

## HOW TO DO WEIGHT WATCHERS FOR FREE

**Figure your point allowance:** For the sake of consistency, we are going to recommend that you use the more updated Points Plus system as that is what our current Weight Watchers recipes points reflect, as well as future recipes and information here. Points Plus is slightly different because it counts fruits and vegetables in their raw form as zero points.

- All Weight Watchers followers have 49 Bonus/Flex Points per week. These can be used a little each day, or in larger chunks on special days. It is best to use these in small increments throughout the week.
- The minimum number of points per day is 26 and the maximum is 71. Points are figured according to your weight, height and lifestyle (active, sedentary, etc.)
- To figure your recommended daily Weight Watchers points allowance, this **points plus allowable calculator** is the way to go. This is accurate and the same as what you would use if on the paid program.

**Calculate points in your food.** Now that you know how many points you need to use each day, it's time to figure out what points are in your food. There are a few ways to do this.

- You can go the easy way and use a Weight Watchers calculator you have purchased from them.
- You can also simply buy all of the Weight Watchers branded foods that already have the points figured for you.
- The best and most financially sound way to figure is to use this simple **Weight Watchers points calculator** online. You enter information and it spits out the points for you. Basic, easy and free.

**Make healthy food choices.** One of the great things about Weight Watchers is the fact that there are no food restrictions. You are not told you can't have something, you are simply told to account for it in your points each day. The problem is, fueling your body with unhealthy options isn't going to give you the result you want. Yes, you may lose some weight, but your body will still feel sluggish and either hungry or bloated and uncomfortable. Using all 26 points on burgers and fries every day isn't really changing your wellness mentality. You really must work to change the way you look at food and work to feed yourself better options more often than bad. Include some of your favorites on occasion, but focus on healthier things the bulk of the time. Knowing how to do Weight Watchers for free will save you the expense of monthly meetings that you can turn over and pay for better healthier food options with instead.

- Eat lean meats like fish, chicken and turkey.
- Eat more fresh fruits and vegetables
- Limit processed packaged foods and choose homemade instead
- Increase low fat dairy

**Seek accountability.** Whether you join a free online group like Spark People, Facebook groups or Google+ Circles, or you join with some local friends to hold you accountable this is a key step. You don't have to pay a monthly fee to find accountability with friends, family

or even strangers online. Being accountable for your weekly success can help you stay on track and make this not just a beginning, but a life long change for good.

As you continue this year long journey to physical, mental and financial health, focusing on your health is going to be one of the big goals you have. Without good health, you cannot begin to have good financial or mental health. This week as you learn how to do Weight Watchers for free, we hope you are able to refocus and step forward with goals in mind that you feel you can succeed with.

<b>Weight (lb)</b>	<b>Weight (kg)</b>	<b>Points per Day</b>
Less than 150	Less than 68	18 - 23
150 - 174	68 - 79	20 - 25
175 - 199	80 - 90	22 - 27
200 - 224	91 - 101	24 - 29
225 - 249	102 - 113	26 - 31
250 - 274	114 - 124	28 - 33
275 - 299	125 - 135	29 - 34
300 - 324	136 - 147	30 - 35
325 - 349	148 - 158	31 - 36
350	159	32 - 37

Weight Watchers Point List

Food Item	Quantity	Points	Food Item	Quantity	Points
<b>A</b>					
Abalone	3 oz.	2	Adobo Sauce (store-bought)	1 tbsp	2
Alfredo Sauce (store-bought)	1/2 cup	10	Almond Butter	1 tsp	1
Almonds	22 nuts	4	Ambrosia	1/2 cup	2
Anchovies	6 or 1 tsp paste	1	Apricots (dried)	6 halves	1
Appricots (fresh)	3 halves	1	Apples (dried)	1/4 cup	1
Apples (fresh)	1 large	2	Applesauce (unsweetened)	1 cup	1
Apple Juice	1/2 cup	1	Antelope (cooked)	1 oz.	1
Animal crackers	13	3	America flavored clear water	1 liter	0
Armadillo (cooked)	1 oz.	1	Arrowroot	1 tsp	0
Artichokes (cooked)	1 medium	0	Arugula	1 cup	0
Asparagus	12 sears	0	Avocado	1/4 parts	2
<b>B</b>					
Baba au rhum	1	8	Babaganosh	1/4 cup	3
Bacon (Canadian style)	1 slice	1	Bacon (crisp cooked)	1 slice	1
Bacon (fats)	1 tbsp	3	Bagel	1 small or 1/2 large	3
Bagel chips	1 oz.	3	Baked Alaska	1 piece	5
Baking Powder/Soda	1 tsp	0	Baklava	1 piece	5
Bamboo Shoots	1 cup	0	Banana	1 medium	2
Banana Bread	1 slice	5	Banana Chips	1 oz.	3
Banana Split	1 serving	19	Barbecue Sauce	1 tbsp	0
Barley	1 cup cooked/uncooked	1/4 cup	Bass (striped, cooked)	1 fillet	4
Bean dip	1/2 cup	1	Beans baked	1/2 cup	5
Beans baked (canned)	1/2 cup	2	Beans black (uncooked)	1 pound	31
Beans black	1 cup, cooked	3	Beans (cannellini, cooked)	1/2 cup	1
Beans (Garbanzo, cooked)	1/2 cup	2	Beans (green, cooked)	1 cup	0
Beans (kidney, cooked)	1/2 cup	1	Beans (lima, cooked)	1/2 cup	1
Beans (re-fried, canned)	1/2 cup	2	Beans (wax, cooked)	1 cup	0
Beans (white, cooked)	1/2 cup	2	Bear (black, cooked)	1 oz.	2
Bechamel white sauce	1/4 cup	8	Beaver (cooked)	1 oz.	1
Bechamel white sauce	1/4 cup	4	Beef (ground, regular)	1 patty	6
Beef (ground, regular, uncooked)	1 pound	25	Beef (ground, lean, uncooked)	1 pound	22
Beef (regular, cooked)	1 slice	4	Beef (tongue, cooked)	1 oz.	2
Beef (dried, store-bought)	7 slices	1	Beef (steak, cooked)	1 small	7
Beef (steak, lean)	1 small	5	Beefalo (cooked)	1 oz.	1
Beef Bourguignon	1-1/2 cup	18	Beef stew	1 cup	5
Beer (light)	1 can/bottle	2	Beer (non-alcoholic)	1 can/bottle	1
Beer (regular)	1 can/bottle	3	Beet (cooked)	1 cup	0
Beignet	1 (2" diameter)	2	Bialy	1 portion	5
Biscotti	8 mini, 2 small or 1 regular	3	Biscotti Chocolate	8 mini, 2 small or 1 reg.	3
Biscuits (homemade)	1 small	3	Biscuit (cheese)	1 small	5
Bitter Melon	1 cup cooked/uncooked	0	Black bean sauce	1 tsp	0
Blackberries	1 cup	1	Black Russian	1	5
Bloody Mary	1	2	Blueberries	1 cup	1
Bluefish (cooked)	1 fillet	1	Borscht (low-caloric, store-bought)	1 cup	0
Boston Brown Bread	1 slice	2	Bread (whole grain)	1 slice	1
Bread (light)	2 slices	1	Bread (pita)	1 slice	1
Bread Crumbs	3 tbsp (dried)	1	Breadsticks	1 piece	2

Weight Watchers Point List

Bread (focaccia)	1 slice	3	Bread (garlic)	1 slice	4
Bottle Gourd	1 cup	0	Boudin (store-bought)	2	2
Bouillabaisse	2 cups	7	Bouillon	1 cup	0
Boysenberries	1 cup	1	Bran (corn, uncooked)	1/4 cup	0
Bran (oat, uncooked)	1/4 cup	1	Bran (rice, uncooked)	1/4 cup	2
Bran (wheat, uncooked)	1 tbsp	0	Brandy	1-1/2 fl. oz.	2
Brazil Nuts	8 nuts	5	Brewer's Yeast	1 tsp	0
Brioche	1	3	Broccoli (cooked/uncooked)	1 cup	0
Broccoli Rabe	1 cup	0	Broccoli (stir fry)	1 cup	3
Broth (any type)	1 cup	0	Brownie	1	5
Brownie (fat-free)	1 piece	2	Brunswick Stew	1-1/2 cups	5
Bruschetta	1 slice	3	Brussels Sprouts (cooked/uncooked)	1 cup	0
Buffalo (water cooked)	1 oz.	1	Buffalo wings	3	9
Bulgur	cooked 1 cup/uncooked 1/4 cup	2	Butter (regular)	1 cup	51
<b>C</b>					
Cabbage (all varieties, cooked/uncooked)	1 cup	0	Caesar Salad	3 cups	7
Cake (fat-free)	1 slice	4	Cake (sugar-free)	1 slice	5
Calamari (fried)	1/2 cup	11	Calzone	1	7
Candy (chocolate, any type)	1 oz.	4	Canoli	1	9
Cantaloupe	1/4th melon	1	Capers	1 tbsp	0
Caponata	1 cup	2	Cappuccino (fat-free milk)	1 small	1
Cappuccino (machine-made)	1 cup	2	Caraway seeds	1 tsp/tbsp	0
Carambola (star fruit)	1	1	Caramels	1 oz.	3
Cardoon	1 cup	0	Carbou (cooked)	1 oz.	1
Carne asada	4 oz.	10	Carob (unsweetened)	1 tsp	0
Capri	1 fillet cooked	7	Carrots	10 baby or 2 large	0
Carrot Juice (canned)	1/2 cup	1	Casaba Melon	1 cup	1
Cashews (dry-roasted)	14	4	Cassoulet	1 cup	11
Caulfish	1 fillet cooked	4	Cauliflower	1 cup or 1 large head	0
Caviar (or other fish roe)	2 tbsp	2	Caviar spread	2 tsp	3
Celery	1 cup or 1 stalk	0	Cellophane Noodles	1 cup cooked	3
Chicory	1 cup	0	Cucumber	1 cup	0
Cereal (hot)	1 cup	4	Cereal (fiber)	1/2 cup	0.5
Cereal bar (fat-free)	1 piece	2	Cereal (cold, bran flakes)	3/4 cup	1
Cereal (cold, frosted)	1 cup	3	Cereal (cold, puffed)	1 cup	1
Cereal (cold, whole grain)	1 cup	2	Ceviche	1/2 cup	2
Challah bread	1 slice	2	Champagne	1 small glass or 1/2 cup	2
Chef's salad (without dressing)	4 cups	8	Cheese (Cheddar)	1 cup	4
Cheese	1 ounce	1	Cottage Cheese	1 cup	3
Cheese (spreadable)	2 tbsp	1	Cheese Wedge (light)	1	1
Cheese with fruit	3-1/2 oz.	3	Cheese (Mozzarella)	2 pieces	3
Cheese (Ravioli)	6 pieces	7	Cheese (Parmesan)	5 oz.	3
Cherries (fresh)	1 cup	1	Chestnuts	6 small	1
Chicken (fried, frozen)	3 oz.	7	Chicken (canned)	1/2 cup	4
Chicken (cooked)	1/2 cup	2	Chicken breast, barbecued with skin (with bone)	1	7
Chicken breast, cooked without skin (no bone)	1	3	Chicken breast, fried with skin (with bone)	1	11
Chicken breast fillet, grilled, refrigerated	1	3	Chicken (drumstick, barbecued with skin and bone)	1	3
Chicken patty (fried, frozen)	1	4	Chicken pieces (mugget-style fried)	6	5
Chicken salad	1/2 cup	6	Chicken salad, store-bought	1/2 cup	5
Chicken soup, hot and spicy	1 cup	4	Chicken stew, canned	1 cup	4

Weight Watchers Point List

Chicken thigh (cooked without skin, no bone)	1	3	Chickpeas, dry	1/3 cup	1
Chili (frozen)	1 cup	12	Chili, low-fat, canned	1 cup	4
Chocolate hazelnut cookies	1 piece	2	Chocolate éclair	1 piece	3
Chocolate, any type	2 pieces	3	Chocolate (dark)	5 pieces	4
Chocolate or latte bar	1	1	Chocolate drink	1 cup	3
Chocolate spread	2 tbsp	4	Clams (cooked)	1/2 cup	1
Cobbler (fruit)	1 cup	7	Cocoa Hot (instant)	1 cup	2
Coconut	1 tsp	0	Coconut juice or water	1 can	3
Coconut milk	1/4 cup	4	Coffee (Jamaican)	1 cup	2
Coffee (latte or mocha with milk)	1 can	4	Coffee mix (without sugar)	1 cup	1
Cognac	1-1/2 fl. oz.	2	Coleslaw	1/2 cup	4
Cookies (any type)	1 bar	1	Corn (frozen)	6	4
Corn Chowder (canned)	1 cup	4	Crabmeat (canned)	1/2 cup	2
Crabmeat (cooked)	1/2 cup	1	Cranberry Juice	1 cup	2
Cranberries, fresh	1 cup	1	Crayfish (canned)	1/2 cup	2
Cream (clotted)	2 tbsp	4	Cream, medium	2 tbsp	2
Cruller	1 small	3	Crumpet	1	2
Currants, fresh	1 cup	1	Custard	1 cup	6
<b>D</b>					
Daikon	1 cup	0	Daiquiri	1	3
Dairy Shake	1 packet	2	Danish (store-bought)	1	6
Dannon Yogurt, light	4 ounce	1	Dates (fresh)	2	1
Del Monte	1/2 cup	1	Dip, any type	2 tbsp	2
Dolma (store-bought)	4	3	Doro wat	1 cup	7
Donut (store-bought)	1	5	Duck, wild or domestic, without skin, cooked	1/4 duck	5
<b>E</b>					
Eclair	1 (4" long)	9	Eggplant, cooked	1 cup	0
Eggs, Fried	1 large	2	Eggs, scrambled	2	5
Egg salad	1/2 cup	7	Egg whites	3	1
Elderberries	1 cup	1	Elk, cooked	1 oz.	1
Empanadas	2	3	Endive, Belgian (French)	1 cup	0
<b>F</b>					
Fudge	1 cup	3	Falafel patties	4	10
Fennel	1 cup	0	Fettuccine Alfredo	1 cup	16
Fiddle Fern (fiddlehead greens)	1 cup	0	Fig, fresh	1	0
Filo dough, frozen	1 oz.	2	Fish (Anchovies, canned in oil, drained)	6	1
Fish, baked, stuffed	1 serving	8	Fish, Blackened	1 fillet	12
Fish, Bluefish, cooked	1 fillet	6	Fish, Carp, cooked	1 fillet	7
Fish, Catfish, cooked	1 fillet	6	Fish, Cod, cooked	1 fillet	4
Fish, Dried	1 oz.	2	Fish, Eel	1 oz.	2
Fish, Flounder	1 fillet	4	Fish, Fried	1 fillet	12
Fish, Haddock, cooked	1 fillet	4	Fish, Halibut, cooked	1 fillet	5
Fish, Herring, cooked	1 oz.	1	Fish, Mackerel, cooked	1 fillet	8
Fish (dolphin fish), cooked	1 fillet	4	Fish, Salmon, cooked	1 fillet	7
Fish, Sardines, canned in oil, drained	5	3	Fish, Swordfish, cooked	1 steak	4
Fish, Trout, cooked	1 fillet	8	Fish, Tuna, cooked	1 fillet	6
Fish amandine	1 fillet	13	Fish Fillet (battered, frozen)	1 small	5
Plan	3/4 cup	8	Flour, any type	1 tsp	0
Focaccia	1 piece	25	French Fries (frozen, baked)	15	2
French Toast (frozen)	2 slices	5	Fried ice cream	1 scoop	9

Weight Watchers Point List

Fruit salad	1 cup	2	Fudge	1 piece	3
Frosting (regular)	2 tbsp	3	Fruit Cocktail (unsweetened, canned)	1 cup	2
<b>G</b>					
Gazpacho (canned)	1 cup	1	Gelatin (fruit flavored)	1/2 cup	2
Gherkins fresh	1 cup	0	Gin	1 jigger	2
Gnocchi (frozen)	1 cup	7	Goat meat, cooked	1 oz.	1
Gobo (burdock)	1/2 cup	1	Goose, wild, cooked	1 oz.	1
Gooseberries	1 cup	1	Gourd, white, flowered	1 cup	0
Grapefruit	1	2	Grapefruit juice, any type	1/2 cup	1
Grapes	1 cup	1	Grape juice	1/2 cup	1
Green papaya	1 cup	1	Guacamole (store-bought)	1/2 cup	2
Guava	1	1	Guinea hen, cooked	1 oz.	1
Gum, chewing with sugar or sugarless	1 piece	0	Gumdrops	8	3
<b>H</b>					
Haddock	1 fillet	4	Halibut	1 fillet	4
Halvah	1 piece	5	Ham, cooked	1 slice	3
Haroset	1 cup	4	Hazelnuts	20 nuts	4
Highball	1	3	Hush puppies	2	4
Hoisin sauce	1 tsp	0	Hollandaise sauce	1/4 cup	8
Honey	1 tbsp	1	Honeydew melon	1/8 part	1
Horsradish, prepared	1 tbsp	0	Hummus, any type	1/4 cup	3
<b>I</b>					
Ice cream, fat-free, no sugar added	1 scoop	2	Ice cream, light, no sugar added	1 scoop	2
Ice cream, premium	1 scoop	7	Ice cream, regular	1 scoop	4
Ice cream soda	1	8	Irish coffee	1	4
<b>J</b>					
Jackfruit	1/2 cup	2	Jalapenos, stuffed	2	4
Jam, jelly or preserves	1 tbsp	1	Jelly beans	10	2
Jerusalem artichokes	1 cup	0	Jicama (yam bean root)	1 cup	0
<b>K</b>					
Kabobs, beef, chicken or lamb	2 skewers	8	Kabobs, fish	2 skewers	6
Kasha (buckwheat groats)	1 cup cooked	3	Kataifi	1 piece	5
Ketchup	1/4 cup	1	Kidney, cooked	1/2 cup	2
Kiwi fruit	1	1	Knish, any type	1	6
Knockwurst	2	5	Kreplachs (boiled)	2	5
Kugel (lokshen)	1 piece	7	Kunquats	10 small/5 medium	1
<b>L</b>					
Ladyfingers, store-bought	1 large/2 small	1	Lamb, ground, cooked	1/2 cup	4
Lamb, lean	1 slice	3	Lard	1 tbsp	3
Lasagna, chicken, frozen	1 cup	5	Lasagna, vegetable, frozen	1 cup	5
Latte, made with low-fat milk	1 small	3	Lavash	1/4 of 10" cracker or 2-1/4 oz.	6
Leeks, cooked or uncooked	1 cup or 2 oz.	0	Lemon	1	0
Lemonade	1 cup	2	Lentils, dry	1/3 cup	1
Lettuce, any type	1 cup	0	Lyechees, fresh	10 medium (6 oz.)	1
Licorice	1 oz.	2	Liqueurs, any type	1 jigger	4
Liquor (gin, rum, scotch, tequila, vodka, whiskey)	1 jigger	2	Liver, beef, cooked	1 slice	2
Liver, chicken, cooked	1/2 cup	2	Liverwurst	1 oz.	3
Lobster meat, canned	1/2 cup or 4 oz.	2	Lobster salad	1/2 cup	4
Lobster, steamed	1	3	Loganberries	1 cup (5 oz.)	1
Lollipop	1	1	Loquats	10 (6 oz.)	1

Weight Watchers Point List

Lotus root, cooked	1 cup or 16 slices	1	Luncheon meat, canned	2 oz.	5
<b>M</b>					
Macadamia nuts	12 nuts (1 oz. shelled)	5	Macaroni	1 cup cooked	3
Macaroni salad	1/2 cup	6	Macarons	2	2
Mackerel, canned	1/4 cup	2	Mackerel, cooked	1 fillet	8
Mandarin orange, fresh	1	1	Mandelbrot	2 slices	2
Mango	1	2	Manhattan		3
Manicotti shells, dry	2	2	Maraschino cherry	1	0
Margarine, fat-free	4 tbsp	1	Margarine, regular	1 tsp	1
Margarita	1	5	Marinara sauce	1/2 cup	3
Marshmallows	2 medium	1	Martini	1	3
Marzipan	1 oz.	3	Matzo, any type	1 board	2
Mayonnaise, fat-free	4 tbsp	1	Mayonnaise, regular, commercial and homemade	1 tsp	1
Meat, canned	2 oz.	3	Meat, ground, cooked	1 patty	6
Meat loaf	1 slice	8	Menudo, canned	1 cup	4
Mexican coffee	1 (with 2 tbsp whipped cream)	3	Milk, calcium-fortified (1%)	1 cup	2
Milk, calcium-fortified, skim	1 cup	2	Milk, evaporated, whole	1/2 cup	3
Milk, instant non-fat dry	1/3 cup powder	2	Milk, lactose-reduced, nonfat	1 cup	2
Milk, sweetened, condensed	1/3 cup	7	Milk, whole	1 cup	4
Milk shake, any flavor	1	9	Millet	1/3 cup cooked or 3/4 oz. uncooked	1
Mimosa	1	2	Mince meat, store-bought	1/4 cup	1
Minestrone soup	1 cup	4	Mint, chocolate-covered	1 (2-1/2" diameter)	3
Moose, cooked	1 oz.	1	Mornay sauce	1/4 cup	4
Muffin, any type (other than bran)	1 large	6	Muffin, bran	1 large	5
Mulberries	1 cup	1	Mulligatawny soup	1 cup	1
Mushrooms	1 cup	0	Mussels, cooked	1/2 cup	1
<b>N</b>					
Napoleon	1 (4-1/2" x 2" x 1-1/2")	13	Nectar, any type	1/2 cup	1
Nectarine	1	1	Noodles, egg	1 cup cooked or 1-1/2 oz. uncooked	3
Nuoc chaim	1 tbsp	0	Nuts, mixed	1 oz. shelled	4
<b>O</b>					
Oat milk, any flavor	1 cup	2	Oil, vegetable	1 tsp	1
Okra, cooked	1 cup	0	Olives	10 small or 6 large	1
Onions, cooked	1 cup	1	Opossum, cooked	1 oz.	1
Orange	1	1	Orange juice, any type	1/2 cup	1
Ostrich, cooked	1 oz.	1	Oysters, cooked	1/2 cup	1
<b>P</b>					
Paella	1 cup	7	Pancake (homemade, frozen or made from mix)	1	2
Paneitone	1/12 of 9" tube	6	Papaya	1/2 (8 oz.) or 1 cup (5 oz.)	1
Paprikash	2 cups	9	Parasnips, cooked or uncooked	1 cup	1
Passion fruit	3	1	Pasta, any type	1 cup cooked or 1-1/2 oz. uncooked	3
Peach, fresh	1	1	Peanuts	40	4
Peanut butter	1 tbsp	2	Pear, fresh	1	1
Peas, dry, split	1/3 cup or 2 oz. cooked or 3/4 oz. uncooked	1	Pecans	14 halves	5
Pepper, bell/chili	1 cup	0	Pepperoni	1 oz.	4
Porch, cooked	1 fillet	4	Pesto sauce	2 tbsp	1
Pheasant, cooked	1 oz.	1	Pickle, unsweetened	1 cup/1 medium	0
Pie crust, any type	1/8 of 9" one-crust pie	5	Pigeon, cooked	1 oz.	1
Pike, cooked	1 fillet	4	Pimientos, canned	1 cup, 6 whole or 8 oz.	0
Pina Colada	1	6	Pineapple, fresh	1/4 (12 oz.) or 1 cup	2

Weight Watchers Point List

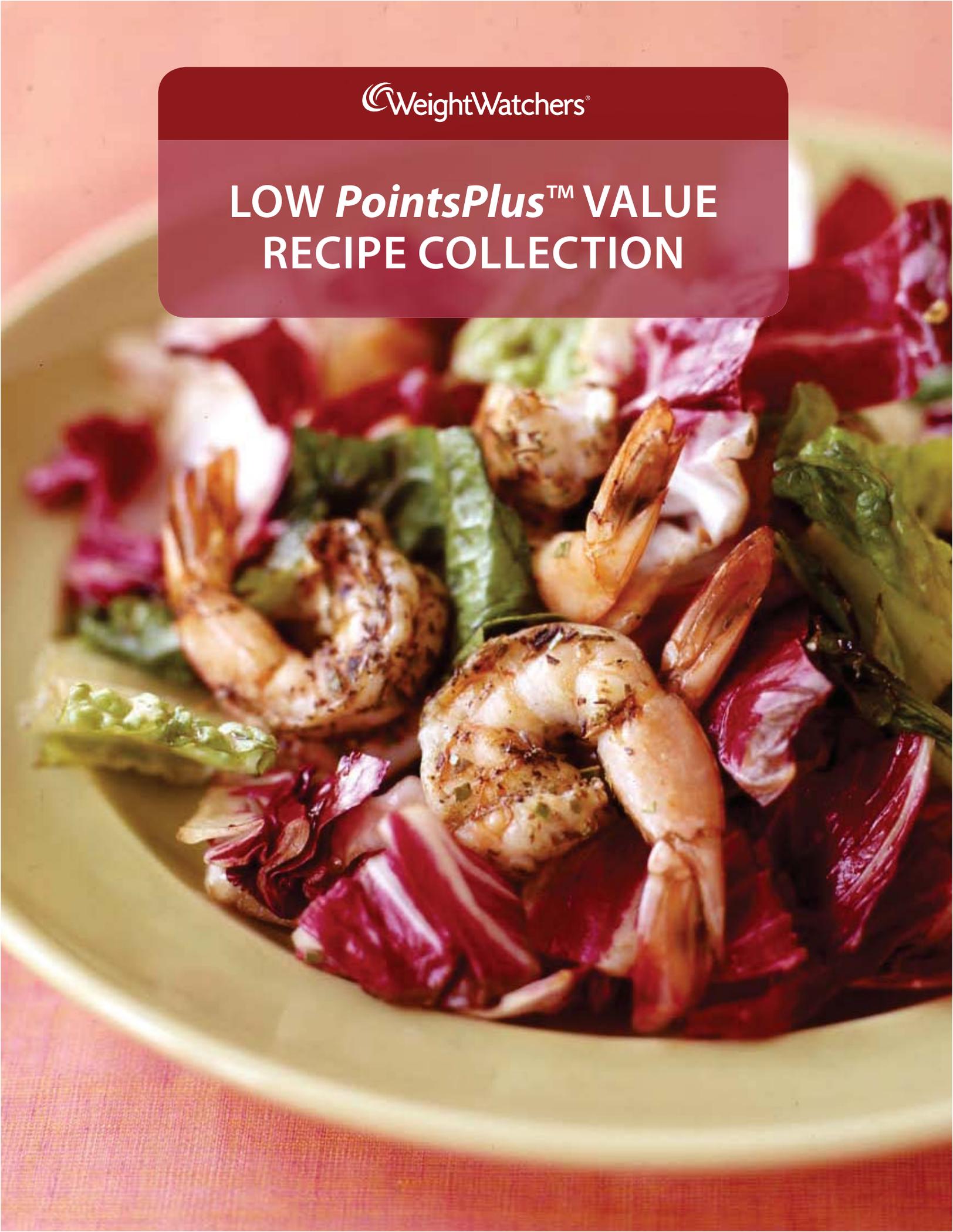
Pineapple juice	1/2 cup (4 fl. oz.)	1	Pistachios	40 nuts	4
Plums	2	1	Potenta	1/4 cup cooked	4
Pomegranate	1	2	Pomelo (pummelo)	1	3
Popcorn, buttered, popped	3 cups	7	Pork, cooked	1 slice, 1 chop, 1/2 cup cubed or shredded	5
Pork rinds	1 oz.	4	Pork (lean, cooked)	1 slice, 1 chop, 1/2 cup cubed or shredded	3
Potato, white/sweet	1 large	3	Potato chips	14	4
Potatoes, mashed	1/2 cup	2	Potatoes, home-fried	1 cup	4
Potato salad	1/2 cup	6	Poultry, ground, cooked	1 patty	5
Poultry, ground, lean (10% or less fat) cooked	1 patty	4	Pretzels, hard or Bavarian	1	2
Prickly pear (cactus pear)	1	1	Profiterole	1 small	2
Prunes	2	1	Pudding, any flavor	1 cup	7
Pumpkin	1 cup	0	Pumpkin leaves	1 cup	0
<b>Q</b>					
Quail, cooked	1 oz.	2	Quenelles	8	14
Quince	1	1	Quinoa	2 tbsp dry	1
<b>R</b>					
Rabbit, cooked	1 oz.	1	Raccoon, cooked	1 oz.	2
Radish, white	1 cup	0	Raisins	1/4 cup	2
Raspberries	1-1/2 cups	1	Ratatouille	1 cup	5
Red snapper, cooked	1 fillet	4	Relish, any type	1 tsp	0
Remoulade sauce	1 tbsp	2	Rice, brown	1 cup cooked	4
Rice, white	1 cup	4	Rice crackers	8	1
Risotto	1/2 cup	4	Roux, store-bought	1 tbsp	5
Rugelach	1 piece	3	Rum	1 jigger	2
<b>S</b>					
Saimin	1 cup	2	Salad, mixed greens	1 cup	0
Salami, any type	1 oz.	3	Salmon, smoked	1 oz.	1
Salsa	1/2 cup	0	Saltines	6	2
Sangria	4 fl. oz.	2	Sausage, beef or pork, cooked	1 link or patty	3
Scallions (green onions)	1 cup or 16 medium	0	Scallops, cooked	1/2 cup	1
Schnapps, any flavor	1 fl. oz.	2	Scone	1 triangle	5
Scotch	1 jigger	2	Screwdriver	1	4
Seafood salad, store-bought	1/2 cup	6	Seeds, caraway/poppy/sesame	1 tsp	0
Seeds, pumpkin or sunflower	1 tbsp	1	Seitan	2 slices	1
Shallots	1 cup or 6 oz.	0	Shark, cooked	1 steak	4
Sharon fruit	3 oz.	1	Shells, jumbo, dry	3	2
Sherry, dry or sweet	3 fl. oz.	2	Shrimp, cooked	1/2 cup	1
Shrimp, canned	1/2 cup	4	Sloppy joe	1	8
Smelt, cooked	1 oz.	1	Snow peas (Chinese pea pods)	1 cup	0
Soda, club	1 can or bottle	0	Soft drinks, diet, any flavor	1 can or bottle	0
Sole, cooked	1 fillet	4	Sour cream, light	3 tbsp	1
Sour cream, regular	1 tbsp	1	Soybeans, dry	1/3 cup or 2 oz. cooked or 3/4 oz. uncooked	1
Soy cheese, regular	1 slice	2	Soy flour	3 tbsp	2
Soy milk	1 cup	2	Soy sauce	1 tsp	0
Spaghetti	1 cup cooked or 1-1/2 oz. uncooked	3	Spaghetti Bolognese	1 cup spaghetti with 1/2 cup sauce	9
Spaghetti Carbonara	1 cup	10	Spanish sauce	1/2 cup	1
Spinach, cooked or uncooked	1 cup	0	Sports drink	1 cup	1
Sprouts, alfalfa/bean	1 cup	0	Squab	1 oz. cooked	1
Squid, cooked	3 oz.	2	Squirrel, cooked	1 oz.	1
Steak, cooked	1 small	7	Steak, lean	1 small	5

Weight Watchers Point List

Strawberries, fresh or frozen	1 cup	1	Strudel, any type	1 piece	8
Sugar, any type	1 tbsp	1	Sweetbreads, cooked	1 oz.	1
Sweet potatoes in syrup, canned	1 cup	4	Swordfish, cooked	1 steak	4
Syrup, regular, any type	1 tbsp.	1	Szechuan chicken, frozen	1 cup	5
<b>T</b>					
Tabouli	1/2 cup	4	Taffy	1 oz.	3
Tahini (sesame paste)	2 tbsp.	3	Tamarinds	10	1
Tangelo	1	1	Tangerine	1	1
Tapioca	1 tsp. uncooked	0	Taquitos, frozen	2	3
Tartar sauce	1 tbsp	2	Tart shell	1 (4" diameter)	6
Tea, decaffeinated or regular, sweetened	1 cup	2	Tequila	1 jigger	2
Thai coffee or tea	1 cup	6	Tiramisu	1 piece	10
Tofu, any type	1/3 cup	2	Tomato, regular, fresh	1 cup or 1 medium	0
Tomatoes, cherry	12	0	Tomato juice	1 cup	0
Tomato paste, canned	1/4 cup	0	Tomato puree, canned	1/2 cup	0
Tortilla, any type	2 (4" diameter), 1 (6" diameter), 1/2 (10" diam)	2	Tripe, cooked	1 oz.	1
Trout, rainbow, cooked	1 fillet	4	Tuna, canned in water, drained	1/2 cup	3
Tuna, cooked	1 steak	4	Turkey, ground, cooked	1 patty	5
Turkey, lean, ground, cooked	1 patty	4	Turnips, cooked	1 cup	0
<b>V</b>					
Veal, regular, cooked	1 slice, 1 chop, 1/2 cup cubed or shredded	4	Veal, lean, cooked	1 slice, 1 chop, 1/2 cup cubed or shredded	3
Vegetable juice, mixed	1 cup	0	Vegetable oil	1 tsp	1
Vegetables, fried	1 cup	6	Vegetables, mixed, drained	1/2 cup	0
Venison, cooked	1 oz.	1	Vichyssoise	1 cup	5
Vinegar	1 tbsp.	0	Vodka	1 jigger	2
<b>W</b>					
Waffle, any type	1 (7" square)	6	Waffle, any type, made from mix/frozen	1 (4" square) or 1-3/4 oz.	2
Waldorf salad	1/2 cup	6	Walnuts	14 halves	5
Water chestnuts	1 cup	1	Watercress	1 cup	0
Watermelon	2" slice or 1 cup	1	Water or mineral water	1 cup	0
Wax gourd (Chinese winter melon)	1 cup	1	Wheat germ	3 tbsp	1
Whiskey	1 jigger	2	Whiskey sour	1	3
Whitefish and pike, large, store-bought	1	2	Whiting, cooked	1 fillet	4
Wiener schnitzel	4 oz.	11	Wine, dessert, dry	2 fl. oz.	1
Wine, dessert, sweet	2 fl. oz.	2	Wine sauce	1/4 cup	3
Wontons, boiled	6	4	Wontons, fried	6	10
<b>Y</b>					
Yams, cooked	1 large or 1 cup	3	Yams, sweetened, canned in syrup	1 cup	3
Yeast	1 cup	0	Yogurt, fat-free, flavored, sweetened with sugar	1 cup	3
Yogurt, frozen, fat-free, no sugar added	1 scoop or 1/2 cup	2	Yogurt, frozen, low-fat	1 scoop or 1/2 cup	0
Yogurt, plain	1 cup	4	Yogurt drink	1 cup	5
<b>Z</b>					
Zabaglione	1/2 cup	4	Zeppole	1 (4" diameter)	5
Zucchini, breaded, frozen	6	4	Zucchini bread	1 slice	5
Zuppa di pesce	2 cups	12	Zwieback	3 (3/4 oz)	2



**LOW *PointsPlus*<sup>™</sup> VALUE  
RECIPE COLLECTION**



# 0-1 *PointsPlus*™ VALUES RECIPES

ROASTED EGGPLANT AND TOMATO  
GRILLED VEGETABLE PACKETS WITH SAGE  
HEALTH SALAD

CAULIFLOWER POPPERS  
ENDIVE WITH CHIPOTLE CREAM CHEESE  
ITALIAN-INSPIRED VEGETABLE SOUP



## ROASTED EGGPLANT AND TOMATO | 1 *PointsPlus*™ VALUES PER SERVING | 8 SERVINGS

PREP TIME: 8 MIN | COOKING TIME: 60 MIN | LEVEL OF DIFFICULTY: EASY

Enjoy this recipe as a side dish, dip, pasta topping or as a sauce for your favorite lasagna.

### INGREDIENTS

- 1 spray cooking spray
- ▲ 1 medium raw eggplant, not peeled
- ▲ 1/2 large onion, peeled
- ▲ 2 cups tomatoes, roughly chopped
- 1/4 cup basil, fresh, thinly sliced (or more to taste)
- 1 tsp table salt
- 1/4 tsp crushed red pepper flakes
- 2 tsp olive oil

### INSTRUCTIONS

1. Preheat oven to 375°F. Coat a shallow nonstick roasting pan or baking sheet with cooking spray.
2. Pierce eggplant many times with a sharp knife; place on roasting pan with onion. Coat vegetables with cooking spray; roast for 30 minutes. Flip vegetables; roast for 30 minutes more.
3. Meanwhile, in a medium bowl, combine tomatoes, basil, salt and pepper; set aside at room temperature until vegetables are finished cooking.
4. When roasted eggplant is cool enough to handle but is still hot, slice it open and scoop out small chunks (so you do not get any skin). Add eggplant to tomato mixture; toss well.
5. Next, discard outer layer of roasted onion and chop into bite-size pieces; toss with tomato mixture. Serve warm or cold. Yields about 1/2 cup per serving.

▲ Indicates a Power Food



## GRILLED VEGETABLE PACKETS WITH SAGE

### 1 **PointsPlus**<sup>™</sup> VALUES PER SERVING | 4 SERVINGS

**PREP TIME:** 10 MIN | **COOKING TIME:** 15 MIN | **LEVEL OF DIFFICULTY:** EASY

We like the idea of completing your entire meal on the grill. These foil packets steam next to your meat, chicken or fish, yielding tender, well-seasoned vegetables.

#### INGREDIENTS

2 sprays olive oil cooking spray	▲ 4 small shallots, thinly sliced on the diagonal	1/8 tsp black pepper, or to taste
▲ 3 medium summer squash, yellow, sliced 1/4-inch thick on the diagonal	▲ 12 medium cherry tomatoes, ripe, firm	1 Tbsp fresh sage, about 4 large leaves
	1/4 tsp table salt	4 tsp balsamic vinegar

#### INSTRUCTIONS

1. Preheat grill to medium. Cut four 12-inch square sheets of heavy-duty aluminum foil; lightly coat each with cooking spray.
2. Place squash, shallots and tomatoes in a medium bowl. Add salt and pepper; toss to coat. Place 1/4 of vegetable mixture on each sheet of foil. Top each packet with a sage leaf; sprinkle with vinegar.
3. Fold top and bottom of foil sheets to center; fold in edges. Do not press down; leave space for steam to build up.
4. Grill packets until shallots and squash are fork tender, about 10 to 15 minutes. (To test for doneness, carefully open one packet and pierce squash with the tip of a knife. If the knife comes out easily, the vegetables are done.)
5. Remove packets from heat. Carefully open packets (make sure to keep face away from escaping steam) and gently mix vegetables with packet juices. Yields 1 packet per serving, serving.

NOTES: You can swap rosemary or thyme sprigs for the sage, if you prefer.



## HEALTH SALAD

### 1 **PointsPlus**<sup>™</sup> VALUES PER SERVING | 16 SERVINGS

**PREP TIME:** 16 MIN | **COOKING TIME:** 14 MIN | **LEVEL OF DIFFICULTY:** EASY

Like slaw, but better. This recipe is wonderful with burgers, chicken kabobs and grilled fish.

#### INGREDIENTS

▲ 4 cups shredded red cabbage, or green cabbage	▲ 1 medium green pepper, thinly sliced	2 1/2 Tbsp apple cider vinegar
▲ 1/2 medium English cucumber, thinly sliced	▲ 1 medium carrot, thickly shredded	1 Tbsp olive oil
▲ 1/2 medium red onion, thinly sliced	1/2 tsp table salt	1 Tbsp water
1 large garlic clove, thinly sliced	1/2 tsp black pepper	1 Tbsp fresh dill, chopped (optional)
	2 1/2 Tbsp sugar	

#### INSTRUCTIONS

1. In a large bowl, combine cabbage, cucumber, onion, garlic, green pepper and carrot; set aside.
2. In a small bowl, combine remaining ingredients; pour over vegetables and toss to mix and coat. Chill in refrigerator, tossing once or twice, for about 1 hour. Yields about 1/2 cup per serving.

▲ Indicates a Power Food

## CAULIFLOWER POPPERS

0 **PointsPlus™** VALUES PER SERVING  
8 SERVINGS

**PREP TIME:** 10 MIN | **COOKING TIME:** 10 MIN  
**LEVEL OF DIFFICULTY:** EASY

Great as a side dish or as a snack.  
An unbeatable combo of flavor, texture and spice.



1 spray cooking spray

- ▲ 1 small head cauliflower
- 1/2 tsp ground cumin
- 1/2 tsp chili powder, or more to taste
- 1/2 tsp table salt
- 1/2 tsp black pepper

1. Preheat oven to 400°F. Coat a baking sheet with cooking spray.
2. Cut cauliflower florets into bite-sized pieces (there should be about 4 cups). Place cauliflower in a medium bowl and add cumin, chili powder, salt and pepper; toss well to coat.
3. Spread cauliflower on prepared baking sheet and bake until cauliflower is tender, but not mushy, stirring halfway through, about 10 minutes. Yields about 1/2 cup per serving.

## ENDIVE WITH CHIPOTLE CREAM CHEESE

1 **PointsPlus™** VALUES PER SERVING  
8 SERVINGS

**PREP TIME:** 15 MIN | **COOKING TIME:** 0 MIN  
**LEVEL OF DIFFICULTY:** EASY

These cheese-stuffed endive look fancy but are really easy to make. They're sure to impress at any cocktail party.



4 oz fat-free cream cheese, at room temperature

- ▲ 1/4 cup roasted red peppers, water-packed, blotted dry, finely diced
- ▲ 3 Tbsp scallions, thinly sliced
- 3 Tbsp cilantro, fresh, chopped (plus extra leaves for garnish)
- 2 tsp canned chipotle sauce
- 1/4 tsp table salt
- 1/4 tsp ground cumin
- ▲ 3 small heads endive, Belgian (about 24 leaves)

1. In a small bowl, stir together cream cheese, roasted peppers, scallions, cilantro, chipotle sauce, salt and cumin until blended. Cover and refrigerate until ready to serve (up to 1 day).
2. When ready to serve, spoon about 1 teaspoon of chipotle cheese mixture into bottom of each endive leaf; garnish with remaining fresh cilantro leaves. Arrange on a serving platter and serve. Yields 3 leaves per serving.  
NOTE: If you're not an endive fan, spoon the cheese filling onto thickly sliced cucumbers or into hollowed out cherry tomatoes. Or serve it as a dip for tortilla chips or fresh vegetables.

## ITALIAN-INSPIRED VEGETABLE SOUP

1 **PointsPlus™** VALUES PER SERVING  
12 SERVINGS

**PREP TIME:** 30 MIN | **COOKING TIME:** 20 MIN  
**LEVEL OF DIFFICULTY:** EASY

Chockfull of vegetables, this is one great snack.



- ▲ 2 cups escarole, chopped
- 2 medium garlic cloves, minced
- ▲ 1 cup onion, chopped
- ▲ 2 cups spinach, baby leaves
- ▲ 2 small zucchini, cubed
- ▲ 1 medium sweet red pepper, chopped
- ▲ 1 medium fennel bulb, thinly sliced
- ▲ 6 cups vegetable broth
- ▲ 28 oz canned diced tomatoes, preferably fire-roasted
- 1/4 tsp crushed red pepper flakes
- 2 tsp thyme, fresh, finely chopped
- 1 tsp fresh oregano, finely chopped
- 3/4 tsp table salt
- 1/4 tsp black pepper
- 1/4 cup parsley, fresh, chopped
- 1/4 cup basil, fresh, leaves

1. Put escarole, garlic, onions, spinach, zucchini, red pepper, fennel, vegetable broth, diced tomatoes, red pepper flakes, thyme and oregano into a large soup pot. Cover and bring to a boil over high heat. Reduce heat to low, and simmer, partly covered, for about 10 minutes.
2. Stir in salt, black pepper, parsley and basil. Serve. Yields about 1 cup per serving.

▲ Indicates a Power Food

# 1-2 PointsPlus™ VALUE RECIPES

GRILLED SHRIMP SALAD  
HERBED VEGETABLE CHIPS  
OATMEAL RAISIN BITES  
WATERMELON SALSA  
TURKISH MEATBALLS WITH  
A CUCUMBER-YOGURT DIPPING SAUCE

RASPBERRY CHOCOLATE CUPS  
GRILLED MARGHERITA PORTOBELLO MUSHROOMS  
CREAMY CORN CHIPOTLE DIP  
MILK CHOCOLATE CHIP COOKIES  
JAPANESE FLAVORED EDAMAME



## GRILLED SHRIMP SALAD | 2 PointsPlus™ VALUE PER SERVING | 4 SERVINGS

PREP TIME: 15 MIN | COOKING TIME: 4 MIN | LEVEL OF DIFFICULTY: EASY

We all love grilled shrimp, but who's ever heard of grilling lettuce? Actually, it comes off the grill sweet and lightly wilted, just waiting for the dressing.

### INGREDIENTS

- ▲ 1/2 pound shrimp, medium-sized (about 16 shrimp), peeled and deveined
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/4 tsp garlic powder
- ▲ 1 large head lettuce, romaine
- ▲ 1 medium head lettuce, radicchio
- 1 spray cooking spray
- 3 Tbsp balsamic vinegar, aged variety
- 1/4 tsp table salt
- 1/4 tsp black pepper, freshly ground

### INSTRUCTIONS

1. Toss the shrimp, oregano, thyme and garlic powder together in a medium bowl. Cover and refrigerate at least 1 hour or overnight.
2. Cut the head of romaine in half lengthwise, leaving the root end intact, so that the leaves on each half are held together by the root. Cut the radicchio in quarters, lengthwise, leaving the root end intact, so that the leaves on each quarter are held together.
3. Spray the grill rack or a large grill pan with nonstick spray; heat the grill or set the pan over medium heat. (Note: Never spray nonstick spray directly into a heat source, whether a grill or a stove.)
4. Lay the shrimp on the grill or in the pan. Cook until pink and firm, about 3 minutes, turning once. Transfer to a serving bowl.
5. Spray a wad of paper towels with a nonstick spray and wipe the grill rack or grill pan quickly, being careful not to burn yourself.
6. Add the lettuces cut side down. Pressing down with the back of a large metal spatula or a small saucepan lid, cook until slightly wilted and marked from the grill, about 30 seconds. Transfer the Romaine to a cutting board. Flip the radicchio quarters to the other cut sides; grill 20 seconds more. Transfer to the cutting board.
7. Roughly chop the romaine and radicchio; add it to the bowl with the shrimp. Toss with the vinegar, salt and pepper. Serve at once. Yields about 1 1/2 cups per serving.

▲ Indicates a Power Food



## HERBED VEGETABLE CHIPS

2 **PointsPlus**™ VALUE PER SERVING | 4 SERVINGS

PREP TIME: 15 MIN | COOKING TIME: 120 MIN | LEVEL OF DIFFICULTY: EASY

Chips are quintessential party food. You can buy a bag of ho-hum light chips at the store. Or you can bake your own from a variety of delicious, colorful vegetables.

### INGREDIENTS

4 sprays olive oil cooking spray  
▲ 1 medium zucchini, sliced crosswise into 1/8-inch-thick slices  
▲ 1 medium yellow summer squash, sliced crosswise into 1/8-inch-thick slices

▲ 2 small sweet potatoes, peeled and sliced crosswise into 1/8-inch-thick slices  
▲ 2 large carrots, peeled and sliced diagonally into 1/8-inch-thick slices

1 tsp kosher salt, or more to taste  
1 tsp fresh oregano, or more to taste

### INSTRUCTIONS

1. Preheat oven to 200°F. Coat 2 large baking sheets with cooking spray.
2. Place zucchini and squash in a single layer on one baking sheet. Place potatoes and carrots in a single layer on other baking sheet. Coat vegetables with cooking spray and season tops of vegetables with salt and oregano.
3. Roast for 1 hour and then rotate trays. Roast until vegetables are crisp and dry, about 30 to 60 minutes more. Yields about 1/3 cup per serving.

NOTES: To keep chips crisp, store completely cooled chips in an airtight container or zip-close plastic bag for up to 3 days. To re-crisp already cooked chips that have gone soft, cook on a baking sheet for about 10 minutes at 250°F.

Try substituting red potatoes, turnips or rutabagas for a delicious change of pace



## OATMEAL RAISIN BITES | 2 **PointsPlus**™ VALUE PER SERVING 40 SERVINGS

PREP TIME: 10 MIN | COOKING TIME: 12 MIN | LEVEL OF DIFFICULTY: EASY

Small oatmeal raisin cookies with a big granola taste.

### INGREDIENTS

▲ 1 1/2 cup rolled oats  
3/4 cups whole-grain wheat flour  
1/2 tsp baking powder

1/4 tsp table salt  
1/2 tsp ground cinnamon  
1/2 cup(s) butter, softened  
1/4 cup sugar

1/2 cup packed brown sugar  
▲ 1 large egg  
1 tsp vanilla extract  
1 cups raisins, chopped

### INSTRUCTIONS

1. Preheat oven to 350°F
2. In a medium bowl, combine oats, flour, baking powder, salt and cinnamon; set aside. Using an electric mixer, cream butter and both sugars until incorporated. Add egg and vanilla; mix thoroughly. Add oat mixture and mix until just combined; fold in raisins.
3. Drop rounded teaspoons of batter onto 2 ungreased cookie sheets, about 1-inch apart each. Bake for 9 to 10 minutes for chewy cookies or 11 to 12 minutes for crispy cookies. Remove from oven and let cookies rest on cookie sheets for about 2 minutes; remove cookies to a wire rack to cool completely. Yields 1 cookie per serving.

▲ Indicates a Power Food



## WATERMELON SALSA | 1 *PointsPlus*<sup>™</sup> VALUE PER SERVING 12 SERVINGS

PREP TIME: 25 MIN | COOKING TIME: 0 MIN | LEVEL OF DIFFICULTY: EASY

This fresh, fruity salsa is delicious with grilled or broiled fish, chicken, pork or beef. Use balsamic vinegar instead of lime juice for a deeper flavor.

### INGREDIENTS

- ▲ 4 cups watermelon, seedless, chopped into small pieces
- ▲ 1 cup cucumbers, seedless, chopped into small pieces
- ▲ 1/2 cup scallions, chopped into small pieces (green and white parts)
- ▲ 1/2 large yellow pepper, chopped into small pieces
- ▲ 1 large jalapeno pepper, seeded, finely minced (do not touch seeds with bare hands)
- 1 1/2 Tbsp cilantro, fresh, minced
- 1 1/2 Tbsp mint leaves, fresh, minced
- 1 tsp sugar
- 1 Tbsp olive oil
- 2 Tbsp fresh lime juice

### INSTRUCTIONS

1. Toss all ingredients together in a large bowl. Serve at room temperature or chilled. Yields about 1/2 cup per serving.

NOTES: If you plan to make this recipe ahead of time, chop up and toss together the watermelon, vegetables and herbs, but wait to combine them with the sugar, olive oil and lime juice until just before serving.



## TURKISH MEATBALLS WITH A CUCUMBER YOGURT DIPPING SAUCE | 1 *PointsPlus*<sup>™</sup> VALUE PER SERVING | 12 SERVINGS

PREP TIME: 20 MIN | COOKING TIME: 32 MIN | LEVEL OF DIFFICULTY: EASY

Lean ground beef is combined with fiber-rich bulgur and fragrant spices in this easy appetizer—perfect for entertaining.

### INGREDIENTS

- ▲ 1/2 cup uncooked bulgur
- 1 spray cooking spray
- ▲ 1/2 pound uncooked lean ground beef (with 7% fat)
- ▲ 1/4 cup scallions, sliced
- 3 Tbsp cilantro, fresh, chopped, divided
- 1 1/4 tsp minced garlic, divided
- 1 1/4 tsp ground cumin, divided
- 3/4 tsp table salt, divided
- 1/2 tsp paprika
- 1/4 tsp ground cinnamon
- ▲ 1 cup plain fat-free yogurt
- ▲ 1/4 cup cucumber, finely diced
- ▲ 2 Tbsp radishes, finely diced
- 1 Tbsp dill, fresh, chopped

### INSTRUCTIONS

1. Cook or soak bulgur according to package directions; drain any excess water and let cool.
2. Place oven rack in center of oven and preheat oven to 425°F. Coat baking pan with cooking spray.
3. Put beef, scallions, 2 tablespoons of cilantro, 1 teaspoon each of garlic and cumin, 1/2 teaspoon of salt, paprika, cinnamon and drained bulgur in a large bowl; combine ingredients with your hands until well-mixed.
4. Roll meatball mixture into twenty-four 1 1/4-inch balls; place on prepared pan. Bake until lightly browned and cooked through, about 10 to 12 minutes.
5. Meanwhile, to make dipping sauce, in a small bowl, combine yogurt, cucumber, radish, dill, remaining tablespoon of cilantro, and remaining 1/4 teaspoon each of garlic, cumin and salt; mix well.

6. To serve, place meatballs on a serving platter with toothpicks and spoon sauce into a small bowl. Yields 2 meatballs and about 1 1/2 tablespoons of sauce per serving. serving.
- NOTES: You can form the meatballs up to 6 hours before cooking this recipe and keep them refrigerated until you're ready to cook them. The dipping sauce can be made up to 6 hours ahead, too, but stir in the cucumber and radish just before serving. This recipe can easily be doubled or tripled for larger gatherings.

▲ Indicates a Power Food



## RASPBERRY-CHOCOLATE CUPS

1 **PointsPlus**™ VALUE PER SERVING | 12 SERVINGS

PREP TIME: 35 MIN | COOKING TIME: 2 MIN | LEVEL OF DIFFICULTY: MODERATE

A two ingredient treat for your Valentine? Absolutely! These homemade candies will hit the spot.

### INGREDIENTS

6 Tbsp semi-sweet chocolate chips      3 Tbsp raspberry jam

### INSTRUCTIONS

1. Place chocolate chips in a small microwavable bowl and microwave on high, stirring every 15 seconds, until chocolate is melted and smooth, about 1 minute.
2. Spoon 3/4 teaspoon of melted chocolate into a small foil candy cup (1-inch wide by 3/4-inch high). Use a small flat paint brush to spread chocolate evenly over bottom and up sides. Repeat with remaining cups, place them on a plate and refrigerate for 3 minutes or until chocolate is firm.
3. Spoon 3/4 teaspoon of jam into each chocolate-lined cup. Tap bottom of each cup on counter to settle jam.
4. Reheat remaining melted chocolate in microwave, stirring every 10 seconds, until chocolate is completely smooth. Spoon 1/2 teaspoon of melted chocolate over top of jam in a foil cup. Use brush to spread chocolate to sides so that it seals in jam. Repeat with remaining 11 foil cups.
5. Refrigerate 3 minutes or until chocolate is firm, or allow chocolate to firm up at room temperature, about 3 hours. Yields 1 candy per serving.

NOTES: Look for foil candy cups at stores that sell bakeware and kitchen gadgets.



## GRILLED MARGHERITA PORTOBELLO MUSHROOMS

2 **PointsPlus**™ VALUE PER SERVING | 4 SERVINGS

PREP TIME: 8 MIN | COOKING TIME: 10 MIN | LEVEL OF DIFFICULTY: EASY

Like mushroom pizza burgers minus the buns. They make wonderful main dishes, or slice each mushroom cap into quarters for a sophisticated, forkless appetizer.

### INGREDIENTS

▲ 4 medium portobello mushrooms, stems removed, wiped clean with a damp paper towel  
1 spray olive oil cooking spray

1/2 cup shredded part-skim mozzarella cheese  
1/4 tsp garlic powder  
1 tsp dried oregano

▲ 2 medium plum tomatoes, sliced into 1/4-inch-thick slices  
8 leaves basil, fresh (for garnish)

### INSTRUCTIONS

1. Heat a grill or grill pan to medium-high heat. Place mushrooms on a tray and lightly coat with cooking spray.
2. Place mushrooms on grill, underside (gill) down, and cook, covered, 4 minutes. Uncover and using tongs, flip mushrooms; cook for 4 minutes more.
3. Meanwhile, in a small bowl, combine cheese, garlic powder and oregano.
4. After mushrooms have cooked for 8 minutes, remove them to a tray and reduce grill heat to medium-low. Fill each mushroom cap with about 2 tablespoons of seasoned cheese. Place mushrooms back on grill and cook, covered, until cheese melts, about 2 minutes.
5. Remove mushrooms to a serving plate and top each with 4 slices of tomato and 2 basil leaves. Yields 1 mushroom per serving.

▲ Indicates a Power Food

## CREAMY CORN CHIPOTLE DIP

1 **PointsPlus™** VALUE PER SERVING  
12 SERVINGS

PREP TIME: 15 MIN | COOKING TIME: 0 MIN  
LEVEL OF DIFFICULTY: EASY

Everyone needs a simple dip recipe in their collection for summer BBQs, picnics or pool parties. This one's creamy and sweet with just a touch of spice.



- 4 oz fat-free cream cheese
- 2 items canned chipotle peppers in adobo sauce, seeded
- ▲ 3 cups frozen corn kernels, or fresh corn kernels\*
- 2 Tbsp fresh lime juice
- 1 1/2 tsp ground cumin
- 1/2 tsp table salt

Place all ingredients in a food processor fitted with the chopping blade; pulse a few times, scrape down the sides of the bowl, and process until smooth. To store, spoon into a medium bowl, cover, and refrigerate for up to 3 days; return to room temperature before serving. Yields about 3 tablespoons per serving.

NOTE: \*When in season, use fresh corn kernels for the best flavor. To remove the kernels, break each cob in half. Stand a half on its flat end and run a sharp knife along the cob, slicing off the kernels.

We prefer the flavor of this recipe a day after it's been made. Leave the corn somewhat chunky if you prefer.

## MINI CHOCOLATE-CHIP COOKIES

2 **PointsPlus™** VALUE PER SERVING  
24 SERVINGS

PREP TIME: 10 MIN | COOKING TIME: 20 MIN  
LEVEL OF DIFFICULTY: EASY

Go ahead and grab a handful of these bite-size cookies. They might be little, but they pack a big chocolate punch.



- 2 Tbsp butter, softened
- 2 tsp canola oil
- 1/2 cup packed brown sugar, dark-variety
- 1 tsp vanilla extract
- 1/8 tsp table salt
- ▲ 1 large egg white
- 3/4 cup all-purpose flour
- 1/4 tsp baking soda
- 3 oz semi-sweet chocolate chips, about 1/2 cup

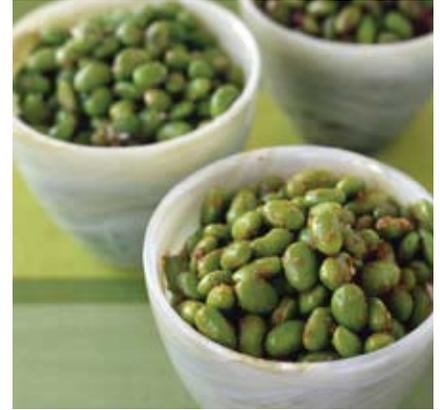
1. Preheat oven to 375°F.
2. In a medium bowl, cream together butter, oil and sugar. Add vanilla, salt and egg white; mix thoroughly to combine.
3. In a small bowl, mix together flour and baking soda; stir into batter. Add chocolate chips to batter; stir to distribute evenly throughout.
4. Drop rounded half-teaspoons of dough onto one or two large nonstick baking sheets, leaving a small amount of space between each cookie. Bake cookies until golden around edges, about 4 to 6 minutes; cool on a wire rack. Yields 2 cookies per serving.

## JAPANESE FLAVORED EDAMAME

2 **PointsPlus™** VALUE PER SERVING  
4 SERVINGS

PREP TIME: 4 MIN | COOKING TIME: 3 MIN  
LEVEL OF DIFFICULTY: EASY

A tasty, nutritious snack. Change the seasonings for many different flavors.



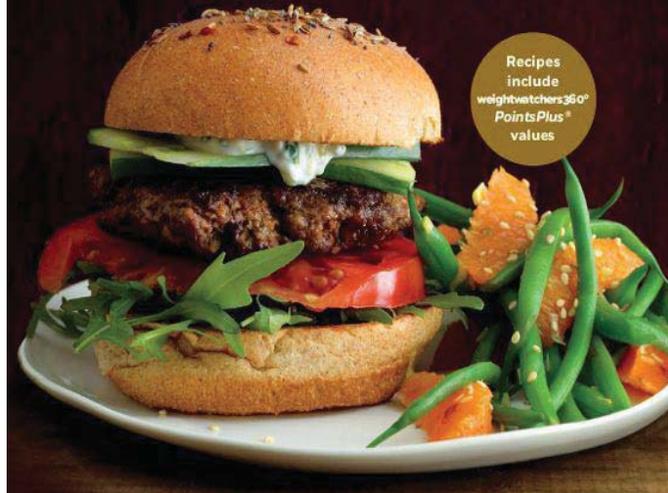
- ▲ 1 1/3 cups frozen shelled edamame
- 1 1/2 tsp sea salt, or less to taste
- 1 tsp wasabi powder
- 1/2 tsp ground ginger

1. Place a small saucepan filled with water over high heat. Add edamame to pan and bring to a boil; boil for 3 minutes and drain. Place edamame in a serving bowl and set aside.
2. To make seasoning, mix together sea salt, wasabi powder and ground ginger in a cup; toss with edamame until well-coated. Yields about 1/3 cup per serving.

▲ Indicates a Power Food

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**weightwatchers**  
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values

# Weight Watchers Recipes

## Volume I



# Weight Watchers Recipes

## Table of Contents

<b><i>Beef Dishes</i></b> .....	<b>1</b>
Sloppy Joes .....	1
Mushroom Burgers .....	1
Ground Beef with Green Beans .....	2
<b><i>Breads and Muffins</i></b> .....	<b>3</b>
<b>Breads</b> .....	<b>3</b>
Corn Bread .....	3
Italian Calzones .....	3
"Red Lobster" Cheddar Biscuits .....	4
<b>Muffins</b> .....	<b>4</b>
Banana Muffins .....	4
Friendly Fiber Muffins .....	4
Cinnamon Bran Muffins .....	5
Carrot Banana Muffins .....	5
WW Bran Muffins .....	6
Pumpkin-Bran Muffins .....	6
<b><i>Casseroles</i></b> .....	<b>7</b>
Broccoli & Chicken Casserole .....	7
Cabbage Roll Casserole .....	7
Baked Cauliflower Casserole .....	7
Chicken Casserole .....	8
Cheesy Eggplant Casserole .....	8
Easy Corn Casserole .....	8
Mac N Cheese .....	9
Layered Tortilla Bake .....	9
Pizza Casserole .....	10
Quick Tuna Casserole .....	10
Nacho Casserole .....	10
Potato Casserole .....	11
Reuben Casserole .....	11
Spinach Casserole .....	11
Vegetable Casserole .....	12
<b><i>Desserts</i></b> .....	<b>13</b>
Angel Food Cherry Cake .....	13
Apple Crisp .....	13
Caramel-Apple Crisps .....	13

Chocolate Peanut Butter Pie .....	14
Fluffy Pineapple Dessert .....	14
Jell-O .....	14
Lemon-Raspberry Cloud .....	14
Mounds Pudding.....	15
Low Fat Cake .....	15
Chocolate Cream Pie .....	15
Creamy Chocolate Cheese Pie.....	16
Chocolate Zucchini Cake .....	16
Pumpkin Cheesecake.....	16
Wildberry Cheesecake.....	16
Pumpkin Pudding .....	17
Strawberry Pie .....	17
Weight Watcher Chocolate, Chocolate Brownie.....	17
Frozen Butterfinger Pie .....	17
Caramel-Apple Salad.....	18
Baked Apples .....	18
Watermelon Sorbet.....	20
<b><i>Egg Dishes</i> .....</b>	<b>21</b>
Breakfast Frittata .....	21
WW Quiche.....	21
Easy Garden Bake (Crustless Quiche).....	21
<b><i>Fish and Seafood</i>.....</b>	<b>23</b>
Oven "Fried" Scallops .....	23
Oven Baked Fish and Chips .....	23
<b><i>Mexican Dishes</i> .....</b>	<b>25</b>
Baked Chimichangas .....	25
Vegetable Quesadillas .....	25
Low-fat Layered Bean Dip.....	26
Cheese Crisp.....	26
Mexican Steak Stir-Fry.....	26
<b><i>Pasta</i>.....</b>	<b>27</b>
Super-easy Chicken Manicotti.....	27
VeggiesLinguine and Shrimp .....	27
Pasta e fagioli (pasta and beans).....	27
<b><i>Pizza</i> .....</b>	<b>29</b>
Homemade Pizza .....	29
Fireworks Pizza .....	29
Lite Muffin Pizzas .....	29
<b><i>Poultry</i>.....</b>	<b>31</b>

Chicken Parmigiana.....	31
Cheesy Chicken Rolls.....	31
Chicken Cordon Bleu .....	32
Chicken Stroganoff.....	32
Ginger Chicken.....	32
Chicken and Dumplings .....	33
Mexican Chicken Breasts .....	33
Mexican Chicken Bake.....	33
Ranch Chicken Stir Fry .....	34
Chicken & Vegetable Stir Fry .....	34
Chicken Meat Loaf.....	35
Layered Chicken Dinner.....	35
Stuffed Chicken Breast.....	35
Turkey Salsa Meat Loaf .....	36
White Bean Chili .....	36
White Chili .....	37
<b><i>Salads and Dressings .....</i></b>	<b>38</b>
Mexican Tuna Salad.....	38
Cranberry Salad.....	38
Creamy Potato Salad .....	38
<b><i>Sauces, Dips and Spreads .....</i></b>	<b>39</b>
Alfredo Sauce .....	39
Tomato-Herb Sauce.....	39
<b><i>Snacks.....</i></b>	<b>40</b>
Chewy Oatmeal-Apricot Cookies.....	40
Peanut Butter Cookies .....	40
Italian Popcorn .....	41
Slow Cooker Party Snacks .....	41
<b><i>Soups and Stews .....</i></b>	<b>42</b>
<b><i>Soups .....</i></b>	<b>42</b>
Cauliflower Soup.....	42
Garden Vegetable Soup.....	42
Italian Wedding Soup .....	42
Low-Fat Broccoli Soup .....	43
Cheese and Broccoli Soup.....	43
Cheesy Broccoli Soup .....	43
New England Clam Chowder .....	44
Light Lentil Soup.....	44
Mexican Vegetable Beef Soup .....	44
Mushroom Soup .....	45

Potato Soup.....	45
Taco Soup.....	46
<b>Stews.....</b>	<b>46</b>
Italian Seafood Stew.....	46
<b><i>Vegetable Dishes.....</i></b>	<b>47</b>
Garlic 'N' Onion Mashed Potatoes.....	47
Spinach Pie.....	47
Onion Bloom.....	47
Spaghetti Squash Alfredo.....	48
Freshly Broiled Eggplant.....	49
Two Potato Scallop.....	49
<b><i>Helpful Hints.....</i></b>	<b>50</b>
Determining Portions in a Recipe.....	50

## **Beef Dishes**

### ***Sloppy Joes***

4 teaspoons olive oil  
2 onions, finely chopped  
1 celery stalk, finely chopped  
1/2 carrot, finely chopped  
1/2 green bell pepper, seeded and finely chopped  
1/2 teaspoon dried oregano leaves  
1/2 teaspoon dried thyme leaves  
1 pound lean ground beef  
1 cup canned diced tomatoes  
2 Tablespoons tomato paste  
1 Tablespoon Worcestershire sauce  
2 teaspoon red-wine vinegar  
1/4 teaspoon hot red pepper sauce  
Salt and pepper to taste  
4 rolls or hamburger buns  
4 unsweetened pickles (optional)

1. In a medium nonstick saucepan, heat the oil. Sauté the onions, celery, carrot and bell pepper until the onions are translucent, 10-12 minutes. Stir in the oregano and thyme, then add the beef and cook, breaking it apart with a wooden spoon, until no longer pink, 5-7 minutes.

2. In a small bowl, combine the tomatoes, tomato paste and 2 Tablespoons water, add to the beef mixture and

3. Cook 1 minute. Stir in the Worcestershire sauce, vinegar, pepper sauce, salt and pepper; bring to a boil. Reduce the heat and simmer, stirring occasionally, until the mixture thickens, about 10 minutes. Serve on the rolls with the pickles on the side.

Makes 4 servings, 9 points each

Serve these wonderfully messy joes on hard rolls with plenty of napkins on hand. If you like, you can also serve the meat over plain white rice.

### ***Mushroom Burgers***

2 teaspoons olive oil  
1/2 red or yellow bell pepper, seeded and finely chopped  
1/2 onion, finely chopped  
2 Tablespoons minced carrot  
2 Tablespoons minced celery  
2 garlic cloves, minced  
2 cups finely chopped mushrooms  
3/4 pound lean ground beef (10% or less fat)  
1 Tablespoon steak sauce  
Salt and freshly ground pepper, to taste

1. In a medium nonstick skillet, heat the oil. Sauté the bell pepper, onion, celery and garlic until the onion is translucent, 8 - 10 minutes. Add the mushrooms; sauté until the mushrooms brown and the liquid evaporates, about 8 minutes. Cool to room temperature.

2. Spray the broiler rack with nonstick cooking spray; preheat the broiler. In a medium bowl, combine the mushroom mixture, beef, steak sauce, salt and pepper. Form 4 hamburgers. Broil the burgers 3" - 4" from heat, 5-7 minutes on each side.

4 servings, 4 points each

### ***Ground Beef with Green Beans***

1/4 lb. lean ground beef

1/2 cup chopped onions

2 cans cut green beans with liquid

8 oz. can tomato sauce

1/2 tsp. allspice

Salt and pepper to taste

Brown meat with onions. Drain well. Add green beans with liquid, tomato sauce and allspice. Simmer for about 20 minutes.

This is only 5 points for the entire recipe. You may add more beef and count the additional points. One pound of 90% lean ground beef is 20 points, per my WW speaker.

## **Breads and Muffins**

### **Breads**

#### ***Corn Bread***

1 1/4 cups yellow cornmeal  
3/4 cup all-purpose flour  
4 teaspoon sugar  
2 1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 cup + 2 tablespoons low-fat buttermilk  
1 egg

Preheat oven to 400 degrees. Spray a 8-inch square baking dish or 12-cup muffin tin with non-stick cooking spray. Combine cornmeal, flour, sugar, baking powder, and salt. In a small bowl, beat the buttermilk and egg.

Pour over the flour mixture; stir until blended. (do not overmix) Pour into pan or muffin tins. Bake until golden brown and a toothpick inserted in the center comes out clean. (20-25 minutes)

12 servings , 2 points each

#### ***Italian Calzones***

1 bread dough -- frozen  
1 pound extra lean ground beef -- round  
1/2 cup mushrooms -- chopped  
1/2 cup onion -- finely chopped  
1/4 cup green bell pepper -- chopped  
1/2 cup evaporated skim milk  
3 tablespoons dry bread crumbs -- fine  
1 1/2 teaspoons dried oregano  
1/2 teaspoon crushed red pepper  
1 teaspoon fennel seed -- crushed  
3 cloves garlic -- minced  
3/4 cup tomato sauce  
1 teaspoon sugar  
1/4 teaspoon salt  
Vegetable cooking spray

1. Thaw bread dough.

2. Combine ground beef and next 9 ingredients in a large skillet; stir well. Cook over medium heat 10 minutes or until meat is browned, stirring to crumble meat. Add 3/4 cup tomato sauce, sugar, and salt; cook 6 minutes, stirring occasionally. (drain off excess grease when done).

3. Remove from heat; let mixture cool slightly. Divide dough into 8 equal portions. Working with 1 portion at a time (cover remaining portions to keep dough from drying out), roll each portion to 1/8-inch thickness. Place on a large baking dish coated with cooking spray, and pat each portion into a 6-inch circle with floured fingertips. Spoon 1/3 cup meat mixture onto half of each circle; moisten edges of dough with water. Fold dough over filling; press edges together with a fork to seal. Lightly coat with cooking spray.

4. Bake at 375 degrees for 20 minutes or until golden. Remove from oven, and lightly coat again with cooking spray. Serve warm.

8 servings, 5 points each

### ***"Red Lobster" Cheddar Biscuits***

2 cups Bisquick, reduced-fat baking mix  
3/4 cup lowfat buttermilk (1%fat)  
1 cup shredded lowfat cheddar cheese  
2 tbsp Fleischmann's Fat-Free Buttery Spread  
1/4 tsp garlic powder  
1/4 tsp dried parsley flakes, crushed fine

Preheat oven to 400 degrees. combine the baking mix, milk and cheddar cheese in a medium bowl. Mix by hand until well combined. Divide the dough into 12 equal portions (about 3 tbsp each) and spoon onto a lightly greased or nonstick cookie sheet. Flatten each biscuit a bit with your fingers.

Bake for 18 to 20 minutes or until the tops of the biscuits begin to brown. In a small bowl, combine the buttery spread with the garlic powder. Heat this mixture for 30 seconds in the microwave, then brush a light coating over the top of each biscuit. TIDBIT. To make fine parsley flakes, as can be found on the original, simply crush the flakes between your thumb and forefinger.

12 servings, 2 points each

### **Muffins**

#### ***Banana Muffins***

3 large bananas, mashed  
3/4 c sugar  
1 egg  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1-1/2 cup all purpose flour  
1/3 cup applesauce (if you prefer you can use the cinnamon applesauce instead!)

Add sugar and slightly beaten egg to mashed bananas and mix well; add applesauce. Make a well in the middle and add the dry ingredients, mix well but do not over mix. Bake at 375 for 20 minutes.

12 muffins, 3 points each

#### ***Friendly Fiber Muffins***

1 cup whole wheat flour  
2 tsp. baking powder  
1/2 tsp. salt  
1 3/4 cups Kashi Good Friends cereal  
3/4 cup skim milk, rice or soy milk  
1/4 cup honey  
2 egg whites  
1/4 cup unsweetened applesauce

1 medium ripe banana, mashed  
non-stick cooking spray

1. Preheat oven to 400.
2. In a small bowl, stir together flour, baking powder and salt. Set aside.
3. In a large mixing bowl, combine Kashi Good Friends cereal and milk and let stand for 2-3 minutes. Add the egg whites and beat well. Stir in honey, applesauce and banana. Add flour mixture and mix only until dry ingredients are moistened (over-mixing will produce rubbery muffins).
4. Fill sprayed muffin tins. Bake for 20-25 minutes or until lightly browned.

Makes 12 muffins, 1 point each

### ***Cinnamon Bran Muffins***

2 cups Kelloggs All Bran Xtra Fiber Cereal  
1 1/2 cup skim milk  
1 1/4 cup flour  
1/4 cup sugar  
1 1/3 tbsp baking powder  
1 tsp cinnamon  
1/4 cup apple butter  
1/3 cup egg substitute  
1/4 cup raisins  
1/4 cup walnuts

1. Combine cereal and milk in mid-size bowl. Stir to mix well and set aside for 15 minutes. Combine flour, sugar, baking powder, raisins and cinnamon in large bowl and stir to mix well. Add apple butter and egg substitute. Add cereal mixture to flour mixture and stir just until dry ingredients are moistened. Fold in walnuts.
2. Spray 12 regular-sized muffin tins with nonstick spray. Fill with batter. Bake at 350 degrees for 17 minutes or until toothpick inserted in the center comes out clean. Cool in pan for 5 minutes.

12 servings, 1 point each

### ***Carrot Banana Muffins***

1 Cup brown sugar  
1 Cup carrots  
1 Cup bananas mashed  
1/2 tsp cinnamon  
1/2 cup applesauce  
2 eggs  
2 Cups flour  
1/2 tsp baking powder  
1 tsp baking soda

Stir moist ingredients together, add dry ingredients. Spray muffin tin with cooking spray..  
(Bake 350 for 30 minutes)

12 servings, points each

### ***WW Bran Muffins***

2 cups Whole Wheat Flour  
3 cups White Flour  
5 tsp. Baking Soda  
1 tsp. salt  
1 1/2 cups Brown sugar  
3 Cups Natural Bran  
3 cups All Bran  
2 cups Raisens  
2 eggs & 2 egg whites  
1 cup apple sauce  
1/4 cup molasses  
1 quart 1% buttermilk  
1 1/2 cups water

Set oven to 375 degrees.

Mix all dry ingredients in "large" mixing bowl. Beat eggs & liquids all together in separate bowl. Make a "well" in middle of dry stuff. Add liquids to "well" & mix thoroughly. Let batter sit for 5 minutes - then fill muffin tins 2/3 full.

Bake for 17-20 minutes.

Freeze & use as needed.

5 dozen muffins, 1 point each

### ***Pumpkin-Bran Muffins***

Nonstick Cooking Spray  
2 cups All-Bran or Fiber One cereal  
1 cup skim milk  
3/4 cup pumpkin  
2 teaspoon pumpkin pie spice  
1 egg  
1/2 cup brown sugar  
1 1/4 cup flour  
1 tablespoon baking powder  
1 teaspoon salt

Mix together and let rest for 5 minutes: cereal and milk. Add pumpkin, egg, pumpkin pie spice and brown sugar.

Mix together flour, salt, baking powder and add to pumpkin mixture. Spray 12 regular-sized muffin tins with nonstick spray. Bake at 350 degrees for 15-17 minutes or until toothpick inserted in the center comes out clean.

Cool in pan for 5 minutes.

12 servings, 1 point each

## **Casseroles**

### ***Broccoli & Chicken Casserole***

3 cups noodles -- "No Yolk"  
2 1/2 cups ground chicken, cooked  
1/2 cup onions, chopped  
3 1/4 cups frozen broccoli flowerets, thawed  
1 (10 3/4 oz.) can Cream of Celery, lowfat condensed  
1/2 cup skim milk  
1/2 cup Swiss cheese, low-fat shredded  
1 teaspoon basil  
2 teaspoons salt  
1/4 teaspoon black pepper

Preheat oven at 350 degrees. Prepare a 2 1/2-quart casserole dish with cooking spray; set aside. Cook noodles according to package directions. Drain. Cook ground chicken rinsing under very hot water to remove any excess fat. In a mixing bowl, combine noodles, chicken, onions, and broccoli. In another mixing bowl, combine soup, milk, cheese, basil, salt, and pepper. Stir in noodle mixture. Pour entire mixture into prepared dish. Bake, covered for 40 minutes.

7 points

### ***Cabbage Roll Casserole***

1 pound extra lean ground beef, cooked and drained  
1 head cabbage, chopped  
1 can tomato soup  
1 medium onion, chopped  
1 cup rice, cooked and drained  
3 tablespoons Worcestershire sauce  
1 teaspoon salt  
1 teaspoon pepper

Brown ground beef with chopped onions and Worcestershire sauce. Place half the chopped cabbage on bottom of baking pan. Top with half the cooked beef mixture. Spread half of the rice over the meat mixture. (You may add rice directly to the beef mixture and spread over the cabbage.) Repeat with a layer of cabbage and another layer of the meat mixture. Mix the tomato soup with a can of water. Pour this over casserole. Cover with aluminum foil and bake at 350 degrees for 1 hours.

6 servings, 7 points each

### ***Baked Cauliflower Casserole***

4 cups, cauliflower florets, blanched  
1/2 c. tomato sauce  
1 1/2 oz. mozzarella cheese, shredded  
2 Tablespoons grated Parmesan cheese

1. Preheat oven to 375 degrees. Spray 9 inch glass pie pan with nonstick cooking spray. Arrange cauliflower in pie plate and spoon tomato sauce over cauliflower.
2. In small mixing bowl, combine cheeses; sprinkle over tomato sauce.
3. Bake until cauliflower is thoroughly heated, about 15 minutes.

Makes 4 servings, 1 point each

Approximate total time: 30 minutes (including baking time)

### ***Chicken Casserole***

1 large canned chicken  
1 bag egg noodles, yolk-free -- medium  
4 ounces chopped broccoli, frozen -- thawed slightly  
4 ounces peas -- small  
1 carrot -- chopped  
1 can cream of celery soup, condensed  
1 can cream of chicken soup (98 % fat free)

Boil noodles according to directions. Drain and place back into pot. Mix together all ingredients and place into a 13x9 pan. Bake for 30 minutes, covered.

6 servings, 4 points each

### ***Cheesy Eggplant Casserole***

1 1/3 cups onion, chopped  
2 cloves garlic  
11 ounces whole tomatoes, canned  
2 tablespoons tomato paste  
3/4 cup fat-free mozzarella cheese  
3/4 cup cottage cheese, lowfat  
2 tablespoons Parmesan cheese, grated  
3/4 pound eggplant, slices 1/2" thick  
1 tablespoon parsley  
3/4 teaspoon oregano, ground  
1/3 teaspoon basil, ground

1. Coat a large skillet with nonstick cooking spray. Add the onion and garlic to the skillet and sauté over low heat until onion is tender, about 6 minutes. Stir in drained whole tomatoes, tomato paste, parsley, oregano, basil and salt and pepper to taste. Bring mixture to a boil, reduce heat and let simmer, uncovered, for 40-50 minutes, stirring occasionally.

2. Arrange eggplant slices on a steamer rack. Place in a large pot to which 1 inch of water has been added, and steam for about 5 minutes until eggplant is tender. Do not overcook. Combine the mozzarella and cottage cheeses together and set aside. Coat a 13"x9" baking pan with nonstick cooking spray and place a layer of eggplant in the pan. Top eggplant with some of the sauce mixture and some of the cheese mixture and sprinkle with Parmesan cheese. Repeat the steps in layers until all the ingredients are used. Bake at 350 for 30-35 minutes and serve hot.

4 Servings, 3 points each

### ***Easy Corn Casserole***

1/4 cup egg beaters® 99% egg substitute  
1/4 cup margarine, melted  
1 corn, whole kernel, canned (8.75 oz) drained  
1 corn, cream-style, (8.85 oz)  
1 pkg. corn muffin mix, (8.5 oz)  
1 carton sour cream, reduced fat, (8oz)  
Cooking spray

Preheat oven to 350. Combine first 6 ingredients in a med. bowl, stir well. Pour into an 8-inch square baking dish sprayed with cooking spray. Bake at 350 for 45 minutes or until set.

8 servings, 3 points each

### **Mac N Cheese**

4 cups hot cooked elbow macaroni(about 8 oz uncooked), cooked with salt or fat  
2 cups (8 ozs) shredded reduced-fat sharp cheddar cheese  
1 cup 1% low fat cottage cheese  
3/4 cup ff sour cream  
1/2 cup skim milk  
2 Tblsp grated fresh onion  
1 1/2 tpsps reduce-calorie stick margarine, melted  
1/2 tsp salt  
1/4 tsp pepper  
1 large egg, lightly beaten  
cooking spray  
1/4 cup fresh or dry bread crumbs  
1 Tblsp reduced-calorie stick margarine, melted  
1/4 tsp paprika

Preheat oven to 350.

1. Combine first 10 ingredients, stir well. Spoon into a shallow 2-qt casserole coated with cooking spray.

2. Combine breadcrumbs, 1 tbsp margarine, and paprika; stir well. Sprinkle breadcrumb mixture over casserole. Cover and bake 45 min. Uncover and bake 5 more minutes until breadcrumbs are lightly brown.

6 cups=8 pts

### **Layered Tortilla Bake**

1 pound lean ground beef  
1 can dark red kidney beans, drained & rinsed  
1 can (28 oz) tomato, chopped  
1 can (4 oz) chopped green chilies (mild)  
1 pkg. (1.25 oz) McCormick's 30% less sodium Taco Seasoning  
1 pkg. (10 oz) corn tortillas (12, 6-inch tortillas)  
1 Cup (4 oz) shredded low fat cheddar cheese

Preheat oven to 350 degrees. Brown ground beef in large nonstick skillet; drain well. Mix in beans, tomatoes, chilies and taco seasoning mix. Reduce heat; simmer 5 min. Spray 9 x 13 " baking dish with nonstick cooking spray.

Cut tortillas in half place half of them in bottom of baking dish, overlapping. Spoon half of beef mixture evenly over tortillas. Cover with remaining tortillas and then remaining beef mixture. Top with cheese. Cover; bake 25 minutes.

8 servings, 5 points each

### ***Pizza Casserole***

1 lb. lean ground beef  
1/2 cup green peppers  
1 cup onion  
15 ounces tomato sauce  
1 teaspoon garlic powder  
1/2 teaspoon oregano  
1/2 teaspoon onion salt  
1/4 teaspoon pepper  
4 oz. grated cheddar cheese  
2 ounces non-fat parmesan cheese  
1 cup canned mushrooms  
4 1/2 oz. egg noodles, uncooked

Brown ground beef, green pepper, and onion. Add tomato sauce, garlic powder, oregano, onion salt and pepper and simmer for 15 min. Cook noodles. Pour sauce over noodles and sprinkle with cheddar cheese and Parmesan cheese. Top with mushrooms. Cover with foil. Bake 400 degrees for 10 minutes. Freezes well.

6 servings, 7 points each

### ***Quick Tuna Casserole***

5 ounces noodles, egg, cooked  
3 cups boiling water  
1 can cream of mushroom soup (98 % fat free)  
1/3 cup skim milk  
1 can tuna in water, canned (6.5 ounce)  
1 cup peas, canned  
1 cup bread crumbs

Preheat oven to 350. Cook noodles in boiling water for 2 minutes. Remove from heat, cover and let stand for 10 minutes. Meanwhile, in a medium bowl mix together soup, milk, tuna and peas. Rinse noodles and drain well. Add to the tuna mixture. Pour into an 8" x 8" spray baking dish. Sprinkle with breadcrumbs. Spray top with "I Can't Believe its Butter" if desired. Bake 30 minutes.

6 servings, 4 points each

### ***Nacho Casserole***

1 c. salsa  
4 oz canned chiles  
1/4 t. cumin  
1/2 c. plain yogurt  
1/4 c. water  
1 lb hamburger  
1/2 c. onion  
1 c. ff refried beans  
1 c. reduced fat shredded cheddar  
4 c. corn flakes

1. Mix salsa and chillis, set aside. Brown hamburger and onions - add cumin, beans, yogurt, 1/2 cheese, 1/2 salsa and water.

2. Place 2 c. cornflakes in 9 x 13 pan. Spoon with meat mix and rest of salsa. Add remaining cornflakes on top.

3. Bake at 35 for 35 min. - top with remaining cheese and bake 5 minutes more.

6 servings, 5 points each

### ***Potato Casserole***

32 ounces southern style hashbrowns thawed

8 ounces fat free sour cream

1 10 ounce can reduced fat cream of chicken soup

1 Cup evaporated skim milk

4 ounces reduced fat cheese

Combine all ingredients and place in 9x13 baking dish. Bake 350 degrees for 1 hour.

8 servings, 3 points each

### ***Reuben Casserole***

1/4 c. fat free mayonnaise

1/4 c. fat free 1000 island dressing

2 c. sauerkraut - drained

1 pkg sliced 90% lean corned beef 2.5 oz pkg

3/4 c. WW reduced fat shredded Swiss cheese

1 c. fresh tomato - sliced

2 slices rye bread, low calorie - cut into pieces

1. Preheat oven to 350 degrees.

2. In a small bowl, combine mayonnaise and thousand island dressing. Layering in 8 x 8" baking dish, place sauerkraut on bottom, corned beef, dressing mixture, Swiss cheese and tomatoes.

3. In a non stick pan sprayed with butter flavored spray, lightly sauté bread. Sprinkle on top of tomatoes.

Bake 20 minutes

2 servings, 2 points each

### ***Spinach Casserole***

2 packages spinach -- chopped

2 cups cottage cheese, lowfat

1/2 cup Egg Beaters® 99% egg substitute

1/2 cup Parmesan cheese (fat free)

Paprika - to taste

Cook spinach until heated through. Drain very thoroughly, squeeze out the excess water. Combine the cottage cheese, egg substitute, and parmesan cheese in bowl. Mix in spinach. Pour into a 9 inch pie pan or into 6 individual baking dishes which have been sprayed with nonstick spray. Sprinkle casserole with a little parmesan and paprika.

Bake at 375\* for 25 to 30 minutes, or until firm and lightly browned at the edges.

6 servings, 2 points each

### ***Vegetable Casserole***

- 2 cans French Style green beans, drained
- 1 can corn, drained
- 1 can sliced water chestnuts, drained and diced
- 1 can Fat Free Cream of Celery soup
- 1 cup Fat Free or Lite sour cream
- 1 cup grated cheddar cheese

Combine green beans, corn, water chestnuts. Place into casserole dish. Mix together soup, sour cream and cheese and add to vegetables. Microwave until heated thoroughly.

Points per serving depends on type of sour cream and cheese that you choose.

## **Desserts**

### ***Angel Food Cherry Cake***

1 package angel food cake mix

1 can light cherry pie filling

Preheat oven to 350 degrees. Mix both ingredients together and pour into a 9 x 13 baking dish. Bake for about 15 to 20 minutes. Makes:

12 servings, 3 points each

### ***Apple Crisp***

4 medium apples, cored, sliced and peeled

1/2 teaspoon cinnamon

3 tablespoons flour

1 tablespoon margarine

1/2 cup apple juice, unsweetened; concentrate

#### Crispy Oat Topping

1/3 cup flour

1/2 cup rolled oats

3 tablespoons margarine

1/4 teaspoon cinnamon

Preheat oven to 350°F. Spray a 9 x 9 x 2-inch baking dish with oil. In a large bowl, stir together all ingredients except topping. Pour mixture into prepared dish and crumble topping over. Bake 1 hour or until topping is crisp looking and slightly golden. Remove dish from oven and place on a wire rack to cool. Serve warm or cold. Store uncovered cooled crisp in refrigerator. Freeze in portions. In a medium-sized bowl, mix all ingredients with a fork.

Spoon topping over any pie or fruit mixture.

8 servings, 3 points each.

### ***Caramel-Apple Crisps***

6 (4-inch) fat-free caramel-flavored popcorn cakes

1 medium apple, cored and thinly sliced (recommended using either a Golden Delicious or a Red Delicious apple)

1 1/2 tablespoons fat-free caramel-flavored sundae syrup

1 tablespoon brown sugar

1/2 teaspoon ground cinnamon

1. Place popcorn cakes on a baking sheet. Top evenly with sliced apple; drizzle caramel syrup evenly over apple.

2. Combine brown sugar and cinnamon; sprinkle evenly over each serving. Broil 3 minutes. Serve immediately.

6 servings, 2 points each

### ***Chocolate Peanut Butter Pie***

4 tbsp. peanut butter  
1 tbsp. honey  
1 1/2 c. rice krispies  
1 package chocolate sugar free pudding  
2 c. skim milk  
4 tbsp. Light cool whip

In a small bowl, combine peanut butter and honey. Microwave on high 20 seconds. Stir in cereal. Press into 9" pie plate. Chill

Prepare pudding with skim milk (following package directions. Pour over piecrust. Chill. Garnish with whipped topping.

8 servings, 2 points each

### ***Fluffy Pineapple Dessert***

1 box of sugar free white chocolate instant pudding  
1 middle sized can of crushed pineapple with juice  
1 carton fat free cool whip medium size

Mix these 3 ingredients together and it is wonderful! 4 pts per serving.

### ***Jell-O***

1 package cherry Jell-O (or any flavor you prefer)  
1/2 cup applesauce  
1 can (12 oz) ginger ale  
1 20 oz can crushed pineapple(draind)

Heat applesauce and mix in Jell-O. Remove from heat and add ginger ale and pineapple. Stir completely. Pour into individual containers and chill until firm. Makes 6 servings-1 pt each.

### ***Lemon-Raspberry Cloud***

1/4 c. lemon juice  
2 Tablespoons thawed frozen concentrated orange juice  
1 Tablespoon granulated sugar  
1/2 tsp. grated lemon peel  
1 tsp. unflavored gelatin  
1/2 c. Kool Whip  
3 egg whites  
1/4 tsp. cream of tartar  
1/2 c. raspberries

1. In small nonstick saucepan, combine lemon juice, 1/4 c. water, the o.j., sugar and lemon peel; sprinkle gelatin over juice mixture and let stand 1 minute to soften. Stir mixture to combine; cook over low heat, stirring frequently until gelatin is dissolved, 1 to 2 minutes.

2. Transfer mixture to large mixing bowl; stir in whipped topping and set aside.

- Using mixer on high speed, in large mixing bowl, beat egg whites until frothy; add cream of tartar and continue beating until whites are stiff but not dry. Gently fold egg whites into gelatin mixture until mixture is thoroughly combined.
- Into each of 4 6 oz. dessert dishes, put 1/4 of gelatin mixture. Cover and refrigerate until firm, at least 1 hour (when gelatin mixture is chilled, it will form 2 layers.) Garnish each portion with 2 Tablespoons of raspberries.

Makes 4 servings, 1 point each

### ***Mounds Pudding***

- 1 (4-serving size) Jell-O sugar-free instant white chocolate pudding mix
- 2/3 cup Carnation Nonfat Dry Milk powder
- 1 Cup Water
- 3/4 Cup Yoplait plain fat-free yogurt
- 3/4 cup Cool Whip Free (I use Lite)
- 1 1/2 teaspoons Coconut extract
- 2 tablespoons (1/2 oz) Mini Chocolate Chips
- 2 tablespoons Hershey's Lite Chocolate Syrup
- 2 tablespoons Flaked Coconut

In a large bowl, combine dry pudding mix, dry milk powder, water and yogurt. Mix well using a wire whisk. Do not over mix.

Blend in Cool Whip Free (Lite) and coconut extract. Stir in chocolate chips. Evenly spoon mixture into 6 dessert dishes. Top each with 1 teaspoon chocolate syrup and 1 teaspoon coconut. Refrigerate for at least 15 minutes.

6 servings, 3 points each

### ***Low Fat Cake***

#### Cake

- 1 yellow cake mix
- 1 small can mandarin oranges with juice
- 3/4 c. applesauce
- 8 egg whites

Mix well. Spray and flour 9 x 13 pan. Bake 350 degrees for 30 minutes

#### Topping

- 1 8 oz Cool-Whip fat free
- 1 20 oz crushed pineapple
- 1 small sugar free vanilla instant pudding

Mix pineapple juice with dry pudding, mix well and fold in Cool-Whip. Spread on cake

12 servings - 2 points each

### ***Chocolate Cream Pie***

- Low fat graham cracker pie crust
- 1 pkg fat free sugar free instant chocolate pudding mix
- 2 cups skim milk

Whip up to pudding; add fat free cool whip, 8 oz or less. Dump into crust; let set for 4 hours in fridge before serving

6 servings, 4 points each

### ***Creamy Chocolate Cheese Pie***

Reduced fat Graham Cracker crust

Jell-O instant sugar free chocolate pudding (4 serving size)

8oz Fat Free Cream Cheese

1 cup Fat Free Yogurt

2 cups Cool Whip Free (thawed)

Mix together the cream cheese and yogurt until smooth. Add pudding mix and blend well. Fold in 1 cup of Cool Whip Free. Pour into pie shell. Chill until set (about 30 minutes). Frost with remaining Cool Whip Free. Serves 8.

4 servings, 4 points each

### ***Chocolate Zucchini Cake***

1 pkg Sweet Rewards Chocolate cake mix

1 c. applesauce unsweetened

3 eggs

2 c. shredded zucchini

Pour into 9 x 13 pan

Bake 350 degrees vor 35-40 minutes

12 servings. 3.5 points each

### ***Pumpkin Cheesecake***

24 oz non-fat cream cheese (room temperature)

3/4 c. pumpkin

1/2 c. sugar

1 t. vanilla

1. Mix above ingredients on high speed then add:

3/4 c. egg substitute, 1/2 t. cinnamon, 1/4 t. cloves; blend well

2. Spray 9" pie plate, Sprinkle with 2 T. graham cracker crumbs.

3. Bake 45 minutes at 325 degrees until set but not firm. Serve with Cool whip

8 servings, 3 points each

### ***Wildberry Cheesecake***

#### Crust

Vegetable cooking spray

1 1/2 cups graham cracker crumbs

1/4 cup apple juice with vitamin C

#### Filling

2 Tbsp. unflavored gelatin

1/2 cup water

2 cups 1% fat cottage cheese

1 cup nonfat ricotta cheese

1 package (8-oz.) lite cream cheese

1/4 cup sugar  
1 Tbsp. vanilla extract  
1/2 cup mixed fruit puree

For crust: Preheat oven to 350 degrees F. Spray 9" spring form pan with cooking spray and set aside. In medium bowl, stir crumbs and apple juice until well combined. With back of spoon press crumb mixture evenly into prepared pan. Bake 5 minutes. Cool.

For filling: In small saucepan sprinkle gelatin over water; let stand 5 minutes to soften. Cook over low heat until dissolved, stirring often. Set aside. In food processor or blender process gelatin mixture and next 5 ingredients until smooth. Stir in fruit puree. Pour into prepared crust. Refrigerate at least 2 hours before serving.

10 servings, **2 points each** Nutrition per serving: 180 calories and 2 grams of fat.

### ***Pumpkin Pudding***

1-16 oz can of pumpkin  
1 package of fat free, sugar free, vanilla or butterscotch pudding  
Fat free Cool whip™ (about 2 cups or more-depending on how much you want)  
Mix pumpkin and pudding. Add cool whip. Refrigerate.  
3 points

### ***Strawberry Pie***

Combine 1 small pkg of sugar free vanilla cook and serve pudding with 2 cups of water and bring to a boil. Stir in 1 small pkg sugar free strawberry Jell-O till dissolved. Spread 4 cups of strawberries in a pie plate and pour the pudding/Jell-O mixture over them. Chill.

6 servings, 1 point each

### ***Weight Watcher Chocolate, Chocolate Brownie***

Recipe: 1 can black beans drained and dried good. 1 cup water. 1 box betty crocker sweet reward mix and your blender. Cup cake liners

Preheat oven to 350

1. After draining and drying beans put them in the blender w/ the 1 cup of water. Blend until liquidy.
2. in a medium mixing bowl mix the whole box of sweet reward w/ the bean mix. Mix until well blended.
3. Fill the cup cake cup 2/3 full. Put on a baking sheet and bake according to the brownie directions.

Make about 18 brownies, 2 points each

Tip: Freeze the brownie and eat them cold or just to keep them longer.

### ***Frozen Butterfinger Pie***

40 Chocolate graham crackers (10 full sheets)  
1 1/2 Tbsp butter or stick margarine, melted

1 large egg white  
cooking spray  
2 cups vanilla fat-free frozen yogurt  
3 Tbsp light-colored corn syrup  
3 Tbsp creamy peanut butter  
1 Tbsp fat-free milk  
1 (2.1 ounce) chocolate-covered crispy peanut-buttery candy bar, such as Butterfinger, chopped.

1. Preheat oven to 350 degrees. Place graham crackers in a food processor: pulse until crumbly.

2. Add butter and egg white: pulse until moist. Press crumb mixture into a 9-inch pie plate coated with cooking spray. Bake at 350 for 8 minutes; cool on a wire rack 15 minutes. Freeze 15 minutes.

3. Remove yogurt from freezer, and let stand at room temperature for 15 minutes to soften. Spoon half of yogurt into prepared crust. Combine the corn syrup, peanut butter, and milk in a small bowl, stirring until smooth. Drizzle half of the peanut butter mixture over the yogurt in crust. Sprinkle with half of chopped candy bar. Repeat the procedure with remaining yogurt, peanut butter mixture, and candy bar. Cover with plastic wrap, and freeze for 3 hours or until firm.

Makes 9 servings, 5.5 points each (but worth saving points for)

### ***Caramel-Apple Salad***

4 medium apples -- peeled, cored, diced  
1 can crushed pineapple in light syrup -- (20 oz) drained  
1 package butterscotch pudding (Jell-O sugar free) -- 1 oz. box  
1 tub Cool Whip Lite® -- (8 oz)

Mix all ingredients thoroughly, refrigerate. Serving size 1/2 cup.

2 Points

### ***Baked Apples***

4 Granny Smith apples or Rome apples, any hard apple

#### Syrup

Boil Together:

1/4 cup plus 2 tablespoons water  
2 tablespoons orange juice  
3 tablespoons brown sugar  
2 tablespoons granulated sugar  
1 pinch cinnamon  
1 teaspoon lemon juice  
2 teaspoons lemon zest  
1/8 teaspoon salt  
1 tablespoon brown sugar (optional) -- to top

Heat oven to 350°F. Mix together syrup ingredients and bring to a boil. Peel the apples, removing only about the top two inches. Core the apples and place them upright in a baking dish. Pour the syrup over and into the apples. Cover with foil and bake for 30 minutes. A fork will glide through the apple when done. Sprinkle tops with a little extra

brown sugar and broil for 3 minutes. Serve warm with ice cream, whipped cream, crème fraîche or plain cream.

NOTE : Simple and perfect without much fuss: one of the all-time great desserts.

4 servings, 2 points each

### ***Watermelon Sorbet***

4 cups watermelon chunks

1/4 cup superfine sugar

2 tablespoons lime juice

In a processor or blender, combine watermelon, sugar and lime juice; puree until smooth. Pour mixture into freezer safe container for 4-6 hours until set like gelatin. Spoon evenly into 4 desert dishes.

4 servings, 2 points each

## Egg Dishes

### **Breakfast Frittata**

2 teaspoons vegetable oil, divided  
2 small red or green bell peppers, cut into strips (about 1 1/2 cups)  
1/2 cup red onion strips  
1/3 cup sliced green onion  
6 small red-skinned potatoes, thinly sliced (about 1 1/2 cups)  
4 egg whites  
2 tablespoons skim milk  
1/4 teaspoon salt

Preheat the broiler. In a 9-or 10-inch nonstick, heatproof skillet, heat 1 teaspoon of oil over medium heat. Add bell peppers and red and green onions; sauté until vegetables begin to soften, about 4 minutes. Add potatoes; cook until lightly browned, about 4 minutes. In a medium bowl, whisk together egg whites, egg, milk, and salt.

Add remaining oil to skillet and reduce heat to low. Pour in egg mixture. Cover and cook until eggs are set around edges but center is still loose, about 8 minutes. Using a rubber spatula, gently loosen egg mixture from sides of pan. Place skillet on the broiler rack; broil 4 inches from heat until Frittata is golden brown, about 1 minute. Gently slide Frittata onto a plate; cut into wedges. Tips: Loosen the Frittata from the pan by slipping a rubber spatula between the Frittata and skillet. Slide the Frittata carefully, in one piece, onto a plate.

3 points

### **WW Quiche**

16 ounces cottage cheese, lowfat  
3 eggs  
2 ounces Swiss cheese  
1 box spinach -- drained & chopped  
1 medium onion -- chopped  
1 teaspoon oregano

Mix ingredients together. Lightly grease a 9" pie plate and pour in mixture. Bake at 350 degrees for 1 hour. You may use Egg Beaters if you like, enough for 3 eggs.

6 servings, 3 points each

### **Easy Garden Bake (Crustless Quiche)**

1 cup chopped zucchini  
1 large tomato, chopped (1 cup)  
1 medium onion, chopped (1 cup)  
1/3 cup grated Parmesan cheese  
1/2 cup Bisquick® Reduced fat baking mix  
1 cup fat-free (skim) milk  
1/2 cup fat-free cholesterol-free egg substitute  
1/2 teaspoon salt  
1/8 teaspoon pepper

1. Heat oven to 400°. Grease 9-inch pie plate. Layer zucchini, tomato, onion and cheese in pie plate.

2. Stir remaining ingredients until blended. Pour into pie plate.

3. Bake about 35 minutes or until knife inserted in center comes out clean. Cool 5 minutes.

High Altitude (3500-6500 ft): Increase baking mix to 3/4 cup and bake time to 35-40 min.

1 serving, 2 points

## **Fish and Seafood**

### ***Oven "Fried" Scallops***

15 oz. sea scallops, cut into quarters  
3 Tablespoons low fat buttermilk  
1/3 c. plus 2 tsps. seasoned dried bread crumbs  
1/2 tsp. ground thyme

1. Preheat oven to 500 degrees. Spray baking sheet with nonstick cooking spray and set aside.
2. In med. mixing bowl, combine scallops and buttermilk, turning to coat; let stand at room temperature for 15 minutes to marinate.
3. In small mixing bowl, combine bread crumbs and thyme. Dredge each scallop in bread crumb mixture coating both sides, and arrange scallops on prepared baking sheet.
4. Bake, carefully turning scallops over until browned on all sides, about 5 minutes.

Makes 4 servings, 3 points each

Approximate total time: 10 minutes

### ***Oven Baked Fish and Chips***

3 lb. baking Potatoes  
3 Tbsp. Olive Oil divided  
1/2 tsp. salt  
1.4 tsp. pepper  
1 tsp. chopped fresh rosemary (or 1/4 tsp. dried)  
1 1.2 lb. white-fleshed fish fillets  
1 1/4 cups all-purpose flour  
2 egg whites or equivalent egg substitute to equal 1 egg  
3/4 cup dry bread crumbs  
3/4 cup Cornflake crumbs

1. Peel or scrub potatoes and cut into thick French-fry shapes. Pat dry and toss with 1 Tbsp. oil, salt, pepper and rosemary. Arrange in single layer on non-stick baking sheet or baking pan lined with parchment paper. Bake in preheated 425 degree oven for 40 minutes.
2. Meanwhile, cut fish into 6 serving-sized pieces. Pat dry. Place flour in shallow dish. Beat egg whites or put substitute in another shallow dish and combine breadcrumbs and Cornflake crumbs in third dish.
3. Dust each piece of fish with flour. Dip into egg whites and allow excess to run off. Dip into crumb mixture and pat crumbs in firmly.
4. While potatoes are cooking, brush second baking sheet with 1 tbsp. oil or line with parchment paper. Arrange fish in single layer on baking sheet and drizzle with remaining 1 Tbsp. oil. Put second baking sheet with fish in oven when potatoes have

cooked for 40 minutes. Bake fish for 5 minutes, turn carefully and bake for 5 minutes or until fish is cooked through.

6 servings, 9 points each

## Mexican Dishes

### ***Baked Chimichangas***

8 oz. cooked chicken (1-1/2 cups)  
1 (8oz) jar salsa  
1 (16oz) can fat-free refried beans  
1 (4-1/2oz) can diced green chili peppers, drained  
3 tablespoon thinly sliced green onions  
4 oz reduced fat Monterey Jack or cheddar cheese, shredded (1 cup)  
8 (8-9 inch) flour tortillas  
Fat-free sour cream (optional)  
Salsa (optional)  
Thinly sliced green onion (optional)

Using 2 forks shred cooked poultry, pork, or beef. In a large skillet combine poultry or meat, the salsa, beans, chili peppers, and the green onions. Cook and stir over medium heat until heated through. Stir in cheese.

Meanwhile, wrap tortillas in foil warm in a 350 degrees oven for 10 minutes. For each chimichanga, spoon about 1/2-cup meat mixture on a tortilla, near one edge. Fold in sides; roll up. 3. Place in a 13 x 9 x 2-inch baking pan.

Bake, uncovered, in a 350-degree oven for 15 to 20 minutes or until heated through and tortillas are crisp and brown. If desired, serve with sour cream, additional salsa, and/or green onion.

8 servings, 7 points each

### ***Vegetable Quesadillas***

1/4 c. seeded and diced tomato  
1/4 c. diced yellow pepper  
1/4 c. diced red pepper  
2 Tablespoons chopped scallion (green onion)  
1 tsp. seeded and chopped hot chili pepper  
1 tsp. copped fresh cilantro or Italian parsley  
2 flour tortillas (reduced- fat, 98% fat free)  
1 1/2 Oz. reduced-fat Monterey Jack cheese, shredded  
1 tsp. vegetable oil.

1. In small mixing bowl, combine tomato, bell peppers, scallions, chili pepper, and cilantro; set aside.
2. In 10 inch nonstick skillet, cook 1 tortilla over medium heat until flexible, about 1 minute on each side. Transfer tortilla to a plate.
3. Top half of tortilla with half of the cheese and then with half of the vegetable mixture; fold tortilla in half to cover filling. Repeat procedure with remaining tortilla, cheese and vegetable mixture.
4. In same skillet heat oil; add tortillas and cook until cheese is melted, 1 to 2 minutes on each side. Cut each tortilla in half.

Makes 2 servings, 2.5 points each. Approximate total time: 15 minutes

### ***Low-fat Layered Bean Dip***

3 1/2 cups refried beans, fat free  
2 cups sour cream, reduced fat  
2 cups salsa  
1 cup fat-free cheddar cheese

Place in a shallow bowl / pie plate about 2" deep the refried beans, then the sour cream, then the salsa, and top it off with the cheddar cheese. Keep refrigerator till ready to serve.

16 ( approx 1/2 cup) servings., 2 points each

### ***Cheese Crisp***

1 flour tortilla (6 in. diameter)  
1/4 c. chopped drained canned mild chili or jalapeno pepper  
1 1/2 oz. reduced-fat Colby or Cheddar cheese, shredded  
(optional- 1 Tablespoon sour cream- pts. don't include it)

1. Preheat broiler. Arrange tortilla directly on oven rack, 6 inches from heat source, and broil until lightly toasted, 1 to 2 minutes on each side.
2. Transfer tortilla to baking sheet; top with pepper and sprinkle with cheese. Broil until cheese is melted, 1 to 2 minutes.
3. To serve, arrange tortilla on serving plate and top with sour cream (optional).

Makes 1 serving, 2 points each

Approximate total time: 10 minutes

### ***Mexican Steak Stir-Fry***

3/4 pound beef boneless sirloin, cut into 1 x 1/2 inch pieces  
1 medium onion, chopped (1/2 cup)  
1 small green bell pepper, chopped (1/2 cup)  
1 small frozen whole kernel corn  
1/2 cup salsa  
1 medium zucchini, sliced (2 cups)  
1 can (16 oz) pinto beans, rinsed and drained  
1 can (14.5 oz) no-salt-added whole tomatoes, undrained.

Spray 12" nonstick skillet with nonstick cooking spray; heat over medium-high heat. Cook beef, onion and bell pepper in skillet 4 to 5 minutes, stirring frequently, until beef is no longer pink.

Stir in remaining ingredients, breaking up tomatoes. Cook about 5 minutes, stirring occasionally until zucchini is tender and mixture is hot.

4 points per serving

## **Pasta**

### ***Super-easy Chicken Manicotti***

1 jar (26 to 30 oz) spaghetti sauce  
1 teaspoon garlic salt  
1 1/2 pounds chicken breast strips  
14 uncooked manicotti shells (8oz)  
2 cups shredded mozzarella cheese  
Chopped fresh basil, if desired

Heat oven to 350. Spread about 1/3 of the spaghetti sauce in ungreased 9x13x2 pan.

Sprinkle garlic salt on chicken. Insert chicken into uncooked shell, stuffing from each end of shell to fill if necessary. Place shells on spaghetti sauce in dish.

Pour remaining sauce evenly over shells, covering completely. Sprinkle with cheese.

Cover and bake about 1 1/2 hours or until shells are tender.

Sprinkle with basil. 7 servings 9 points

Serve with a salad or any 0 pt.

### ***Veggies Linguine and Shrimp***

1/2 cup Italian dressing (Fat-free)  
1 clove garlic, minced  
1/4 cup chopped parsley  
2 tsp grated lemon peel  
1 tsp salt  
dash cayenne pepper  
12 ounces shrimp  
2 med. yellow squash, julienned  
1 med. zucchini, julienned  
1 med. carrot julienned  
3 green onions  
1/2 lb linguine, cooked

In medium skillet, heat Italian dressing and spices. Add all other ingredients except Linguine and sauté. Toss Linguine with vegetables, shrimp, and sauce. Serve at once.

This dish is not only delicious, it's a feast for the eyes. The bright vegetables tossed with pink shrimp and pasta look wonderful in a big serving bowl set in the middle of the dinner table. Double or even triple the recipe, add simple salad and crust bread, and you can easily feed a crowd.

Four BIG servings, 5.5 points each

### ***Pasta e fagioli (pasta and beans)***

1 (16 oz) can Italian-style crushed or whole Italian-style tomatoes (finely chopped)  
1 (19 oz) can kidney or cannellini beans, rinsed and drained  
1 cup frozen mixed vegetables  
3 cups cooked pasta or 3/4 cup dry pasta  
3 cups water

1. Place all ingredients in a medium-size saucepan

2. Simmer 10 minutes, if using cooked pasta, or until dry pasta is fully cooked. Add enough water during cooking to just cover the pasta.

4 servings, 3 points each

## **Pizza**

### ***Homemade Pizza***

#### Dough

1 pkg yeast  
1 c. warm water  
1 T. sugar  
2 T. oil  
1 t. salt  
1 t. Italian seasoning  
1 t. garlic powder  
3 c. flour

#### Topping

1/2 c. pizza sauce  
1/4 c mushroom  
1/4 c. onions  
2 T. pimento  
1/2 c. tiny shrimp  
1/2 c. low fat cheddar  
1/2 c. low fat mozzarella

1. Dissolve yeast in warm water. Stir in sugar, oil, salt and 1 c. flour. Add Italian seasoning and garlic. Beat until smooth. Mix in enough flour to make dough easy to handle. Knead about 5 minutes. Place in sprayed bowl and let rise until double (30 min). Form dough into pizza pan and bake 10 min @ 350 deg.

2. Add topping. Bake until cheese is melted and crust is brown. If using fat free cheese, cover during second baking.

Variations limited only by imagination.

8 servings, 4 points each

### ***Fireworks Pizza***

1 package (10 oz) thin Italian bread shell or ready to serve pizza crust (12 - 14 inches in diameter)

1 jar (12 oz) gardeniera vegetable mix (found in the pickle section of grocery store.

Contains carrots, broccoli, cauliflower, etc.), drained

1 tablespoon chopped drained pepperoncini peppers ( I used red bell peppers)

3/4 cup crumbled feta cheese

2 teaspoons chopped fresh parsley

1. Heat oven to 400. Place bread shell on ungreased cookie sheet. Mix vegetable mix and pepper, spread evenly over bread shell. Sprinkle with cheese and parsley.

2. Bake 10 to 12 minutes or until cheese is melted and bubbly.

8 servings, 4 points each

### ***Lite Muffin Pizzas***

Lite muffins, fat free cheese (1 point per slice)

Parsley, garlic powder (optional). tiny bit of salt. Black pepper, onions, tomatoes.

Pre-heat oven to 350

1. Cut up the onions, and tomatoes how you like them. Then in a medium bowl mix them with just a tiny bit of oil, parsley, black pepper and if you like garlic powder.

2. Cut muffins in half and put the stuff in bowl on top of muffins.

3. put on a cookie sheet and bake to your liking. my friends like it where the bottom is black. I like it when it is a bit golden. ok for the cheese there is to ways you can do this. I take out the muffins and put a half of the slice on each one and put back i n oven for a few min until melted. take out the muffins and put the half of slice on each and let it melt.

1 whole muffin is 2 points. half of the muffin is only one point.

## **Poultry**

### ***Chicken Parmigiana***

1/3 cup all purpose flour  
1/4 teaspoon garlic powder  
1/4 teaspoon paprika  
1/4 teaspoon pepper  
6 (4 oz) skinless, boneless chicken breast halves  
2 large egg whites, lightly beaten  
2 cups corn-flakes, coarsely crushed  
Cooking spray  
1 (26 oz) jar low-fat spaghetti sauce  
3/4 cup (3 oz) shredded part-skim mozzarella cheese

Preheat oven to 350 degrees. Combine first 4 ingredients in a shallow dish. Dredge each piece of chicken in flour mixture. Dip each piece of chicken in egg whites; dredge in corn flakes. Arrange chicken in a 13 x 9-inch baking dish coated with cooking spray. Bake at 350 for 25 minutes or until crisp. Place spaghetti sauce in a medium saucepan, and cook over medium heat until thoroughly heated. Pour sauce over chicken and sprinkle with mozzarella cheese. Bake an additional 5 minutes or until cheese melts. Serving size is 1 chicken breast half and 1/2 cup sauce.

6 servings, 5 points each

### ***Cheesy Chicken Rolls***

1 tablespoon chives  
1 tablespoon lowfat yogurt -- plain  
1 tablespoon parsley  
1/4 cup lowfat yogurt -- plain  
2 1/2 cups mushroom -- sliced  
1 tablespoon pimientos -- cut into strips  
1 pound skinless boneless chicken breast  
1 tablespoon bread crumbs -- fine  
1/2 cup lowfat mozzarella cheese -- shredded  
1/8 teaspoon paprika

1. For filling, in a small bowl combine cheese, mushrooms, the 1/4 cup yogurt, chives, parsley, and pimento. Place 1 chicken breast half, boned side up, between 2 pieces of clear plastic wrap. Working from the center to the edges, pound lightly with a meat mallet to 1/8" thickness. Remove plastic wrap. Repeat with remaining chicken. Sprinkle lightly with salt and pepper. Spread some of the filling on each chicken breast half. Fold in the sides and roll up. Arrange rolls seam side down in a 10x6x2" baking dish.

2. Combine bread crumbs and paprika. Brush chicken with the 1 tablespoon yogurt; sprinkle with crumb mixture.

3. Bake in 350 degrees F. oven for 20-25 minutes or till chicken is tender and no longer pink.

4 servings, 4 points each

### ***Chicken Cordon Bleu***

2 thin chicken cutlets (3 oz. each)  
2 slices each turkey-ham and reduced-fat Swiss cheese (1 1/2 oz each)  
1 Tablespoon plus 2 tsps. Dijon style mustard, divided  
1 tsp. honey  
1/3 c. plus 2 tsps. plain dried bread crumbs  
2 tsps. vegetable oil  
1/2 c. canned chicken broth  
2 tsps. all purpose flour  
1 Tablespoon sour cream

1. Preheat oven to 375 degrees. Top each chicken cutlet with 1 slice turkey ham and 1 slice cheese; starting from the narrow end, roll each cutlet jelly roll fashion. Secure with toothpicks.
2. In small mixing bowl, combine 1 tablespoon mustard and the honey; spread half of the mixture evenly over each chicken roll.
3. On sheet of wax paper, arrange bread crumbs; turn chicken rolls in bread crumbs, coating all sides and using all of the bread crumbs. Arrange chicken rolls on nonstick baking sheet and drizzle each with 1 tsp. oil. Bake until chicken is cooked through, 20 to 25 minutes.
4. While chicken is baking, prepare sauce. In small saucepan, combine broth and flour; stirring to dissolve flour. Cook over medium-high heat, stirring frequently, until mixture thickens, 3 to 4 minutes. Reduce heat to low and stir in sour cream and remaining mustard; cook, stirring occasionally, 3 to 4 minutes longer (DO NOT BOIL).
5. To serve, remove toothpicks and cut each chicken roll crosswise into 4 equal slices. Onto each of 2 serving plates, pour half of the sauce ad top with 4 chicken roll slices.

Makes 2 servings, 7 points each

Approximate total time: 40 minutes (includes baking time).

### ***Chicken Stroganoff***

1 pound frozen boneless skinless chicken breasts  
1 can fat free cream of mushroom soup  
16 oz. carton fat free sour cream  
1 envelope dry onion soup mix

Put frozen chicken in bottom of crockpot. Mix soup, sour cream, onion soup mix and pour over chicken. Cook on low for 7 hours.. (serve it over rice or noodles, but be sure to add those points)

6 servings, 4 points each

### ***Ginger Chicken***

1 lb. boneless chicken breasts  
1 Tbsp. veg. oil  
2 cloves garlic  
1 sweet green or red peppers cut in strips  
1 cup thinly sliced mushrooms  
2 Tbsp. each minced gingerroot and soy sauce  
1 Tbsp. oyster sauce  
1 tsp. granulated sugar

1/2 tsp. cornstarch  
1/4 tsp. cayenne pepper  
1/4 cup fresh coriander (cilantro)

Cut chicken into thin strips

In nonstick skillet heat oil over high heat and stir fry chicken and garlic for 2 min. Add sweet pepper and mushrooms and fry for 1 min.

Stir together ginger, soy sauce, oyster sauce, 1 Tbsp. water, sugar, cornstarch and cayenne pepper. Add to skillet and fry for 1 minute or until chicken is no longer pink inside and sauce is thickened. Sprinkle with cilantro.

Note: Cut down even further by sautéing the chicken and garlic in a little chicken broth instead of oil.

4 servings, 4 points each

### ***Chicken and Dumplings***

4 skinless, boneless chicken breasts  
5 fat free tortillas  
2 c. low salt chicken broth  
1 c. water  
1/2 can evaporated skim milk  
2 chicken bouillon cubes  
1 c. sliced carrots  
1 large onion  
1 c. sliced celery

Boil chicken and vegetables in broth and water. Remove chicken and vegies. Cube chicken. Add bouillon cubes to broth and bring to a rolling boil. Tear tortillas into pieces into broth. Cook at rolling boil 5 minutes

Add evaporated skim milk, chicken, vegetables. Salt and pepper to taste. Cover and simmer until thick as you like (15 min)

Tortillas puff up to become dumplings. I think they are more like homemade noodles but great whatever you call them.

8, 1 cup servings, 3 points each

### ***Mexican Chicken Breasts***

1 Pkg Taco seasoning (Taco Bell is best)  
4 (4 oz) chicken breasts  
1 cup salsa  
1/4 cup non-fat sour cream

Put chicken in plastic bag; shake and coat well. Place in sprayed (nonstick cooking spray) casserole dish. Bake 30 minutes in a 375 oven. Top with salsa about 5 minutes before done, then top with sour cream.

Makes 4 servings, 4 points each

### ***Mexican Chicken Bake***

28 tortilla chips  
1 cup onion -- chopped  
1 cup green peppers -- chopped  
1 tbl chili powder

1 cup chicken breasts -- chopped  
3/4 cup gravy (fat-free chicken Heinz) cup  
1/4 cup cheddar cheese, low fat (Healthy Choice) -- shredded

Layer chips on the bottom of 8x8 pan. Cook onions, peppers & chilies for 3 minutes. Stir in tomatoes, chicken & gravy. Add to chips and bake at 350 for 30 min. Add cheese when done.

4 servings, 5 points each

### ***Ranch Chicken Stir Fry***

1 Tbsp Vegetable oil  
1/2 LB Chicken breast strips-boneless, skinless  
1 package Ranch Salad Dressing Mix, Hidden Valley Oriinal  
16 oz vegetable medley, thawed  
2 Tbsp water

1. Heat vegetable oil in large skillet
2. Add chicken breast strips
3. Stir in one package Hidden Valley original ranch dressing mix to coat chicken
4. Add thawed vegetable medley and water.
5. Stir-fry about 2 minutes

4 servings, 1.5 points each

### ***Chicken & Vegetable Stir Fry***

1/3 cup Chicken Broth  
2 Tbsp sherry  
1 Tbsp Low Sodium Soy sauce  
1/8 tsp black pepper  
2 whole chicken breasts  
1 Tbsp Peanut oil  
6 oz frozen snow peas (drained)  
1/4 LB mushrooms sliced  
2 Tbsp chopped green pepper  
2 Tbsp green onions  
2 garlic cloves minced  
1/4 tsp chopped ginger

1. In a shallow dish, combine chicken broth, sherry, soy sauce, cornstarch and pepper
2. Split, skin and debone the chicken breasts. Cut into 1/2" pieces. Add to mix in pan
3. Toss well. Refrigerate for about an hour
4. In a large skillet, over high heat, heat oil, add snow peas, mushrooms, onions, peppers, garlic and ginger and cook for about five minutes or until crisp.
5. Remove from skillet and set aside.
6. Add chicken and marinade to skillet and cook for 10 minutes or until chicken is tender and sauce has thickened.
7. If needed add 1/4 cup water to the skillet. Return vegetables to skillet. Cook, stirring frequently about 2 minutes.

4 Servings, 2.5 points each

### ***Chicken Meat Loaf***

1 1/2 lb ground chicken  
1/2 cup finely chopped mushrooms  
1/3 cup dry bread crumbs  
1/4 cup milk  
1 small onion, finely chopped  
1 egg, lightly beaten  
2 tbsp Dijon mustard  
1 1/2 tsp Worcestershire Sauce  
1/2 tsp salt  
Black pepper to taste  
1/4 cup Chili or Salsa Sauce

1. Preheat oven to 350F. Put all ingredients (except chili or salsa sauce) in a large bowl. Use your hands to mix just until blended. Pat into a 9x5x3-inch loaf pan, rounding the top slightly. Spread chili sauce over top of meat loaf.

2. Bake 1-1/4 to 1-1/2 hours, until meat juices run clear. Drain fat halfway through baking. It is very important that the meatloaf be cooked completely. Let meatloaf stand for 10 minutes before slicing.

3 points.

### ***Layered Chicken Dinner***

1 c. uncooked regular rice  
2 c. (16 oz can) cut green beans, drained  
16 oz skinless, boneless chicken breast cut into 4 pieces  
1 can Health Request Cream of Chicken  
1/2 c. (2.5 oz jar) sliced mushrooms, drained  
2 T. Bacon Bits  
3/4 c. water  
1 t. dried parsley flakes  
1 t. dried onion flakes  
1/4 t. black pepper

Preheat oven to 350 degrees. Spray 8 x 8 pan with butter flavored spray.

Layer rice, green beans, and chicken in prepared pan. In medium bowl, combine soup, mushrooms, bacon bits, water, parsley and onion flakes and pepper. Spoon evenly over.

Cover and bake 90 minutes. Uncover and continue baking 15 minutes

4 servings, 6 points each

### ***Stuffed Chicken Breast***

1 skinless boneless chicken breast  
1/4 pkg of frozen chopped spinach thawed  
1/4 lb sliced mushrooms  
3 Tbs grated low fat jack cheese  
1 Tbs minced red onion

1. Pound chicken breast until even and thin between sheets of plastic wrap.

2. In a sauté pan sprayed with Pam, and a little olive oil, cook onions and mushrooms until soft, add spinach and sauté slightly, Add cheese and stir until melted.

3. Add filling to chicken breast and roll up or fold to enclose. (You will have left over filling)

Brush chicken with a little olive oil and season with herbs of your choice and bake until browned.

NOTE: you can use as many chicken breasts as will hold the filling. These freeze wonderfully and can be baked frozen.

1 servings, 5 points

### ***Turkey Salsa Meat Loaf***

1 TBSP olive oil

1 Cup finely chopped yellow onion (about 1 med-lg onion)

1/2 Cup finely chopped carrot (about 1 med-small carrot)

1/4 C finely chopped celery (about 1 small rib)

1 lb. extra lean ground turkey breast

1 cup old fashioned rolled oats (not quick cooking)

1/2 cup plus 3 TBSP nonfat tomato salsa (as hot as you like)

1 large egg

2 TSP minced fresh Italian (flat leaf) parsley

3/4 tsp. salt

1 tsp. freshly ground black pepper

1. Preheat oven to 375 degrees. Coat 8 1/2 x 4 1/2 x 2 3/4 inc. loaf pan with nonstick cooking spray and set aside.

2. Heat olive oil in med. size heavy skillet over moderately high heat for 1 min. Add onion, carrot and celery and stir fry until limp - about 5 minutes.

3. Transfer skillet mixture to large bowl. Add turkey, rolled oats, 1/2 c. salsa and all remaining ingredients. Mix well.

4. Pat mixture into prepared pan and bake uncovered 30 minutes. Spread remaining 3 TBSP salsa on top and bake until meatloaf is set and juices run clear- about 15 mins. longer.

5. Remove meatloaf from oven and let stand in upright pan 15 minutes; this firms up the loaf and allows the juices to settle.

6. Cut into six thick slices and serve.

Makes 6 servings at 4 pts apiece

### ***White Bean Chili***

1Tbsp (or less) oil

1 lb chicken, cut in 1" pieces

1 medium onion, chopped

2 cloves garlic, minced

1 can (15 oz) diced tomatoes w/jalapenos

3 cans (15 oz each) small white beans, undrained

3 tbsp mesquite marinade sauce

1/4 cup chopped parsley or cilantro

Sauté garlic and onion in oil until soft. Add chicken and cook until no longer pink.

Reduce heat to low. Add the rest of the ingredients and simmer for 10 minutes or so.

Makes 6 servings, 4 points each

### ***White Chili***

48 oz great northern beans (precooked)

3 chicken breasts

2 cup chicken broth

2 cups salsa, thick and chunky

1 cup mozzarella cheese, part skim, grated

Cook chicken until tender in water and reserve 2 cups broth or use canned. Cut up chicken, add other ingredients, and simmer for 1 hour. Serving size 1 cup.

2 points

## **Salads and Dressings**

### ***Mexican Tuna Salad***

4 oz. drained canned tuna flaked  
1/2 med. tomato, finely chopped  
1/4 c. finely chopped red onion  
1/4 c. finely chopped red pepper  
2 Tablespoons plus 2 tsps. reduced calorie mayonnaise  
1 Tablespoon each chopped cilantro or Italian parsley  
1 Tablespoon lime juice

In small mixing bowl, combine all ingredients, mixing well.

Serve in a taco with shredded lettuce and diced tomato.

4 servings, 2 points each

### ***Cranberry Salad***

20 oz can crushed pineapple  
12 oz cranberries (chopped)  
1 c. Lite cool whip  
1 small pkg sugar free vanilla instant pudding

Drain pineapple, add juice to pudding mix. Stir in remaining ingredients. Chill.

Great holiday side dish.

### ***Creamy Potato Salad***

3 cups peeled, cooked, cubed potatoes  
2 T. chopped green onions  
1 2 oz jar diced pimento, drained  
1/4 c. fat free mayo  
1/4 c. fat free yogurt  
1 T. prepared mustard  
1 1/2 t. each sugar and white vinegar  
1/4 t. each salt and celery seed  
1/8 t. each garlic powder and pepper

Combine potatoes, onions and pimento. Put sauce ingredients in jar and shake to mix. Pour sauce over potatoes and mix well. Refrigerate to blend flavors before serving.

6, 1/2 c. servings, 1 point each

## **Sauces, Dips and Spreads**

### ***Alfredo Sauce***

1 cup skim milk  
2 tablespoon flour  
1 tablespoon Molly McButter™  
1/2 teaspoon dried parsley  
2 tablespoon grated Parmesan cheese  
salt & pepper

In a small jar with a tight lid, shake together the flour and skim milk. Pour into small saucepan. Add parsley, salt, and pepper. Simmer until thickened. Add Parmesan cheese. Serve over cooked pasta.

Makes 1 cup, enough for 2 cups of pasta, 3 points

### ***Tomato-Herb Sauce***

4 tsp olive oil  
12 plum (Roma) tomatoes  
2 tb parsley, minced  
2 tb basil, minced, or 1 tsp dried  
1 tb oregano, minced, or 1 tsp dried  
2 tsp thyme, minced, or 1/2 tsp dried  
1 garlic clove, minced  
1/4 tsp salt  
Pepper to taste

Put half the tomatoes in a blender. Heat the oil in a nonstick saucepan, then add remaining ingredients. Cook, stirring frequently, until reduced to about 2 cups, about 15 minutes.

4 servings, 1 point each

## Snacks

### ***Chewy Oatmeal-Apricot Cookies***

- 1 1/2 cups oatmeal -- uncooked
- 1 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 3/4 cup unsweetened applesauce
- 1/2 cup light brown sugar -- plus 2 tablespoons
- 2 large egg whites
- 2 tablespoons margarine -- melted
- 1 teaspoon vanilla extract
- 1 cup dried apricot halves -- diced

1. Preheat the oven to 350 degrees.
2. Spray two large baking sheets with no-stick spray; set aside. Spread the rolled oats on an ungreased baking sheet and toast for 8-10 minutes until lightly browned. In a large mixing bowl, combine the toasted oats, flour, baking soda, cinnamon, baking powder, salt and nutmeg, stir well, set aside.
3. In another large mixing bowl, with an electric mixer at medium speed, beat the applesauce, brown sugar, egg whites, margarine and vanilla until well combined. With mixer at low speed, gradually beat in the dry ingredients until well combined. Stir in the apricots. Drop the dough by level tablespoons, 1 inch apart, onto the prepared baking sheets.
4. Place both sheets in the oven and bake for 10 to 12 minutes (switching the positions of the sheets halfway through baking), or until cookies are lightly browned. Transfer cookies to wire racks to cool.

42 servings, 1 point each

### ***Peanut Butter Cookies***

- 3/4 cup creamy peanut butter
- 2 tablespoon margarine
- 1/3 cup + 2 teaspoon applesauce
- 1 1/4 cup flour
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- dash of salt

Preheat oven to 350.

With mixer on medium combine peanut butter, margarine and applesauce. Add remaining ingredients and mix well. Roll dough into 1 inch balls and arrange 3 inches apart on non-stick cookie sheet. Make criss-cross pattern with fork. Bake 10-12 minutes. Cool on wire rack. Makes 60 cookies, 1 point each

### ***Italian Popcorn***

12 cups cooked popcorn

1 Tb cayenne pepper 1 Tb paprika 1 Tb chili pepper 2 tsp garlic powder

Mix seasonings together and sprinkle on popcorn as soon as it is popped. If using a hot-air popper, sprinkle it on as the popcorn shoots out.

6 servings, 1 point each

### ***Slow Cooker Party Snacks***

1 1/2 Cups Keebler fat-free and reduced sodium coarsely broken pretzels (3 ounces)

2 Cups Wheat Chex

2 1/2 Cups Cheerios

2 1/2 Cups Rice Chex

1/2 Cup Dry Roasted Peanuts

1/4 Cup Grated Kraft Fat-Free Parmesan Cheese

1/4 Cup Kraft Fat-Free Italian Dressing

In a slow cooker container, combine pretzels, Wheat Chex, Cheerios, Rice Chex, peanuts and Parmesan Cheese.

Add Italian Dressing. Mix well to combine. Cover and cook on LOW for 4 hours. Uncover. Continue cooking on LOW 30 minutes, stirring occasionally.

12, 3/4 cup servings, 3 points each

## **Soups and Stews**

### **Soups**

#### ***Cauliflower Soup***

1 Head Cauliflower  
4 teaspoon Garlic  
2 tablespoon Olive Oil  
1 large can Fat Free College Inn Chicken Broth  
2 teaspoon Dried Italian Seasoning  
4 tablespoon of good Parmesan Cheese  
Salt and Pepper to taste

In a pot put oil and sauté garlic. Add cauliflower broken off stem and all other ingredients (except the cheese).

Cook 1 hour, then with the back of a wooden spoon break up all the cauliflower till it looks like small crumbles.

Shut off the stove, add cheese to pot and stir and serve.

2 points

#### ***Garden Vegetable Soup***

2/3 cup sliced carrot  
1/2 cup diced onion  
2 garlic cloves, minced  
3 cup broth (beef, chicken or veggie)  
1 1/2 cup diced green cabbage  
1/2 cup green beans  
1 tablespoon tomato paste  
1/2 teaspoon dried basil  
1/4 teaspoon dried oregano  
1/4 teaspoon salt  
1/2 cup diced zucchini

In a large saucepan sprayed with nonstick cooking spray, saute carrot, onion and garlic over low heat until softened, about 5 min. Add broth, cabbage, beans, tomato paste, basil, oregano and salt; bring to a boil. Lower heat and simmer, covered, about 15 min. or until beans are tender. Stir in zucchini and heat 3-4 min. Serve hot.

0 Points

#### ***Italian Wedding Soup***

1/2 pound ground beef, extra lean  
1/2 pound ground veal  
1/4 cup seasoned bread crumbs  
1 egg  
1 tablespoon parsley  
salt and pepper to taste  
4 cups chicken broth  
2 cups spinach leaves, cut in tiny pieces  
1/4 cup Romano cheese, grated

Combine the ground meat, breadcrumbs, egg, parsley, salt and pepper in a bowl. Mix well and form into tiny meatballs. Bake on a cookie sheet for 30 minutes at 350°. Meanwhile, bring broth to a boil and add spinach.

Cover and boil for 5 minutes. Add the meatballs to the hot broth, bring to a simmer. Stir in the cheese and serve immediately.

8 Servings, 4 points each

### ***Low-Fat Broccoli Soup***

1 can (14.5 oz) low-sodium chicken broth  
2 cups chopped fresh or frozen broccoli  
1/2 cup chopped onion  
2 tbsp cornstarch  
1 can (12 oz) evaporated skim milk

In a saucepan, combine broccoli, onion and broth; simmer for 10 to 15 minutes or until vegetables are tender.

Puree half of the mixture in a blender; return to the saucepan. In a small bowl, whisk the cornstarch and 3 tbsp of milk until smooth. Gradually add remaining milk. Stir into the broccoli mixture. Bring to a boil; boil and stir for 2 minutes.

SERVING SIZE: 3/4 cup

4 servings, 1 point each

### ***Cheese and Broccoli Soup***

2 tsps. reduced calorie margarine (tub)  
2 Tablespoons finely chopped onion  
1 Tablespoon plus 1 1/2 tsps. all-purpose flour  
1 c. water  
1 c. skim or nonfat milk  
1 c. broccoli florets  
1 packet instant chicken broth and seasoning mix  
1/2 tsp. chopped fresh parsley  
Dash white pepper  
3/4 oz. reduced fat Cheddar or Monterey Jack cheese, shredded

1. In 2 quart nonstick saucepan, melt margarine; add onion and sauté over medium high heat, until softened, 1 to 2 minutes. Sprinkle flour over onion and stir quickly to combine. Continuing to stir, add 1 cup water and the milk; add broccoli, broth mix, parsley and pepper.

2. Reduce heat to low and cook, stirring occasionally, until broccoli is tender, 10 to 15 minutes (do not boil). Let cool slightly.

3. In blender process half of the soup until smooth; return to saucepan. Stir in cheese and cook over low heat until cheese is melted, about 5 minutes.

Makes 2 servings, 3 points each.

### ***Cheesy Broccoli Soup***

4 c water  
12 oz shredded frozen hash brown potatoes  
1 c chopped celery  
1 c chopped onion

1 c chopped carrots  
4 c chopped broccoli  
2 pkts chicken broth  
1 t salt  
1.2 t pepper  
3 T flour  
2 c skim milk  
6 oz Velveeta cheese, cubed

Combine all the ingredients except the flour, milk & cheese in a large pot and bring to a boil. Simmer for 15-20 minutes Blend flour & milk. Slowly add to vegetables. Finally, add the cheese. Stir until melted.

4 servings, 5 points each

### ***New England Clam Chowder***

2 slices bacon, cut into 1/2 inch pieces  
1 medium onion, chopped (1/2 cup)  
2 cans (6 1/2 oz. each) minced clams, drained and liquid reserved  
2 medium, potatoes, diced (2 cups)  
dash of pepper  
2 cups skim milk

Cook bacon and onion in 2-quart saucepan over medium-high heat, stirring frequently, until bacon is crisp.

Add enough water, if necessary, to reserved clam liquid to measure 1 cup. Stir clams, clam liquid, potatoes and pepper into onion mixture. Heat to boiling; reduce heat to medium. Cover and cook about 15 minutes or until potatoes are tender. Stir in milk. Heat stirring occasionally, just until hot (do not boil).

4 Servings, 4 points each

### ***Light Lentil Soup***

1 lb. carrots, peeled and sliced  
1 large onion, chopped  
2 15-17oz. cans Italian style stewed tomatoes  
1 lb. lentils, rinsed and drained  
2 cloves garlic, minced  
2 teaspoon of leaf thyme  
1 1/2 teaspoon salt  
1 teaspoon black pepper  
2-3 bay leaves  
10 cups water

Low boil everything in a big pot (like a 5-qt. Dutch oven) for 30-40 minutes.

4 servings, 2 points each

### ***Mexican Vegetable Beef Soup***

8 ounces ground turkey  
1 cup onion, chopped  
2 cups tomatoes, chopped  
1 3/4 cups beef broth, 15 oz. can  
1 3/4 cups tomato sauce, 15 oz. can

1 1/2 cups celery, diced  
1 1/2 cups carrot, sliced  
1 1/2 cups green beans, cut up  
2 teaspoons chili seasoning mix  
3/4 cup corn whole kernel, canned  
6 ounces red kidney beans, canned, rinsed and drained  
1 teaspoon parsley, flaked

In a large saucepan sprayed with butter-flavored cooking spray, brown meat and onion. Stir in undrained tomatoes, beef broth and tomato sauce. Bring mixture to a boil. Add celery, carrots, green beans, chili seasoning mix, corn, kidney beans and parsley flakes. Mix well to combine. Lower heat, cover and simmer for 30 minutes or until vegetables are tender.

3 points

### ***Mushroom Soup***

1 lb fresh mushrooms/ sliced  
1/4 c. chopped onions  
1 small clove garlic, minced  
1/2 t. salt  
1/4 t. Worcestershire sauce  
1/2 t. dry mustard  
3 T. sherry or red wine  
1 c. water  
1 T. flour  
1/2 c. chopped celery  
1 t. parsley flakes  
1 medium potato  
1/2 c. carrots, shredded  
2 c. beef broth (1 T granules + 2 c. water)

Melt 1 T butter in Dutch oven and add onion and garlic. Cook until tender. Blend in salt, Worcestershire sauce, dry mustard and flour. Slowly add beef broth, wine and water. Bring to a boil, add celery, parsley, carrots, potatoes and mushrooms. Cover and simmer 30 minutes.

4-6, 1 cup servings, 1.25 points each

### ***Potato Soup***

Serving Size : 6 Preparation Time :0:00

4 cups potatoes -- thinly sliced  
1 medium onion -- diced  
3 tablespoons butter  
1 1/2 cups potato water  
1 1/2 cups evaporated skim milk  
1 teaspoon salt  
4 teaspoons minced parsley -- optional  
chopped chives -- optional

Peel, wash and slice potatoes and add onions and enough water to just cover. Cook covered for 15 minutes.

Drain and reserve 1 1/2 cups of potato water. Mash potatoes, add butter, water milk and salt. Heat very good. If desired top each serving with a teaspoon of minced parsley or chopped chives

6 servings, 4 points each

### ***Taco Soup***

1 lb. lean hamburger meat  
1 cup onion, chopped  
3 16 oz cans chili or pinto beans (not drained)  
1 can of whole kernel corn (not drained)  
1 can diced tomatoes (optional)  
1 can peppers (optional)  
1 8 oz. Can tomato sauce  
1 package Taco seasoning  
1 package Hidden Valley Ranch dressing mix (do not mix the dressing use it dry)  
1 1/2 cups water

Fry the hamburger and onion, drain off the excess grease. Combine all other ingredients, and add water to desired

Consistency, about 1 1/2 cups and simmer for 20 minutes. This recipe will freeze for three months.

Makes 12, 1 cup servings, 3 points each

### **Stews**

#### ***Italian Seafood Stew***

2 c. sliced carrots (1 inch pieces)  
1 c. canned Italian tomatoes (with liquid), pureed  
3 ozs. diced pared potato  
1/2 c. diced leeks (some green and some white portion)  
1/4 c. dry white table wine  
2 tsp. all purpose flour  
2 garlic cloves, minced  
1/4 lb. each sea scallops and shelled, deveined large shrimp  
2 bay leaves  
1/4 tsp. fennel seed  
1/8 tsp. crushed red pepper

1. In 3 quart microwaveable casserole dish combine 1/2 cups water, carrots, tomatoes, potato, leeks, wine, flour and garlic, stirring to dissolve flour. Cover and microwave on High (100%) for 10 minutes, until carrots are tender.

2. Add scallops, shrimp and bay leaves; cover and microwave on High for 3 minutes until shrimp is pink.

3. Add fennel seed and pepper and stir to combine. Remove and discard bay leaves.

Makes 2 servings, 4 points each.

Approximate total time: 25 minutes

## Vegetable Dishes

### ***Garlic 'N' Onion Mashed Potatoes***

9 oz. pared potatoes, cubed  
1/4 c. diced onion  
1 1/2 garlic cloves, chopped  
1/4 c. evaporated skimmed milk  
2 tsps. margarine  
dash white pepper

1. In 2 quart saucepan, bring 1 1/2 quarts of water to a boil; add potatoes, onion and garlic and cook until potatoes are fork tender, 10 to 15 minutes.
2. While potatoes are cooking, prepare milk mixture. In small nonstick saucepan, combine milk, margarine and pepper and cook over low heat until margarine is melted. Keep warm over low heat.
3. Pour potato-onion mixture through colander, discarding cooking liquid. Transfer potato-onion mixture to large mixing bowl. Using mixer on low speed, mash potato-onion mixture. Gradually increase speed to high; add milk mixture and continue beating until potatoes are light and fluffy.

Makes 2 servings, 3 points each.

### ***Spinach Pie***

2 teaspoon oil  
2 10 ounce packages fresh (or frozen) spinach, cleaned and coarsely chopped (or thawed and drained)  
12 scallions, sliced  
3/4 cups crumbled feta cheese  
2/3 cup low-fat cottage cheese  
1/2 cup minced dill  
2 eggs, lightly beaten  
14 teaspoon freshly ground black pepper  
6 sheets phyllo dough, thawed if frozen

1. Preheat the oven to 350. Spray an 8" square baking pan with nonstick cooking spray. In a medium nonstick skillet, heat the oil. Add the scallions; cook, stirring, 1 minute. Add the spinach; cook, stirring as needed, until just wilted. 3-5 minutes. Transfer to a medium bowl; stir in the cheeses, dill, eggs and pepper.
2. Spray 1 phyllo sheet with nonstick cooking spray; top with another sheet and spray it. Line the baking pan with these 2 sheets, letting the edges hang over the sides. Spread the spinach mixture over the phyllo. Cover the filling with the remaining 4 sheets, spraying each sheet and tucking them into the pan, fold in the outside sheets. Bake until golden, 30-35 minutes.

Makes 4 servings - 5 points each

### ***Onion Bloom***

Amount Measure Ingredient -- Preparation Method  
1 large onion

1/4 ounce corn flakes -- crumbled  
1 pinch red pepper  
1 pinch seasoned salt  
1 egg white  
1/2 cup nonfat sour cream  
2 teaspoons Miracle Whip® light  
1 teaspoon horseradish sauce  
1/2 clove garlic -- finely minced  
Cooking spray

1. Preheat oven to 350 degrees F. Spray 2-cup round baking dish with cooking spray.
2. Trim root end of onion so it stands upright. Slice off 1/2" from top and remove peel. With sharp knife, cut triangular slices to center of onion, slicing from top down and stopping 1/2" from bottom. Work your way around to make several "petals." Spray with cooking spray and place in microwaveable safe bowl. Cover and microwave on high for 3-4 minutes or until onion is slightly tender and petals have begun to separate.
3. In small bowl combine corn flake crumbs, seasoned salt, and pepper; set aside. In medium bowl, whip egg white until foamy. Dip onion in egg white, coating petals thoroughly. Place in prepared baking dish and sprinkle evenly with corn flake mixture. Bake until lightly browned and crisp about 10-12 minutes. Meanwhile, combine sour cream, Miracle Whip, horseradish sauce and garlic. Cover and chill. This may be prepared up to 2 days ahead.

2 servings, 3 points each

### ***Spaghetti Squash Alfredo***

1 medium spaghetti squash  
1 cup sour cream, reduced fat  
1/2 cup mozzarella cheese, part skim milk  
1/4 cup grated Parmesan cheese  
1/4 tsp. garlic powder  
1/4 tsp. salt  
1/4 tsp. black pepper

Split squash in half. Scoop out all of the seeds and lay it face down on a cookie sheet with a little water in the pan.

Bake at 350 degrees for about 45 minutes to an hour until you can squeeze it on the top and it starts to become tender. When done scrape out the inside of the squash with a fork, shredding it into noodle-like strands.

In a medium-sized saucepan, combine the remaining ingredients over medium-low heat and whisk until smooth and creamy, stirring frequently to prevent burning. Add the cooked squash to the sauce and stir until thoroughly mixed and heated through. Serve immediately.

NOTE: If you want to save some time, cut the raw squash in half lengthwise and place in a microwave-safe covered casserole dish with 2 Tbsp. water; microwave for 10 to 12 minutes, or until tender. But be careful with cutting raw spaghetti squash. The outer skin is very hard.

6 servings, 3 points each

### ***Freshly Broiled Eggplant***

1/2 c. finely chopped plum tomato  
3 tb balsamic vinegar  
2 tb chopped fresh basil  
1 sm garlic clove, minced  
1 sm eggplant (about 12 oz), cut into 1/2" slices  
1/4 tsp salt  
1/4 tsp pepper

1. Preheat broiler. Spray broiler rack with nonstick cooking spray.
2. In small bowl, whisk together tomato, vinegar, basil, & garlic. Arrange eggplant slices on prepared rack; brush slices with some of the tomato mixture.
3. Broil 5-6" from heat 8 minutes, until lightly browned. Turn slices, brush with more of the tomato mixture. Broil 3-5 minutes, until lightly browned. Transfer slices to serving bowl; keep warm.
4. Add salt & pepper to remaining tomato mixture; stir to combine. To serve, pour remaining tomato mixture over eggplant slices.

4 servings, 0 points

### ***Two Potato Scallop***

3 cups each sliced peeled sweet and white potato  
2 large cloves garlic, minced  
1/3 cup freshly grated Parmesan cheese  
2 Tbsp. all purpose flour  
1/4 tsp. each of salt, pepper and dried thyme  
1 1/2 cups chicken or vegetable stock

In large bowl, mix together sweet and white potatoes, garlic, cheese, flour, salt, pepper and thyme. Transfer to 8 inch square pan sprayed with nonstick cooking spray.

Pour in stock. Cover with foil and bake in 375 degree oven for 50 minutes. Uncover and bake for 30 to 40 minutes longer or until golden brown and potatoes are tender.

6 servings, 5 points each (Serve with 1 slice of ham - 3 points)

## Helpful Hints

### ***Determining Portions in a Recipe***

To determine portion size of your recipe if it doesn't indicate it, put your final product in an oblong or square baking dish, then when you take it out of the oven you can cut it into equal size servings. If the recipe says it makes 8 servings, cut it into 8 pieces before serving, if it says 6 servings cut it into 6 servings and so on. This is a very quick and easy way to manage portion sizes.

Also, if a recipe is for a soup then most all recipe portions is for 1 cup.

# simply filling foods list

## fruits

### Included:

- All individual or mixed fruits: fresh, frozen, or canned or jarred in water, without added sugar
- Fruit canned or jarred in its own or another juice, without added sugar, drained
- Fruit salad or cocktail: mixed fruits without added sugar

### Not Included:

- Dried fruits
- Juices, including the juice in which fruit is canned or jarred

## vegetables

### Included:

- Most individual or mixed vegetables: fresh, frozen, canned, or jarred, without added sugar or oil, whether or not it has a SmartPoints value per serving, including:
- Corn: whole kernel and on the cob
  - Peas: green
  - Potatoes: white, red, sweet
  - Salsa: fat-free and without added sugar, including salsa with fruit

### Not Included:

- Avocados
- French fries
- Juices
- Olives
- Pickled vegetables
- Plantains
- Vegetables prepared with ingredients that are not no-count foods (such as corn in butter sauce, dried tomatoes packed in oil)

## whole grains

### Included:

- Cereals, cold, ready-to-eat, whole-grain, without dried fruits or nuts, with no more than 1 gram of sugar, and with 3 grams or more of fiber per serving
- Cereals, hot, cooked, and without added sugar, dried fruits, or nuts, including:
  - 100% bran
  - Cream of rice/cream of wheat
  - Grits
  - Oatmeal
- Brown rice and wild rice
- Pasta, whole-grain, including:
  - Whole-grain macaroni, noodles, and spaghetti
  - Whole-wheat pasta
  - Gluten-free pasta, such as most brown rice pastas, quinoa pastas, and corn pastas\*
- Whole grains, such as:
  - Barley
  - Buckwheat
  - Bulgur
  - Cornmeal (polenta)
  - Farro

- Popcorn: plain air-popped, plain or light micro-wave-popped, and 94% fat-free micro-wave-popped
- Quinoa
- Spelt
- Whole-wheat couscous

### Not Included:

- Flavored rice mixes
- Fried rice
- White rice
- Regular pasta

## dairy & dairy substitutes

### Included:

- Fat-free milk, and fat-free and sugar-free beverages made with fat-free milk, including:
  - Fat-free and sugar-free cappuccino
  - Fat-free and sugar-free latte
- Fat-free cheeses, including:
  - Fat-free cottage cheese
  - Fat-free cream cheese
- Fat-free ricotta cheese
- Fat-free sliced or shredded cheese
- Fat-free sour cream
- Fat-free plain yogurt, and some light yogurts, regular or Greek\*
- Soy cheese
- Unflavored soy milk and soy yogurt

### Not Included:

- Fat-free evaporated milk
- Fat-free sweetened condensed milk
- Fat-free creamers (including half and half)

## lean proteins\*

### Included:

- Chicken, turkey, beef, lamb, pork (including ham with less than 700 mg sodium per 2-oz serving, and some brands of Canadian bacon), and veal: lean, trimmed, and with all skin removed.\*
- Luncheon and deli meats, reduced-sodium, with 0.5 gram or less fat per 2-oz serving
- Most fish and shellfish: fresh, frozen, and canned in water
- Eggs: whole, whites, and egg substitutes
- Beans: dried, frozen, and canned, including edamame, fat-free refried, garbanzo (chick-peas), kidney, and white
- Dried peas, including black-eyed peas and split peas
- Lentils
- Meat substitutes, including vegetarian burgers and veggie “crumbles” with 2 grams or less of fat per serving

- Tofu
- Game meats, including buffalo, ostrich, and venison
- Organ meats from beef, lamb, pork, and veal

### Not Included:

- Canned fish or shellfish packed in oil
- Meats or fish with breading or added fat
- Processed meats, such as hot dogs

## plus more!

### Included breads:

(Whole grains make the best choices)

- Reduced-calorie (light) breads
- Thin sandwich bread, including some wraps and flatbread\*
- Reduced-calorie (light) rolls or buns, including hot dog and hamburger buns
- Reduced-calorie (light) English muffins
- Reduced-fat corn tortillas\*

### Included soups:

Broths and soups, reduced-sodium and light\*

Enjoy the following foods as part of your meal or snack without having to count SmartPoints:

### Healthy Oils

Include 2 tsp per day (for additional servings, count SmartPoints)

Canola

Flaxseed  
Olive  
Safflower  
Sunflower

### Beverages

Coffee (without added sugar)  
Tea (without added sugar)  
Diet soda

Club soda  
Seltzer (plain or flavored, without added sugar)  
Water

### Seasonings & Condiments

Capers  
Cocktail sauce  
Extracts and flavorings, unsweetened  
Garlic  
Herbs  
Hot sauce (pepper sauce)  
Ketchup  
Lemon/lime juice  
Margarine, fat-free  
Mayonnaise, fat-free  
Mustard  
Nonstick cooking or baking spray  
Salad dressings, fat-free  
Shallots  
Soy sauce (shoyu), reduced-sodium  
Spices  
Steak sauce  
Sugar substitutes  
Syrups, sugar-free  
Taco sauce  
Teriyaki sauce, reduced-sodium  
Vinegar  
Worcestershire sauce

\*Refer to the Tracker or Mobile app for specific brands and/or cuts of meat.

## POWER FOODS LIST

### Fruits

#### Included

All fresh, frozen, or canned without added sugar  
Fruit canned in its own juice (drained)  
Fruit salad—mixed fruits with no added sugar

#### Not included

Dried fruits  
Juices

### Vegetables

#### Included

Most fresh, frozen, or canned without added sugar or oil  
Potatoes—white, red, and sweet

#### Not included

Juices  
Vegetables prepared with ingredients that are not Weight Watchers Power Foods (for example, corn in butter sauce, dried tomatoes packed in oil)  
Avocados  
French fries  
Olives  
Plantains  
Pickled vegetables

### Whole Grains

#### Included

Brown and wild rice  
Hot cereals, cooked—no added sugar, dried fruits, or nuts such as  
    100% oat bran  
    Cream of rice or wheat  
    Oatmeal  
Pasta, whole-wheat or other whole-grain varieties such as brown rice  
Popcorn, air-popped or light microwave-popped, or 94% fat-free microwave-popped  
Whole-grain, ready-to-eat cereals with  $\leq 1\text{gm}$  sugar,  $\geq 3\text{ gm}$  fiber per serving, no dried fruits or nuts (such as shredded wheat or toasted oats)  
Whole grains, such as:  
    Barley  
    Buckwheat  
    Bulgur  
    Cornmeal (polenta)  
    Couscous Whole-wheat  
    Farro  
    Quinoa

### Fat-Free Dairy & Dairy Substitutes

(See *PointsPlus* Tracker for Light yogurts that are Power Foods)

#### Included

Fat-free cheeses including cottage, ricotta and cream cheese  
Fat-free milk and beverages made with fat-free milk, such as:  
    Cappuccino or latte, as long as it's sugar-free  
Fat-free plain yogurt, regular or Greek, and many light yogurts  
Fat-free sour cream  
Unflavored soy cheese  
Unflavored soy milk  
Unflavored soy yogurt

### Lean Proteins

#### Included

(See *PointsPlus* Tracker® for specific cuts of meat and poultry that are Power Foods)

Beans, dried and canned, including black, cannellini, kidney, refried, and white  
Beef, chicken, lamb, pork, turkey, and veal: lean, trimmed, and all skin removed  
Dried peas, including black-eyed peas and split peas  
Eggs: whole, whites, and egg substitute  
Game meats, including buffalo, ostrich, and venison  
Lentils  
Luncheon meats, reduced sodium (no more than 0.5 gm fat)  
Meat substitutes, including tofu and vegetarian burgers with 2 g of fat or less  
Most fish and shellfish: fresh, frozen, and canned in water  
Organ meats from beef, lamb, pork, and veal

#### Not included

Canned fish or shellfish packed in oil  
Meats or fish with breading or added fat  
Processed meats, such as hot dogs

#### Included breads

(Whole grains make the best choices)

Light English muffins  
Light hot dog and hamburger rolls  
Reduced-calorie (light) breads or rolls, flats and thin sandwich bread

#### Included soups

(See *PointsPlus* Tracker for specific soups that are Power Foods)  
Reduced/Low sodium broth-, tomato-, and vegetable-based soups

#### Included desserts

Sugar-free gelatin

### The following condiments and ingredients work with the Simply Filling technique

2 tsp oil per day (olive, canola, safflower, sunflower, and flaxseed)  
Capers  
Cocktail sauce  
Extracts (such as vanilla and almond)  
Fat-free mayonnaise  
Fat-free salad dressings ( $\leq 400\text{ mg}$  sodium)  
Fat-free salsa  
Fat-free sour cream  
Fresh herbs  
Garlic (fresh and jarred minced)  
Hot sauce  
Ketchup  
Mustards  
Seasonings (such as salt, pepper, cinnamon, and ground red pepper)  
Seasoning blends (such as Italian seasoning blends and dry rubs)  
Shallots  
Soy sauce, reduced sodium  
Sugar substitutes  
Steak sauce  
Taco Sauce  
Teriyaki sauce, reduced sodium  
Vinegar  
Worcestershire sauce

# Example: 1 day on 20 **POINTS**<sup>®</sup> values



## **3** POINTS **BREAKFAST**

### FRUIT AND YOGURT

1 cup light vanilla yogurt topped with ½ cup each fresh pineapple chunks and blueberries. **POINTS value: 3.**



## **6** POINTS **LUNCH**

### CHEESE & VEGGIE TORTILLA AND CHIPS

Top a 7" whole-wheat tortilla with 1/4 cup each black beans, shredded low-fat cheddar cheese, and fat-free salsa. Roll up and microwave 30-40 seconds. Serve with shredded lettuce and diced tomato.

**POINTS value: 4.**

1 oz baked tortilla chips with ¼ cup fat-free salsa. **POINTS value: 2.**



## **8** POINTS **DINNER**

### PIZZA AND SALAD

1 large slice thin-crust cheese pizza, topped with spinach and mushrooms. **POINTS value: 6.**

Tossed salad with 2 tsp olive oil and balsamic vinegar.

**POINTS value: 2.**



## **3** POINTS **SNACKS**

### MICROWAVE POPCORN AND HOT COCOA

5 cups 94% fat-free microwave popcorn. **POINTS value: 1.**

1 package of sugar-free fat-free hot cocoa prepared with ½ cup fat-free milk. **POINTS value: 2.**

## How to use our Meal Ideas

On the following pages, you'll find two weeks of daily Meal Ideas for one, like the ones on this page, all based on a daily **POINTS** Target of 20. You can follow them as written, or you can mix and match the meals and days to suit your preferences.

Or you can simply pluck out interesting meal and snack ideas as you're inspired. If you decide to follow the Meal Ideas exactly, you can do so as long as you'd like, provided you don't exceed a safe rate of weight loss (2 lbs. per week after the

first three weeks; 1 lb. for nursing moms). Have a daily **POINTS** value different than 20? Adjust the Meal Ideas to meet your daily **POINTS** Target by adding or subtracting foods to the meal or snack of your choice.

### NEED TO ADD A FEW **POINTS** VALUES TO YOUR DAY?

#### AT BREAKFAST

1/2 cup orange juice  
**POINTS value: 1**

1 egg  
**POINTS value: 2**

1 slice whole-wheat toast  
**POINTS value: 2**

1 cup light yogurt  
**POINTS value: 2**

#### AT LUNCH

1 oz low-fat cheese  
**POINTS value: 2**

2 oz chicken  
**POINTS value: 2**

12 almonds  
**POINTS value: 2**

1 cup black bean soup  
**POINTS value: 2**

#### AT DINNER

Double the protein

1 slice of bread  
**POINTS value: 2**

Double the pasta, rice, or mashed potato

1 cup chicken noodle soup  
**POINTS value: 3**

#### FOR A SNACK

1 oz pretzels  
**POINTS value: 2**

2 small cookies  
**POINTS value: 3**

1 oz dark chocolate  
**POINTS value: 3**

1 oz low-fat mozzarella  
**POINTS value: 2**

# Mix and match these Meal Ideas

● VEGETARIAN

<b>BREAKFAST IDEAS</b> EACH BREAKFAST HAS A TOTAL <b>POINTS</b> ® VALUE OF 3	<b>LUNCH IDEAS</b> EACH LUNCH HAS A TOTAL <b>POINTS</b> ® VALUE OF 6	<b>DINNER IDEAS</b> EACH DINNER HAS A TOTAL <b>POINTS</b> ® VALUE OF 8	<b>SNACK IDEAS</b> EACH DAY'S SNACKS HAVE A TOTAL <b>POINTS</b> ® VALUE OF 3
<b>YOGURT WITH FRUIT</b> ● 1 cup light yogurt topped with 1 1/2 cups sliced strawberries. Sweeten with sugar substitute to taste. <b>POINTS</b> value: 3	<b>ROAST BEEF SALAD</b> Mixed greens tossed with 1 oz thinly sliced lean roast beef, 1/4 avocado, sliced, 2 Tbsp shredded part-skim mozzarella cheese, 1 Tbsp dried cranberries, and 1 tsp olive oil and balsamic vinegar. <b>POINTS</b> value: 6	<b>CHICKEN CACCIATORE</b> (see recipe on page 48) 1 serving. <b>POINTS</b> value: 8 <b>GARDEN VEGETABLE SOUP</b> (see recipe on page 53) 1 serving. <b>POINTS</b> value: 0	1 cup fat-free sugar-free chocolate pudding. <b>POINTS</b> value: 3 ●  1 cup baby carrots. <b>POINTS</b> value: 0 ●
<b>VEGETABLE OMELET</b> ● 1 egg and 1 egg white cooked in nonstick spray with diced frozen bell pepper and 1/4 cup fat-free shredded cheddar cheese. <b>POINTS</b> value: 3	<b>SOUP AND YOGURT</b> ● 1 cup black bean soup. <b>POINTS</b> value: 2. 1 cup light yogurt and 1 large banana, sliced. <b>POINTS</b> value: 4	<b>TERIYAKI PORK DINNER</b> 2 oz lean grilled pork tenderloin brushed with 2 tsp teriyaki sauce <b>POINTS</b> value: 2. 1 baked large sweet potato topped with 1 tsp margarine and a sprinkle of cinnamon. <b>POINTS</b> value: 4. Broccoli florets and 1 tsp minced garlic cooked in 2 tsp olive oil <b>POINTS</b> value: 2	1 cup grapes. <b>POINTS</b> value: 1 ●  1 packet of sugar-free fat-free hot cocoa prepared with 1/2 cup fat-free milk. <b>POINTS</b> value: 2 ●
<b>CEREAL WITH FRUIT</b> ● 3/4 cup bran flakes with 1/2 cup fat-free milk or calcium-fortified soy milk, and 1 small banana, sliced. <b>POINTS</b> value: 3	<b>BAKED POTATO WITH BROCCOLI AND CHEESE</b> Large baked potato topped with steamed broccoli, 1/4 cup shredded fat-free cheddar cheese, and 1 slice cooked Canadian bacon, finely chopped. <b>POINTS</b> value: 5. 1 cup grapes. <b>POINTS</b> value: 1	<b>PASTA WITH MEAT SAUCE</b> (see recipe on page 48) <b>POINTS</b> value: 7. Zucchini sautéed in 1 tsp olive oil with minced garlic. <b>POINTS</b> value: 1	5 cups 94% fat-free microwave popcorn. <b>POINTS</b> value: 1 ●  16 oz fat-free sugar-free cappuccino. <b>POINTS</b> value: 2 ●
<b>EGG, BACON AND VEGGIES</b> 1 egg, 1 tomato (halved), 1/2 cup sliced mushrooms and 1 slice Canadian bacon, all cooked in nonstick spray. <b>POINTS</b> value: 3	<b>SOUP AND APPETIZER</b> ● 1 cup split pea soup. <b>POINTS</b> value: 3. Sliced tomato and 2 oz fat-free mozzarella cheese drizzled with balsamic vinegar. <b>POINTS</b> value: 2. 1 medium apple. <b>POINTS</b> value: 1	<b>FLOUNDER AND MASH</b> 8 oz flounder fillet brushed with 1 tsp olive oil and sprinkled with lemon pepper seasoning. Bake 350°F until opaque, about 15 minutes. <b>POINTS</b> value: 5. 1/2 cup mashed potato. <b>POINTS</b> value: 2. Steamed asparagus drizzled with 1 tsp olive oil and balsamic vinegar. <b>POINTS</b> value: 1	1/2 cup fat-free ricotta cheese mixed with 1 1/2 cups raspberries and sweetened with artificial sweetener. <b>POINTS</b> value: 3 ●  1 cup cherry tomatoes. <b>POINTS</b> value: 0 ●
<b>CEREAL WITH FRUIT</b> ● 1 cup puffed whole-grain cereal topped with 1/2 cup fat-free milk or calcium-fortified soy milk. 1 large ripe peach, sliced. <b>POINTS</b> value: 3	<b>TUNA SALAD SANDWICH</b> 1/2 cup canned tuna in water, drained, mixed with 1/4 cup fat-free mayonnaise, 1 tsp Dijon-style mustard, chopped bell pepper, and diced celery. Serve on a bed =of mixed greens. <b>POINTS</b> value: 4. 1 cup baby carrots with 1/4 cup fat-free ranch dressing for dip. <b>POINTS</b> value: 2	<b>CHICKEN WITH BROCCOLI &amp; GARLIC SAUCE</b> (see recipe on page 49) 1 serving. <b>POINTS</b> value: 7. Sliced tomato drizzled with 1 tsp olive oil and balsamic vinegar. <b>POINTS</b> value: 1	1 cup raw carrot sticks with 2 Tbsp fat-free ranch dressing. <b>POINTS</b> value: 1 ●  16 oz fat-free sugar-free cappuccino. <b>POINTS</b> value: 2 ●
<b>YOGURT PARFAIT</b> ● Fill a tall glass with alternate layers using 1 1/2 cups sliced strawberries, and 1 cup plain fat-free yogurt. Sweeten with sugar substitute to taste. <b>POINTS</b> value: 3	<b>GRILLED CHICKEN SALAD</b> Mixed greens, sliced tomato, cucumber, red onion, 10 small black olives, 4 tsp feta cheese, and 2 oz sliced grilled skinless chicken breast. Toss with 1 tsp olive oil and red wine vinegar. <b>POINTS</b> value: 5. 1 large peach. <b>POINTS</b> value: 1	<b>DINNER OUT OR AT HOME</b> ● 1 large slice thin crust cheese pizza topped with spinach and mushrooms. <b>POINTS</b> value: 6. Tossed salad with 2 tsp olive oil and balsamic vinegar. <b>POINTS</b> value: 2	1 cup fat-free milk blended with 1 small frozen banana. <b>POINTS</b> value: 3 ●  1 cup red bell pepper slices. <b>POINTS</b> value: 0 ●
<b>FRUITY OATMEAL</b> ● Cook one packet plain instant oatmeal as per package directions. Stir in 2 Tbsp fat-free milk and 1/2 cup fruit-flavored unsweetened applesauce. <b>POINTS</b> value: 3	<b>TURKEY NAPOLEONS</b> Spread a large slice of tomato with Dijon mustard. Top with 2 oz turkey breast slices rolled up, and 1 slice of fat-free mozzarella cheese. Top with another slice tomato. Secure with a toothpick. Drizzle with 1 tsp olive oil and balsamic vinegar. <b>POINTS</b> value: 4. 1 cup vegetable soup. <b>POINTS</b> value: 2	<b>SHEPHERD'S PIE</b> (see recipe on page 49) 1 serving. <b>POINTS</b> value: 8. 1 cup steamed asparagus. <b>POINTS</b> value: 0	1 packet of sugar-free fat-free hot cocoa prepared with 1/2 cup fat-free milk. <b>POINTS</b> value: 2 ●  5 cups 94% fat-free microwave popcorn. <b>POINTS</b> value: 1 ●

# Mix and match these Meal Ideas

● VEGETARIAN

<b>BREAKFAST IDEAS</b> EACH BREAKFAST HAS A TOTAL <b>POINTS</b> ® VALUE OF 3	<b>LUNCH IDEAS</b> EACH LUNCH HAS A TOTAL <b>POINTS</b> ® VALUE OF 6	<b>DINNER IDEAS</b> EACH DINNER HAS A TOTAL <b>POINTS</b> ® VALUE OF 8	<b>SNACK IDEAS</b> EACH DAY'S SNACKS HAVE A TOTAL <b>POINTS</b> ® VALUE OF 3
<b>EGG N CHEDDAR SANDWICH</b> ● Scramble 3 egg whites in nonstick cooking spray. Place egg on one slice reduced-calorie whole wheat-toast. Top with 2 Tbsp low-fat cheddar cheese and another slice whole-wheat toast. <b>POINTS</b> value: 3	<b>VEGGIE BURGER</b> ● Microwave 1 vegetarian black bean burger as per package directions. Toast 1 whole grain English muffin. Place burger on one half of the English muffin. Top with 1 slice low-fat cheese, shredded lettuce and 2 Tbsp fat-free salsa. Top with other muffin half. <b>POINTS</b> value: 5. 1 cup grapes. <b>POINTS</b> value: 1	<b>DINNER OUT OR AT HOME</b> Small 3 oz grilled skinless chicken breast with a large baked potato and 1 cup steamed vegetables. <b>POINTS</b> value: 6. Tossed salad with 2 tsp olive oil and balsamic vinegar. <b>POINTS</b> value: 2	1 1/2 oz low-fat mozzarella cheese and tomato slices drizzled with balsamic vinegar. <b>POINTS</b> value: 3 ●  1 cup baby carrots. <b>POINTS</b> value: 0 ●
<b>FRUIT AND YOGURT</b> ● 1 cup light vanilla yogurt topped with 1/2 cup each fresh pineapple chunks and blueberries. <b>POINTS</b> value: 3	<b>SUSHI</b> 4 large pieces California roll, 6 small pieces tuna roll. <b>POINTS</b> value: 5. 1 cup grapes. <b>POINTS</b> value: 1	<b>MOO SHU BEEF LETTUCE CUPS</b> (see recipe on page 52) 1 serving. <b>POINTS</b> value: 4. 1/2 cup cooked brown rice sautéed with 1 chopped scallion, 1 cup broccoli florets, 2 tsp canola oil and soy sauce to taste. <b>POINTS</b> value: 4	1 cup grapes. <b>POINTS</b> value: 1 ●  1 packet of sugar-free fat-free hot cocoa prepared with 1/2 cup fat-free milk. <b>POINTS</b> value: 2 ●
<b>CEREAL WITH FRUIT</b> ● 3/4 cup bran flakes with 1/2 cup fat-free milk or calcium-fortified soy milk, and 1 cup blueberries. <b>POINTS</b> value: 3	<b>HAM-N-SWISS-N-SOUP</b> Top 1 slice reduced-calorie whole-wheat bread with 2 oz lean ham, 1 slice low-fat Swiss cheese, arugula leaves, sliced tomato, and Dijon mustard. Top with another slice reduced-calorie bread. <b>POINTS</b> value: 4. 1 cup black bean soup. <b>POINTS</b> value: 2	<b>SHRIMP AND COUSCOUS</b> Place 6 oz medium shrimp peeled and deveined in a zip close bag with 2 Tbsp lime juice, 1 tsp olive oil and 2 tsp chopped cilantro. Marinate 30 minutes. Grill or broil 15 minutes. 1 cup cooked whole-wheat couscous. 1 cup asparagus cooked with 1 tsp olive oil and 1 Tbsp lemon juice. <b>POINTS</b> value: 8	1 small kiwifruit. <b>POINTS</b> value: 0 ●  1 cup fat-free plain yogurt blended with 1 1/2 cups frozen unsweetened raspberries sweetened with sugar substitute as needed. <b>POINTS</b> value: 3 ●
<b>EGG, SPINACH AND FETA OMELET</b> ● Cook 1 egg and 1 egg white, 1/2 cup chopped spinach, and 1 Tbsp feta cheese in nonstick cooking spray. <b>POINTS</b> value: 3	<b>PASTA SALAD</b> 1/2 cup cooked, cooled, whole-wheat pasta mixed with 1/4 cup canned tuna in water, drained, 1/2 cup grape tomatoes, 10 small black olives sliced, 1/4 cup shredded fat-free mozzarella cheese, 1/4 cup white beans and 2 Tbsp fat-free Italian dressing <b>POINTS</b> value: 6. 1 medium kiwifruit. <b>POINTS</b> value: 0	<b>CHINESE PINEAPPLE CHICKEN</b> (see recipe on page 51) 1 serving. <b>POINTS</b> value: 6. 1 cup broccoli sautéed with 2 tsp canola oil and 1 tsp minced garlic. <b>POINTS</b> value: 2	2 slices fat-free Swiss cheese and 1 oz lean ham. <b>POINTS</b> value: 3  1 cup baby carrots. <b>POINTS</b> value: 0 ●
<b>CRUNCHY CEREAL</b> ● 1 shredded wheat biscuit with 1/2 cup fat-free milk or calcium-fortified soy milk and 1 Tbsp sunflower seeds. <b>POINTS</b> value: 3	<b>CHEESE &amp; VEGGIE TORTILLA AND CHIPS</b> ● Top a 7" whole wheat tortilla with 1/4 cup each black beans and shredded low-fat cheddar cheese, and 1/4 cup fat-free salsa. Roll up and microwave 30-40 seconds. Serve with shredded lettuce and diced tomato. <b>POINTS</b> value: 4. 1 oz baked tortilla chips with 1/2 cup fat-free salsa. <b>POINTS</b> value: 2	<b>COMFORT FOOD DINNER</b> 2 oz lean cooked roast beef, 1/2 cup mashed potato, and 1 cup green beans tossed with 1 tsp butter. <b>POINTS</b> value: 6. Tossed salad with 2 tsp olive oil and red wine vinegar. <b>POINTS</b> value: 2	5 cups 94% fat-free microwave popcorn. <b>POINTS</b> value: 1 ●  16 oz fat-free sugar-free cappuccino. <b>POINTS</b> value: 2 ●
<b>YOGURT PARFAIT</b> ● Fill a tall glass with alternate layers using 1 1/2 cups sliced raspberries, and 1 cup plain fat-free yogurt. Sweeten with sugar substitute to taste. <b>POINTS</b> value: 3	<b>CRAB SALAD SANDWICH</b> 3/4 cup cooked, chilled, crab meat mixed with 2 Tbsp fat-free mayonnaise, 1 tsp sweet pickle relish, and 1 Tbsp finely chopped onion. Serve in a small whole-wheat pita with chopped lettuce. <b>POINTS</b> value: 3. 2 cups mixed greens with sliced tomato tossed with 2 Tbsp reduced-calorie ranch dressing. <b>POINTS</b> value: 2. 1 cup mixed berries. <b>POINTS</b> value: 1	<b>MEXICAN MEATLOAF</b> (see recipe on page 51) 1 serving. <b>POINTS</b> value: 3. 3/4 cup mashed potato. <b>POINTS</b> value: 3. Tossed salad with 2 tsp olive oil and red wine vinegar. <b>POINTS</b> value: 2	1 cup fat-free milk blended with 1 1/2 cups frozen unsweetened strawberries. <b>POINTS</b> value: 3 ●  1 cup celery and cucumber. <b>POINTS</b> value: 0 ●
<b>CREAMY OATMEAL</b> ● Cook 1 packet plain instant oatmeal as per package directions. Stir in 1/2 cup light yogurt. <b>POINTS</b> value: 3	<b>FAST FOOD LUNCH</b> 1 small hamburger and 1 fast food side salad with 2 Tbsp fat-free Italian dressing. <b>POINTS</b> value: 6	<b>POTATO CHOWDER</b> (see recipe on page 50) 1 serving. <b>POINTS</b> value: 6. 2 cups sliced zucchini, sautéed with 2 tsp olive oil and minced garlic. <b>POINTS</b> value: 2.	1 packet of sugar-free fat-free hot cocoa prepared with 1/2 cup fat-free milk. <b>POINTS</b> value: 2 ●  1 large orange. <b>POINTS</b> value: 1 ●

# Simply Filling, Simply Delicious

Power Food-rich meals, menus and snacks



**Now  
Including  
Breakfasts!**

**weightwatchers**



# Table of Contents

---

**Our Favorite Flavor Boosts** 3

## **Three Simply Filling Menus**

### **Family-Friendly Menu**

Baked Chicken 4  
Oven Fries 5  
Sauteéd Cauliflower and Tomatoes 5

### **Italian-Inspired Menu**

Italian-inspired Vegetable Soup 6  
Shrimp with Spicy Tomato Sauce 7  
Quinoa and Tomato Salad 7

### **Steakhouse-Worthy Menu**

Roasted Sirloin Beef 8  
Sautéed Spinach with Crispy Garlic 9  
Roasted Potatoes with French Herbs 9

## **Meals-in-One**

Chicken Teriyaki with Broccoli 10  
Chickpea and Spinach Stew 11  
Quick Beef and Pinto Bean Chili 11

## **Snack Break**

Crudités with Garlicky White Bean Dip 12  
Green Pea Dip 13  
Spring Pea and Tofu Dip 13  
Black Bean and Poblano Dip 14  
Black Bean Dip 14

## **Rise and Shine!**

Mexican Scrambled Egg Sandwiches 15  
Yogurt, Fruit and Cereal Sundae 15  
Spinach and Cheddar Frittata 16  
Fruit and Cheese “Danish” 16



**When Power Foods are on the menu, you'll always enjoy a satisfying meal. Whether you're cooking for the whole family, looking for a one-bowl dish or seeking a snack fix, these recipes and ideas will keep your taste buds happy.**

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### **About the Simply Filling technique**

We created the Simply Filling technique for those times when you don't want to track your food. To follow it, just eat from the list of satisfying Power Foods (they're the foods that help fill you up faster and stay full longer, plus they deliver more nutrients for the **PointsPlus**<sup>®</sup> value). **Bonus:** You don't need to track any of them! You can also have 2 teaspoons of healthy oils (olive oil, canola, sunflower, safflower or flaxseed) each day without counting the **PointsPlus** values.

### **The Power of Power Foods**

To stay satisfied while losing weight with Weight Watchers – whether you're doing Simple Start, Simply Filling, or tracking **PointsPlus** values – a great tip is to use the Power Foods list as a road map for what to eat. Pick a lean protein, a carb, or vegetable as your starting point, and build your meal around it. (You'll recognize Power Foods by the ▲ little green triangle.)

## **Our Favorite Flavor Boosts**

Customize any dish with these seasonings and toppings – they're all on the Power Foods list!

- Chopped Scallions
- All-Purpose Seasoning
- Sliced Jalapenos
- Chopped Red Onions
- Mixed Fresh Herbs
- Minced Garlic
- Lemon Zest
- Red Pepper Flakes
- Mustard
- Fresh Ginger

# Three Simply Filling Menus

Easy enough for weeknight cooking but impressive enough for a feast, these menus hit all the sweet spots of a home-cooked meal.

## Family-Friendly Menu

# Baked Chicken

**PointsPlus** value: 3 | **Servings:** 4 | **Prep time:** 10 minutes | **Cook time:** 35 minutes ▲ = Weight Watchers Power Foods

### INGREDIENTS

- 1 **spray(s)** cooking spray
- ▲ 1 **pound(s)** uncooked boneless skinless chicken breast(s), four 4 oz halves
- ½ **tsp** table salt
- ¼ **tsp** black pepper, freshly ground
- 1 **tsp** olive oil
- 2 **tsp** fresh lemon juice, or more to taste
- 2 **tsp** rosemary, fresh, chopped
- 2 **tsp** fresh parsley, chopped
- ▲ ¼ **cup(s)** reduced-sodium chicken broth
- ▲ ½ **medium** lemon(s), quartered (for garnish)

### INSTRUCTIONS

Preheat oven to 400°F. Coat a small, shallow roasting pan with cooking spray.

Season both sides of chicken with salt and pepper. Transfer chicken to prepared pan and drizzle with oil; sprinkle with lemon juice, rosemary and parsley. Pour broth around chicken to coat bottom of pan.

Bake until chicken is cooked through, about 30 to 35 minutes. Garnish with fresh lemon and serve. Yields 1 chicken breast half per serving.



## Oven Fries



4  
pointsplus  
value

**PointsPlus**® value: 4

**Servings:** 4 | **Prep time:** 10 minutes | **Cook time:** 45 minutes

### INGREDIENTS

- ▲ **2 large** uncooked potato(es), baking-variety, cut into 16 long wedges each
- 1 Tbsp** canola oil
- ½ tsp** kosher salt, divided

▲ = Weight Watchers Power Foods

### INSTRUCTIONS

Place oven rack in top third of oven. Preheat oven to 400°F. Line a large baking sheet with nonstick foil (for easy clean-up) or coat with cooking spray.

Place potatoes on prepared pan; drizzle with oil and toss to coat. Spread potatoes into a single layer; bake for 20 minutes.

Remove potatoes from oven; sprinkle with ¼ teaspoon salt. Flip potatoes and arrange in a single layer; sprinkle with ¼ teaspoon salt.

Return pan to oven; bake until potatoes are golden, about 15 to 25 minutes. Season to taste and serve. Yields about 8 fries per serving.

**Note:** Sprinkle with freshly grated Parmesan cheese, if desired (could affect **PointsPlus** value).

## Sautéed Cauliflower and Tomatoes



2  
pointsplus  
value

**PointsPlus**® value: 2

**Servings:** 6 | **Prep time:** 10 minutes | **Cook time:** 12 minutes

### INGREDIENTS

- 4 tsp** olive oil, extra-virgin, divided
- ▲ **8 cup(s)** uncooked cauliflower, fresh, florets
- ¼ cup(s)** water
- ▲ **2 cup(s)** grape tomatoes, halved
- 1 Tbsp** minced garlic
- ¾ tsp** kosher salt
- ½ tsp** black pepper, freshly ground

▲ = Weight Watchers Power Foods

### INSTRUCTIONS

In a large, deep, 12-inch nonstick skillet, heat 2 teaspoons oil over medium-high heat. Add cauliflower; cover and cook, stirring occasionally and adding a tablespoon or two of water if needed, until cauliflower is golden in spots and almost tender, about 6 to 8 minutes.

Add remaining 2 teaspoons oil, tomatoes, garlic, salt and pepper; cook, stirring, until tomatoes soften and cauliflower is tender, about 3 minutes. Yields about 1 cup per serving.

**Notes:** If you prefer your vegetables really browned, consider roasting this recipe instead.

# Italian-Inspired Vegetable Soup

PointsPlus® value: 1 | Servings: 12 | Prep time: 30 minutes | Cook time: 20 minutes ▲ = Weight Watchers Power Foods

## INGREDIENTS

- ▲ 2 cup(s) escarole, chopped
- 2 clove(s) (medium) garlic clove(s), minced
- ▲ 1 cup(s) uncooked onion(s), chopped
- ▲ 2 cup(s) fresh spinach, baby leaves
- ▲ 2 small uncooked zucchini, cubed
- ▲ 1 medium sweet red pepper(s), chopped
- ▲ 1 medium uncooked fennel bulb(s), thinly sliced
- 6 cup(s) vegetable broth
- ▲ 28 oz canned diced tomatoes, preferably fire-roasted
- ¼ tsp crushed red pepper flakes
- 2 tsp fresh thyme, fresh, finely chopped
- 1 tsp fresh oregano, finely chopped
- ¾ tsp table salt
- ¼ tsp black pepper
- ¼ cup(s) fresh parsley, fresh, chopped
- ¼ cup(s) basil, fresh, leaves

## INSTRUCTIONS

Put escarole, garlic, onions, spinach, zucchini, red pepper, fennel, vegetable broth, diced tomatoes, red pepper flakes, thyme and oregano into a large soup pot. Cover and bring to a boil over high heat. Reduce heat to low, and simmer, partly covered, for about 10 minutes.

Stir in salt, black pepper, parsley and basil. Serve. Yields about 1 cup per serving.

**NOTE:** Toss in white beans or chopped shrimp for a heartier soup; sprinkle on Parmesan cheese for extra flavor (could affect PointsPlus values).



# Shrimp with Spicy Tomato Sauce



5  
pointsplus®  
value

**PointsPlus®** Value: 5

**Servings:** 4 | **Prep time:** 13 minutes | **Cook time:** 15 minutes

## INGREDIENTS

**1 Tbsp** olive oil, extra-virgin, divided

▲ **1 pound(s)** uncooked shrimp, large-size, peeled and deveined (21 to 25 per lb)

**4 tsp** minced garlic, divided

**¾ tsp** table salt, divided

**½ tsp** crushed red pepper flakes, or to taste

▲ **28 oz** canned tomatoes, whole, in juice, coarsely crushed

**½ cup(s)** basil, fresh, chopped

▲ = Weight Watchers Power Foods

## INSTRUCTIONS

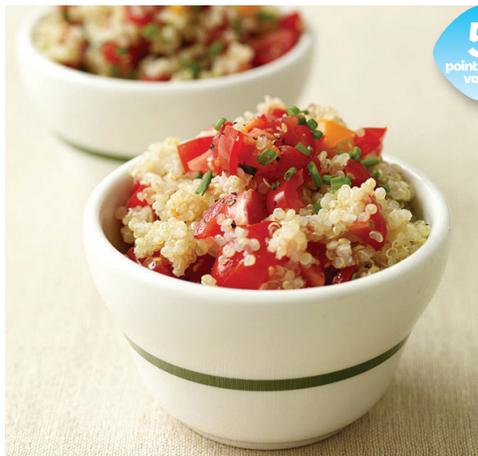
Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add shrimp, 1 teaspoon garlic and ¼ teaspoon salt; sauté until shrimp are just cooked through, about 2 to 3 minutes. Remove to a plate.

Heat 1 more teaspoon oil in same skillet over low heat. Add remaining tablespoon garlic and crushed red pepper; cook, stirring a few times, until fragrant, about 30 seconds.

Add tomatoes and remaining ½ teaspoon salt to skillet; bring to a simmer over medium-low heat, scraping any browned bits of food from bottom of skillet. Simmer until slightly thickened, stirring occasionally, about 10 minutes.

Return shrimp and any juices to skillet; heat through. Stir in basil until wilted. Remove from heat; stir in remaining 1 teaspoon oil and season with additional crushed red pepper, if desired. Yields a generous ¾ cup per serving.

# Quinoa and Tomato Salad



5  
pointsplus®  
value

**PointsPlus®** Value: 5

**Servings:** 4 | **Prep time:** 10 minutes | **Cook time:** 18 minutes

## INGREDIENTS

▲ **1 cup(s)** uncooked quinoa

▲ **2 cup(s)** grape tomatoes, or cherry tomatoes, red and/or yellow\*

**1 Tbsp** olive oil

**1 Tbsp** white wine vinegar, or more to taste

**½ tsp** table salt, or more to taste

**¼ tsp** black pepper, or more to taste

**2 Tbsp** chives, fresh, minced

▲ = Weight Watchers Power Foods

## INSTRUCTIONS

Put quinoa in a fine-mesh sieve or fine strainer. Place under cold running water until water runs clear (this eliminates the bitter taste contained in quinoa's coating); drain well. (Or you can buy certain brands of quinoa that are pre-rinsed.)

Place rinsed quinoa in a medium saucepan and cover with 2 cups of cold water; bring to a boil over high heat. Reduce heat to low, cover and simmer until the grains are translucent and the germ has come out of each grain, about 15 minutes. Cover and remove from heat; let sit for 5 minutes.

Spoon quinoa into a large bowl and set aside to cool. Meanwhile, finely chop tomatoes, reserving 2 tablespoons of the tomato juice; set tomatoes aside.

In a cup, combine tomato juice, oil, vinegar, salt, pepper and chives; stir well. When quinoa is at room temperature, stir in chopped tomatoes; add tomato vinaigrette and toss again. Yields about 1¼ cups per serving.

**\*Note:** If desired, substitute 2 large tomatoes for the grape tomatoes. Vary this recipe by using fresh basil, thyme, cilantro or oregano instead of the chives.

# Roasted Sirloin Beef

PointsPlus® value: 4 | Servings: 8 | Prep time: 10 minutes | Cook time: 20 minutes ▲ = Weight Watchers Power Foods

## INGREDIENTS

2 spray(s) cooking spray

▲ 2 pound(s) uncooked lean trimmed sirloin beef

1 tsp table salt, or to taste

1 tsp black pepper, freshly ground, or to taste

4 clove(s) (medium) garlic clove(s), minced

2 Tbsp rosemary, fresh, minced, or 2 tsp dried rosemary

2 Tbsp fresh oregano, minced, or 2 tsp dried oregano

## INSTRUCTIONS

Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray.

Season beef all over with salt and pepper; transfer to prepared pan.

Combine garlic, rosemary and oregano in a small bowl. Rub herb mixture all over top of beef; gently press mixture into beef with your hands so it sticks.

Roast until a thermometer inserted in center of beef reads a minimum of 145°F, about 20 minutes.

Let beef stand 5 minutes before slicing against grain. Yields about 3 ounces per serving.

**Note:** Serve with roasted potatoes and Brussel sprouts for a complete meal.



## Sautéed Spinach with Crispy Garlic



2  
pointsplus<sup>®</sup>  
value

**PointsPlus**® value: 2

**Servings:** 6 | **Prep time:** 8 minutes | **Cook time:** 7 minutes

### INGREDIENTS

**1 Tbsp** olive oil, extra virgin

**4 clove(s)** (medium) garlic clove(s), thinly sliced

▲ **32 oz** fresh spinach, baby leaves

**½ tsp** table salt

**¼ tsp** crushed red pepper flakes

▲ = Weight Watchers Power Foods

### INSTRUCTIONS

Heat oil in a large nonstick skillet over medium heat. Add sliced garlic and let garlic sizzle in oil, tossing occasionally, until light golden, about 2 ½ minutes; remove to a plate with a slotted spoon.

Add half of spinach to same skillet and cook, tossing with tongs, until spinach wilts, about 1 ½ to 2 minutes; remove to a serving bowl. Add remaining spinach to skillet and cook, tossing with tongs, until spinach wilts, about 1 ½ to 2 minutes; remove skillet from heat.

Return cooked spinach to skillet (discard any liquid in bowl) and sprinkle with salt and pepper flakes; toss to coat. Spoon into bowl and sprinkle with garlic (toss just before serving for garlic to stay crisp). Yields about ⅔ cup per serving.

## Roasted Potatoes with Fresh Herbs



5  
pointsplus<sup>®</sup>  
value

**PointsPlus**® value: 5

**Servings:** 6 | **Prep time:** 10 minutes | **Cook time:** 45 minutes

### INGREDIENTS

▲ **3 pound(s)** uncooked potato(es), Russet-variety (about 3 large)

▲ **1 Tbsp** olive oil, extra-virgin

**¼ tsp** kosher salt, or to taste

▲ **⅛ tsp** black pepper, freshly ground

**1 ½ Tbsp** fresh parsley, flat-leaf, minced

**1 ½ tsp** lemon zest

**1 tsp** minced garlic

▲ = Weight Watchers Power Foods

### INSTRUCTIONS

Preheat oven to 450°F. Place oven racks in top ⅓ of oven. Line two baking sheets with parchment paper (or use nonstick baking sheets coated with cooking spray).

Peel potatoes and slice horizontally into ¼-inch-thick slices; place on prepared baking sheets. Drizzle potatoes with oil and gently toss to coat (use your hands to rub oil onto both sides of each slice); season to taste with salt and pepper. Make sure potatoes are in a single layer and roast until browned on bottom, about 25 minutes. Flip potatoes and rotate baking sheets; roast until browned on other side, about 20 to 25 minutes more (you can season this side with salt and pepper too, if desired).

Meanwhile, in bottom of a large serving bowl, combine parsley, lemon zest and garlic. Add potato slices; gently toss. Yields ½ sliced potato per serving.

# Meals-in-One

Warm and hearty, these one-bowl dishes make for easy prep and cleanup, so you can spend more time savoring good food and great company.

## Chicken Teriyaki with Broccoli

**PointsPlus®** value: 7 | **Servings:** 4 | **Prep time:** 20 minutes | **Cook time:** 13 minutes ▲ = Weight Watchers Power Foods

### INGREDIENTS

- 1 **spray(s)** cooking spray
- 2 **clove(s)** (medium) garlic clove(s), minced
- ▲ 1 **pound(s)** uncooked boneless skinless chicken breast(s), cut into 1-inch cubes
- ▲ 4 **medium** uncooked scallion(s), chopped (green and white parts)
- ▲ ½ **cup(s)** reduced-sodium chicken broth
- 2 **Tbsp** teriyaki sauce
- ▲ 2 **cup(s)** cooked brown rice, regular or instant, kept hot
- ▲ 4 **cup(s)** uncooked broccoli, fresh, florets, steamed\*

### INSTRUCTIONS

Coat a large nonstick skillet with cooking spray and set pan over medium-high heat. When hot, add garlic; cook, stirring, about 1 minute. Add chicken; cook until golden brown on all sides, stirring often, about 5 minutes.

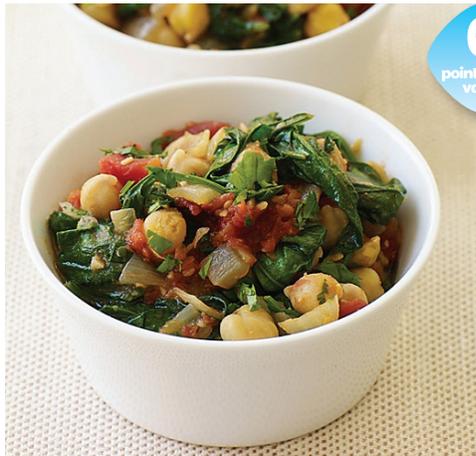
Add scallions; cook until soft, stirring, about 2 minutes. Add broth and teriyaki sauce; simmer until chicken is cooked through and sauce reduces slightly, about 5 minutes.

Spoon ½ cup of cooked rice into each of 4 shallow bowls; spoon about 1 cup of chicken mixture and ½ cup of broccoli over each serving.

**\*Notes:** To steam broccoli, place florets in a microwave-safe dish, add about ½ inch of water and cover dish. Microwave on high until crisp-tender, about 4 minutes. Or to steam in a saucepan, set broccoli in a steamer basket or colander over simmering water, cover and steam until crisp-tender, about 4 to 5 minutes.



# Chickpea and Spinach Stew



**6**  
pointsplus  
value

**PointsPlus**® value: 6  
**Servings:** 6 | **Prep time:** 16 minutes | **Cook time:** 22 minutes

## INGREDIENTS

- 2 tsp olive oil, extra-virgin
- ▲ 2 small uncooked onion(s), chopped
- 1 tsp table salt, divided
- 2 clove(s) (medium) garlic clove(s), minced
- 2 tsp ground cumin
- 1 tsp ground ginger
- ▲ 15 oz canned diced tomatoes, packed in their own juice, undrained
- ▲ 45 oz canned chickpeas (undrained), rinsed and drained
- ▲ 10 oz fresh spinach, baby leaves
- 2 Tbsp water
- 1 Tbsp fresh lemon juice
- ¼ cup(s) cilantro, fresh, chopped
- ▲ = Weight Watchers Power Foods

## INSTRUCTIONS

Heat oil in a large nonstick skillet over medium-low heat. Add onion and ½ teaspoon salt; cook, stirring frequently, until softened, about 10 minutes. Stir in garlic, cumin and ginger; cook for 1 minute. Add tomatoes and their juice, and chickpeas; stir to combine and mash chickpeas slightly with a potato masher.

Using tongs, toss in spinach and sprinkle mixture with water; cook, covered, until spinach is wilted, tossing mixture once half-way through, about 5 to 10 minutes. Stir in lemon juice, cilantro and remaining ½ teaspoon salt. Yields about 1 ¼ cups per serving.

**Notes:** Throw in ¼ teaspoon cayenne to turn up the heat.

# Quick Beef and Pinto Bean Chili



**8**  
pointsplus  
value

**PointsPlus**® value: 8  
**Servings:** 4 | **Prep time:** 14 minutes | **Cook time:** 8 minutes

## INGREDIENTS

- 1 spray(s) cooking spray
- 1 clove(s) (medium) garlic clove(s), minced
- ▲ 1 package(s) frozen mixed vegetables, chopped onion and bell pepper mixture
- ▲ 1 pound(s) uncooked 93% lean ground beef
- ▲ 14 ½ oz canned diced tomatoes, with chipotle chiles\*
- ▲ 1 cup(s) canned crushed tomatoes, fire-roasted
- 2 tsp chili powder, medium heat suggested
- ¼ tsp dried oregano, crushed
- ½ tsp table salt
- ¼ tsp black pepper
- ▲ 15 oz canned pinto beans, rinsed and drained
- ▲ = Weight Watchers Power Foods

## INSTRUCTIONS

Coat a large skillet with cooking spray; heat over medium-high heat. Add garlic and frozen vegetables; cook, stirring occasionally, until vegetables thaw and any liquid evaporates, about 3 minutes. Add beef; cook, stirring frequently, breaking up clumps of beef with a wooden spoon, about 2 minutes.

Add diced tomatoes, crushed tomatoes, chili powder, oregano, salt, black pepper and beans; cook over high heat, stirring occasionally, until some liquid evaporates, meat is cooked through and chili thickens slightly, about 3 minutes. Yield about 1 ¼ cups per serving.

**\*Notes:** If you can't find canned diced tomatoes with chipotle chilies, either use a 14.5 ounce can of plain diced tomatoes and add ½ teaspoon of chipotle chile powder to the mixture, or substitute a 14.5 ounce can of diced tomatoes with green chilies (the latter will be quite spicy).

Substitute lean ground turkey or chicken for the beef if you prefer (could affect **PointsPlus** values and cooking time).

# Snack Break

Feeling munchy? Cut up some veggies and dig into these dips.

## Crudites with Garlicky White Bean Dip

PointsPlus<sup>®</sup> value: 4 | Servings: 4 | Prep time: 20 minutes | Cook time: 2 minutes ▲ = Weight Watchers Power Foods

### INGREDIENTS

- 1 tsp olive oil, extra-virgin
- 3 clove(s) (medium) garlic clove(s), minced
- ▲ 15 ½ oz canned cannellini beans, drained and rinsed
- 1 ½ Tbsp fresh lemon juice
- 1 ½ Tbsp water
- ½ tsp table salt, or to taste
- ½ tsp black pepper, or to taste
- ½ tsp paprika, or chopped fresh parsley (optional)
- ▲ 1 small yellow pepper(s), or red pepper, cut into thick slices
- ▲ 12 medium fresh cherry tomato(es)
- ▲ 1 small cucumber(s), cut into spears
- ▲ 3 medium uncooked carrot(s), peeled and cut into sticks

### INSTRUCTIONS

To prepare dip, heat oil in a small saucepan over medium heat; sauté garlic, stirring constantly, until garlic just begins to turn golden, about 1 to 2 minutes. Remove from heat and let cool slightly.

In a food processor (or blender), combine oil mixture, beans and lemon juice. Process until smooth, slowly adding 1 to 2 tablespoons of water to obtain a thick yet creamy consistency; season to taste with salt and pepper.

Transfer dip to a small bowl and garnish with paprika or chopped parsley, if desired. Serve with prepared vegetables. Yields about ¼ cup of dip and 1 cup of vegetables per serving.



# Green Pea Dip



1  
pointsplus  
value

**PointsPlus**® value:1

**Servings:** 8 | **Prep time:** 10 minutes | **Cook time:** 5 minutes

## INGREDIENTS

- ▲ 10 oz frozen baby peas
- 1 Tbsp olive oil
- 1 Tbsp fresh lime juice
- ¾ tsp ground cumin
- ½ tsp table salt
- ▲ 1 medium plum tomato(es), seeded, diced
- ▲ 2 Tbsp (chopped) uncooked red onion(s)
- 3 Tbsp cilantro, fresh, chopped
- ¼ tsp hot pepper sauce, or to taste

▲ = Weight Watchers Power Foods

## INSTRUCTIONS

Bring a small saucepan half full of water to a boil. Add peas; cook until tender, about 4 to 5 minutes. Drain peas and rinse under cold running water; drain again.

Put peas, oil, lime juice, cumin and salt in a food processor; process until smooth and scrape into a bowl. Stir in tomato, onion, cilantro and hot pepper sauce; cover and refrigerate at least 15 minutes for flavors to blend. Let come to room temperature before serving. Yields about 3 tablespoons per serving.

**Notes:** Can be made a day ahead. Another option is to replace the oil with 2 tablespoons of reduced-fat sour cream (could affect **PointsPlus** value).

# Spring Pea and Tofu Dip



1  
pointsplus  
value

**PointsPlus**® value:1

**Servings:** 8 | **Prep time:** 12 minutes | **Cook time:** 3 minutes

## INGREDIENTS

- ▲ 10 oz frozen green peas, or fresh peas, sweet baby variety
- ▲ 8 oz lite silken tofu
- 1 Tbsp olive oil, extra virgin
- 1½ tsp lemon zest
- 2 Tbsp fresh lemon juice
- 1 tsp table salt, or to taste
- ¼ tsp black pepper, coarsely ground, or to taste
- ½ cup(s) mint leaves, fresh, firmly packed
- ▲ ½ cup(s) uncooked scallion(s), chopped

▲ = Weight Watchers Power Foods

## INSTRUCTIONS

Bring a medium saucepan half full of water to a boil; add peas. Return to a boil; boil 1 minute to soften skins. Drain and rinse under cold water; drain again.

Put peas into the bowl of a food processor; add tofu, oil, lemon zest, lemon juice, salt and pepper. Process until mixture is smooth. Add mint and scallions; pulse until finely chopped.

Scrape mixture into a bowl and refrigerate at least 30 minutes for flavors to blend (or cover and refrigerate up to 2 days). Garnish with additional sliced scallions or mint, if desired. Yields about ¼ cup per serving.

# Black Bean and Poblano Dip



1  
pointsplus  
value

**PointsPlus**® value: 1

**Servings:** 12 | **Prep time:** 12 minutes | **Cook time:** 0 minutes

## INGREDIENTS

- ▲ **2 cup(s)** poblano chile, fresh, seeded, deveined, chopped (about 4 medium)
- ▲ **14 ½ oz** canned black beans, rinsed and drained
- 1 cup(s)** cilantro, fresh, leaves
- 1 tsp** table salt
- ▲ **1 cup(s)** uncooked scallion(s), chopped
- ▲ **1 cup(s)** fresh tomato(es), chopped
- 2 Tbsp** fresh lime juice

▲ = Weight Watchers Power Foods

## INSTRUCTIONS

Combine all ingredients in a food processor or blender; process to desired consistency. Yields about ¼ cup per serving.

# Black Bean Dip



1  
pointsplus  
value

**PointsPlus**® value: 1

**Servings:** 8 | **Prep time:** 5 minutes | **Cook time:** 0 minutes

## INGREDIENTS

- ▲ **15 oz** canned black beans, rinsed and drained
- 1 cup(s)** cilantro, fresh, leaves, loosely packed, plus extra for garnish
- ▲ **½ cup(s)** fat free salsa
- ▲ **½ cup(s)** plain fat free yogurt
- 1 tsp** ground cumin
- ¼ tsp** table salt

▲ = Weight Watchers Power Foods

## INSTRUCTIONS

Put all ingredients in a food processor or blender; blend until desired consistency—either chunky or smooth. Spoon dip into a serving bowl and garnish with cilantro. Yields about ¼ cup of dip per serving.

**Notes:** This dip will stay fresh for up to one day in the refrigerator. Double the recipe if you're expecting a large crowd.

# Rise and Shine!

Start the day off right with one of our favorite breakfast ideas.

## Mexican Scrambled Egg Sandwiches



5  
pointsplus  
value

**PointsPlus**® value: 5

**Servings:** 6 | **Prep time:** 10 minutes | **Cook time:** 3 minutes

### INGREDIENTS

- 2 **spray(s)** cooking spray
- ▲ 6 **large** eggs
- ▲ 4 **item(s)** (large) egg white(s)
- ▲ 3 **Tbsp** uncooked scallion, sliced
- 2 **Tbsp** cilantro, fresh, chopped
- ½ **tsp** table salt
- ⅛ **tsp** black pepper, freshly ground
- ▲ ¾ **cup(s)** fat free salsa, chunky variety
- ▲ 6 **item(s)** light English muffin, split and toasted

▲ = Weight Watchers Power Foods

### INSTRUCTIONS

Coat a large nonstick skillet with cooking spray; place over medium-high heat. In a bowl, beat together eggs, egg whites, scallions, cilantro, salt and pepper until blended; pour into skillet and scramble just until barely set, about 2 ½ minutes (egg mixture should still be slightly wet; be careful not to overcook).

Remove from heat and gently fold in salsa.

Place ⅙ of eggs on top of each muffin bottom. Top with muffin tops. Yields 1 sandwich per serving.

**Notes:** Want to eat it on the run? Wrap it up in whole grain flour tortilla and make a breakfast burrito instead (might affect **PointsPlus** values).

Add fresh sliced tomato, sliced water-packed roasted red peppers and/or jalapeno slices, if desired.

## Yogurt, Fruit & Cereal Sundaes



6  
pointsplus  
value

**PointsPlus**® value: 6

**Servings:** 1 | **Prep time:** 5 minutes | **Cook time:** 0 minutes

### INGREDIENTS

- ▲ 1 **cup(s)** fat-free plain Greek yogurt
- ▲ ½ **cup(s)** strawberries chopped
- ▲ 12 ½ **gm** shredded wheat half a large 'biscuit'
- ▲ 1 **cup(s)** fat-free latte *without added sugar*

▲ = Weight Watchers Power Foods

### INSTRUCTIONS

Top yogurt with berries and crumble cereal over top. Enjoy with a latte.

**Swaps:** Start with artificially sweetened fat-free yogurt, fat-free ricotta cheese or fat-free cottage cheese. Top with kiwi or apple. Top with sugar-free 100% bran cereal.

**Flavor Boosts:** Ground cinnamon, almond extract and/or sugar substitute

# Spinach and Cheddar Frittata



3  
pointsplus  
value

**PointsPlus**® value: 3

**Servings:** 4 | **Prep time:** 12 minutes | **Cook time:** 10 minutes

## INGREDIENTS

- ▲ 4 large egg(s)
- ▲ 2 large egg white(s)
- ▲ 1 cup(s) fresh spinach, fresh, baby leaves, chopped
- ▲ 2 Tbsp uncooked scallion(s), finely chopped
- 1/4 tsp table salt
- 1/4 tsp black pepper
- 1 spray(s) cooking spray
- ▲ 1/2 cup(s) (shredded) fat-free hard or semi-soft cheese, Cheddar variety

▲ = Weight Watchers Power Foods

## INSTRUCTIONS

Preheat oven to 400°F.

In a large bowl, beat together eggs and egg whites; stir in spinach, scallion, salt and pepper.

Coat a 12-inch ovenproof nonstick skillet with cooking spray; heat skillet over medium heat. Pour egg mixture into skillet and cook until partially set, about 5 minutes.

Sprinkle cheese over eggs. Place skillet in oven and bake until cheese softens and eggs firm up, about 5 minutes. Remove from oven and let stand 1 minute before cutting into 8 wedges. Yields 2 wedges per serving.

# Fruit and Cheese “Danish”



5  
pointsplus  
value

**PointsPlus**® value: 5

**Servings:** 1 | **Prep time:** 5 minutes | **Cook time:** 0 minutes

## INGREDIENTS

- ▲ 2 slice(s) reduced-calorie whole wheat bread toasted
- ▲ 1/2 cup(s) fat-free ricotta cheese
- ▲ 1/2 cup(s) fresh blueberries
- 1/2 tsp sugar substitute or to taste
- 1/4 tsp ground cinnamon or to taste
- 8 fl oz black coffee

▲ = Weight Watchers Power Foods

## INSTRUCTIONS

Spread each slice of toast with 1/4 cup ricotta; top each with 1/4 cup berries. Combine sugar substitute with cinnamon; sprinkle over top. Broil until berries just start to burst and pair with coffee.

**Swaps:** Start with light English muffin or thin sandwich bread; top with thinly sliced banana, pear or apple.

**Flavor Boosts:** Ground nutmeg, fresh mint and/or lemon zest