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# *Dips & Spreads*

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

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





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

### Ingredients:

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

### Serving Info.:

*Yields: 7 cups*

*Servings: 28*

*Serving Size: 1/4 cups*

### Points:

**G B P**

1 serving = 1 0 0

2 servings = 2 1 1

3 servings = 2 1 1

4 servings = 3 2 2

*- points last checked 4/6/21 -*

### Directions:

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

### NOTES:

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





# Black Bean Puree

This is so INSANELY great that you'll lap it up like a thirsty dog



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

## Ingredients:

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

## Serving Info.:

Yields: 3-1/2 cups

Servings: 14

Serving Size: 1/4 cups

## Points:

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

- points last checked 4/6/21 -

## Directions:

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

## Notes:

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





# Cheddar Cheese & Beer

A Creamy, Cheesy Dip, with Beer and Crumbled Bacon

My buddy, [@ncbluehog](#) on Connect, was the inspiration for this dip. He's an uber cool, motorcycle ridin' macho man cook. He helped give me feedback with my Bratwurst recipe, which got me thinking that most macho dudes would LOVE to have a low point and calorie dip like this for football parties, poker parties... or in place of a glass of water, in Wisconsin.

## Ingredients:

- 3/4 cup Campbell's Healthy Request, Condensed Cheddar Cheese Soup. (just the goop)
- 1/2 cup light beer
- 3 slices fat free sharp cheddar cheese singles
- 1/4 cup water
- 1/4 tsp ground mustard
- 1/2 tsp salt
- 2-1/2 tsp cornstarch, dissolved in a little water
- 1/2 cup fat free plain Greek yogurt
- 1 slice center cut bacon (get a 1 point per slice brand)
- Pinch of cayenne pepper or dash of hot sauce

## Serving Info.:

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

## Points:

	G	B	P
1 serving =	1	1	1
2 servings =	2	2	2
3 servings =	3	3	3
4 servings =	5	4	4

- points last checked 4/6/21 -

## Directions:

- 1 Heat the cheddar cheese soup, beer, cheese slices, water, ground mustard and salt in a small pot over medium heat. Stir till all of the ingredients melt together and become smooth.
- 2 Bring to a low boil, then stir in the dissolved cornstarch. The sauce will immediately begin to thicken. Cook for 2-3 minutes, stirring constantly. It should be very thick now. Remove the sauce from heat and pour into a bowl. Cover with plastic wrap and let cool for 30-40 minutes.
- 3 Whisk in the Greek yogurt until smooth. Season with additional salt if desired. I also highly recommend adding a pinch of cayenne pepper, or a dash of hot sauce.
- 4 Cook bacon until it's crispy. Finely dice/crush it into small bits, then sprinkle on top of the dip. Garnish with thinly sliced green onion or chives.

## Note:

- Make it without the bacon crumbles, if you want the dip to be lower in points and calories.
- The sauce/dip continues to thicken as it cools.
- If you cannot find fat free cheese singles, you can use any low point American or Cheddar singles, such as Velveeta, but adjust your points accordingly.
- If you want even more cheese flavored punch added to it for no additional points, you can use a 0 point amount of cheese flavored popcorn sprinkles. If you do use sprinkles, only use 1/4 tsp salt, rather than the recipe's listed 1/2 tsp.
- If you want it without Beer, simply replace the beer with chicken broth. It will give a nice rich flavor, a slightly darker color and it will also lower the points.







# Chick Fil A Copycat

A Delicious Mix of Honey Mustard, BBQ and Mayonnaise

Everybody in the Western Hemisphere, with a functioning brain stem, loves Chik Fil A. Or at least everyone loves their sweet, tangy and vinegary dipping sauce. Unfortunately, the real thing has 1 billion points and calories per serving... roughly. The cool thing is that their sauce is just a mix of bbq sauce, honey mustard, and mayo, so the trick was just cutting the calories, fat and sugar, to make a healthier and lighter version.

## Ingredients:

- 1/2 cup tomato sauce (scan to ensure 0 points)
- 2 tsp worcestershire sauce
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/8 to 1/4 tsp chili powder, to taste
- 1/8 tsp black pepper
- 2 tsp smoked paprika
- 2 Tbsp apple cider vinegar
- 1-1/2 Tbsp 0 point natural sweetener o' choice (stevia, monkfruit, truvia, swerve, etc)
- 1 Tbsp dijon mustard
- 4 Tbsp yellow mustard
- 3 Tbsp sugar free syrup (pancake syrup)
- 1 Tbsp honey
- 2 Tbsp lemon juice
- 1/2 tsp dried mustard
- 1/8 tsp ground turmeric (optional, for color)
- 1 cup fat free Greek yogurt
- 3 Tbsp light mayonnaise

## Serving Info.:

Yields: 2-1/2 cups

Servings: 10

Serving Size: 1/4 cups

## Points:

	G	B	P
1 serving =	1	1	1
2 servings =	2	2	2
3 servings =	3	2	2
4 servings =	4	3	3

- points last checked 4/6/21 -

## Directions:

- 1 First, we're making the BBQ sauce part of the sauce. In a medium pan, heat and stir together the tomato sauce, worcestershire, garlic, onion and chili powders, black pepper, paprika, vinegar and sweetener. Mix till well combined, then turn off the heat.
- 2 Now, the Honey Mustard part. Add the dijon, yellow mustard, dried mustard, syrup, honey, lemon juice and turmeric. Whisk till combined. Then, add the yogurt and mayonnaise. Whisk till smooth and combined. Serve immediately or refrigerate to let the flavors meld.

## NOTES:

- If you want to use low point, store bought bbq and honey mustard sauces, look up "copycat" recipes for the famous sauce, then just sub your low point condiments into those recipes.
- If you want a more pronounced honey flavor without the points, use flavored honey extract. It's the same as vanilla extract, in baking, but honey flavored. Get it online at Walmart.
- If you can't have dairy, you can substitute the yogurt for semi firm tofu mixed with water, to thin it to the same consistency as Greek. Check connect for my post in [#dairyfreeyogurthack](#)







# Creamy Chimichurri

A Spicy Argentinian Dip with Cilantro and Parsley

## Ingredients:

- 2 cups fresh parsley, chopped, packed
- 2 cups fresh cilantro, chopped, packed
- 3 Tbsp capers, drained
- 4 medium cloves garlic
- 4 Tbsp red wine vinegar
- 2 Tbsp lemon juice
- 1-1/2 tsp salt
- 1/4 to 1/2 tsp red pepper flakes, to taste
- 1/4 tsp black pepper
- 2-1/2 Tbsp 'robust' olive oil (see notes)
- 8 second spray, olive oil cooking spray
- 1-1/4 cups plain fat free Greek yogurt
- additional water, if desired, for a thinner dip

## Servings:

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

## Points:

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

- points last checked 4/6/21 -

Chimichurri is one of those sauces that once you have it, you'll never forget it. Think of it like an Italian Pesto. A Pesto that left its family and ran away to South America to join a violent street gang. Where Pesto is loaded with tons of fresh basil and parmesan, chimichurri is loaded with cilantro, parsley, lemon juice, vinegar and a good amount of heat from red pepper flakes. I'm making it a low point dip by stretching out the servings with the addition of Greek yogurt. This makes it have more volume, a creamier taste, drastically reduces the amount of oil in it, and helps curb some of the red pepper kick. Enjoy, Gringos!

## Directions:

1. Place the chopped, packed, parsley, and cilantro, as well as the capers, garlic, red wine vinegar, lemon juice, salt, pepper, and red pepper flakes into a food processor. Spray the olive oil cooking spray into the ingredients.
2. Process the mixture on high, until broken down.
3. Add the Greek yogurt and olive oil, then process again.
4. Add more water to achieve your desired consistency, if the dip is too thick. If it's too thin, add a little more yogurt, then add more salt and pepper if needed.

## NOTES:

- I'd recommend starting with 1/4 tsp of red pepper flakes, then adding more if you'd like more kick.
- Because my recipe uses such a small amount of olive oil, I'd suggest buying regular olive oil, that says 'robust', 'extra flavorful', or an equivalent phrase denoting a strong flavor.
- Chimichurri Sauce/Dip is AWESOME on grilled meats and vegetables. It enhances the flavor of most any savory dish that you put it on and adds a bright, citrusy, herby, tangy punch.
- Remember, this is Pesto's tough cousin who went to live abroad. Treat it accordingly. Avoid eye contact.







# Cocktail Sauce

Sweet, Savory, Tangy, a Little Spicy... I Finally love Cocktail Sauce

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

## Ingredients:

- 2-1/4 cup batch of my Ketchup, recipe in this section.
- 3 Tbsp store bought "prepared" horseradish sauce (scan it, you want 3 Tbsp for 0 points)
- 1 tsp black pepper
- 1-2 Tbsp lemon juice, to taste
- 1/2 tsp hot sauce of choice, or more to taste

## Serving Info.:

Yields: 2-1/2 cups

Servings: 10

Serving Size: 1/4 cup

## Points:

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

- points last checked 4/6/21 -

## Directions:

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

## Notes:

- Scan the various jars of 'prepared horseradish' at the grocery store. Some have additives and are higher in points than others. Make sure to get a jar that's 0 points for 3 Tbsp. If not... adjust your points, or use a 0 point amount.
- Add more hot sauce if desired. Most all recipes call for Tabasco sauce, however, my wife's Latina, so we have Chalula in this house. lol
- You CAN use other brands of sugar free, low point Ketchups as a base for this cocktail sauce, however... I know I'm biased when I say this... the depth of flavor will be nowhere near what it would be using mine. \*pats himself on the back\* ...Just sayin.
- This dip/sauce is typically only really served with seafood, but I'm sure you can look online to find other applications for it.







# French Onion Dip

Using the Flux Capacitor to bring a 50's classic into the 21st century.

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

## Ingredients:

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

## Serving Info.:

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

## Points:

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

- points last checked 4/6/21 -

## Directions:

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

## Note:

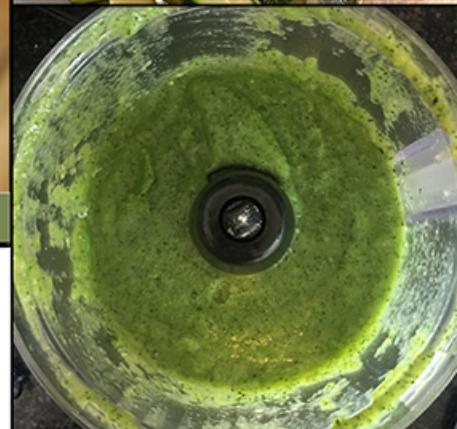
- Most recipes for french onion dip call for white pepper. I personally don't care if you see little black flecks of pepper in a dip or sauce, but that's because I like pepper. Feel free to buy white pepper if you want. I'm on a budget, so until they start carrying white pepper at the 99 cent store,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





# i Holy Guacamole !

AWESOME FREAKIN' GUACAMOLE, Cut with Roasted Zucchini



A friend of mine mentioned to me that some Mexican restaurants actually cut their Guacamole with zucchini when avocado prices go through the roof.... which led me to start scouring the internet for recipes. Unable to really find anything, I decided to try and modify the highest rated Guacamole recipe from a popular television food network. By mixing an equal amount of avocado with roasted zucchini, we can stretch the heck out of the points and servings. It's actually "smack yo' abuelita" good.

## Ingredients:

- 15oz zucchini (around 3 medium) rough chopped
- 1 tsp salt
- 3/4 tsp cumin
- 2-3 medium cloves garlic (to taste)
- 3/4 cup finely diced onion
- 3/4 cup roma tomatoes, seeds removed, diced
- 15oz avocado flesh (around 3 medium)
- 2 Tbsp lime juice
- 1/4 cup fresh cilantro, finely chopped

## Serving Info.:

Yields: 5-1/2 cups  
Serving Size: 1/4 cup  
Servings: 22

## Points:

	G	B	P
1 serving =	1	1	1
2 servings =	2	2	2
3 servings =	3	3	3
4 servings =	4	4	4

- points last checked 4/6/21 -

## Directions:

- 1 Preheat your oven to 375 degrees and line a baking pan with foil. Lightly spray the pan with cooking spray, then set aside.
- 2 Quarter and slice the zucchini into 1/4 wedges, spray with cooking spray, then roast for 18 minutes at 375 degrees. Do not season the zucchini. Remove from oven and place into a food processor with the salt, cumin and garlic. Process until smooth, set aside.
- 3 Slice and remove the seeds from your tomato, then dice the tomato and onion. Set aside.
- 4 Scoop the flesh out of your avocado skins and place into a medium mixing bowl. Use a potato masher (or a large fork) to mash the avocado, while keeping them chunky.
- 5 Mix the tomatoes, onions, lime juice and cilantro into the avocado, till well combined.
- 6 Pour the zucchini puree into the avocado mash and mix. Cover with plastic wrap and store in the fridge for 1 hour, allowing the flavors to meld.
- 7 Remove from the fridge, taste, and add more salt, pepper, cumin, lime juice or cilantro, if needed.

## Note:

- This recipe makes a good amount of Guacamole, feel free to halve the recipe if desired. Most of my dips are made in a quantity that would allow them to be used for a party.
- This Guacamole is slightly creamier than regular Guacamole, due to the puree. It thickens slightly as it sets in the fridge.





# Herbed "Cream Cheese"

A Healthy Mix of Cheese, Strained Yogurt and Fresh Herbs

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

## Ingredients:

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

## Serving Info.:

Yields: 3-1/4 cups  
Serving Size: 1/4 cup  
Servings: 13

## Points:

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

- points last checked 4/6/21 -

## Directions:

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

## Notes:

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







# Hummus

Two low point takes on an internationally beloved dip

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

## LOW POINT HUMMUS



YIELDS: 4 cups	1 serving =	2	1	1
Servings: 16	2 servings =	3	1	1
Serving Size: 1/4 cup	3 servings =	5	2	2
	4 servings =	7	2	2

- points last checked 4/7/21 -

### Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of actual chickpeas.
- 2 Tbsp tahini (sesame paste)
- 1/4 cup lemon juice
- 4-5 fresh garlic cloves (to taste)
- 1/3 cup reserved garbanzo bean juice
- 2 Tbsp water (or more, if you want it thinner)
- 1/3 cup fat free yogurt (or greek)
- 1 tsp olive oil (get one that says 'robust' or 'bold' flavor)
- 2 tsp ground cumin
- 1 tsp salt
- 1/4 tsp sesame oil (**OPTIONAL, though RECOMMENDED!!**)

### Directions:

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

## GREEN PROGRAM HUMMUS



YIELDS: 4 cups	1 serving =	1	0	0
Servings: 16	2 servings =	3	0	0
Serving Size: 1/4 cup	3 servings =	4	1	1
	4 servings =	6	1	1

- points last checked 4/7/21 -

### Ingredients:

- (2) 15oz cans of garbanzo beans/chickpeas, drained, reserve liquid. You are left with 17.5oz of actual chickpeas.
- 1/4 tsp olive oil (get one that says 'robust' or 'bold' flavor)
- 2-1/2 tsp sesame oil (strong sesame flavor, replaces the tahini)
- 1/2 cup plain fat free Greek yogurt
- 4 Tbsp reserved chickpea juice
- 2 Tbsp water (or more, if you want it thinner)
- 1/4 cup lemon juice
- 2 tsp ground cumin
- 1 tsp salt
- 4-5 medium cloves garlic
- 2 tsp powdered peanut butter

### Directions:

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

### NOTES:

- In this recipe, we're lowering the points, by removing the tahini and replacing it with more sesame oil. Tahini is ground up sesame seed paste, imagine it kind of like thinner peanut butter, made out of sesame seeds rather than peanuts. 2 Tbsp of tahini is a good deal of points. Here, we're taking all of those points away and instead, using more potent and much lower in point, sesame oil. To get additional nutty flavor, we're also adding a 0 point amount of powdered peanut butter. That's usin' your noodle.





# Ketchup... Of... Awesomeness

Fast, DELICIOUS, No Sugar Added, with 10x the flavor of the Store Bought Goop



Alright, let me get this out of the way in the first sentence, YES... I am fully aware that G. Hughes has sugar free condiments! But, realize that not everyone has it at their stores and HOMEMADE sauce beats bottled sauce. This baby has depth of flavor that most store bought, bottled ketchups have naughty dreams about. It's like comparing the flavor of powdered lemonade in a tin jar to grandma's homemade lemonade. This also was a must-make for me, because I needed it for my low point cocktail sauce.

## Ingredients:

- 1-3/4 cup tomato sauce (scan to ensure 0 points)
- 1/4 cup tomato paste
- 2 Tbsp apple cider vinegar
- 2 tsp worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1-1/2 Tbsp 0 point sweetener of choice (Stevia, Monkfruit, Truvia, Swerve, etc)
- 1/2 tsp dry mustard
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp celery salt

## Serving Info.:

Yields: 2-1/2 cups  
Servings: 10  
Serving Size: 1/4 cup

## Points:

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

- points last checked 4/6/21 -

## Directions:

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined. Done.
- 2 Take 10 minutes to ponder the fact that I actually have a recipe with only 1 real step. Then let it dawn on you that I'm only mentioning this as #2 so that I can have a #2 in the directions.
- 3 See #2, then go ahead and glare at my picture on the back cover.

## Notes:

- You can use 1 Tbsp of regular sugar if you wish, it will still be a VERY low point ketchup, but adjust your points accordingly.
- If you are on a sodium restrictive diet, you can leave out the salt, celery salt, and worcestershire sauce, though it WILL make the sauce sweeter. You can counter that by adding some more savory seasonings. Try using 'no added salt' tomato sauce and paste, as well as adding more onion powder instead of celery salt. Heck... you can even add some savory dried/ground mushroom powder, for a big Umami 1-2 punch.





# Roasted Red Pepper

A Sweet Red Pepper Sauce with a touch of Balsamic Vinegar & Basil

This sweet and savory dip is a nice change of pace from dairy based spreads. The natural sweetness of the red peppers, along with the tiny bits of burnt char, savoriness of the roasted red onion and the sharpness of the garlic, make this a versatile condiment. Use it as a spread in sandwiches, or as a dip for your favorite veggies or appetizers.

## Ingredients:

- 4 large red bell peppers, sliced into large pieces, seeds removed. (around 2 lbs)
- 1 medium red onion, sliced in half
- 3 medium garlic cloves
- 1 tsp dried basil (or 1 Tbsp fresh, finely chopped)
- 1 Tbsp + 1 tsp balsamic vinegar
- 1 Tbsp water
- 1-1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup plain fat free Greek yogurt
- red pepper flakes, to taste (I used 1/4 tsp)

## Serving Info.:

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

## Points:

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

- points last checked 4/7/21 -

## Directions:

- 1 Place one of your oven racks to the 2nd position from the top. Turn on your Broiler.
- 2 Line a large baking pan with aluminum foil, coat with olive oil cooking spray.
- 3 Place the sliced red onion and peppers on the pan. Place both of the garlic cloves under a chunk of bell pepper, covering them like a red vegetarian blanket.
- 4 Coat the vegetables with cooking spray. Broil for 8 minutes, then rotate the pan. Cook for an additional 5-8 minutes or until the peppers are charred. Remove from the oven.
- 5 Place ALL of the ingredients into a food processor, and run on high speed, until the puree is broken down and smooth. Thin with additional water if desired.
- 6 Season with additional salt, pepper, or red pepper flakes, to taste.

## Note:

- If you'd prefer to not use your oven's broiler, you can roast the vegetables at 425 degrees for 35-45 minutes, until charred. You can also grill the onions, peppers, and wrap the garlic in a few layers of foil, with some olive oil cooking spray. Place them on the grill also.
- If you're on the Green plan, you can lower this recipe by 1 ingredient point...by only using 3-1/2 Tbsp Greek yogurt, and adding an extra 1/2 Tbsp water.
- I keep the skin on the peppers, because I like the little flecks of black and the smokiness.







# Smoked Salmon

Amazing, Creamy, Slightly Chunky, but Definitely Awesome

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

## Ingredients:

- 8oz smoked salmon (2 4oz packages)
- 1-1/2 cups plain fat free Greek yogurt, strained overnight (at least 12 hours).
- 1/4 cup light mayonnaise ("GASP!!!")
- 1-1/2 tsp prepared horseradish sauce
- 2 Tbsp lemon juice
- 1/4 cup diced red onion
- 2 tsp paprika (for color... just roll with it, folks)
- 2 Tbsp finely chopped fresh dill
- 2 Tbsp finely chopped fresh chives
- 1/4 cup diced celery
- 1/2 tsp worcestershire sauce
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 to 1/2 tsp hot sauce, to taste (optional)

## Serving Info.:

Yields: 3 cups  
Serving Size: 1/4 cup  
Servings: 12

## Points:

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

- points last checked 4/7/21 -

## Directions:

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

## Note:

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





# Thai Sweet & Sour Sauce

Two Delicious Variations of one Asian Culinary Classic

This recipe takes a traditional asian sweet and sour sauce and gives you two different dips. One is the standard sweet and sour (bottom middle sauce), but then I realized that with just the addition of a few ingredients, it can be turned into a Thai Sweet Chili sauce (top left sauce) .

## Ingredients:

- 1-1/8 cup water (1 cup, plus 2 Tbsp)
- 1 cup rice vinegar
- 1 cup 0 point sweetener/sugar substitute (stevia, monkfruit, truvia, swerve, etc)
- 2 Tbsp tomato sauce or puree
- 1 Tbsp garlic, minced
- 1 Tbsp fresh ginger root, minced
- 2-1/2 Tbsp cornstarch

### Thai Sweet Chili Sauce Variation:

- only use 1 cup water, remove the extra 2 Tbsp
- add 1 Tbsp low sodium soy sauce
- add 1 Tbsp sugar free peach preserve/jelly/jam
- add 1 Tbsp red pepper flakes, or Asian chili sauce

## Serving Info.:

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

## Points:

	<b>G</b>	<b>B</b>	<b>P</b>
1 serving =	0	0	0
2 servings =	1	1	1
3 servings =	1	1	1
4 servings =	2	2	2

- points last checked 4/7/21 -


## Directions: (base sauce directions)

- 1 Place the water, vinegar, sweetener, tomato sauce, garlic, ginger and cornstarch into a small pot (around 1.5 quarts), whisk until everything is well combined and the cornstarch is dissolved.
- 2 Bring the mixture up to a rolling boil and allow to cook for 5-7 minutes, stirring occasionally. Continue until the sauce has the thickness of warm maple syrup. Remove from heat, set aside. Allow the sauce to cool to room temperature. Come back and stir the sauce occasionally, while cooling, so that it doesn't develop a slightly thick layer on top. Done.
- 3 To make the Thai Sweet Chili variation, perform the listed changes to step 1. Reduce the water, while adding the soy sauce, peach preserves and red pepper flakes to the recipe.

## Note:

- Rice vinegar is not with the "normal" vinegars, at the grocery store. It's found in the aisle with the asian foods, usually near the soy sauce, sesame oil, teriyaki sauce... stuff like that. However, if you don't want to spend the extra \$\$, use regular distilled white vinegar. It won't taste exactly the same, but it's still very good. Also, make sure you get 0 point rice vinegar.
- For the spicier version, you can use red pepper flakes or Asian chili sauce. I like Huy Fong chili garlic sauce, because it's available at most major stores and it's 0 points. Feel free to adjust the heat level, by using more or less chili flakes/sauce.





# Tartar Sauce

A Simple Dill Pickle Based Tartar Sauce for Seafood

Ok, as ALL OF YOU KNOW, from Connect... for the longest time, I have been a huge advocate for swapping out mayo in pretty much everything, for Greek yogurt... because I'm the Ebenezer Scrooge of points. I made my tartar sauce with Greek yogurt for months, but never really loved it. So... I bit the bullet and swapped a little of the Greek for some low fat mayo. I DO acknowledge now, that in very few (to me anyways) instances, there are some dips or dishes that you just haaaave to have a touch of mayo in. Tartar sauce is one of them. I've purposely kept this at 0 points for the first serving to allow you some wiggle room to modify it for your own tastes.

## Ingredients:

- 1-1/2 cups fat free Greek yogurt
- 1 Tbsp PLUS 2 tsp light mayonnaise
- 4 Tbsp dill pickle relish
- 2 Tbsp onion, finely diced
- 1/2 to 1 tsp sweetener of choice, to taste.  
(stevia, splenda, truvia, monkfruit, swerve, etc.)
- 1 tsp fresh dill, finely chopped
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tsp lemon juice
- 2 tsp worcestershire sauce
- 1 Tbsp water (or more, for desired thickness)
- 1/4 tsp hot sauce (optional)

## Serving Info.:

*Yields: 2 cups*

*Servings: 8*

*Serving Size: 1/4 cup*

## Points:

**G B P**

1 serving = 1 0 0

2 servings = 2 1 1

3 servings = 2 1 1

4 servings = 3 1 1

*- points last checked 4/7/21 -*

## Directions:

- 1 Add all of the ingredients into a mixing bowl. Whisk until combined. Done.
- 2 Take 10 minutes to ponder the fact that I actually have a recipe with only 1 actual step. Then let it dawn on you that I'm only mentioning this, so that I can have a #2 in the directions.
- 3 See #2.

## Notes:

- None of the grocery stores around me have Sugar Free sweet relish, which is why I made my tartar sauce with dill relish and sweetener. You lucky east coasters... with your snazzy Kroger stores. \*grumbles\*
- The flavor of this tartar sauce develops more as it rests in the fridge. However, don't be shy about adding more seasoning to it, if desired.
- I used 0 point sweetener instead of 1 tsp of real sugar... because, it's my recipe... so pffft. Feel free to use real sugar if you'd like, but adjust the points.





# Thai Peanut Dip

Creamy Peanut Butter, Coconut and Curry Dip

This dip is my low point, low calorie, low fat take on an asian classic. Anyone who has ever gone out for Thai food knows what I'm talkin' about with this dip. It's a very traditional dip/sauce, that's a luxuriously thick and creamy dip, made with loads of peanut butter, ultra fatty coconut milk, red curry and other assorted asian awesomeness. My version uses powdered peanut butter, low calorie coconut almond or soy milk, combined with additional coconut extract.

## Ingredients:

- 1-1/2 cup water
- 1 tsp asian chili sauce (like sriracha)
- 1 tsp asian "fish sauce"
- 1 Tbsp reduced sodium soy sauce
- 2 tsp lime juice
- 1/4 to 1/2 tsp red curry paste, to taste (optional)
- 10 Tbsp Powdered Peanut Butter (*that's 1/2 cup + 2 Tbsp*)
- 1/2 cup Almond/Cashew Milk, or low point 'Coconut Beverage', unsweetened... such as: *"So Delicious!" coconut beverage, or "Silk" Almond/Coconut Milk blend.*
- 3 Tbsp 0 point natural sweetener of choice (*stevia, truvia, monkfruit, etc.*)
- 2 Tbsp + 1 tsp cornstarch (dissolve with 2 Tbsp water)
- 1/4 tsp salt
- 3 peanuts, crushed as garnish (yes.... just 3 single peanuts)

## Serving Info.:

*Yields: 2 cups*  
*Servings: 8*  
*Serving Size: 1/4 cups*

## Points:

**G B P**

1 serving =	1	1	1
2 servings =	2	2	2
3 servings =	3	3	3
4 servings =	5	5	5

*- points last checked 4/7/21 -*

## Directions:

1. Combine the water, chili sauce, fish sauce, soy sauce, lime juice, curry paste, and coconut extract in a medium sized pot. Stir to combine and begin heating over medium heat.
2. In a separate mixing bowl, whisk together the powdered peanut butter, coconut milk beverage, sweetener, salt and dissolved cornstarch. Then pour into the pot with the curry water. Heat to a simmer, stirring continuously, until the sauce comes to a low boil. It will begin to thicken rapidly, so lower the heat slightly and continue stirring for 3-4 minutes.
3. Remove from heat and pour the mixture into a large bowl or dish to cool for 20 minutes. It will thicken as it cools. But don't ignore it. It will start to develop a firm film on top as it cools, so...
4. Stir the mixture **EVERY 5 MINUTES** to avoid having the top of the dip become a thick solid film. Stirring it every 5 minutes will break up that top film and have it melt back into the hot dip. After doing this 4 times, the top no longer develops that layer. That's just the cornstarch trying to continue thickening and meeting the cool air. It stops after you stir it a few times.
5. Crush the 3 peanuts in a plastic baggy, then sprinkle on top of the sauce as garnish, once plated.

**Note:** If you cannot find "So Delicious" or "Silk" brand coconut beverage, most grocery stores carry Coconut ALMOND MILK blends, near the almond milk. Use whatever type you can find, as long as it scans for no more than 2 points per cup.

