

Happy Holidays GoaD 2006



*Thanks to everyone who contributed. This is cookbook
Is dedicated to all of you.*

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Appetizers and Dips

Apple Dip

LIGHT CHEX MIX

Peter Rabbit Dip

Taco Dip



Apple Dip

1 cup fat free plain yogurt

1 pkg sugar free/fat free butterscotch instant pudding mix

Take 1/2 of the pudding mix and stir into yogurt.

Recipe Source

Author: Tori

LIGHT CHEX MIX

12 1-cup servings, 2 POINTS each

3 cups Rice Chex
3 cups Corn Chex
3 cups cheerios
3 cups pretzels
Butter cooking spray
2 tsp Worcestershire sauce
2 tsp butter flavored sprinkles
1/2 tsp garlic powder (or more)
1/2 tsp seasoned salt
1/2 tsp onion powder (or more)

In 15" x 10" x 1" baking pan, combine cereals & pretzels. Lightly coat with a butter cooking spray, drizzle with Worcestershire sauce. Combine remaining ingredients & sprinkle over cereal mix. Bake at 200 degrees for 1 1/2 hours, stirring every 30 minutes. Cool. Store in airtight container.

Peter Rabbit Dip

Points - 1

- 1 cup nonfat cream cheese, softened
- 1 cup nonfat sour cream
- 1 cup chopped radishes
- 1/2 cup chopped carrots
- 1/2 cup chopped scallions
- 1/2 cup chopped green pepper
- 1/2 cup chopped celery
- 1/4 tsp black pepper
- dash of hot pepper sauce

Combine cream cheese and sour cream.

Stir in radishes, carrots, scallions, green pepper, celery, black pepper and hot pepper sauce.

Serves 60

Nutrition Facts

Amount Per Serving			
<u>Calories</u>			37.00
Calories From Fat (0%)			0.00
			% Daily Value
<u>Total Fat</u> 0.00g			0%
<u>Dietary Fiber</u> 0.00g			0%
<u>Protein</u>			0%

Recipe Source

Author: loudoo

Source: www.halfmysize.com

Taco Dip

- 1 16 oz container low fat sour cream
- 1 jar of salsa
- 1 package of taco seasoning

mix together serve with baked tortilla chips or homemade pita crisps

Can use dry Ranch dressing mix instead of taco seasoning for a different taste.

Serves 1

Nutrition Facts

Amount Per Serving		
Calories		861.02
Calories From Fat (58%)		499.68
		% Daily Value
Total Fat 54.85g		84%
Saturated Fat 34.55g		173%
Cholesterol 226.80mg		76%
Sodium 4156.38mg		173%
Potassium 1724.76mg		49%
Carbohydrates 65.96g		22%
Dietary Fiber 7.09g		28%
Sugar 36.99g		
Sugar Alcohols 0.00g		
Net Carbohydrates 58.87g		
Protein 26.90g		54%

Nutritional info calculated for the entire recipe not individual servings

Recipe Source

Author: Loudoo

Note: To make pita chips, cut 5 (6-inch) pitas or tortillas into 8 wedges each. Arrange on a baking sheet coated with cooking spray. Lightly coat tops of wedges with cooking spray and sprinkle with 1/2 tsp garlic powder and 1/4 tsp salt. Bake at 375F for 8 minutes or until lightly browned.

Breads and Muffins

Almost No Fat Banana Bread
Banana Bread
Chocolate Muffins
Deep Choco Chip 1 Pt Muffins
French Market Beignet
Orange Muffins
Peanut Butter Muffin
Pumpkin Muffins
Pumpkin Spice Muffins
Zucchini Bread



Almost No Fat Banana Bread

10 servings @ 1 pt each

- 1 1/2 cups whole grain wheat flour*
- 3/4 cup splenda (or other artificial sweetener)
- 1 1/4 tsp baking powder
- 1/2 tsp ground cinnamon
- 2 large egg whites
- 1 cup mashed banana
- 1/4 cup unsweetened applesauce
- 1/2 tsp baking soda

Preheat oven to 350 degrees

Mix flour, sugar, baking powder, baking soda and cinnamon. Add egg whites, banana and applesauce just until combined. Pour into a lightly greased 8X4 loaf pan. Bake at 350 degrees for 50-55 minutes until a toothpick comes out clean.

*Other options: Use all-purpose white flour and add a point per slice or divide loaf into 16 slices for 1 point each.

Serves 10

Nutrition Facts

Amount Per Serving		
Calories		81.40
		% Daily Value
Total Fat		0%
Cholesterol 0.00mg		0%
Sodium 136.00mg		6%
Dietary Fiber 2.70g		11%
Protein 3.30g		7%

Banana Bread

3 Points Per Serving

- 3 ripe bananas, well mashed
- 1/3 cup sugar
- 1/2 cup egg substitute
- 1 tsp salt (optional)
- 2 cups flour
- 1 tsp baking soda

Preheat oven to 350°. Spray a loaf pan with cooking spray. Mix the bananas and egg substitute together in a large bowl. Stir in the flour, sugar, salt and baking soda; blend. Put the batter in the pan and bake 1 hour or until a toothpick inserted in the center comes out clean. Remove from pan to a wire rack. Serve still warm or cooled

Serves 10

Nutrition Facts

Amount Per Serving			
<u>Calories</u>			154.00
<u>Calories From Fat (2%)</u>			3.56
			% Daily Value
<u>Total Fat</u> 0.40g			1%
<u>Saturated Fat</u> 0.10g			1%
<u>Cholesterol</u> 0.00mg			0%
<u>Sodium</u> 143.00mg			6%
<u>Carbohydrates</u> 34.00g			11%
<u>Net Carbohydrates</u> 34.00g			
<u>Protein</u> 4.00g			8%

Recipe Source

Author: amymyamy

Source: Recipe by Heart Healthy web site

This is pure and simple banana bread, heavy, moist and dark.

Chocolate Muffins

Servings: 48-mini 24-reg Points: mini- 1pt reg: 2 pts

3 cups All bran cereal (twig-like)

2 1/2 cups water

1 1/2 tsp baking powder

1 box reduced fat brownie mix

Soak cereal in water for 5 minutes. Add baking powder and brownie mix. Bake at 350 for 20-25 minutes.

Recipe Source

Author: Tori

Deep Choco Chip 1 Pt Muffins

From the Kitchen of AMANDEB

1 3/4 cup whole wheat flour
3 items egg white(s)
3/4 cup unsweetened cocoa
1/2 cup semi-sweet chocolate chips
1/2 cup Musselman's Natural Unsweetened Apple
Sauce
1 1/2 tsp vanilla extract
1/2 cup Land O Lakes Fat-free Gourmet Half & Half
1 1/2 Tbs vinegar
1 1/2 tsp baking powder
1 1/2 tsp baking soda
1/4 tsp table salt
1 1/2 cup water
1 cup sugar
3 tbs fiber sure clear mixing fiber supplement

Prepare 24 cupcake papers. Mix all dry ingredients together. Then add all wet except for 1 1/2 cups hot water. Then add both together and slowly stir in hot water. Do not over mix. Slowly stir in chocolate chips in. Evenly scoop into cupcake papers and place on top of cookie sheet. Bake at 350 for about 10-12 mins. or until toothpick comes out clean. Let cool for 10 mins. Each muffin= 1 point!!!

Recipe Source

Author: CITALIA48

The batter is very thin and soupy. I didn't think it was going to work. It actually took 20 minutes to bake, when the toothpick came out clean. But they are very rich, moist and chocolately. They taste like the best chocolate cake you ever had. Hard to believe only 1 Pt. The kids love them too. That's how good they are.

I found this recipe on the WW site and I hope you include it because these muffins are simply decadent and only 1 pt. each.

French Market Beignet

POINTS per serving | 1

1 1/2 cup all-purpose flour
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp table salt
1/4 cup sugar, divided
4 oz unsweetened applesauce
1/2 cup fat-free sour cream
1 Tbs margarine, melted
1 tsp vinegar, cider
1/4 tsp ground cinnamon

Preheat oven to 400°F. In a medium-size bowl, stir together flour, baking powder, baking soda, salt and two tablespoons of sugar. In a small bowl, stir together applesauce, sour cream, margarine and vinegar. Stir applesauce mixture into flour mixture. Knead briefly, just until dough comes together. It may be sticky. Turn out onto lightly floured board. Pat into an 8-inch square, 1/4-inch thick. Cut into 16 squares. On a plate, combine remaining sugar and cinnamon. Lightly dip beignets into cinnamon-sugar on both sides. Place on a cookie sheet coated with cooking spray. Bake 13 to 15 minutes or until golden brown. Yields one per serving.

Serves 16

Orange Muffins

24 muffins at 2 pts each

1 box dry yellow cake mix
8 oz can mandarin oranges in light syrup
10 oz diet orange soda
2 egg whites

Beat mix, soda and egg whites for 2 minutes. Add drained mandarin oranges and beat another 30 -60 seconds to mix thoroughly.

Bake at 350 for 20-25 minutes.

Variation: Stir $\frac{1}{4}$ cup coconut into batter for zero additional points.

Cooking Tips

These are less “sticky” than the other diet soda cakes/muffins I have made. They freeze well.

Recipe Source

Author: Rascaloo

Peanut Butter Muffin

estimated POINTS per serving | 2

- 2 cups fiber One cereal
- 1 cup whole wheat flour
- 2 tsp baking soda
- 1/3 tsp salt
- 1/3 cup Egg Beaters 99% egg substitute
- 1/4 cup fat free yogurt, -- or buttermilk
- 1/4 cup applesauce, unsweetened
- 1/4 cup molasses
- 1/4 cup honey
- 1 cup canned pumpkin
- 1/3 cup reduced fat peanut butter
- 1/3 cup raisins or other dried fruit
- 1 1/2 cup water

One hour before baking muffins, place dried fruit in a small bowl, add water to cover to hydrate fruit. Spin Fiber One in food processor or blender until cereal resembles flour; place in a large bowl with 1 1/2 cups water:combine. When ready to bake, heat oven to 400°F. To bowl with Fiber One and water, add flour, baking soda and salt; stir to combine. Add Egg Beaters. yogurt (or buttermilk), applesauce, molasses, honey, peanut butter and pumpkin. Mix just until combined. Drain fruit and fold in to batter. Scoop into muffin cups which have been coated with cooking spray. Bake 25 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack for five minutes; remove from pan to cool completely.

Special Notes: If you don't have a food processor, a blender should work. I've found that spinning the cereal helps to minimize the grainy texture of the fiber. I've tried dozens of muffin recipes, this is by far the best one to date.

Serves 12

Nutrition Facts

Amount Per Serving		
Calories		151.00
Calories From Fat (15%)		23.30
		% Daily Value
Total Fat 3.00g		5%
Carbohydrates 32.00g		11%
Dietary Fiber 7.00g		28%
Net Carbohydrates 25.00g		
Protein 5.00g		10%

Recipe Source

Author: Dailia From the kitchen of LOLIESPAGNOLIE

Pumpkin Muffins

2 cup Kellogg's Original All-Bran
1/2 cup Splenda No Calorie Sweetener
1 Tbs baking powder
1/4 tsp table salt
1 Tbs ground cinnamon
1/2 tsp ground ginger
1/2 tsp ground allspice
1 1/4 cup all-purpose flour
1 1/4 cup fat-free skim milk
1/2 cup Egg Beaters Egg Beaters
1/2 cup Unsweetened Apple Sauce
7 oz canned pumpkin (1/2 of a can)

Preheat the oven to 400 F.

In mixing bowl, stir together flour, splenda, baking powder, ginger, allspice, cinnamon and salt. Set aside.

In a large mixing bowl, combine bran cereal and milk. Let stand for five minutes or until cereal softens.

Add egg beaters, apple sauce and pumpkin. Mix well.

Add flour mixture, stirring only until combined.

Portion evenly into twelve 2 1/2 inch muffin pan cups coated with cooking spray.

Bake 20 minutes or until lightly browned. Serve warm.

Serves 12

Recipe Source

Author: 4estall

Pumpkin Spice Muffins

Servings: Mini size-48 & Reg - 24 Points: Mini- 1 pt & Reg: 2 pts

- 1 duncan hines spice cake mix
- 1 can pumpkin puree

Mix together. Bake at 350 for 20-25 minutes.

Recipe Source

Author: Tori

Zucchini Bread

Points: 2

- 1 1/4 cups Shredded Zucchini, packed
- 3/4 cup Splenda Granular
- 1/2 cup Brown Sugar
- 1/3 cup Unsweetened Applesauce
- 1 Egg
- 1 tsp Vanilla
- 1 cup Flour
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1/2 tsp Salt
- 1 tsp Cinnamon

Preheat oven to 350 degrees. Place the shredded zucchini into a piece of cheesecloth and squeeze out any liquid. Set aside. IN a small mixing bowl, combine the Splenda, brown sugar, applesauce, egg and vanilla. In a medium-mixing bowl, combine the flour, baking powder, baking soda, salt and cinnamon. Pour the wet ingredients into the dry ingredients and stir to combine. Fold in the zucchini. Spray a 1-quart (5x9) loaf pan (I used glass) with butter flavored cooking spray. Pour the mixture into the loaf pan and bake for 40-45 minutes or until a toothpick inserted into the middle comes out clean.

Serves 8

Nutrition Facts

Amount Per Serving			
Calories			119.00
Calories From Fat (8%)			9.00
			% Daily Value
Total Fat 1.00g			2%
Dietary Fiber 1.00g			4%
Protein			0%

Recipe Source

Author: Amymyamy

Breakfast

Aloha Morning Shake

Crock Pot Berry French Toast

Sausage Cheese Muffins



Aloha Morning Shake

Core or 7 pts. It gives you all the nutrients and fiber you need and it is CORE. I asked the science center about the Whey protein and they said it counts as a milk serving making it Core. It would qualify under low fat (1%) milk. This shake gets both milk servings out of the way.

1 banana
1 egg
2/3 cup uncooked oats
2 scoops protein powder (I use GNC Mega Isolate)
1 cup FF milk
2 tsp Creatine (10 mg)
ice cubes

Recipe Source

Author: Hawaii Don

Some of us like to intake a good protein shake in the mornings. I have developed a pretty good concoction.

Crock Pot Berry French Toast

5 cups mixed berries
3/4 cup sugar
1 tsp ground cinnamon
1 large egg
4 large egg whites, beaten
1 cup skim milk
1 tsp vanilla extract
16 oz French bread,

Put berries, 3/4 cup sugar and cinnamon into bowl and stir gently.

In another bowl, mix egg, egg whites, skim milk and vanilla extract together. Add bread and soak for 5 minutes, turning half-way through.

Spray slow cooker with vegetable cooking spray.

Put bread slices into slow cooker, standing some slices sideways along sides and lining the bottom with remaining pieces. Layer as necessary.

Spoon 3 1/2 cups of sweetened berries over all, reserving rest. Sprinkle the ingredients in the pot with the remaining sugar.

Cook on High for 2 hours, adding remaining berries in last 15 minutes of cooking time.

Serves 8

Cooking Tips

WW PTS 6 per serving, by subbing splenda instead of sugar the pts are lowered to 4

Submitted by Dailia

Recipe Source

Source: From Recipe is from "Eating Well Through Cancer"

Sausage Cheese Muffins

POINTS® Value | 3 Servings | 20

1 lb raw turkey sausage

3 cup Bisquick Reduced-Fat Baking Mix

1 1/2 cup Kraft 2% Finely Shredded Sharp Cheddar
Cheese

10 3/4 oz canned condensed cheese soup

3/4 cup water

Cook sausage in a large skillet until browned. Drain. Combine sausage, baking mix and cheese in a large bowl. Make a well in the center of the mixture. Stir together soup and water. Add to sausage mixture stirring just until dry ingredients are moistened. Spoon into lightly greased muffin pans filling to the top of the cup. Bake at 375 for 20-25 minutes or until lightly browned.

Cookies and Candy

1 point Fudge

Banana Oatmeal Cookies

Chocolate Chip Cookies Recipe

Frozen Peanut Butter Cups

GingerBread People

Miracle peanut butter cookies

Oreo Balls

Peanut Butter Cookies



1 point Fudge

2/3 cup fat-free evaporated milk
1 2/3 cup sugar
1 cup Kraft Jet-Puffed Mini Marshmallows
1 cup semi-sweet chocolate chips
1 tsp vanilla extract
1/8 tsp table salt

Combine the evaporated milk with sugar in a medium saucepan and heat to boiling. Cook 5 minutes over medium heat, stirring constantly. Remove from heat. Add remaining ingredients, stirring until the marshmallows are melted. Pour into a greased 8- or 9-inch square pan. Allow to cool completely before cutting into squares.

Ran through the Recipe Builder and anywhere from 36 pieces up to 64 pieces is 1 point each. So it just depends on what size you're looking for. Yummy! Enjoy!

Banana Oatmeal Cookies

estimated POINTS per serving | 1

1/4 cup country crock light butter-from tub
3 Tbs egg substitute (= to 1 egg)
1/2 cup sugar
1/4 cup packed brown sugar
1/2 tsp vanilla
1 cup flour
1/2 tsp each cinnamon & baking soda
1/4 tsp each baking powder & salt
5 pkts banana & cream breakfast oatmeal

Mix butter, egg white, sugars, & vanilla until creamy. Blend in flour, cinnamon, soda, baking powder, and salt. Mix in oatmeal. Drop by tsp. on cookie sheet. Bake at 375* for 10-12 minutes.

Serves 35

Chocolate Chip Cookies Recipe

2 cups all-purpose flour
1 tsp baking soda
1 tsp salt
4 Tbs light butter
4 oz yogurt cheese, **recipe follows***
12 Tbs sugar substitute (recommended: Splenda)
12 Tbs brown sugar substitute (recommended:
Splenda), **recipe follows****
2 eggs
2 egg whites
2 tsp vanilla extract
1 cup mini chocolate chips

***Yogurt Cheese:**

1 pint plain yogurt

****Sugar Substitute Brown Sugar:**

1/4 cup sugar free maple syrup
1 cup sugar substitute (recommended: Splenda)

Preheat the oven to 350 degrees F.

Line 2 sheet pans with a silicone baking mat or parchment paper and set aside. Alternatively, you can do this in 2 batches.

Sift flour, baking soda, and salt together and set aside. In the bowl of an electric mixer, cream butter, yogurt cheese, and sugar substitutes until smooth. Reduce mixer speed to low and add the eggs, egg whites, and vanilla and blend until incorporated. With mixer still on low speed, add flour mixture and blend until incorporated. Fold in chocolate chips.

Drop batter, in 1 tablespoon-size balls, onto the prepared sheet pan, about 2 inches apart. Flatten cookies a little with the back of a fork. Bake for 10 to 15 minutes or until golden brown and crispy. Let cool on a metal rack.

***Yogurt Cheese:**

Special Equipment: cheesecloth

Line a strainer with cheesecloth. Place the strainer over a bowl. Pour the yogurt into the cheesecloth. Cover and refrigerate for at least 2 hours, or overnight. Discard the liquid in the bowl.

Yield: about 1 1/2 to 1 3/4 cups

****Sugar Substitute Brown Sugar:**

Mix together the syrup and sugar substitute. Stir until sugar substitute is dissolve

Serves 25

Cooking time: 15 minutes

Nutrition Facts

Amount Per Serving			
<u>Calories</u>			113.00
<u>Calories From Fat (32%)</u>			36.00
			% Daily Value
<u>Total Fat</u> 4.00g			6%
<u>Saturated Fat</u> 2.00g			10%
<u>Carbohydrates</u> 15.00g			5%
<u>Dietary Fiber</u> 0.00g			0%
<u>Net Carbohydrates</u> 15.00g			
<u>Protein</u>			0%

Recipe Source

Author: Juan Carlos Cruz Food Network's Calorie Comando

Frozen Peanut Butter Cups

Points: 2

- 1 8oz container of Cool Whip Free
- 1/3 cup reduced fat peanut butter
- 1/4 cup Hershey's light chocolate syrup
- 12 foil cupcake liners

Using a whisk, mix the peanut butter with 1cup of the Cool Whip free. Fold in the remaining cool whip (be careful not to beat all of the air out). Place the foil cup cake liners onto a cupcake pan. Divide the cool whip mixture evenly between the liners (about 2 1/2 tablespoons each). Top each cup with 1 tsp of chocolate syrup. Freeze. Once frozen, place each peanut butter cup into a freezer bag or container. Store in freezer.

Serves 12

Recipe Source

Author: amymyamy

I use Magic Shell for these-the Hershey's never freezes

GingerBread People

1serving = 1pt

2 1/4 cups all-purpose flour (about 10 ounces)

1 1/2 tsp ground ginger

1 tsp ground cinnamon

1/2 tsp baking powder

1/4 tsp baking soda

1/4 tsp salt

1/4 tsp ground nutmeg

1/4 tsp ground cloves

3/4 cup granulated sugar

1/4 cup butter, softened

1/2 cup molasses

1 large egg

Decorations:

1 1/4 cups powdered sugar

2 Tbs 2% milk

1/4 cup colored sugar sprinkles



To prepare cookies, lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 7 ingredients (through cloves) in a large bowl, stirring with a whisk.

Place granulated sugar and butter in a large bowl; beat with a mixer at medium speed until smooth and well blended. Add molasses and egg; beat until well blended. Stir flour mixture into sugar mixture until well blended. Divide dough in half; shape each dough portion into a flat disk. Wrap dough portions separately in plastic wrap; chill 1 hour or until firm.

Preheat oven to 350°.

Remove 1 dough portion from refrigerator; remove plastic wrap. Roll dough to a 1/8-inch thickness on a floured surface. Cut with a 3-inch boy or girl cookie cutter. Place cookies 1/2 inch apart on parchment paper-lined baking sheets. Repeat procedure with remaining dough portion. Bake at 350° for 11 minutes or until edges of cookies are lightly browned. Remove from pans; cool completely on wire racks.

To prepare decorations, combine powdered sugar and milk, stirring until smooth. Spoon mixture into a heavy-duty zip-top plastic bag. Snip a tiny hole in 1 corner of bag. Pipe onto cookies. Decorate as desired with sugar sprinkles.

Serves 5 dozen

Cooking Tips

For a whimsical presentation, arrange these cookies in a lunch box lined with colorful packing paper. Use a variety of cookie cutter sizes to create "families." If you don't want to cut the dough into shapes, roll it into two logs, cover, chill, and

slice into 1/8-inch rounds. Refrigerate the dough up to three days, or freeze up to one month.

Recipe Source

Author: tyler01

Miracle peanut butter cookies

estimated points® per serving | 1

1 cup reduced-fat peanut butter

1 cup sugar

1 egg, beaten

1 tsp Vanilla extract

combine reduced-fat peanut butter and sugar; mix well.

Stir in egg and vanilla extract. Mix well.

Roll dough into (3/4-inch) balls.

Place balls on ungreased cookie sheets.

Flatten with a floured fork.

bake cookies at 350*f. For (10 minutes).

Allow to cool before removing from cookie sheets.

Serves 48

Oreo Balls

1 point each

1 whole package of low-fat Oreos

1 8oz pkg cream cheese

Take a whole package of low-fat Oreos and process in the food processor to make them into crumbs. Add an 8oz package of cream cheese (at room temperature) and process again until it comes together to form a 'dough'. Shape the dough into 70 balls (about 1 tablespoonful) and then chill in fridge for 5 minutes.

Serves 70

Recipe Source

Author: Amymyamy

To make them look cute for the baptism, I drizzled melted light green and melted pink chocolate over them by piping them thru the corner of a ziplock bag with the tip cut off.

They come out to 1 point each. They were a HUGE hit and everybody asked the recipe. Of course, nobody believed me when I told them what it was! LOL. Enjoy!

Peanut Butter Cookies

- 2 1/2 cups all-purpose flour
- 1 1/2 tsp baking soda
- 1 tsp baking powder
- 1/2 cup light butter
- 1/2 cup mashed banana
- 1 cup reduced-fat peanut butter
- 1/2 cup egg substitute
- 1 cup brown sugar
- 1 cup sugar substitute (recommended: Splenda)

Preheat the oven to 350 degrees F. Line 2 sheet pans with a silicone baking mat or parchment paper and set aside. Alternatively, you can do this in 2 batches.

Sift flour, baking soda, and baking powder together and set aside. In the bowl of an electric mixer, blend butter, banana, and peanut butter together. Add egg substitute, brown sugar, and sugar substitute and beat until incorporated. Gradually add the sifted flour mixture to the mixer and continue to mix on low speed until incorporated.

Drop batter, in 1 tablespoon-size balls, onto the prepared sheet pan, about 2 inches apart. Flatten cookies a little with the back of a fork. Bake for 10 minutes or until golden brown and crispy. Let cool on a metal rack.

Serves 25

Cooking time: 10 minutes

Nutrition Facts

Amount Per Serving			
Calories			156.00
Calories From Fat (29%)			45.00
		% Daily Value	
Total Fat 5.00g			8%
Saturated Fat 2.00g			10%
Carbohydrates 23.00g			8%
Dietary Fiber 1.00g			4%
Net Carbohydrates 22.00g			
Protein			0%

Recipe Source

Author: Juan Carlos Cruz - Food Network's Calorie Comando

Desserts

Apple Dessert for One
Brownie in a Cup
Creamy Mocha Delight
Easy Blueberry-Lemon Parfait
Haystacks:
Pudding
Single Better Than Sex Cake
Sinless Banana Split
Apple Cider Cheesecake
Apple Spice Bundt Cake
Berry Dessert Nachos
Better Than Sex Cake.
Butterscotch Haystacks
Cherry Cobbler
Dreamsicle delight pie
ENDLESS POSSIBILITIES ANGEL FOOD CAKE
Four Flavor Sour Cream Pound Cake
Harvest Bread Pudding - Lighter Version
Harvest Bread Pudding Regular Version
HG's Ooey Gooey Cinnalicious Caramel Pumpkin Pudding
Key Lime Pie
Key Lime Pie
Lemon Better Than Sex Cake
Lite 'n Easy Crustless Pumpkin Pie
No-Bake Frost-on-a-Pumpkin-Patch Pie -
Peach Upsidedown Cake
Peanut butter Better Than Sex Cake
Powdered Sugar Substitute
Pumpkin Mousse
Vanilla Better Than "Sex Cake"



Apple Dessert for One

servings | 1 estimated POINTS per serving | 2

- 1 apple, sliced thin
- 2 Tbs cinnamon
- spray pam (butter flavor) or equivalent
- 2 packets equal
- 1 Tbs raisins

Place apple slices in a microwave safe dish. Coat each layer with a spray of butter pam, generous sprinkle of cinnamon, raisins, walnuts, and equal. Once all layers are coated, cover dish with lid or cling wrap. Microwave on med for 1 min 30 sec, and on med-high for 1 min 30 sec or until apple slices are tender.

Brownie in a Cup

Makes one serving at 2 points each

1/4 cup no fat brownie mix, dry (like No Pudge)

2 Tbs water

Mix well in a coffee cup and microwave on high for 1 1/2 minutes. Let cool and top with a spoon of Cool whip Free.

Cooking Tips

Last night I topped it with 1/2 cup Breyers No Sugar Added Double Churned Peanut Butter Tracks ice cream for an additional 2 points. Delicious!

Creamy Mocha Delight

servings | 1 LARGE SERVING estimated POINTS per serving | 3

1 cup of frozen coffee

1 cup of 1% milk

2 servings (1/2 package) of SF FF Chocolate pudding powder

vanilla extract to taste

Put everything into a blender and blend until smooth. It may take a few minutes because it is quite thick but it will become very smooth and creamy like a milkshake

Easy Blueberry-Lemon Parfait

1 cup fresh or thawed frozen blueberries
8 oz carton non-fat lemon yogurt
5 gingersnaps, crumbled

In each of four parfait glasses or tall wineglasses, put 1/2 cup blueberries, followed by 1/2 cup yogurt, then crumbled gingersnaps.

Serves 2

Nutrition Facts

Amount Per Serving		
Calories		227.00
Calories From Fat (12%)		26.26
		% Daily Value
Total Fat 3.00g		5%
Cholesterol 3.00mg		1%
Sodium 134.00mg		6%
Carbohydrates 45.10g		15%
Dietary Fiber 2.20g		9%
Net Carbohydrates 42.90g		
Protein 6.50g		13%

Recipe Source

Author: Jean Carper

Source: USA WEEKEND

Haystacks:

makes 3 haystacks at 1 pt each

1/8 cup choc chips

1/2 cup Fiber 1

Melt chocolate chips and stir in Fiber 1

pudding

1 serving at 1.5 points

1 heaping TBL sf/ff pudding mix
1/2 cup fat free milk

Follow basic package directions

Single Better Than Sex Cake

About 3.5 points

2 Tbs Devils food cake mix

1 Tbs cola (or pumpkin, applesauce, or yogurt)

1 tsp fat free milk

1 Tbs fat free caramel ice cream topping

a few Heath bits or 4-5 choc chips

In a Dixie cup stir cake mix with cola

Poke a few holes, and drizzle on a scant TBL caramel ice cream topping diluted with a little milk

top with heath bits or chocolate chips

Cook on high in a microwave stopping after a minute and then cooking again for 30 seconds repeatedly until done. Don't overcook.

Sinless Banana Split

servings | 1 estimated POINTS per serving | 1 1/2

1/2cup prepared JELL-O sugar free Low calorie Gelatin

Dessert, any flavor

1/2medium banana split lengthwise

2 large strawberries, cut in half

2 Tbs crushed pineapple, well drained

2T COOL WHIP LITE whipped topping

Cut gelatin into cubes. Layer banana with gelatin, strawberries, pineapple and whipped topping in a parfait dish or fancy bowl.

Apple Cider Cheesecake

- 20 oz lite apple pie filling
- 8 oz fat free cream cheese
- 4 pks sugar free apple cider drink mix (individual serving size)
- 4 oz Cool Whip Free, thawed
- 6 oz nonfat yogurt (I used apple turnover flavor)
- 1 reduced fat graham cracker crust

Spread apple pie filling in the bottom of graham crust. In medium mixing bowl, beat cream cheese, yogurt and cider mix until fluffy. Fold in Cool Whip. Pour over apple filling and refrigerate.

Serves 8

Amount Per Serving			
<u>Calories</u>			
Calories From Fat			36.00
			% Daily Value
<u>Total Fat</u> 4.00g			6%
<u>Dietary Fiber</u> 1.00g			4%
<u>Protein</u>			0%

Recipe Source

Source: WW Recipe Review Board

Apple Spice Bundt Cake

Serves 18-3pts per slice

- 1 box spice cake mix,
- 1 can Lucky Leaf Lite Apple Pie Filling (it's sweetened with Splenda),
- 1 whole egg,
- 2 egg whites.

I put the apples in a chopper because my family hates texture! Just mix all these ingredients and pour in a sprayed bundt pan and bake at 350 for 40-45 mins. Cool in pan and then invert onto a serving plate. May dust with powdered sugar

Serves 18

Recipe Source

Author: loudoo

Very moist and tasty!

Be sure and use the liquid from the apple pie filling as well as the apples.

Berry Dessert Nachos

Contributed by Sharee

- 1/2 cup fat-free dairy sour cream
- 1/2 cup frozen fat-free whipped dessert topping, thawed
- Low-calorie sweetener equal to 2 tablespoons sugar
- 1/8 tsp ground cinnamon
- 6 7- to 8-inch fat-free flour tortillas
- Butter-flavor nonstick spray coating
- 1 Tbs sugar
- 1/8 tsp ground cinnamon
- 3 cups raspberries and/or blackberries
- 2 Tbs sliced toasted almonds
- 1 1/2 tsp grated semisweet chocolate

In a small bowl stir together sour cream, dessert topping, liquid sweetener, and 1/8 teaspoon cinnamon; cover and chill.

Meanwhile, cut each tortilla into 8 wedges. Arrange wedges on 2 baking sheets. Lightly spray wedges with nonstick coating. In a small bowl stir together sugar and 1/8 teaspoon cinnamon; sprinkle over tortilla wedges. Bake in a 400 degree F oven about 5 minutes or until crisp. Cool completely on a wire rack.

To serve, place 8 tortilla wedges on each of 6 dessert plates. Top with raspberries and/or blackberries and sour cream mixture. Sprinkle with almonds and grated chocolate.

Serves 6

Preparation time: 20 minutes

Cooking time: 5 minutes

Nutrition Facts

Amount Per Serving		
Calories		195.00
Calories From Fat (9%)		18.47
		% Daily Value
Total Fat 2.00g		3%
Saturated Fat 0.00g		0%
Cholesterol 0.00mg		0%
Sodium 358.00mg		15%
Carbohydrates 38.00g		13%
Dietary Fiber 3.00g		12%
Net Carbohydrates 35.00g		
Protein 5.00g		10%

Better Than Sex Cake

You can use less heath bits if desired. Cut into 24 pieces, 3 pts a piece

- 1 box Devil's Food Cake Mix
- 10 oz Diet Cola
- 1 egg white
- 6 oz Fat Free Caramel ice cream topping
- 7 oz FF sweetned condensed milk
- 1 cup Heath Bar bits (found by the choc. chips)
- 1 container FF cool whip

Mix cake mix, egg white and diet soda. Bake as directed in a 9x13 pan. During the last few minutes of baking, put caramel and condensed milk in a sauce pan and stir on medium low heat until mixed. Take cake out of oven, and poke holes all over the top. Pour caramel mixture over cake, filling in the holes. Sprinkle heath bits over the top, reserving some for the top. Cool completely. Cover with container of cool whip and sprinkle with remaining heath bits. Put in fridge until ready to serve.

Recipe Source

Author: Loudoo & Amymyamy

Butterscotch Haystacks

Tasty treats good for any occasion, these haystacks are mounded with a mixture of peanut butter, butterscotch chips, marshmallows and chow mein noodles. To enjoy in a snap, make them the microwave way.

- 1 2/3 cups (11-oz. pkg.) NESTLÉ® TOLL HOUSE® Butterscotch Flavored Morsels
- 3/4 cup creamy peanut butter
- 1 can (8.5 oz.) or 2 cans (5 oz. each) chow mein noodles
- 3 1/2 cups miniature marshmallows



Line baking sheets or trays with waxed paper.

Microwave morsels in large, microwave-safe bowl on MEDIUM-HIGH (70%) power for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth.

Stir in peanut butter until well-blended. Add chow mein noodles and marshmallows; toss until coated. Drop by rounded tablespoon onto prepared baking sheets. Refrigerate until ready to serve.

Serves 72

Preparation time: 10 minutes

Cooking time: 20 minutes

Nutrition Facts

Amount Per Serving			
Calories			56.07
Calories From Fat (37%)			20.85
			% Daily Value
Total Fat 2.49g			4%
Saturated Fat 0.46g			2%
Cholesterol 0.35mg			0%
Sodium 30.13mg			1%
Potassium 21.43mg			1%
Carbohydrates 8.11g			3%
Dietary Fiber 0.29g			1%
Sugar 1.66g			
Sugar Alcohols 0.00g			
Net Carbohydrates 7.82g			
Protein 0.99g			2%

Recipe Source

Source: Nestlé

Cherry Cobbler

6 Points

- 1 can 21 oz cherry pie filling (note: not light)
- 1 cup all-purpose flour
- 1/4 cup sugar
- 1/4 cup margarine or butter, melted
- 1/2 cup milk
- 1 tsp baking powder
- 1/2 tsp almond extract
- 1/4 tsp salt

Spray inside of 2 -3 1/2 qt. Slow cooker with cooking spray. Pour pie filling into cooker. Beat remaining ingredients with spoon until smooth. Spread batter over pie filling. Cover and cook on HIGH 1 1/2 to 2 hrs. or until toothpick inserted in center comes out clean.

Serves 6

Nutrition Facts

Amount Per Serving			
Calories			270.00
Calories From Fat (7%)			18.00
			% Daily Value
Total Fat 2.00g			3%
Dietary Fiber 2.00g			8%
Protein			0%

Dreamsicle delight pie

it comes to about 5 points per serving

8 oz fat free cream cheese

12 oz lite frozen cool whip

dash of vanilla

1 small sugar free lime OR orange jello

1 small can pineapple tidbits, drained

1 small can mandarin orange slices, drained

1 low fat graham cracker crust

Cream together cream cheese and frozen topping. Blend until smooth.

Add dash of vanilla and mix. Sprinkle jello over mixture and blend.

When completely smooth and creamy, fold in drained fruit. Put mixture into pie crust and refrigerate for several hours.

Serves 8

Recipe Source

Author: loudoo

I often make the filling and serve it with reduced fat graham crackers, only a few points and really good!! Lime is my favorite, raspberry is good too!

ENDLESS POSSIBILITIES ANGEL FOOD CAKE

Points: 3, unless otherwise noted

Serves 12

Cooking Tips

1 angel food cake mix

see variations below

Mix the angel food cake mix and desired flavor ingredients together and beat by hand until blended. Pour into 13x9 ungreased pan and bake at 350 for 35-40 minutes. Cool upside down.

(Muffins: bake 10-12 minute.)

Pineapple -- 1 can (20 oz) crushed pineapple in juice

Pina Colada -add 1T coconut extract (and 1T rum extract) to pineapple directions

Lemon -- substitute 1 cup + 3T water, 2T lemon juice and 2 tsp lemon zest (2 pts/slice)

Cherry -- substitute Comstock light cherry pie filling

Black Forest -- add 1/2 cup cocoa to Cherry version

Pumpkin-- substitute 1 can (15 oz) pumpkin, 3/4c water, 1T vanilla & 1T cinnamon (2 pts/slice)

Pineapple Frosting -- Mix together 1 container cool whip light, 1 small package sugar-free, fat-free instant vanilla pudding mix and 1 can (15 oz) crushed pineapple, mostly drained. Points per frosted piece of cake = 4.5

CHOCOLATE GLAZE --Points: 0

From: WW Boards

Serves: 12 (21 Calories 0g Fat 0g Fiber)

This is a great glaze for the Cherry or Black Forest Angel Food Cake.

1/2 cup powdered sugar

1 Tbsp unsweetened cocoa

1 Tbsp water

Stir powdered sugar, cocoa and water until smooth; add more water if necessary to make spreading consistency. Drizzle glaze over completely cooled cake.

LEMON CURD (for Angel Food Cake) --Points: 1

From: WW Dining with the Duchess Cookbook

Serves: 12 (75 Calories 2g Fat 0g Fiber)

3/4 cup granulated sugar

2 Tbsp cornstarch

1 Tbsp grated lemon zest

1/2 cup lemon juice

2 Tbsp reduced-calorie margarine

2 egg yolks

In a medium nonstick saucepan, mix the sugar, cornstarch and lemon zest; whisk in the lemon juice, margarine and 1/2 cup water, stirring until the sugar dissolves. Bring to a boil; cook, stirring constantly, until the mixture thickens slightly, about 1 minute.

In a small bowl, lightly beat the egg yolks. Slowly whisk 1/4 cup of the lemon mixture into the egg yolks, then slowly pour the egg-yolk mixture into the lemon mixture, whisking quickly and constantly. Reduce the heat to low and cook 1 minute longer; do not let the mixture boil. Transfer the lemon curd to a bowl; refrigerate, covered, until chilled, at least 3 hours.

To serve: Cut the angel food cake crosswise in half. Spread the cake with the lemon curd, letting some flow down the sides of the cake. Replace the top of the cake. Sprinkle with a dusting of confectioner's sugar. Serve at once. (Points are for curd only--don't forget to add angel cake pts!)

Recipe Source

Source: WW Boards

Four Flavor Sour Cream Pound Cake

18 Servings @3 points per serving

All-purpose flour for dusting
2 1/4 cups cake flour
1 1/2 tsp baking powder
1/2 tsp grated nutmeg (optional)
1/4 tsp salt
1/2 cup margarine, softened
2/3 cup sugar substitute, like Splenda Pourable
7 Tbs granulated sugar
1 tsp vanilla extract
1 tsp lemon extract
1 tsp almond extract
1 tsp butter flavor extract
3 eggs, separated
1 cup reduced fat sour cream

Preheat oven to 350. Coat a 9 x 5 inch loaf pan with fat-free cooking spray and dust with all-purpose flour.

In a medium bowl, combine the cake flour, baking powder, nutmeg, and salt.

In a large bowl, using an electric mixer on medium speed, beat the margarine until light, about 30 seconds. Gradually beat in the sugar substitute and sugar until light and fluffy, about 3 minutes. Beat in the vanilla, lemon, almond, and butter flavorings. Beat in the egg yolks, one at a time, beating for 30 seconds after each addition.

Using a spoon stir in the flour mixture alternately with the sour cream.

In a clean medium bowl, using clean beaters, beat the egg whites until soft peaks form when the beaters are lifted, about 5 minutes. Gently fold the egg whites into the batter. Spoon the batter into the prepared pan. Bake until a toothpick inserted in the center comes out clean, about 55 to 65 minutes. Cool in the pan for 10 minutes. Invert onto a rack and cool completely.

Recipe Source

Author: Dailia

Source: Patti LaBelle's Lite Cuisine Cookbook

Harvest Bread Pudding - Lighter Version

1 12 oz Birds Eye Cooked Winter Squash, thawed
3/4 cup egg beaters
1 1/2 cups fat free milk
1/2 cup brown sugar
1 tsp vanilla
1/4 tsp nutmeg
8 slices day old cinnamon raisin bread, cut or torn into bite-size pieces
Light Cool Whip

In medium bowl, whisk together squash, eggs, milk, brown sugar, vanilla and nutmeg until thoroughly combined. In lightly greased 7x11-inch baking dish, place bread pieces in single layer. Pour egg mixture over top. Let stand at least 30 minutes. Bake in preheated 350°F oven for 30-40 minutes or until knife inserted in center comes out clean. Cut Into 8 squares. Serve warm with a dollop of whipped cream on top.

Serves 8

Nutrition Facts

Amount Per Serving			
<u>Calories</u>			208.26
<u>Calories From Fat (13%)</u>			28.04
			% Daily Value
<u>Total Fat</u> 3.16g			5%
<u>Saturated Fat</u> 1.10g			6%
<u>Cholesterol</u> 3.90mg			1%
<u>Sodium</u> 191.48mg			8%
<u>Potassium</u> 357.61mg			10%
<u>Carbohydrates</u> 38.64g			13%
<u>Dietary Fiber</u> 1.94g			8%
<u>Sugar</u> 18.80g			
<u>Sugar Alcohols</u> 0.00g			
<u>Net Carbohydrates</u> 36.69g			
<u>Protein</u> 7.61g			15%

Recipe Source

Author: Dailia

Source: www.birdseye.com

Harvest Bread Pudding Regular Version

7 pts per serving

- 1 12 oz box Birds Eye Cooked Winter Squash, thawed
- 3 eggs
- 1 1/2 cups milk
- 1/2 cup brown sugar
- 1 tsp vanilla
- 1/4 tsp nutmeg
- 8 slices day old cinnamon raisin bread, cut or torn into bite-size pieces
- 1/2 pint whipped cream

In medium bowl, whisk together squash, eggs, milk, brown sugar, vanilla and nutmeg until thoroughly combined. In lightly greased 7x11-inch baking dish, place bread pieces in single layer. Pour egg mixture over top. Let stand at least 30 minutes. Bake in preheated 350°F oven for 30-40 minutes or until knife inserted in center comes out clean. Cut Into 8 squares. Serve warm with a dollup of whipped cream on top.

Serves 8

Nutrition Facts

Amount Per Serving			
Calories			300.00
Calories From Fat (45%)			133.66
			% Daily Value
Total Fat 15.00g			23%
Saturated Fat 8.00g			40%
Cholesterol 125.00mg			42%
Sodium 170.00mg			7%
Carbohydrates 34.00g			11%
Dietary Fiber 2.00g			8%
Sugar 22.00g			
Net Carbohydrates 32.00g			
Protein 8.00g			16%

Recipe Source

Author: Dailia

Source: www.birdseye.com

HG's Ooey Goey Cinnalicious Caramel Pumpkin Pudding

POINTS® values per serving | 3

15.2 oz Betty Crocker Cinnamon Streusel Mix
15 oz canned pumpkin
1 cup water
5 cup Edy's Grand Light Caramel delight

Preheat oven to 425 degrees. Spray muffin tins with non-stick cooking spray. Combine cake mix, pumpkin and water, and mix ingredients together for a minute or two. It will be slightly lumpy. Spoon mixture into muffin pan. There will be enough batter for 20 "pudding" rounds. Top each with a spoonful of streudel topping from box, and bake for approximately 30 minutes. Let tin cool for 5-10 minutes before removing the "cakes." Serve warm with a small scoop (1/4 cup) of Caramel Delight Grand Light ice cream.

Special Notes:

15.2 oz muffin mix = one pkg
15 oz canned pumpkin = 1 can

Serves 20

Nutrition Facts

Amount Per Serving			
Calories			157.00
Calories From Fat (23%)			36.00
			% Daily Value
Total Fat 4.00g			6%
Sodium 157.00mg			7%
Dietary Fiber 1.00g			4%
Protein 3.00g			6%

Key Lime Pie

Points: 5 per slice

6 oz Frozen lime-ade, thawed
8 oz Fat-free Cool Whip
14 oz Low-fat sweetened condensed milk
2 Low-fat graham cracker crusts

Mix together the lime-ade and condensed milk. Fold in the Cool Whip and divide into the two pie crusts. Cover with plastic lid (from the pie crusts) and freeze. Each pie is eight servings.

Note: If you can find fat-free condensed milk, use that and knock off one point per serving.

Serves 16

Recipe Source

Author: Redbeard

Key Lime Pie

It is 4 points for 1/8 pie; 5 points for 1/6 pie.

- 1 (1/3 ounce) box sugar-free lime gelatin
- 1/4 cup boiling water
- 2 (8 ounce) containers key lime pie-flavor light yogurt
- 1 (8 ounce) container frozen fat-free whipped topping, thawed

Crust recipe:

- 1 1/4 cups graham cracker crumbs
- 3 Tbs Splenda sugar substitute
- 3 Tbs butter or margarine
- 1 egg white

In large heat-resistant bowl, dissolve gelatin in boiling water.

With wire whisk, stir in yogurt; with wooden spoon, fold in whipped topping.

Transfer mixture to prepared crust; refrigerate overnight, or at least 2 hours.

You can also mix and match the jello and yogurt flavors for different flavored pies: E.g. pina colada yogurt with pineapple jello; strawberry jello and yogurt; blueberry yogurt and berry flavored jello. The possibilities are endless.

To make the crust:

In a food processor, combine crumbs, sugar and butter.

Pulse until blended.

Add egg white and pulse until evenly moistened.

Press into a 9" pie plate.

Bake at 375 degrees for 8-10 minutes.

Cool completely before using.

Serves 8

Nutrition Facts

Amount Per Serving			
Calories			164.00
Calories From Fat (32%)			52.09
			% Daily Value
Total Fat	6.00g		9%
Cholesterol	13.00mg		4%
Sodium	200.00mg		8%
Carbohydrates	24.00g		8%
Net Carbohydrates	24.00g		
Protein	5.00g		10%

Recipe Source

Author: Jean aka TCM_MOI

Lemon Better Than Sex Cake

POINTS® Value | 3 Servings | 24

1 box lemon cake mix
10 fl oz Sprite Diet Sprite
1 items egg white(s)
8 gm Jell-O Sugar-Free Lemon
14 oz fat-free sweetened condensed milk
8 oz Cool Whip Free Whipped Topping
2 tsp lemon extract

Mix Lemon cake mix, egg white and diet soda. Bake at 375 degrees for 35 minutes or til toothpick comes out clean, in a greased 9x13 pan. During the last few minutes of baking, put 1 package of lemon jello and condensed milk in a sauce pan and stir on medium low heat till smooth. Take cake out of oven, and poke holes all over the top. Pour jello mix over warm cake, filling in the holes. Cool completely. Mix 2 tsp lemon extract with cool whip. cover cake with cool whip mix. Place cake in fridge till ready to serve.

Recipe Source

Author: Loudoo

Lite 'n Easy Crustless Pumpkin Pie

Nonstick cooking spray
2 Tbs water
2 envelopes (7 grams each) unflavored gelatin
2 1/4 cups NESTLÉ® CARNATION® Evaporated Lowfat
2% Milk, divided
1 15oz can LIBBY'S® 100% Pure Pumpkin
1/2 cup packed dark brown sugar or low calorie
sweetener equivalent
2 tsp pumpkin pie spice
1 tsp vanilla extract
Light whipped topping (optional)
Fresh raspberries (optional)

COAT 9-inch deep-dish pie plate with nonstick cooking spray.

PLACE water in medium bowl; sprinkle gelatin over water. Let stand for 5 to 10 minutes or until softened. Mixture may be firm. Bring 1 cup evaporated milk just to a boil in small saucepan. Slowly stir hot evaporated milk into gelatin. Stir in remaining evaporated milk, pumpkin, sugar, pumpkin pie spice and vanilla extract.

POUR mixture into prepared pie plate. Refrigerate for 2 hours or until set. Garnish with whipped topping and raspberries, if desired.

Serves 8

Nutrition Facts

Amount Per Serving		
Calories		138.00
Calories From Fat (10%)		13.96
		% Daily Value
Total Fat 1.60g		2%
Saturated Fat 1.50g		8%
Cholesterol 12.00mg		4%
Sodium 95.00mg		4%
Carbohydrates 24.80g		8%
Dietary Fiber 2.20g		9%
Net Carbohydrates 22.60g		
Protein 7.20g		14%

Cooking Tips

Optional ingredients not included in nutrition calculations.

Where more than one ingredient can be used , the first one listed was used in the nutritional calculation

Recipe Source

Author: mrpher

Source: <http://www.verybestbaking.com/recipes/detail.aspx?ID=28790#>

No-Bake Frost-on-a-Pumpkin-Patch Pie -

3.6 pts per serving

- 1 pkg (4-serving) Jell-O sugar-free instant butterscotch pudding mix
- 2/3 cup Carnation nonfat dry milk powder
- 1 tsp pumpkin-pie spice
- 2 cups (one 16-ounce can) canned pumpkin (not pumpkin pie mix)
- 1 cup Cool Whip Lite or fat-free Cool Whip
- 1 (6-oz) Keebler Chocolate Ready Crust® Pie Crust
- 1/2 tsp coconut extract
- 1 Tbs mini chocolate chips
- 2 Tbs flaked coconut

In a large bowl, combine dry pudding mix, dry milk, and pumpkin spice. Add pumpkin. Mix well, using a wire whisk. Blend in 1/4 cup Cool Whip Lite. Pour mixture into piecrust. Refrigerate for about 15 minutes. In a small bowl, combine remaining 3/4 cup Cool Whip Lite and coconut extract. Frost top of pie with mixture. Sprinkle mini chocolate chips and coconut evenly over top. Refrigerate until ready to serve.

Serves 8

Nutrition Facts

Amount Per Serving			
Calories			177.50
Calories From Fat (35%)			62.10
			% Daily Value
Total Fat 6.90g			11%
Dietary Fiber 2.40g			10%
Protein			0%

Recipe Source

Source: Weight Watchers Recipe Review Board

Peach Upsidedown Cake

POINTS® value | 6

- 3 large peach(es)
- 1 tsp fresh lemon juice
- 1 Tbs cornstarch
- 2/3 cup sugar
- 1 large egg(s)
- 1/4 cup reduced-calorie margarine
- 3/4 cup buttermilk
- 1 1/4 tsp all-purpose flour
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp table salt
- 2 1/4 cup sugar-free light Ice cream
- 3 Tbs Hershey Chocolate Shoppe Fat Free Caramel Syrup

Peel and thinly slice 3 large peaches. Mix with lemon juice and cornstarch. Spray a 9 inch round cake pan with cooking spray. Line the bottom of the pan with the peach slices. Mix sugar, egg, and margarine together until well blended and smooth. Measure flour after it has been sifted. Gently stir in baking powder, soda and salt. Add flour mixture and buttermilk to sugar mixture alternately. Starting with flour and ending with flour. Bake in 350 oven for 45 minutes. Test for doneness with a toothpick. Remove from oven - cool in the pan on a wire rack for 10 minutes. Run a knife around the edge of the pan to release. Place a plate on top of the pan and invert. Serve warm with 1/4 cup ice cream and 1 tsp. caramel.

Serves 9

Nutrition Facts

Amount Per Serving		
Calories		192.72
Calories From Fat (26%)		49.56
		% Daily Value
Total Fat 5.76g		9%
Saturated Fat 2.07g		10%
Cholesterol 36.22mg		12%
Sodium 323.74mg		13%
Potassium 186.60mg		5%
Carbohydrates 33.87g		11%
Dietary Fiber 1.21g		5%
Sugar 22.26g		
Sugar Alcohols 0.00g		
Net Carbohydrates 32.66g		
Protein 3.42g		7%

Recipe Source

Author: Dailia

Source: Modified from the Original Recipe in Light and Tasty Magazine

Note: The following ingredients were not linked to the ingredient database and were not included in the nutrition information but was calculated in the WW recipe builder for points:

Hershey Chocolate Shoppe Fat Free Caramel Syrup

Peanut butter Better Than Sex Cake

servings | 20 estimated POINTS® per serving | 4

13 serving Devil's food cake mix, un

10 fl oz oz Pepsi Diet Pepsi

1 items egg white(s)

10 Tbs Borden Eagle Brand Fat Free Sweetened
Condensed Milk

1 serving Jiff Peanut butter

8 oz Cool Whip Free Whipped Topping

7 Nestle Fun Size Butterfinger Bars

Combine cake mix, diet cola, and egg white. Bake
according to cake mix instructions in a floured 9x13 pan.

A few minutes before the cake is to be done combine
sweetened condensed milk and peanut butter in sauce
pan. Cook and stir on low to make creamy and

Recipe Source

Author: Loudoo

Note: Cake mix is 18.25 oz, condensed milk (10 TBL is 7oz), and 1 serving of
peanut butter is 2 TBL. If you cut it into 24 servings the points go to 3 per serving

Powdered Sugar Substitute

1 cup Splenda Granular

1/2 Tbs Cornstarch

Place all ingredients in blender and whip until the mixture is light and resembles powdered sugar.

WWP: 2 for the entire recipe

Yield: ¼ cup

Pumpkin Mousse

8 servings at 1/2 C each = 2 points each

2 cup nonfat milk
1/2 tsp pumpkin pie spice
2 pkg instant sugar free vanilla pudding
1 cup Cool Whip Free
1 cup canned pumpkin (plain, not pie mix)

Mix milk, pudding, pumpkin, and spice at low speed for 2 minutes. Fold in Cool Whip and spoon into serving dishes. Chill.

Recipe Source

Author: Rascaloo

Vanilla Better Than "Sex Cake"

POINTS® value | 4 Servings | 20

1 package pudding-type yellow cake dry mix
10 oz water
1 egg white
20 oz Del Monte Crushed Pineapple In Its Own Juice
1/2 cup SLENDA
4 serving fat-free sugar-free instant vanilla pudding mix
1 cup shredded coconut
8 oz Cool Whip Free Whipped Topping

Mix together cake mix, water, and egg white. Bake in greased and floured 9x13 pan for time directed on cake mix box. While cake is baking combine undrained pineapple, Splenda, vanilla pudding mix and coconut in saucepan and simmer on top stove for 10 minutes. Remove cake from oven when done and immediately poke holes into cake with straw or wooden spoon handle. Immediately pour pineapple mixture over cake while both are still warm. Cool. Spread 8 oz container of cool whip on top. If desired sprinkle with 1/2 cup chopped pecans (add extra points). Chill at least two hours.

Recipe Source

Author: Loudoo

Drinks

Hot Cocoa Mix



Hot Cocoa Mix

17 servings WW Points - 1

3 cup nonfat dry milk

1 cup Splenda

1/2 cup unsweetened cocoa powder

1 pkg fat-free sugar-free instant vanilla pudding mix

Blend together all ingredients and store in a tightly covered container. Mix 1/4 c of mix with 1 c of boiling water.

Main Dishes

Asian Flavored Mushrooms, Steak & Pasta (Core)

Chicken Stroganoff

Deep-Dish Chili Pie

Easy Tortilla Pie (aka: Vegetarian Lasanga)

Meatloaf

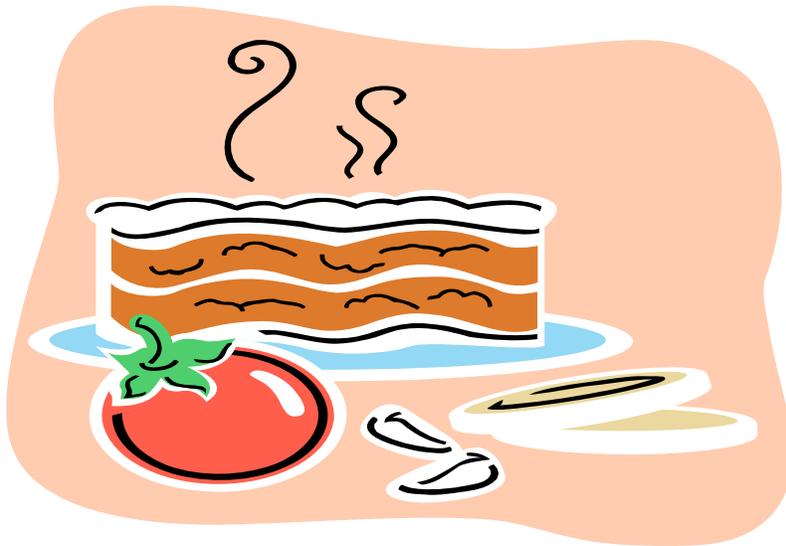
Spinach and Mushroom Ravioli

taco skillet

Teriyaki Burgers with Chili Ketchup

Thin Crust Pizza

Zucchini Lasagna



Asian Flavored Mushrooms, Steak & Pasta (Core)

Servings | 4, Pts 5

4 oz Hodson Mill Whole wheat angel hair pasta
2 tsp minced garlic
6 cup mushroom(s)
1/2 lb Hanover Broccoli Florets
1 1/2 cup cherry tomato(es)
1/3 cup low-sodium soy sauce
1/4 tsp hot pepper sauce
1/2 lb raw lean flank steak
2 sprays olive oil cooking spray

Preheat Grill or Broiler.

Cook pasta according to package directions; drain, reserving ¼ cup of liquid.

Coat a large skillet with Cooking Spray (Olive Oil flavor recommended). Add garlic, cook and stir for a few seconds. Add broccoli and mushrooms. Cook stirring occasionally, until the broccoli is crisp-tender and mushrooms are golden, about 5 minutes. (See note below.)

Remove from heat; stir in tomatoes, soy sauce and hot sauce.

Add drained pasta to skillet; toss until well combined.

Cover to keep warm.

Place steak on grill rack, or in broiler pan. Grill or broil 3 to 4 minutes on each side for medium rare.

Thinly slice steak on the diagonal; toss with the mushroom/pasta mixture.

Add additional soy sauce and hot sauce, if desired, and some of the reserved pasta liquid as needed.

Serves 4

Cooking Tips

The original recipe called for cooking with peanut or olive oil. With the oil removed from this recipe, you may want to add 2tbsp water, cover skillet, and steam for the last 2 minutes rather than attempting to fry for 5 minutes.

Recipe Source

Author: Danward59

Chicken Stroganoff

(4 Points)

- 1 lb 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. Makes 6 servings. (serve it over rice or noodles, but be sure to add those points)

Serves 6

Recipe Source

Author: Fencer

this is the one i REALLY like. i suggest cutting the chicken into strips-makes it easier to dole out the serving size. if the chicken is not frozen, it only takes like 4 hrs?

Deep-Dish Chili Pie

1 lb ground round
1 15 oz can seasoned diced tomato sauce for chili (such as Hunt's)
1 13.8 oz can refrigerated pizza crust dough
Cooking spray
1 cup (4 ounces) shredded reduced-fat sharp Cheddar cheese, divided
1/4 cup grated Parmesan cheese

Preheat oven to 425 degrees.

Cook beef in a nonstick skillet over medium-high heat until browned, stirring to crumble. Drain well; return meat to pan. Add tomato sauce, cook 1 to 2 minutes or until heated.

While beef cooks, unroll pizza crust dough and press into bottom and halfway up sides of a 13 x 9 baking dish coated with cooking spray. Sprinkle 1/2 cup Cheddar cheese over pizza crust; top with ground beef mixture.

Bake, uncovered, at 425 degrees for 12 minutes. Top with remaining 1/2 cup Cheddar cheese, and sprinkle with Parmesan cheese. Bake an additional 5 minutes or until crust is browned and cheese melts. Let stand 5 minutes before serving.

Serves 8

Recipe Source

Author: Redbeard

Easy Tortilla Pie (aka: Vegetarian Lasanga)

POINTS® Value | 6 Servings | 6

15 oz fat-free ricotta cheese
1 cup salsa (I like medium)
10 oz chopped frozen spinach
8 oz part-skim mozzarella cheese
7 Tbs light cream
8 medium tortilla, flour, fat-free

Spray 9" deep-dish pie plate with no-stick cooking spray.

Mix Ricotta cheese, salsa, drained spinach and 1 C of the Shredded Mozzarella cheese until well blended.

Layer tortillas, ½ Cup of the ricotta mixture and 1 Tbsp. of the cream in pie plate; repeat layers until all ingredients are used.

Bake at 375 degrees F for 20 minutes. Sprinkle with remaining 1 C of Mozz. cheese. Bake an additional 5 minutes. Cut into wedges (like a pizza). Serve with additional salsa, if desired.

Serves 6

Recipe Source

Author: mntwin15

Meatloaf

POINTS® Value | 4

1/2 cup quick cooking rolled oats
8 oz Del Monte Diced Tomatoes
1/2 small onion(s)
1/3 cup Heinz Tomato Ketchup
2 Tbs unpacked brown sugar
1 lb uncooked lean ground beef (with 7% fat)
1/4 cup Egg Beaters

Preheat oven to 375 degrees F.

Mix all meatloaf ingredients well and place in a baking dish. Shape into a loaf.

Topping: (ketchup & brown sugar)

Mix ingredients for topping and spread on loaf. Bake for 1 hour.

Serves 5

Recipe Source

Author: loudoo

Spinach and Mushroom Ravioli

Points per serving: 4 Number per serving: 3

12 oz button mushroom (or other mushroom)
2/3 cup grated parmesan cheese
12 egg roll wrappers
10 oz chopped frozen spinach
1/2 cup part-skim ricotta cheese
4 Tbs Olive oil

Add olive oil to a saute pan, and cook the mushrooms until browned and the liquid is gone (there will be a lot of water as the mushrooms cook and reduce in size) -- takes about 6 minutes.

Add the spinach and cook for 2 minutes more (don't over cook it).

Put mushrooms and spinach mixture in a food processor with ricotta and parmesan cheese, and process to coarse texture.

Fill one egg wrapper with 4 small mounds of filling. Run your finger around the filling dipped in water and moisten all around the filling. Put another wrapper on top and seal so that the filling is encapsulated. Cut into 4 ravioli and continue till all the filling or wrappers are used.

Boil water in large pot, and cook ravioli for about 2-3 minutes. Take out and put on plate and keep warm with tin foil on top of plate.

When all are cooked (boiled), top with any prepared tomato sauce of your choice, or eat as is.

Serves 8

Recipe Source

Author: flymancolo

taco skillet

Core Recipe

- 1 lb ground beef (lean)
- 1 pkg taco seasoning
- 1 cup Whole Wheat pasta
- 1 can diced tomatoes (or Ro-tel) with juice
- 1 small can No Salt Added tomato sauce
- 1 cup water
- 1 cup Fat Free cheddar cheese

Brown beef. Add seasoning mix. Stir in pasta, tomatoes, sauce and simmer till macaroni is tender. Add cheddar cheese just prior to serving. Add other taco-type things (FF sour cream, FF refried beans, veggies) to taste.

Recipe Source

Author: Vanessa Beam

Teriyaki Burgers with Chili Ketchup

Core Recipe

- 1 lb uncooked lean ground beef (with 7% fat)
- 4 Tbs red onion(s), minced
- 2 Tbs teriyaki sauce, reduced-sodium
- 1/4 tsp table salt
- 1/4 tsp black pepper
- 1 serving cooking spray (5 one-second sprays per serving)
- 1/2 cup ketchup
- 1/8 sun-dried hot chile pepper(s), minced (about 1 tsp), or to taste
- 1 large tomato(es), sliced
- 4 large leaf lettuce, Romaine

In a large bowl, combine beef, onion, teriyaki sauce, salt and black pepper. Mix well and shape mixture into four patties about 1-inch thick each.

Coat a large nonstick skillet or stove-top grill pan with cooking spray and set pan over medium-high heat. When pan is hot, add burgers and cook until cooked through, about 4 to 5 minutes per side.

Meanwhile, in a small bowl, mix together ketchup and chilies.

Serve each burger with 1/4 each of tomato slices, lettuce and ketchup.

Serves 4

Nutrition Facts

Amount Per Serving			
Calories			357.27
Calories From Fat (53%)			188.58
			% Daily Value
Total Fat 20.46g			31%
Saturated Fat 7.86g			39%
Cholesterol 78.25mg			26%
Sodium 1445.66mg			60%
Potassium 659.94mg			19%
Carbohydrates 18.20g			6%
Dietary Fiber 1.31g			5%
Sugar 7.73g			
Sugar Alcohols 0.00g			
Net Carbohydrates 16.89g			
Protein 25.32g			51%

Recipe Source

Author: loudoo

Thin Crust Pizza

6 slices at 4 points each

12 inch thin crust Boboli pizza shell
1 oz mozzarella part skim shredded cheese
1 1/2 oz pepperoni
1/2 cup spaghetti sauce
green pepper and onion

Preheat oven to 450%. Spray pizza pan with butter flavor PAM if desired. Place shell on pan, top with sauce, cheese and other toppings. Bake 8-10 minutes. Cut into 6 pieces.

Recipe Source

Author: Rascaloo

Zucchini Lasagna

estimated POINTS® per serving | 6

1 med zucchini, peeled and sliced
1 lb lean ground beef
32 oz jar spaghetti sauce
2 cups part skim mozzarella cheese
1/4 cup seasoned bread crumbs.

Brown ground beef in skillet and add spaghetti sauce, heat till warm.

In 13x9 pan, layer zucchini, breadcrumbs, meat sauce, and mozzarella cheese ending with just sauce on last layer.

Cover and bake 375 degrees for 30 minutes. Remove foil and sprinkle with additional cheese and bake 10 minutes longer.

Serves 6

Recipe Source

Author: loudoo

Meats and Fish

Baked Salmon Dijon

Beef Stroganoff

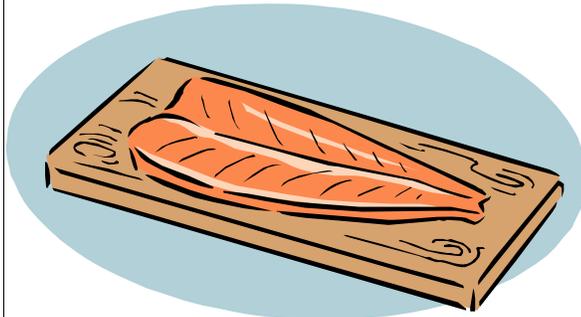
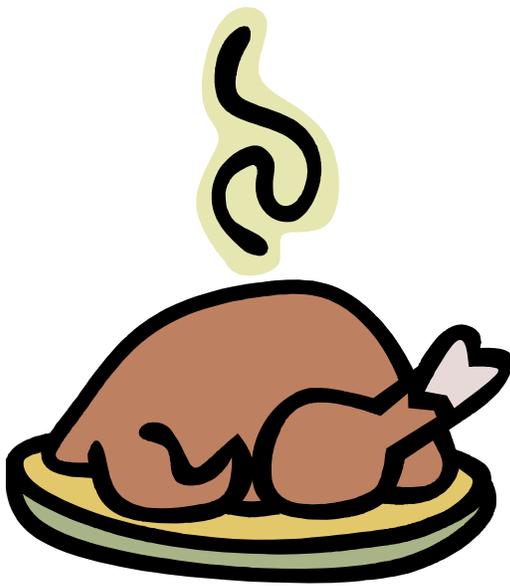
CHINESE PLUM CHICKEN

Crockpot Sour Cream Chicken

Grilled Chicken with Green Chile Sauce

Murple's Kung Pao

Planked Salmon with Feta Cheese Crust (Core + 1.5)



Baked Salmon Dijon

- 1 cup fat free sour cream
- 2 tsp dried dill
- 3 Tbs scallions, finely chopped
- 2 Tbs Dijon mustard
- 2 Tbs lemon juice
- 1 1/2 lb salmon filet with skin, cut in center
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- fat free cooking spray, as needed

Whisk sour cream, dill, scallions, lemon juice, and Dijon mustard together in large bowl until well blended.

Preheat oven to 400° F; while waiting, spray baking sheet with nonstick fat free cooking spray.

Place salmon, skin side down on baking sheet.

Sprinkle with garlic powder and pepper, then spread with sauce made in Step 1.

Bake salmon until opaque in center, or about 20 minutes.

For best results, do not over bake.

Serves 4

Nutrition Facts

Amount Per Serving		
Calories		291.06
Calories From Fat (41%)		119.86
		% Daily Value
Total Fat 13.50g		21%
Saturated Fat 5.49g		27%
Cholesterol 112.05mg		37%
Sodium 234.71mg		10%
Potassium 682.79mg		20%
Carbohydrates 4.75g		2%
Dietary Fiber 0.52g		2%
Sugar 0.47g		
Sugar Alcohols 0.00g		
Net Carbohydrates 4.23g		
Protein 36.35g		73%

Cooking Tips

Steamed broccoli is always a perfect compliment to salmon!

Recipe Source

Source: Adapted from Keep the Beat, Heart Healthy Recipes, a publication of the National Heart, Lung, and Blood Institute

Beef Stroganoff

I ate one serving of the noodles and about 1/4 c. of the beef - and it came to 7 pts. Enjoy.

2 Tbs vegetable oil
2 1/2 lbs beef tenderloin, thinly sliced
2 tsp kosher salt
1 tsp freshly ground black pepper
2 Tbs clarified butter
1 cup sliced cremini mushrooms
1/2 cup chopped onion
1/4 cup white wine
2 Tbs tomato paste
2 tsp Dijon mustard
3 cups demi-glace - Can be found in gourmet food stores
1 1/4 cups sour cream

In a large pot heat the oil over high heat. Season the beef with the salt and pepper and saute until browned. Remove the beef from the pot and set aside, pour off any excess fat in the pot.

Melt the clarified butter in the pot and saute the mushrooms and onions. Add the white wine and simmer until reduced by 1/2. Stir in the tomato paste and mustard and cook for 2 minutes. Add the demi-glace and beef, bring to a boil. Reduce the heat and simmer for 5 minutes. Stir in the sour cream and adjust the seasoning. Serve on a bed of warm egg noodles.

Recipe Source

Author: 200 Shoes

Source: Food Network

CHINESE PLUM CHICKEN

Points: 4

- 4 (4-ounce) skinned, boned chicken breast halves
- 1/4 cup fresh minced onion
- 2 Tbs lemon juice
- 2 Tbs low-sodium soy sauce
- 1/2 tsp dry mustard
- 1/4 tsp ground ginger
- 1/4 tsp crushed red pepper
- 1 (8 1/2 ounce) jar commercial plum sauce

Place chicken in an 11 x 7 x 2 inch baking dish. (Cutting the chicken into cubes works great too - serve over rice, baked potatoes, or couscous.) Combine onion and next 6 ingredients; stir well, and pour over chicken.

Baked uncovered, at 350 degrees for 50 minutes or until chicken is done, basting occasionally with plum sauce mixture.

Serves 4

Nutrition Facts

Amount Per Serving			
Calories			213.00
Calories From Fat (8%)			16.93
			% Daily Value
Total Fat 1.90g			3%
Carbohydrates 21.60g			7%
Dietary Fiber 1.30g			5%
Net Carbohydrates 20.30g			
Protein 27.90g			56%

Recipe Source

Author: Theresa Ruscio

Source: Cooking Light

Crockpot Sour Cream Chicken

Servings: 4 Points: 4

1lb boneless, skinless chicken breasts

1 pkg low sodium taco seasoning

1 cup salsa

1/4 cup sour cream

Layer in crockpot as listed above. Cook on low for 8-10 hours

Serves 4

Recipe Source

Author: Tori

Grilled Chicken with Green Chile Sauce

- 4 Chicken breasts, skin and bones removed
- 1/4 cup Olive oil (garlic olive oil, if preferred)
- 2 Limes, juice only
- 1/4 tsp Oregano
- 1/2 tsp Black pepper, or to your taste
- 1/4 cup Water
- 10 or 12 Tomatillos, husks removed and cut in half
- 1/2 medium Onion, cut in quarters
- 2 Garlic gloves, chopped finely
- 2 Jalapenos, fresh
- 2 Tbs Cilantro, chopped
- 1/4 tsp, Salt, or to your taste
- 1/4 cup low fat Sour cream

To prepare chicken you'll first need to marinate your poultry about 24 hours in advance of when you plan to serve:

You'll need a shallow glass pan large enough to hold your chicken pieces and marinade. To make marinade, combine the juice of one lime, olive oil, oregano, and black pepper. Then stir marinade ingredients together in pan.

Next, coat each piece of chicken with the combined ingredients made above. Once the chicken breasts are evenly coated, cover with foil and marinate for 24 hours in your refrigerator. Occasionally, during the marinade process, turn chicken pieces, then recover with foil.

After marinating chicken 24 hours, slow boil water with tomatillos with onions in a saucepan. Cook, uncovered, for about 10 minutes or until tomatillos are tender.

Place cooked onion, tomatillos, and any water that remains in a blender. Blend until smooth. Refrigerate sauce in bowl until chicken is grilled.

Put chicken on a hot grill and cook until done and no pink remains, about 4 or 5 minutes per side. If an outdoor grill is unavailable, use a kitchen grill pan. I prefer my cast iron grill pan for indoor grilling.

When chicken is ready, place on a serving tray and bring indoors. Next, put about a tablespoon of low fat sour cream on each chicken breast and pour refrigerated green chile sauce over each piece.

Marinating chicken provides a way to add taste and make your grilled chicken tender and juicy without the use of much fat.

Serves 4

Nutrition Facts

Amount Per Serving			
Calories			210.00
Calories From Fat (21%)			43.55
			% Daily Value
Total Fat 5.00g			8%

<u>Saturated Fat</u> 1.00g		5%	
<u>Cholesterol</u> 73.00mg		24%	
<u>Sodium</u> 91.00mg		4%	
<u>Carbohydrates</u> 14.00g		5%	
<u>Dietary Fiber</u> 3.00g		12%	
<u>Net Carbohydrates</u> 11.00g			
<u>Protein</u> 29.00g		58%	

Recipe Source

Source: Keep the Beat, Heart Healthy Recipes By the NHLBI and NIH

Murple's Kung Pao

Without the nuts, I calculate 4 servings of 4 points each.

3/4 lbs chicken breast, diced

Marinade:

1 Tbs sherry

2 tsp soy sauce

1 tsp sesame oil

1 Tbs cornstarch

Sauce: (prepare before you start cooking)

2 Tbs soy sauce

1 Tbs sherry

2 tsp rice wine vinegar

2 tsp sesame oil

1/2 tsp sugar

2 tsp chili sauce (Murple doubles)

2 tsp cornstarch + 2 t. water (have ready)

1 Tbs minced ginger

1 Tbs minced garlic

1 green pepper, diced

1 red pepper, diced

3 scallions, diced

peapods, bean sprouts or diced asparagus

1/2 cup cashews or peanuts -- optional

Spray your wok/frying pan with nonstick spray or olive oil mister. Add ginger & garlic, saute' until fragrant ~ 1 minute. Add the chicken. Stir fry the chicken, just to sear it, ~ 2-3 minutes (it won't be cooked through yet). Add the peppers & scallions, peapods/asparagus and saute' until they turn bright green (they will be crisp but cooked), and chicken is cooked through.

Add the sauce, stir until heated through (may start to boil). Add the cornstarch & water mixture, still stirring. It will thicken in a minute or two. Add the bean sprouts (if using), and cashews. Remove from heat.

Serve & enjoy! (I often skip the traditional rice but YMMV).

Recipe Source

Author: Murple

Planked Salmon with Feta Cheese Crust (Core + 1.5)

8 Salmon 6oz fillets, skinless
2 cedar planks, soaked in water for 4-6 hrs
Sea salt
1 large lemon
Crust mixture
Mix together : 1 container Feta cheese
1/2c fresh dill chopped
1/2 cup shallots chopped
2 cloves garlic chopped
3t black pepper
1t lemon pepper
1t olive oil
juice of lemon to consistency

Combine together all ingredients for the crusting to the consistency of a lumpy paste.

Spread generously (about 1/4") over the flesh side (not skin side) of each fillet

Cover & refrigerate for several hours. Remove about the time you start grill to allow fish to rise to room temperature

Season soaked planks with sea salt and place on grill, close lid & heat for 3-5 min. until they start to crackle and smoke

Carefully lift lid & place salmon fillets on hot planks, skin side down

Close lid and plank-bake salmon for 12-15 min for medium doneness

Check periodically to make sure planks are not on fire (Use spray bottle to extinguish any flames)

Cooking instructions same as above

When the feta cheese is browned a little on top, the salmon should be nicely cooked, still a little translucent in the center

Carefully remove planks from grill and transfer salmon to serving platter

A squeeze of lemon over fillets

A very elegant presentation & always gets great reviews

And the feta? Its original strong smell has been replaced with a savory smoky sweetness.

Serves 8

Cooking Tips

Core+1.5

Recipe Source

Author: Rich

Salads

BAJA SHRIMP SALAD

Balsamic Asparagus and Cherry Tomato Salad

Caribbean Pepper Salad

Couscous with Cherry Tomatoes

Cranberry Waldorf Salad

Taffy Apple Salad

WW Homemade Dressing

Zesty New Potato Salad



BAJA SHRIMP SALAD

2 servings, 4 POINTS each

1/2 lb cooked shrimp, thawed and drained (or shelled and cooled)

1/2 cucumber, peeled, seeded, and thinly sliced

6 radishes, thinly sliced

2 scallions, sliced

1/4 cup white wine vinegar

1 1/2 tsp Sugar

Combine all ingredients in a bowl and toss well. Chill.

Serves 2

Balsamic Asparagus and Cherry Tomato Salad

POINTS® Value | 1

- 1 1/2 lb asparagus, (about 40 spears)
- 1 cup cherry tomato(es), about 10, cut in half
- 1 Tbs balsamic vinegar
- 2 tsp orange juice
- 1 tsp minced garlic
- 2 Tbs shredded Parmesan cheese
- 1/8 tsp table salt, or to taste
- 1/8 tsp black pepper, or to taste

Chop woody ends off asparagus. Microwave for 2 to 3 minutes, or cook in boiling, salted water until barely tender, about 4 to 6 minutes.

Plunge into ice water to stop cooking. Drain. Add cherry tomatoes.

Stir together vinegar, orange juice and garlic; season to taste. Spoon dressing over asparagus and tomatoes.

Sprinkle with Parmesan cheese.

Serves 4

Nutrition Facts

Amount Per Serving		
Calories		55.51
Calories From Fat (16%)		8.61
		% Daily Value
Total Fat 1.01g		2%
Saturated Fat 0.51g		3%
Cholesterol 1.80mg		1%
Sodium 125.13mg		5%
Potassium 445.27mg		13%
Carbohydrates 9.26g		3%
Dietary Fiber 4.02g		16%
Sugar 3.42g		
Sugar Alcohols 0.00g		
Net Carbohydrates 5.24g		
Protein 5.08g		10%

Cooking Tips

Contributed by Sharee

Caribbean Pepper Salad

A mosaic of pepper slivers and other colorful tidbits makes a crunch, contemporary salad that has an intriguing bit to it... Not for the faint hearted or small children!

- 5 Bell Peppers (if possible buy 1 red, 1 orange, 1 green, 1 purple, 1 yellow, or do your best)
- 1 medium to large Red Onion, cut into thin strips
- 2 Hungarian Wax Peppers
- 2 Fingerhot Peppers, minced
- OR substitute the above 4 specialty peppers with 2 Jalapeño Peppers, minced
- 4 small firm Plum Tomatoes, sliced 1/8 to 3/16" rounds
- 2 Tbs Tarragon Vinegar or Balsamic Vinegar
- 1 Tbs Dijon Mustard
- 2 tsp Sugar or Honey
- 1 tsp Salt
- 1/2 tsp Iguana Red Pepper Sauce
- 1 Tbs mild curry sauce
- Fresh chopped Cilantro and/or parsley to taste
- Ground Black Pepper to taste
- 4 Tbs Olive Oil

Cut bell peppers into julienne strips.

Seed all hot peppers before dicing & mincing and be careful not to touch your eyes or other mucous membranes when handling any hot peppers!

In a large-size bowl, toss all peppers, onion, tomato and chopped herbs.

To make dressing, use shaker jar or whip in medium bowl... vinegar, mustard, sugar or honey, salt, Iguana Red Pepper Sauce, oils and black pepper. Shake or whip into a frenzy.

Toss vegetables with dressing. Add lime zest. Toss again for good fortune.

Cover and chill before serving with family & friends.

Serves 8

Nutrition Facts

Amount Per Serving		
Calories		91.72
Calories From Fat (68%)		62.57
		% Daily Value
Total Fat 7.13g		11%
Saturated Fat 0.98g		5%
Cholesterol 0.00mg		0%
Sodium 335.14mg		14%
Potassium 226.21mg		6%
Carbohydrates 7.16g		2%

<u>Dietary Fiber</u> 2.00g		8%	
<u>Sugar</u> 3.90g			
<u>Sugar Alcohols</u> 0.00g			
<u>Net Carbohydrates</u> 5.16g			
<u>Protein</u> 1.19g		2%	

recipe calculated using the 4 Jalapeno peppers instead of the 4 specialty peppers

Couscous with Cherry Tomatoes

POINTS® values per serving | 3

1 cup uncooked couscous
1 tsp table salt
1 1/2 cup water
1 medium tomato(es)
1 tsp Dijon mustard
2 tsp balsamic vinegar
2 Tbs Filippo Berio Extra virgin olive oil
2/3 lb cherry tomato(es)

In saucepan, bring water and salt to boil. Stir in couscous and immediately remove pan from heat and let couscous stand, covered, for 5 minutes.

Cut medium tomato in quarters and in a blender puree with mustard and balsamic vinegar until smooth. Add oil in a slow stream with motor running slowly. Add a dash of salt and pepper.

Halve the cherry tomatoes and toss them with couscous. Dress with vinaigrette and serve.

Serves 6

Recipe Source

Author: Scott5588

Source: Food Network and Gourmet Magazine Ingredients

Cranberry Waldorf Salad

½ c = 2 pts 1 C = 3 pts.

- 1 1/2 cups chopped cranberries
- 1 chopped apple
- 1 chopped orange
- 1 cup chopped celery
- 1 cup green grapes (halves)
- 1/2 cup raisins
- 1 oz chopped Walnuts (pecans)
- 2 Tbs sugar (splenda)
- 1/4 tsp grd cinnamon
- 1 cup (8oz) vanilla FF Yogurt

Chop cranberries in food processor

Continue w/ food processor – add apple, orange, celery (coarsely pulse chop)

Transfer to bowl. Add grape halves, raisins, walnuts

Chill for 2 hrs. Stir just before using

Serves 12

Recipe Source

Author: Tyler

Taffy Apple Salad

2 pts per cup

- 1 can 20oz crushed pineapple undrained
- 1 box SF Butterscotch pudding (dry)
- 4 apples (something like a Johnathon, more tart)
- 8 oz FF cool whip
- 1 cup dry roasted peanuts (optional)
- 1 cup miniature marshmallows

Serves 8

Recipe Source

Author: Tyler

WW Homemade Dressing

Points are for two tablespoons

Italian Vinaigrette (0 pts)

1/4 cup fresh lemon juice, 1/4 cup red wine vinegar, 1/4 cup white wine, 1 tsp each basil and oregano, 1/2 tsp each dry mustard and onion powder, 1 clove garlic minced, 1 tblsp chopped chives, 1 tsp thyme, 1/2 tsp rosemary. Shake and serve.

Balsamic Dressing (0 pts)

3/4 cup water, 1/4 cup balsamic vinegar, 3 tsp capers, 2 tsp Dijon mustard, 1 tsp each tarragon, thyme, fresh basil, chopped parsley. Shake and serve

French Dressing (1 pt)

1/4 cup lemon juice, 1/4 cup ketchup, 1/4 cup red wine vinegar, 2 tblsp sugar, 1 tblsp each chopped fresh chives, minced fresh parsley, minced onion, 1 clove garlic crushed, 1/2 tsp dry mustard, 1/4 tsp paprika, dash salt, dash pepper. Shake and serve.

Russian Dressing (1 pt)

1/3 cup low calorie mayo, 1.5 cups cottage cheese whipped in blender with 2 tblsp skim milk, 1/3 cup tomato juice, 2 tb onion flakes, 1 tblsp chopped parsley. Blend in blender and serve

Caesar" Dressing (0 pts)

4 tb tarragon vinegar, 7 tb fatfree chicken broth, 1 tsp fresh lemon juice, 2 tsp dijon mustard, 1 tb Parmesan cheese, freshly grated, 1 tsp seasoning salt, 1/4 tsp dry mustard, 1 egg white. Blend and serve. Best when used immediately. Makes 4 two-tablespoon servings.

Garden Dill Dressing (0 pts)

1/2 cup lowfat cottage cheese, 1/2 cup lowfat yogurt, 2 tblsp fresh dill, minced, 1 tblsp parsley, minced, 1/2 tsp dijon mustard, 1 tblsp fresh lemon juice. Blend and serve.

Thousand Island Dressing (0 pts)

3/4 cup cottage cheese whipped in blender with 2 tblsp skim milk, 1/2 cup tomato juice, 1 tblsp chopped dill pickle, 2 tsp onion flakes, 2 tsp minced green bell pepper, 2 packets equal or splenda. Blend and serve.

Recipe Source

Author: amymyamy

Zesty New Potato Salad

Makes: 8 servings, about 1/2 cup each

- 2 lb new potatoes, quartered (about 4-1/2 cups)
- 1/2 cup MIRACLE WHIP Light Dressing
- 1/4 cup green onion slices
- 4 tsp GREY POUPON Dijon Mustard
- 2 tsp honey
- 1/8 tsp black pepper

COOK potatoes in boiling water until tender; drain. Rinse potatoes with cold water until cooled.

MIX dressing, onions, mustard, honey and pepper in large bowl. Add potatoes; mix lightly. Cover.

REFRIGERATE several hours or until chilled.

Special Extra

Stir in 2 Tbsp. chopped fresh herbs, such as parsley, chives, tarragon or basil, before chilling.

Serves 8

Nutrition Facts

Amount Per Serving			
Calories			130.00
Calories From Fat (14%)			18.00
			% Daily Value
Total Fat 2.00g			3%
Saturated Fat 0.00g			0%
Cholesterol 5.00mg			2%
Sodium 210.00mg			9%
Carbohydrates 25.00g			8%
Dietary Fiber 3.00g			12%
Net Carbohydrates 22.00g			
Protein			0%

Cooking Tips

Contributed by Sharee

Soups and Stews

5 Can Soup

Apple Bacon Tomato Soup

Cheesy Vegetable Soup

Chunky Pepperoni Pizza Soup

Knock-You-Nekkid Tortilla Soup

Reallymine's Taco Soup

Refried Bean soup

Rustic Italian Pasta And Bean Soup

Stuffed Cabbage Soup

White chicken chili

Zippy Black Bean Chili



5 Can Soup

Serving: 1 1/2 cups Point: 1

- 1 can minestrone soup
- 1 can whole kernel corn
- 1 can mixed vegetables
- 1 can red/black beans
- 1 can diced tomatoes

** try to use no sodium/low sodium for all above ingredients**

Heat on stove.

Recipe Source

Author: Tori

Apple Bacon Tomato Soup

- 5 slices bacon
- 1 Tbs olive oil
- 1/2 white onion, chopped
- 2 tsp garlic, minced
- 2 cups beef stock
- 1 (15.5 ounce) can pinto beans
- 1 (14.5 ounce) can Italian-style stewed tomatoes
- 2 stalks celery, chopped
- 1 bay leaf
- 1 medium apple, thinly sliced
- 1/2 cup red wine
- salt and pepper to taste

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, coarsely chop, and set aside.

Heat olive oil in a large saucepan over medium heat, and saute white onion and garlic 3 to 5 minutes, or until tender. Stir in beef stock, pinto beans, tomatoes, celery, and bay leaf. Bring the mixture to a boil. Reduce heat, and simmer.

In a small saucepan over medium heat, cook and stir the apple in the red wine until soft.

Mix bacon, apple, and remaining red wine into the soup mixture. Season with salt and pepper. Continue to simmer, stirring occasionally until well blended.

Nutrition Facts

Amount Per Serving			
Calories			211.00
Calories From Fat (54%)			113.40
			% Daily Value
Total Fat 12.60g			19%
Cholesterol 12.00mg			4%
Sodium 429.00mg			18%
Dietary Fiber 3.80g			15%
Protein 5.90g			12%

Recipe Source

Author: Dailia

Cheesy Vegetable Soup

Servings: 1 cup Points: 1

2 pkg frozen california blend vegetables

5 cups chicken broth

10 oz light velveta cheese

Cook vegetables in broth until tender. Add cheese until melted.

Recipe Source

Author: Tori

Chunky Pepperoni Pizza Soup

Makes 6 servings at 1 full cup each, 3 pts per serving. Can be frozen.

- 1 (10 3/4 oz.) can of Healthy Request Tomato Soup
- 2 cup (16 oz. can) tomatoes, finely chopped and undrained
- 2 cup water
- 1 1/2 tsp Italian seasoning
- 1 cup uncooked rotini pasta
- 1 cup chopped onion
- 2 (3.5 oz.) packages of Hormel reduced fat pepperoni slices, chopped (I could only find turkey pepperoni)
- 6 tbs grated Kraft FF parmesan cheese

Spray a slow cooker container with cooking spray. In this container, combine tomato soup, undrained tomatoes, water, and lt. seasonings. Stir in uncooked pasta, onion, and chopped pepperoni. Cover and cook on LOW 6-8 hrs. Mix well before serving. When serving, top each bowl with 1 Tab. parmesan cheese.

Serves 6

Nutrition Facts

Amount Per Serving			
Calories			
Calories From Fat			27.00
			% Daily Value
Total Fat 3.00g			5%
Sodium 769.00mg			32%
Dietary Fiber 2.00g			8%
Protein			0%

Knock-You-Nekkid Tortilla Soup

Servings: 6 Points: 2

4 pieces boneless skinless chicken breasts
2 cans (14.5 oz each) 99% fat-free chicken broth
1 envelope taco seasoning mix
1/2 envelope chili seasoning mix
1/2 cup diced onion
1/4 cup diced yellow bell pepper
1/4 cup diced red bell pepper
1/4 cup chopped fresh cilantro
14.5 oz can of diced tomatoes seasoned with garlic and onion
1 tsp chopped garlic
2 small corn tortillas

In a large crockpot, combine the first four ingredients and cook on high for two hours. After two hours, turn temperature to low and cook for several hours.

Two hours before serving add onion, bell peppers, and garlic. Drain the diced tomatoes and mix the cilantro with the tomatoes. Add mixture to crockpot.

About 15 minutes before serving, cut corn tortillas into strips and add to the soup. Take out two of the chicken breasts and store for use in another dish. The remaining chicken should be shredded and added back to the soup.

Recipe Source

Author: Casey aka Redbeard

I pointed this using WW's Recipe Builder. If you don't remove two of the chicken breasts, add one point per serving.

(Also, I used the extra-spicy taco and chili seasonings, but you can tone this down if you desire.)

Reallymine's Taco Soup

Serving = 1 cup, Points Per Serving = 1 (or 2 with lean beef, turkey, chicken, etc.)

1 large onion, chopped and "sweated" (see below for sweating)

1 can fat-free refried beans

1 can fat-free or 98% fat-free chicken broth

1 can black beans, do not drain

1 can white beans (or navy beans), do not drain

1 pkg taco seasoning mix (I use the reduced-sodium; but either is fine)

1 can diced tomatoes, Mexican flavor

1 can diced tomatoes, Any flavor (I usually use the ones with chopped jalapenos)

2 cups whole kernel corn (if you use canned, drain well.

Frozen works great in this recipe)

"Sweat" the onions which just means -- chop them up and toss them around in a non-stick skillet that's been sprayed with cooking spray until they start to soften.

Get out a LARGE pot -- this makes a lot of soup. I usually use a "stock pot". Start opening cans.

Pour the 2 cans of tomatoes in with the refried beans and stir until smooth. Add the chicken broth and package of taco seasoning mix and still until blended well.

Add all the other canned ingredients and the onions and corn. Stir again to combine all ingredients.

Bring to a boil, but don't boil for more than a minute. Immediately turn the heat down and simmer for 1 hour to let flavors blend. This can also be made in a crockpot and cooked on low for about 8 hours. You'll love the way the house smells when you get home from work.

Cooking Tips

The best of the best when it comes to taco soup in my opinion

Refried Bean soup

- 1 large onion
- 1 pkg taco seasoning mix
- 2 cups frozen corn
- 1 can black beans
- 1 can white beans
- 1 can fat free refried beans
- 1 can Rotel tomatoes
- 1 can diced tomatoes

Sauté onion using cooking spray. Add all other ingredients. Simmer thirty to forty minutes.

Freezes well

Cooking Tips

1 cup = 1 point

Recipe Source

Author: Jerome

Source: WW Meeting

Rustic Italian Pasta And Bean Soup

- 1 Tbs Olive Oil
- 1 cup Chopped Onion
- 1 cup Sliced Carrot
- 1/2 cup Chopped Green Bell Pepper
- 2 Cloves Garlic -- Crushed
- 14 1/2 oz Nonfat Veg Chicken Broth, Low Sod -- Or Veggie Broth* Note
- 1 3/4 cup Water
- 28 oz Canned Crushed Tomatoes
- 15 oz Cannelloni Beans -- Rinse, Drain (or other small white bean)
- 15 oz Red Kidney Beans -- Rinse, Drain
- 1 1/2 tsp Dried Italian Seasoning
- 1/2 tsp Hot Sauce
- 1/4 tsp Pepper
- 6 oz Ditalini Pasta -- Sm Tubes, Uncooked
- 1/2 cup Freshly Grated Parmesan Cheese

Coat a Dutch oven with cooking spray; add oil and place over medium-high heat. Add onion and next 3 ingredients; saute until veggies are crisp-tender. Add vegetable broth and next 7 ingredients; bring to a boil. Reduce heat to low; cover and simmer 20 min, stirring occasionally. Add pasta to vegetable mixture. Cover and cook 10 - 15 min or until pasta is tender. Ladle soup into individual bowls; top each serving with 1 T cheese.

Serves 8

Nutrition Facts

Amount Per Serving			
<u>Calories</u>			244.00
<u>Calories From Fat (17%)</u>			41.63
			% Daily Value
<u>Total Fat</u> 4.70g			7%
<u>Sodium</u> 601.00mg			25%
<u>Carbohydrates</u> 39.30g			13%
<u>Dietary Fiber</u> 2.00g			8%
<u>Net Carbohydrates</u> 37.30g			
<u>Protein</u> 12.10g			24%

Recipe Source

Author: Dailia

Stuffed Cabbage Soup

- 8 oz lean ground beef
- 1 medium onion, chopped
- 1 teaspoon Worcestershire sauce
- 1/8 tsp black pepper
- 1 cup uncooked Minute Rice
- 10 3/4 oz can of tomato soup
- 4 cups water
- 2 cups shredded cabbage
- 28 oz can of diced tomatoes (with or without chiles)

Brown meat and onion in a pan; drain. Put into crock pot with rest of ingredients. Cook several hours on low, until cabbage and rice are soft.

Serves 12

Nutrition Facts

Amount Per Serving			
Calories		90.00	
Calories From Fat (10%)		9.00	
			% Daily Value
Total Fat 1.00g			2%
Carbohydrates 19.00g			6%
Dietary Fiber 1.00g			4%
Sugar 0.00g			
Sugar Alcohols 0.00g			
Net Carbohydrates 18.00g			
Protein			0%

Recipe Source

Author: loudoo

White chicken chili

Serving: 1 cup Points: 2 1/2

48 oz jar great northern beans (do not drain)

12 1/2 oz can chicken

1 1/2 cups salsa

1 cup light mexican cheese

Heat through.

Recipe Source

Author: Tori

Zippy Black Bean Chili

Points value: 3

- 3/4 lb ground round
- 1 Tbs chili powder*
- 1 15 oz can black beans, rinsed and drained
- 1 3/4 cups canned crushed tomatoes, undrained
- 1 8 oz jar hot salsa

Cook ground round in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink; drain well. Add chili powder; cook 3 minutes, stirring constantly.

Add black beans, tomatoes, and salsa; bring to a boil. Cover, reduce heat, and simmer 5 minutes, stirring constantly

Serves 4

Nutrition Facts

Amount Per Serving		
Calories		190.00
Calories From Fat (16%)		30.91
		% Daily Value
Total Fat 3.80g		6%
Cholesterol 45.00mg		15%
Sodium 643.00mg		27%
Carbohydrates 20.70g		7%
Dietary Fiber 6.40g		26%
Net Carbohydrates 14.30g		
Protein 23.30g		47%

Recipe Source

Author: Redbeard

Vegetables and Side Dishes

Cheddar Cheese Strata

Corn Bread Casserole for the Slow Cooker

CRISPY-TOPPED CREAMY SPINACH

Mashed potatoes and cauliflower

Smashed Pinto Beans

Spinach Casserole

Sweet Potato Casserole

Vegetable Quiche Cups to Go

Zesty Fiesta Corn Bake



Cheddar Cheese Strata

- 1 loaf French bread, cubed (3/4") or sliced
- 2 cup r/f cheddar cheese
- 2 whole eggs
- 3 egg whites
- 4 cups f/f milk
- 1 tsp dry mustard
- 1 tsp grated onion
- paprika & parsley for garnish

Spray 9x13" glass baking dish with Pam. Place half the bread in baking dish, overlapping if necessary. Sprinkle with 1 1/4 c cheese. Place remaining bread slices on top of cheese.

Whisk the eggs and egg whites in large bowl. Add milk, mustard, and onion. Whisk well. Pour evenly over bread and cheese in baking dish. Top with parsley and paprika, if using. Cover and refrigerate overnight or at least one hour.

Bake, covered at 350* for 40 minutes. Uncover and bake 10 minutes longer. Let stand for 5 minutes to set.

Serves 8

Nutrition Facts

Amount Per Serving		
Calories		297.00
Calories From Fat (21%)		63.00
		% Daily Value
Total Fat 7.00g		11%
Carbohydrates 38.00g		13%
Net Carbohydrates 38.00g		
Protein		0%

Recipe Source

Author: awaistagain

Source: Diabetic Cooking - Nv/Dec issue

Corn Bread Casserole for the Slow Cooker

- 2 bags (16 oz each) frozen whole-kernal corn
- 3 cans (14.75 oz each) creamed corn
- 1 pkg (8.5 oz) corn muffin mix
- 1/4 cup skim milk
- 1 egg
- 2 Tbs soft reduced-fat margarine
- 2 Tbs sugar
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder

Combine all ingredients in a 4 qt or larger crockpot coated with cooking spray. Cover and cook on low 3 1/2 to 4 hours, stirring once halfway through.

Serves 10

Nutrition Facts

Amount Per Serving			
<u>Calories</u>			140.00
<u>Calories From Fat (19%)</u>			27.00
			% Daily Value
<u>Total Fat</u> 3.00g			5%
<u>Dietary Fiber</u> 2.00g			8%
<u>Protein</u>			0%

Recipe Source

Source: WW Webstie

CRISPY-TOPPED CREAMY SPINACH

POINTS® values per serving | 4

20 oz chopped frozen spinach
8 oz Kraft Philadelphia Brand Light Chive and Onion Cream Cheese
1 1/2 cup low-fat shredded cheddar cheese
8 oz Nabisco Ritz Reduced-fat crackers
1/2 cup fat-free ranch salad dressing
1/2 cup Egg Beaters Egg Beaters

PREHEAT oven to 375°F. Mix spinach, cream cheese spread, dressing, eggs and 3/4 cup of the cheddar cheese in large bowl. Stir in 1/2 cup of the crushed crackers.

SPOON spinach mixture evenly into greased 2-qt. ovenproof casserole dish. Sprinkle with remaining 1/2 cup crushed crackers and remaining 3/4 cup cheddar cheese.

BAKE 20 to 25 min. or until heated through and cheese on top is melted

Serves 12

Nutrition Facts

Amount Per Serving			
Calories			210.00
Calories From Fat (71%)			148.06
			% Daily Value
Total Fat 17.00g			26%
Saturated Fat 7.00g			35%
Cholesterol 70.00mg			23%
Sodium 400.00mg			17%
Carbohydrates 9.00g			3%
Dietary Fiber 2.00g			8%
Net Carbohydrates 7.00g			
Protein 7.00g			14%

Recipe Source

Author: Fabby50

Being the only vegetarian in the family and I think the only one who eats vegetables except for french fries and catsup, I am usually put in charge of veggies. I am making this. I'm sure you could use chopped broccoli or cauliflower or even green beans for that matter.

Mashed potatoes and cauliflower

POINTS® Value | 2 Servings | 4

8 oz cauliflower, florets
3 small uncooked Yukon Gold potato(es), peeled, cut into 1-inch chunks (about 10 oz)
2 medium garlic clove(s), peeled
1 tsp table salt, divided
1/4 cup 1% low-fat milk
2 tsp butter
1/8 tsp black pepper
1 Tbs chives, fresh, snipped

Place cauliflower, potatoes, garlic and 1/2 teaspoon of salt in a medium saucepan. Add enough water to cover ingredients and bring to a boil. Boil until vegetables are tender, about 10 to 15 minutes; drain and return to saucepan. Stir in milk, butter, remaining 1/2 teaspoon of salt and pepper; mash with a potato masher until smooth. Stir in chives and serve. Yields about 1/2 cup per serving.

Preparation time: 10 minutes

Cooking time: 15 minutes

Recipe Source

Author: Loudoo

Smashed Pinto Beans

- 1 medium onion, chopped
- 1 tsp olive oil
- 2 garlic cloves minced
- 1/2 cup tomato sauce
- 2 (15 oz) cans pinto beans, rinsed and drained
- 1 cup beef broth (or veggie broth)
- 1 Tbs hot sauce
- 1/4 tsp salt
- 1/4 tsp ground cumin
- 1/2 tsp pepper
- 1 to 2 tblsp red wine vinegar

Saute chopped onion in hot olive oil in a Dutch oven over medium-high heat 5 minutes or until onion is tender. Add minced garlic, and saute 1 minute. Stir in tomato sauce and remaining ingredients.

Bring to a boil; reduce heat, and simmer 8 minutes.

Mash bean mixture with a potato masher until thickened, leaving some beans whole.

Nutrition Facts

Amount Per Serving			
Calories			47.00
			% Daily Value
Total Fat			0%
Sodium 171.00mg			7%
Dietary Fiber 2.50g			10%
Protein 2.90g			6%

Recipe Source

Author: Loudoo

Source: (Southern Living 2003 Annual Recipes pg 129)

Spinach Casserole

POINTS® Value | 2

20 oz cooked spinach (2 10oz frozen, thawed and drained well)

8 oz reduced-fat sour cream

1/2 packet onion soup mix

4 oz low-fat cheddar or colby cheese

mix together cooked spinach, onion soup mix and sour cream, refrigerate overnight. Sprinkle with cheese, let sit out for 30 minutes before baking at 350 for 30 minutes.

Serves 6

Recipe Source

Author: loudoo

I usually double the recipe and use a whole package of onion soup mix (1 bag of the two in the box!)

Sweet Potato Casserole

POINTS value: 4.

2 apples, peeled, cored, and thinly sliced
1 lb sweet potatoes, peeled and thinly sliced
3/4 tsp finely chopped crystallized ginger
1/2 tsp salt
1/4 cup thawed frozen apple juice concentrate
2 Tbs packed dark brown sugar
2 tsp fresh lemon juice
1/4 tsp cinnamon
1/8 tsp ground cloves
1/4 cup water
2 tsp butter, diced

Preaheat the oven to 375 degrees F; spray an 8-inch-square baking dish with nonstick spray. Arrange half of the apples in the baking dish; top with half of the sweet potatoes, then sprinkle with half the ginger and half the salt. Repeat the layers.

In a small bowl, combine the juice concentrate, brown sugar, lemon juice, cinnamon, cloves, and water. Pour over the potatoes. Cover with foil and bake 45 minutes; dot with the butter. Bake, uncovered, until tender, bubbling and lightly browned, about 15 minutes longer.

Per serving (1/4 of casserole): 220 Cal, 2g Fat, 0g Sat Fat, 0 g Trans Fat, 0 mg Chol, 332 mg Sod, 50 g Carb, 4 g Fib, 2 g Prot, 48 mg Calc.

Serves 4

Recipe Source

Author: - Jean aka TCM_MOI

Source: WW New Complete Cookbook

Vegetable Quiche Cups to Go

A serving of two pieces equals only 1 Point!

- 1 pkg (10 oz) frozen chopped spinach
- 3/4 cup liquid egg substitute
- 3/4 cup shredded reduced fat cheese
- 1/4 cup diced bell peppers, any color
- 1/4 cup diced onions
- 3 drops Tabasco sauce (optional)

Microwave the spinach to thaw and drain excess liquid.

Line a 12-cup muffin pan with foil baking cups (I didn't do this--just sprayed my non-stick pan with Pam.). Spray the cups with cooking spray.

Combine egg substitute, cheese, peppers, onions, spinach and hot sauce in a bowl, mixing well. Divide evenly among muffin cups. Bake at 350 degrees for 20 minutes, until a knife inserted in the center comes out clean.

Serves six

Nutrition Facts

Amount Per Serving			
<u>Calories</u>			77.00
<u>Calories From Fat (35%)</u>			27.00
			% Daily Value
<u>Total Fat</u> 3.00g			5%
<u>Saturated Fat</u> 2.00g			10%
<u>Cholesterol</u> 10.00mg			3%
<u>Sodium</u> 160.00mg			7%
<u>Protein</u> 9.00g			18%

Recipe Source

Author: loudoo

Source: The South Beach Diet book

love them. You can use any vegetables instead of the spinach--squash, artichokes, etc. It makes twelve mini-quiches. They freeze beautifully--I just pull a couple out and zap them for a minute or so.

Zesty Fiesta Corn Bake

- 2 Cans Fiesta Corn (corn w/ red and green peppers) -- (15 oz.)
- 1 cup Fat Free Sour Cream
- 1 Tbs Fat Free Ranch Dip Mix
- 2 Tbs Flour
- 1 Packet Splenda
- 1/8 tsp Cayenne Pepper
- 1/4 tsp Black Pepper

Preheat oven to 375 degrees.

Combine all ingredients except corn.

Drain corn and add to cream mixture.

Spray a 1 quart casserole dish with non-stick cooking spray. Spoon mixture into dish.

Bake uncovered for 30 minutes or until heated through.

Serves 4

Nutrition Facts

Amount Per Serving		
Calories		196.00
Calories From Fat (4%)		8.13
		% Daily Value
Total Fat 1.00g		2%
Cholesterol 5.00mg		2%
Carbohydrates 46.00g		15%
Dietary Fiber 4.00g		16%
Net Carbohydrates 42.00g		
Protein 6.00g		12%

Recipe Source

Source: Aimeesadventures.com

Wait A Minute That's Not Weight Watchers

Beer Cake

Chocolate Croissant Bread Pudding with Bourbon Sauce

Cinnamon Sour Cream Coffee Cake aka Cinnabon Cake

Cornbread Pudding

Doc's Champagne Turkey

In the Pan Brownies

Incredible Melted Ice Cream Cake

Key Lime Ice Cream

Pumpkin Whip

Sam's PBJ Sandwich-

Sweet Salami Chocolate Treat

TURKEY SUNDAE

Vanilla Wafer Cookie Recipe



Beer Cake

- 2 cup brown sugar
- 1 cup shortening
- 2 eggs
- 1 cup chopped walnuts
- 1 cup pitted dates OR Raisins
- 3 cup flour
- 1 tsp cinnamon
- 1/2 tsp allspice
- 1/2 tsp salt
- 2 tsp baking soda
- 2 cup beer

Preheat oven to 350 degrees

Cream sugar and shortening, add eggs. Sift together dry ingredients and add to sugar mixture alternately with beer. Pour into a greased and floured tube pan or angel food cake pan. Bake for 1 hour.

Serves 12

Nutrition Facts

Amount Per Serving		
Calories		524.35
Calories From Fat (43%)		227.42
		% Daily Value
Total Fat 26.06g		40%
Saturated Fat 12.88g		64%
Cholesterol 40.89mg		14%
Sodium 360.33mg		15%
Potassium 249.06mg		7%
Carbohydrates 65.84g		22%
Dietary Fiber 2.06g		8%
Sugar 37.06g		
Sugar Alcohols 0.00g		
Net Carbohydrates 63.78g		
Protein 6.39g		13%

Chocolate Croissant Bread Pudding with Bourbon Sauce

Using croissants as the bread in bread pudding is even better than you might imagine: the chocolate custard seeps right in between the layers of flaky pastry. And croissants are almost all crust – always the best part of the bread pudding. The dessert is chocolatey, buttery, creamy, and flaky all at once. Bread or croissants that are a couple of days old is more firm and absorbent than fresh, so it's always the choice for bread puddings that are moist without falling apart completely. The croissant-cream mixture can be refrigerated, covered, up to 1 day in advance. If so, add 5 to 10 minutes to the baking time.

4 to 6 croissants, preferably 1 or 2 days old
2 cups half-and-half
2 cups heavy cream
pinch salt
4 oz semisweet or bittersweet chocolate, chopped
6 eggs
1 cup sugar
Vanilla ice cream, for serving, optional

Cut the croissants into 1-inch cubes. You should have about 3 1/2 cups. Place the cubes in an ovenproof baking dish.

In a saucepan, heat the half-and-half, cream, and salt over medium-high heat, stirring occasionally to make sure the mixture doesn't burn or stick to the bottom of the pan. When the cream mixture reaches a fast simmer (do not let it boil), turn off the heat. Add the chocolate and whisk until melted.

In a large mixing bowl, whisk the eggs and sugar together. Whisking constantly, gradually add the hot chocolate-cream mixture. Strain the mixture over the croissant pieces and toss lightly. Let sit while the mixture is absorbed, at least 15 minutes. As it soaks, fold the mixture a few times to ensure even soaking.

When ready to bake, heat the oven to 350 degrees F.

Line a roasting pan that's 2 inches deep and larger than the baking dish with paper towels. Fill the pan with very hot water and place the dish of bread pudding inside. Bake until set, about 40 to 45 minutes. Serve warm, with a scoop of vanilla ice cream on each serving.

Cooking Tips

Bourbon Sauce

1 cup granulated sugar
6 tablespoons butter, melted
1/2 cup buttermilk
1 tablespoon (or more) Bourbon
1/2 teaspoon baking soda

1 tablespoon white corn syrup

1 teaspoon vanilla

In a sauce pan mix all ingredients. Bring to a boil for 1 minute. Serve warm.

Recipe Source

Author: Dailia

Cinnamon Sour Cream Coffee Cake aka Cinnabon Cake

Vegetable oil spray for misting the pan
All-purpose flour for dusting the pan
1 box (18.5 ounces) plain butter recipe yellow cake mix
1/4 cup all-purpose flour
1/2 cup packed light brown sugar
2 tsp cinnamon
1/2 cup finely chopped pecans, if desired
1 cup sour cream
4 large eggs
1/3 cup vegetable oil
1/4 cup water
1 tsp pure vanilla extract

Place a rack in the center of the oven, and preheat the oven to 350 degrees. Lightly mist a 10-inch tube pan with the vegetable oil spray, and dust with flour. Shake out the excess flour and set the pan aside.

Place the cake mix and flour in a large mixing bowl and stir to combine. Measure out 2 tablespoons of this mixture and place it in a small bowl. Add the sugar, cinnamon, and pecans, if desired, to the small bowl and stir to combine. Set this aside.

Add the sour cream, eggs, oil, water, and vanilla to the large mixing bowl with the cake mix and flour. Blend with an electric mixer on low speed until the ingredients are incorporated. Stop the machine, and scrape down the sides of the bowl with a rubber spatula. Increase the speed to medium and blend 1 1/2 to 2 minutes more, or until the mixture is well combined and has lightened in texture. Spoon half of the batter into the prepared pan. With your fingers scatter all but 2 tablespoons of the sugar and cinnamon filling on top of the batter. Spoon the remaining batter into the pan, and carefully spread it out so as not to disturb the sugar layer. Sprinkle the remaining filling on top of the batter, and place the pan in the oven.

Bake the cake until it springs back when lightly pressed and the top has lightly browned, 52 to 55 minutes. Remove the pan from the oven, and place on a rack to cool for 20 minutes. Run a knife around the edges of the pan, and invert the cake once, then again so that the cake rests right-side up on the cooling rack. Let it cool for 30 minutes, then slice and serve

Serves 16

Preparation time: 15 minutes

Cooking time: 52 minutes

Nutrition Facts

Amount Per Serving			

Calories		279.47	
Calories From Fat (43%)		121.28	
		% Daily Value	
Total Fat 13.85g		21%	
Saturated Fat 2.66g		13%	
Cholesterol 67.23mg		22%	
Sodium 246.85mg		10%	
Potassium 118.93mg		3%	
Carbohydrates 35.22g		12%	
Dietary Fiber 0.83g		3%	
Sugar 24.78g			
Sugar Alcohols 0.00g			
Net Carbohydrates 34.39g			
Protein 4.27g		9%	

Cornbread Pudding

- 4 eggs, beaten
- 1 cup brown sugar
- 2 cups half & half
- 1 Tbs vanilla
- 6 pieces day-old cornbread, cubed
- 1 cup mini chocolate chips

Preheat oven to 325 degrees.

Combine ingredients in large mixing bowl (saving one cup chocolate chips for later) and allow to sit for 15-20 minutes, until bread has absorbed majority of liquid.

Transfer to well greased cake or glass baking pan. Sprinkle remaining chocolate chips over top of mixture.

Bake until firm (about 40-60 minutes).

Serves 6

Doc's Champagne Turkey

A bottle of fine bubbly is the secret to this moist turkey stuffed with apples and bathed in butter and spices. Served with savory dressing (prepared and cooked separately in a baking dish - not in the bird) and gravy made from the champagne-infused drippings.

- 1 12-14 lb turkey with neck and giblets removed
- 1 stick butter, sliced into "pats"
- 2 apples, cored and halved (I like to use Haralsons because they have a nice flavor and they hold up well at baking temps.)
- Salt, pepper, garlic powder, other favorite spices to taste
- 1 750ml bottle of champagne. It doesn't have to be Dom Perignon, but don't use the cheap stuff either. There is a difference.

Preheat oven to 350 degrees F. (That's about 175 C for you Canucks out there.)
Rinse turkey and pat dry with paper towels. Gently loosen the skin away from the breast meat and insert pats of butter. Place apples inside the body cavity. Sprinkle turkey with salt, pepper, and spices to taste. Place turkey in a roasting bag, and pour champagne all over the turkey, inside and out. Save a glass for yourself, but use the rest on the bird. Close the bag and place turkey in a roasting pan. Bake about 3 to 3.5 hours (sorry - I don't know what that is in Canadian time), until a thermometer inserted in the meaty part of the thigh registers 180 degrees F (85 C). Remove turkey from the bag and let it stand for about (aboot) 20 minutes before carving.

Cooking Tips

Don;t forget to add the TBS of flour to the bag to prevent it from bursting.

Recipe Source

Author: Doc55044

In the Pan Brownies

Don't dirty extra dishes making brownies. Melt the butter, mix the ingredients and bake these chocolatey delights all in the same pan.

- 1/2 cup (1 stick) butter
- 2 cups granulated sugar
- 1 cup all-purpose flour
- 1 cup chopped pecans
- 4 large eggs
- 4 packets (1 oz. each) NESTLÉ TOLL HOUSE CHOCO BAKE Unsweetened Chocolate Flavor
- 1 tsp vanilla extract
- 1/4 tsp ground cinnamon



Preheat oven to 350° F.

Melt butter in 13 x 9-inch baking pan in oven; remove from oven

Stir in sugar, flour, pecans, eggs, Choco Bake, vanilla extract and cinnamon with a fork until well blended. Smooth batter with spatula.

Bake for 25 to 30 minutes or until wooden pick inserted in center comes out clean. Cool completely in pan on wire rack. Cut into bars.

Serves 28

Preparation time: 10 minutes

Cooking time: 35 minutes

Nutrition Facts

Amount Per Serving		
Calories		138.49
Calories From Fat (43%)		59.13
		% Daily Value
Total Fat 6.84g		11%
Saturated Fat 2.55g		13%
Cholesterol 38.93mg		13%
Sodium 10.55mg		0%
Potassium 31.89mg		1%
Carbohydrates 18.32g		6%
Dietary Fiber 0.51g		2%
Sugar 14.52g		
Sugar Alcohols 0.00g		
Net Carbohydrates 17.82g		
Protein 1.75g		4%

Recipe Source

Source: Nestlé

Incredible Melted Ice Cream Cake

vegetable oil spray for misting the pan
flour for dusting the pan
1 package (18.25 ounces) plain white cake mix
2 cups melted ice cream, your choice of flavor
3 large eggs
Chocolate Marshmallow Frosting
2 cups confectioners' sugar
1/2 cup unsweetened cocoa powder
6 large marshmallows
4 Tbs (1/2 stick) butter
1/3 cup plus 1 tablespoon milk
1 tsp pure vanilla extract

Place a rack in the center of the oven and preheat the oven to 350 degrees F. Lightly mist a 12-cup Bundt pan with vegetable oil spray, then dust with flour. Shake out the excess flour. Set the pan aside.

Place the cake mix, melted ice cream, and eggs in a large mixing bowl. Blend with an electric mixer on low speed for 1 minute. Stop the machine and scrape down the sides of the bowl with the rubber spatula. Increase the mixer speed to medium and beat 2 minutes more, scraping the sides down again if needed. The batter should look thick and well blended. Pour the batter into the prepared pan, smoothing the top with the rubber spatula.

Place the pan in the oven.

Bake the cake until it springs back when lightly pressed with your finger and just starts to pull away from the sides of the pan, 38 to 42 minutes. Remove the pan from the oven and place it on a wire rack to cool for 20 minutes. Run a long, sharp knife around the edge of the cake and invert it onto a small rack, then invert it again onto a second rack so that the cake is right side up to complete cooling, 30 minutes more.

Meanwhile prepare the Chocolate Marshmallow Frosting, or another frosting that would go well with the flavor of the ice cream in the cake. Place the cake on a serving platter and frost the top of the cake with clean, smooth strokes.

Chocolate Marshmallow Frosting

Sift the sugar and cocoa powder together into a large mixing bowl. Set aside.

Place the marshmallows, butter, and milk in a medium-size heavy saucepan over low heat. Stir until the marshmallows are melted, 3 to 4 minutes. Remove the pan from the heat. Pour the confectioners' sugar and cocoa mixture over the marshmallow mixture. Add the vanilla and stir until the frosting is smooth and satiny.

Use at once to frost the top of the cake of your choice.

Serves 16

Preparation time: 15 minutes

Cooking time: 38 minutes

Recipe Source

Source: www.cakedoctor.com

Pillsbury test kitchen home economists have heard it all. When they told me some people were adding melted ice cream to a cake mix, I couldn't believe it. Well, that's precisely what I did with this fun recipe. Choose your flavor and let the ice cream melt. The only trick is that you must have 2 cups of melted ice cream. For super-premium ice creams with little overrun, that's 1 pint frozen. But for less expensive brands with a lot of air piped in, you'll need to begin with more than a pint.

I made this cake with several flavors of ice cream and our favorite was a super-premium from Ben & Jerry's Cherry Garcia. With cherry and chocolate pieces and the cream and the eggs in the ice cream, you need little else. Your liquid, your fat, and your flavorings are all in the melted ice cream. This recipe works well, too, in a 13- by 9-inch pan.

Key Lime Ice Cream

3/4 cup granulated sugar
2 eggs
1/2 tsp grated lime peel
1 cup whole milk
1 cup miniature marshmallows
1 cup whipping cream
1/2 cup Key lime juice
2 to 3 drops green food coloring

Combine sugar and eggs, mixing thoroughly. Add lime peel and milk. Cook over medium heat until slightly thickened. Remove from heat and add marshmallows, stirring until melted. Cool

Add Key lime juice and whipping cream to the cooled mixture. Add food coloring as desired. Freeze as per ice cream maker's instructions.

Pumpkin Whip

- 1 pkg. (4 oz.) instant butterscotch pudding
- 1 1/2 cups cold milk
- 1 cup canned pumpkin
- 1 tsp pumpkin spice (optional)
- 1 1/2 cups Cool Whip

Beat pudding and milk until blended, about 1-2 minutes. Blend in pumpkin and spice. Fold in Cool Whip. Spoon into dishes and chill.

I've also made this using a graham cracker pie crust.

Sam's PBJ Sandwich-

2 pieces of bread (white).

2 Table Spoons of Peanut butter (creamy or chunky).

1 Table Spoon of Jelly (Grape is preferred but use whatever flavor you want)

In the one hand hold a piece of bread. With the other hand spread the peanut butter on the slice of bread. Set aside peanut butter side up for use later.

Take the second piece of bread in one hand. With the other hand spread the jelly on the slice of bread. Set this jelly side up on a plate.

Take the slice of bread with peanut butter on it and move it close to the bread with jelly on it. Pick up the bread with peanut butter on it and quickly rotate it so that the peanut butter is facing the jelly. Now carefully set the bread with peanut butter on it down on top of the jelly.

Server immediately. Add a side of milk and 2 chocolate chip cookies to make a complete meal.

Recipe Source

Author: Sam.Cole

Sweet Salami Chocolate Treat

3 cups (300 grams) crushed cookies/biscuits, leave some chunks if you want a rough 'salami' look , use dry cookies such as Marie Biscuits, Vanilla Wafers, or Amaretti

1/2 cup (50 grams) cocoa powder

1/2 cup liquid (100 dl) such as orange juice for a non-alcoholic candy, or a liquor or sweet wine like Marsala, or a hard liquor like whiskey, rum or brandy

1 cup (150 grams) powdered sugar

2/3 cup (150 grams) butter, melted

Mix the dry ingredients (crushed cookies, cocoa powder, powdered sugar)

Add the wet ingredients (liquid, melted butter).

Cut two lengths of waxed paper, one for each 'salami', and have four ties ready for the ends.

Sprinkle each paper with white flour.

Roll each 'salami': Put half the dough on each paper, spread out into a line. Roll it up into a log, making sure the sides and end are lightly covered with the flour. Tie each end.

Set the logs in the refrigerator for a few hours. You can keep it in the fridge longer, of course. But it needs at least a few hours to set well.

Remove the wrapping, slice and serve. Slice it diagonally to make it look even more like a real salami

TURKEY SUNDAE

Use a banana split dish and line turkey along the side. In the middle, (where the ice cream would go), use an ice cream scoop to spoon in left over side dishes.

Example: Scoop of Mashed Potatoes, scoop of dressing, scoop of squash casserole. Pour "Chocolate sauce" Gravy over appropriate sides and top with "Cherry" Cranberry sauce. Entire meal made FUN.

Recipe Source

Author: Loudoo

Vanilla Wafer Cookie Recipe

1/2 cup butter (no substitutes) -- softened
1 cup sugar
1 egg
1 Tbs vanilla extract
1 1/3 cup all-purpose flour
3/4 tsp baking powder
1/4 tsp salt

In a mixing bowl, cream butter and sugar. Beat in egg and vanilla.
Combine dry ingredients; add to creamed mixture and mix well.
Drop by teaspoonfuls 2 in. apart onto ungreased baking sheets.
Bake at 350° for 12-15 minutes or until edges are golden brown.
Remove to a wire rack to cool.

