishes. If there's one thing we know about me, I don't like to play it safe and boring. This dish accomplishes 2 things. It gives you an extremely fast and easy chicken dish, loaded with veggies and a deeply intense, savory flavor. This dish also lets you bust out the jar of 'black bean sauce' I made you get, to make my 'string bean chicken' recipe. I figured if I'm going to make you buy a jar of that stuff, I need to give you more recipes that call for using it.

Servings Info.:

Yields: 7 cups

Servings: 5

Serving Size: 1-1/3 cup



R D

0-0

- last checked 11/22/22 -

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

Ingredients:

Chicken & Marinade:

- 1-1/2 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into thin strips
- 1 Tbsp reduced sodium soy sauce
- 2 tsp 'dark' soy sauce (see notes)
- 1/4 tsp baking soda. Trust me, roll with the madness.

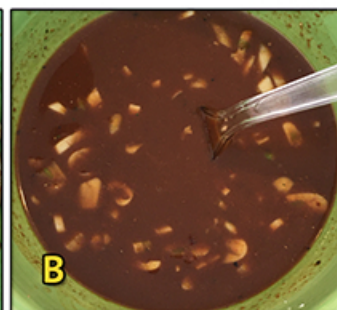
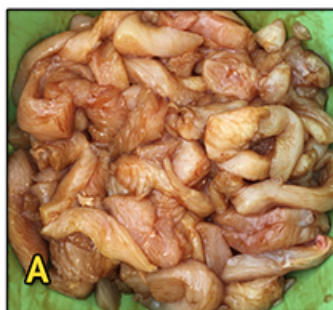
Sauce:

- 1/2 cup fat free chicken or beef broth
- 1-1/2 tsp cornstarch stirred into the broth, till dissolved
- 3 Tbsp black bean sauce *** (see notes)
- 1 Tbsp 'dark' soy sauce
- 1 Tbsp white wine (see notes)
- 1 tsp rice vinegar
- 1 tsp balsamic vinegar
- 1 tsp 0 point sweetener o' choice
- 5 medium garlic cloves, finely chopped
- 1 tsp fresh ginger, minced
- 1/4 tsp cracked black pepper

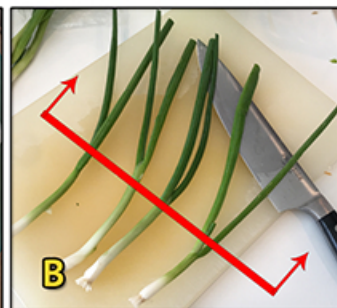
Veggies:

- 1 large onion, quartered, sliced into strips (2-1/2 cups)
- 1 large red bell pepper (2 cups), cut into bite sized chunks
- 1 large or 2 medium green bell peppers (2 cups), cut into bite sized chunks
- 4 green onions, green parts only, sliced into 1 inch lengths

Directions:



1. (A) In a small cup, mix together the soy sauce, dark soy sauce and baking soda. Pour over the sliced chicken breast and allow to rest for 30 minutes. (B) In a separate bowl, add all of the 'Sauce' ingredients, till well combined. Set aside.



2. (A) Cut the bell peppers and onions, set aside. (B) Slice the upper 'green' portions of 4 green onions (or more, if desired) into 1 inch lengths. Set aside.

3. Heat a LARGE pan over high heat for 1 minute, or until water droplets sizzle off it's surface.



4. (A) Spray hot pan with cooking spray and add the chicken. Spread into 1 even layer, then DON'T TOUCH! Cook for 1 minute, untouched, then stir the chicken and cook again for 1 minute, untouched. Continue for 5 minutes, or till just cooked through. Remove chicken from pan, return pan to heat. (B) Add onion and bell peppers to pan, cooking for 4-5 minutes over high heat. (C) Pour in the prepared sauce and sliced green onions, stir to combine. Allow to continue cooking and thickening over high heat for 1 minute. (D) Add the chicken back into the pan, mix to combine, cooking until the sauce has thickened to a gravy-like consistency. Serve immediately.

NOTES & SUGGESTIONS:

- **BLACK BEAN SAUCE:** BBS is essential for the traditional version of this dish. Check for it in the Asian food aisle of your local grocery stores. I had to check 6 stores before I found it. You can fix that by ordering some online from walmart or elsewhere. Note, different brands are different points. I used 'Kikkoman' brand, Black Bean Sauce with Garlic, which is 2 points for 3 Tbsp. If you cannot get black bean sauce, use oyster sauce, though it'll have a drastically different flavor. I highly recommend the black bean sauce, as it's also used in my String Bean Chicken.
- **WHITE WINE:** What the heck?... Well, The traditional recipe calls for an Asian sweet wine. I'm not going to tell you to buy that. Instead, we're going to make our own substitute, using regular white wine, plus some sweetener, rice vinegar and balsamic. Problem solved.
- **PROTEIN:** It goes without saying, you can replace the chicken with beef, tofu or seafood. Adjust points if needed.
- **GLUTEN FREE:** If you have a Gluten intolerance, you can use 'Tamari' type Soy Sauce. It's available in all major super markets and walmarts. Also, cornstarch is gluten free, so you're good to go.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand to calculate the points for this recipe.
- **POINTS:** This recipe lets you have up to 2 servings for 0 points on both the 'regular' and the 'diabetic' plans. However, there IS a lot of sodium, so be mindful of that.



CHOP SUEY

A Filling and Hearty Dish, Loaded With Tons of Fresh Vegetables, With A Thick Yet Mild Sauce

Let's start off by addressing the elephant in the room... Chop Suey's bad rap. It's usually considered disgusting 'strip mall' Chinese fast food that nobody orders. Or if you're like me... you were traumatized by the 'canned' chop suey back when you were a kid. REAL chop suey is fantastic. It is a wide assortment of veggies and a meat, cooked and tossed with a very light and savory sauce. You can customize this dish a million ways. Though my recipe is Chicken Chop Suey, I'm presenting it merely as 'chop suey', so you can use this as a template for your own creation.

Ingredients:

Meat:

- 1-1/2 lb chicken breast, sliced into thin strips
- 1/2 tsp baking soda, dissolved into 1 Tbsp water
- 1 Tbsp reduced sodium soy sauce

Sauce:

- 1 cup fat free beef or chicken broth
- 1-1/2 Tbsp cornstarch, dissolved into the broth
- 1 Tbsp PLUS 2 tsp oyster sauce
- 1 tsp sesame oil
- 1 Tbsp PLUS 1 tsp 'Dark' soy sauce
- 1 Tbsp white wine (see notes)
- 1 tsp rice vinegar
- 1 tsp balsamic vinegar
- 1 Tbsp 0 calorie brown sugar replacement o' choice
- 1/2 tsp cracked black pepper
- 5 medium garlic cloves, minced

Veggies:

- 1 LARGE onion, quartered and thin sliced (around 3 cups)
- 2 cups celery, sliced on a bias (around 3-4 ribs)
- 2 large carrots, sliced on a bias about 1/4" thick, then cut into strips (see picture 1A), around 2 cups.
- 2 cups green leafy vegetable, loosely packed, rough chopped. Though not traditional, I used tuscan kale. (see notes)
- 10 to 12 oz canned 'baby' corn, sliced in half, lengthwise
- 1/2 cup canned bamboo shoots or water chestnuts.

Servings Info.:

Yield: 9 cups

Servings: 6

Serving Size: 1.5 cups



R D
0-0

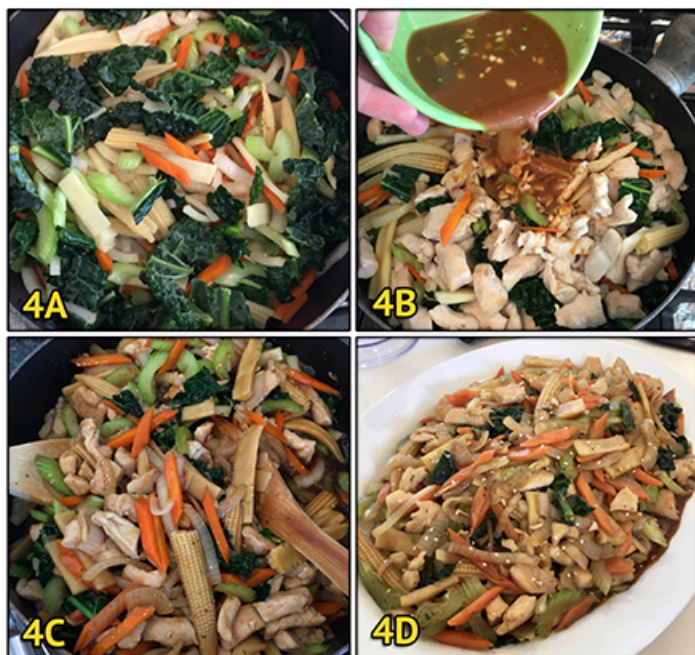
- last checked 11/22/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Mix together the chicken with the baking soda/soy sauce. Set aside for 20-30 minutes.
2. Mix the sauce ingredients together, set aside.



3. (A) Slice the carrots on a bias, then slice into thin strips. (B) Slice all of the other vegetables as directed, minus the 'bamboo shoots', they come already sliced. Set aside. (C) Heat a LARGE high walled pan over medium high heat for 1 minute. Spray with cooking spray, cook chicken for 5 minutes, till just cooked through. Remove from pan. (D) Add carrots to pan, turn heat up to high, cook 1 minute. Add onions, cook for 2 more minutes.



4. (A) Add celery, bamboo shoots and sliced corn to the pan and cook for 1 more minute. Add the green leafy veggie, toss, cover with a lid and cook for 1 more minute. (B) Add the chicken back into the pan, then pour in the sauce. (C) Continue to cook, tossing and stirring for 2-3 more minutes, or until the sauce thickens and coats everything. (D) Place onto a large platter, serve immediately. As an optional garnish, you can top your platter with up to 7/8 tsp of sesame seeds for 0 points. Another nice garnish would be some thin sliced green onion.

SUBSTITUTION IDEAS:

- You can add fresh minced ginger to the sauce in addition to, or in place of the garlic.
- If you don't want to use canned bamboo shoots, you can use canned 'sliced water chestnuts'. They are pretty crunchy, so you should add them into the dish at the same time as the onions.
- This is an 'empty out your fridge' kind of dish, as far as veggies go. You can replace any of the onions, celery or carrots with whatever you have on hand. Bell peppers, small broccoli florets, broccoli rabe, green snap peas, mushrooms... pretty much anything can go in this dish. Just try to keep the same 'amount', in total, as the other veggies. Otherwise, you'll have less servings and you'll need to adjust the points.
- I used 'Tuscan Kale' for my dish because my local store was out of Bok Choy. I chose Tuscan kale over regular kale because it's a darker color and the ribs on Tuscan kale aren't as hard. Collard greens, mustard greens, regular kale (remove the ribs), or cabbage are other choices for green leafy veggies you can use in place of the tuscan kale that I used. You can ALSO use spinach.... but you'll need about 100lbs of it, considering how much spinach cooks down.
- Another common 'bulk' item in a dish like this, would be adding bean sprouts.

NOTES:

- **PROTEIN:** I'm using chicken, but you can obviously make this dish with beef, pork, or tofu. Adjust points if needed.
- **OYSTER SAUCE:** My wife HATES oyster sauce... a fact I learned after I made this dish. If you are vegetarian, or don't like the slight seafoody taste of oyster sauce, you can purchase vegetarian oyster sauce at stores. It's made from mushrooms.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand, to calculate the points for this recipe.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have woks. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven.
- **WHITE WINE:** Traditional recipes call for Chinese cooking wine. Because it's high in points and I don't want to make you order it, we're making an easy substitution. By mixing some white wine with a little 'brown sugar', rice vinegar and balsamic vinegar, we get a similar flavor profile with ingredients you probably already have in your pantry.
- **POINTS:** On both plans, only the first serving is 0 points. After that, you can have up to 4 servings for 1 point. Though I hiiiighly don't recommend eating 6 cups of this. 0 points doesn't mean 0 calories. Plus... you'll pop.





CHOW MEIN

A Lightened Up Take On Basic Chow Mein Noodles

There are so many variations on how to properly cook traditional Chow Mein noodles it'd make your head spin, so I'll just start off by saying, this is not traditional. This is my low calorie, low fat take on the Chow Mein from Panda Express. I use store bought 'Soba' noodles in this recipe, but you are more than welcome to use any type of noodles you want. The amount of cabbage and onion may seem like a lot, but they cook down. I tried the recipe with half the veggies, but I really preferred it using the full amount of cabbage and onion, as shown below. If you'd like this to be more of a main course, you can add chicken, shrimp, pork, beef or tofu. Doing so will add bulk to the dish, giving you even more servings, so you'll need to adjust the points.

Ingredients:

Noodles:

- 6oz package of dried Asian 'Soba' style noodles. I used 24 points worth. Different brands have different point values. They are located in the Asian food aisle.

Veggies:

- 1 large onion, halved, and thin sliced.
- 1 large head of cabbage. Core removed, slice the cabbage in half, then slice each half into (4) 1/4's (pictured in 1A).

Sauce:

- 3 Tbsp reduced sodium soy sauce
- 3 Tbsp oyster sauce

Additional Ingredients:

- Green onion, thin sliced on a bias, for garnish.
- 1 tsp sesame seeds, for garnish

Servings Info.:

Yield: 6 cups

Servings: 6

Serving Size: 1 cup



R D
4-4

- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:



1. (A) As listed in the ingredients, slice the large head of cabbage in half, then cut each half into 1/4's as shown. (B) Slice each of the sections into roughly 1/4 inch thick strips, then chop across them all a few times. Set aside. (C) Slice the onion in half, lengthwise, then cut into 1/4 inch wide strips. Place the onions and cabbage into a large mixing bowl, season with some salt, toss, then set aside for later use. (D) I'm pretty much only including this picture, so you can see the type of 'Soba' noodles I used. As long as what you get says Soba on it, you should be fine.

2. Bring a large pot of water to a boil, then preheat a LARGE pan or a wok over high heat for 30-40 seconds.



3. (A) Spray the hot pan with cooking spray, then add the onions and cabbage. Cook for 5-6 minutes, till the veggies start to sweat and slightly brown. (B) While the veggies are cooking down, add your 'Soba' noodles to the boiling water. The packaging says to cook them for 2 minutes, but we want them to be plumper, so I cook them for 6 minutes. (C) Drain the noodles and rinse them off with cold water to stop them from cooking and getting mushy. While they are in the colander, use scissors to snip them 2 or 3 times. "WHAT!?!?!? Cuttin the noodles!?!?" We're shooting for shorter noodles, like at Panda Express. Leave them long if you want, Nancy! (D) Now, your veggies should have some caramelization to them. So now, (E) gently fold the noodles into the vegetables, to combine. (F) Pour in the soy sauce and oyster sauce. Fold it all together till the noodles are well coated. Done.
4. Serve hot. Garnish with thin sliced green onions, cut on a bias, along with sesame seeds.

NOTES:

- **NOODLES:** For this recipe, I used 'Soba Noodles', which are in the Asian food aisle. There are many different brands and varieties, all with varying points. The package that I bought was 6oz for a total of 24 points.
- **NOODLE SUBSTITUTIONS:** You can use any type of noodle you would like. 8oz of regular whole wheat spaghetti can be used in place of the Soba noodles, though the texture will be different. You can also use other types of Asian noodles, even the vacuum sealed soba or buckwheat noodles in the refrigerated Asian foods section. You do you. However, remember that my recipe assumes 24 points of DRIED noodles.... which expand and make a lot more pasta than 24 points of already cooked, vacuum sealed Asian noodles.



DRUNKEN NOODLES

Traditionally Known As "Pad-Kee-Mao", This Noodle Dish Has A Reputation For Being 'Hangover Food'

Despite it's funny monicker, this noodle dish is freakin' delicious. Tender chicken is tossed with sautéed mixed veggies, ginger, garlic, a rich and savory sauce, with a little spicy kick. However, what absolutely MAKES this dish is the rice noodles.

Ingredients:

Meat:

- 1.5 lbs chicken breast, sliced into thin, bite sized strips
- 1/4 tsp baking soda, dissolved in 1 tsp water
- 1 Tbsp low sodium soy sauce

Sauce:

- 2 Tbsp reduced sodium soy sauce
- 2-1/4 tsp 'dark' soy sauce
- 1 Tbsp Asian 'fish' sauce
- 2 tsp oyster sauce
- 2 tsp Asian chili sauce (I used Huy Fong Chili Garlic sauce)
- 1-1/2 tsp cornstarch, stirred in till dissolved
- 1/4 tsp sesame oil

Vegetables:

- 5-6 medium garlic cloves, sliced thin
- 1 tsp fresh ginger, minced
- 1 LARGE onion, halved, then sliced into thin strips
- 1 LARGE red bell pepper, sliced into thin strips
- 1/2 cup green onions, sliced into 2" pieces
- 10 baby corn ears, sliced in half, lengthwise
- 1 cup Thai Basil leaves OR.... 2 cups 'regular' Basil with 1 Tbsp finely chopped fresh tarragon.

Additional Ingredients:

- 8oz uncooked wide RICE noodles (see notes)

Directions:

1. Combine the chicken, baking soda and soy sauce. Set aside for 20-30 minutes. In a separate cup, mix all the sauce ingredients till smooth, cover, set aside.

Servings Info.:

Yield: 9-1/4 cups

Servings: 7

Serving Size: 1-1/3 cups



R D
3-3

- last checked 11/22/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.



2. (A) Slice and prep all the vegetables, set aside. (B) Cook the rice noodles according to package directions. Rinse and set aside. (C) Heat a large pan over high heat for 1 minute. Spray with cooking spray, add the marinated chicken. Cook until just cooked through, about 5 minutes. Remove chicken from pan, setting aside, then return pan to heat. (D) Spray the pan with cooking spray, then add the garlic, ginger, onion and bell pepper. Cook for 3-4 minutes, till they start to slightly caramelize around the edges.



3. (A) Add the sliced green onions and baby corn to the pan. Cook for 1 minute over high heat, tossing to combine. (B) Return chicken to the pan, then pour in the sauce. Cook for 1-2 minutes, stirring/tossing till the chicken and veggies are coated in a thick, uniformly dark sauce. (C) Add the fresh herbs (either Thai Basil or Basil & Tarragon), toss to combine. Once the basil begins to wilt, (D) Add the pre-cooked rice noodles to the pan and reduce heat to medium. Toss, toss and toss it all together, until the noodles are completely coated in sauce, 1-2 minutes.



4. (A) Try a piece of one of the noodles. If they are still too firm, continue cooking for an additional minute or two, till the texture, like Goldilocks, is juuuuust right. (B) Grats, you're done. Now, to keep with the recipe's name, feel free to crack a 'cold one', then get your grub-on, Gangnam Style... Yeah, I know you just read that text bubble in-tune with the song, sexy lady.

Keep In Mind:

This is NOT a heavily "sauce'd" dish. It's not dripping with thick, gravy-like sauce, unlike how you might get this dish at a take-out or strip mall restaurant. The star of this dish is the thick, chewy rice noodles... NOT a quart of sauce.

NOTES:

- **RICE NOODLES:** Ok folks, we're using a new ingredient your local stores may not have, mine didn't... WIDE rice noodles. They can sometimes be found in the Asian food aisle, or at Asian/Ethnic grocery stores. Honestly though, I ordered a 16oz box off of Amazon. The brand is called "A Taste of Thai, Wide Rice Noodles". With Prime, it cost me \$8 to get a 16oz box delivered 'next day'. Can't beat that, considering I spent hours driving to different stores to find them, with no luck. Follow the package instructions for the noodles you buy. Some brands want you to boil the noodles for 5-6 minutes, some ask you to soak the noodles for an hour... do what your box says, but you want them 'al-dente'. If you have no desire to order the wide rice noodles, you can use fettuccini, or extra wide pappardelle pasta. However, the texture will be VERY different. It'll still be good... just, not as good. My recipe used 23 points of dried, wide rice noodles.
- **GLUTEN SENSITIVITIES:** Rice noodles are gluten free. You can also buy gluten free soy sauce, called 'tamari' soy sauce.
- **BABY CORN:** These are those funky lookin' little mini ears of corn, you used to see at salad bars. You can find them either by the canned corn or in the Asian food aisle.
- **THAI BASIL OR SUBSTITUTIONS:** Thai Basil has a stronger basil flavor than 'regular' basil. It also has a slight licorice flavor. If you can't get Thai Basil (I can't), a simple way to substitute for it is to use twice as much 'regular' basil, and add something with a licorice flavor. In this case, tarragon.





GENERAL TSO'S CHICKEN

This Spicy, Savory, Sweet & Tangy Dish Is A Favorite At Chinese Restaurants Across America

General Tso's Chicken isn't a 'true' Chinese recipe. It wasn't invented in a monastery, by a ShaoLin Monk... but one bite will make you think this dish's Kung Fu is strong.

Think of this as a sweet cousin to Kung Pao chicken, but breaded. It's a bit spicy, but has a good balance between spicy, sweet, savory and sour.

Servings Info.:

Yields: 6 cups

Servings: 6

Serving Size: 1 cup



R D

2-2

- last checked 11/22/22 -

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

Ingredients:

Chicken:

- 1-3/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1/2 tsp baking soda, dissolved in 1 Tbsp water
- 2 large eggs, whisked together... will be used in step **3B**.

Breading:

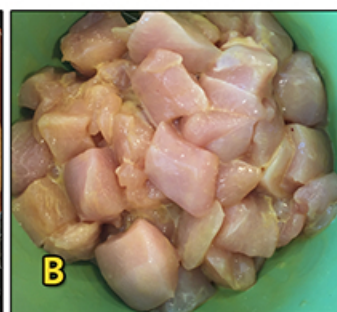
- 2 cups rice krispies cereal, measured then lightly crushed
- 1/4 cup panko breadcrumbs
- 1-1/2 tsp flour (any type you want)

General Tso's Sauce & Glaze:

- 1 cup fat free chicken broth
- 3 Tbsp cornstarch, stirred into the broth, till dissolved
- 3 Tbsp PLUS 1 tsp low sodium soy sauce
- 1 Tbsp 'dark' soy sauce
- 4 Tbsp rice vinegar
- 1-1/2 tsp balsamic vinegar (see notes)
- 2 to 3 Tbsp Asian chili sauce (I used Huy Fong chili garlic)
- 4 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 1 Tbsp no sugar added ketchup, OR tomato sauce
- 2 tsp paprika... No, really, I'm serious. (see notes)
- 2 tsp ginger, minced
- 4 medium garlic cloves, minced
- 1 tsp sesame seeds, for garnish

Directions:

1. Marinate the chicken pieces with the baking soda solution for 20 to 30 minutes.
2. Crush the rice krispies till they are the consistency of regular breadcrumbs, set aside.



3. **(A)** Heat a pan over medium heat for 1 minute, then add all breading ingredients. Toast for 3-4 minutes, or until the crumbs are a nice, uniformly golden color. Remove from pan and set aside, letting the crumbs cool to room temperature. **(B)** Place the whisked eggs into the bowl with the chicken pieces, mix to combine. **(C)** Place the toasted crumbs in a bowl, then place the chicken chunks, ONE AT A TIME, into the crumbs. Use a fork to lightly coat each chunk with the breading. **(D)** Place the lightly breaded chicken pieces onto 2 large baking pans, covered with foil and sprayed with a light coat of cooking spray.

4. Mix all of the sauce ingredients together, in a bowl, till well combined. Set aside. Preheat oven to 425 degrees.



5. (A) Place the chicken into the oven and bake for 15 minutes. Remove chicken from oven, flip each piece over, then return to oven. Bake for an additional 5-7 minutes, till the chicken is cooked through. Remove and let cool on counter for 5 minutes. (B) Heat a LARGE pan over high heat for 1 minute. Stir the sauce again, then pour it into the hot pan. Begin stirring continuously. (C) The sauce should begin to thicken almost immediately. Once it gets to the consistency of maple syrup. (D) Add the chicken into the pan and toss till completely coated. Slather it up like a cast member of Jersey Shore putting on suntan lotion. Serve immediately. Garnish with sesame seeds.

NOTES & SUGGESTIONS:

- **BREADING:** I strongly advise you NOT to dump all of the breading and chicken into a ziplock bag, then shake it all up. It does NOT work. It takes time, but you need to bread the chicken one piece at a time. It took me around 15 minutes.
- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken WILL lose its crunchiness after being coated with the sauce for a few minutes. Just like chicken Parmesan does. Once your breading begins to absorb the sauce, it'll eventually lose its crunchy exterior. For this dish, toss the chicken into the sauce and serve within a few minutes.
- **BREAD CRUMBS INSTEAD OF RICE KRISPIES:** If you have access to 1 point per slice bread, instead of using my 'breading 2.0' recipe, for the crumbs... you can make a batch of my low point bread crumbs, from pg. 16. It makes enough real breadcrumbs to double-bread all the chicken for the same points. You'll just need an extra egg or two for the egg wash. But, the chicken will be CRAZY crunchy.
- **BALSAMIC!?:** Traditional recipes call for using 'Chinkiang' vinegar. An easy substitution for it is mixing a little balsamic with a some rice vinegar. So, that's what we're doing here.
- **KETCHUP & PAPRIKA!?!?:** In order to get a dark, deep reddish color for the sauce, I'm adding a 0 point amount of no sugar added ketchup, as well as paprika. You can also use canned tomato sauce instead of the ketchup. See that deep red color in my pics? That's from the ketchup, paprika and Asian chili sauce. Without them, the sauce would be dark brown.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand, for calculating points.
- **HEAT:** You can customize the spice level of this dish by increasing/decreasing the Asian chili sauce.





HOISIN CHICKEN

Sweet, Savory, Fruity And Smoky... This Dish Features Tender Chicken & Veggies In A Rich Sauce

I realized today, other than my Beijing Chicken recipe, I really didn't have any other dishes that used Hoisin sauce. I can't expect you folks to purchase a condiment that's only used once... so the only natural thing for me to do, is make a dish that is completely dependent upon that ingredient. Hmm... kind of reminds ya of my Black Bean Chicken, doesn't it? Anyways...Hoisin sauce is an incredibly flavorful paste/sauce that's used in Chinese recipes. It lends a sweet, savory and slightly smoky flavor. Think of it as the base for a good Chinese style BBQ sauce. It's very tasty, but high in points, unless stretched across a large recipe.

Servings Info.:

Yields: 7.5 cups

Servings: 5

Serving Size: 1-1/2 cup



- last checked 11/22/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

CHICKEN:

- 2 pounds boneless skinless chicken breast, cut into bite sized pieces
- 1/2 tsp baking soda, stirred into 1 Tbsp water

SAUCE:

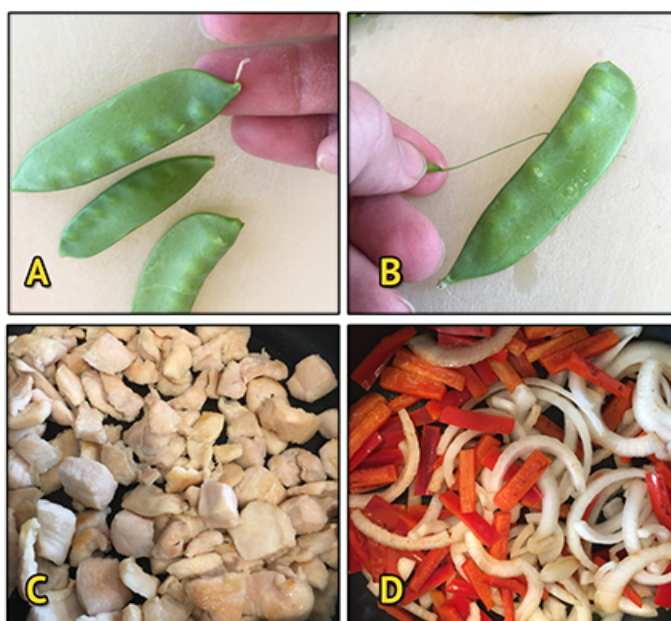
- 4-1/2 Tbsp hoisin sauce
- 2 Tbsp reduced sodium soy sauce
- 2 tsp 'dark' soy sauce (optional, but makes a big difference)
- 1 Tbsp no sugar added ketchup OR canned tomato sauce
- 1/2 to 1 tsp Asian chili sauce, to taste
- 1 tsp ginger, minced
- 1/2 tsp cornstarch, dissolved with 1 Tbsp water

ADDITIONAL INGREDIENTS:

- 2 large red bell peppers, cut into 1/4" wide strips. (2 cups)
- 1 large onion, halved, then sliced into strips
- 6oz bagged fresh snow peas, trimmed (see steps 2A & B)
- (optional) Thin sliced green onions, for garnish, if desired.

Directions:

1. Mix together the chicken with the baking soda. Set aside for 20-30 minutes. While it's marinating, mix the sauce together and chop the onions and bell peppers.



2. (A) To 'clean' the snow peas, pinch off the little string on one end, then (B) peel back to the opposite end of the pea pod. If it comes off as a long strand, awesome. If it doesn't, that's ok. The primary goal is to at least remove the little string at the end. Set aside (C) Heat a LARGE pan over medium-high heat for 1 minute. Spray pan with cooking spray, then add the chicken. Let cook for 2 minutes without stirring. Toss, then cook for an additional 3-4 minutes, or until just cooked through. Pour chicken into a bowl, return pan to heat. (D) Spray pan with cooking spray, then add the onions and bell peppers. Turn heat up to High, then cook for 3-4 mins. You want them to begin caramelizing, but still have some crunch to them.



3. **(A)** Add snow peas to the pan, toss to coat, and cook for 1 minute over high heat. **(B)** Pour in the sauce, stirring and tossing to coat, as it thickens. Once the veggies are coated, **(C)** add the chicken back into the pan. **(D)** Continue cooking as you stir/toss the contents of the pan. You want the sauce to thicken and coat the chicken in a thick, dark glaze. Pour the contents of the pan onto a large serving tray or into a serving bowl. If desired, sprinkle with thin sliced green onions, for garnish. Done.

NOTES & SUGGESTIONS:

- **SNOW PEAS:** Are NOOOOOOOT the same as 'snap peas'. Snap peas have a much tougher 'shell'. Buy snow peas. My local grocery store sells them in 6oz bags. If your store only has them in slightly larger bags... don't worry about being exact. Use what you can get.
- **DARK SOY SAUCE:** Once again... I used 'Sushi Chef' brand dark soy sauce, while calculating this recipe's points.
- **WHERE ARE THE PEPPERS?:** I am NOT going to tell you all to go find an Asian market and find/buy dried Chinese chili peppers. That's why I'm using Asian chili sauce for the slight heat in my recipe. It's at every store and it's very easy to adjust to your desired level of heat. However... if you are one of those crazy people that likes face-melty food... feel free to ratchet up the heat by adding more chili sauce. Even sliced jalapeños, spicy Thai peppers, or dried Chinese chili peppers would be an easy addition... you fire-breathing sadists.
- **HOISIN SAUCE:** Is available at ALL major grocery stores and at Walmarts, in the Asian food aisle. It is sold in jars, located near the soy sauce. It is a thick, reddish sauce, which has a rich savoriness, sweetness, and a hint of fruitiness... but must be kept refrigerated after use, or it goes bad. Kind of like @chiafullo... but in paste form.



HONEY GARLIC CHICKEN

My Non-Traditional, Kinda Traditional Recipe.... Which Is Both Confusing AND Delicious 🤔🤔🤔

If anyone is here looking for a typical "skinny blogger" honey chicken recipe, consisting of a little garlic, a 1/2 cup of soy sauce and enough honey to make Winnie The Pooh diabetic... sorry. I searched for a TRADITIONAL Chinese recipe, then used ingredient swaps to mimic the flavor profile, while lowering the sugar, calories and points. I also added an onion (non-traditional) to bulk up the dish and add a serving. My recipe has a lot of stuff in it, but it's worth it to have depth of flavor vs. a 1-note, sugary syrup dish.

Ingredients:

Chicken & Marinade:

- 2 lbs boneless skinless chicken breasts, sliced very thin
- 1/2 tsp baking soda... no questions... "Just doooooeeet!"
- 1 Tbsp lower sodium soy sauce
- 1 Tbsp white wine
- 1 tsp rice vinegar
- 1 tsp balsamic vinegar (see notes)
- 1 tsp 0 calorie brown sugar replacement
- 1/2 tsp 'dark' soy sauce

Sauce:

- 7 Tbsp fat free chicken broth
- 1-1/2 Tbsp cornstarch, whisked into broth, till dissolved
- 2 Tbsp PLUS 1 tsp lower sodium soy sauce
- 2 Tbsp 0 calorie brown sugar replacement, loosely packed
- 1 Tbsp rice vinegar
- 2 Tbsp PLUS 1 tsp honey
- 3 Tbsp sugar free syrup (pancake syrup)
- 1/4 tsp sesame oil
- 1 tsp sesame seeds
- 6 garlic cloves, crushed and minced
- 1-1/2 tsp ginger, finely minced/chopped
- 1/4 tsp salt
- 1-1/2 tsp 'dark' soy sauce

Additional Ingredients:

- 1 large red onion, quartered, sliced into thin strips
- 1/2 cups green onion, cut into 1" lengths

Servings Info.:

Yields: 6 cups
Servings: 6
Serving Size: 1 cup



R D
2-2

- last checked 11/23/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Place the thin sliced chicken in a large bowl, then mix together the marinade ingredients. Pour over the meat, mix, then set aside for 30 minutes.



2. (A) Mix the sauce together, set aside. (B) Heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add the onions. Cook 3-4 minutes, remove from pan, set aside. (C) Spray the pan with cooking spray again, then add HALF of the chicken in a single layer. Cook for 2 minutes, without moving the meat, then (D) flip and cook 2 more minutes. Set the cooked chicken aside, then cook the remaining chicken for 2 minutes per side, repeating the process.



3. (A) When your second batch of chicken is finished cooking, return all of the chicken back into the pan, along with the sliced red and green onions. Mix to combine. (B) Pour in the sauce, mix, then allow it come to a simmer. (C) Once it begins to thicken, start mixing and tossing the pan's contents for 2-3 minutes. The sauce will continue to reduce and thicken. (D) When your dish is coated in a thick, sticky, gravy-like glaze, serve immediately. Garnish with additional thinly sliced green onion, if desired.

NOTES & SUGGESTIONS:

- **SUGAR FREE SYRUP!?!?!?**: As you all know by now, dealing with me and my recipes for 3 years (as of 2021), I am the poster child for ingredient substitutions. I barely have over 2 Tbsp of Honey in this dish, because I am adamant about keeping the first serving at 2 point for this entree. By using just over 2 Tbsp of honey, mixed with 3 Tbsp sugar free syrup, we get 1/3 cup of sweet, sticky sauce, that still has a good honey flavor to it for 14 points, instead of 27. If you'd like to use more honey, BE MY GUEST... but adjust your points accordingly.
- **THAT'S A LOT OF INGREDIENTS!**: Most all of the popular ww-skinny-bloggers don't make a traditional-ish Honey Garlic Chicken. They make near-carbon copies of the same 'copycat' recipes, which are the Americanized 'fast food' versions of Chinese dishes. They use a ton of honey, a bunch of soy sauce, a little garlic... and come in at 7-8 points per serving. The REAL DEAL has ginger, rice vinegar, Chinese cooking wine... and a BALANCE of the honey, garlic and other flavors. What we're all used to, is 1-note, sickeningly sweet, honey-slathered chicken with no depth of flavor.
- **BALSAMIC VINEGAR?!?**: Traditional versions of this dish call for Chinese 'Shaoxing' cooking wine, however it's high in points. We're making a simple 0 point substitute with white wine, rice vinegar, balsamic vinegar and sweetener.
- **DARK SOY SAUCE**: Yup, yooooou guessed it. 'Sushi Chef'.



HUNAN CHICKEN

A Savory Dish Brimming With TONS of Fresh Vegetables In A Sweet, Savory And Spicy Sauce

First off... it's Hunan Chicken, not HUMAN Chicken!!! Sweet sassy molassy, so many people were confused when I posted this recipe online. Hunan is a province in China, the same one the Shaolin Temple is in, for all you Kung Fu fans. Hunan chicken is very similar to spicy Szechuan, but Hunan chicken has a TON more vegetables. Mine is on the mild side, so you can definitely amp up the heat with more Asian chili sauce, if you'd like. My recipe is a nice balance of savoriness, with a bit of sweetness and heat.

Servings Info.:

Yield: 10 cups

Servings: 6

Serving Size: 1-2/3 cups



R D
1-1

- last checked 11/23/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat:

- 1-1/2 lb chicken breast, sliced into thin strips
- 1/4 tsp baking soda, dissolved into 1 Tbsp water
- 1 Tbsp reduced sodium soy sauce

Sauce:

- 4 Tbsp reduced sodium soy sauce
- 1-1/2 tsp cornstarch, dissolved into the soy sauce
- 2 Tbsp 'dark' soy sauce
- 3 Tbsp oyster sauce
- 1 Tbsp black bean sauce (see notes)
- 3 Tbsp tomato sauce
- 1 Tbsp white wine
- 1 Tbsp rice vinegar
- 1 Tbsp Asian chili sauce (I used 'Huy Fong' chili garlic sauce)
- 1 tsp sesame oil
- 3 Tbsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 6 medium garlic cloves, chopped
- 1 Tbsp ginger, minced

Veggies: (highly customizable, see notes)

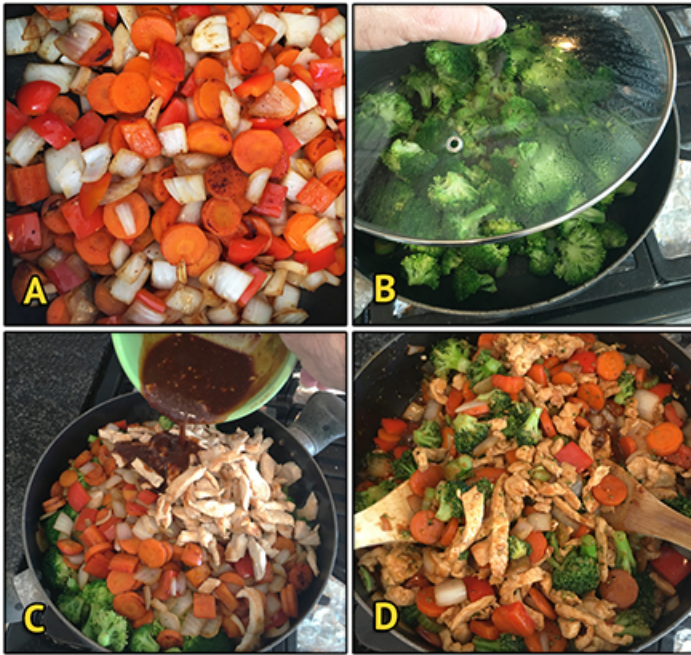
- 1 large onion, cut into large chunks, 2 cups
- 4 medium carrots, peeled, cut into 1/4" thick 'coins', 2 cups
- 4 celery ribs, sliced 1/4" thick, around 1-1/4 cups
- 1 large red bell pepper, cut into 1" pieces
- 7oz broccoli florets, 4 cups.

Directions:

1. Mix together the chicken with the baking soda/soy sauce. Set aside for 20-30 minutes. While it's marinating, mix the sauce together, cover, set aside.



2. (A) While the chicken's marinating, prep the veggies. (B) Heat a LARGE pan over high heat for 1 minute. Spray with cooking spray, then add half of the chicken, arranging in 1 layer. Cook, undisturbed, for 2 minutes. (C) Flip the chicken, then cook for 2 additional minutes. Do not move the chicken, allow it to brown. Remove from pan, then repeat with the rest of the chicken. (D) When all the chicken is cooked and set aside, spray the pan, then add the onions, carrots and red bell peppers. Cook 2 minutes on high heat, without moving the pan.



3. (A) Toss the vegetables, then cook for 2 more minutes, without moving the pan. Pour the veggies into a large bowl, set aside. (B) Reduce heat to medium-high, then add the celery and broccoli florets. Add 1 Tbsp of water to the pan, then cover with a lid. Cook the broccoli and celery for 1 minute. Remove lid, toss the broccoli and celery, then cook for 1 more minute, covered. (C) Turn the heat back up to high and add the carrots, onions, bell peppers, chicken and the sauce. Carefully fold all the ingredients together to combine. (D) Cook for 2-3 more minutes, tossing till the sauce thickens and coats the dish. Pour into a large platter and garnish by sprinkling with sesame seeds and sliced green onions, if desired.

SUBSTITUTION IDEAS:

- Hunan Chicken can be compared to Chop Suey's bigger, older, more macho brother. Though both dishes make large platters full of chicken and vegetables, the big difference is the sauce. Chop Suey has a very light, somewhat thin sauce, with only a few flavors... Hunan Chicken's sauce has layer upon layer of different savory components. It also has a nice heat to it. Again, though mine is mild, with a very subtle heat... a traditional recipe would be MUCH spicier. To emulate the heat of a traditional recipe, I'd recommend upping the Asian chili sauce to 3-4 Tbsp.
- You can mix and match the veggies in this dish to better reflect your own personal preferences. Try to keep the quantities of your substitution in line with the amounts I used... otherwise your points per serving might change. Typical vegetables in Hunan Chicken can include:
 - * Broccoli, Carrots, Mushrooms, Bell Peppers, Snow Peas, Snap Peas, Zucchini, Celery, Asparagus, Baby corn, Edamame, Bean sprouts, Cabbage, Spinach, Bok choy, or heck... if you want to go fully legit, add Asian red chili peppers (see notes).

NOTES:

- **PROTEIN:** I'm using chicken, but you can obviously make this dish with beef, pork, or tofu. Adjust points if needed.
- **OYSTER SAUCE:** If you don't like the taste of oyster sauce, you can use 'vegetarian oyster sauce', which is a thick, savory sauce, made from mushrooms.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have woks. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible.
- **WHERE ARE THE PEPPERS?:** I am NOT going to tell you all to go find an Asian market and buy Asian chili peppers for this dish. That's why I'm using Asian chili sauce for the heat in my recipe. It's at every store and it's incredibly easy to adjust the level of heat. However, regular Hunan Chicken uses a variety of chili peppers, from Thai chilies to Birdseye chili peppers. To make the recipe more accessible, you can use red jalapeno peppers. If you can't find red jalapenos, you can use green jalapenos or serrano peppers. If you use jalapeno peppers, you will need slightly more and if you use serrano peppers, you need far less as they are much spicier.





KOREAN GOCHUJANG CHICKEN

A Savory, Spicy and Sweet Marinated Chicken, INSPIRED BY Korean 'Gochujang' Sticky Chicken

Let's branch out a little bit and explore some new regions of Asia by diving into a few Korean dishes. My recipe for 'Korean Gochujang Chicken' is inspired by a REAL Korean recipe, but it's WW-ified with creative ingredient swaps, to keep the dish as low in calories as possible. If you are Korean and you want to wave your fists in the air about how untraditional my version is... you're in good company. Have you seen what I did to my Latino amigos, with my Mexican Brown Mole' sauce? It may not be how your *Halmeoni* makes it... but your grandma wasn't as concerned about your waistline as I am.

Servings Info.:

Yields: 2-1/2 pounds

Servings: 5

Serving Size: 1/2 lb.



- last checked 11/23/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 2-1/2 pounds boneless skinless chicken breasts, sliced across into thin 'filets'. We're going for B cup chicken breasts, not DD's.
- 3/4 tsp baking soda, stirred into 2 Tbsp water

Marinade:

- 1/2 cup low sodium soy sauce
- 1 Tbsp 'dark' soy sauce
- 1 tsp sesame oil
- 3 Tbsp rice vinegar
- 1 Tbsp white wine
- 1 Tbsp minced ginger
- 5 medium garlic cloves, minced
- 2 to 3 Tbsp Asian chili sauce (or more, to taste 🌶️)
- 1 Tbsp 'gochujang' fermented red bean paste (see pg. 11)
- 1-1/2 tsp miso paste (optional)
- 2 tsp paprika, stirred, till dissolved into the marinade

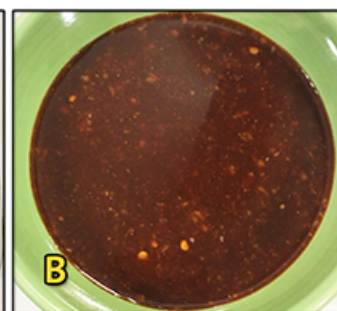
Reserved Glaze Ingredients: (see steps 1B & 4A)

- 1/4 cup water
- 3 Tbsp 0 calorie brown sugar replacement
- 3 to 4 Tbsp sugar free syrup (pancake syrup), to taste
- 1-1/2 tsp cornstarch, dissolved into 1 Tbsp water

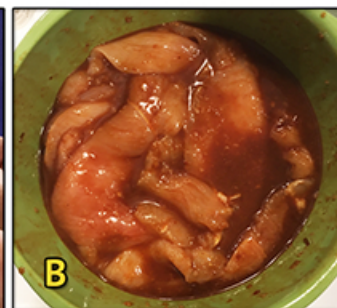
Additional Ingredients:

- 1 tsp sesame seeds for garnish
- green onions, thin sliced on a bias, for garnish (optional)

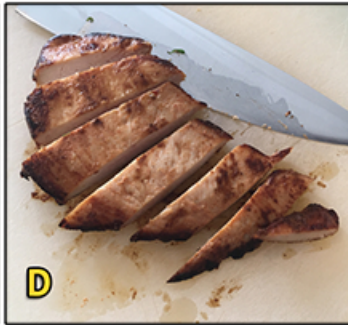
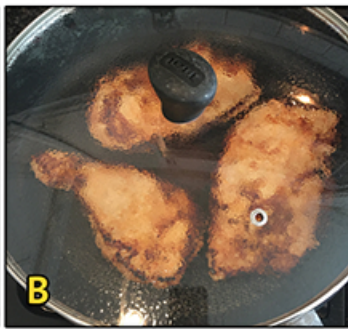
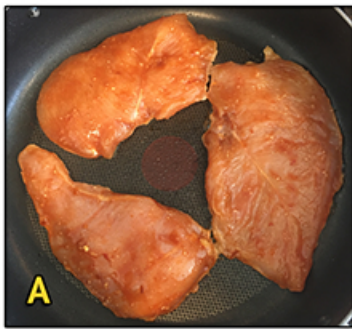
Directions:



1. (A) Mix together the thin sliced chicken and baking soda solution till coated. Cover, set aside 30 minutes. (B) In a bowl, mix the Marinade ingredients. Pour 1/2 cup of the sauce into a container, then store in the fridge. THAT is going to be your glaze. The remaining liquid is your marinade, which will be used in step 2B.



2. (A) Carefully rinse off the chicken breasts, then pat dry with paper towels. (B) Place the chicken breasts into a large mixing bowl, or casserole dish, then pour the marinade over the chicken. Mix well, till the chicken is nicely coated. Cover, then store overnight in the fridge. The longer it marinates, the better.



3. **(A)** The following day, preheat a LARGE pan over HIGH heat for 1 minute. Spray with cooking spray, then quickly add a few of the chicken breasts. Do NOT overcrowd the pan, cook in batches. DO NOT move the chicken! Let it sear, unmoved, for 3 minutes... no touching! **(B)** Flip the chicken, cover with a lid, reduce heat to medium-high, then cook for 2 more minutes. **(C)** Place cooked chicken into a bowl or platter. Repeat process till all the chicken is cooked. Let rest for 15 minutes. **(D)** After 15 minutes, slice the cooked chicken breasts into thick strips, roughly 3/4" to 1". Set aside.



4. **(A)** Add the reserved liquid (Step 1B) and the "reserved glaze" ingredients to a small pot. Bring to a boil for 4-5 minutes, till thick. **(B)** Meanwhile, add the sliced chicken to a hot pan for 1-2 minutes, over medium heat. **(C)** Pour in the hot glaze and continue cooking. **(D)** Cook until the sauce has thickened and coated the chicken in a thick, sticky glaze. Garnish with sesame seeds and sliced green onion.

NOTES & SUGGESTIONS:

- **HOW IS THIS KOREAN, DANIEL!?!:** The traditional recipe for Korean spicy 'sticky' chicken calls for using "Gochujang" hot pepper paste. It's similar to regular Asian Chili Sauce, but it also has some miso and sweetness to it. Another big difference... it is VERY HIGH IN POINTS. This recipe makes a 0 point substitute by using regular asian chili sauce, adding a little bit of miso paste, plus sweetener. We just saved 5 points, by making our own.
- **WHITE WINE?:** The regular recipes call for rice wine. I'm using a 0 point amount of white wine, plus rice vinegar, as a 0 point ingredient substitution.
- **PAPRIKA!?!?!:** This dish traditionally gets its deep red color from copius amounts of red chili sauce. My recipe is milder. We're getting the dark red color from adding paprika into the sauce. You can also add more chili sauce if you want.
- **SUGAR FREE SYRUP:** The only thing in the world that has more points than Lard (joking), is Honey. I'm substituting syrup for honey. It's thick, it's sweet, it serves the same purpose.
- **ASIAN RED PEPPER PASTE:** Can be found in the Asian Food aisle of most major chain grocery stores. It might also be found as 'Gochujang' red pepper paste. Different brands of have varying point values. I used 1 Tbsp, which is only 1 point. For more info., read the description on pg. 11.
- **COOKING METHOD:** You can also cook the chicken on the grill, skipping steps 3A&3B. But, you'll still need to glaze it in a pan.





KUNG PAO CHICKEN

My Heavily Modified, Yet Incredibly Delicious Twist on a Savory and Spicy Take-Out Favorite

Kung Pao Chicken is, by far, one of the most popular Chinese dishes in the USA. It is known for its savoriness, along with having enough heat to make Chuck Norris' beard sweat.

My recipe is a HEAVILY tweaked combination of a traditional Sichuan recipe and the Kung Pao chicken from PF Chang's. In an attempt to keep this dish as accessible as possible, while still keeping the flavors as true to the original as I can, I'm using some pretty interesting ingredient swaps. Just roll with it... they are all explained in the notes at the end of the recipe.

Servings Info.:

Yields: 7 cups

Servings: 5

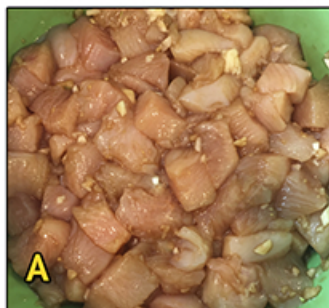
Serving Size: 1-1/4 cup



R D
2-2

- last checked 11/23/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:



1. (A) Mix chicken pieces with the marinade ingredients, let sit for 20 minutes. (B) Meanwhile, in a separate bowl, mix together the sauce ingredients, till smooth. Set aside. (C) Cut celery, red bell peppers, and slice the bottom 1/2 of the green onions into 1/4" slices. Set aside. (D) Preheat a LARGE pan (or wok) over high heat for 45 seconds. Spray with cooking spray, then quickly add the chicken and marinade into the pan. Cook over high heat until the chicken is just cooked through, about 5 minutes. Once the chicken is cooked through, take the chicken out of the pan, set aside. Return the pan to heat.

Ingredients:

Chicken & Marinade:

- 2 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into 1/2 inch chunks.
- 1 tsp fresh ginger, finely minced
- 4-5 medium garlic cloves, crushed and minced
- 2 Tbsp reduced sodium soy sauce
- 1 Tbsp white wine (see notes)
- 2 tsp 0 point sweetener o' choice
- 1/2 tsp baking soda, mixed with 2 tsp water.

Sauce:

- 1/4 cup chicken broth
- 1-1/2 tsp balsamic vinegar (just do it.... see notes)
- 1 tsp rice vinegar
- 3 Tbsp soy sauce
- 1 Tbsp DARK soy sauce (see notes)
- 1 tsp sesame oil
- 1-1/2 to 2 Tbsp asian chili sauce (like 'Huy Fong' brand)
- 1 Tbsp no sugar added ketchup, or tomato sauce (*for color*)
- 2 tsp paprika (*for color, trust me, see the notes*)
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water

Additional Ingredients:

- 1 large red bell pepper, sliced into bite sized squares
- 4 large celery ribs, sliced on a bias, about 1/4" thick
- 1/4 cup scallions (white part of green onions), sliced into 1/4 inch rounds. (*pictured in step 1C*)
- 1/3 cup dry roasted peanuts, halved ... (*SEE NOTES*)
- 1 tsp sesame seeds, for garnish



2. **(A)** Spray the hot pan with cooking spray and immediately add the bell peppers, celery and sliced scallions. Cook over High heat until just starting to get a little color, but are still firm, about 3-4 minutes. Add the peanuts and toss to combine. **(B)** Add the chicken and juices back into the pan, toss to combine. **(C)** Pour the sauce into the pan, which should still be set to high heat. Begin stirring and tossing the contents, to distribute the sauce. **(D)** The sauce will begin to thicken quickly. Continue to toss/mix for around 2-3 minutes, or until the sauce thickens to the consistency of a thick gravy, coating the dish. Done. You can garnish with thin sliced green onions and up to 7/8 tsp of sesame seeds for 0 points, if desired.

NOTES CONT.:

- **WHITE WINE??:** Traditional recipes call for using Chinese 'Shaoxing' cooking wine. I'm not going to make you go hunt down a bottle of it. Use regular white wine, it still tastes fine with the substitution.
- **BALSAMIC!?:** Again, traditional recipes call for using 'Chinkiang' vinegar. Nope. An easy substitution for it is mixing a little balsamic with a little rice vinegar. Every grocery store has those. I'm trying to make this easy on'ya.
- **PAPRIKA & KETCHUP??:** I'm sounding like a broken record at this point. In order to get a dark, deep reddish color for the sauce, true recipes get that from cooking lots of those dried little red Asian chiles in hot oil, then cooking the dish in the oil filled with disintegrated red chili peppers. In order to get that color without the chiles and without food coloring... we're stirring some paprika and ketchup into our sauce. Once combined with the Asian chili sauce and the dark soy sauce, it gives a very deep, rich red color.
- **WHERE ARE THE PEPPERS?:** I am NOT going to tell you all to go find an Asian market and buy miniature, dried Asian chili peppers for this dish. That's why I'm using Asian chili sauce for the heat in my recipe. It's at every store and it's incredibly easy to adjust your level of heat. However... if you want to go full-tilt traditional, replace the chili sauce with 8-10 dried asian chili peppers and add 2 teaspoons of whole Sichuan peppercorns. That'll melt your face off.
- **PEANUT HALVES?:** We're using 1/3 cup of roasted peanuts, which is around 56 whole peanuts. But, so they could spread through as much of the dish as possible, I chose to use peanuts that were split in half, rather than whole peanuts. Yeah, it took a couple minutes to split each peanut into 2 halves, but it's worth it. That way, instead of only having around 56 whole peanuts spread out through the entire dish, I had 112 peanut halves.
- **SPICE LEVEL:** Kung Pao chicken is supposed to be pretty spicy. My recipe uses 1-1/2 to 2 Tbsp of Asian chili sauce. HOWEVER... that's because I had to eat it. Both my wife and I have the heat tolerance of 4 year old French kids, so... feel free to add more chili sauce than I recommend. You can make this dish as spicy or as mild as you want, because even without heat, it's a really tasty dish.





LEMONGRASS CHICKEN

Vietnamese Style Chicken, Coated with Turmeric, In A Savory, Sweet, Tart & Fragrant Sauce

As I'm coming to the final dozen recipes of this book (not alphabetically, obviously), I realized that rather than sticking with the regular 'food bloggery' Asian food, ie: Chinese with a spattering of Thai... it'd be cool to branch to some not-so-common regional cuisine. So, welcome to Saigon. Rather than doing a typical Chinese lemongrass chicken recipe, I decided to take you on a trip to Vietnam. This dish uses lemongrass, which you may be able to find in your grocery store's produce department. If not, they also carry it pre-minced, in squeeze tubes. This dish is extremely flavorful, with a nice kick of savory flavors.

Servings Info.:

Yields: 6-1/4 cups
Servings: 5
Serving Size: 1-1/4 cup



R D

0-0

- last checked 11/23/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 2 pounds boneless skinless chicken breast, or chicken breast tenderloins, sliced into thin pieces.

Marinade:

- 1-1/2 tsp ground turmeric
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 tsp baking soda, dissolved into 2 Tbsp water (just do it)
- 1 tsp reduced sodium soy sauce

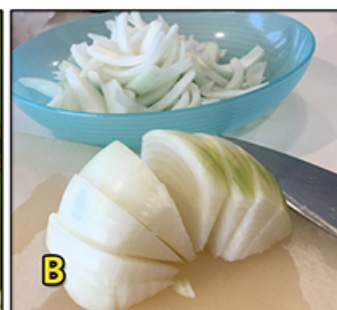
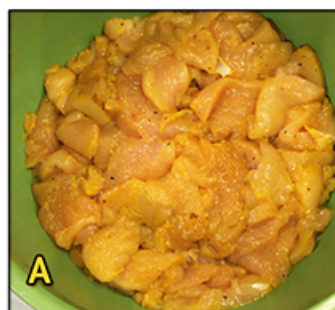
Sauce: (mix ingredients together, set aside)

- 3 Tbsp reduced sodium soy sauce
- 2 tsp 'dark' soy sauce
- 2-1/2 Tbsp asian 'fish sauce'
- 3 Tbsp 0 calorie brown sugar replacement
- 1 Tbsp rice vinegar
- 1 Tbsp lemon juice
- 1-1/2 tsp cornstarch, dissolved into 2 tsp water

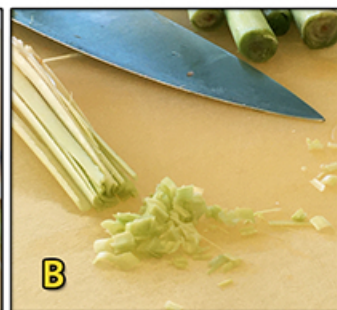
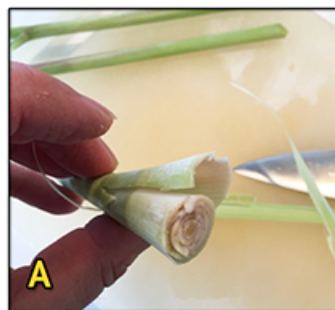
Additional Ingredients:

- 1 large onion, halved, sliced into thin wedges or strips
- 1 large red bell pepper, sliced into bite sized strips
- 1/4 cup fresh lemongrass, minced (see pics 2A&B)
- 6 medium garlic cloves, minced (about 2 Tbsp)
- 1/3 cup fresh chopped cilantro, loosely packed

Directions:



1. **(A)** Mix together the chicken and marinade ingredients. Let rest for at least 1-2 hours. The longer it sits, the better. Then, mix the sauce together in a separate bowl. Set aside. **(B)** Slice the onion and bell pepper, set aside.



2. **(A)** Peel the firm outer layers of the lemongrass stalks, to expose the softer inner layers. **(B)** Slice the lemongrass, lengthwise, then mince. It'll take a few stalks to make 1/4 cup. Set aside.

3. Preheat a large pan or wok over high heat, for 1 minute.



4. (A) Spray hot pan with cooking spray then immediately add marinated chicken. Spread across the pan and cook, without moving or stirring, for 2 minutes. Toss chicken, then cook for 2 more minutes, or until just cooked through. Remove the chicken from pan, set aside. (B) Return pan to high heat, then add onions, bell peppers and lemongrass. Cook for 2 minute, then add garlic. Toss to combine and cook for 2 more minutes. (C) Return chicken to the pan, toss to combine, then pour in the sauce. (D) Continue to cook, tossing and mixing, till the sauce thickens and coats the veggies and chicken. Add the cilantro to, toss to combine. Done.

NOTES & SUGGESTIONS:

- **GLUTEN FREE:** If you have a Gluten intolerance, you can use 'Tamari' type Soy Sauce. It's available in all major super markets and walmarts. Also, cornstarch is gluten free, so you're good to go.
- **TURMERIC:** The reason we're using Turmeric in this dish, is for the signature yellow color which it'll help impart.
- **FISH SAUCE:** Is a common condiment in Asian cooking. It can be found at most all major grocery stores, in the Asian food aisle, near the soy sauce.
- **LEMONGRASS:** It is becoming more and more common to find lemongrass stalks in the produce departments of grocery stores. If you can't find fresh stalks, it may be available as a paste, in the produce department. "Gourmet Garden" sells squeeze bottles of fresh herb pastes, which can often be found at grocery stores and even at Walmart. If you go that route, check the points on the tubes, as it may alter your recipe's point value. If you want more instructions on how to prepare/chop lemongrass... there's a cool website on Al Gore's invention, the internet, called "Youtube". It's all the rage, nowadays.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have one. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"





MISO GLAZED SALMON

A Riff on Japanese Miso Glazed Salmon, Baked, With A Miso-Ginger Glaze. Domo Arigato, Mr. Roboto.

I love salmon. I love the rich, meaty, fatty flavor of it. I figured if I'm going to be putting an Asian cookbook together, I should throw in a couple of ways to prepare it. For this recipe, I'm tweaking a traditional Japanese recipe to make it lower in calories and sugar. A typical recipe uses up to 1/4 cup of honey. For mine, I'm using sugar free syrup (pancake syrup). I'm also subbing 'Mirin' with rice vinegar, regular white wine and a little sweetener. Though I baked mine and finished it with the broiler, you can cook yours on the grill or in a pan, if you wish.

Servings Info.:

Yields: 4 salmon filets

Servings: 4

Serving Size: 1 filet



- last checked 11/25/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Salmon & Marinade:

- 4 Salmon Filets (I used 6-7oz salmon filets. Thanks, Costco!)
- 2 Tbsp miso paste ***
- 2 Tbsp low sodium soy sauce
- 2 Tbsp rice vinegar
- 1Tbsp 0 calorie brown sugar replacement
- 1/2 tsp ginger, minced
- 1 tsp sesame oil
- 2 Tbsp sugar free syrup (pancake syrup)

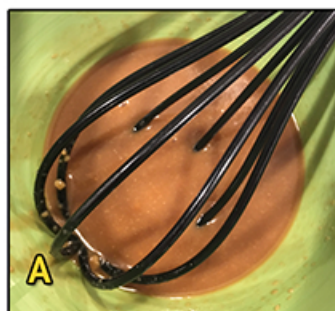
Glaze:

- 1 Tbsp miso paste ***
- 1 Tbsp low sodium soy sauce
- 1 Tbsp rice vinegar
- 1 Tbsp white wine
- 1 Tbsp 0 calorie brown sugar replacement
- 2 Tbsp sugar free syrup (pancake syrup)
- 1 tsp cornstarch, dissolved with 1 Tbsp water

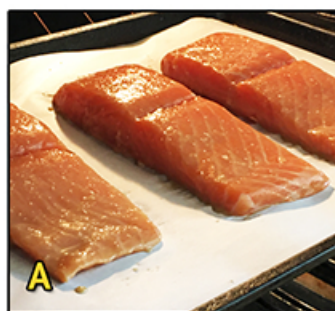
Additional Ingredients:

- 1 tsp sesame seeds, for garnish
- green onions, thin sliced on a bias, for garnish (optional)

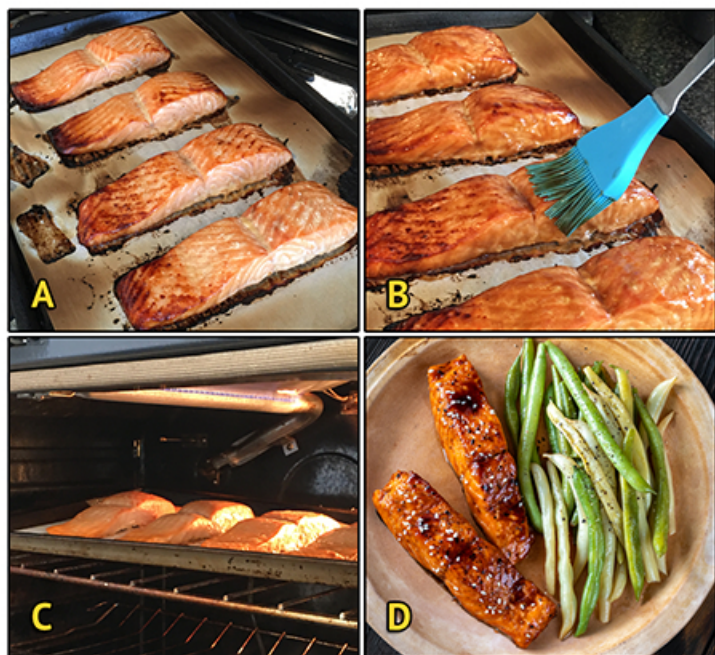
Directions:



1. **(A)** In a bowl, whisk together the miso paste, soy sauce, vinegar, sweetener, ginger, sesame oil and syrup. Mix till smooth and well combined. **(B)** Place the salmon filets in a container large enough for them to lay in a flat layer. Pour marinade over the salmon and rub to cover completely. Allow to marinate for at least 1 hour.



2. **(A)** Preheat oven to 450 degrees. Line a pan with parchment paper, place salmon onto the pan and bake at 450 degrees for 12 minutes. **(B)** While the salmon is baking, add Glaze ingredients to a small pan and bring to a boil. Cook till syrup-like, set aside.



3. (A) When the salmon has been roasting for 12 minutes, take it out of the oven and turn on your oven's Broiler setting to High. (B) Coat the salmon all around with your thick glaze, till it's all used up. (C) Place the salmon back into your oven, on an oven rack 2 positions down from the top. Broil for 2 minutes, with the door closed. Rotate the pan, then broil for another 2-3 minutes till the top of the salmon is starting to lightly char. Keep an eye on it, so that it doesn't burn. (D) Remove from oven, allow to rest for 5 minutes. Garnish with sesame seeds, as well as thin sliced green onions, if desired.

NOTES CONTINUED:

- **MISO PASTE:** Different brands of Miso paste can vary in points. For this recipe, I used 2 points of Miso paste, which is 3 Tbsp, using the 'generic' miso paste listing in the WW ingredient database. Scan the brand that you get and adjust your points if needed. You can use any type of Miso Paste that you'd like. You can find them in the Asian food section of your grocery store, as well as in the refrigerated area, near the Tofu.
- **WHERE'S THE MIRIN!!?!**: Recipes for miso glazed salmon or chicken almost always have a good deal of Mirin. If you're wondering what Mirin is... it's a sweet rice wine, used in a lot of Asian cuisine. Because of how incredibly high in points and calories Mirin is... we're replacing it with rice vinegar, 1 Tbsp white wine and sweetener.
- **OTHER SAUCES:** You can make this same dish, but use any number of my other sauces and glazes, such as: The glazes from my orange chicken, Korean glazed chicken, sweet & sour chicken and my teriyaki sauce.
- **COOKING METHOD:** You don't HAVE to cook your salmon exactly like I do. Yes, I baked mine, then brushed it with more sauce and placed it under the broiler again.. But you don't have to. When I make this at home and I'm in a time crunch, I marinate it like normal, but I cook the salmon in a hot pan for 3-1/2 minutes per side, without moving it, so it gets a nice sear. While its cooking, I simmer the sauce, in a small pot, till thickened, then lower the heat to keep it juuust warm. When the salmon is done cooking in the pan, I cover the filets with sauce, flip them, then swirl them around the pan to coat them. A lot less time and a lot easier than messing with the broiler.





MONGOLIAN CHICKEN

"It's A Meal Fit For Genghis Khaaaaaaan!!!!!!!!" - Captain James T. Kirk

Mongolian Chicken is the forgotten step brother of Mongolian Beef, which is a mainstay on the menus of Chinese restaurants across the country. If you've never had it before, it's a savory, sweet, mildly spicy dish, packed with fresh ginger and garlic. Though most restaurants only list Mongolian Beef on their menus, you can certainly request the chicken version. In my version, we're using chicken breast strips, rather than the more traditional chicken thighs. Feel free to bulk this up with more vegetables, if you want, which will stretch both the yield and your servings.

Servings Info.:

Yields: 6 cups

Servings: 4

Serving Size: 1-1/2 cup



- last checked 11/25/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken & Marinade:

- 2 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into thin strips
- 1 Tbsp reduced sodium soy sauce
- 1 tsp 'dark' soy sauce
- 1/2 tsp baking soda, dissolved into the soy sauce.
- 1/4 tsp sesame oil

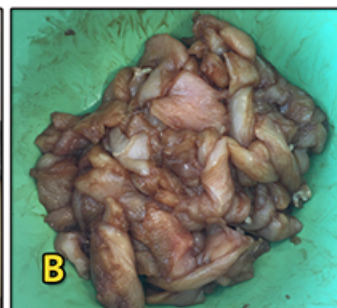
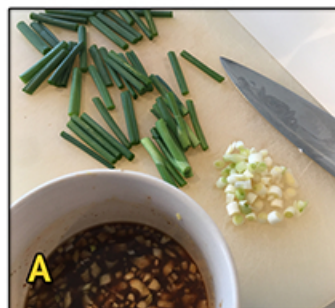
Sauce:

- 6 Tbsp reduced sodium soy sauce (see note) ***
- 2 Tbsp PLUS 2 tsp DARK soy sauce
- 4-1/2 tsp cornstarch, dissolved into the soy sauce
- 1 Tbsp white wine *** (see notes)
- 1/2 cup beef broth
- 1/4 cup 0 calorie brown sugar replacement
- 5 medium garlic cloves, finely chopped
- 1 to 1-1/2 tsp fresh ginger, minced
- 1/4 tsp cracked/coarse black pepper
- 1-1/2 to 2 tsp (or more) asian chili sauce, to taste ***
- 2 Tbsp of the 'white part' of green onions, thin sliced into rounds. (see the 1A picture for reference)

Additional Ingredients:

- 1 Jumbo sized onion, quartered and sliced into thin strips
- 2 bunches of green onions. The green parts only, sliced into 2" long lengths (see the 1A picture for reference)
- 1 tsp sesame seeds, for garnish

Directions:



1. (A) Slice the white lower portions of the green onions into thin rounds, separate from the green lengths. The white parts go into the sauce. Combine the sauce ingredients, set aside. (B) Mix the 'Chicken & Marinade' ingredients together, then let rest for 20-30 minutes.



2. (A) Preheat a large pan over medium-high heat for 1 minute, till water sizzles on it. Coat with cooking spray then add the chicken, spreading apart into 1 layer. Let it cook, unmoved for 2 minutes. Toss/stir, then cook for 2 more minutes. Remove from pan. (B) Add onions to the pan, coat with cooking spray, then cook for 2 minutes.



3. (A) Return the chicken to the hot pan and toss to combine with the onions. Give it a second to build up some heat again, then pour in the sauce. (B) Stir and toss, cooking over high heat for 4-5 minutes. (C) Turn off the heat, then add the sliced green onions. (D) Gently fold/toss the green onions into the dish, for around 30 seconds. Don't let them sit for too long in the hot dish, or they go limp and flaccid. No amount of sexy cooking aprons, dirty kitchen talk, candles, or Marvin Gaye will bring them back after they wilt and go limp. Serve immediately. Garnish with sesame seeds.

FOR CONSIDERATION - SODIUM BOMB:

This particular sauce has a TON of sodium in it. It has the most soy sauce of any of my Asian dishes thus far. If you make it, plan accordingly and drink lots of water to help flush your system. There is a good probability that you'll experience temporary 'salt-bloat'. Drink your water, it'll be ok.

NOTES & SUGGESTIONS:

- **WHY THE DARK SOY SAUCE & BEEF BROTH?:** Because, I want this to look and taste more like Mongolian BEEF than Mongolian chicken. In order to have the chicken take on a darker 'beef-like' coloring, in the finished dish, I had to darken the sauce with more dark soy sauce. It made it much more visually appealing than when I made the chicken lighter in color. As for the Beef, I made this dish a few times. It had a deeper, more complex flavor when I used beef broth instead of chicken broth. Trial and error.
- **WHITE WINE:** I'm not going to tell you to go buy a fancy Asian cooking wine. Instead, we're using regular white wine in the sauce. Alternatively, you could also use Rice Vinegar.
- **PROTEIN:** It goes without saying, for a vegetarian option, you can replace the chicken with firm tofu and swap the beef broth for veggie..
- **GLUTEN FREE:** If you have a Gluten intolerance, you can use 'Tamari' type Soy Sauce. It's available in all major super markets and walmarts. Also, cornstarch is gluten free, so you're good to go.
- **CHILI SAUCE:** I used the regular 'asian chili sauce' that you find in the grocery store's "Asian Food" section. I purchased Huy Fung brand, Chili Garlic Sauce. If you'd like, you can use red pepper flakes, Sriracha, or even some of those fiery little dried asian red peppers.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have one. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"
- **GREEN ONION FIRMNESS:** The first time that I tried making this, I added the green onions at the same time I added the sauce, then cooked it all together for a few minutes. Do not do that. They'll wilt into sad, limp little green strips. 4 out of 10 green onions suffer from performance anxiety.





Moo Goo Gai Pan

Chicken and a Wide Assortment of Vegetables In A Thick, Savory Sauce

Confession time! Prior to making this recipe, I have never had 'Moo Goo Gai Pan' in my entire life... which is preeetty much on par with most of the dishes in this cookbook. :) That being said, I will definitely order it, if I want an entree so loaded with veggies you'd mistake it for a farmer's market stall. Unlike every other Asian recipe I've made up to this point, this is the first one that doesn't have a single drop of soy sauce in it. Moo Goo Gai Pan has a thick, 'clear', gravy-like sauce, which is primarily just seasoned broth, thickened with cornstarch..

Servings Info.:

Yield: 9 cups

Servings: 6

Serving Size: 1.5 cups



R D

0-0

- last checked 11/26/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat:

- 1-1/4 lb chicken breast, sliced into thin strips
- 1/4 tsp baking soda, dissolved into 2 tsp water

Sauce:

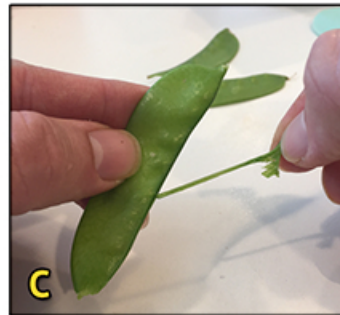
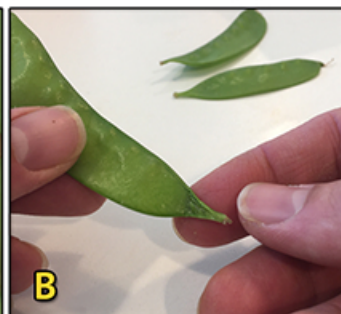
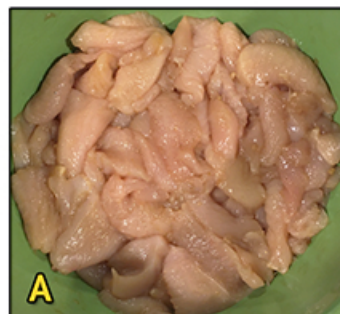
- 1-1/4 cups fat free chicken broth
- 2-1/2 Tbsp cornstarch
- 1 tsp sesame oil
- 1 Tbsp rice vinegar
- 4 medium garlic cloves, crushed and minced
- 1/2 tsp ginger, minced
- 1/2 tsp salt
- 1 tsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 1/4 tsp black pepper

Veggies: (highly customizable, see notes)

- 8 oz sliced mushrooms, any variety you want
- 1-1/4 cup carrots, thin sliced
- 8 oz broccoli florets
- 1 cup snow peas (not snap or sugar peas!)
- 1 large onion, halved and thin sliced
- 8 oz canned bamboo shoots, drained
- 8 oz canned water chestnuts, sliced, drained
- Toasted sesame seeds for garnish, no more than 1 tsp.

Directions:

1. Mix the sauce ingredients together, set aside.



2. (A) Mix together the chicken and baking soda/water solution. Set aside for 20-30 minutes. (B) Now let's start prepping the veggies. Take your snow peas and grab the one hard, pointy side with your finger nails. (C) Pinch, to JUST break off the hard tip, then pull back and up, along the length of the snow pea. You'll pull off a hard little string. Those strings go in the trash. (D) Place the broccoli florets in a large ziplock bag with a splash of water. Poke a tiny hole in the bag, then microwave for 1-1/2 minutes. Remove broccoli from bag, set aside.

3. Let's get cookin'! Get out a LARGE, high walled pan and put it over medium-high heat, for 1 minute. Spray the pan with cooking spray, then immediately...



4. (A) Add the chicken to the hot pan and cook over medium-high heat for 5 minutes, or till just cooked through. Remove from pan, set aside. (B) Return pan to heat, spray with cooking spray, then add the carrots, mushrooms and onions. Cook for 4-5 minutes, or till the onions and mushrooms just start to soften and brown. (C) Add the snow peas, par-cooked broccoli, canned bamboo shoots and sliced water chestnuts. Toss and cook for 1-2 minutes. (D) Return the cooked chicken back to the pan, then pour in the sauce. Cook for 4-5 minutes, or until the sauce thickens and coats all of the ingredients in a thick, gravy-like sauce. Garnish with sesame seeds.

NOTES:

- **PROTEIN:** I'm using chicken, but you can obviously make this dish with beef, pork, or tofu. Adjust points if needed. If you use tofu... don't use the baking soda... obviously.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have woks. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven.
- **VEGETABLE SUBSTITUTIONS:** You can obviously use whatever veggies you want for your dish, using my recipe as a template. No matter what veggies you swap in or out try to keep the measurements the same, so that the servings and points will remain the same. Don't like water chestnuts? Fine, add some thin sliced celery. Want to swap out the bamboo shoots with more carrots or a different filler? Be my guest. I'm not a recipe snob. Use what'cha got, baby! ;-)
- **SODIUM.:** As I've mentioned, this is the only dish in this entire book which doesn't call for any soy sauce. As a result it's the most 'sodium friendly', for folks on a sodium restrictive diet. The only real noteworthy amount of salt in this dish, comes from the chicken broth. But, remember to look at the nutritional info at the back of the book, to get an accurate approximation of the sodium per serving for this dish.
- **POINT INFO.:** I feel that I always need to mention this: Though a serving of this is 0 points on both plans, that's only the first serving. I put this recipe together to be as light and healthy as possible. As a result, you can have up to 3 servings for only 1 point, on both plans. HOWEVER... just because you CAN have a lot of servings, doesn't mean you should. I wouldn't recommend eating 4.5 cups of this stuff "just because it's 1 point! woohoo!" That would completely negate the reason we're cooking like this. That'd be like saying "It's healthy to eat 10 low point Lean Cuisine dinners in one night, because I have the points for it!" No, no it isn't.





MUSHROOM CHICKEN

Chicken Breast With Onions, Garlic, Ginger, Zucchini And More 'Shrooms Than A Pink Floyd Concert

This dish is a testament to the peril I will put myself in to make a dish for you all. My wife hates mushrooms... my wife hates ginger... this entree contains both, in large quantities. This dish uses thin sliced chicken breast in a thick, earthy, ginger garlic sauce. The chicken's pan seared, then tossed with sauteed onions, sliced zucchini... and loaded with so many mushrooms, you'll think you've gone back to the 70's to see the 'Spirit World'.

Servings Info.:

Yields: 6 cups

Servings: 6

Serving Size: 1 cup



R D
0-0

- last checked 11/26/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 1.5 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into thin slices.

Marinade:

- 1 Tbsp reduced sodium soy sauce
- 1 Tbsp white wine
- 1 tsp rice vinegar
- 1/2 tsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 1/4 tsp baking soda, dissolved into 1 tsp water

Sauce:

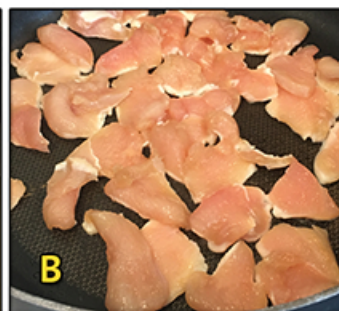
- 5 Tbsp fat free chicken broth
- 1 Tbsp cornstarch, stirred into the broth, till dissolved
- 2 Tbsp PLUS 1 tsp low sodium soy sauce
- 1-1/2 tsp 'dark' soy sauce'
- 1 Tbsp PLUS 2 tsp oyster sauce
- 1 tsp sesame oil
- 1-1/2 tsp balsamic vinegar (see notes)
- 3 garlic cloves, crushed and minced
- 1 tsp ginger, finely chopped/minced

Additional Ingredients:

- 1 small onion, quartered and thin sliced (around 2 cups)
- 2 medium zucchini, sliced across, horizontally, then cut into half circles
- 16 oz sliced mushrooms, any variety you want. I'm not a mushroom snob. I bought pre-sliced, packaged mushrooms.
- 1 tsp toasted sesame seeds, for garnish

Directions:

1. Mix the chicken with the marinade, set aside for 30 minutes. In a separate bowl, mix the sauce, set aside.



2. (A) Slice/chop the onion, zucchini, ginger and garlic, set aside. (B) Heat a LARGE pan over medium-high heat for 1 minute, then add HALF of the chicken. Spread into a single layer, uncrowded. DO NOT MOVE THE CHICKEN! Let cook, unmoved, for 2-1/2 minutes.



3. (A) Flip chicken and cook 2-1/2 minutes on other side. Pour into a large bowl, then cook the 2nd half of the chicken in the same way. Set aside with the cooked chicken. (B) Spray pan with cooking spray, add onion and zucchini. Cook for 4-5 minutes.

4. Pour the cooked onions and zucchini into the same bowl as the cooked chicken. Return pan to heat.



5. (A) Add mushrooms to the pan, with 1 Tbsp water. Cover and let cook/steam for 2 minutes. Remove cover, add another 1 Tbsp water, cover with lid, cook 2 more minutes. (B) Stir the sauce, then pour into the pan, over the 'shrooms. It'll take 1-2 minutes, but let the sauce start simmering. Let cook for an additional minute, till the sauce begins to thicken. (C) Once the sauce is thick and coating the mushrooms, return the chicken and cooked vegetables to the pan. Toss to combine. (D) Cook the dish for an additional 2-3 minutes, or until the sauce has become very thick and all of the ingredients are well coated. Done. Garnish with up to 1 tsp toasted sesame seeds.

NOTES & SUGGESTIONS:

- **BALSAMIC VINEGAR?:** Traditional recipes call for 'chinese black vinegar'. I'm not going to make you guys order it for this one dish. Use balsamic vinegar, it'll work just fine.
- **WHITE WINE?:** Traditional recipes call for Chinese cooking wine, which is an extremely salty and dark rice wine. It's also pretty high in points, so we're doing a 0 point substitution. 1 Tbsp white wine with some rice vinegar. Just roll with it. Ya'know... be flowy, like Tai Chi.
- **ONIONS:** If you don't like onions, replace them with 2 additional cups of zucchini or any veggie you want. You do you, Boo.
- **DARK SOY SAUCE:** Yup, 'Sushi Chef'. I'm like a broken record.
- **WHAT IF I DON'T LIKE MUSHROOMS?:** Are you serious?... Pick a different dish... "No 'shrooms for'ju!"
- **TYPES OF MUSHROOMS:** Unlike most food bloggers and cookbook authors... I am NOT going to mandate that you use a certain type of mushrooms. You won't get "Buy 1lb of humanely harvested, organic Shitake mushrooms" from my recipes... use what you can get. For this dish, I bought the inexpensive, pre sliced 8oz packages of 'white mushrooms' at the grocery store. It still turned out fantastic.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have one. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"
- **SERVINGS:** On both plans, 1 serving is 0 points, while you can have up to 4 servings for 1 point. Just because something is low in points doesn't mean you should gorge on it. Having 4 cups of this stuff iiiiiiisn't something I'd recommend.





ORANGE CHICKEN

My Sweet, Savory and AWESOME Take On Traditional Orange Chicken

Like most of the human race, I love Panda's orange chicken, but what I don't love is that it's such a 1-note entree. Other than sweet, the dish has no nuance. Where most bloggers are happy to simply make a copycat Panda Express version, I wanted to make a low calorie/fat version, based off of an actual Chinese restaurant's recipe. With orange peel, fresh ginger, & chili garlic sauce, mine's got flavor and depth without the calories.

Servings Info.:

Yields: 4 cups

Servings: 4

Serving Size: 1 cup



R D

2-2

- last checked 11/27/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 1-1/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1/4 tsp baking soda, dissolved with 2 tsp water
- 1 batch of my 'low point breading', recipe on pg. 17

Orange Sauce & Glaze:

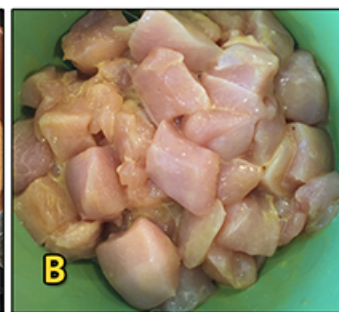
- 1/3 cup orange juice, some pulp.
- 7 Tbsp cup water (1 less Tbsp than 1/2 cup)
- 1-1/2 tsp cornstarch, dissolved into the water
- 2 Tbsp PLUS 2 tsp reduced sodium soy sauce
- 1-1/4 tsp 'dark' soy sauce
- 1/4 cup 0 calorie sugar replacement (I used lakanto)
- 3 medium garlic cloves, minced
- 1 Tbsp orange zest/peel, finely chopped (Yes... go buy an orange, Nancy.)
- 1 tsp fresh ginger, finely chopped/minced
- 2 tsp Asian chili sauce (I used Huy Fong chili garlic sauce)
- 1 Tbsp PLUS 1 tsp sugar free syrup (pancake syrup)
- 1/4 tsp black pepper

Additional Ingredients:

- 1 tsp sesame seeds, toasted, for garnish.

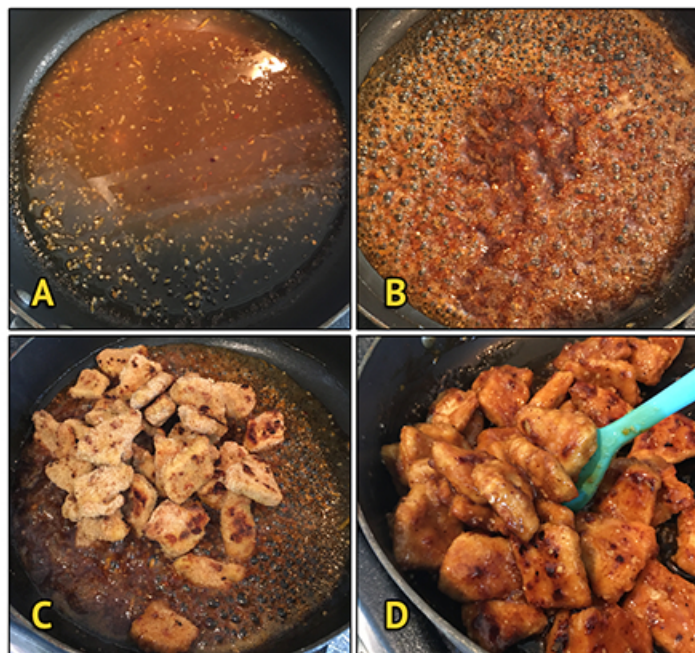
Directions:

1. Marinate the chicken pieces with the baking soda solution for 20 to 30 minutes.
2. Gather all the ingredients to make a batch of my toasted breading recipe.



3. **(A)** Heat a pan over medium heat for 1 minute, then add all breading ingredients. Toast for 3-4 minutes, or until the crumbs are a nice, uniformly golden color. Remove from pan and set aside, letting the crumbs cool to room temperature. **(B)** Place the whisked eggs into the bowl with the chicken pieces, mix to combine. **(C)** Place the toasted crumbs in a bowl, then place the chicken chunks, ONE AT A TIME, into the crumbs. Use a fork to lightly coat each chunk with the breading. **(D)** Place the lightly breaded chicken pieces onto 2 large baking pans, covered with foil and sprayed with a light coat of cooking spray. **(E)** Pre-Heat oven to 400 degrees.

4. Bake the chicken for 12 minutes. Remove from oven, flip the pieces, then bake for 4-5 more minutes. Remove from oven, set aside as you make the sauce.



5. (A) Heat a laaaarge pan for 1 minute over medium heat, then pour the sauce into the pan. (B) Crank up the heat to medium-high and bring the sauce to a rolling boil for 1 minute, or until it begins to thicken. Stir with a cooking utensil to ensure it doesn't burn. (C) Once the sauce thickens to the consistency of maple syrup (it'll take a few minutes of boiling), add all of the baked chicken breast pieces to the pan. (D) Gently toss and stir the chicken around the pan, till well coated in a thickened glaze. Garnish with sesame seeds and SERVE IMMEDIATELY! Seriously, I'm not just saying that. The breading will start to absorb the sauce and it'll begin to lose its crunch in about 5 minutes. This is baked, not deep fried.

NOTES & SUGGESTIONS:

- **BREADING:** I strongly advise you NOT to try dumping all of the breading and chicken into a ziplock bag, then shake it all up. It does NOT work. It takes time, but you need to bread the chicken one piece at a time. It took me around 12 minutes.
- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken WILL lose its crispness after being coated with the sauce for a few minutes. Just like chicken Parmesan, once your breading begins to absorb the sauce, it will eventually lose its crunchy exterior. For this dish, toss the chicken into the hot sauce right before serving, to ensure the crisp texture lasts for as long as possible.
- **BREAD CRUMBS INSTEAD OF RICE KRISPIES:** If you have access to 1 point per slice bread, instead of using my 'breading 2.0' recipe, for the crumbs... you can make a batch of my low point bread crumbs, from pg. 16. It makes enough real breadcrumbs to double-bread all the chicken for the same points. You'll just need an extra egg or two for the egg wash. But, the chicken will be CRAZY crunchy.
- **VEGGIES:** This only makes 4 cups of breaded and glazed orange chicken. That's fine, but I'd highly recommend plating it with steamed or sauteed veggies, to 'stretch it out'. I steamed a 1-1/2 lb bag of broccoli florets and served it all as a large, restaurant style platter, which increases the number of servings you can get out of the recipe, as well as the size of the servings. Besides, unlike Panda, where you get a giant scoop of this stuff on its own, when you order orange chicken at a restaurant it's ALWAYS served on a big bed of steamed broccoli.
- **POINTS:** The regular "Orange Chicken" entree at Panda Express is 18 points for one serving. My version is 2 points on both the 'Regular' and the 'Diabetic' plans. Let this be yet another example of how you can eat absolutely ANYTHING on-plan, without any regret. It just requires cooking a little differently than you used to.



PAD THAI

My Waaaaay Healthier Version of The Most Popular Thai Noodle Dish In The World

Rice noodles with a tangy, sweet and savory sauce, loaded with chicken, shrimp, a ton of veggies and topped with cilantro and crushed peanuts. It's their most popular dish for a reason.

Ingredients:

Proteins:

- 3/4 lb chicken breast, sliced into thin strips
- 1 tsp soy sauce
- 1/4 tsp baking soda, dissolved in 1 Tbsp water
- 1/2 lb medium shrimp (41-50 count) peeled, tail off, deveined)

Sauce(s):

- 4 Tbsp rice vinegar OR distilled white vinegar
- 2-1/2 Tbsp fish sauce
- 1 Tbsp lower sodium soy sauce
- 2 tsp powdered peanut butter
- 3 Tbsp 0 calorie brown sugar replacement
- 1-1/2 tsp cornstarch
- 1/2 to 1 tsp asian chili sauce (I used Huy Fong chili garlic)

Tamarind Paste Substitute: (below ingredients)

- 1 Tbsp lemon juice
- 2 tsp worcestershire sauce
- 1 tsp lower sodium soy sauce
- 1 Tbsp no sugar added ketchup OR canned tomato sauce
- 2 tsp 0 calorie brown sugar replacement
- 1/4 tsp molasses (see notes)

Veggies & Additional Ingredients:

- 8oz Pad Thai rice noodles (I used Thai Kitchen rice noodles). Weigh noodles dry, cook to package directions. Set aside.
- 1 large onion, quartered and thin sliced (around 2-1/4 cups)
- 2 cups 'shredded' carrots, (the bagged coleslaw type)
- 5 medium garlic cloves, minced
- 1-1/2 tsp ginger, minced
- 1/2 large head of cabbage, sliced into strips (5 cups)
- 2 cups bean sprouts
- 1 large egg
- 1/2 cup thin sliced green onions
- 1-1/2 oz peanuts, weighed then chopped/crushed
- Cilantro, finely chopped, to garnish

Servings Info.:

Yield: 10 cups

Servings: 8

Serving Size: 1-1/4 cups



R D
4-4

- last checked 11/27/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Combine chicken, soy sauce & baking soda mixture. Set aside 20-30 minutes. In one bowl, mix together all the sauce & 'tamarind paste' ingredients. Set aside.



2. (A) Heat a LARGE pan over medium high heat for 1 minute. Using cooking spray, cook the chicken till just cooked through, around 4 minutes. Set chicken aside. (B) Add shrimp to pan, cook till just cooked through, around 2 minutes per side. Remove from pan. (C) Add onions, carrots, garlic and ginger, turn heat up to High. Cook for 3 minutes, then (D) add the cabbage and bean sprouts. Toss to combine.



3. (A) Cover with a lid, then cook the veggies on high heat for 2 minutes. Tossing/stirring once or twice, letting the cabbage wilt a bit. (B) Use a spoon to push all veggies to the side, creating a 'well' in the center of the pan. Spray with cooking spray, then crack an egg into the center. Scramble the egg, till cooked, in the center of the pan. Once the egg is cooked, stir the broken bits into the vegetables. (C) Add the chicken and shrimp back into the pan, along with the green onions. Toss to combine. Pour in the sauce and the tamarind paste substitute. Cook for 2 minutes or so, tossing till all ingredients are well coated. (D) Add the cooked rice noodles into the pan, toss and fold, till the noodles are thoroughly coated and dark with the sauce. Pour onto a platter, garnish with chopped peanuts and fresh chopped cilantro.

NOTES:

- **RICE NOODLES:** You can find 'pad thai style rice noodles' in the Asian food aisle of most major grocery stores. They may also be called 'stir fry rice noodles'. They look similar in shape and size to linguine however, they are white inside of their packaging. Cook according to package directions, then set aside. The brand I used gives 8oz dry noodles for 23 points.
- **CARROTS:** Ok, this caused some confusion in prior recipes. When I say 'shredded carrots', I mean the bagged, shredded carrots you find in the produce department of your grocery store. The carrots are in long, very, very thin matchsticks, like you'd find in coleslaws. They aren't truly shredded, like you'd get from a hand grater.
- **TAMARIND PASTE SUBSTITUTE:** Traditional Pad Thai uses Tamarind Paste to greatly enhance the flavor of the dish. Unfortunately, it's very high in points and is actually difficult to find at most grocery stores. Most food bloggers get around it by simply using ketchup as a substitute... which is a sucky and lazy substitute. I found 'my' substitute on an obscure Thai Cooking resource. It is a pretty decent substitute for the flavor profile that you'd get from the real stuff. If you don't want to use my Tamarind substitute, go the lazy route and use ketchup... but who wants lazy, when you can have delicious.
- **MOLASSES:** Tamarind paste has a very unique flavor. Above, I mention a couple of the ingredients used in my substitute for it, in this recipe. One that I wanted to give special mention to is Molasses. Molasses has a very tart, deep flavor, which is similar to Tamarind. Along with the soy sauce, ketchup, brown sugar substitute and lemon juice... this little bit of molasses in the recipe also helps round out the flavors and give a taste much closer to a REAL Pad Thai, than you'll find in regular 'skinny blogger' recipes, which all call for simply using plain ol' Ketchup for the Tamarind substitute.



PANCIT SOTANGHON

An AWESOME Filipino Noodle Dish, Filled with Shrimp, Chicken & Veggies With Thin Rice Noodles

Pancit is an amazing Filipino noodle dish, loaded to the gills with everything good. If you'd like a comparison, think of it like a huge platter of chow mein, loaded with meat and veggies, but even BETTER, because of the thin, slightly chewy rice noodles. My WW sister from another mister, [@mariarachael12](#), shared her mother's recipe with me. This is my WW-ified version.

Servings Info.:

Yield: 12 cups

Servings: 8

Serving Size: 1.5 cups



R D
3-3

- last checked 11/28/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Combine the chicken, baking soda/water and dark soy sauce. Set aside for 20-30 minutes. In a separate bowl, mix all the sauce ingredients till smooth, cover, set aside.



2. (A) Slice and prep all the vegetables, set aside. (B) Place the dried rice noodles into a large mixing bowl, then cover with warm (not hot) water. (C) Let the noodles soak according to package directions, till they are pliable, with the feel of regular 'al dente' pasta. Drain and set aside. (D) Heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add the chicken. Cook until just cooked through, then pour the chicken into a bowl and return pan to the heat.

Ingredients:

Meat:

- 3/4 lb chicken breast, sliced into thin strips
- 1/4 tsp baking soda, dissolved in 1 Tbsp water
- 1 tsp 'dark' soy sauce (optional, for color)
- 3/4 lb medium shrimp (41-50 count) peeled, tail off, deveined

Sauce:

- 1-1/2 cups fat free chicken broth
- 2 Tbsp PLUS 2 tsp soy sauce
- 1 tsp 'dark' soy sauce
- 1 Tbsp fish sauce (see notes)
- 1 Tbsp lemon juice
- 2 tsp paprika (for color)
- 1-1/2 tsp cornstarch

Vegetables:

- 3 cups sliced onion, loosely packed, 1/4" wide strips
- 1-1/4 cups celery, sliced on a bias, 1/4" thick
- 1-1/4 cups carrots, "shredded" (see notes)
- 6 medium garlic cloves, chopped
- 1/2 head green cabbage, chopped, loose packed (5 cups)
- 1/2 cup sliced green onions, or more, to taste

Additional Ingredients:

- 8oz uncooked vermicelli RICE noodles (see notes)



3. (A) Spray the pan with cooking spray, then add the shrimp. Cook for 2 minutes, toss, then cook for another 2 minutes. Place shrimp into the same bowl as the chicken, then return your pan to the heat again. Turn up heat to High. (B) Spray with cooking spray, then add the onions, carrots, celery and garlic. Cook over high heat for 2 minutes, till onions and celery are starting to sweat. (C) Pour the sauce into the pan and bring to a rolling boil. (D) Add the cabbage to the pan and cook, uncovered, for 4 minutes. The cabbage will begin to wilt with the sauce boiling under it.



4. (A) Add the chicken, shrimp and green onions to the pan, cook for 1 minute. (B) Mixing this much pasta together in one pan is extremely difficult, because of how fine the rice noodles are. I STRONGLY suggest that you do this like I did. Divide the pan's hot contents between itself and a 2nd large mixing bowl. Once divided, add half of the noodles into each of them. Toss till all ingredients are well combined. This will take a minute or two, but it's SO MUCH EASIER to mix it together, divided in half, because there is so much ultra fine, tangly noodles. Be patient. Once both batches are mixed well, combine them back into the pan. Turn the heat back on to medium-high, and cook for 1-2 minutes, re-warming the dish, while also helping the noodles absorb a little bit of the sauce as they heat through... Pour out onto a large platter and serve. Garnish with thin sliced green onions.

NOTES:

- **RICE NOODLES:** Ok folks, we're using a new ingredient your local stores MIGHT not have... 'vermicelli rice noodles'. They are found in the Asian food aisle, if your store has them. They look like angel hair pasta, but are even thinner. Some brands ask you to boil them for 2-3 minutes, while other brands (like what I used) simply have you soak the noodles in water for a few minutes. Follow the package instructions for the noodles you buy and use THOSE directions for steps 2B & 2C, unless you find a type that calls for soaking, like mine did. If, however, you are unable to find vermicelli rice noodles at any of your nearby stores... you can make this recipe with angel hair pasta, cooked to 'al dente'. The texture will not be the same, but it will still be a really tasty platter of noodles.
- **FISH SAUCE:** You can find it in the Asian food aisle, near the soy sauce.
- **CARROTS:** Ok, this caused some confusion in prior recipes. When I say 'shredded carrots', I mean the bagged, shredded carrots you find in the produce department of your grocery store. The carrots are in long, very, very thin matchsticks, like you'd find in coleslaws. They aren't truly shredded, like you'd get from a hand grater.
- **HALVE THE RECIPE:** This baby makes a HUGE platter of pancit. As such, you can deeeefinitely make a half batch. It'll make Step 4B unnecessary. You'll be able to mix it all in just the one large pan.





SESAME CHICKEN

A low fat, low calorie version of the traditional Chinese staple

As far as 'sit-down' Chinese food is concerned, I have 2 dishes that are my comfort food. Singapore Noodles and Sesame Chicken. Hence, why they're both in this book. My version is less sweet than at most restaurants, and has a bit more savory depth. I reduced the sweetness, increased the 'umami' with a bit of oyster sauce, along with more sesame oil than is traditional. Personally, I like this version better.

Servings Info.:

Yields: 4 cups

Servings: 4

Serving Size: 1 cup



R D

3-3

- last checked 11/28/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 1-1/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1/2 tsp baking soda, dissolved in 2 tsp water
- 1 batch of my 'toasted breading', recipe on pg. 17

Sesame Sauce & Glaze:

- 3/4 cup fat free chicken broth
- 1 Tbsp sesame oil (toasted sesame oil is best)
- 1-1/2 Tbsp oyster sauce
- 3 Tbsp lower sodium soy sauce
- 2 tsp 'dark' soy sauce
- 1/2 tsp minced fresh ginger (or 1/4 tsp ground ginger)
- 1 medium garlic clove, minced
- 3 Tbsp 0 calorie brown sugar replacement
- 1/4 tsp coarse ground black pepper
- 2 Tbsp rice vinegar
- 1 Tbsp PLUS 1 tsp cornstarch, dissolved with 1 Tbsp water
- 2 tsp Huy Fong Asian chili garlic sauce

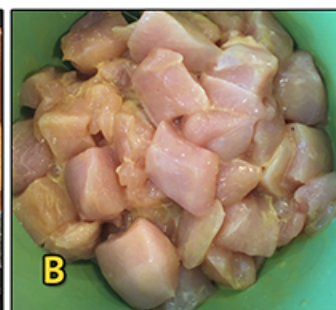
Additional Ingredients:

- 1 tsp toasted sesame seeds, for garnish
- 1 green onion, thin sliced at an angle, for garnish

Directions:

1. Mix all of the Sauce ingredients together in a bowl, till well combined. Set aside.

2. Mix the chicken breasts pieces with the baking soda solution. Let marinate for 30 minutes.



3. (A) Heat a pan over medium heat for 1 minute, then add all breading ingredients. Toast for 3-4 minutes, or until the crumbs are a nice, uniformly golden color. Remove from pan and set aside, letting the crumbs cool to room temperature. (B) Place the whisked eggs into the bowl with the chicken pieces, mix to combine. (C) Place the toasted crumbs in a bowl, then place the chicken chunks, ONE AT A TIME, into the crumbs. Use a fork to lightly coat each chunk with the breading. (D) Place the lightly breaded chicken pieces onto 2 large baking pans, covered with foil and sprayed with a light coat of cooking spray. (E) Pre-Heat oven to 425 degrees.

4. Allow the chicken to rest for a few minutes, after it comes out of the oven. Then heat a good sized pan, or wok, for 1 minute over medium-high heat.



5. (A) Lightly spray the hot pan with cooking spray, then add the baked chicken pieces. Give the pan a few seconds to get back up to heat, then pour in the sauce. (B) The sauce will immediately begin to bubble, simmer and thicken. (C) Use 2 of your kitchen tools o' choice to quickly, yet gently, fold the chicken pieces with the sauce till well coated. Continue simmering and tossing until the sauce thickens. (D) Serve immediately. Garnish with sesame seeds and thin sliced green onions.

NOTES & SUGGESTIONS:

- **BREADING:** I strongly advise you NOT to try dumping all of the breading and chicken into a ziplock bag, then shake it all up. It does NOT work. It takes time, but you need to bread the chicken one piece at a time. It took me around 12 minutes.
- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken WILL lose its crispness after being coated with the sauce for a few minutes. Just like chicken Parmesan, once your breading begins to absorb the sauce, it will eventually lose its crunchy exterior. For this dish, toss the chicken into the hot sauce right before serving, to ensure the crisp texture lasts for as long as possible.
- **VEGGIES:** This only makes 4 cups of breaded and glazed sesame chicken. That's fine, but I'd highly recommend plating it with steamed or sauteed veggies, to 'stretch it out'. I usually eat it with steamed broccoli florets on the side, or sauteed broccolini/broccoli rabe, cooked with a little soy sauce and garlic.
- **POINTS:** If you'd like to lower this by 1 point per serving, do not bread the chicken. After the chicken marinates with the baking soda, simply cook the chicken in a hot pan, with cooking spray. Once the unbreaded chicken is cooked through, toss it with the sauce, just like in steps 5A, B & C.
- **BREAD CRUMBS INSTEAD OF RICE KRISPIES:** If you have access to 1 point per slice bread, instead of using my 'breading 2.0' recipe, for the crumbs... you can make a batch of my low point bread crumbs, from pg. 16. It makes enough real breadcrumbs to double-bread all the chicken for the same points. You'll just need an extra egg or two for the egg wash. But, the chicken will be CRAZY crunchy.





SHRIMP WITH LOBSTER SAUCE

A Deliciously Creamy and Savory Gravy-Like Sauce, Loaded with Ground Meat and Plump Shrimp

Ok... this is one of those 'bait and switch' dishes. For you folks thinking that you're about to get a dish full of Lobster... SURPRISE sucka! There isn't a single drop, bite, or molecule of lobster in this dish. This sauce is traditionally made, in China, for lobster, not shrimp. However, here in the good ol' US of A, Chinese cooks realized shrimp is a whole lot less expensive. Luckily, it's still an amazingly delicious entree with shrimp. This dish is typically served over rice, making it a very hearty, though light meal. As an added bonus, it is pretty low in sodium, as far as Asian dishes go.

Servings Info.:

Yields: 7 cups
Servings: 7
Serving Size: 1 cup



R D
1-1

- last checked 11/28/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat:

- 2 pounds shrimp (size 16-21ct), peeled, deveined, tail off
- 1/2 pound batch of my 'Asian' seasoned ground turkey, recipe on pg. 19 (with 2 cups of reserved water.... for 1A)

Sauce:

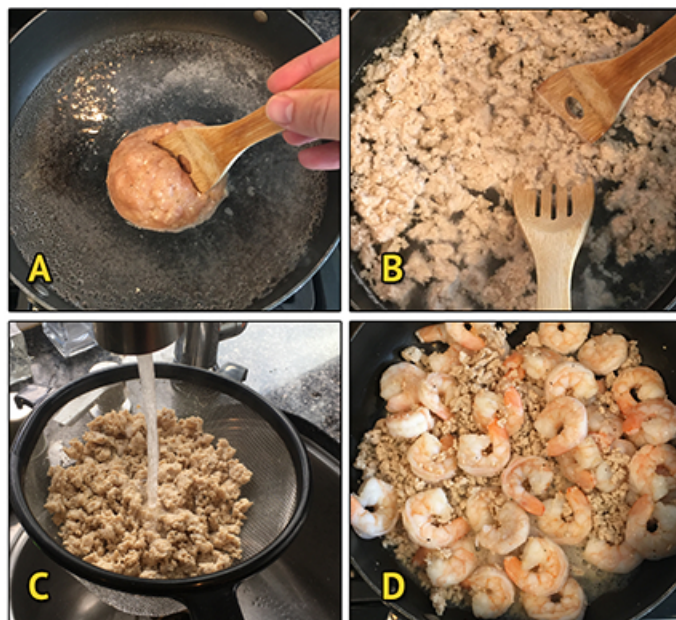
- 2-3/4 cups fat free chicken broth
- 1 Tbsp white wine
- 1 Tbsp rice vinegar
- 1 tsp sesame oil
- 1/2 tsp 0 calorie sugar replacement o' choice
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 Tbsp PLUS 2 tsp cornstarch, dissolved into 1/4 cup water

Additional Ingredients:

- 2 garlic cloves, minced (for use in step 2D)
- 1 cup frozen peas
- 1/4 cup thin sliced green onion
- 1 large egg. Yup... an egg. Sounds crazy, but it's awesome.

Directions:

1. Mix together the 1/2 pound batch of my 'Asian' seasoned ground turkey. Set aside 20-30 mins. Mix the sauce ingredients together, set aside.



2. (A) Ok, this next part is going to be preeetty weird... but just roll with it. In a large pan, bring 2 cups water to a boil, then add in the ground turkey. (B) Begin breaking apart the meat into smaaaall little pieces, as it cooks. Now, it gets even weirder. (C) Pour all of the meat into a strainer and rinse it off under cool running water. Set aside. (D) Heat a large, high walled pan over medium-high heat for 1 minute. Add the rinsed/drained ground turkey, 2 minced garlic cloves and the shrimp. Cook for 3-4 minutes, or until shrimp turns a light reddish-pink. Turn up the heat to High.



3. **(A)** Add all of the Sauce ingredients to the pan and bring to a boil. **(B)** Cook for 3-4 minutes at a rolling boil, allowing the sauce to begin thickening.



4. **(A)** Add the frozen (or thawed... you do you) peas into the sauce. Return to a rolling boil, cook for an additional 1-2 minutes, so the sauce thickens a little bit more. **(B)** Stir in the thin sliced green onions, stir to distribute, then immediately **(C)** pour in the beaten whole egg. **(D)** Begin stirring the raw egg into the pan. It will cook very quickly and will break apart into a gazillion... yes, a gazillion, fine little white threads o' egg, which will also help thicken the sauce even more, while adding a rich creaminess to the dish. This dish is typically eaten over rice. Use white or brown rice, it's up to you. You can even use that yuckie, chopped up, cauliflower stuff. Just... don't call it cauliflower rice, or I shall shun you and brandeth thee a heretic. It isn't rice!!

If desired, garnish with additional fresh sliced green onions and toasted sesame seeds.

SPECIAL MENTION:

Though I mention this dish is meant to be served over rice, my recipe does not include it, or the points for it. Use as much rice as you want, be it white, brown, or even that cauliflower heresy... but adjust your points accordingly.

NOTES (cont.)

- **WHITE RICE vs BROWN vs CAULIFLOWER:** Again... this dish is meant to be served over rice. Use whatever you want.
- **I DON'T LIKE SHRIMP, WAAAAA!!:** Honestly, Susie... use chicken. I haven't tried it personally, but other people have told me they make it with diced chicken breast instead of shrimp and they love it.
- **WHITE WINE!?!?!:** The traditional recipes call for chinese cooking wine, however, it's very high in points. Rather than using 2 Tbsp of that hard to find Asian wine, which will 'up' the points... I'm using 1 Tbsp white wine and 1 Tbsp rice vinegar. It's 0 points and still tastes fantastic.
- **POINTS:** On both the regular and the diabetic plans, you can have up to 2 servings for 1 total point.
- **GROUND MEAT IN WATER? WTH, DANIEL!?!?!:** Yeah, yeah, yeah... I know it's weird, but it works. The reason it's done like this is to ensure that the 99% fat free ground turkey cooks and breaks up into FINE pieces. This works, roll with it. The reason we are rinsing the cooked meat off, is the finished sauce is supposed to be 'clear' and light in color. Traditional recipes follow this same process... this isn't one of those 'crazy dhallak' things. Cooking the ultra lean ground turkey with added water is the only way to make it break into FINE grounds, like fatty ground meat would.





Tender Shrimp in a Light Soy, Wine, Ginger Sauce, With Crispy Snow Peas and a Subtly Vietnamese Twist

This simple recipe will be a new favorite for any of you shrimp lovers in the house. It's delicious, light, and surprisingly healthy, when you leave out the oil it's normally cooked with. This dish takes a little bit of time to prep, because of the snow peas, but once you start cooking, it all comes together in 10 minutes.

Servings Info.:

Yields: 7-1/2 cups

Servings: 5

Serving Size: 1-1/2 cups



- last checked 11/28/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Shrimp:

- 2lbs raw shrimp, fresh or frozen. Peeled, deveined, tails removed. I used size 16-20 "Extra Jumbo" shrimp, you can use smaller shrimp if you want.
- 1 Tbsp water
- 1/2 tsp baking soda & 1 tsp sweetener, dissolved in the water.

Sauce:

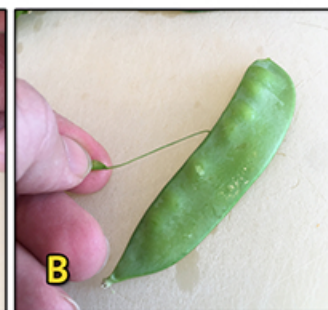
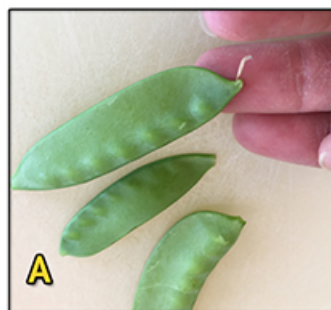
- 3 Tbsp low sodium soy sauce
- 1/2 tsp 'dark' soy sauce
- 2-1/2 Tbsp oyster sauce
- 3 Tbsp 0 calorie sugar replacement (I used lakanto monkfruit)
- 1 Tbsp white wine (or use water if you want)
- 1/2 cup chicken broth OR clam juice
- 3 Tbsp lime juice
- 1 tsp rice vinegar
- 1 tsp fresh ginger, minced
- 1/8 to 1/4 tsp black pepper, to taste
- 1-1/2 Tbsp cornstarch, stirred into sauce, till dissolved

Additional Ingredients:

- 1.5lbs (24oz) fresh snow peas. I purchased (3) 8oz bags from my local grocery store.
- 1/2 cup green peas, fresh or frozen

Directions:

1. Combine the shrimp, water, dissolved baking soda and sweetener in a bowl. Set aside for 20 mins.
2. Mix together the sauce ingredients, set aside.



3. (A) To 'clean' the snow peas, pinch off the little string on one end, then (B) peel back to the opposite end of the pea pod. If it comes off as a long strand, awesome. If it doesn't that's ok. The primary goal is to at least remove the little string at the end. Set aside (C) Heat a LARGE pan over medium-high heat, for 1 minute. Spray pan with cooking spray, then add the shrimp. Let cook for 2 minutes without stirring. (D) Stir/toss the shrimp then cook for an additional 2-3 minutes, till they look pink and look just cooked through. Remove from pan, set aside.

4. Turn the heat up to high. Heat pan for 1 minute, or till water droplets dropped into the pan immediately sizzle and evaporate.



5. (A) Spray with cooking spray, then add the snow peas. Do NOT stir the snow peas! Let cook for 1-1/2 minutes, without mixing/tossing. You want them to slightly char. (B) Toss the snow peas, then cook another 1-1/2 minutes, without tossing. (C) Pour in the sauce, which will start to thicken quickly. As soon as the sauce thickens a little, toss and stir to coat the snow peas, then add the shrimp back into the pan, along with the additional peas. Mix to combine. (D) Cook for another minute, or until the sauce is thick and coats the dish. Done.

NOTES & SUGGESTIONS:

- **SHRIMP SIZE:** I like larger shrimp for my entrees. When you are buying shrimp, whether fresh or frozen, there are numbers listed with it. Example: 41-50 count, 21-25 count, or in this case, 16-20 count. That's how many shrimp you get per pound. I bought a bag of frozen, peeled, deveined, tail on 16-20 count "extra jumbo" shrimp. The larger the numbers per pound, the smaller the shrimp. For this recipe you can use any sized shrimp you want, just use 2 pounds worth. Also, smaller shrimp will cook quicker than larger shrimp, obviously. Adjust your cook times accordingly. PS: I bought 'tail-on' shrimp, because I wanted to remove the tails myself, so I could use them later for stock.
- **PEELED/DEVEINED:** I buy the shrimp that already have the shells removed and are already 'deveined'. For you folks new to shrimp... that means that the string of dark... um... 🍌 has been removed. It's worth the couple of extra bucks to buy shrimp like this, otherwise YOU have to peel off all the shells and clean that 'waste' track out yourself.
- **WHITE WINE:** Obviously, this isn't traditional. But I'm using 1 Tbsp of white wine here, instead of Asian cooking wine, because I'm not going to make you go hunt down some 'shaoming cooking wine', when you can get an inexpensive mini bottle of white wine at 7/11 for \$2.
- **OYSTER SAUCE:** You can find oyster sauce in the same area of your local grocery store (or walmart) where you'd see soy sauce. If you don't like the briny 'ocean' flavor of oyster sauce, you can substitute it with 'vegetarian oyster sauce'. It has a kind of similar flavor... but is made from mushrooms.
- **BROTH/CLAM JUICE:** You can use chicken or vegetable broth for this dish. However, if you'd like it to have an even richer seafood flavor, you can substitute the broth with some 'clam juice'. It's found in the store, next to the canned tuna and sardines, typically.
- **SNOW PEAS:** Are NOOOOOOOT the same as 'snap peas'. Snap peas have a much tougher 'shell'. Buy snow peas.



SINGAPORE NOODLES

Singapore 'Mei Fun' is a Delicious Noodle Dish of Meat, Shrimp, & Veggies In A Peppered Curry Sauce

Singapore Noodles is a "dry" noodle dish, very light on sauce, with lots of curry and spices that are spread throughout. Loaded with shrimp, chicken and veggies, this is a very non-typical noodle dish to see on a menu. Servers are always surprised when I order it. Especially if you're a 'Guailo', like me.

Ingredients:

Meat & Veggies:

- 1/2 lb chicken breast, sliced into thin strips
- 2 tsp paprika mixed with 2 Tbsp water (for chicken)
- 1/2 tsp 'dark' soy sauce (optional, for color)
- 1/8 tsp baking soda (trust me)
- 1 lb large shrimp (16-20 count)
- 2 large red bell peppers, sliced into strips
- 1/2 cup shredded carrot
- 1/2 medium onion, sliced into strips
- 1/2 cup sliced green onion

Curried Noodle Sauce:

- 1/4 cup chicken broth
- 1/4 cup rice vinegar
- 1 Tbsp white wine ***
- 1/4 cup reduced sodium soy sauce
- 1-1/2 to 2-1/2 Tbsp curry powder, to taste. I used 2-1/2. The curry powder should be a strong flavor in this dish. This is a 'dry' noodle dish, not saucy, due to the powders.
- 1 Tbsp ground turmeric
- 1 tsp black pepper
- 1 tsp 0 calorie sugar replacement o' choice
- 1 tsp ginger root, minced
- 4 cloves garlic, chopped
- 1/2 tsp salt

Additional Ingredients:

- 1 large egg
- 8oz dry thin vermicelli RICE noodles. Cook according to package directions, then set aside. (see notes)
- 1 tsp sesame seeds, toasted in a hot pan till fragrant.
- additional thin sliced green onion, for garnish.

Servings Info.:

Yield: 11 cups

Servings: 7

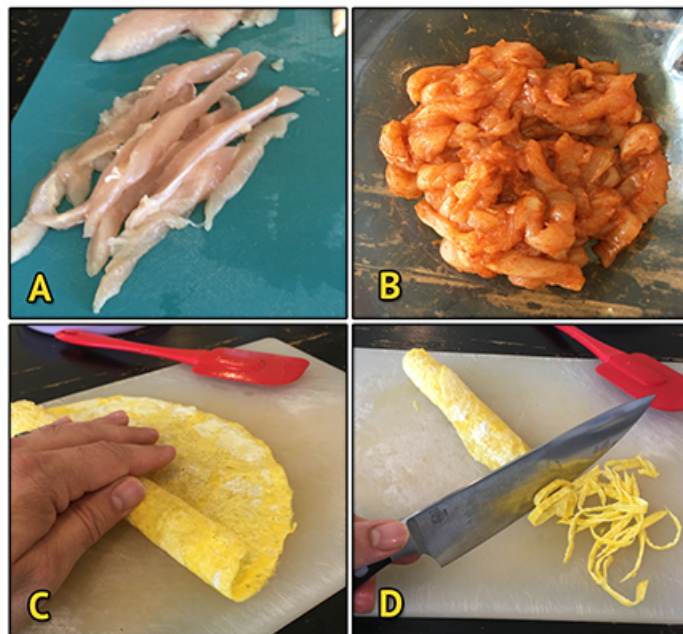
Serving Size: 1.5 cups



R D
4-4

- last checked 11/29/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:



1. (A) Slice the chicken breasts into thin strips. (B) Mix the paprika, baking soda/water and dark soy sauce into a paste, then mix with the chicken. Set aside for 30 mins. (C) Whisk the egg until the egg and yolk are well mixed. Spray a pan with cooking spray and cook to form a flat, round omelette. (D) Remove from pan, roll the egg into a cigar shape, then slice thin. Set the sliced egg aside.
2. Combine the sauce ingredients in a bowl, set aside.
3. Toast the sesame seeds in a hot pan, till lightly brown and fragrant. Set aside.



4. (A) Heat the biggest pan that ya have, over medium heat, for 1 minute. Spray with cooking spray, then cook the chicken breast until just cooked through. Set aside. (B) Add shrimp to the pan, cover, and cook for a few minutes, till the shrimp is cooked through and pink. Set aside. (C) Admire all your prepared veggies, then crank up the heat to medium high. (D) Spray the pan with cooking spray and add the onions, red bell peppers, green onions and carrots. Cover and cook for 4 minutes, till starting to soften.
5. (A) Pour the sauce into the pan and cook uncovered for 2 minutes at a hard boil, stirring so that it doesn't burn. (B) If ALL of the liquid has evaporated, add a little water. Turn off the heat and add all of the cooked pasta into the pan. (C) Take your time and fold all of the pasta into the pan, to distribute the veggies and sauce. The pasta will be lightly coated and take on a yellow hue. (D) Add the egg, chicken and shrimp, gently fold till well mixed. Plate, then garnish with extra green onion and toasted sesame seeds.

NOTES:

- **RICE NOODLES:** Ok folks, we're using a new ingredient your local stores MIGHT not have... 'vermicelli rice noodles'. They are found in the Asian food aisle, if your store has them. They look like SUPER THIN angel hair pasta. Some brands ask you to boil them for 2-3 minutes, while other brands simply have you soak the noodles in hot water for a few minutes. Follow the package instructions for the noodles you buy. My recipe uses 26 points of thin vermicelli rice noodles.

If, however, you are unable to find vermicelli rice noodles at any of your nearby stores... you can make this recipe with angel hair pasta, cooked to 'al dente'. The texture will not be the same, but it will still be a really tasty platter of noodles.

- **WINE:** Once again, we're subbing in some regular white wine in place of the higher point Asian cooking wine.

- **PAPRIKA CHICKEN? WTH, DAN?:** This is more for looks than anything. The REGULAR version of this dish you'd get at a Chinese restaurant, has thin sliced, ultra reddish bbq pork. To mimic the look of the bbq pork which I am obviously not including in this dish... I've using the paprika and dark soy sauce to give our sliced chicken a reddish color, once cooked. It makes the dish look closer to the real deal.





STRING BEAN CHICKEN

Yet another slimmed down version of a traditional Chinese recipe

I know that as far as Chinese fast food goes, the String Bean Chicken at Panda Express is pretty low-ish in calories and points already... but I can't leave well enough alone. My wife requested this dish because it's her favorite chicken entree on Panda's menu. Rather than simply making a copycat fast food recipe, which is what ALL the skinny bloggers do, I actually visited the website of a famous Chinese Chef, based in Taiwan, then modified his personal recipe.

Servings Info.:

Yields: 9 cups
Servings: 6
Serving Size: 1-1/2 cup



R D
0-0

- last checked 11/29/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken & Marinade:

- 1-1/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into thin strips
- 1 Tbsp reduced sodium soy sauce
- 1/4 tsp sesame oil
- 1/2 tsp baking soda. Trust me, roll with the madness.

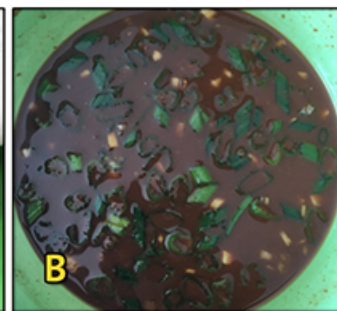
Sauce:

- 2 Tbsp reduced sodium soy sauce
- 3 Tbsp black bean sauce *** (see notes)
- 2 tsp 'dark' soy sauce
- 1 Tbsp white wine *** (see notes)
- 1/2 cup chicken broth
- 1 Tbsp 0 calorie sugar replacement o' choice
- 1 Tbsp cornstarch dissolved into 2 Tbsp water
- 4 medium garlic cloves, finely chopped
- 1/2 tsp fresh ginger, minced
- 3 green onions, sliced thin on a bias
- 1/4 tsp cracked black pepper

Additional Ingredients:

- 1 onion, quartered and sliced into thin strips
- 1-1/2 lb bag (24oz) fresh green beans, ends trimmed off. Cut into 1-1/2 to 2 inch lengths.
- 1 tsp sesame seeds, for garnish, if desired

Directions:



1. (A) Add the sliced chicken to a bowl. Stir together the soy sauce, sesame oil and baking soda, then coat the chicken with the mixture. Allow to rest for 30 minutes.
(B) In a separate bowl, combine the 'Sauce' ingredients. Set aside.



2. (A) Prepare the onions and green beans, set aside.
(B) Heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add the marinated chicken. Cook for 4-5 minutes, or till the chicken is just cooked through.

3. Once the chicken is cooked through, remove it from the pan, set aside, then return pan to the heat.



4. (A) Give the pan a few seconds to get back up to heat, then turn it up to High heat. Add the green beans and onions, spread them around the pan, then LEAVE THEM ALONE for 1 minute. Seriously, don't even shake the pan. After 1 minute, stir the contents, then let it sit again, untouched, for 1 more minute. Sear them babies! (B) Pour 1/4 cup water into the pan and cover with a lid. Lower the heat to Medium and steam the veggies for 4 minutes. (C) Remove the lid and pour the sauce over the veggies. Cook for 2 minutes, or until the sauce just begins to start thickening. (D) Add the chicken back into the pan, stir to combine, cook until the sauce has thickened and has slathered the dish in awesome-sauce. Try one of the green beans. If you'd like them a little softer, cook till desired doneness. Garnish with sesame seeds.

NOTES & SUGGESTIONS:

- **BLACK BEAN SAUCE:** BBS is essential for the traditional version of this dish. Check for it in the Asian food aisle of your local grocery stores. I had to check 6 stores before I found it. You can fix that by ordering some online from walmart or elsewhere. Note, different brands are different points. I used 'Kikkoman' brand, Black Bean Sauce with Garlic, which is 2 points for 3 Tbsp. If you cannot get black bean sauce, use oyster sauce as a replacement, though it'll be a drastically different flavor. I highly recommend the black bean sauce.
- **WHITE WINE:** What the heck?... Well, The traditional recipe calls for an Asian sweet wine. I'm not going to tell you to buy that. Instead, we're using regular white wine plus some sweetener, in the sauce. Problem solved.
- **PROTEIN:** It goes without saying, for a vegetarian option, you can replace the chicken with firm tofu.
- **GREEN BEANS:** For the love of Jackie Chan, please use fresh green beans for this. They sell bags of them in the produce aisle, all you need to do is trim the ends and cut to length. I suppose you COULD use frozen green beans... but your dish will end up a sad, soggy, mushy mess. Bleh.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have one. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"
- **GREEN BEAN FIRMNESS:** Again... use my cook time for the final dish as a base. If you want your green beans to be a little softer, let it cook longer. The chicken WILL NOT DRY OUT. That baking soda trick works wonders for the texture of the chicken breast pieces.





Sweet And Savory With A Sour Kick... Just Like Me, Without Coffee

Sweet & sour chicken is a staple at Chinese take out places across the country. Crispy, tangy, sweet and savory, with big chunks of crispy chicken, bell peppers, onions and pineapple. It's usually battered chicken fried in oil, mine is breaded and baked, then dressed in a sugar free sweet & sour sauce. It's a lot lower in calories, sugar and fat than any restaurant version.

Servings Info.:

Yields: 9 cups

Servings: 6

Serving Size: 1.5 cups



- last checked 11/29/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 1-1/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1/4 tsp baking soda, mixed with 1 Tbsp water
- 1 batch of my 'low point breading,' recipe on pg. 17

Sweet & Sour Sauce / Glaze:

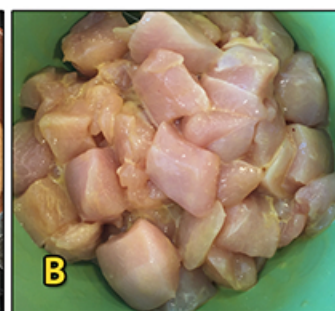
- 3/4 cup + 2 Tbsp water
- 3/4 cup rice vinegar
- 3/4 cup 0 calorie sugar replacement o' choice
- 2 Tbsp tomato sauce
- 1 Tbsp garlic, chopped or minced
- 1 Tbsp ginger, finely chopped or minced
- 2 Tbsp cornstarch, dissolved in 2 Tbsp water

Additional Ingredients:

- 1 jumbo onion (or 2 large onions), diced, roughly 1" pieces.
- 1 large red bell pepper (or 2 medium), cut into 1" pieces.
- 1 large green bell pepper (or 2 medium), cut into 1" pieces.
- 2 cups fresh pineapple, cut into bite sized pieces
- 1 green onion, thin sliced at an angle, for garnish.

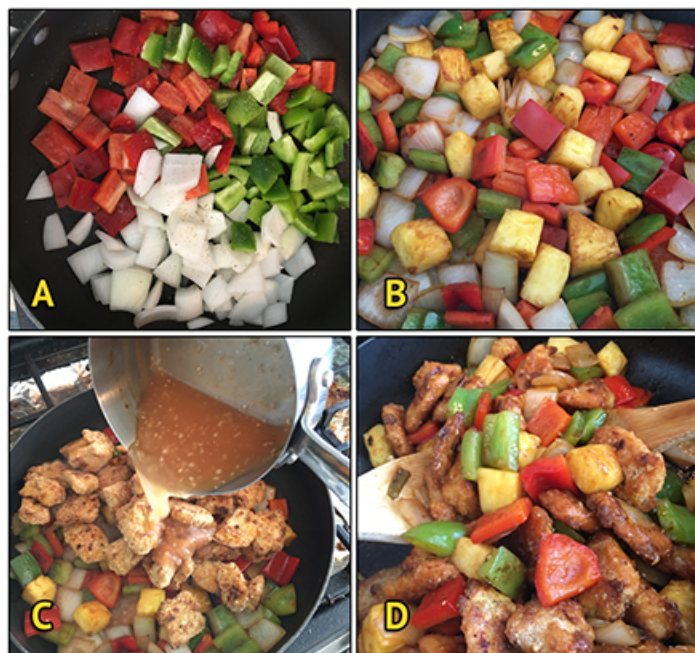
Directions:

1. Place the chicken breast pieces into a large bowl. Mix together with the baking soda solution. Set aside for 20-30 minutes.
2. Line 2 large oven sheet pans with foil. Spray with cooking spray, set aside.



3. (A) Heat a pan over medium heat for 1 minute, then add all breading ingredients. Toast for 3-4 minutes, or until the crumbs are a nice, uniform, golden color. Remove from pan and set aside, letting the crumbs cool to room temperature. (B) Place the whisked 'egg wash into the bowl with the chicken, mix to combine. (C) Place the toasted crumbs in a bowl, then place the chicken chunks, ONE AT A TIME, into the crumbs. Use a fork to lightly coat each chunk with the breading. (D) Place the lightly breaded chicken pieces onto 2 large baking pans, covered with foil and sprayed with a light coat of cooking spray. (E) Pre-Heat oven to 425 degrees.

4. Combine all of the sauce ingredients in a small sauce pot stir to combine, then bring to a boil. Boil for 3-4 minutes, till it thickens, then set aside.
5. Put the breaded chicken into the preheated oven. Bake at 425 degrees for 15 minutes. Remove from oven, flip the pieces, then bake for 4 more minutes. Remove from oven, set aside. It's ok, you want the chicken to cool a little..



6. (A) Heat a large pan for 1 minute over medium-high heat. Spray with cooking spray, then add the bell peppers and onion. Cook for 4-5 minutes, (B) then reduce heat to medium and add pineapple chunks. Cook for 3-4 minutes, till pineapple starts to slightly caramelize. (C) Add the cooked chicken and sauce to the pan. (D) Gently toss till all ingredients are coated in thick sauce. Garnish with thin sliced green onions. Done.

NOTES & SUGGESTIONS:

- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken WILL lose its crispness after being coated with the sauce for a few minutes. Just like chicken Parmesan. Once your breaded chicken begins to absorb the sauce, it will eventually lose its crunchy exterior. For this dish, toss all of the ingredients together right before serving to ensure the crisp texture lasts for as long as possible.
- **POINTS:** The regular "Sweet & Sour Chicken" entree at Panda Express is 13 points per serving. Mine, is 1-2, depending on which plan you're on. This is a great example of how once you figure out the basics of hacking recipes using the builder... it will make your head spin. You can make a healthier, low point version of almost anything you miss eating.
- **BREAD CRUMBS INSTEAD OF RICE KRISPIES:** If you have access to 1 point per slice bread, instead of using my 'breading 2.0' recipe, for the crumbs... you can make a batch of my low point bread crumbs, from pg. 16. It makes enough real breadcrumbs to double-bread all the chicken for the same points. You'll just need an extra egg or two for the egg wash. But, the chicken will be CRAZY crunchy.
- **SWEETENER:** For dishes like this that use a lot of 0 point sweetener, instead of sugar, I personally prefer to use Lakanto monkfruit, though it's a bit pricier. You can also use Stevia, Truvia, Splenda, or others, depending on your dietary restrictions. However, take note that some sweeteners do add points after certain amounts are used.
- **SPICY VERSION:** This sauce is my Sweet & Sour sauce, from the Condiments & Dips section. If you want to make a spicy Thai variation, add 1 Tbsp soy sauce, 3 tsp red pepper flakes and 1 Tbsp sugar free peach preserves/jam. You'll have essentially turned this sauce into a double batch of my Thai Sweet Chili sauce.





This Dish Combines Crunchy Breaded Chicken With A Sweet & Spicy Pineapple Sauce

My favorite entree at Panda is Sweet Fire Chicken. It's similar to their crispy orange chicken, except instead of orange, it's a pineapple glaze, with chunks of pineapple, onions, red chilis, and red and green bell peppers. It's sweet, spicy and saucy, just like me. In order to "skinny" the dish, I decided rather than deep frying the chicken, we're breading and baking the chicken, till crispy.

Servings Info.:

Yields: 9 cups

Servings: 6

Serving Size: 1.5 cups



R D
2-2

- last checked 11/30/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 1-1/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1/4 tsp baking soda, dissolved into 1 Tbsp water
- 1 batch of my 'low point breading', recipe on pg. 17

Sweet & Spicy Pineapple Sauce & Glaze:

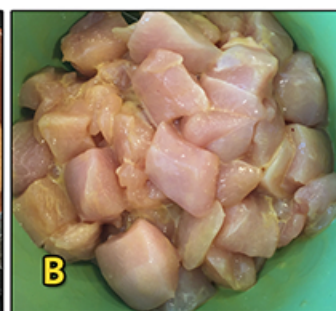
- 1/2 cup pineapple juice (see additional ingredients).
- 3 Tbsp reduced sodium soy sauce
- 4 Tbsp 0 calorie sugar replacement o' choice
- 2 medium garlic cloves, minced
- 1 tsp ginger root, finely chopped/minced
- 3/4 to 1 tsp red pepper flakes (or more, to taste).
- 1 Tbsp cornstarch, dissolved in 2 Tbsp water.
- 1 Tbsp PLUS 1 tsp sugar free syrup (pancake syrup)
- 1/4 tsp black pepper

Additional Ingredients:

- 1 jumbo onion
- 1 large red bell pepper (or 2 medium)
- 1 large green bell pepper (or 2 medium)
- 2 cups fresh pineapple, cut into bite sized chunks.
- 1 tsp sesame seeds, toasted, for garnish.
- 2 green onions, thin sliced at an angle, for garnish.

Directions:

1. In a bowl, mix together the chicken breast chunks with the baking soda solution. Set aside for 20 mins.
2. Mix all of the Sauce ingredients together in a bowl, till well combined. Set aside.



3. (A) Heat a pan over medium heat for 1 minute, then add all breading ingredients. Toast for 3-4 minutes, or until the crumbs are a nice, uniformly golden color. Remove from pan and set aside, letting the crumbs cool to room temperature. (B) Place the whisked eggs into the bowl with the chicken pieces, mix to combine. (C) Place the toasted crumbs in a bowl, then place the chicken chunks, ONE AT A TIME, into the crumbs. Use a fork to lightly coat each chunk with the breading. (D) Place the lightly breaded chicken pieces onto 2 large baking pans, covered with foil and sprayed with a light coat of cooking spray. (E) Pre-Heat oven to 425 degrees.

4. Bake the chicken for 14 minutes. Remove from oven, flip the pieces, then bake for 4-5 more minutes. Remove chicken from the oven, then set it aside.



5. (A) Heat a large pan for 1 minute over med-high heat. Spray with cooking spray, then add bell peppers and onions. Crank the heat up to High and cook for 4 minutes. (B) After 4 minutes on High, add the sauce and pineapple to the pan, toss to combine. Continue cooking for 2-3 more minutes, or until the sauce thickens. (C) Gently fold in the baked chicken pieces. (D) Toss/fold until well combined and coated in thick sauce. Done. Serve immediately. Garnish with sliced green onions and sesame seeds.

NOTES & SUGGESTIONS:

- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken **WILL** lose its crispness after being coated with the sauce for a few minutes. Just like chicken Parmesan. Once your breaded chicken begins to absorb the sauce, it will eventually lose its crunchy exterior. For this dish, toss the chicken into the hot sauce and vegetables right before serving to ensure the crisp texture lasts for as long as possible.
- **SPICINESS:** Feel free to add more red pepper flakes, or even to toss in some dried asian chilis, to make this dish as spicy as you'd like. Your goal is for a sweet and spicy sauce. But you should definitely have a little spicy kick.
- **BREAD CRUMBS INSTEAD OF RICE KRISPIES:** If you have access to 1 point per slice bread, instead of using my 'breading 2.0' recipe, for the crumbs... you can make a batch of my low point bread crumbs, from pg. 16. It makes enough real breadcrumbs to double-bread all the chicken for the same points. You'll just need an extra egg or two for the egg wash. But, the chicken will be **CRAZY** crunchy.
- **PINEAPPLE:** You can use either fresh or canned pineapple. However, if you use canned chunked pineapple, the dish will 100% not taste as good. Trust me, I've made it both ways to try it out. If available, use fresh pineapple, it makes a huuuuuge difference. Canned pineapple is soggy and squishy, but it's definitely convenient and cheap. So, you do you.
- **PINEAPPLE JUICE:** Here's one where you get to pick your poison, so to speak. Well.. unless you're on the diabetic plan, then yeah... pineapple juice pretty much is. 🙄 You can choose to buy a can o' pineapple 'in pineapple juice' and simply use 1/2 cup of that liquid. Or, buy a bottle o' pineapple juice. Either way, 1/2 cup is 3 points.





TERIYAKI CHICKEN

My Teriyaki Recipe Is Awesome, But Is Soooooo Non Traditional It'd Make A Samurai Commit Seppuku

Ok, we ALL know what Teriyaki Chicken is. Everyone has had it at Chinese take-out, or have had it while eating a teriyaki bowl. I'm not going to go through a long description of what it is, other than saying it originates from Japan. However, 'fast food' or even dine-in Teriyaki is typically a RIDICULOUS amount of points and calories. We're so used to it being coated in an extremely thick and sugary sauce, it's often one of the highest calorie dishes on a menu. My version uses a LOT of ingredient substitutions to make it fat free, and sugar free, with the exception of the teeny bit of wine (0.1g sugar).

Servings Info.:

Yields: 4 chicken breasts
Servings: 4
Serving Size: 1 breast



R D
0-0

- last checked 11/30/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 4 good sized boneless skinless chicken breasts (see notes)

Marinade:

- 1 Tbsp low sodium soy sauce
- 1 tsp 'dark' soy sauce (optional, primarily for color)
- 3/8 tsp baking soda, dissolved with 1 Tbsp water

SAUCE: (mix together, set aside)

- 2 Tbsp PLUS 1 tsp low sodium soy sauce
- 1-1/2 tsp 'dark' soy sauce (optional, primarily for color)
- 1 Tbsp no sugar added ketchup (**No arguing!!** *see notes*)
- 2 Tbsp rice vinegar
- 1 Tbsp white wine
- 1-1/2 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 1/2 to 1 tsp fresh ginger, minced (to taste)
- 1-1/2 tsp cornstarch, dissolved with 1 Tbsp water

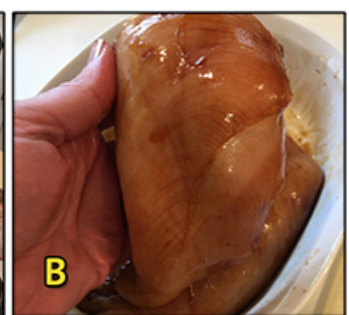
Additional Ingredients:

- 2 Tbsp water (for braising, step 2B)
- 1/2 cup water (for sauce, set aside for step 3B)

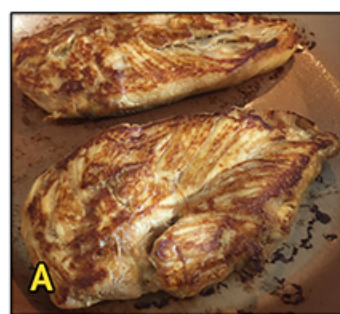
RECIPE NOTES:

Though my recipe calls for 4 chicken breasts... you might notice that my pictures only show 2. Well... that's because, like an uncoordinated panda, I dropped 2 of them.

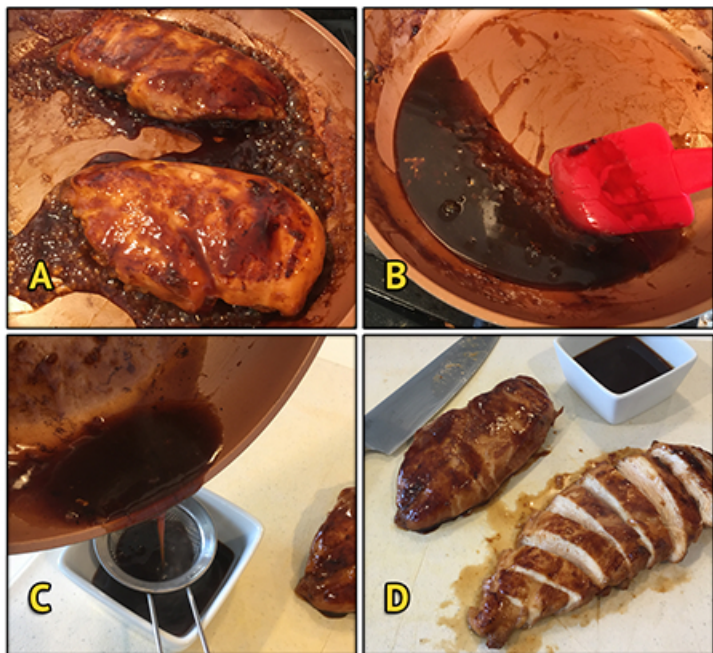
Directions:



1. (A) Use a kitchen mallet, or summon Thor's hammer, then lightly flatten the thickest area of your chicken. Try to make them a uniform size, without pulverizing them. (B) Mix the marinade together, rub/smear it all over the chicken, then set aside for at LEAST 30 minutes.



2. (A) Heat a LARGE pan over High heat, for 1 minute, then spray with cooking spray. Add the chicken breasts into the hot pan, smooth sides down. Let them sear, unmoved, for 2 minutes. Flip the chicken and sear 2 more minutes. (B) Pour 2 Tbsp water into the pan and immediately cover with lid. Reduce heat to medium, cook for 5 minutes, covered.



3. (A) Remove the lid and turn the heat up to medium-high. Stir the sauce again, making sure to get the cornstarch off the bottom, then pour the sauce into your pan. Cook the chicken in the sauce, flipping occasionally, until the sauce thickens and almost all of the liquid evaporates. Remove chicken from pan, set aside to rest. (B) Turn the heat up to High, then add an additional 1/2 cup of water to the pan. Mix the water and thickened bits o' sauce, till they are once again 'mostly' smooth, and cook till reduced down a bit more. (C) When the sauce has thickened slightly, pour it through a wire strainer, to remove any leftover bits. You want a flavorful and smooth sauce. (D) Now that your chicken has rested, you can serve it however you'd like. Serve it as whole breasts, or sliced, with sauce drizzled on top. If you want to serve it a little more Chinese-style, you can slice the chicken, then add it to the pan during step 3B. Then, the sliced chicken will be coated with sauce. If you go that route, you can skip steps 3C & D.

NOTES & SUGGESTIONS:

- **CHICKEN:** For my recipe, I'm using good sized, large, thick chicken breasts.
- **COOK TIME:** The cook times for my recipe take into account using large, thick chicken breasts. Seriously, I used Dolly Parton sized Costco chicken breasts. If you are using 'thin sliced' chicken breasts, do NOT sear them on high heat for as long as I did, then braise them for 5 minutes in the water, they'll taste like shoe leather. If you use thin breasts, I'd try searing on high heat for 1 minute per side, then braise for maybe 2 minutes per side. Remember... after cooking, covered, they still get cooked for a few more minutes in the sauce. Nobody likes dry chicken, shoe leather chicken breasts.
- **THIS ISN'T A TRADITIONAL RECIPE!!!!!!:** Ya'don't say, Nancy?
- **RICE VINEGAR???:** Traditional teriyaki recipes call for using a good amount of 'Mirin', which is a sweetened rice wine vinegar. Well, Mirin has points. Instead, we're using 0 point rice vinegar, then adding some sweetener. Boom, problem solved. (I used lakanto monkfruit)
- **WHITE WINE!?!:** Again.... it's a lower point ingredient swap. Regular teriyaki uses Sake, which is a Japanese rice alcohol. Sake, being hard liquor, has a good deal of points. I'm substituting 1 Tbsp of white wine because it's 0 points. Combined with the rice vinegar and sweetener, it's a good and viable substitute for no added points.
- **DARK SOY SAUCE:** Gives the finished dish it's dark, rich looking coloring. Without it, the chicken will be pale.
- **RED HUE:** I know you guys are scratching your head, wondering "WHAT THE HECK IS HE THINKING..... KETCHUP?!?!". Well, I'm including it because I'm used to fast food teriyaki chicken, which we ALL know has a red coloring to it. A lot of fast food places add red food dye to their sauces. Instead, I'm adding that tiny, 1 Tbsp of no sugar added ketchup. That little bit will give a very slight reddish hue to the sauce. However, if you don't want to include it, skip it. Or, if you want to use it but don't want to go buy a bottle of ketchup, use 1 Tbsp of tomato sauce.





THAI BASIL CHICKEN

This Incredible Dish Is Bursting With Flavors. If You've Never Had It Before, It'll Be A New Favorite.

I have to be fully honest and up front. I'm one of those people, who has gone my entire life not knowing what to order at Thai restaurants. I have no idea what ANY of that stuff is on the menus, which is why I am having so much fun making this new cookbook!!! I'm getting to try out so many new dishes! I... absolutely... LOVE this. Today, making this dish, was the first time in my life I've ever had it. The sauce is extremely complex, with a deep, silky, nearly gravy like sauce to it. It has a nice sweetness, a bit of heat (which you can ratchet up)... and oh, my, staaars... then the basil comes along and karate chops your taste buds.

Servings Info.:

Yields: 6 cups

Servings: 4

Serving Size: 1-1/2 cup



R D
0-0

- last checked 11/30/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

CHICKEN:

- 1-1/2 pounds boneless skinless chicken breast, cut into small bited sized pieces
- 1/2 tsp baking soda, stirred into 1 Tbsp water

SAUCE:

- 3 Tbsp PLUS 1 tsp low sodium soy sauce
- 2 Tbsp oyster sauce
- 2-1/2 tsp 'dark' soy sauce
- 1 Tbsp Asian chili sauce (I used Huy Fong, chili garlic)
- 2 Tbsp 0 calorie sugar replacement o' choice
- 1/4 tsp cracked black pepper
- 1-1/2 tsp cornstarch

ADDITIONAL INGREDIENTS:

- 2 large red bell peppers, cut into 1/2" pieces. (2-1/2 cups)
- 2 medium (or 1 LARGE) onion, rough chopped. (3 cups)
- 6 medium garlic cloves, minced
- 1 tsp sesame seeds, for garnish

THAI BASIL (and substitute)

- - Use either 2 cups of Thai Basil leaves... **OR**.....
- - Use 3 cups of 'regular' Basil leaves, like you use for Italian dishes. In addition to that, add 1 Tbsp finely chopped tarragon (SEE NOTES)

Directions:

1. Mix together the chicken with the baking soda. Set aside for 20-30 minutes. While it's marinating, mix the sauce together, cover, set aside.



2. (A) Chop, prep and set aside veggies and herbs. (B) Heat a LARGE pan over high heat for 1 minute. Spray with cooking spray, then add all of the chicken to the pan. Cook for around 5 minutes, or till just cooked through. Remove chicken from pan, set aside, return empty pan to heat. (C) Add the bell peppers, onions and garlic. (D) Cook over high heat till onions are starting to caramelize around the edges.



3. **(A)** Return chicken to the pan and mix with the veggies. Pour in the sauce, toss to mix. **(B)** Continue to cook over high heat. Let the dish sit for 10-15 seconds, then toss to combine. Repeat that process for a minute or two, so the sauce can thicken. Once the chicken is well covered in a nice, dark coating of sauce, **(C)** turn off the heat and immediately add the fresh herbs. **(D)** With the heat off, toss and mix the chicken and vegetables with the herbs, allowing them to wilt in the residual heat of the dish. Serve immediately. If you'd like, you can garnish the dish with a 0 point amount (up to 7/8 tsp) of sesame seeds, though it's optional.

NOTES & SUGGESTIONS:

- **THAI BASIL OR SUBSTITUTIONS:** Ok... this is going to be a bit of a read, so bear with me. This dish is called "thai basil" chicken. As such... it is highly recommended that you use real thai basil. However... acknowledging the fact that not everyone has access to it, I wanted to present you with a viable substitution with common ingredients. Every single snootie food blog will tell you:

"... if you can't find real Thai basil, use regular basil, but it won't taste as good. But unfortunately, regular basil lacks a licorice flavor that's present in Thai basil."

Well, those food snoots aren't using common sense. Use regular basil... but ADD ANOTHER INGREDIENT that will give it a slight licorice flavor. In my recipe, I'm choosing to use a little bit of additional fresh tarragon. You can also try using some anise, or maybe a little fennel. This isn't rocket science. Most bloggers don't experiment with ingredient substitutions. So... yes, use 1.5x as much regular basil as you would Thai basil. BUT... also, try adding an additional ingredient that gives the missing flavor. Have fun experimenting on what you could use. Tarragon worked for me.

- **DARK SOY SAUCE:** No, it is not regular soy sauce. It is a darker, slightly thicker soy sauce, mostly used to enhance the richness and dark color of sauces. If you buy it online, look for 'sushi chef' brand. It lets you have the most for 0 points. Additionally... DO NOT GET 'Mushroom Flavored' dark soy sauce... it's disgusting.
- **WHERE ARE THE HOT PEPPERS?:** I'm NOT going to make you go find an Asian market and buy Thai chili peppers. That's why I'm using Asian chili sauce for the heat in my recipe. It's at every store and it's incredibly easy to adjust your level of heat. However... if you want to go full-tilt traditional, replace the chili sauce with 8-10 Thai chili peppers. You can also use some sliced red jalapeños. But seriously... ya'll are crazy. That'll melt your face off.



THAI SWEET CHILI SHRIMP

Sweet and Spicy Shrimp With Lemon Zest, Lime Juice, Chili Sauce and Cilantro

I figured I'd take a little departure from the Chinese themed dishes I've been doing lately, to mix it up with some Thai food. The flavor profile of this dish runs the gamut from spicy to savory, from salty to sweet, and then there's the lime juice that sneaks up and punches you in your hoobajoob. It's like hitching a ride on the Orient Express, with your tongue on the tracks.

Servings Info.:

Yields: 5 cups

Servings: 5

Serving Size: 1 cup



- last checked 11/30/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Shrimp:

- 2lbs raw shrimp, fresh or frozen. Peeled, deveined, tail on. Get size 16-21 count shrimp (see notes)
- 1/4 tsp baking soda, dissolved with 2 tsp water
- 1 tsp 0 calorie sugar replacement o' choice (I used lakanto)
- 1-1/2 Tbsp cornstarch
- 1-1/2 tsp flour
- 1-1/2 tsp plain breadcrumbs

Sauce:

- 3 Tbsp low sodium soy sauce
- 2 Tbsp asian chili sauce (I used Huy Fong chili garlic sauce)
- 3 Tbsp 0 calorie sugar replacement o' choice
- 3 Tbsp lime juice
- 1 Tbsp white wine (or use water if you want, sissy)
- 2 tsp fish sauce (see notes)
- 2 tsp fresh ginger, minced
- 4-5 medium garlic cloves, minced
- 2 tsp minced lemon zest (2 medium lemons should do it)
- 1 Tbsp PLUS 1 tsp sugar free syrup (*pancake syrup*).

Additional Ingredients:

- 1 large red bell pepper, slice into long 1/2" thick strips, then cut the long strips in half.. so you get shortened thick strips.
- 3 Tbsp cilantro, finely chopped

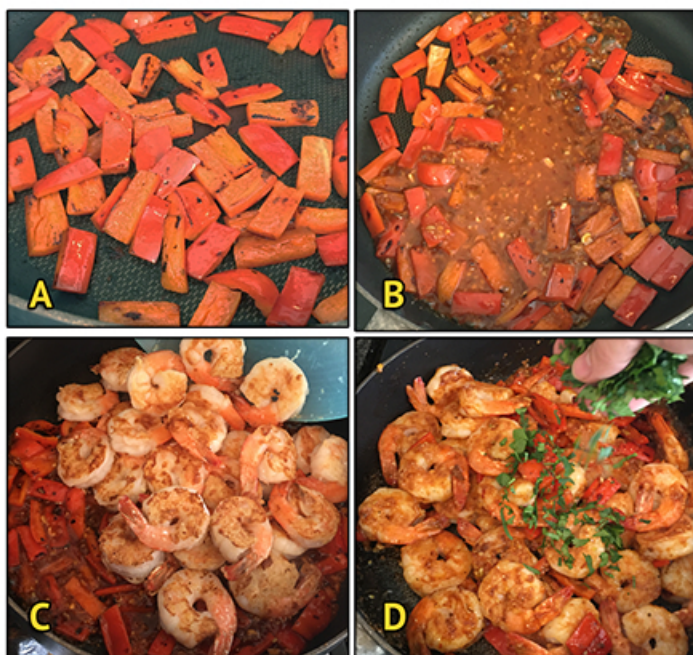
Directions:

1. Combine the shrimp, water, dissolved baking soda & sweetener in a bowl. Set aside for 20 mins.
2. Mix together the sauce ingredients, set aside.



3. (A) When ready to cook, add the cornstarch and flour into the bowl with the shrimp. (B) Mix to combine, coating the shrimp with a thin batter. (C) Heat a large pan over medium heat, till water dropped onto it immediately sizzles and evaporates. Spray pan with cooking spray, then place half of the shrimp in the pan, so you don't crowd them. Cook them for 2 minutes, without moving them. Spray tops of shrimp with more cooking spray, then flip. (D) Cook for an additional 2 minutes, then set aside to rest on a plate. Repeat till all shrimp are cooked. Set aside.

4. Return the pan to medium-high heat. Once water droplets sizzle on the pan, it should be hot enough for the veggies. The pan should be just about as hot as you ladies find Ryan Gosling holding a baby kitten.



5. (A) Spray the pan with cooking spray, then add the bell peppers. Cook for 3-4 minutes, without moving them, till they are lightly charring. (B) Pour the sauce into the pan and allow it to cook down slightly. (C) Once the sauce begins to thicken/reduce, return the cooked shrimp to the pan and toss till well coated. (D) Add fresh chopped cilantro to the pan and toss till well mixed. Done. If desired, you can garnish with some thin sliced green onions, additional fresh cilantro and 1 tsp sesame seeds.

NOTES & SUGGESTIONS:

- **COATING:** Though I made the thin batter for my shrimp, you can choose to skip the step. If you leave the cornstarch, and flour out of the recipe, this entire dish goes down to 0 points on both plans. I do still recommend cooking the shrimp in batches, like I did. If you 'crowd your pan' with shrimp, they won't sear... they'll steam. Remember, 2 minutes per side on a preheated pan. You don't want rubbery shrimp.
- **SHRIMP SIZE:** I like larger shrimp for my entrees. When you are buying shrimp, whether fresh or frozen, there are numbers listed with it. Example: 41-50 count, 21-25 count, or in this case, 16-20 count. That's how many shrimp you get per pound. I bought a bag of frozen, peeled, deveined, tail on 16-20 count "extra jumbo" shrimp. The larger the numbers per pound, the smaller the shrimp.
- **PEELED/DEVEINED:** I buy the shrimp that already have the shells removed and are already 'deveined'. For you folks new to shrimp... that means that the string of dark... um... 🐙 has been removed. It's worth the couple of extra bucks to buy shrimp like this, otherwise YOU have to peel off all the shells and clean that 'waste' track out yourself.
- **WHITE WINE:** Obviously, this isn't traditional. But I'm using 1 Tbsp of white wine here, instead of Asian cooking wine, because I'm not going to make you go hunt down some 'shaoning cooking wine', when you can get an inexpensive mini bottle of white wine at 7/11 for \$2.
- **FISH SAUCE:** Fish sauce is A MAJOR food flavoring in Thai cuisine. It can be found at grocery stores or walmarts, in the 'Asian food' aisle, next to the soy sauce. It's a very pungent sauce that adds a LOT of depth to Thai dishes. However, you should note that on it's own, if you just open up a bottle and take a whiff, it stiiiiiinks by itself. It IS pretty much anchovy water, after all, so I wouldn't use it to take shots, if I were you.





TORIKATSU (KATSU CHICKEN)

Miso Marinated Chicken, Baked With Panko Breadcrumbs, Served With Japanese Katsu Sauce

Katsu Chicken, or 'Torikatsu', is one of the dishes I swore up and down I wasn't going to make. Let's face it, Katsu chicken is simply chicken, breaded with panko breadcrumbs, then deep fried or baked. Meh. But then a friend challenged me to try and 'fancy it up'. So, I marinated the chicken with miso paste, which we already have from the Miso Glazed Salmon. My intent was to give it a solid punch of umami flavor, rather than just standard salt and pepper. I also reworked my Katsu Sauce recipe. Regular katsu sauce is RIDICULOUSLY high in points, mine allows you to have up to 1/4 cup for 0 points. *"Dōitashimashite,"* mis amigos.

(You're Welcome, in Japanese)

Servings Info.:

Yields: 4 chicken breasts

Servings: 4

Serving Size: 1 breast



- last checked 11/30/22 -

- SPECIAL NOTE -

The actual Katsu Chicken in this recipe is only 2 points on both plans. I'm adding 1 additional point, for 1 serving of my Katsu sauce, which takes it up to 3 per serving

Ingredients:

Chicken:

- 4 large, boneless skinless chicken breasts (see notes)

Marinade:

- 3/8 tsp baking soda, dissolved with 1 Tbsp water
- 2 tsp lower sodium soy sauce
- 1-1/2 tsp miso paste

Breading:

- 1 cup PLUS 2 Tbsp Rice Krispies cereal. Measured, then lightly crushed in a ziplock bag
- 7 Tbsp unseasoned panko breadcrumbs
- 2 large eggs, beaten like a disloyal Yakuza
- 1 tsp all purpose flour
- 1 tsp cornstarch

Additional Ingredients & ThingieMcjigs:

- 1 batch of my Katsu sauce, recipe on pg. 22
- a fine wire mesh strainer (for dusting). Just roll with it.

Directions:

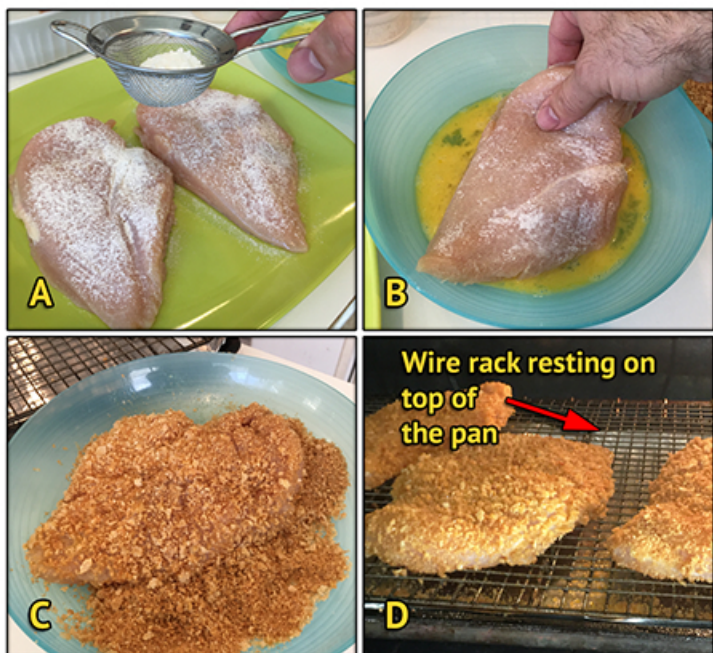


1. (A) Use a kitchen mallet to lightly flatten the thickest area of your chicken, to make each piece a uniform thickness. (B) Mix the baking soda, water, soy sauce and miso paste together. Rub over the chicken breasts. Set aside and allow to marinate for at least 30 minutes.



2. (A) Combine the crushed rice cereal and panko crumbs together in a pan, over medium heat. Stir/toss every 30 seconds, till the breading has become a uniformed golden brown (about 4-5 minutes). Set aside. (B) This picture shows the difference between regular panko breadcrumbs vs toasted crumbs.

3. Preheat oven to 400 degrees. Line a baking pan with foil, place a wire rack OVER the pan (as seen in picture 4D).



4. (A) Place chicken breasts onto a plate, then gently scoop flour and cornstarch into a fine wire strainer. Holding the strainer over each chicken breast, lightly tap, dusting each piece in a coating of flour. Flip the chicken, to dust both sides. (B) In a large bowl, place your beaten eggs, then dip each piece of chicken into the egg wash, one at a time. (C) Place the egg-dipped chicken into a bowl with the toasted crumbs. Coat both sides, then place onto the wire rack, on the baking pan. (D) Spray chicken with cooking spray, then bake at 400 degrees for 35-40 minutes (for THICK chicken breasts). Less time will be required for thin chicken breasts. Done. Serve each piece with a 1/4 cup scoop of my Katsu sauce and a 1/4 tsp of sesame seeds.

NOTES & SUGGESTIONS:

- **COOK TIME:** The cook times for my recipe take into account using large, thick chicken breasts. If you use thin breasts, reduce the time to probably 20-25 minutes. If you aren't sure if it's done, pierce the thickest part of 1 breast with a knife. Turn the knife slightly and look inside. If it's pink.. keep cookin'. Chicken sashimi is NOT 'good eats'.
- **RICE KRISPIES???:** Normal recipes use straight panko breadcrumbs. I personally prefer a combination of panko and regular consistency crumbs. The Panko gives the crunch and body, the smaller crumbs fill in the spaces. Also, the reason I'm using rice cereal... 1-1/4 cup, crushed, gives 1/2 to 2/3 cup of crumbs for 5 points. While 1/2 cup of panko crumbs are 6 points. By combining the 2, we get a better finished texture (in my opinion, anyways), for less points than using straight panko.
- **POINTS FOR KATSU SAUCE!:** My katsu sauce is 1 point per 1/4 cup serving on both plans. As mentioned on the previous page, the actual breaded and baked chicken of this recipe, by itself, is only 2 points per breast. I'm adding 1 additional point (for 3 total points) per serving, to account for the sauce.



VEGETABLE & SHRIMP FRIED RICE

This Incredible Dish Is Bursting With Flavors. If You've Never Had It Before, It'll Be A New Favorite.

This is the second dish, I swore up and down, I would never attempt to make for this cookbook. I was convinced there was no way imaginable you could make it low in points, while still ONLY USING REAL RICE... none of that riced cauliflower nonsense! First things first, I needed to stretch the rice with as many vegetables as possible. I searched online and found an actual Chinese restaurant's recipes for both vegetable, as well as their shrimp fried rice. Then, I hacked the recipes down and combined 'em into one super dish.

Servings Info.:

Yields: 11 cups

Servings: 11

Serving Size: 1 cup



R D
2-2

- last checked 12/01/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Shrimp:

- 1-1/2 pound shrimp (size 41-50ct), peeled, deveined, tail off
- 1/4 tsp baking soda, dissolved with 2 tsp water
- 1/2 tsp paprika, for color

Vegetables:

- 1-1/2 cups diced onion
- 1 large red bell pepper, diced (around 1-1/3 cups)
- 3/4 cup diced carrots
- 5 oz mushrooms, diced/chopped into bite sized pieces.
- 2 medium garlic cloves, chopped
- 3/4 cup green peas, fresh or frozen
- 1 cup fresh bean sprouts
- 1/2 cup green onions, sliced thin

Sauce:

- 1 Tbsp PLUS 1 tsp 'dark' soy sauce
- 3 Tbsp reduced sodium soy sauce
- 1/2 tsp ground turmeric
- 1/2 tsp salt

Additional Ingredients:

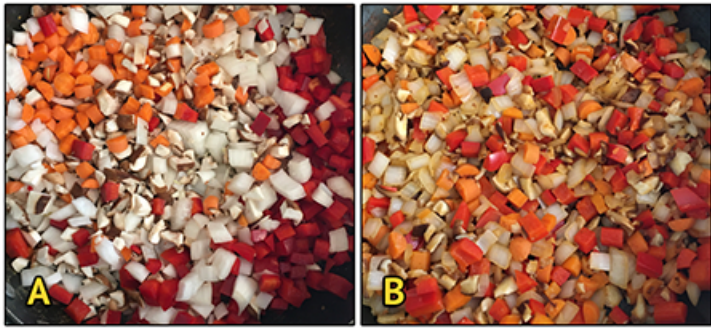
- 4 cups cooked white rice. Precooked, leftover, cold rice. Preferably left in the fridge overnight UNCOVERED.
- 2 large eggs, beaten with 1 Tbsp white wine
- 1 tsp toasted sesame seeds, for garnish

Directions:

1. Mix together the shrimp, baking soda/water solution and paprika. Let rest for 20 minutes.



2. (A) Prep and chop all the vegetables, set aside. Whisk the eggs and white wine, set aside. (B) Take your day old rice out of the fridge. Measure 4 cups and place into a mixing bowl. Sprinkle with a little water and break up the rice. Big clumps bad! Set aside. (C) Heat a LARGE, high walled pan over medium-high heat, for 1 minute. Spray with cooking spray, add the shrimp and cook till just cooked through, around 4-5 minutes. Set aside. (D) Spray pan with cooking spray and add the eggs. Scramble till just cooked through, set aside.



3. (A) Spray the pan with cooking spray, then add the onions, carrots, mushrooms, bell peppers and garlic. (B) Cook 4-5 minutes, or until the vegetables are starting to soften and color.



4. (A) Add the leftover rice (still cold) into the pan, along with the peas. Toss to combine for 1 minute, to start warming up the rice. Pour in the sauce, toss and toss and toss, till the rice takes on a uniform color. (B) Add the bean sprouts and green onions, toss to combine. (C) Add the shrimp and the scrambled eggs back into the pan. Toss/mix to combine. (D) Continue to cook and toss for an additional 1-2 minutes, until the rice is completely heated through and the entire dish has a dark golden hue. Garnish with sesame seeds, as well as additional thin sliced green onion, if desired.

NOTES & SUGGESTIONS:

- **LEFTOVER vs. FRESH RICE:** Ok... my recipe calls for leftover white rice. Why's that? Because it's already cooked... but it's dried out. When we stir it back into this big pan o' hot stuff, the rice is going to get steamed for a few minutes. If we were to have fresh cooked, fluffy rice.. then add it into this pan and continue to steam it EVEN MORE... it'll turn out mushy. If you want to use fresh cooked rice, make sure to cook it with a little less water than normal, so that it still has a little bit of bite to it. Ever boiled rice with too much water? We're trying to avoid that gruel.

NOTES (cont.)

- **WHITE RICE vs BROWN vs CAULIFLOWER:** You can use brown rice if you want, but the texture will be different. You can also use 'Lie-Rice'... I mean... riced cauliflower, STOP CALLING IT CAULIFLOWER RICE, IT'S NOT RICE!!!! It's small nuggets of farty sadness!!
- **I DON'T LIKE SHRIMP, WAAAAAAA!!:** Honestly, Susie... use chicken, beef or tofu. I can't do all the thinking for'ya :-)
- Also... though I used size 41-50 shrimp... you can use whatever size you'd like.
- **TURMERIC?!?!?:** If you'd like this rice to have a regular brownish color, then leave out the turmeric. However, it really gives it a fancy, restaurant quality look, having that golden hue to it. If you'd like to keep the turmeric, but have the brown more prominent... easy, dial the turmeric down to 1/8 tsp. Boom, done.
- **VEGGIE SUBSTITUTIONS:** It goes without saying, you don't have to use the exact veggies that I did. If you want to sub any of them out for a vegetable of your own liking, be my guest. The only thing I'd recommend is for you to try and match the amount of the veggie you're removing. IE: If you want to use zucchini instead of red bell peppers, replace the 1-1/3 cup of bell pepper with an equal amount of zucchini. That way, you keep the same number of servings and don't have to recalculate the points.





YAKI UDON STIR FRY

Thick, Chewy and Delicious Japanese Wheat Noodles in a Thick and Savory Sauce

This is my favorite of all the 'savory' noodle dishes that I've made so far, for this cookbook... and considering this is the 36th dish I've made, that says somethin'. Udon noodles are utterly awesome and are a favorite at most Japanese restaurants. Rather than making a typical soup/hot pot with them, I wanted to make a stir fry. This way, we could stretch the points/servings, while also ensuring all but one Asian region, represented in this book's recipes, has a noodle dish (sorry, Cambodia *shrug*).

Ingredients:

Meat:

- 1-1/2 lb chicken breast, sliced into thin, bite sized pieces
- 3/8 tsp baking soda, dissolved into 1 Tbsp water

Sauce:

- 2 tsp rice vinegar
- 1-1/2 tsp balsamic vinegar (see recipe notes)
- 2 tsp 0 calorie sugar replacement (I used lakanto monkfruit)
- 2 Tbsp 'dark' soy sauce (I used 'sushi chef' brand)
- 3 Tbsp lower sodium soy sauce
- 2-1/2 Tbsp oyster sauce

Veggies: *(highly customizable, see notes)*

- 8 oz sliced mushrooms, any variety (I used baby bella)
- 1 medium onion, thin sliced
- 1/2 cup green onions (scallions), sliced into 1" pieces
- 8 oz canned bamboo shoots, drained (see notes)
- 4 baby bok choy. Bottom 1" trimmed off, leaves/stems rinsed, sliced in half, lengthwise (watch a youtube video, if needed)

Noodles:

- 8 oz by weight, dried udon noodles (makes 3-3/4 cups cooked), cooked according to package directions. Drain, rinse under cold water, set aside.

Servings Info.:

Yield: 10.5 cups

Servings: 7

Serving Size: 1.5 cups



R D

3-3

- last checked 12/01/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

1. Mix the sliced chicken with the baking soda and water mixture. Set aside for 20-30 minutes.
2. Mix the sauce ingredients together, set aside.



3. (A) Slice the washed bok choy in half, set aside.
(B) Prep all your veggies before getting ready to cook.
(C) Heat a LARGE high walled pan over medium high heat for 1 minute. Spray pan with cooking spray, then cook chicken for 5 minutes, till just cooked through. Remove from pan. (D) Spray pan, then add onions, mushrooms and bamboo shoots. Cook 4-5 minutes, set aside.



4. (A) Return the pan to heat, then add the sliced bok choy and a spoonful (1 Tbsp) of water. Cover and steam for 4 minutes. Remove lid every minute and add another 1 Tbsp of water. (B) After 4 minutes, the bok choy should be just starting to brown. (C) Add the onions, mushrooms, bamboo shoots, chicken and sliced green onions to the pan. Toss to mix. (D) Add the cooked/rinsed noodles to the pan and toss to combine. Cook for 2 minutes. (E) Pour in the sauce, then (F) cook for an additional 3-4 minutes, mixing and tossing the entire time. Cook until the sauce begins to thicken and starts to coat the noodles. The coating will get darker as the sauce reduces. Done.

NOTES:

- **MUSHROOMS:** Though I used inexpensive, sliced baby bella mushrooms, you can use any variety you wish. Traditional recipes would call for Shitake mushrooms. Well, I don't know about ya'll... but this Cook's on a budget.
- **OYSTER SAUCE:** My wife HATES oyster sauce... a fact I learned after I made this dish. If you don't like the slight seafoody taste of oyster sauce, you can purchase vegetarian oyster sauce at stores. It's made from mushrooms and has a slightly different flavor profile.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have woks. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. A frying pan won't get as hot as a wok, which is why my cook times and methods are different than traditional recipes.
- **BALSAMIC??:** In this recipe, I'm substituting balsamic vinegar for Chinese/Japanese black vinegar. It's easier to find and it works in a pinch, without ordering special ingredients.
- **RICE VINEGAR AND SWEETENER:** The traditional recipe for this dish calls for using "mirin", which has points. I'm subbing it out with rice vinegar and sweetener. It's a legit ingredient swap.
- **UDON NOODLES:** I am using dried, packaged udon noodles in my recipe. However... in the refrigerated aisle of your store, where they sell tofu and other cold Asian ingredients, they sell already cooked, vacuum sealed udon noodles. If you choose to use those, simply set them in some hot water for a minute, to warm them... then stir them in, the same as you would with step 4D. Note: My dried udon noodles are 21 points for 3-3/4 cups of cooked noodles. If you use vacuum sealed noodles, check the points, and measure the noodles out. Adjust your points accordingly, if necessary.

SUBSTITUTION IDEAS:

- You can use chopped cabbage, broccoli florets, snow peas, zucchini, or any other green vegetable that you'd like, in place of the bok choy.
- If you don't want to use canned bamboo shoots, you can substitute them for thin sliced carrots or celery, though carrots will need to cook longer to soften.

