



Low Calorie, Low Fat Recipes For Healthy Weight Loss & Maintenance



# THE GUILT FREE GOURMET

COOKBOOK VOLUME 5 • 2024

by: Daniel Hallak

## ASIAN CUISINE

70 'Skinnied-Down' Recipes from:

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





Pictured on front cover, clockwise from top left:  
Hoisin Chicken (pg. 86-87); Korean Bulgogi Beef Stir Fry (pg. 66-67);  
Gyoza Potstickers (pg 32-33); Orange Chicken (pg. 106-107) and Chow Mein (pg.80-81).

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



*Low Calorie, Low Fat Cookbook of Awesomeness... Numero Cinco*

**Cookbook Volume 5**

**ASIAN CUISINE**

Follow me online at:

**The Web:** [www.theguiltfreegourmet.net](http://www.theguiltfreegourmet.net)

**Connect:** @dhallakx7

**Facebook:** The Guilt Free Gourmet LLC.

**Instagram:** TheGuiltFreeGourmet ... No, seriously... Follow me on Instagram.

**Youtube Channel:** The Guilt Free Gourmet ... Subscribe please! I upload all of my Connect cooking vids.

**Amazon:** You can find all of my cookbooks on my website, as well as on Amazon.

*(not to be confused with the old, vegan, gluten free, hippie dessert book of the same name... that's not me!)*

Copyright 2024 by Daniel Hallak

Updated: 12/31/23

Book design by: Daniel Hallak

Edited by: Mary Geiler

Nutritional Information by: Sarrah S. Settarra, of 'Sashi Makes Stuff' ... [www.sashimakesstuff.blogspot.com](http://www.sashimakesstuff.blogspot.com)

Photography by Daniel Hallak

The Guilt Free Gourmet is privately owned, so feel free to buy me out, baby!! Daddy needs a new pair of shoes.

The Guilt Free Gourmet, Cookbook Volume 5: Asian Cuisine - 2024, Second Edition. (Original 1st Edition Published July 2021)

The Author grants permission to reprint this publication **for personal use only**

# **LEGAL MUMBO JUMBO**

## **The Guilt Free Gourmet® 2024**

Though we have copyright protection over this publication and the materials here-in, we at The Guilt Free Gourmet want to make sure you understand that **you have our full and complete permission to have this material printed for your private use!** If you are a home cook or a cooking enthusiast, please know that we wish for you to be able to print this material, either at home, or at a business that offers printing services, such as Staples, Office Depot, Kinkos, etc.

If you try to take this to a printing center and they say that they can't print it, PLEASE tell them to look at the disclaimer cited above. The Author has expressly stated that he (me) has given permission for you to print it... Then poke him/her in the chest to establish dominance. Howling loudly while pointing at their copy machine.

## **Weight Watchers International & WW®**

The Guilt Free Gourmet is not affiliated with, nor is it endorsed by Weight Watchers International, Inc. (now WW®). Weight Watchers has not reviewed this publication for accuracy or suitability for WW members.

Weight Watchers, WW®, Point, Points, Smart Points, SP's, Personal Points, & "The Weight Watchers Program" are all registered trademarks of Weight Watchers International, Inc. Authentic information about the program is only available at your local WW workshop or online through the WW website and mobile app. The information and recipes contained within this guide are based solely on the recollections and assumptions of The Guilt Free Gourmet. The information and recipes are not warranted for any purpose by the author other than for educational purposes and for reference under fair use doctrine.

All readers are encouraged to go to a WW Workshop or the WW website for actual WW information and to also enter the listed ingredients of my recipes themselves into the Recipe Builder. Point values for certain ingredients change and are updated periodically by WW®, which may change the point values we are suggesting to be accurate for our recipes at this time.

This guide is in **NO WAY** meant to be a replacement for the WW Program. It is merely developed and intended for use as a collection of privately developed recipes, designed to complement the instructional materials and resources provided by WW to its members... BECAUSE WW IS AWESOME!

Any non-generic recipes within this guide were developed by me. All 'Point Values' were determined by entering the ingredients, measurements and servings into the Recipe Builder within the WW mobile App that is only available to paying members of the system. I strongly encourage anyone interested in developing a healthier lifestyle to join and follow the strategies for healthy living provided by Weight Watchers International (WW®).

All use of the terms Weight Watchers, WW, Points, Points Plan, Personal Plan, yadda yadda yadda in the following cookbook are used SOLELY for reference purposes, as is appropriate and allowed under fair use doctrine.

Dedicated to Mary Geiler. The lady who has been dealing with my ramblings for 3 years now. She's dealt with my constant barrage of typos, bad grammar, run-on sentences, venting... my, ridiculously, excessive, use, of, commas,... horrific use of punctuation' marks;! and my inability to spell the word 'resterant' correctly, even after 3 years of waving her fists at me in frustration.

If I ever strike it rich, like Jed Clampett... I am seriously going to foot the bill for all of the therapy you deserve for putting up with me and my shenanigans. I guess a BevMo membership would also be appropriate, in lieu of the non existant 401k here at The Guilt Free Gourmet.

Best part, because this is dedicated to you and I didn't want you to see it, you never got a chance to proof read it first. Now yOu have 2 deal with all th3se typoz, on you're dedicatiun' page... forever! MUAHAHAHAH!!!!

But, on a postive... you can't be mad at me, because Jesse's adorable. Yes.... I played the Jesse-card. Thank you for everything... Inga :)

- Daniel  
07-06-2021





Korean Bulgogi Beef Stir Fry - pg. 66-67



Thai Basil Chicken - pg. 128-129



Chinese Mushroom Chicken - pg. 104-105



Filipino Chicken in Adobo Sauce - pg. 54-55





# TABLE OF CONTENTS

2024 | Cookbook: Volume 5: Second Edition  
Low Calorie, Full Flavor Asian Cuisine

## Why Asian Food?

Trying to help you all understand the reasoning behind why I cook the way I do, as well as what made me decide to try and branch out to Asian food ... *page 6*

## How To Use QR Codes

Showing you how to use your mobile device's camera app, to scan the "QR Codes" on each recipe ... *page 7*

## Free Cookbooks?

Yup, you aren't crazy. I actually DO let everyone have all of my cookbooks for free, digitally ... *page 8*

## Important Gadgets

Pointing out a couple of important gadgets and gizmos that are used throughout the book's recipes ... *page 9*

## Highlighted Ingredients & Substitutions

Now we're getting into the nitty gritty. Six pages of suggestions, tips and ideas for food substitutions, as well as some of the ingredients that might not be familiar to you. A lot of these ingredients were exotic for me, at first, which is why I'm highlighting them ... *pages 10-15*

## Foundations & Cooking Tips

Most of my 'foundation recipes' are covered in Cookbook 1, but I did want to carry over my 2 breadng recipes, Asian meat mix, as well as add a couple tips ... *page 16-19*

## Sauces & Dips

Recipes for 15 low calorie, mostly fat free, low sugar Asian sauces & dips. They're great for dim sum, as well as being versatile enough to be used on entrees ... *pages 20-25*

## Dim Sum & Soups

Recipes for 12 low fat, low calorie 'skinnied-down' Asian appetizers (Dim Sum) and soups. I have everything from homemade shumai dumplings, potstickers and satay chicken skewers, to fresh spring rolls, meat-filled Bao, to hot and sour soup ... *pages 26-51*



*Singapore Noodles - Pg. 118-119*

## Main Dishes

And now, the reason you're all here. A boat-load of low calorie, low fat, mostly sugar free Asian food. Everything from platters of noodles to meat entrees and fried rice. The recipes in this section aren't just your usual Panda Express copycat recipes either. I have food from multiple regions of Asia, including:

*Cambodia, China, Japan, Korea, The Philippines, Taiwan, Thailand & Vietnam ... pages 52-137*

## Closing Thoughts & Acknowledgements

My final ramblings, hopefully not toooo incoherent, as well as shout outs to some of the folks that helped get this crazy train rollin' down the tracks. ... *pages 138-139*

## Nutritional Info. & Macros

The nutritional numbers for everything ... *pages 140-141*

## Recipe Index

Even though I like to make you folks wave your first in the air, trying to find recipes... I figured I'd try to be helpful this time around ... *pages 142-143*



# WHY ASIAN FOOD?

I remember exactly when I decided that my 5th cookbook would be focused on Asian food, it was Summer 2020. A member in Connect was commenting about how unhealthy Panda Express' Orange Chicken was, followed by there weren't any low point copycat recipes online, that were breaded and under 5 points per serving. So I looked at a few popular recipe sites and yup, theirs were all coated in flour and fried in oil, then coated in a syrupy uber-sweet sauce with gobs of honey, sugar and orange juice. Then, the skinny bloggers would proudly tout their 'light/healthy' version. After a few days of looking up various recipes, I decided to switch gears. Rather than only looking up 'copycat' recipes of "Chinese Fast Food" dishes, I started looking up TRADITIONAL Chinese recipes, from actual Chinese Chefs, who own Chinese restaurants. You know... the real deal. I found a few good sites from actual Asian Chefs, took note of what they all had in common, then used the 'recipe builder' to hack down their traditional Asian recipes, with non-traditional ingredient substitutions.

That got me thinkin', "I wonder if there's ever been a legit, full-fledged WW-Friendly cookbook devoted to Asian food?" After searching online, I saw that there was only 1, and it was published 26 years ago. So, I decided to challenge myself and make an Asian cookbook of my own. I figured it'd be a great way to challenge myself, because, well... I didn't know how to cook Asian food. 🙄

That started a 10 month process of researching different regional recipes from different Asian countries. A big problem is my wife and I never, ever get to go out, (2 special needs kids will do that). We hadn't actually gone out to get Asian food in years. Other than Americanized wannabe-Chinese fast food, which is NOT real Asian food, I had absolutely no idea what to make, let alone what any of it is supposed to taste like. So, I turned to my 'tribe'. I asked people in Connect, the private social media forum for Weight Watchers members, for suggestions.

I was flooded with requests for Asian dishes that I'd never heard of before, but, at least I had a list now. I spent MONTHS watching youtube videos, reading Asian cooking blogs, looking through websites devoted to various Asian cuisines... heck, I had to learn how to use all new ingredients that I'd never even heard of, much less purchased before. It was pretty intimidating, but it was honestly a TON of fun as well. I love trying new things in the kitchen. Plus, as a stay at home dad... this is my creative outlet that lets me feel like I'm more than just a diaper changin' chauffeur.

I honestly hope that you all come to enjoy these recipes, as much as I enjoyed trying to make them. I know that a lot of these dishes are going to be extremely intimidating for you to try. Trust me, I completely understand. I've included TONS of notes, all over the place, as well as an entire section explaining 'exotic' ingredients that may not be familiar to you. My hope is to make this as accessible as possible. I even go out of my way to try and avoid requiring you to purchase tons of crazy ingredients. I use ingredient substitutions EXTENSIVELY throughout this book, hoping to make it as easy as possible for you.

So, enjoy your skinnied-down journey through Asia... at least you won't need a passport for this trip.

## Understanding My Listed 'Point' Values

For this newly revised version of my cookbook, for the 2023 plan, I'll be providing point values in 2 ways. Traditional AND a QR code you can scan. In this example, under 'points', you'll see a blue text bubble with 2 numbers. The **LEFT** number is points on the 'regular' plan, while the **RIGHT** number is the point value for the **diabetic** plan. Easy peasy.

R = **Regular 0 point foods list**  
D = **Diabetic 0 point foods list**

R D

1-3

So in this case, the first serving is 1 point for folks on the 'Regular' plan and 3 points for people on the 'Diabetic' plan.

# USING 'QR' CODES

Have you ever seen those crazy looking, square shaped code-thingies on a menu, flyer or in a magazine and wondered what they are? Well... they are the exact same as a 'link' you'd find on a webpage, which you can click to go somewhere. But, these links are printed onto paper. You use a mobile device's Camera to scan (click) them.

So you don't have to "take my word for it", with my listed recipe's points, I wanted to provide you a way to check them for yourself, while also giving you the ability to track them. For all my recipes, if you scan the codes in this book, they'll open a link on your mobile device. Once clicked, the link will open up my recipe in YOUR app's recipe builder. This will let you see the accurate points on your plan, as well as letting you adjust servings and TRACK WHAT YOU ATE!!

## Step One:



Open your phone's "camera" app, ya'know, the one you take pictures with. Open it, then point the camera at the square code-thingie you want to look up.



## Step Two:

When you see 4 little yellow brackets around the corners of the code you want, a pop up that says "[Open QR.IO in Safari](#)" will appear at the top of the screen. Click that banner.



## Step Three:

When you click the recipe's picture, it will instantly load up my recipe into YOUR WW app (if on a mobile device). If you're on a desktop, there's no need to scan a code. Just go to the 'Point Values' page on my site and click the recipe.

Your App will show you the points for my recipe, based off of YOUR 0 point food settings. Then, simply 'track' the food, adjust the servings, etc.

## Give It A Try



Want to give it a quick try? Use your mobile device's camera to look at, then open the link for this QR code. Go ahead.... I'll wait. If you get it right, you get to see me and and my buddy [@chiafullo](#), hangin' out in Lederhosen.



# REALLY? FREE COOKBOOKS?

Though all of my cookbooks are available in printed format, on Amazon.com, you can open, view, save, print and share ALL of my cookbooks for free, at absolutely no charge whatsoever on my website: [www.theguiltfreegourmet.net](http://www.theguiltfreegourmet.net)

I allow everyone access to my Cookbooks for free, in digital format. My website has no ads, promotions, pop ups, or links begging you to use my discount code and save 10% on something so I get a kickback. This is my ministry. Yeah, a coupla bucks is nice, but at the end of the day, the most important thing is feeling like I get to help people. For a guy who's stuck at home cleaning house and changing diapers all day... it's a pretty nice feeling.



## **The Guilt Free Gourmet Cookbook Volume 1**

- Low Calorie Cooking Guides & Tutorials
- Foundational (Base) Recipes
- 45 Low Fat, Low Sugar Sauces
- Filled With 50 Shades of Awesome



## **The Guilt Free Gourmet Cookbook Volume 2**

- Dips & Spreads
- Salad Dressings
- Gourmet Appetizers
- Cupcakes & Cakes



## **The Guilt Free Gourmet Cookbook Volume 3**

- Dressings, Spreads & Condiments
- Burgers, Sandwiches & Sausages
- Side Dishes
- Salads
- Bonus Recipes



## **The Guilt Free Gourmet Cookbook Volume 4**

This one's currently up in the air. In Fall 2020, I had a very limited release 'Holiday Dishes' themed cookbook, which I dubbed Cookbook 4. I'm actually going to be changing CB4 into a Mexican, South American & Spanish cookbook.





For most of you folks that cook a lot and have spent years trying new things in the kitchen, these Gadgets & Gizmos are nothing new to you. But this particular page is directed more towards people who aren't as comfortable in the kitchen yet and what some of the gadgets are that I use a lot, while making the various recipes in this book.

### 1. WHAT THE \*@#!? WHERE'S THE WOK!?!?

This is probably the first Asian cookbook in history where a Wok will not be used, period. Why? Because, I'll bet 99% of the people who bought this book, don't own a Wok. However, most everyone has a large pan. My goal is for my cookbooks to be as accessible as possible. I've made 5 cookbooks now, using a simple, cheap, **3 Quart 'high walled' saute pan**, I got for \$20, at Walmart. However, if you want to use a Wok, go ahead.

### 2. Oven Thermometer

If you don't have one... buy it. I got mine at the 99 cent store and it's served me for years. You know when you set your oven to 400 degrees and it beeps to tell you it's ready? It's lying.... it's lying, big time. Ignore the beep and look at the thermometer. Chances are your oven is still 150 degrees colder than what you set it for. You THINK you're baking your chicken for 20 minutes at 400 degrees, when really, you put it in at 150 and it isn't going to hit 400 for another 15 minutes. Wait till your oven is actually at the right temperature, then proceed.

### 3. Bamboo or Steel Steamer Baskets

You can go 1 of 2 ways with this. You can spend a lot of money and buy expensive stainless steel steamer insert baskets for a regular stock pot. Or... you can go the less expensive, yet more traditional route. If you want to make any of the dim sum dumplings, you'll need to steam them. I spent \$20 on amazon and bought a **10 inch, 2 layered bamboo steamer set**. You pretty much fill a 10" pan or pot with some water, bring it to a boil, and set this thing on top of it. Boom, steamed stuff.

### 4. Fine Wire Mesh Strainer/Sieves

In this cookbook, I actually use these babies to lightly dust meat with a 0 point amount of flour, before dredging it in egg wash and breading it. In typical recipes, nearly every single Chef and blogger in the world dumps a boat load of flour into a bowl and sets their chicken into it, coating both sides. It's completely unnecessary to use that much. Plus, it adds a lot of carbs, calories and points, which aren't needed. If done correctly, you can actually "dust" both sides of 4 chicken breasts, with a good coating of flour, using only 1-1/2 tsp... which is 0 points.

### 5. Food Processor

In this book, I only use a food processor in... I believe... 2 or 3 recipes. Primarily I use it to process together the fillings for my potstickers, shumai dumplings, Vietnamese meatballs, the marinade for my chicken satay skewers and.... well, ok. I guess I do use it for a few things. If you don't own one, you can simply chop and chop and chop the heck out of things, by hand.

### 6. Digital Kitchen Scale

This is an optional one, but it needed to be pointed out. Some of my recipes in this book will request for you to use a specific amount of things, such as "7oz ground turkey mixed with 5oz of ground shrimp", or "233 grams of wonton wrappers". Of course, you can always eyeball and guess the measurements, but c'mon.... if you're already "in-system", you know how very important it is to own one of these anyways.

And yes... in keeping with my frugal nature, I have a cheap one I bought at Big Lots, years ago. It works just fine.



# INGREDIENTS & SUBSTITUTIONS

Highlighting A Few Key Ingredients Which May Be New To You

## You want me to buy WHAT?!?!?

If you're like I was before making all of these dishes... there's a good chance you'll have no idea what the heck you're going to need, or why you need it, for a LOT of these dishes. These next few pages will highlight the ingredients that might seem exotic now, but you'll consider them old friends after cooking a few recipes. AS WELL AS how I recommend substituting them out, for lower point substitutions.

## 'DARK' SOY SAUCE



Ok, to answer the obvious question on everyone's minds... 'DARK' soy sauce **IS NOT THE SAME THING** as regular soy sauce. Don't feel bad, I was scratching my head too, when I first started seeing it listed in Asian recipes. Yes... 'regular' soy sauce *iiiiiiiis* dark, but it isn't daaaaark. ;-)

Regular soy sauce is thin, like water and packs an extremely savory and salty flavor punch. Wonder why Asian food at restaurants has such deep, dark, colors for the sauces? Yup, it's the **DARK** soy sauce. Dark soy sauce is a little thicker, a little less salty, has a slight sweetness, but more than anything, it's used to deepen and darken the color of ANYTHING you add it to. If a bottle of black food coloring had a baby with a bottle of soy sauce, the offspring would be 'Dark' soy sauce. **Different brands have different point values.** The generic listing for 'dark soy sauce' lets you have up to 2 Tbsp for 0 points. '*Sushi Chef*' brand lets you have 3 Tbsp for 0 points. '*Lee Kum Kee*' brand actually has 1 point at 1 Tbsp... '*Chin-Su*' brand gives ya 3-1/2 Tbsp for 0 points... but the champ, **KA ME** Dark Soy Sauce lets you have up to 10 Tbsp for 0 points. Sadly, it's very hard to find, even on Amazon. Also, as a warning... **DO NOT BUY 'MUSHROOM FLAVORED' DARK SOY SAUCE!** Don't do it! Mushroom Flavored Dark Soy Sauce is gross, with a very pungent flavor. Also: **Dark Soy Sauce CONTAINS WHEAT!!!!**

## REDUCED SODIUM & GLUTEN FREE SOY SAUCE



### Mitigate the Sodium-Bomb, & Avoid de'Gluten!

Look, we all know that most all Asian food has a TON of sodium. I've tried to use as little soy sauce as I can in my recipes, because I know a lot of folks have sodium restrictions... but there's only so much we can do. I highly recommend using lower sodium or reduced sodium soy sauce. These dishes are still going to have a TON of sodium, but it'll be lower than using regular. Another thing to note: If you're allergic to gluten, you can use '*TAMARI*' style soy sauce. It's available in all major grocery stores, in the Asian food aisle. Tamari is a little darker and a little thicker than regular soy sauce. **You can also make a gluten free dark soy sauce substitute**, by adding a little molasses to the Tamari. Also, you can use '*soy free*' soy sauce, and '*liquid aminos*', as soy sauce alternatives.

## OYSTER SAUCE & VEGETARIAN OYSTER SAUCE



### OMG, is it really made out of oysters? Bleh!

Get over it, Nancy... the stuff is awesome! It's not made FROM oysters... rather from the liquid leftover from cooking them. It's an extremely thick, dark, salty and earthy tasting sauce with a hint of the ocean. It's used *eeeextensively* in Asian food. But Daniel, I'm vegetarian!!! Well don't worry, you can find vegetarian, gluten free 'oyster' sauce at the store too. It's made from mushrooms. It has a slightly different flavor, but will work just fine.



## Chinese Cooking Wine - Shaoxing Wine



### HOW TO Substitute It Out!!

This is one of those areas where ingredient substitutions really shine. TONS of Asian recipes call for this wine. It's a heavily seasoned 'Rice Wine'. It's dark in color, is very salty and well... it's wine. It's also very high in points. In EVERY RECIPE that traditionally calls for it, I use my go-to 0 point substitution. Rather than using

this high point rice wine, I use 1 Tbsp of white wine, with 1-2 tsp rice vinegar and/or 1 tsp balsamic vinegar.

## Sugar Free Syrup Instead of Honey



### How To Swap Out Bee Puke.

As delicious and complex a flavor as honey is, it is also very high in points and sugars. There are a few options for getting around it though.

**#1, Sugar Free Pancake Syrup.** The flavor profile is different, but it is sweet, thick and a lot lower in points.

**#2, Sugar Free Imitation Honey.** You can purchase it online, pretty cheap

through Walmart. However, it is barely lower point than real honey and only has 10 less calories per Tablespoon. However, it's still a good option for diabetic folks.

## Fermented Red Pepper Paste (Gochujang)



### Wait... I'm buying what??

This stuff is found in the Asian food aisle. You've probably walked by it a million times and haven't noticed it. It might say 'fermented red pepper paste', it might say 'gochujang paste'... same thing. It's used extensively in Korean food. In my recipes, I used it for the sauce of my Korean 'Bibimbap'. Different brands have different points.

## Bamboo Shoots & Water Chestnuts



### Sounds Weird... But You Need 'em

These are two of the unsung heroes of Chinese food. Not as sexy as Dark soy sauce, not as flashy as Sriracha hot sauce. These babies are textural dynamos that clock in every day, do their job and don't care for accolades. Both can be found in the Asian food aisle. When you do use them, you want to drain them from the liquid in the

can. Also, I highly recommend purchasing 'sliced' water chestnuts. Don't make the mistake I did of buying the canned 'whole' ones. It's a huge time saver.

## Wonton Wrappers



### Potstickers & Steamed Dumplings

If you plan on making my 3 recipes with dumplings, Shumai, Potstickers & Wor Wonton Soup, you'll have to buy wonton wrappers. You can find them in major grocery stores. You can find them in the refrigerated area where they sell tofu or other Asian products. For my recipes, you'll be purchasing small, 3-1/2" square shaped wonton

wrappers. They might come in a rectangular package. It's ok, those packages have 2 square stacks, laid down next to each other. The point values for my recipes were made with 'Twin Dragon' brand wonton wrappers.

## Asian Noodles



### Calculate using DRIED noodles

We all know what linguine and spaghetti are, but if you're like I was, most of you have probably never used or bought Asian noodles before. They differ greatly from the 'regular' Italian style pastas you might be used to, but don't be intimidated. It ain't no thang. First things first, all the noodle recipes in this book, regardless of what type

of noodles a recipe calls for, the measurements given are for DRIED noodles. IE: "8 oz wide rice noodles" means, 8 oz of dried, uncooked wide rice noodles. You can find Asian noodles in most major grocery stores, in 2 places. In the Asian food aisle, as well as the refrigerated section where they sell tofu. If you have a local Asian market nearby, they are MUCH cheaper there. As a last resort, you can always order them online. Different brands call for you to prep the noodles in different ways (boil vs soak), so follow the package directions, then use the noodles for my recipes.



### THIN 'VERMICELLI' RICE NOODLES

These are ultra thin rice noodles. I'm not joking, they are thinner than angel hair pasta. You MIGHT find them in Asian markets as 'vermicelli' rice noodles, or, you can find them labeled as 'rice sticks'. They are the same thing. If you can't find them, you can swap them with regular angel hair pasta. However, the dish will have a very

different texture. It's still good, just different. But, use what you have.



### WIDE RICE NOODLES

These are by far my favorite type of rice noodles. They are used in my Thai 'drunken' noodle recipe. They're about twice as wide as fettuccini, with a slightly bouncy/chewy texture. It's the best way I can describe it. They are fantastic. However, if you can't find them, use pappardelle. It won't be the same, but it's better than nothing.





### UDON & SOBA NOODLES

I use 'soba' noodles for my chow mein and udon noodles for my yaki udon dish. Though they DO sell soba noodles, already cooked and vacuum sealed, near the tofu at your grocery store... Those are in 7-8 oz bags of already cooked noodles in pouches. Don't buy those! My chow mein calls for DRIED noodles. Also, don't worry when you see different 'types' of soba

noodles at the store. It doesn't matter if the package says "chuka soba" or "buckwheat soba", or whatever-soba. As long as it's a package of DRIED noodles that says 'soba', then you're good. Same goes for Udon noodles. Udon noodles, once cooked, can kind of be described as thicker, slightly rounded, chewy linguine noodles.



### SWEET POTATO (GLASS) NOODLES

These noodles look really cool, have a very interesting texture (no other way to put it) and are used a good deal in Filipino and Korean noodle dishes. In my book, I use them in the Korean Japchae noodle dish, though I've also seen them used in Filipino Pancit. They are made from sweet potato starch and you'll usually find them in the Asian food aisle, along with the other

noodles. They'll either be labeled as 'Glass Noodles', 'Japchae Noodles', or 'Sweet Potato' noodles. Also, great news for folks who want a 0 point alternative. You know those 0 point pouches of 'Shirataki' noodles in the store? The noodles in a sealed bag of water? Well, they are 1000% perfect substitutions for these noodles.

## Asian Vinegars & Substitutions



### RICE VINEGAR

Rice vinegar is EXTREMELY important in my recipes. I not only use it as-is, but I also use it as a base for ingredient-swaps, in place of other high point vinegars and wines used in traditional Asian recipes. One thing to note REGULAR rice vinegar is 0 points for a good amount of it. However, make sure not to purchase 'seasoned' vinegar.

### RICE WINE VINEGAR SUBSTITUTION

The WW database lists 2 types of rice wine vinegars, one has points, the other doesn't. I've NEVER found a bottle of 0 point rice wine vinegar, so as a rule, I left it out of all my recipes and chose to do a substitution. Whenever a recipe called for rice wine vinegar, I used regular rice vinegar with up to 1 Tbsp of white wine (chardonnay) and then I add some sweetener. Vinegary rice flavor, wine, and sweet. Done.

### CHINESE BLACK VINEGAR SUBSTITUTION

Again, Chinese black vinegar is hard to find, unless you have a nearby Asian market, so I use an easy substitute to make my recipes more accessible. I use regular rice vinegar with up to 2 tsp of balsamic vinegar added. It's a great, viable substitution, using an ingredient everyone already has.

## Hoisin Sauce



### A Delicious Umami-Packed Sauce

Hoisin is a classic Chinese BBQ sauce. It's dark, thick, sticky, and brown. You usually find it slathered on the super red and tasty barbecue ribs at Chinese restaurants. Hoisin is made with sugar, fermented soybeans, vinegar, garlic, salt, chili, and other spices. It packs a tremendous flavor punch. Unfortunately, it's also crazy high in points.... like, stupid-high in points. I try to limit its use and stretch the flavor. It's used in my Beijing and Hoisin chicken recipes.

## Fish Sauce



### The Hard To Find Ingredient

Get your nose plugs ready folks, we're about to get funky!! For a lot of you, fish sauce will be your first truly exotic ingredient for these recipes. So let me start off by saying, yes... it IS fish sauce. Technically, it's anchovy water. As gross as that sounds, it packs so much deep, oceanic pungent flavor to Asian food. It is utterly essential in Thai and Vietnamese cuisine. Heck, I even add it to ground turkey to make it instantly have a deep, rich, 'Asian' ground meat flavor.

## Black Bean Sauce



### No, It Isn't Just Pureed Black Beans

No... it's not just pureed black beans. Chinese black bean sauce is an extremely savory, salty and thick paste-like sauce. It's made with fermented black beans, chiles, garlic, brown sugar, Chinese cooking wine and more. It adds a tremendously pungent and rich flavor to dishes. I highly recommend 'black bean garlic sauce'. It has all the flavor of regular black bean sauce, but with added garlic savoriness.

## Asian Chili Sauce



### This Is An Important One

Almost all traditional Asian recipes I looked up, which called for 'heat'... used either dried Asian chiles, or 'Sweet Chili Sauce'. No, no and no. #1. I am not going to ask some little grandma in Arkansas to go find dried Asian chiles. #2. 'Sweet' Asian chili sauce has points. Know what doesn't? Regular chili sauce, with a little bit of sweetener added to it. See? It's that easy to drop points and calories. Ingredient swaps, baby. In every single recipe that normally calls for dried chili peppers, instead, I add 1-3 tsp of 0 point chili sauce. My personal preference is 'Huy Fong' Chili Garlic Sauce. It's the most widely available. You can find it in most all major grocery stores, unlike dried Asian chili peppers. You can also use sriracha, but it's a little hotter.



## Flavored Cooking Sprays Instead of Oil



### *Obvious, but deserves a shout-out*

I personally use a lot of butter flavored cooking spray. When seasoning raw meats, I hit both sides with butter flavored or olive oil flavored cooking spray to help flavor the meat. You can also use the butter spray on popcorn. In this book, I use the coconut flavored spray in a few of the Thai dishes, such as Panang Curry.

## Powdered Peanut Butter



### *Dehydrated Peanut Butter*

Powdered peanut butter, regardless of the brand, is freaking awesome. You can mix it with water to rehydrate it for use as regular peanut butter or you can add the powder to recipes and baked goods to give a PB flavor without all the added mass, points, or stickiness. It's great in everything from smoothies

to satay sauces, baking mixes or mixed with pudding or yogurt. The best part being that it's a fraction of the points of regular peanut butter. Don't like peanuts? There's powdered Almond butter.

## Fat Free Chicken & Beef Broth



### *This Has To Be Mentioned*

Look, broth seems like a total no-brainer of an ingredient. "Why is this here, Daniel?" Because I have to. 99% of recipes simply say to use beef broth or chicken broth. Guess what, Fat Free broths are a good deal less fat, calories & points. Use fat free broths for these recipes. It's how the points were calculated.

## Food Allergy Substitutions



### *GENERAL Allergy Info.:*

I've mentioned before that regular soy sauce, vegetarian oyster sauce, Asian rice noodles and sweet potato noodles are usually gluten free (check the labels to be safe!), while 'dark' soy sauce has gluten. However, there are a few others allergy things I get asked a lot, which are pretty common sense. But every time I post

a new Asian recipe I'm them. So... If you're allergic to pineapple and want to make a dish that asks for it... use a similar fruit YOU CAN HAVE! Allergic to shrimp but want to make one of the shrimp dishes? Use a different protein! Allergic to onion? Use more celery. Swap out ingredients, folks. It's fun and simple.

## Asian Noodle Textures & Substitutions



### *Asian Pasta vs. 'Regular'*

If you're a full-on Gringo, like I am, buying and preparing Asian rice noodles can seem very intimidating, as silly as it sounds. Don't worry though, it's not a big deal. "Rice Noodles" are simply noodles made with rice flour, in place of wheat flour. Rice noodles have a slightly firmer, kind of

springy texture. They have a little bit more tooth to them. As such, there is a HUGE difference in texture if you try using 'regular' noodles, instead of Asian noodles, in Asian dishes. You can find them in the Asian food aisle at the grocery store. If you're unable to get them, you can use the following substitutions, in their place.

### *\* Vermicelli 'Thin' Rice Noodles:*

- Use regular Angel Hair pasta. The finished texture of your noodle dish won't be the same, but it will work ok.

### *\* Wide Rice Noodles:*

- Use WIDE pappardelle noodles, as a substitute. Boom, done.

### *\* Soba Noodles:*

- Use whole wheat spaghetti noodles. Soba noodles are made with wheat flour, so... whole wheat spaghetti noodles are an ok alternative, though not perfect.

### *\* Glass/Sweet Potato Noodles:*

- Use 0 point shiratake 'shaped' spaghetti noodles, also known as 'magic spaghetti'. However, remember to rinse them off very, very, very well.

## Regular vs. Toasted Sesame Seeds



### *Now, Use Whichever You Want*

In previous plans, toasted sesame seeds were less points than untoasted. That isn't an issue anymore, because that ridiculousness has finally been fixed. Now, though they are both the same points (1 tsp for 0 points), you can make the sesame seeds in your dishes

have a slightly more intense flavor by toasting them for 2-3 minutes in a hot pan, till just smoking and fragrant.

## Mirin, Sweetened Rice Cooking Wine



### *Obviously Easy Substitute*

Mirin is one of the most simple and straight forward substitutions you can do. It's simply a slightly sweet rice wine used for cooking. It's also pretty high in points. Whenever a traditional recipe I was hacking down called for Mirin, I simply used 1 Tbsp of white wine (0 points) with some rice vinegar and sweetener.





## Daikon Radish & Substitutes



### Convenient Substitutions

Daikon radish is a common ingredient in Japanese cuisine. Daikon is a root vegetable similar in shape to a large white carrot, with a flavor that's similar to a mild red radish. Though common in some areas of the US., not everyone has access to them. So, here's some alternatives, though

the flavors and textures aren't identical, they are still viable options, in a pinch. Jicama, regular Red Radish, White Carrots and Parsnips are all options which might be easier to find.

## DIY Low Point Brown Sugar Substitute



### A Little Molasses Goes a Long Way

First off.... YES... I know that you can buy 0 point brown sugar substitutes. Popular ones are Lakanto brand "golden" monkfruit, Swerve 'gold', Sukrin Gold, among others. There's a lot of variety out there. However, I can't always find them in the grocery stores by my house and I don't want to order them online... because I'm cheap.

Luckily, there's an easy fix. Real brown sugar is simply regular sugar mixed with a little molasses. Well, if you have molasses and any type of sweetener, you can sub it in recipes. 1/4 tsp of molasses is 0 points. If I'm making a dish that calls for 1/4 cup or less of brown sugar, I'll use that much sweetener, then add the 1/4 tsp molasses to the dish. It tastes good and is a simple hack. Feel free to use more, but adjust your points accordingly. Or... go the easy route and simply buy the 'brown sugar replacement'. Boom, done.

## Low Calorie & Fat, Coconut Milk



### Momma says Whaaaaa?

If there's one thing that I am known for, more than anything, it's low fat & calorie ingredient substitutions. One of the most obvious, to me anyways... is a low fat/calorie alternative for canned 'light' coconut milk. C'mon, let's face it... there ain't NOTHING 'light' about canned, light coconut

milk. 1 cup of 'light' coconut milk has 151 calories and 15 grams of fat, with 8 points. Ya'know what's better than that, if you're trying to watch your weight? 'Silk' or 'Almond Breeze' UNSWEETENED coconut beverages. You can find them in your grocery stores, in the same area where they sell almond milk. 1 cup of these babies has only 35-40 calories, and between 3.5 to 4.5 grams of fat. They are thick, work great as the base for a sauce... and they don't coat your mouth (OR HIPS) with a thick layer of fat. You don't feel like your curry sauce is a liquid brick, sitting at the bottom of your stomach. The only downside is that because they have virtually no fat, curries made with these beverages are hotter than if you were to use regular fatty coconut milk. You'll also want to add a little cornstarch, to help them thicken, if used in a hot sauce/dip.



## Breaded & Baked Chicken Pieces, Instead of Frying With Oil

Ok, this is going to be a big point of contention for some of you. Namely, when a dish calls for crispy pieces of chicken, I choose to bread and bake the chicken, rather than coat it all with flour, then fry it in oil. All traditional recipes, as well as all of the 'skinny' bloggers cook their Asian dishes the traditional way. Well, though the regular way does taste great... it's also VERY HIGH IN POINTS AND CALORIES!

My low point breading recipe can coat one and a quarter pounds of bite sized chicken pieces for only 4 total points on all 3 plans. I use it to bread the chicken in my sweet fire chicken, orange chicken, beijing chicken and sesame chicken recipes. Rather than frying chicken in oil, I bake the pieces in the oven, till crispy and set them aside. I then make my sauce/glaze in a hot pan, and toss the baked, breaded chicken chunks with the hot/sticky sauce. The only drawback is, you need to serve the dish immediately. Just like chicken parmesan, the breading is crispy at first, but after about 5-8 minutes, the breading starts absorbing the sauce. It's a trade off, as far as I'm concerned. Lucky for you, my dishes are so low in Points, you can choose to forgo my breaded/baked method and still use the flour/oil method if you want. But, adjust your points. **AIR FRYER:** If you have an air fryer, you'll need to lower my suggested baking temperatures.

## Stevia, Truvia, Monkfruit & 'Natural' Sugar Replacements

Whether people agree with me or not about using them... I have absolutely no problem whatsoever with using Sweeteners. "But, but... they aren't natural!" Wrong, Susie. There are plenty of natural sweeteners that are NOT white sugar. My personal favorite is Lakanto brand monkfruit. I have to warn you about one brand though... "Monkfruit In The Raw" brand is mixed with multidextrine and has the worst artificial aftertaste ever, in my opinion. Honestly, it's gag inducingly horrible. If you see it, run away like a citizen of Tokyo, running from Godzilla.

My primary reason for using sweetener is calories. I'm most concerned with using anything I can to cut calories from my recipes, without cutting flavor or portion sizes. Using sweeteners instead of sugar, if you have no food sensitivities to them, is a no brainer. 1 cup of sugar has nearly 800 calories. By contrast, an entire cup of most sweeteners has 0 calories.

Much to my surprise, when I started making this book, I quickly realized just how much sugar is utilized in Asian cuisine. Seriously, nearly every sauce or dish seemed to have at least 1 to 2 Tablespoons of sugar, whether white or brown, some had up to 1/2 cup in their sauce.

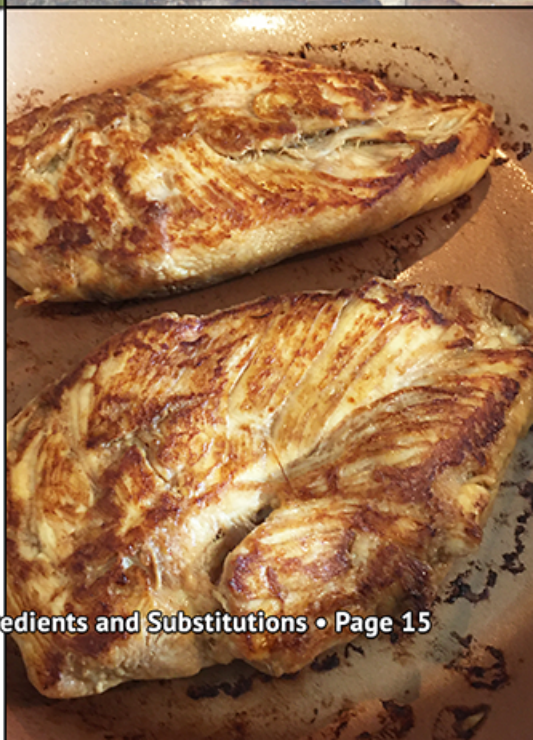
### IMPORTANT NOTE:

My recipes don't demand that you use one specific type of sweetener. In the ingredients for recipes that call for sweetener, I list "0 point sweetener o choice". However, use a 1 to 1 sugar replacement. Make sure the package you buy states it's a sugar replacement. Meaning... 1 tsp of 'this sweetener' is the same as 1 tsp of regular sugar, in a recipe. You have NO IDEA how many times I get people saying they made a recipe and it's insanely sweet. When I ask what type of sweetener they used, they typically respond "sweet and low packets". So, they used 1/4 cup of those little coffee packets, which are super concentrated. Use a sugar replacement. However, some brands of sweetener are NOT 'true' 0 points. If your brand gains points after a certain amount, you will need to adjust the listed point values for my servings.

## Tenderizing Meat With Baking Soda Instead Of Cornstarch

This is the one that I get asked about, more than anything else. "Why in the heck do you put baking soda on your chicken, Daniel!?!?" Well, because of science... and points.

- #1. Traditional Asian cooking recipes tell you to 'silk' your meat by coating it all with cornstarch, let it sit for a bit... then cook it in oil or boil it in water. Presto! You have chicken that's super crispy or super tender, depending on how you cook it. Well, 1-1/2 tsp of cornstarch is 0 points. After the 1-1/2 tsp, it starts gaining points. I would prefer to use that 1-1/2 tsp of 'free' cornstarch to thicken a sauce. I'd rather get the most 'bang for the buck' with my points.
- #2. Baking Soda actually DOES tenderize meat a whole heck of a lot more than cornstarch. I'm not talking about dusting meat with a pound of baking soda... that'd taste horrible. However, by making a solution of a little baking soda with a little water, then rubbing it all over the meat and letting it sit for 20-30 minutes, the baking soda actually begins to BREAK DOWN the outer protein walls of your meat. This results in EXTREMELY tender beef, chicken and pork. It also helps make meat brown better and stay juicier. It's a common technique in French cooking. You can cook the meat longer without it drying up and it's a lot more tender. Science, baby! However, be advised... though the baking soda makes the meat much more tender, use it sparingly. If you go crazy and add too much, it tastes like yuck. 🤢







## LOW CARB BREAD CRUMBS

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

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

### Ingredients:

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

### Serving Info:

Yield: 1-1/4 cups crumbs.  
Makes enough breading to coat a 1964, Mint Green Buick Skylark

### Things You'll Need:

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

### Directions:

1. Take 5 slices of your preferred "Keto" bread. Slice them into squares and lay the cut pieces onto a foil-lined baking pan. Arrange them in a SINGLE LAYER. Use more than 1 pan if you don't own 1 large pan. Having the bread in a single layer is important.
2. Preheat your oven to 250 degrees. Once it comes up to temperature, bake the bread for 20 minutes, then remove from the oven and let cool for 15 minutes.
3. (2 options). **Option 1:** Place the cooled bread into a food processor, pulse a few times, then process till they are broken down to crumbs. Or.. **Option 2:** Place the bread into a bag and use a rolling pin to crush it all into crumbs.
4. Heat a large pan over medium heat for 1 minute, then add the crumbs. DO NOT MOVE THE PAN!! Let the crumbs sit in place and cook. EVERY 30 SECONDS, stir and toss the crumbs around, then leave them alone for another 30 seconds, then toss again. Repeat till they take on a slightly uniform golden hue, like in the bottom left picture. (Mine took 7 minutes)
5. Pour the hot crumbs back onto the foil of the baking pan and spread them out. Let cool to room temperature. Once cooled, store in an air tight container. Done.

### NOTES:

1. You can use ANY brand of 1 point per slice bread you want. I used *Signature Select, Premium Keto Bread, which is 5 slices for 4 points*. If you use a different brand, adjust your recipe's points accordingly. This brand is my favorite. It can be found at Kroger-family stores.
2. **Going forward, I will still be using "Breeding 2.0" as my default breading in recipes, because not everyone has access to 1 point per slice, sliced bread.**



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

- last checked 12/06/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.





## BREADING 2.0

I wouldn't recommend using Cocoa Krispies, but that's just me.

### Snap! Crackle! Pop! Rice Breadingiiiiing

If I already show you how to make bread crumbs with Keto bread, why show you how to make crumbs with Rice Krispies?? Simple. Not everybody across the US has access to 1 point per slice Keto bread (that doesn't suck), but everyone has access to Rice Krispies... I'm helpful like that.

#### Breeding:

- 1-1/4 cup crispy rice cereal (like rice krispies). Place it in a ziplock bag and lightly crush it, don't pulverize it.
- 1-1/2 tsp plain breadcrumbs
- 2 tsp panko breadcrumbs
- 1/4 tsp salt
- 1/4 tsp cracked black pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder

#### Egg Wash:

- 2 large eggs
- 1 tsp baking powder
- 1 Tbsp dijon mustard
- 1 Tbsp water

#### Additional Ingredients/Equipment: (optional, only needed if you're breeding meat)

- 1-1/2 tsp all purpose flour
- fine mesh wire strainer/sieve.

#### Servings Info.:

**Yield:** about 2/3 cup breeding

**Servings:** Depends on how you use it. It can bread 4 good sized chicken breasts, around 30 chicken chunks, or a whole tray of onion rings.



- last checked 11/14/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

Bread Up To 30 Pieces



'Dusting' Meat with Flour



Toasted vs. Untoasted Breading



#### Directions:

- 1 Add all the listed 'breeding ingredients' into a large ziplock bag. Lightly crush the breeding until it has the same texture as panko breadcrumbs (coarse crumbs, pictured to the right).
- 2 Heat a pan over medium heat for 1 minute, pour in the coarsely crushed breeding. Heat for 3-4 minutes, tossing every 30 seconds, till the dry ingredients take on a uniform and lightly golden hue. Set aside to cool.
- 3 **If using to bread a protein**, place the 1-1/2 tsp of flour into a wire mesh strainer. In the same way you'd dust powdered sugar over a dessert, tap the mesh a few inches over the meat, to lightly dust both sides with flour. You can 'flour' 4 chicken breasts in this way for 0 points.
- 4 When ready to use the breeding, prepare the egg wash: Whisk together the 2 eggs, set aside. In a small dish, stir together the baking powder, dijon mustard and water into a smooth, thick paste. Whisk into the beaten eggs. It will slightly thicken the egg wash.
- 5 Use according to your recipe's directions. Which usually involves coating the protein in flour, dipping it into the egg wash, then coating it with crumbs. Bake as directed by your recipe.



# FROZEN DUMPLINGS NEED LUV TOO

Yes, fresh, homemade Asian dumplings and potstickers are AWESOME... but making them isn't always practical.

We all know that homemade dumplings, just like homemade pasta... tastes better than the packaged stuff you'd buy at the store. We also know that if you make dumplings exactly like I show you in the Dim Sum recipes section, they are pretty low in points, compared to packaged dumplings. But you know what the frozen dumplings are better for? NOT HAVING TO MAKE THEM YOURSELF!

Honestly, 99% of the time, you get home from work and making handmade dumplings is the last stinkin' thing on your 'to-do' list... and that's fine. Thankfully, there are some low point, time saving options for replacing fresh dumplings with frozen ones. Do they taste the same? No. Will they save you a ton of time and energy?... Heck, yes, they will!!!

So... I wanted to touch on a couple brands I've found in my local stores, while encouraging you to look for your own available in-store options, for if you need to use them in a pinch.



## Trader Joe's: Chicken Cilantro Mini Wontons

These little chicken dumplings are awesome. They are great on their own, as an appetizer... or when used in a soup in place of handmade dumplings. They can be used as stand ins for mini potstickers, by cooking them in a pan. Cooked in broth to make a simple and quick wonton soup, served over rice, or cooked in a steamer, to give them a more traditional steamed dumpling texture. Best part... you can have up to 4 of them for 1 point and up to 8 of them for only 2 points. You can't beat that.

## Bibigo: Mini Wontons

(Available at Costco & Sam's Club)

These are on par with the Trader Joe's frozen dumplings, in respect to taste and texture. But, Bibigo has a big advantage over the Trader Joe's brand. Namely, they are available with more than just one flavor of filling. These are also extremely low in points.



**NOTE:** Obviously, these aren't the only 2 brands of frozen low point dumplings. Search your local stores (including Walmart) for other options. Combining frozen dumplings with my dipping sauces is an awesome, time saving appetizer.



### Serving Info:

Seasoned Mix  
Servings: 8  
Serving Size: 2oz



R D

0-0

- last checked 12/30/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

### Ingredients:

- 1 pound extra lean ground turkey
- 1 Tbsp Asian "fish sauce"
- 1/2 tsp ground black pepper (coarse ground, preferably)
- 1/2 tsp ground ginger (or, 1 tsp minced, fresh ginger)
- 3-4 medium garlic cloves, minced
- 2 Tbsp reduced sodium soy sauce
- 1 tsp 'dark' soy sauce
- 1/4 tsp baking soda dissolved in 1/2 tsp water
- 1 tsp lime juice
- 1/2 cup green onion, finely chopped (not the white part)
- 3/4 tsp sesame seeds, toasted in a hot pan for 2-3 minutes.
- 2 tsp chicken or beef flavored bouillon (granules)

### Directions:

- Combine all ingredients in a mixing bowl, until well mixed. Allow to sit for 20 minutes, covered.
- Cook as desired, though I do NOT recommend over direct, high heat. For info. on burger patties, see Cookbook 1 & 3's meat seasoning & tip sections.

## ASIAN MEAT MIX

Ground turkey or chicken LOADED with asian flavors

This mix is so delicious and flavorful, it could easily pass for ground pork when used for Asian dumplings or burgers. I came up with this mix while trying to make a Vietnamese Banh Mi burger, a few years back and I couldn't believe the texture and flavors. I actually LOVE making this into meatballs, with my sweet & sour sauce, or as already stated, for 'Asian' burgers.



## BAKED WONTON STRIPS

These are usually deep fried, served at Chinese restaurants with a small dish of ultra syrupy, goopy, jarred 'Duck Sauce', for dipping. These are definitely a healthier snacking alternative.

### Ingredients:

- Store bought, packaged Wonton wrappers.
- cooking spray

### POINTS:

*Slice your wonton wrappers into the halved strips, then weigh them in grams to determine how many you can have for a certain amount of points. Mine were 22 strips for 1 point and 42 for 2 points*

### Directions:

- 1 Begin preheating oven to 375. USE AN OVEN THERMOMETER!
- 2 Slice the squared wonton wrappers into 1/2 inch wide, long strips.
- 3 Slice the long wonton strips in half, making shorter strips.
- 4 Arrange the strips onto a foil lined baking pan, making sure they don't touch. Spray all over the strips with cooking spray, coating them. Flip the strips, then coat the tops again.
- 5 When the oven IS AT 375 (check the thermometer!), place the pan into your oven and bake for 5 minutes. Check at about 3 minutes. If one side is starting to get too brown, rotate the pan.
- 6 When they are all a mostly uniform golden brown, remove from oven and let cool to room temperature. Done.

### Notes:

- Wonton wrappers are 3.5" squares. You can make (7) 1/2 inch strips from each square. Then, when you slice those in half (2nd pic) you can get 14 baked strips per wrapper.
- If you make any of my soup & dim sum recipes that ask you to trim down the packaged wontons, this is a great way to use those discarded strips of sliced wontons.

